

taking nurse will try all in her power to help her patient.

Massage is of untold help; the gentle rubbing of an experienced hand at the hour when sleep ought to appear will usually have the desired effect.

Surroundings.—The room should be fairly large, if possible dark blinds or curtains, and the fresh air regulated so that it does not cause a draught, and thereby rattle the blind cords or flap the curtains.

A flickery fire is often a soothing influence, but the bed should be so arranged that the patient may lie and watch it without an effort on her part.

Local Applications.—A warm bath followed by a warm nightgown and blankets, and a hot drink, and often the hair well brushed, will be found satisfactory. Lavender or poppy head pillows, or the scent of violets, are well-known restorers.

Singing or reading aloud have the most marvellous effects with children; the more monotonous the voice usually the quicker results.

The leading articles of a certain somewhat pompous daily—that is, if the reader is word perfect, and does not hesitate—is almost as certain in effect as morphia.

The sound of the sea, or of subdued running water, or wind in the tree tops, have lost none of their ancient power, the only difficulty usually is the getting of them!

Of all bad habits sleeplessness is the most degenerating morally, and yet if taken in hand early by a strong, firm person, whose sympathy is wide enough to forgive many minor irritations it is by no means incurable. Shakespeare (may the placid waters of the Wye hide his secrets a little longer!), who knew most things, and certainly interpreted many he did not learn by second hand alone, gives us two little thoughts to take away and muse over:

“Oh! sleep, thou art a gentle thing,
Beloved from pole to pole.”

And again:

“Uneasy lies the head that wears a crown.”

A great number of good papers were sent in on this question and we commend highly those of Miss J. Hurlston, Miss G. Tatham, Miss S. Craig, Miss E. H. Gibert, Miss M. M. G. Bielby, Miss J. van Schermbeck, Miss Emily Marshall, Miss M. Myers, Miss E. Martin, Miss M. Atkinson, and Miss F. Sheppard, to quote from which we hope for space next week.

A NEW LEAGUE JOURNAL.

The first number of the Journal of the Cleveland Street Nurses' League is charming. We hope to refer to it at greater length next week.

Lady Superintendent Required, Dunedin Hospital, New Zealand.

A Lady Superintendent is required for the Dunedin Hospital and Allied Institutions, New Zealand, and Mrs. Bedford Fenwick, in conjunction with Dr. Colquhoun, an esteemed member of the Honorary Medical Staff of the Hospital, has been requested by the Otago Hospital and Charitable Aid Board, to select a lady for the office. The salary is £200 a year, with agreeable quarters, and the post one which should appeal to a cultured, highly-trained, and patriotic woman.

In the Dominion of New Zealand nursing standards are controlled by the State, a Registration Act having been in force for ten years. Every trained nurse has to pass the central qualifying examination before she is registered, and we have it on the authority of Dr. T. H. A. Valentine, the Government Registrar, and his able assistant, Miss H. Maclean, the Assistant Registrar, that nursing has made continuous and satisfactory progress in the Dominion since the adoption of a minimum standard of education and examination for nurses under State authority.

Dunedin is beautifully situated in an amphitheatre of hills at the head of Otago Harbour, an arm of the sea on the east coast of South Island. It is a flourishing city, containing fine buildings, where all classes are prosperous, and is kept in touch with the world by direct steam communication with Melbourne and England, Sydney, Hobart Town, and Auckland, and monthly with San Francisco.

The conditions of the vacant appointment will be found in our advertising columns.

Progress of State Registration.

We like the following letter so much we cannot resist its publication:—

“I have just passed my final examination after three years' training, and shall soon have my certificate. I want to send in my application for membership of the Society for the State Registration of Trained Nurses the very day I get it, so please may I have form. I should feel a poor thing if, when the Nurses' Registration Bill becomes law, I had not done anything, however little, to win it. Only those trained nurses deserve legal status who have worked to get it. Many “Staffs” here belong to the State Registration Society, but others say, “I'm all right. I shall be eligible for registration *when it comes*,” in other words, they won't lift a finger to help, or pay a penny, but mean to reap the result of the work of others, that shows a poor spirit. Please forward papers.”

Just that, “shows a poor spirit.” We always pity the poor bodies which lack inspiration!

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