

MISS LENA B. McDONALD, M.B.N.A. :—

One hour, letter writing, mending, and putting things in order generally; two hours, outdoor exercise, either walking, shopping, visiting, playing tennis, &c.; one hour, resting (not sleeping), with an interesting book, or indulging in any particular hobby one's taste might suggest—music, needlework, &c.

MISS FLORENCE SHEPPARD :—

One hour and a-half for walking exercise, shopping, &c.; one hour for study, if attending lectures; one hour and a-half for personal needlework and rest, &c.

MISS FANNIE SIMMONS, M.B.N.A. :—

Given four hours for recreation, I should spend one hour reading; one hour writing, or at needlework; and two hours walking, riding on a tramcar, or on a river steamer, or, in bad weather, visiting museums, exhibitions, &c.

MISS MARY SPANTON :—

I should say one hour for study; one hour for walking or driving; two hours for letter writing and needlework alternately.

MISS LEWIS :—

Two hours' outdoor exercise; one hour for reading instructive and amusing books on alternate days; one hour for painting, music, or any other amusement. Two hours in the week to be devoted to needlework and mending.

MISS SARAH CHILD, M.B.N.A. :—

The first thing to be thought of for a Nurse is fresh air and bright surroundings, so two hours could be spent in walking in our parks and public gardens, or visiting our numerous art galleries; one hour should be given to reading; one hour for rest, before going on duty.

MISS MARY JACOBSON :—

The best way of spending four hours of recreation is :—To walk one hour, and rest half-an-hour; to read the second half hour; to study one hour; and to do sewing and writing one hour. Every other day, instead of sewing and writing, take a bath.

MISS EMMA DAVEY :—

I consider the most advantageous way of spending four hours allowed for recreation that not less than two hours should be spent in out of door exercise, the remainder of the time to be spent in reading, writing, or sewing.

MISS SARAH CLAYTON :—

As there can be no development without progressive evolution, supposing a Nurse is allowed four hours daily for recreation, I consider the most advantageous way of spending this time would be to divide it, as circumstances allowed, as follows :—Two hours for physical or outdoor exercise, and two hours for mental exercise.

MISS M. E. WEBB :—

In the morning, one hour given to out of door exercise; one hour to working, mending, &c., writing, reading the newspaper. In the afternoon, half hour given to the study of some clearly-written book or paper, which would increase the interest and advance the knowledge of the Nurse's professional work; half hour given to some lighter work, such as travel, fiction, or to lying down, if feeling very tired. The remaining hour might be given to going out, sitting out with book or work (if warm), seeing friends, driving, with an occasional visit (if in London) to the picture galleries, or places of public interest, never fatiguing body or mind by doing too much, nor going a great distance, but obtaining amusement and change of ideas and scene.

MRS. SARAH DUYCK :—

Sundays.—A brisk walk in our open parks; in winter, if fine, a visit to our cathedrals; in summer, a quiet walk in the parks. Mondays.—Winter, public museums, with the warmth of their fires, or shopping; summer, looking at the shop windows, and shopping, if required. Tuesdays.—Winter and summer, visit friends, and walking exercise out of doors. Wednesday.—Winter and summer, afternoon concerts and theatrical performances, if any; if not, readings. Thursdays.—Winter and summer, the parks and open spaces. Fridays.—Winter and summer, ride on a steamboat and back, or drive. Saturdays.—Winter and summer, lawn tennis or musical parties.

WRONG DESIRES.—The responsibility of any wrong action begins long before the action itself is committed; it deals with the source and the growth of motives. It is not enough to say we should resist the motive which urges us to do wrong. This is of course true; but it is also true that we should not have permitted the motive to attain such strength. We know not what particular temptation may assail us next month or next year; but we can so order our present life as to weaken wrong desires and withdraw the force of evil influences.

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