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EDITORIAL.

REST.

Rest is one of the oldest words within human cognizance. "In the beginning" in the early dawn of time, the race was enjoined to take rest, one day in every seven. Rest therefore is imposed by Nature, it is a human necessity. The need for it is clearly indicated in a hundred ways. Our physical limitations and needs are precisely the same now as they were "in the beginning." Whether it is an easy or a difficult matter to obtain the required rest, the stubborn fact remains, that in the weakness of our human nature, we require rest, over and above that which we take nightly in sleep.

Even for those workers who are not over-worked, there is still the necessity for "downing tools" at least once a year. The more important and valuable the work is, so much the greater is the necessity for a rest, for the sake of the work and for the sake of the worker. In this supreme hour of our Country's need, men have discovered the powers and intelligences of women! and have been glad and eager—as all discoverers are—to make the fullest use of the thing discovered, namely the manifold services so patriotically offered by women. Our Country must stand before every other consideration. It would not be fair to make any comparison between the patriotism and unselfishness of men and women who are working for her at the present time; all have worked, and are working nobly towards the one great end, and it is because of this fact, that the question of rest—used in its more comprehensive sense of holiday—has resolved itself into one of the many problems of the war.

Sir Douglas Haig, in the interests of the Country, demands that there shall be no general holiday while the war lasts. This applies principally, as we know, to muni-

tion workers. Their need for a holiday must of necessity be great, and we trust that employers realizing the vital necessity of preserving the health of their employees, will find some means of giving "days off" to the workers.

No war work, not excepting that in munition factories, is of more vital importance to the Nation than that of trained and experienced nurses, seeing that the war could not be prosecuted without their aid. For their own sakes, in the interests of the sick and wounded, it is wise that each nurse should, as opportunity offers, be given facilities for taking a holiday sufficient to recuperate herself, and to re-vitalise her flagging energies. The war is not over, and she will need all her strength for the task that still lies before her. No nurse worth her salt would wish to take her holiday in a time of exceptional pressure, but slack times occur in most hospitals.

The work of the civilian nurse is almost of necessity being eclipsed by that of her military sister, but, if less conspicuous, it is scarcely less arduous. In fact in some cases of private nursing it is rendered infinitely harder and more trying to the temper by the exacting and astonishing inconsiderateness of the patient or his friends. A case has recently been brought to our notice, in which a devoted and unselfish nurse, in sole charge of a chronic invalid, has not had seven consecutive days' holiday in six years! As she speaks of it, the tears, which she cannot control, well into her eyes and overflow, and she adds with unaccustomed fretfulness, "I am sick of it, I am worn out." The fact is painfully obvious. In another similar case, inexorable but patient Nature exacted payment in full, in the form of a severe breakdown.

Nature, common-sense, economy, aye, even patriotism, combine in requiring reasonable rest for the worker.

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