

Many patients have grown well under the compelling influence of the cheerful nurse, with whom a broken spirit would have dried the bones; and to tell of one's physical afflictions to a sympathetic and cheerful nurse is itself an alleviation, as old Ovid well knew in his day. Whether every man is a rascal as soon as he is sick, as Dr. Johnson thought—and he was much of the time sick himself and should know—there is no doubt that every man is an egotist as soon and as long as he is sick; the wise nurse knows well how much and how little to pander to this abnormal egotism, how much to discourage mournful forebodings and to encourage optimism. I know many lecturers advise against talking with a patient about his ailments at all; it tends, they think, to make him too introspective, morbid, pessimistic; and so it may, if he talks to a fool; not, I think, where the nurse is intelligent, skilled, earnest—*Dieu seul devine les sots*.

But you should be secret as the grave to others. The patient's secrets are his own and to be shared only by the doctor, the nurse and those to whom he desires they should be told.

Do not allow yourself to become vulgarized. You are a nurse, you should not cease to be a lady. Many things you see, many things you must sometimes speak of in your profession, will have a tendency to brutalize the mind. Guard against that, a woman once vulgarized can never be rehabilitated, she is vulgar and no longer a lady—the uniform of a nurse should cover a clean mind and a pure heart as it covers a clean body.

To be a perfect nurse you must be perfectly healthy. You should not be liable to the lash of the Roman satirist, "*Aliorum medicus, ipse ulceribus scates*," "you who would fain cure others, yourself overflowing with diseases." "Take care that you keep well," says Cicero, advice is good to-day as it was two thousand years ago.

"*Der Mensch ist, was er isst*," man is what he eats, says the German proverb. What to eat, how much to eat, is in great measure a matter of experience utilized by common sense. I have recently had occasion to examine the evolution of dietetics from the time of Charles II., and the main thread running through the process is the gradual elimination of animal flesh in excess. I am not a vegetarian in general; moreover, few raw fruits agree with me and am not prejudiced through personal predilection; but I lose my guess if the process does not proceed further, and if, at least for sedentary or semi-sedentary occupations, the day of much meat is not done.

We are creatures of habit and are wont to eat what, and what amount, we are accustomed to eat; but food to us is like fuel in a furnace. If a skilful furnace-man keep up the accustomed heat or any sufficient heat, it does not matter how much or what kind of coal he