

man and every man's hand against him. Emerson said, "A fly is as untameable as a hyena," but he did not know that it is more dangerous, and so he did not advocate its slaughter. Nowadays with the ringing slogan "Swat the fly!" the boy Nero would be held up as admirable and heads gravely shaken at the degeneration shown when he grew up; he would be likened to Domitian, who began so well and ended so badly.

Mere intelligence and mere knowledge "without corresponding energy are the polished sword within its scabbard, contemptible if it is never drawn forth." The efficient nurse is energetic, she throws off languor, *dolce far niente*; with her, life is real, life is earnest, she is diligent—and diligence includes most of the virtues. She throws herself into her profession and loves it and lives it. She does the duty which lies nearest to her and fears not that, bidden to wait, it may return "with seven fresh duties at its uack."

She follows the advice of Pythagoras to "choose always the way which seems to be the best, however rough it may be, well knowing that custom will render it easy and agreeable"—that custom is second nature, that "doing is the great thing, for if people resolutely do what is right they come in time to like it," as John Ruskin assures us—that "duty by habit is to pleasure turned."

Enthusiasm is a great thing, but it may go too far; nearly as many suffer from too much as too little. "*Meden agan*," in nothing too much, was the Greek maxim. Enthusiasm must be tempered by reason and so become earnestness, for we know that even those of the most distinguished talents are not necessarily gifted with discretion; and while one of large intelligence generally knows a great deal, he is not therefore always prudent.

Courage, too, is needed. "Courage, sir, that makes man or woman look their goodliest," says the Poet Laureate. There is no room in the nursing profession for one who loses her head in an emergency, and who is afraid to take on responsibility when occasion calls for it; but this does not mean or imply running unnecessary danger; danger for danger's sake is senseless folly and cannot be too severely reprobated. Doing nothing is not necessarily doing ill. There is such a thing as disciplined inaction, and they also serve who only stand and wait.

Shakespeare lilts:

A merry heart goes all the day,  
Your sad tires in a mile a."

The Good Book puts it better thus: "A merry heart does good like a medicine"; Addison says: "Cheerfulness is the best promoter of health and is as friendly to the mind as to the body"; and Jean Paul, "Cheerfulness is the heaven under which everything thrives but poison."