

Ladies.



WHAT to do on Leaving College," whether by way of further self-improvement or for the service of others, is a problem we all have to face. Here are some suggestions from a "mere man":—

A girl leaves college, filled with high ideals, great hopes and boundless enthusiasm. Still it is frequently quite difficult to decide upon the proper profession and to find the proper niche in which her hopes and ideals are realized. Several professions stand out prominently from the others, viz., — Teaching, Nursing, housekeeping, or as we must now say

Domestic Science.

Take the first, than which there is no nobler. It is of late years rapidly coming to its own, both as to prestige and pay. It stands second to none in national upbuilding. The fate of the nation lies with the rising generation, and the rising generation are in the hands of the teacher, from the primary room to the college graduation class. One enthusiastic egoist said in my hearing, "The cream of the country is in the teaching profession." Yet one finds also some skim milk samples.

The girl who decides to follow nursing has set before her a high ideal and one hard to live up to. There is much work connected with the preliminary training—frequently more after graduation. While in the hospital the work is severe, but regulated; afterwards a nurse has often to work for twenty-four to seventy-two hours at a stretch, if on a serious case, and if, as often happens, no other help can be had, she has to deal with human nature, irritating enough at any time, but doubly so in sickness. The girl who makes the best nurse requires good health, great endurance, and last and most important by far, a good supply of common sense, frequently labelled "Tact."

It is very pleasant to see a patient returning to health and strength, but it is doubly sorrowful to see one slipping away in spite of all that can be done for him. Many of the best young women of our country are already engaged in this grand profession—the capable, whole-souled, whole-hearted, energetic girls; not the over-dressed, is-my-hat-on-straight, can't-make-my-own-bed, scared-at-a-mouse, looked-after-by-Dad kind.

Lastly—take Domestic Science. This overlaps or mingles with both of the preceding. It is now taught in nearly all of our schools and is therefore practically included in teaching; it also comes under the head of nursing in that the preparation and selection of food is one of the parts of a nurse's training that is of late years receiving more and more attention.