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*Sturkivskit
Jubilee Hospital*

INAUGURATION

OF THE

Training School for Nurses.

On Wednesday, December 16th, 1891, was inaugurated the first School for Nurses to be established in the Province. It will be conducted upon the system generally in vogue in other large cities, the pupils working under the Hospital Nurses and Doctors and listening to lectures upon various branches of their profession, by the Medical Board. The course covers two years, the class at the Hospital was composed of six young women, who, occupied front seats in the board room during the proceedings of inauguration; the medical faculty were represented by Doctors J. S. Helmcken, J. C. Davie, E. C. B. Hanington, M. S. Wade, I. W. Powell and Edward Hasell. There were also present of the Ladies' Auxiliary of the Hospital Board: Mesdames G. A. McTavish, A. J. Smith, Charles Hayward, I. W. Powell, R. B. McMicking and Miss Hyams and others.

President Davies filled the chair, and in introducing the pleasant business of the day, referred briefly to the history of the Hospital, which had already assumed proportions unthought of when the project of building was conceived. One hundred thousand dollars had been invested, and fifty thousand more would have to be spent before the work could be deemed complete. "To the ladies," he remarked, "belongs the honor of first making provision for hospital treatment. In 1863 was established the Ladies' Infirmary, which afterwards was merged into the Royal Hospital, the gentlemen in accepting the responsibilities of the Institution, agreeing to make provision for the care of women patients."

"We are here to-day," the President continued, "to inaugurate a very important branch of the service for the care of the

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sick ; and we will endeavor always to provide the requisites for its efficiency. We are well satisfied with the work of the ladies, and we deem it advisable that our nurses should have an opportunity of learning their profession as thoroughly as possible. As yet we have made no provision for maternity cases—but the grounds are large. There is plenty of room for such an Institution, but of course it would have to be kept entirely separate from the Hospital. In arranging for the inauguration of our Training School, we have thought it but right and best to call upon the oldest practitioner in the Province, one who is known and loved by you all, to address you. He tells me that an address less than an hour long is not worthy of the name, so I propose to hold a watch upon him and see that he does not shirk his duty. (Laughter.) I will now call on Hon. Dr. Helmcken.

The veteran of the profession was warmly welcomed as he responded to the call. He understood, he explained, that a lecture lasting less than an hour, was no lecture at all, but he did not propose to give a lecture, merely a talk. He then dived at once into his subject.

HON. DR. HELMCKEN'S ADDRESS.

What "matter" may really be : Whether or how it originated is unknown, perhaps unknowable. Much, however, is known about its properties ; that it undergoes various and numerous changes in form and combination, nothing however being lost. It is to these changes that the terms "beginning" and "end," life and death, are in ordinary language applied. Yet the beginning of one change has been, or is the end of a preceding one, and the end of the new change will result in another, so that in this respect there is neither beginning nor end ; but a ring of changes, a circle without a beginning and without a termination. Examining into the causes of these changes in the form of matter, it will be found that they all ensue from, and are governed by so-called natural law. It seems indeed as though every particle of matter, whether organic or inorganic, has, under certain conditions, special and imperative functions or duties to perform, these, as it were, being stamped on them by law. In this sense every atom may be considered

ERRATA.

Page 69, sixth line, the word "system" should read "*rythm*"

Page 69, the nineteenth line should read :

coeval with the human race, instinctive. Are not *these* the result

Page 69, twenty-first line, add after the word "transition"
 "*to the science of to-day*"

surgical science and nursing. What the nature or source of the law may be, how or whether it had a beginning, is the problem, the mystery which mankind has from the earliest to the present day been endeavoring to discover and solve ; thus far the solution has eluded their grasp. Of conceptions and theories there have been a superabundance, those of one period being supplanted by those of a later time, as though one generation lived to correct the errors of its predecessors, and these to make others for successors to examine and quarrel about with a similar result. The origin of medicine, surgery and nursing must at least have been coeval with the human race, instinctive. Are not ^{these} the result of instinctive atoms? Whence the instincts, whence the transition? ^{to the science of to-day} When we know that we know nothing of this, we know the most. The tremendous advances made in medicine and surgery during the past half century, are in a great measure due to the discovery of anaesthetics and antiseptics, greatly assisted by chemistry, improved microscopes, and of course, intellectual growth. During the early days of my student life, pretty nearly half a century ago, all operations, great or small, on children or adults, were performed without the use of anything "to deaden pain." The patient would be brought into the theatre ; with anxious and beseeching eye he beheld the surgeon, the numerous students, and the surgical instruments ready on an uncovered tray ; placed on the table, the operation performed as quickly as possible and then back to bed, very often faint and ghastly from shock or loss of blood. Esmarcks' bandages unknown, but ordinary bandages used to force as much blood into the body as possible. In those days, rapidity in operating was of the utmost importance ; so, occasionally sporting students noted the time, "that leg came off in one minute and forty seconds, but did

upon the greatest practitioner in the Province, one who is known and loved by you all, to address you. He tells me that an address less than an hour long is not worthy of the name, so I propose to hold a watch upon him and see that he does not shirk his duty. (Laughter.) I will now call on Hon. Dr. Helmcken.

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endowed with life, and, as it were, acting instinctively. If atoms, and such atoms exist, the structures composed of collections of atoms must possess properties similar to the atoms. What is life? Is it a cause or consequence of change? There are millions of changes constantly going on in the body; the normal ^{system} ~~system~~ of which constitute health; given the contrary, what is termed illness ensues. Knowledge of these laws are of the utmost importance to medical and surgical science and nursing. What the nature or source of the law may be, how or whether it had a beginning, is the problem, the mystery which mankind has from the earliest to the present day been endeavoring to discover and solve; thus far the solution has eluded their grasp. Of conceptions and theories there have been a superabundance, those of one period being supplanted by those of a later time, as though one generation lived to correct the errors of its predecessors, and these to make others for successors to examine and quarrel about with a similar result. The origin of medicine, surgery and nursing must at least have been coeval with the human race, instinctive. Are not ^{these} the result of instinctive atoms? Whence the instincts, whence the transition? ^{to the discovery of life} When we know that we know nothing of this, we know the most. The tremendous advances made in medicine and surgery during the past half century, are in a great measure due to the discovery of anaesthetics and antiseptics, greatly assisted by chemistry, improved microscopes, and of course, intellectual growth. During the early days of my student life, pretty nearly half a century ago, all operations, great or small, on children or adults, were performed without the use of anything "to deaden pain." The patient would be brought into the theatre; with anxious and beseeching eye he beheld the surgeon, the numerous students, and the surgical instruments ready on an uncovered tray; placed on the table, the operation performed as quickly as possible and then back to bed, very often faint and ghastly from shock or loss of blood. Esmarcks' bandages unknown, but ordinary bandages used to force as much blood into the body as possible. In those days, rapidity in operating was of the utmost importance; so, occasionally sporting students noted the time, "that leg came off in one minute and forty seconds, but did

not beat the record ;" junior students on the other hand would not unfrequently faint in their seats, and no wonder. Compare this with the present ; ether is administered to the patient in his bed ; when unconscious, removed to the theatre ; operation performed, the patient carried back without having seen the surgeon, instruments or anything else, in fact without knowing, and frequently incredulous that the operation has been performed. One would naturally imagine that such a heaven-born blessing would have been received with enthusiasm and deep felt thankfulness by all ; but it was not so, for soon ether or chloroform being administered to women during their "confinement," religious zealots inveighed against its use, because they asserted, the Almighty had ordained that women, at all events, should suffer pain as a punishment for the disobedience of Eve in the Garden of Eden, and so causing the "fall of man ;" that giving chloroform was defying God's commands, and consequently the vengeance of Heaven would fall on the country ! A paper war ensued on this subject. Had these zealots read an earlier chapter they would have found that Adam had been thrown into a deep sleep (unconscious of *pain?*) before having his rib removed, and this took place previous to the fall of man or Eve's ~~transgression~~ ^{debut}. Anyhow, the deep sleep is really very suggestive of a knowledge of the use of hypnotism, narcotics or anaesthetics of some kind having been known at least at the time of Moses, and so became blended with the traditional, fanciful Jewish theory of creation and of the origin of evil, moral and physical, in man and animals. A theory plain and captivating from its charming simplicity ! I remember well the first use of ether in Guy's Hospital ; Dr. Gull, the late Sir William Gull, administered it, the patient consenting, for it really amounted to an experiment on man, though not on animals. The apparatus, very complicated ; patient watched by numerous assistants to note the pulse, breathing, etc., etc. ; medical and surgical staff in full on the floor ; seats in the theatre crowded with professional men and students ; patient brought in ; ether administered ; unconsciousness ensues ; the knife handed to the surgeon ; now all hold their breath ; dread silence reigns, heads with staring eyes bend forward ; the knife plunged at one stroke through the leg, then repeated on

reformed

the opposite side, the limb is soon off ; not a groan issued from the man ! All now take a full inspiration, shuffling of feet is heard, the dreadful suspense is over and all shake hands, saying wonderful ! miraculous ! Anyhow, time is of less importance now, and so operations on internal organs are performed occupying an hour or two, or even more, which, without the use of ether, could not be performed at all. Moreover, the surgeon is neither embarrassed by sympathy, nor hurried on account of the shrieks or groans of the patient. Do not imagine that patients always shrieked, or screamed or groaned loudly during an operation. Very many did not, the fortitude, pluck and endurance of these poor people, men and women too, now excite my wonder and admiration. Less courage may be required to go to the gibbet. Englishmen can endure anything ; at least they used to, and I cannot help thinking that the use of anaesthetics for trivial operations is an abuse, educating the people into greatly exaggerated conceptions of pain, and so making them timid.

With regard to Antiseptics. In my early days too the surgical wards, although apparently scrupulously clean, were pervaded by a sickly unpleasant odour, arising from sloughing or suppurating wounds, poultices included. Wounds would sometimes take many weeks to heal. To hide this nasty smell, the nurses sometimes carried cascarilla bark in a brazier through the ward, but later, at the recommendation of Sir William Burnett, chloride of zinc was substituted for purifying the air, and as an application to wounds, and with very beneficial results. Although the germ theory of many diseases was then popular, water dressings used and great cleanliness inculcated, still it was not generally known that these sloughing erysipelatous, contagious and suppurating wounds were caused by organised pernicious bodies. It was left to Lister and Pasteur to demonstrate these, devise the remedy, which has since been elaborated. Dr. Davie will explain all these matters ; but it does appear that the chief benefit accruing from the use of antiseptics, arises from the absolute cleanliness demanded. I say absolute cleanliness, this means the destruction of all injurious bacteria, absolute purity of the surgeon, of the instruments, in fact of everything and everybody in the room, including, of course, the

atmosphere. This purity might be obtained by boiling, but this would be rather disagreeable to the surgeons and assistants, so to obviate this, chemical means called antiseptics, are employed for the destruction or prevention of the invasion of bacteria. Let me say here, that under the antiseptic treatment, the suppurating, sloughing wounds are now seldom seen and the nasty odour of surgical wards no longer exists. Indeed the air in the wards of this Hospital is perhaps even purer than that outside, thier visible cleanliness wonderful, and most praiseworthy. Many cases of amputation and other surgical operations may to-day be seen in the wards, which have absolutely healed by "first intention," without suppurating at all, and in a very few days. By this new treatment, thousands of lives are almost daily saved; in fact it has come to this, that with antiseptic precautions operations are now performed with impunity and success, which under more ancient procedure would in many instances have proved fatal, or not been done at all. This scientific treatment of course necessitates educated assistants as well during as after the operation, and in greater number too, for it is no small trouble, yet an absolutely necessary one, to prepare the patients, instruments and every person and thing else for every serious operation; and to maintain these conditions in the after treatment. The successes of surgery, and indeed of medicine too, through the aid of anaesthetics and antiseptics, are the wonders of the age. No one foresees what will happen during the ensuing half century. Doubtless the discovery of the infinite variety of bacteria and the knowledge of their *cause* and effects will in time cause more changes in the treatment and prevention of disease; but the inquiry arises, how did these bacteria originate? Are they capable of variation by crossing and so forth, and so be productive of new varieties and new diseases, or have the diseases existed from time immemorial? Is the origin of bacteria comparatively modern, or more ancient than man? These micro-organisms, open up a tremendous and enticing field for scientists and others. If the laboratory of nature could be imitated, conditions might possibly be found under which so-called inorganic atoms might be seen to become endowed with vitality, transmutations and new creations discovered. A veil may be lifted now and again, but there is

always another veil beyond. Causes, proximate and remote, are spoken of, but the remotest may ever be unknowable, yet, *nil desperandum*, must be our motto. Is there a limit to knowledge? True it is, science teaches that in process of time the conditions of our planet will be so changed that animal life may improve, degenerate or cease to exist. The universe may undergo changes, but the *Law* compelling these changes has existed, now exists and will exist forever. Given the same conditions, similar results will ensue; but alter the conditions, the result will be different. Whatever is to be, will be, for law governs. Endow this ~~Law~~ power, mentally, with human attributes, then a Being, mentally, results. Of the existence of a God no mortal can have a doubt, but of the mysterious nature thereof, there will be, as there has ever been with advancing light, fresh conceptions. Of the immaterial, unchangeable, and of the future of man it is not mine to talk; man has a future.

One must not forget to mention the wonderful progress made in anatomy and physiology, the isolation of the various organs of the conglomerate brain, shewing their special functions and duties; the mapping of the connections leading to and from them making diagnosis of diseases of the nervous system somewhat less difficult and cerebeal surgery a triumph. Having mentioned somnambulism, brings mesmerism, hypnotism in its train. These are all the same, very ancient, and thus far have not been much used either in modern medicine or surgery, although by some vaunted as useful in both. They have been and are again *sub judice* so if there be anything of value in them it will be brought to light. In the meanwhile, let them not be trifled with, for they are productive of loss of intellect, of self-control and in fact of degradation. It need hardly be said that the amount of evil that may be caused by the use of this uncanny means on the neurotic, hysterical and weak-minded may be enormous and criminal. If ether, telegraphy and so forth, had been used by philosophers and scientists three hundred years ago, half the world would have burned the other half for witchcraft. A mania, some contagious terror or excitement, religious or otherwise, overcoming reason, may some day again

arise, though perhaps not attributed to the devil, but to hypnotism—mesmerizers.

Of course, nursing has improved also. Every one has read of Sarah Gamp and Betsey Prig. Such beings lived, but at the same time there existed many good, though needy nurses, having hearts as large, sympathies as great or greater than existed among their more fortunate, but perhaps not more skillful brethren. Now a days, we have good, kind, sympathetic, attentive and experienced nurses, many of whom have been gradually educated by professional men, or in many instances, by nurses older than themselves. For ordinary purposes nothing better need be desired. Many young people, however, wish to follow this calling for the purpose of gaining an independent livelihood, or other reason; but the means of instruction are wanting here. Good nurses are a blessing to the community generally, in fact in some cases they are superior to the professional man, but ordinarily his valuable, cherished and respected hand-maids. From what I have heretofore said, it will be gathered that advanced and advancing surgery and medicine, necessitate advanced nursing, and for this education is necessary, the welfare of the community to a considerable degree, depending thereon. Taking this view of the matter, the education of the nurses becomes a question of national importance. This round-about and prosy prelude, brings me to the subject and object of our meeting to-day, namely, the establishment of the Provincial Royal Jubilee Hospital Training School for Nurses. The Directors and Professional Staff knowing the absolute necessity of educated nurses have rightly stepped in, determined to supply the long desired and absolutely necessary scholastic institution. Here let me thank you, my professional brothers, for the compliment paid in desiring and requesting me to give the inaugural address, which thus far has really been introductory, and perhaps somewhat irrelevant. I sincerely thank the ladies and gentlemen likewise, for their attendance and attention. The idea of establishing a Training School for Nurses in Victoria was first broached at the laying of the foundation stone of that noble, benevolent institution, St. Joseph's Hospital. When the citizens of Victoria determined to erect a monument to commemorate the Jubilee of Her Most Gracious Majesty the Queen,

Dr. Davie urgently recommended that as the Royal Hospital had become too small and otherwise unsuitable, the memorial should take the form of a new Hospital. By dint of great perseverance, he succeeded in having his conception carried into effect, the present Provincial Royal Jubilee Hospital, being undoubtedly his resulting child—a child he loves with intensity. Long may he live, and continue practically to show this love by his remarkably skillful assistance to the sick and maimed herein. It was likewise determined that as soon as means permitted, a Training School for Nurses, and also a School of Medicine, Surgery and their necessary allies, should be erected and established in connection with the institution. The former has already been done, but now the professional staff have determined to make the education, if possible, perfect, by giving to the nurses, probationers, and I hope, other outside nurses, a series of practical lectures on subjects connected with their calling. Being one of the profession, it would ill become me to lavish praises on their generosity for the good of the community at large. It will be seen then, that every inch of the land around this Hospital will ere long be required and occupied by these and allied institutions; judging from the phenomenal growth and prosperity of Victoria, the time is close at hand. Let me then earnestly ask you, Mr. President, to use your best endeavors to prevent any portion of this domain being sold, to pay debts, of which rumours are abroad.

Sold! Sir, it is written, "Thou shalt love the Lord God with all thy heart, with all thy soul, and with all thy might," this is the first and great commandment. The second is like unto it, "Thou shalt love thy neighbor as thyself." These two commandments cannot be separated. This land is sacred; this building, consecrated to the love of our neighbor is sacred; a temple emblematical of the universal religion, uniting all in one common bond, charity. Its gates are open for the admission of the afflicted, virtuous or depraved, independent of nation or creed. In this temple the doctors are the priests and each nurse a priestess, serving the distressed night and day. From within these hallowed walls will be sent messengers, carrying the blessings of skillful nursing to afflicted "neighbours" outside.

Handsome temples exist, used for the purpose of devotion, of shewing "Love to God," but if worshippers at these shrines fail to realize that the love of neighbour must be coupled with that of God, their devotion must be spurious; mere templeolatri, idolatry, clanging bells, fashionable ceremony, fruitless, save perhaps of self-deception. Were the devotion genuine, and of the heart, neither the Jubilee Hospital nor other philanthropic institutions would lack funds, for as we cannot give God anything save adoration and service, so our love or service can practically only be shewn by giving pecuniary and other assistance to "our neighbour." Doubtless "love of our kind" is an instinctive sentiment deeply engraven by law on the brain, and would bear more abundant fruit, were it not that the love of self so assiduously, sometimes exclusively cultivated, represses, stunts and in many instances strangles its growth, for the organs of the brain may be made more powerful by cultivation and exercise; the abnormal culture of one may starve and cause wasting of others. Excuse this digression.

Dr. Richardson, the efficient Medical Officer, has taken an active interest in and formulated a series of regulations governing the Training School, so it is unnecessary for me to rehearse this excellent and comprehensive code and document. From it, however, it may be learned that the remuneration of an embryo nurse, will be for the first six months five dollars per month; ten for the ensuing twelve; and fifteen for the remainder of the term, including of course, board, lodgings, and the neat, pretty uniform of the institution; the education received being equal to a considerable sum. Before any can be admitted, even as a probationer, she must possess certain qualifications, of which I shall only allude to a couple or so. Let not any one enter this calling from whim, caprice or some temporary emotional cause; think well over the matter, for it is a very laborious and very responsible occupation, one that will try the strength and temper to the utmost degree. The nurse has no eight hours for work, eight for sleep, eight for amusement! To be a good nurse, that peculiar disposition to befriend the suffering must be possessed; indeed the ideal nurse is born, not made; love for her calling and kind must be predominant. It follows then that she must be intelligent, of good health and

strength, and of a sympathetic, amiable disposition, orderly and methodical. The above qualities are imperative. Cleanliness and order are absolutely necessary too, as already said when speaking of the use of antiseptics. A neat, cleanly nurse in a clean, orderly sick room, is a sight sufficient to call forth the admiration of the Gods, but a sloven in a slovenly room, the soiled clothes heaped in a corner hidden with a wrapper, and other things in a muddle, is not only a source of danger, but as unpleasant to the patient as to the professional attendant. The success of a nurse will very much depend on her being so nice, so gentle, so tender, so firm, assiduous, methodical and skillful. Upon the nurse the life of many a patient depends, so she must have an acute sense of responsibility. Her moral character must be good; principles steadfast, for there is no calling more exposed to the temptation of every sense than that of nurse, and so none need more to pray, "Lead us not into temptation, deliver us from evil." Anyone can be pretty good when there is no temptation. Menial and unpleasant work of all kinds will fall to her lot, so fastidiousness has no place, yet modest bearing must ever be present. Work in the kitchen is of great importance, for the attendant on the sick must know how to prepare food for invalids, as in many cases proper diet is almost the only medical treatment necessary. Many a patient's death has been caused by badly cooked or improper aliments; many by mistaken kindness of friends. In this matter be always governed by the professional man. Do this work cheerfully, for it will come in use during the whole of your career. The real education of the nurse must be in the wards of the Hospital, at the bedside of the sick, let me hammer this into you, for book work *per se* will never make a nurse. In the wards you will and must learn to use and cultivate every sense; the hand, eye, ear, nose and foot must be exercised and taught by practice and observation, for when you know from practice how to do a thing, it becomes a very easy matter and will not be forgotten. Learn everything in the wards you possibly can, seeing that in process of time you will sometimes be thrown on your own resources, and then it is that the well educated nurse proves her value. Let me say again and again, your practical lessons must be learned in the wards of the Hospital, and in the

kitchen too ; there is no other way of gaining the requisite, practical experience: This Jubilee Hospital being open to the necessitous, independent of creed or nation, you will meet therein with every variety of character and learn many a lesson, moral and professional, of great import from these our "neighbours." Here may be seen the imbecile, he is one of four, three are dead, this one has to follow; children of drunken parents. Close by lies a poor, miserable emaciated child, with large, narrow jaw and unhealthy skin, he is the offspring of immoral progenitors. It would be easy to point out others, they suffer for faults not their own. Here then, may be learned a professional meaning of the words, "I thy God am a jealous God, visiting the sins of the fathers on the children unto the third and fourth generation of them that hate Me, and show mercy unto thousands in them that love Me and keep My commandments." This is as true to-day as six thousand years ago, when perhaps it may have been graven in tablets of clay, or chiselled on stone—the custom of the times. If one could set down in numerals the amount of misery caused by disobedience to law, one would stand appalled. No one can tell how much the character of a nation has been altered, or is being altered by vice of every kind. The character, and the constitution of the child is placed on it before birth, the kind depending very much on whether the parents have obeyed or disobeyed moral laws. Vice may destroy a nation. There is an example before our eyes; the aborigines of this country, who have been and are still being destroyed by the consequences of imported immorality and disease. If parents, after death, could see the fruit of their disobedience and have it constantly before their eyes, without ability to remedy, could they suffer any greater punishment or torment? The duties of the nurses in the wards are multifarious; are detailed in the curriculum, but the *paramount duty of a nurse is obedience to her superiors*, and a cheerful obedience at this, for please remember you are scholars, and discipline must be had. A child might with equal justice, complain of having to learn the alphabet. You must in turn also keep strict discipline in the wards, and here it is that a good, moral gentle disposition will induce and maintain order amongst the roughest characters, for all are impressed and hushed before a guileless, modest

woman; but given the contrary, a very different state of affairs may arise. Be good to all, for they, whether abandoned or good, are "our neighbours." Assuredly, the nurse may be powerful for good or evil. See that poor unfortunate in yonder cot—dying—no friend, no soothing relative near. Tend her carefully, and if perchance a pitying tear should drop on the face of this poor, forsaken woman, accompanied by some tender words, they may have the effect of inducing her hopefully to leave for that bourne whence no traveller returns. Who can tell of her surroundings, her history? Is she the victim of inherited vice, or of an abnormal, too emotional brain, or of unprincipled man? Who throws the first stone?

The other part of your education will be attendance at the lectures given by the professional staff of the Hospital, and this is the new and very important scholastic addition; although in no way superceding the teaching of the wards, they will be very valuable adjuncts. I am told that these lectures are to be practical, demonstrative and explanatory, giving the reasons why this or that is, or something else should not be done. To my mind, the "Objective" is by far the best method of teaching and learning, when possible. What is learned by the eye, ear and the senses generally, is easily remembered and digested; on the other hand, teaching without demonstration, often leads to vague fancies and false impressions. I asked a school boy repeating the "tables," What is a hogshead? He answered, "A pigshead, to be sure." Something similar to this is often the result of being crammed with not understood technical terms, even in adults. Anyhow, give the lectures your earnest attention, for they will bring important points prominently to your notice, and teach you how to act in cases of emergency. Take, note and treasure them. If you feel in doubt, be sure to ask the lecturer after his discourse is over, and doubtless he will have much pleasure in giving an explanation.

Bye and bye you will leave this Institution, and have to seek a livelihood by the use of your calling. Do not imagine the path of the nurse to be strewn with roses. Swim who can; who can't, go under. The most skillful, nice, sympathetic and assiduous will come to the front;

some may become teachers in Training Schools, or get married, but many will have to be attendants on the sick. Do not fancy that this will be giving orders and directing others to carry them out, for depend on it, in by far the majority of cases, you will have to do the most yourself, and therefore, I say again, learn everything possible whilst here. Often too, in emergencies you will have to act immediately and on your own responsibility, and ignorance may be death. In the houses of the opulent there may be and undoubtedly often will be found good and comfortable quarters, nice people and assistants, but not unfrequently, even here, there will be disagreeable, querulous, exacting and never satisfied people, but remember, sickness alters the natural character of individuals, and therefore, bear with patience these vagaries. When recovered they may turn out grateful friends, or begrudge your rightful, perhaps modest remuneration; nursing is, generally speaking, undervalued. Now, take warning, never carry tales from one house to another. Tale bearing works often irreparable misery, and in the end will cause the tale bearing nurse to be shunned. Every house is said to have a skeleton in the cupboard. Mind not to make it known. Keep your eyes open but your mouth closed. If the professional attendant ought to know, tell him privately; never dispute at the bedside. Sometimes you will be called to people of the so-called middle class. Here there will be work as well as nursing to be done, for in many instances you will have to take the place of the mother, clean the room, and the children, hear them lisp a tiny, simple prayer, and most likely have to prepare, or at least see to the preparation of the food for the patient, which always is of the utmost importance, particularly in medical cases, with which indeed you will have the most to do, so please mind and pay every attention to the medical wards and kitchen whilst here. Sometime or other, a poor "neighbour" may ask your sympathy and assistance, and a true nurse never can refuse to lend a helping hand. In this perhaps miserable abode, you may kindly scrub floors and children, clean up generally and put everything in order, for you know that cleanliness, pure air and decent diet are often the only necessities, but in these instances the most difficult to get. The poor are always ready and willing to make great sacrifices

and lend a helping hand to a suffering neighbour. It is among the poor, yea even the so-called abandoned, that true kind hearted sympathy and help shine gloriously. What they give is frequently almost their all, given ungrudgingly too, whether it be looking after the children, working about the house or bringing food and help to the patient. It is not conventional, but instinctive. No wonder the widow's mite was the most acceptable. The poor do not seek an excuse in the sometimes, but far from always fact, that their neighbour has but himself to blame. They feel that the wife and little children must at all events be looked to, that they are to be pitied, not blamed. Perhaps it would be well were everybody to go through a course of poverty, for no one can know what poverty and illness combined are who has neither seen nor experienced the painful and terrible reality. If the opulent had a real knowledge of these, their sympathy and assistance would be greater. The nurse among the poor is looked on as a ministering angel, her moral influence and conquests over evil are great. Here it is that she and the Salvation Army can do, and do so much good to wandering sheep which the comfortable shepherd seldom finds. Thankful we ought to be that so little poverty exists in this glorious, healthy and prosperous country. The greatest burden the conscientious nurse has to bear is responsibility; it is an awful load to carry. Do you know what responsibility means? Look at this poor woman, parched with fever, emaciated, tremulous hands picking at the bed clothes, utterly helpless, perpetually restless, yet cannot move; unable to speak, save perhaps in a whisper, and then incoherently; the eye dim, the features pinched, solemn silence reigns; little children, shoeless, creep about, or with tearful eyes and breaking hearts cling to your dress, and sobbing say, "Nurse, oh don't let mamma die." There is no hope for this poor woman, save perhaps in the assiduous, unwearied attention of the nurse; she gives it without stint, yet in spite of her best efforts the eyes grow dim, the ears pinched, the hand ceases to tremble, and so the end comes nearer and more near, and one knows not the moment when time mingles with eternity. When you see the forlorn husband heart-broken and the children weeping, you will ask yourself, "Did I do all I could to save this poor woman?" Bye and bye

the solemn call of the church bell is heard, and with each sound the question will arise, "Could I have done any more to prevent these poor little children becoming motherless?" Sometime or other these little ones may be met in the hands of strangers or as waifs and strays uncared for, and then the same question will arise, "Did I do all I could to prevent these poor children losing a mother's care?" The night comes on with its depressing gloom, and then when in the dreadfully silent, companionless chamber, with shadows on the wall, and no sound save the warning tick, tick of the clock is heard, you feel yourself influenced by that awful power, Law—God—God—Law—that governs the Universe, before which all should bend the knee and bow the head, and then when self speaks to self, it will be well if self in each of us can answer, "Yes, I have this day done my duty to my neighbour." This is responsibility and effects; the picture is not overdrawn. Every conscientious nurse and professional man feels this, and indeed it is hard to bear. We can but do the best we can, and can do no more, for our power is limited. Take the other side. Your charge, owing to your assiduous care, attention and skill improves, she sleeps calmly, the eye becomes bright, she eats and drinks, soon begins to help herself, and by and by rises from her bed; looks gratitude and thankfulness to her nurse, and ever will be a loving friend. No more horrible gloom and silence, but sunshine streams in, merry children romp around or nestle about mamma, who strokes their hair and lovingly caresses them. Soon Christmas comes; the joyous little ones go round the Christmas tree; now they go round the Christmas tree; nurse joins in, the Christmas tree—the Christmas tree; round about the Christmas tree; now mamma, papa, come and go round the Christmas tree, and here let us all join in, and as hand-in-hand we dance round the Christmas tree, with the merry, innocent little ones, heartily wish these kind nurses A Merry Christmas, and many, many happy years, successful in their career, ennobled by their calling, beloved and admired by "neighbours."



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