

TRAINED NURSES.

from it Susie's photograph and a lock of her fair hair, gazed long and sadly upon them.

He pressed his lips to the pictured countenance. 'Great Heaven! I believe I love her yet!' he cried, then his own cheeks turned scarlet. A yellow face had poked itself round the screen, two almond eyes were fixed upon him.

'Misses Vialy slip come in, bling letter,' said To Kay, the boy who did the errands. And a dingy little envelope lay at his elbow; the letter that but for that notable conversation between Squire Wackford and General Johnston might still have been lying beneath the counter in the old Dodd's corner post-office.

He knew the handwriting and tore it open. The date gave him a good idea of what had happened. In some way, he well understood, fate was to blame, not Susie; and for once the dead 'had known' just when to 'come back and be forgiven.'

Over and over again he kissed the missive, totally forgetting the very existence of Mrs Stanforth.

'Oh, my angel!' he cried. And started up from reading this old letter just as Susie had thought he would.

'I must go to her!' he cried. 'I will go on the first steamer. — Well, what do you want?' he cried, interrupting himself. For there was To Kay again.

'Ozzer letter, Misses Vialy,' said To Kay. Jack Varley took the missive he offered him and sat down again. He saw that this was Mrs Stanforth's reply to his offer of marriage. Facts returned to his memory. He held the envelope in both hands and stared at it forlornly.

'There is only one hope left now,' he thought. 'She may have refused me!' He opened the communication, yet even then delayed to read it.

'Pray Heaven she has said no!' he gasped, and took the plunge. Alas! there are not so many eligible offers to be had in China that a widow anxious to mate again should refuse Jack Varley. Mrs Stanforth had accepted him almost rapturously.

Jack's emotions are better imagined than described. But as a man of honour he could do nothing but lock poor Susan's second letter into the lacquered box with the other relics of his old love story, and try to forget it forever.

At Dodd's corner, Susan Pettibone, still dreaming her foolish dream, based on that belief that fate deals in poetical justice, which women continue to cherish despite daily proof to the contrary, often hastens to forestall the little servant in answering the cottage bell, still hoping that she will some day find Jack Varley standing there with open arms.

So many women have of late succeeded as trained nurses, that each year more attention is directed to the subject of nursing as a profession for women.

The question is constantly asked 'How can I become a trained nurse?' To answer it and to afford information that will be interesting to those who wish to take up the work is the purpose of this paper.

In a young country like New Zealand, there are not, of course, the same openings for instruction in the womanly art of nursing as there are in England. Still, as much help as possible is being given by the larger hospitals to those women who are desirous of becoming trained nurses. This is work that is specially suited to ladies. At one of our hospitals nearly all the nurses are gentlewomen, and the lady superintendent expresses herself as well satisfied with their attention to rules, deftness, and common sense. There is not, so far as I am aware, any nurses' training-school in New Zealand except in connection with a hospital. At Wellington Hospital each nurse is engaged as a probationer. Lectures (1) on Elementary Anatomy and Physiology and (2) on nursing are given annually by the resident medical officer of the institution, and examinations are held, and if the candidates come up to a certain standard, certificates of efficiency are issued. The examinations on nursing are both theoretical and practical. Besides this the course of practical training consists of two years' work in the wards. They have a similar training at the Dunedin Hospital, and I believe also at Christchurch.

A doctor comments on the above: 'I think the best method of training nurses is such as is here sketched. It would be well if the course of training in the four large hospitals of the colony should be assimilated in detail, if this is not already the case. At the same time, I should be in favour of keeping them distinct schools, in order that a healthy rivalry should be fostered. In the smaller hospitals there is not a sufficient variety of cases to warrant them undertaking the training and certification of nurses.'

It has been suggested that examinations of ladies wishing — after proper training — to obtain a certificate of competency in any particular branch of nursing, or in general nursing, should be held either annually or semi-annually, at four different centres, say, Dunedin, Christchurch, Wellington, and Auckland, the questions to be set by the Visiting Staff or House-Surgeon at each of these four

Probationers undergoing a second year's training receive £20 per annum, but they can only be received into this class when there is a vacancy.

There is also a capital Auckland Directory for Nurses, under control of a committee of the Auckland Branch of the New Zealand Medical Association. The energetic secretary is Dr. Robertson, of Symonds-street, to whom nurses should apply in order to have their names put on the Directory Register. Each nurse pays a registration fee of five shillings for the first year, and half-a-crown for the second, etc., and any person engaging a nurse by means of the Directory pays a fee of two shillings and sixpence. Between the hours of 8 p. m. and 8 a. m., it is five shillings.

A useful check is exercised upon the nurse by a special form being provided for the doctor, and one for the invalid to fill in, stating, in answer to various questions, how the nurse behaves, and her efficiency. This is forwarded to the secretary. As all nurses have to keep the secretary well-informed as to their engagements, place of abode, and easiest mode of access thereto, it will be at once seen what an immense benefit such a directory is to all classes of the community, as frequently valuable time is lost in sudden sickness through having to search in various localities for a possibly disengaged nurse.

The Auckland Hospital limits the age of entry for a probationer to twenty-one. This is still too young. Twenty-three or twenty-five is far better, for a girl has to face various unpleasantnesses in the work of nursing which will require all a grown woman's nerve and strength to meet without flinching.

But nursing is noble, Christ-like work, and gives special opportunities for developing some of the grandest traits in a true woman's nature, only it is not a profession to be lightly chosen, nor one to be adopted without first counting the cost. Nursing children is specially interesting, though it requires a good deal of patience, but the reward for tending the helpless, suffering little ones is undoubtedly very great.

A fund has been started to enable Miss Matilda Aston, the blind girl who has recently matriculated at the Melbourne University at the age of seventeen, to proceed to a degree. It is gratifying to learn that all the expenses of Miss Aston's University training for the next three years have been guaranteed by the Austral Salon — a social organisation of the ladies of Melbourne. Lady Davies, the wife of the Speaker, is the prime mover in the affair.



TRAINED NURSES.

HINTS TO VOCAL AMATEURS.

To those distinguished musical amateurs anxious to husband their vocal resources, I give a few hints derived from the experiences of several eminent artistes. Madame Patti, on the days when she is engaged to sing, never talks above a whisper, and avoids all possible bodily fatigue. In careful observance of diet she has a great belief, and always orders a beef-steak, plain boiled potatoes, and dish of roast apples for her dinner, which she takes at three o'clock, before appearing in opera on the same night. If the throat be very dry, the prima donna declares that a good remedy is to sip seltzer water in the intervals of singing, but as a general rule she advises neither wine nor water to be drunk during an evening's performance.

The *diva* is a devout believer in homeopathy, and swallows pillsules of phosphorus and causticum every time she leaves the stage, after delivering a grand aria. These remedies, she imagines, are most clearing and beneficial to the throat. For the rest, she advises early hours and perfect moderation at table. Madame Albani, who entirely concurs in this last stricture, is also equally careful in not speaking aloud on the day she intends to sing, and occupies herself with embroidery or some quiet employment, instead of walking, driving, or receiving visitors as on other occasions. The Canadian prima donna, like Mme. Patti, only drinks charet at dinner, but fortifies her voice with a cup of bouillon made after a French recipe, slowly imbibed between the acts of an opera. Mme. Nilsson, on the other hand, has faith in ale and porter as a tonic for the throat and chest, and considers that both her sister artistes take overmuch care in resting and nurring their voices with such assiduity — an opinion shared by Mme. Melba, who, casting aside all these theories, eats, drinks, and is merry like any lady in private life, and vows that her voice requires no such indulgence. Miss Lohmann, whose charming organ always appears in excellent condition, recommends the inhaling of ammonia in hot water whenever the voice may be suffering from the effects of cold winds. — *The Gentlewoman*.

centres in turn, printed, and sent to the other three hospitals. A certain number of marks should entitle each of the examined to a nurse's certificate, which would enable the holder to at once obtain employment as a private nurse, or at a hospital, should there be an opening. The certificates would, of course, be recognised throughout the colony.

The regulations for the training of probationers in the practice of hospital nursing at the Auckland Hospital are as follows:

1. The term of the probationers' training shall be one year (if after the first month found suitable), and they will be received on the distinct understanding that they are willing to remain for that length of time. Provided that any probationer shall be at liberty to resign at any time during the first month, on giving fourteen days' notice of such intention.
2. Probationers will be under the control of the lady superintendent of the hospital, and will be subject to the rules of the hospital. They will be subject to suspension from duty, or to be discharged by the lady superintendent, in case of misconduct or negligence of their duties.
3. Every probationer will be required, at the end of one month from the date of entry into the hospital, if found suitable for engagement, to sign an agreement, engaging to abide by the regulations.
4. Probationers must have attained the age of twenty-one years, and must be not more than thirty five years of age, at date of entry. They must be of excellent character, and be in perfect health.
5. Probationers will be required to give their services for one year in return for the training received by them in the hospital. They will be required to undertake day and night duty, and to do the same work as the assistant-nurses. Hoard, lodging, and washing will be provided for them in the hospital.
6. Probationers will be taught the practical part of nursing, in the ward and the operation room. They will receive theoretical instruction from the resident medical officers in elementary anatomy, physiology, minor surgery, and the properties and uses of common drugs. They will receive theoretical and practical instruction from the lady superintendent, in medical, surgical, and fever nursing, bandaging, invalid cookery, and in all duties relating to the care of the sick.
7. At the end of each year, an examination in the subjects named will be held by examiners appointed by the Board. Probationers, who pass successfully, will receive a certificate to that effect, signed by the Board, and by the Board; but in no case shall a probationer receive a certificate unless she shall have undergone a full year's training.
8. Probationers will be eligible at any time for appointment to the permanent nursing staff, but shall not be entitled to receive a certificate except upon the conditions named in Regulation 7.

LONDON AND PARIS FASHIONS.

ELEGANT BALL AND DINNER GOWNS.

(SEE FASHION-PLATE, PAGE 209.)

At the present season of the year everyone is more or less interested in novel designs for evening toilettes, and we are therefore glad to be able to show our readers on page 209 some very beautiful gowns, both for dinner and for dancing. They are remarkable for perfection of good taste.

No. 1 is a lovely ball gown, a perfect harmony for half-mourning in heliotrope and white. The foundation is of white satin, draped entirely with the softest folds of heliotrope chiffon, and ornamented all round the skirt à la Josephine, with festoons of chiffon, drawn up here and there, and held in place by bunches of white roses, rosebuds, and green leaves, the flowers being so perfectly natural in colour and shape that you feel almost sure they must be real. The bodice is draped with chiffon, and trimmed with flowers to correspond.

No. 2 is a very beautiful evening gown, with a bodice and train of handsome white brocade, with flowers and leaves in white silk upon a satin ground. The train is cut quite square, and arranged in a novel fashion, with flat pleats of brocade turned over on each side, and bordered with a wide fringe of white ostrich feather trimming. A ruche of white ostrich feathers may be seen bordering the hem of the skirt in front. Similar feathers trim the smart low bodice in the effective manner shown in the sketch.

No. 3 is a handsome dinner gown of pale grey bengaline, made with a long train, and very wide pleats on either side of the skirt, arranged to meet in a point at the waist. The front breadth of the skirt is most exquisitely embroidered in steel, the design being finished round the hem with a deep fringe of fine steel beads. The bodice is particularly becoming to the figure with its deep Swiss belt, formed entirely of fine steel embroidery to correspond with the trimming on the front of the skirt.