

“Immense, incalculable misery” is due to “the immoral thoughtlessness”—he calls thoughtlessness immoral—of women about little things. This is what our training is to counteract in us. Think nothing too small to be attended to in this way.

It is again, what the individual Nurse *is* and can do during *her living* training and *living* work that signifies, not what she is certified for, like a steam-boiler, which is certified to stand so much pressure of work.

and think less of “duty” than these men? A woman with a healthy, active tone of mind, plenty of work in *her*, and some enthusiasm, who makes the best of everything, and, above all, does not think herself better than other people because she is a “Nightingale Nurse,” that is the woman we want.

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She may have gone through a first-rate course, plenty of examinations, and we may find nothing inside. It may be the difference between a Nurse nursing, and a Nurse reading a book on Nursing. Unless it bear fruit, it is all gilding and veneering: the reality is not there, growing, growing every year. Every Nurse must grow. No Nurse can stand still. She must go forward or she will go backward every year.

There is no impudence like that of ignorance.

Nurses' work means downright work, in a cheery, happy, hopeful, friendly spirit. An earnest, bright, cheerful woman, without that notion of “making sacrifices,” etc., perpetually occurring to *her* mind, is the real Nurse. Soldiers are sent

For us who Nurse, our Nursing is a thing, which, unless in it we are making *progress* every year, every month, every week, take my word for it we are going *back*.

The more experience we gain, the more progress we can make. The progress you make in your year's training with us is as nothing **to** what you must make every year *after* your year's training is over.

Be a judge of the work of others of whom you are in charge, not a detective : your mere detective "is wonderful at suspicion and discovery," but is often at fault, foolishly imagining that every one is bad.

The Head-Nurse must have been tested in the refiner's fire, as the prophets would say : have been tried by many tests : and have come out of them stainless, in full command of herself and **her** principles : never losing **her** temper.

A person in charge must be felt more than she is heard—not heard more than she is felt. She must fulfil **her** charge without noisy disputes, by the silent power of a consistent life, in which there is no *seeming*, and no hiding, but plenty of discretion. She must exercise authority without appearing **to** exercise it.

A person, but more especially a woman, in charge must have a quieter and more impartial mind than those under **her**, in order **to** influence them by the best part of them and not by the worst.

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"cleanliness is the only real
disinfectant"
there is no impudence like that of ignorance

people's work. Quite the reverse. The very essence of all good organisation is that everybody should do **her** (or his) own work in such a way as **to** help and not **to** hinder every one else's work.