

# The Nurse and Good Nature

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'Good nature is what is most akin to God and does the utmost good to men'.

Such were the words of a famous French man. God is infinite goodness, so when He created man He put goodness into him. Another writer has suggested that God, foreseeing that tears would flow on earth after man turned away from him, God wanted every human creature to have a little bit of good nature to dry those tears. Nurses need a large share of it for they are so frequently in touch with tears and sufferings.

So it should be a basic virtue for us all and out of it can grow the other virtues we need so much. It should be even peaceful and radiant free from all hardness and malice. It should be, as it were, the overflow of all that is best in you, poured out on your neighbours especially those who are affected in any way or/and suffering.

We need of course to refresh it every morning, drinking it in, as it were, from God Himself as Isaiah suggests 'Come to me and drink'. Occasionally a patient can accidentally break a thermometer, or have an accident and spill a cup of liquid over her clean bed clothes. Then if she has a good hearted nurse, she will thankfully ring the bell and say what has happened, knowing she will not be scolded, but met with sympathy.

## Forgetting the Pain

Occasionally we are rewarded by a patient saying "When you are in the room I forget my pain". How encouraged we can be. So we see our goodness and kindness of heart can act almost like an analgesic, and put more life into them. Especially is this so if kindness is accompanied by graciousness, cheerfulness and friendliness. A spilt cup of tea means changing

the sheet. Nature says what a bother! and I'm so busy just now. Grace says that's alright. These things happen sometimes. It will soon be put right. Then try and make the patient laugh over something and tears will go far away.

Try to anticipate your patient's needs. Forestall your patient's wants tactfully and willingly. We must be kind to all not just some. A patient does not need kindness just because he/she is acutely ill. He/she sometimes needs more when they are not so acutely ill! Some cases are medically or surgically interesting, others are not so, perhaps they need even more kindness because not to be diagnosed like 'Fever of unknown origin' is very trying. I write as

one who has experienced this. I never was diagnosed but I met kindness the whole 11 weeks I was in hospital! Here especially there is great need of kindness to be shown to the patient for she too is just weary of her fever! This is equally true of patients with some degree of imaginary illness. Here a nurse can sometimes do even more than a very busy efficient doctor.

This same kindness is also needed towards the patient's relatives who themselves may be tired of the whole situation and of course we never discuss such patients with their friends. Great damage can be done thereby. This same good nature should be exercised towards doctors and fellow nurses. In other words let your good nature oil the wheels of life so that all runs smoothly and without nasty jerks. Also we can understand that goodwill comes not from your heart but from your will and all have a will—a will to help others. Let us learn to will kindness too.

## प्रदूषण की समस्या

वायु मण्डल के दूषित होने की प्रक्रिया या दूषित वायुमण्डल को प्रदूषण कहते हैं। आप हवा के अन्दर भारी मात्रा में विषैले व गैसीय तथा रासायनिक पदार्थों के मिश्रण के जमा होने से आज के विज्ञान ने मानव-जीवन को खतरे में डाल दिया है। उलझन में डाल दिया है। इस समस्या का युद्ध स्तर पर निवारण करने की आवश्यकता प्रतिपादित की गई है।

प्रदूषण के स्त्रोत फल कारखानों से

भारी पैमाने पर बढ़ते हुए औद्योगिकरण के साथ-साथ विषैले गैसीय तथा रासायनिक पदार्थों का शुद्ध हवा जल व मिट्टी में सम्मिश्रण होना भी है। इससे जन जीवन की शुद्धता प्रभावित हो गई है। इनकी चिमनियां इतनी नीची फिर इनका धुआं पास में आवास से श्वास-प्रश्वास में असावधानी पैदा हो जाती है।

इनका गंदा पानी इधर-उधर फैलाना। निष्कासन की उचित व्यवस्था नहीं हो पाना सब के सब कारणों से स्वास्थ्य पर बुरा असर पड़ता है।

वाहनों का प्रभाव

भारी वाहनों से निकलने वाला धुआं वायुमण्डल में व्याप्त है। इतना धुआं हो जाता है कि वायुमण्डल अव-शीघ्र भी नहीं कर पाता है।

धूम्रपान

आज-कल ७० प्रतिशत लोगों में धूम्रपान, जर्दा आदि खाने से दांतों व श्वास संस्थान की बिमारियां बड़ी तादाद में फैल रही है। जैसे क्षय पुश्तैनी, कैंसर इत्यादि।

अंधाधुंध पेड़ों की कटाई

बढ़ती हुई जनसंख्या के साथ पेड़ों की अंधाधुंध कटाई हो रही है जिससे

(Continued on page 305)