

We must dedicate ourselves to God's service, remembering that no detail is too small to be overlooked and no individual too humble to be counted as a soldier in His army. Prayer, right thinking, and righteous, untiring action are the true defences against evil.

The meaning of the Christmas message "Peace on earth, good will towards men" is greatly enhanced in wartime. Without the peace of God in our hearts, it would be fruitless to fight for peace. We must seek the Lord and ever pray the Holy Spirit to give us light, that we may know we are ever on His side; for if we are with Him and He with us, then, whatever betide, we cannot fail. Let us keep this message ever before us. As the intense gloom around us only makes His Star shine brighter, let us follow it like the sages of old. The path may be hard, but if we follow it our labour will be rewarded. The true Light, which lighteth every man that cometh into the world, will lead us to the Peace of God, which passeth all understanding.

"Look up"

By Mr. S. THEODORE, R.N., Mission Hospital, Bahrein

I have availed myself of opportunities to talk with many nurses of different districts and have been interested to know the unanimous opinion of various people of these different localities. I cannot say whether rightly or wrongly, but many nurses think they have taken up a course which is below their dignity. The reason for this opinion is, they say, that people who are in other professions look down upon them. If this is true, then the burden is on our shoulders to sweep off such ideas from the public. Before we talk about this with others, we have to investigate ourselves first. Let us see where we are.

I have heard some nurses talking about their own profession in such a way that others must look down upon them. Such people describe nursing like this: "Nursing means bed pan, urinal, thermometer and chart." The reason for this opinion, I think, is that nursing means only that much to them. They are short-sighted, they can't look up and they will only always look down. If one doesn't honour one's own profession, there is no use in striving to get honour from a second or third person. It is quite absurd, and it is impossible to get it,

As a nurse one will get enthusiasm, joy and honour only as one forgets self. The only aim for a nurse must be to help others. Oh! what a great privilege you have as a nurse to wipe away the tears of the sufferers, to comfort the restless, to quench their thirst. A nurse must congratulate herself or himself on having obtained this opportunity. There are many who would like to help others,

yet they are not fortunate enough to get such opportunities as nurses have. One great man prays as follows:

"Help me to live from day to day
In such a self-forgetful way
That even when I kneel to pray
My prayers may be for others."

If such people were to see you, no doubt they would recognise you as an angel and envy you. Oh, what a noble profession! Look up, then you too will be able to see that.

In a Tamil nurses' conference, held at Madura in 1938, at which I was one of the delegates, Rev. N. Franklin spoke in one of the meetings. He said that "nurses" means angels, the light of the world, and so on. In this way most of the educated people are looking up to you because you are high above the ordinary level. So look up yourself. Another man says, "Duty must ever be considered sacred. I will follow the path of duty this day in the confident hope that it will take me to another's need." Yes, this is the symbol and centre of nursing. Look up, then you will be able to see where you are. Avail yourself of opportunity; don't forget that you are a gem. There are two rings, both are alike in appearance, both are glittering, both are the same size. You wear them both on your fingers. If you throw them in the sea both will go down. Yet, you pay Rs.30 for one ring and 3 ps. for the other. The why of it is, one is gold, the other is copper. So, my dear colleagues, you may have to do certain things which may seem to be below your dignity, but yet your value is quite different if you do it in a right spirit. Look up to your own profession.

Have you ever realized the responsibility of a nurse? There is no other profession in the world that has as much responsibility as the nursing profession has. In other professions there may be only one duty to be carried out. The duties of nurses, however, are threefold, namely, duty for the body, duty for the mind, and duty for the spirit. This is quite obvious. We treat the body every day, and, as we treat it, we tell the patient how he got the disease, how to overcome that disease, and how to prevent it. This helps the patient's mind. And these two together help the spirit. How?

Suppose you treat a badly burned case. You apply various kinds of medicines and ointments, but the patient is quite ignorant of their worth. So he sets very little value on that medicine; whereas he values it more at another time. When is that? When you handle him gently and carefully.

So also if you try to teach him something, give him a pencil and paper, and ask him to take notes of what you say, what does he do? He simply ignores you, whereas he listens and practises if you speak to him having realized his pains and troubles and shown your sympathy; these two together work in his mind, and he says within himself, "This nurse is an angel and there will be a place for her (or for him) in heaven! Why should I not be like her?"

Now he begins to practise that which you did for him. Can you see your responsibility now? Yes, it is a profession of great responsibility and it is second to none; a profession, nobler than any other profession and noblest of all professions.

Sincere and earnest, in and out, whether someone sees you or not, work only with an aim to help your patient in all the ways possible. When you satisfy your patient your heart leaps for joy. When you reach this mark you show to the public where you stand. Then the public will realise that nursing is the most important factor in the whole of surgery and medicine. I wish that every nurse should try to prove this proposition.

So you must see nobly, speak nobly, walk nobly, work nobly, think nobly, do everything nobly. Then everybody will look up to you.

BOOK REVIEWS

Baillière's Nurses' Complete Medical Dictionary, by Hitch and Marshall. Eighth Edition, 1940. Baillière, Tindall and Cox, 7 & 8 Henrietta St., Covent Garden, London.

This most comprehensive Nurses' Dictionary contains many good illustrations, and the new edition includes three new appendices of great usefulness in time of war, *viz.*, No. XV. Blood Transfusion, No. XVI. First Aid Treatment, No. XVII. Gases used in Chemical Warfare. There is also a good section on Bandaging. Appendices Nos. I, II and III on Sutures, Surgical Instruments and Anaesthetic Apparatus are profusely illustrated and should prove extremely useful to both Student Nurses and Nurses. We can heartily recommend this dictionary.

Bandaging and Nursing Notes for Masseuses, by Edith M. Prosser, Sister in Charge, Massage Dept., The Middlesex Hospital; author of *Manual of Massage and Movements*. Faber and Faber, 24, Russell Sq., London. Price 5s. or Rs.3-6-0.

This is a most useful little book, not only for masseuses, but for nurses and those studying First Aid and Home Nursing. The section on bandaging is beautifully illustrated and the up-to-date chapter on splints is one of the best we have seen. The simple nursing treatments are clearly described and should prove most helpful.
