

I hope with the holidays coming and more leisure time some of you will send me in some essay for the S. N. page.

Yours sincerely,

K. SHARWOOD-SMITH.

The Prize Essay.

ETHICS OF NURSING

By MISS M. MILLER, Student Nurse, Irwin Hospital, New Delhi.

The foundations for the making of a good nurse depends firstly on her character, for in nursing it is more important to do right than to know it. Though character may not be based mainly on this consideration, it is none the less true, for the patient should be the nurse's first concern, and neglecting and evading a duty will only result in the patient becoming worse and his condition reflecting on the Nurse. It must be remembered that a hospital exists first for the sick, and then for the nursing staff, so it is essential for a good nurse to think of this, and realise that the goodness in her is brought out in her work, and so on the treatment the patient receives while in hospital. A nurse's responsibilities are heavy, and it is impossible not to think of the error, overlooked perhaps in a moment of wrong judgement which perhaps may bring misery to others. A nurse's highest ambition should be to do her duty—she should be honest and truthful, true to herself, and true to those who have put their trust in her—as dishonesty leads to a Patient, a Doctor or Sister mistrusting her, losing faith in her, and eventually despising her. Even if she has done wrong, she should never be ashamed to own it, though she ought to be ashamed of herself, and feel that to be relied upon is an essential quality required in a good nurse. She should be obedient, and respectful to her seniors, remembering that learning to obey is learning how to command when she becomes senior herself. A nurse, like a soldier, must learn that discipline is good, both for the body, and the mind. She should learn to discipline herself, and then her patients, and that a bad nurse will never make a good sister, or superintendent. It is not for a nurse to think of what she would like to do, but of what she ought to do—performing her duties, not claiming her rights. Patience is required of a nurse, as ill-temper leads to unhappiness, and it must still be remembered that she is dealing with somebody, who is probably unhappy, and thinking a great deal about the illness which he is in hospital for. A nurse must act as a hostess to her patients, and it is seldom that a hostess is ill-tempered! Good manners go with patience. A nurse's attitude towards her patients goes a long way in winning their trust, and confidence as it is the nurse who offers kind words of sympathy or cheerfulness according to her patients' feelings. Tact is also required, and those to whom it does not come naturally, ought to try and acquire it, for a nurse cannot win and deserve the confidence of those she is nursing if she does not try and meet the wishes of others, without being afraid to say 'No'. In any dealings with relatives or visitors, or even with the patient, the nurse will find that steadiness and coolness are invaluable and to be frank, yet reserved, requires tact—being courteous—leading her patients and their friends instead of driving them.

A nurse should always be tidy both in her work and dress. Most people are judged by their appearance. And a patient may get to know her nurse well by perhaps a long stay in the Hospital but there are many patients who by their short stay in hospital are mere strangers. It is these patients that only have appearances to judge the nurse by. Moreover if a nurse is tidy in her appearance it is considered that she is tidy about other

things, in mind as well as body; and order and method are important in the good running of a hospital; and help in putting away things when they have been used will lessen the work for the other nurses. Good health is essential to good work, and can be obtained by good habits. It is impossible to work well, and look after patients cheerfully and kindly if one is suffering oneself. A nurse's work should be enjoyed and to work energetically it means keeping healthy by not neglecting food, rest, exercises and holidays! Then there is punctuality. A nurse must be most particular in administering medicines, carrying out orders received for the patient, and in coming and going off duty. The patient's welfare, his trust, and, more important, his life rests with the treatment of his disease, and the nurse who carries it out correctly, to time and with care. A medicine given at the wrong time, or a wrong medicine given at the right time may prove fatal for the patient whose life is in her hands. Lastly a nurse should look upon the profession as a profession, art or vocation, but never as a trade. Her motto should be, 'To help the helpless and to do right because it is right'.

A good Nurse is usually appreciated and she is capable of giving to her patients although it may mean self-sacrifice. She may be sometimes taken for granted, but she is admired all over the world.

REPORT OF THE BRANCH OF THE STUDENT NURSES' ASSOCIATION IN S. STEPHEN'S HOSPITAL, DELHI, 1936-1937

This last year there were 34 members of the Association in the branch at S. Stephen's Hospital. 9 members passed out of the Association when they finished their training, seven joined the Trained Nurses' Association. At present there are 30 members and we hope very soon to have 6 more.

We have had several meetings. At one a film on Hygiene and on Physiology and Anatomy was shown by the kindness of the Secretary of the Indian Red Cross Society.

We went to both the Lady Hardinge and Irwin Hospitals for badminton matches.

Last year one of our members went to Madras as our representative to the Conference and to the Student Nurses' Annual Meeting. We sent some models to the exhibition and two of our nurses were fortunate in winning prizes.

For sometime now many of us have been very busy making our models for the exhibition. We are very happy that the Conference is in Delhi so that we can meet many other student nurses who have come from so many different places. We welcome you all to Delhi.

LADY HARDINGE MEDICAL COLLEGE HOSPITAL, DELHI

A meeting was held in October 1936 in order to restart a branch of the S. N. A. in the Lady Hardinge Medical College Hospital. At this meeting Miss Winter explained the aims and purposes of the association to all who were present.

Fifty-two members were enrolled and the following officers were elected:

<i>President</i>	...	Miss M. D. Winter.
<i>Vice-Presidents</i>	...	Sister K. Sharwood-Smith and D. Rollo.
<i>Secretary</i>	...	Nurse Roy.

(The office of Secretaryship was later assumed by Nurse DeCunha when Nurse Roy left.)

<i>Treasurer</i>	...	Nurse M. Fungfat.
<i>Games Secretary</i>	...	Nurse N. Miller.