



"You wouldn't serve dry tea leaves as Teal"

You wouldn't serve the Mustard without mixing. Mustard isn't really **MUSTARD** until it has been mixed. Mix ten minutes before serving to enable the essential oils to develop the full **MUSTARD** tang!

**MUSTARD
MUST BE MIXED**
— COLMAN'S Mustard



M17



*It's what you like—
it's "Baxters"*

Children readily take "Baxters," and quickly respond to its cough expelling properties. Dilute "Baxters" with water as directed for young children.

Relief from the first dose.

Get "Baxters" and get better from **COUGHS, SORE THROATS, BRONCHITIS, ASTHMA, and all CHEST COMPLAINTS.**

**BAXTERS
LUNG PRESERVER**

NURSING AS A CAREER

Field Where Woman Holds Complete Supremacy

Last week we published a letter by "Registered Nurse" on the subject of nursing as a career. This correspondent also sent us an article on that subject, written by Miss J. I. Martin, Tutor Sister, Waikato Hospital, Hamilton, which appeared in the "Education Gazette" of June 1, 1939. We reprint the article here in condensed form in the belief that it will be of interest to many of our readers.

"There is no higher mission in this life than nursing God's poor. In doing so a woman may not reach the ideals of her soul, she may fall far short of the ideals of her head, but she will go far to satiate those longings of the heart from which no woman can escape."—Osler.

IN choosing a profession or a career one must study it from at least two points of view. Firstly, what are we willing to put in to the making of it? Our intelligence, integrity, loyalty, enthusiasm, and service, are all essentials if we are going to make a success of it. Secondly, what is it going to bring to us? Is it going to fulfil our desire for service, our intellectual desires—widening our horizon, broadening our views—and develop our personality? Is it going to satisfy our desire for independence? Will it fulfil our longing for a life of variety and interest?

In these days there are many careers open to women, and they can compete successfully with men in many professions. There is one, however, in which woman holds complete supremacy, and that is nursing.

Wide Range of Opportunities

For those who choose this career and bring to it their ideals, their enthusiasm, and their spirit of service, it will indeed prove a happy one, and there are few professions which open up such a range of opportunities for the intelligent educated woman, for the nurse is to be found not only in the hospital, but in the community, in schools, in industry, rendering organised service under medical supervision for the care of the sick and the prevention of disease and the promotion of health.

It is not to the Sairey Gamps of Dickens that the ancestry of the modern nurse is to be traced. Sairey was but an unhappy incident in the history of nursing. The ancestors of the modern nurse are the noble abbesses and early christian women who endeavoured to do for their day what the present-day nurse is trying to do for hers.

To our modern ideas it seems incredible that the nursing of the sick one hundred years ago was in the hands of drunkards and profligates, but unfortunately Sairey Gamp or her prototype did exist, and during this dark and unhappy period no dignity was attached to the office of nurse.

The world knows of Florence Nightingale's work in the Crimean War, but it is not so widely realised that from this work nursing emerged from the degradation of years to lead the way in organising the first real system of vocational training for women along modern lines.

Schools for Nurses

Even the briefest survey of these will convince one that the women who assist in this work must be fitted for it, and it is here that our Schools of Nursing have their part to play, for it must be obvious that the preparation of women for the practice of nursing requires not only a training in the technique and

(Continued on next page)



AIMING FOR FITNESS: Two London nurses, resting at an English country house after arduous duties during air raids, enjoy themselves at the time-honoured sport of archery