

be done by the patients having even boiled mutton hard, or weak beef-tea made to appear good by putting burnt sugar into it.”

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“THE wages of the cooks at the various Hospitals in London differ much, and the pay of some seems too small. St. Bartholomew's Hospital (patients number about 600)—man cook, 35s. per week with board, but not residence, assisted by one man and two boys; St. Thomas's Hospital (patients number 400)—female cook, £48 per year, board, lodging, and washing, assisted by a man to clean boilers, etc., and three kitchen-maids; Guy's Hospital (inmates number 560)—female cook, £25, with board, etc., assisted by five women and a boy; London Hospital (inmates number 660)—male cook, 30s. per week, board and beer, assisted by one man and two women; St. George's Hospital (inmates number 450)—female cook, £30 and board, etc., with £4 per annum for washing, assisted by three kitchen-maids and a scullery-man. The 'Lock' appears to be the only Hospital where the meat is roasted in front of the fire. Till recently, when a gas roaster was substituted, this was the case at the Middlesex Hospital also; and the change has not given satisfaction to at least some of the officials of the Institution who put a greater value on efficiency than on pecuniary economy. In the other Hospitals the meat is generally cooked in gas roasters. The process is less costly and less troublesome to the cook, but is open to many objections. There are gas roasters *and* gas roasters; but even with the best, should the cook, from being in a hurry or from other causes, not thoroughly clean the apparatus before using it, the meat suffers. When the gas roaster fails to be thoroughly ventilated the greasy vapour from the meat is sure to find its way into it and cause it to become greasy and sodden, not easy of digestion. In some Hospitals the still more objectionable practice of baking the meat is resorted to.”

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“MEAT is usually supplied by the butchers to the Hospitals only a few hours before the time for cooking it. Meat loses weight by keeping; therefore, though the butcher will avoid sending it so fresh that it must be rejected by the steward, he will not keep it longer than he can help. Extra work to the cook would, no doubt, result from the meat being sent to the Hospital some days before it was required for dressing; but by that means—the cook watching and selecting the meat as it is ripe for cooking—a regular supply of tender meat would be ensured. It may be well here to throw out a suggestion on the subject of contracts for meat. Beef is frequently contracted for at a certain price per pound, either free from bone and fat or with

a very limited amount of fat. The result is that poor meat is supplied; beef of a good quality having more fat than the Hospital authorities would receive.”

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THE following interesting article appeared in our contemporary, *The Echo*, last week:—“Army Nursing Sisters are an outcome of Netley, and one of its most interesting features. It was in 1869 that Mrs. Deeble, the widow of an officer who was killed in the Abyssinian Campaign, came, with six companions, to effect many much-needed Nursing reforms there. She is Superior of the Army Sisters, and has been at Netley for nineteen years, save for the time that she spent in Zululand, when she went out to minister to the wants of the sick and wounded in that long, hard struggle. She grows almost enthusiastic as she tells how the men, no matter how tired, footsore, and hungry, would always pitch the Sisters' tents, and attend to all their wants, before giving a thought to themselves. ‘They appreciate what you do for them,’ I said; and Mrs. Deeble replied, ‘The chivalrous consideration that they show us is wonderful. In all the years that I have worked among them, I have never heard one rude word, or been the object of an unpleasant jest. I have often known them sitting round the fire telling their own stories, and as one has remarked, ‘Hush! Sister's here!’ the oath or the dubious expression has died upon their lips.’”

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“THERE are now some sixty Sisters, ten to twelve of whom are attached to Netley, and the rest are at the different large military stations at home or abroad. It may seem as though these are but a small number to control the Nursing department, but it must not be forgotten that they merely direct, and only do the most difficult of the actual caring for the sick. All the rougher and more general work is done under their supervision by the Orderlies. So far as is possible, Mrs. Deeble tries to employ none but officers' daughters. Not only do they understand better than civilians what discipline and routine is, but it provides in a measure for a class of ladies who are often sorely puzzled to know where to turn for a living, and the men appreciate their military pedigrees. They go first through the ordinary course of training for Hospital Nursing for three years, and then come to Netley for six months. Here the accommodation, like that of our patients, is barrack-like in simplicity, while the work is very hard. Unless a woman be really devoted to her work, she is soon disgusted with it here, and the consequence is that the band of the Army Nursing Sisters is as sincere and earnest a body as could be found.”

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