

many ways to study him without spoiling him—all this she will do better if she knows him and he knows her. Moreover, she will take a general pride in his appearance, in the neat application of splints and bandages, in the adaptation of appliances to his comfort if he is her charge; and she will work at him, as a good Nurse knows how to work, even though the case be a monotonous one.

Perhaps, to make clear my meaning, I had better refer to the system of training initiated at the Great Ormond Street Hospital. This system was organised by Dr. Charles West, one of the founders of the Hospital, and I conclude has existed since 1852; its results are known by all who have seen the work done by the Nurses at that Hospital. The Ward was under a Sister (the Sister did not come into being until 1862), and each Nurse had a certain number of children allotted to her, according to her experience and the nature of their diseases; she was responsible to the Sister of the Ward for the care of these children, and through her, as a rule, she received the Doctor's instructions concerning these children; to her she made her report, and through her instructions learnt what to observe and what to expect. The Evening Nurse took sole charge of the patients after they were settled in their beds, and carried out all orders written by the respective Nurses for their patients; she in turn yielded her place to the Night Nurse who carried out her system. The senior Nurse of the Ward was not changed, and the juniors were kept quite six months, or often longer, in the Ward where they began their training, so that the instruction might sink into their being and become part of themselves. On account of the great attention required by sick children, and the incessant responsibility and care that must surround them, it was always found the most successful distribution of the Nursing power to have the Second Nurse in the Ward nearly as experienced as the Senior Nurse, so that in her absence, or if her energies were absorbed by one patient, the other patients should not be neglected. At night the care of the Ward was placed in the hands of an experienced Nurse, and in no case was a Nurse placed on night duty under a six months' training in the one Ward, which was often extended to a longer period. Experienced Nurses were detailed off to nurse the diphtheria and tracheotomy cases, and these, as a rule, must have had three years' experience in the general Wards.

Against this plan it may be objected that it is slow in working out its results, that it requires a large supply of Trained Nurses, and that it may encourage too much individuality on the part of the Nurse. To the first I would answer, "Slow

and sure"; a children's Nurse must be a thorough Nurse, or she is missing her aim, and it will be a sorry day for patients and Hospitals when they simply become factories for Nurses, turning out a certain quantity per annum, irrespective of quality. To the second I say, that in the nature of things sick children require more attention than adults, and unskilled attendance is wasteful and harmful to the patients. To the third the best reply is, that the individuality of the Nurse is the very quality that will make or mar her work, and only by a slow process with uniform training can the good or evil of the individual be known.

We are all at one in the wish to do the best for the sick child, whose mute appeal for help must go to the heart of every one child lover; the only point on which we may differ is the system to be pursued, and it is here that experience must tell. Briefly summed it is this, that the individual child is made the charge of the individual Nurse, and they are set mutually to teach each other, and react upon each other, the Probationer's work being guided and supervised by the Sister's experience.

HINTS TO NOVICES IN PRIVATE NURSING.

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V.—DIET.

ON the walls of a large Metropolitan Hospital there used to hang a placard, which read, "The three best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman." No experienced Nurse will under-value the services of Dr. Diet; the free and complete assimilation of suitable food may be fairly described as an absolutely essential condition of satisfactory progress towards recovery.

It requires but a very elementary acquaintance with the rudiments of physiology to learn that the digestive functions depend not alone on the quality and quantity of food eaten, but equally, if not to a greater extent, on the condition of the patient and the surrounding circumstances. Diet is defined in Walker's Dictionary as "food regulated by the rules of medicine," in other words diet is scientific feeding; and the nutritive value of victuals depends not on the variety and delicacy of the viands and liquors swallowed, but on the food advantageously assimilated. Much food, liquid and solid, is swallowed that is not effectually assimilated; and much that is assimilated is deleterious to the system.

The normal operations of eating and drinking

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