

thereof that will have to take place as soon as practicable.

The length of time a patient will have to lie still after delivery depends upon the character of the labour, and as to how much and in what way she is affected by it, and also—most important of all—the condition of the uterus, and in my humble judgment that ought to be kept under close observation for at least half an hour even under favourable circumstances; and no prudent accoucheur would sanction any change of position until the post-partum contraction of the uterus gave evidence of the safety of the patient. When you have instructions to remove the patient, take off her stockings and slippers, take the pillows from the foot to the top of the bed; one will be sufficient for the patient's head, and put the other on the bolster next to it, and on this pillow put three or four napkins, fresh warmed, and handy for use. The Doctor and Nurse must then carefully assist the patient from the lower to the upper draw-sheet. *Keep the skirts on round the waist, place her straight on her back, and then turn the bed-clothes (arranged as I told you) from left to right, and from top to bottom; by these manœuvres in a few seconds the patient is covered all over and chilling avoided.* I need scarcely tell you that chills are *most* serious to a recently delivered woman.

Before removing the skirts, place your hand firmly on the uterus, when you may possibly press out a clot or two; work the uterus gently for a few minutes, and if the contraction is satisfactory remove the patient's clothes. Take a napkin and place over the lower part of the abdomen; direct the patient to draw up her knees, and raise herself on her heels, and so lift herself up from the bed; you then immediately withdraw the clothes from the hips, the patient lowers her knees, and you take her feet one at a time from the soiled clothes. Remember you do all this under the bed-clothes, and without exposure. You put the soiled clothes into the lower draw sheet, wrap them all up together, and place them in the foot-pan ready for removal. Place warm napkins to the vulva, and put on the eiderdown quilt if the patient feels chilly.

I have now pointed out to you the duties required before and during labour. My next and longer task will be to instruct you in the duties required after delivery up to complete convalescence. *(To be continued.)*

THE greatest honour that can be shown a *thing* is to make it serve a *person*. The dearest gift of love, withheld from human necessity, is handed over to the moth and the rust.

### MR. BARNARDO AND SISTER CLARA.

AFTER the lapse of *three weeks* Sister Clara is favoured with an epistle occupying five foolscap sheets, with the inevitable post-script.

"18 to 26, Stepney Causeway,  
"London, E.

"3rd May, 1889.

"Dear Sister Clara,—Too long<sup>(1)</sup> a time has elapsed since the receipt of yours, but I have tried in vain to get the leisure, not merely to reply to it—for that in itself were an easy matter enough—but to hunt up past correspondence and notes<sup>(2)</sup> relating to our conversations, all of which I was anxious to examine with care, before I replied to the several points of your last letter.

"But I desired Mr. Odling, our secretary, to write at once and acknowledge the receipt of your letter, so as to prevent your feeling that any discourtesy or want of attention was being shown to you by the necessary delay.

"But now that I have all<sup>(3)</sup> the papers and correspondence before me, and that I have had time to think calmly over the whole matter, I feel that as you have placed your resignation in my hands, the better course will be simply to *accept* it, and to avoid, as far as I can, in this or any future correspondence with you, the appearance of controversy, which would, I am sure, be as painful for you to receive as it would be unpleasant for me to send.

"None the less I feel bound, for the work's sake, as well as my own, to offer a very earnest protest to two or three statements in your letter, which I am satisfied further reflection will show you were made unadvisedly, and, to say the least of it, were not correct.

"These refer chiefly to your sister, and to the conversation which you allege occurred between you and me on the subject.

"You put in my mouth these words:—'Your sister is not suitable. We need one of more commanding appearance, and *nice looking*. I know the lady that will do,' &c., &c.

"These alleged expressions *never were made*.<sup>(4)</sup> I regret to be compelled to give such a definite and decided denial to your statement made so distinctly; but I dare not allow this to pass. What I said was this: when having proposed to you myself that we should have a housekeeper, that the increased duties demanded one, and that I had a very suitable person in my mind, *you* suggested the employment of your sister. I then said to you that I feared she would not do, as she was *not strong* enough, she was too delicate, too constantly ailing; and I may have added that we

[previous page](#)

[next page](#)