

&c. are clean and in perfect order before the admission of a patient.

They are requested to recollect that the patients belong to a class accustomed to refinement; *exquisite cleanliness* in every detail is therefore to be observed.

The *person* of the patient is to be carefully washed daily, and the *hair* and *nails* attended to.

After dinner and supper the *hands* and *face*, if desired, are to be sponged with warm water.

The *bed* shall be made (as far as it is possible) every morning and evening, and *spirit* and *powder* used to the prominent surfaces of the body.

All *crockery* sent from the kitchen shall be returned there to be washed; *ferdors* and *desert dishes* are alone to be kept clean by the Nurse, as they require cleansing many times a day.

No articles are to be *washed* in the sick room.

No articles shall be *removed* from one room into another without permission from the Sister.

Care in every detail is to be observed in the *dressing* of the patients' wounds, and the Nurse is to *wash* and then *disinfect* her hands, both before and after the dressing; she is to observe the same rule if attending the surgeon whilst doing a dressing.

The *food* is to be presented to the patient in an *appetising* manner, and all *soiled crockery* at once removed from the sick room; any *like* or *dislike* on the part of a patient concerning food is to be reported to the Sister.

Nurses are expected to nurse with *sympathy* and *intelligence*, and it is hoped they will study the *individuality* of each patient.

NURSES' HOURS OFF DUTY.

Week days—2.0 p.m. to 4.0 p.m.; or 5.0 p.m. to 7.0 p.m. every day; 2.0 p.m. to 10.0 p.m., or later, once a week.

Sunday—10.0 a.m. to 1 p.m.; 2.0 p.m. to 6.0 p.m.; or 6.0 p.m. to 10.0 p.m.

NIGHT NURSES' HOURS OFF DUTY.

Week-days, 9.0 a.m. to 12.0 noon; Sundays, 9.0 a.m. to 1.0 p.m. A night off once a month, if possible.

MAIDS' HOURS OFF DUTY.

Twice a week—5.0 p.m. to 10.0 p.m. Alternate Sundays, 2.0 p.m. to 10.0 p.m. Apologising for the length of this letter—I am, Sir, yours faithfully,
MATRONA.

REPLIES TO CORRESPONDENTS.

Nurse Adelaide.—You are quite right to refuse to give alcoholic stimulants, unless under direct instructions from the medical man. A little soup, a cup of warm tea, a hot bottle, or mustard and water to the feet are all safe and efficacious, and do not cause any subsequent depressing reaction. The reason alcoholic stimulants are to be avoided in cases of hæmorrhage is because they are rapidly absorbed, and have an exciting effect on the heart, causing it to beat more rapidly, thereby hastening the circulation, and in consequence increasing the chance of bleeding.

Private Nurse.—Observe the expectoration. In a state of *health*, the exudation from the mucous membrane lining the air-passages is only sufficient to moisten and soften it. When, however, the mucous membrane is affected by disease, the amount and character of this exudation may vary greatly. The *character* may be: *Mucous*, the ordinary secretion being merely increased, as seen in catarrh; *purulent*: as late in bronchitis; *bloody, heavy* and containing lung tissue, as in consumption; *putrid*: in some rare diseases. In taking notes, the chief points to notice are: The quantity; the ease

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