

Notes by the Wayside.

BY OUR PERIPATETIC CORRESPONDENT.

THE season is approaching when the Nurse begins to think about her winter outfit, and I want, therefore, to give a few hints on the subject which may prove useful. Underclothing, its fashion, material and cut is a most important consideration for all women, but especially is it so for Nurses, whose work is so arduous and hours of labour so long, that every ounce weight of her clothing should be a consideration. I often have gazed with wonder, in my hospital days, at the number of thick and cumbersome skirts and "et ceteras" worn by Probationers and Nurses, whose weary limbs almost refused to carry them towards the close of the day. And yet it is so easy, by "taking a little thought," to reduce the weight and discomfort of underclothing to such a minimum that it will not in reality add to the "burden of the day," and yet will be quite effectual in keeping the body warm and at an even temperature.

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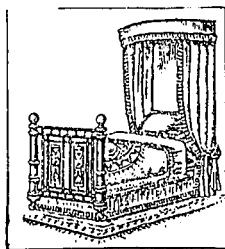
I WOULD suggest a woven combination as a foundation; but as these are expensive, a light make of

flannel or flannelette garment may be substituted. But if the Nurse is in Hospital, the woven texture will, in the end, be cheaper than flannel, which needs more careful washing than it is likely to obtain in the Hospital laundry. Flannelette stands very rough handling in the wash, and is inexpensive to start with. I have before advised that the Nurses' corsets should be laced with elastic, so as to "give" to the various movements of the body, and prevent any undue tightness or pressure on vital organs. Over the corset, in winter, a high-necked, long-sleeved merino vest should be worn, replaced in summer by a well-fitting cotton bodice. Many Nurses of my acquaintance face the cold winter in draughty wards in low-necked, short-sleeved vests, so that the only covering for chest and arms is the thinly-lined cotton gown, and then they are surprised that they have constant coughs, colds, and "throats."

Stocking suspenders should take the place of the pernicious garter, and so obviate the necessity of a band round the waist. The suspender can be fastened to a button on either side of the corset, this plan keeping the stockings "taut" and neat. A small slit in the side of the combination, neatly button-holed, allows of the suspender passing through to reach the corset.

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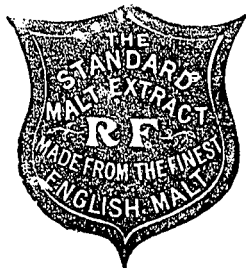
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