

the female help and over the Nurses is avoided and a harmonious system of management maintained.

To give some idea of the amount of work accomplished by the Nurses while receiving their training, the following statistics of the past twelve months are furnished:—Into the female wards of the City Hospital, 2,538 patients have been admitted, of whom 2,313 have been discharged cured or improved, and 225 have died. Into the Maternity Hospital there have been 392 admissions and 414 births—only one death, and this from some medical complication. At Gouverneur Hospital there have been 3,094 ambulance calls, and 2,242 patients admitted into the Hospital wards; of these, 1,346 have been transferred to other institutions, 690 discharged cured or improved, and 176 have died. At Harlem Hospital, there have been 1,941 ambulance calls, and 3,024 patients admitted into the Hospital wards; of these, 1,846 have been transferred to other institutions, 1,005 have been discharged cured or improved, and 134 have died. To sum up, 8,196 patients have passed through the Hospital wards, of whom 5,004 have received care at the hands of our Nurses, and 3,192 have been transferred to Bellevue and other institutions.

During the year, we have received over four hundred applications for admission into the School, and forty pupil Nurses have been accepted; seven Nurses have been dropped from the School for various reasons, and a class of twenty-two Nurses graduates.

The health of the School has been exceptionally good during the past year. There were but two instances of serious illness, two Nurses having contracted typhoid fever, and I am happy in being able to report that both cases made a rapid and satisfactory recovery.

March 1st of this year, the nursing of the male patients of City Hospital was placed under the Superintendent of the Training School, thus making her responsible for two distinct and separate schools. The School is composed of 22 young men in training. A graduate Nurse has recently been appointed to have the immediate charge and supervision, in place of the former head orderly.

The National Health Society.

53, BERNERS STREET, OXFORD STREET, LONDON, W.



ON Wednesday, October 31st, Mrs. Clare Goslett, Assoc. San. Inst., delivered the opening lecture of a course on "Home Sanitation," at the lecture rooms of the Society, 53, Berners Street, W. The lecture proved a complete success, great satisfaction being expressed at the conclusion by the large audience assembled. Mrs. Goslett spoke of "Dangers from Air," dwelling

on the dangers of over-crowding, ill-ventilated rooms, etc. After the lecture, tea was served to the audience. The course will be continued next Wednesday, and the six following Wednesdays, at 4 p.m.

Dr. Edward Squire has completed his course of Physiology Lectures to the Training Students. These lectures formed the first series of the Special Training Course for Teachers, and will be followed by six lectures on Nursing by Miss de Pledge, and six on First Aid, by Owen Lankester, Esq. Miss de Pledge will commence her Nursing lectures on Friday the 9th inst., at 2.30, and will continue on the two successive Fridays, while the First Aid lectures will be delivered on Tuesday afternoons at 4 p.m., commencing on November 13th. Both these courses will be open to ladies who do not wish to enter for the complete course of training. At the conclusion of these courses, the first half of the examination for the

diploma will be held, consisting of exams. on Physiology, Nursing, and First Aid.

Mrs. Dickson's course of Homely Talks at Hove, Brighton, have met with very great success. An exam. (which will be the first of the kind held in the district) will be held at the conclusion of the course. An application has been made to the Society for a further series of Homely Talks after Christmas, which testifies to the popularity of the Talks.

Miss Annesley Kenealy has commenced a course of lectures in the Isle of Wight. This is the first visit that the Society's lecturers have paid to the Isle, which is a proof that fresh fields are still opening out for the influence of the Society.

A course of cookery classes is in progress at 53, Berners Street, Miss Hilditch being the instructor. The syllabus is on very simple lines, and will include one lesson on invalid cookery. At the termination of this course it is proposed to organise a further series for the benefit of *cooks*.

Preparations are already in train for an expensive Elementary Exam., to be held in Surrey, in December. The subjects for exam. will be Nursing, First Aid, Health, and Cookery.

The following Syllabus has been drawn up for "Homely Talks on Domestic Economy and Household Management":—

LECTURE 1.—*How to get the best out of Life.* Personal care—Waste of health the worst extravagance—Occupation for women and girls—Domestic service—Dressmaking—Factory workers—Indoor and outdoor work—How different employments affect health—Exercise—Fresh air—Baths—Little ailments—To save the health the greatest economy—Care of teeth, hair and skin—A plan of life.

LECTURE 2.—*The Home and the Pleasures and Rewards and Economy.* The care of others—Choosing the House—Making the Home—Surroundings—Cleanliness—Pure water—Removal of refuse—Drains—Household dust and what it means—Domestic duties—Personal tidiness—Use of water, soap and soda—The kitchen and scullery—The store-cupboard—Domestic utensils—Necessaries and luxuries in the home.

LECTURE 3.—*The Home, its Comfort and Beauty.* How to choose furniture—What is needed—New and "second-hand"—Drapery—Care of beds and bedding—Dusters—linen—house flannels—Mending linen—Using old linen—The misuse of ornaments—Washing day—Preparations for the laundry—Household duties and routine—Punctuality and order the watchwords of a good housekeeper—Life in lodgings made hom. like.

LECTURE 4.—*The Art of Dressing Well and Cheaply.* Clothes, useful and ornamental—Personal neatness and care of dress—Cheap clothing, "shoddy" stuffs and sale "bargains"—Good or flimsy dress—Choosing, making, and mending clothes—Cutting out and altering—Health and comfort resulting from suitable dress—Clothing of children and growing girls—Garters, corsets, heavy weights from waist—Good shoes and warm feet.

LECTURE 5.—*Food supplies.* Foods that feed the body—Foods that make flesh and foods that make strength—Dearest foods not necessarily the best—Nourishment increased or lessened in cooking—Tea, coffee, cocoa, beer and spirits—Waste of buying small quantities—The loss of being "in a hurry"—Household stores—How to get the best value—Stores that improve by keeping.

LECTURE 6.—*Wages, how to spend them.* How to lay out to best advantage—Happiness and independence result from economy—Meaning of thrift—Division of income for house, food, dress, pleasure, and savings bank—Putting by for hard times—Small sums add up—Benefit societies—Working girls' clubs—The pleasures and rewards of saving.

N.B.—Each Lecture lasts about an hour, and will be illustrated by Diagrams, Models, Simple Experiments, &c., as occasion shall offer. Special arrangements can be made for examinations to be held at the conclusion of the above Courses. A Black-board and Chalk is required,

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