

WORKHOUSE NURSING IN IRELAND.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—I sympathise greatly with your correspondent "An Irish Nurse" in the difficult position in which she finds herself. It is heart-breaking work to try again and again to improve the conditions of nursing and the comfort of the sick, only to be met by suspicion and often insult. It is this kind of thing which breaks down a woman more than anything else. She may enter on the work, knowing that it will be difficult, with a brave spirit, content to forego personal comfort, and to tackle abuses, if only she can bring the skilled nursing, which she knows she is competent to bring, to the sick poor. But when she finds every obstacle put in her way by those who should be her helpers, when she lives continually in an atmosphere of suspicion, resentment, and insubordination, it is these things that break her spirit. Opposition from *outside* she is prepared for, but continual opposition from her subordinates is far harder to bear. If I may offer a piece of advice to "An Irish Nurse," acquired at some cost to myself in a lengthy nursing experience, I should like to warn her that there is a type of woman who must be removed before she will have any peace, who mistakes patience for weakness in her superior, and who will flout her openly as long as she dares. But if she sees that her superintendent intends to exact the respect which is her due, and that those under her can give it or go—it matters not to her, but those are the only alternatives—then the majority cave in, and become as sucking doves, and the minority betake themselves elsewhere and peace reigns supreme. I commend the plan to your correspondent.

Yours faithfully,

AN ENGLISH SUPERINTENDENT.

Comments and Replies.

Private Nurse.—After an autopsy in a private house all odour may be removed from the room by ground coffee thrown on a few live coals. For the hands turpentine will be found useful, also a solution of permanganate of potassium and oxalic acid, or a dilute solution of formaldehyde.

Miss Evans.—Certainly it is desirable to have special experience in a hospital for women, as you have not had work in gynæcological wards during your training. You should then obtain the certificate in gynæcological nursing now awarded after examination by the British Gynæcological Society, and so be able to produce proof of your competence. You would find this of great advantage to you as a private nurse.

Nurse Malcolm.—We consider it preferable that the sleeves of a dress worn at an operation should end just below the elbow. Bare and scrubbed arms are very preferable to the white sleeves formerly used, which, even if sterile to begin with, may be stained at the beginning of an operation and are then no longer so.

Dubious.—There are sure to be a large number of applicants. We should certainly advise you not to resign your present appointment until you have obtained another. Equally of course you should acquaint your committee with your intention of putting in for the appointment.

Notices.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

To the 'Roots.

A SCHOOLBOY DIGS DOWN TO FIND FOOD TO BUILD HIM RIGHT.

A good, straightforward letter was recently sent by a bright, clever youth, which shows his ability to go to the bottom of a trouble and rectify it.

He says: "I attended a grammar school for three years, but made little progress. I did not enjoy good health; my food was not properly digested; this caused headache, and hence I could not study. I tried taking exercise in the football field, but was unable to stand it, as it always increased my headache.

"During the summer holidays I began eating Grape-Nuts ready-cooked breakfast food, and the benefit was immediate, the headache stopped, my food digested properly, so that I had no more stomach trouble, my general health improved, my weight increased, and my brain was clear and bright.

"The result was that this summer I took high honours in the matriculation examination. I also took my place in the football team, and played in all the games of 1901.

"This wonderful increase in mental and physical health I attribute to no other cause than the nourishment I got from Grape-Nuts. I recommend them to everybody who desires health. I am only a boy of seventeen years, but my weight is 10st. 8lb., and this weight was procured solely by the use of Grape-Nuts." Name given by Grape-Nuts Co., Temple Chambers, London, E.C.

There is a reason why Grape-Nuts should correct a delicate, physical, or a sluggish mental condition. The food is highly nutritious, and is predigested so that it helps the digestive organs to assimilate other food. It is also rich in the phosphates that go directly to make up the delicate grey matter of brain and nerve centres.

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