

ordered wards—in other words, the feet of the bed-ridden patients were washed—and we well remember how inclined the staff nurses were to delegate this somewhat unsavoury duty to the long-suffering “pro.”

It was no uncommon thing for a poor patient to whisper, after careful attention had been bestowed upon horny, dirt-engrafted feet: “Lor! Nuss, what a relief; I ain’t ’ad these poor toes washed for weeks. I’ve been that terrified as doctor would see ’em; but thank the Lord it’s only my top end as he’s interested in.”

Now when one realises that in health the well-being of the entire body depends much upon the care bestowed upon the feet, one hopes that the standard of nursing in the present day demands that they shall be kept thoroughly clean and in good repair, instead of receiving the very cursory attention bestowed upon them in times past—times of terrible overwork of hospital nurses, let it be remembered.

The following hints will be found useful in caring for the feet—both in sickness and in health:—

The feet should be washed daily in tepid water and soap, finishing with a dash of cold water to quicken circulation and prevent their becoming too sensitive.

Friction is indispensable to remove tough and callous surfaces, and to render the foot soft and flexible. Callosities may be smoothed with toilet pumice-stone. They will not occur if the feet are washed daily. The nails should be cut square across the top.

If the feet are dry, rub in a little fine toilet cream or vegetable oil until absorbed.

If the feet are moist, rinse in water containing a little powdered alum, vinegar, or ammonia. After wiping them perfectly dry, dust on a little talcum powder.

For feet which suffer from excessive perspiration, a little carbolic acid, say twenty or thirty drops, in a basin of rinse water is efficacious. Soda is also excellent to neutralise the acid of perspiration. The hosiery should be changed daily, and the street shoes exchanged for slippers or low shoes when at home.

As a rule, the feet are not sufficiently ventilated, and the large pores of the soles reabsorb much of the impurities which they throw off. A frequent change of shoes and stockings and exposure to the air when possible obviates much of the unpleasant odour consequent upon constant imprisonment of the feet in thick leather.

Half an ounce of borax to a pint and a-half of water makes a good rinsing solution.

Boric acid in powder form may be dusted on feet which perspire disagreeably, with good results.

## The Hospital World.

### THE ROYAL WATERLOO HOSPITAL FOR CHILDREN AND WOMEN.

A pouring wet day—a record day even for this record year of rain, but the friends of the Royal Waterloo Hospital mustered in force for the occasion of the laying of the memorial stone of the new building on the 26th inst., which is a memorial to the late Queen, by Her Royal Highness the Duchess of Albany.

The Reception Committee included a Guard of Honour of the Hon. Artillery Company of London; the Lord Mayor, President of the Hospital; Sir E. Durning Lawrence, M.P., Chairman; the Countess of Derby, Chairman of the Ladies’ Finance Committee; Mr. J. Topham Richardson, Treasurer; the Matron, Miss Halliday; the Secretary, Captain J. Houston, M.A., and others.

The Duchess, who was attended by Mrs. Maxwell and Lady Evelyn Moreton, and accompanied by Princess Alice of Albany, was conducted to the Royal Platform on the lower ground floor by the Lord Mayor, who attended in State. Her Royal Highness wore a dress of purple velvet, relieved by an inset vest of white chiffon and appliqued black sequined net, with a toque to match. The first ceremony was the presentation by the Matron of a bouquet, composed of white lilies and azaleas and pink orchids, tied up with pink ribbons, after which a small child presented to Princess Alice a bouquet of gardenias and lilies of the valley.

After the Lord Mayor, as President, had welcomed Her Royal Highness, Sir Edward Durning Lawrence presented an address on behalf of the Board and the Governors, the Treasurer presented the financial statement, and Dr. Gow expressed the thanks of the medical staff to the Duchess for consenting to lay the memorial stone.

Purses were then presented by children and others containing the total sum obtained by the Ladies’ Committee, founded in June last, of £2,500, one being a purse of £10 presented by the Matron from herself and the nurses. Nurses Saunders, Brown, Reven, and Simmonds also presented purses on behalf of subscribers. Those present then followed the Royal Party to the upper ground floor, where, after the Bishop of Southwark had offered prayer, the Duchess laid the memorial stone, of polished Aberdeen granite, performing her part in a most workmanlike manner, and declaring the stone to be “well and truly laid.” The proceedings terminated with a vote of thanks to Her Royal Highness, proposed by the Right Hon. the Lord Mayor, and seconded by Sir G. Hayter Chubb, Bart.

The portion of the hospital now in progress will provide for about 100 beds; when fully completed the new hospital will contain provision for about 200 beds, with a separate Nurses’ Home.

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