

be freely given to the child if of undoubted purity; if not, a filter may be helpful. Currants should not be given until mastication is well established. Children nearly always swallow them whole, and hence they are prohibited. Stale sponge cake, plain cake, syrup, honey, or dripping may be given, and for growing children a lightly boiled egg is not out of place once or twice a week, but one egg in the 24 hours is sufficient.

Supper should be an unknown quantity unless the child is seriously ill, or delicate, or very tiny. Then Allen and Hanburys No. 3 food, bread and milk boiled, or hot milk and bread and butter, may be given. Supper should never consist of meat, vegetables, or puddings, and even with children over twelve should be of a light and digestible nature.

Stimulants, sweets, pastry, tea, coffee, and highly seasoned food, should be withheld from children, and this rule faithfully kept unless by the desire of the medical attendant.

Ventilation.

Personal cleanliness need hardly be dwelt on here; daily baths, and well ventilated rooms are a necessity to the growing child. An "out-of-door" child is always the healthiest, and the old system of coddling is happily out of date!

The Mental Condition.

Before quitting my subject, may I draw your attention to one other point, and, to my mind, the most important of any we have considered. I mean the condition of the child's mind. If you want the key to the physical condition, you must be in sympathy with the mind of your patient. May I venture to say that this is often the point on which a really good nurse fails when her patient happens to be a child. It is so beautifully simple, but we are apt to look through our own eyes, and not those of our patients. To us the tree-tops are "so many feet distant," and with them "they reach the sky." A child craves for sympathy, and you can soon discover "where the pain is" if the little one has learnt that you have the mother touch that should belong to all women. I beg of you to be patient with me. This is not sentimentality—it is fact. The child's mind will need food, and it must be healthy food. It will need to be directed, controlled, and counselled. In diseases of the body, and care for it, too often the needs of the mind are overlooked. This is not so in the present day with adults, in the same degree; but it still exists, and is a great evil in regard to child patients.

MADGE SUTTON.

The Modern Nursing Movement in France.

THE TONDU HOSPITAL AT BORDEAUX.

If I were asked which of the numerous ladies trained at the London Hospital, who have passed out of that wonderful house of healing, and, endowed with a spirit of enterprise, have gone forth to work in a foreign land, was doing the best bit of work at the moment, I should unhesitatingly name Miss C. Elston, the Directrice of the Tondu Civil Hospital at Bordeaux. The fact that she owes the influential position she occupies largely to her own initiative, proves her suitability for the post.

After training at the London, and gaining invaluable experience as a Sister at the Poplar Hospital, Miss Elston, who loves France, was sufficiently fortunate to be selected by Dr. Anna Hamilton for work at the Maison de Santé at Bordeaux, so that when a reformed system of nursing was about to be inaugurated by the civil authorities in their hospitals of that city, she was chosen to do pioneer work in the great hospital of Saint André, which contains upwards of 800 beds. This hospital had hitherto been entirely in the hands of religious, and under a new code of regulations is still nursed by Sisters.

The centralisation of civil hospitals and analogous institutions at Bordeaux provides for the care of the sick, the incurable, the convalescent, the old and infirm, and for maternity cases, in a colony of buildings called the Hospices de Pellegrin, which are situated on the outskirts of the town in a beautiful park, and together form a most interesting and comprehensive group.

It is here that the Tondu Hospital is situated, built originally for a Lock Hospital it has been adapted for general cases, is a very pretty and spacious building, and it must for ever remain of the deepest interest to English nurses, as it is here the first Nurse Training School on Nightingale principles has been inaugurated under an Englishwoman's direction in a civil hospital in France. Miss C. Elston is that fortunate woman, and it was owing to her kind invitation that during my recent visit to France I stayed a few days at the Tondu, and was able to realise the wonderful results already attained there in the training of nurses and the care of the sick.

A fine flight of white steps leads up to the handsome doorway of the hospital. It was on these steps I had the pleasure of making the acquaintance of Miss Elston, and it gave me quite a thrill to see her standing there in neat uni-

[previous page](#)

[next page](#)