

Paying Probationers, at least the class of which we are now speaking (viz., the "Extras"), usually have their meals served for them, and do not keep their own groceries. If convenient to the Ward arrangements, their dinner hour can be earlier than that of the general Staff, in which case they will not require luncheon. And, as they have a little more time to enjoy their dinner, it may consist, sometimes, of three courses: that is, soup can be given two or three times a week, in addition to, or instead of, pudding. There may be also two varieties of meats, say, a joint and fowls the same day, and the "sweet things" can be varied in the same way. In fact, the dinners may be made more like those the upper middle classes are accustomed to in their own homes, than the inelegant, though sufficiently good, meals supplied in a large Institution. Sunday's dinner ought to be cold for them, too; but fruit may be provided, in addition, occasionally. Beer or milk is supplied, but wine is an extra, and, if required, must be paid for separately.

Tea does not admit of much variation, but fancy bread, or scones, or muffins, might be given two or three times a week, and jam on the alternate days. If dinner is taken early, it is probable that tea will be also; so the "Guinea-pigs," as they are often called, will be ready for a substantial and nicely-served supper, when they come off duty. This may consist of meat, either *rechauffé*, in some appetizing way, or freshly cooked—as cutlets, meat pies, &c.; and "sweet things" are usually given, as at dinner; while coffee and milk are the liquids generally taken.

I do not purpose giving a *scale* of diets for the paying Probationers, as the former one is quite sufficient guide, the quantities being probably much the same, though the quality of the food is different, and more varied, than that of the other. The expenses of this kind of diet can be more than defrayed by the guinea a week paid by them. I believe, in some Hospitals, the Sisters are only partially dieted. Dinner is provided for them and some allowances, such as bread; while they receive an addition to their salary, to provide groceries and *et ceteras*. But this arrangement is not as good for them, as having all their meals supplied by the Hospital. When one is tired out, and worried by having to see after the comforts of so many committed to her care, she is little inclined to take that care for herself which is necessary for health.

I know of one case, that of a Sister, who died of a lingering internal malady, the origin of which she attributed (whether rightly or wrongly, I cannot say) to her own neglect of her meals, years before her sad and premature end.

I should like to say a few words on the great

advantage it is to the Nursing Staff, when the Lady Superintendent and her Assistants dine with them. It not only raises the tone of that mixed multitude, which necessarily constitute the Staff, but also that of the table arrangement, and notably the cooking; for, when the Matron is actually partaking of the same dishes as her Nurses, she can the more readily detect those imperfections which might easily escape her notice, were she merely superintending the meal. And as she usually has breakfast, lunch, tea, and supper served in her own apartments, there is ample opportunity for providing her with those delicacies, to which, from her position and long service, she is entitled. In small country Hospitals this arrangement is not always feasible, as where there are one, or perhaps two, House Surgeons, they and the Matron usually dine together. But as all Hospitals are not governed by the same minds, or class of minds, each must make its own arrangements to suit its own Staff, means, &c.; and though I know that some of our best institutions are superior to those I have suggested, yet there are others who need the light of modern opinion, and public criticism, by which to remodel the diets of their Nursing Staff.

A TRAINING SCHOOL IN AMERICA.

By MISS AMY STENNEL,.

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HAVING read with interest the essays and letters in the *Nursing Record*, relative to the duties of the Nurses in a "properly organised (English) Ward," it occurred to me that it might be of interest to some of the readers of that journal to learn how such a Ward is conducted in an American Hospital, having a Training School in connection with it; and if a short account of the latter were given.

The course in all Training Schools in this country is two years in length. Those wishing to enter the School must apply to the Superintendent, upon whose approval they will be received into the School for one month on probation. Those who prove satisfactory will be accepted, after signing an agreement to remain the two years, and obey the rules of the School and Hospital.

The course of instruction consists of the practical experience obtained in the Hospital Wards; lectures from the House and Visiting Staff of Physicians and Surgeons; a regular course of study in Anatomy, Physiology, Obstetrics, and so forth, conducted by the Superintendent. Examinations twice a year by the "Staff."

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