

simple milk pudding (which takes very little making), with hot cocoa and bread and butter. These foods she will find very sustaining and digestible, and much more wholesome at that early hour than tea a second time, or any of the tasty, though dubious, potted meats and fish, so freely indulged in at their own expense by many Nurses, to the ultimate ruin of their digestions and healthy appetites.

Patients in our General Hospitals are usually recruited from a class who rise early; and as the rule is silence and sleep, if possible, after 8.30 p.m., a long night's rest may be procured before six o'clock, the usual hour for breakfast. The Ward should be kept scrupulously quiet, and the gas lowered, until this hour; and no patient, under any circumstances, be permitted to rise until after he has had his first meal. The Nurses, beginning at 5.30, will have quietly prepared breakfast by six a.m., when the patients (especially in summer) are generally awake, and thankful to have it. Tea, coffee, cocoa, bread and butter, and such extra diet as may be ordered by the Medical man, are then served round; those carefully fed, who are unable to feed themselves; and the crockery removed into the kitchen, for the Ward-maid to wash up. Breakfast over, all Ward utensils, spittoons, &c., are removed into the lavatory, and thoroughly scoured before being put away; where urines, &c., are measured, specimens retained and labelled for examination, and the important morning temperatures taken before the patients are washed.

A certain number of bad cases, specified by the Sister, are washed by the Night Nurses; but heavy work, such as bed-making and cleaning, ought not to be a part of their duties. Owing to the long mental strain they have undergone during the night, they are hardly in a condition to undertake much manual labour. At 7.30 a.m. the Staff Nurse will write her report for the Sister, giving a verbal report after prayers; the Night Nurses going punctually off duty at 8.15, so that they may have time to refresh themselves by a bath and change of garments, before presenting themselves, clean and comfortable, at their dinner table at nine o'clock.

NURSING ECHOES.

* * * Communications (duly authenticated with name and address, not for publication, but as evidence of good faith) are especially invited for these columns.

I HEAR that Her Royal Highness Princess Christian, who certainly seems to be never weary in well-doing, has once more evinced her keen interest in Nursing matters, by consenting to

become the Patroness of the Nursing Home at Reading. It is also reported that, in future, the Institution is to be called the Helena Nursing Home. It would be interesting and, I expect, startling to many who think they lead very actively useful lives, if an account could be compiled of all the good works this truly great lady helps forward, initiates, or organises every twelve months.

THERE has been much excitement in Nursing circles in the North of England over the contest for the post of Matron to the new Workhouse Infirmary at Birmingham. It has been built on the most approved and modern principles, and is said to be perfect in every detail. Certainly the authorities have been wise in the duties they propose to allot to the Matron. She is to have the full control and supervision of the Nursing department, and to be the active head of a Training School for Nurses. The salary is, I believe, to be £130; certainly not excessive pay considering that the Institution is constructed to accommodate 1,700 patients, and that there will be a proportionate Nursing Staff to control and superintend. I hear that the candidates finally resolved into two—Miss Gibson, the well-known and much respected Matron of the Brownlow Hill Infirmary at Liverpool, and another lady well-known in the Nursing world. In view of the high reputation Miss Gibson has so well earned for herself, little surprise can be felt that she was elected to the vacant post. By-the-bye, *apropos* of my remarks last week on the subject, it is interesting to notice that both the selected candidates for this important post are prominent members of the British Nurses' Association.

THE following interesting letter from a correspondent appeared last week in the *British Medical Journal* upon Hospital Nurses in Paris. They seem to be going through the same disagreeable process there which many of our Hospitals have experienced during the transition from unskilled to trained Nursing. Our experience in England has shown that it needs enormous tact to carry this into effect, without raising storms which shake Hospitals to their very foundations; but still, in well-known instances, it has been done without the least friction. I suspect the trouble will be in France, as I venture to prophesy it will be in Ireland—a religious one. In the first country, Nursing has always been done hitherto by the Sisters of Charity; and if they are superseded, the cry of antagonism to religion is, I fear, sure to be raised. How religion is dragged into the question in our poor sister country, the Valencia Island dispute, which I lately commented on, fully

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