

becoming more generally adopted, as its advantages are more and more appreciated. In London, and all large towns, it is a necessary safeguard to those who are often obliged to be out at late hours and alone. It is also a great boon to the Night Nurse just leaving the Ward after long hours of tiring and anxious work, who is obliged, by the wise rules of the Home, to take a walk before retiring, often sadly against her inclination, but still for the good of her health.

No strict rule can be laid down for the selection of those garments, which do *not* come under the head of "uniform," but are still "necessary clothing." Cotton dresses should be made rather loosely, to allow for slight shrinking; also to make it possible to wear flannel or woven bodices, with short sleeves, in cold weather. Flannel is an invaluable material for all but summer wear, being warm and light, two qualities specially requisite. All underclothing should be made of strong stuff, with little trimming, and of very simple make; otherwise hard wear and rough usage at the laundry will soon destroy them.

One word, in conclusion, on *stays*. No Nurse who wishes to look tidy should go without this often much abused article of female attire, but let them be of a soft, pliable make, not too deep, and only sufficiently laced to be a comfortable support.

HINTS TO NOVICES IN PRIVATE NURSING.

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IV.—NURSING INFECTIOUS CASES.

NURSING cases of an infectious nature entails on the Nurses engaged far greater responsibility and anxiety when the patients are treated in private houses than when they have become occupants of the Isolation Wards of a well-organized Hospital. In the latter case, every appliance is at hand, and the Wards are suitably furnished and arranged; whereas, in a private house, as a rule, nothing is at hand, and the sleeping apartments, even if cut off from the rest of the house, are not isolated from each other, and are usually furnished with a view to luxurious comfort in a manner wholly unsuitable in infectious illness. The first things to be done are to remove the patient to a suitable room at the top of the house, and to see that the room previously occupied by him is properly disinfected. As the patient will have to be shut up in the sick room for a long period, it should be made as bright and cheerful as possible. There

is no objection to covering the floor with cheap Indian matting, and this, and washable curtains for the windows, will avoid the bare, comfortless appearance of an uncarpeted, uncurtained room. The Nurse's room should be as close as possible to, but not communicating with, the sick room.

A sheet soaked in disinfectant should be suspended on the outside of the door of the sick room, and, to keep it always moist, the lower corner on the hinge side should be weighted down in a basin of disinfectant; capillary attraction will thus make good the loss by evaporation, and save the Nurse the trouble of constantly re-wetting it. A further precaution is to have the staircase shut off with a tall clothes-horse covered with similarly prepared sheets.

The Doctor will order what disinfectant is to be used, and if carbolic acid is chosen, the Nurse should be provided with a yellow jar in which to prepare the solution (1 in 20 is the most convenient strength, as, though very hot water is needed for preparing this solution, it can afterwards be diluted with either hot or cold water, as required), and should keep at hand a good supply of glycerine, to counteract the effect of the carbolic on her hands.

A covered pail will be required for receiving the sheets and the patient's garments when changed; these should remain soaking in the pail for twelve hours, and then be wrung out and re-soaked, in a fresh solution, for an equally long time, after which they may be dried in the open air, and *then* be sent to the laundry.

All dust must be burned by the Nurse, and ashes must be sprinkled with disinfectant powder before being consigned to the dust-bin. It is also a safe precaution for the Nurse to burn *all food removed from the sick room*; this may be done without making an unpleasant odour, by placing the remnants in the *midst* of a bright fire, not upon the top.

In infectious illness all materials used for cleaning, and for every other purpose, should remain in the Nurse's care, and not be used by any other person. Plates, knives, &c., must be washed in a disinfectant solution before being sent downstairs. A young Nurse undertaking the care of an infectious case for the first time, away from supervision and advice, will need to be specially careful of her own health. While she is unable to leave her patient for a daily walk, she must take the air as often as possible by sitting or walking about in front of an open window, wrapping herself up warmly in winter time; but even on the coldest day, never neglecting what is a positive duty, though not always a pleasant one—the daily bath. Suitable food and as much rest as she can get are equally important; while, as special precautions,

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