

that she should be a trained nurse, although it is popularly supposed that she has more sympathy with nurses if personal experience has taught her their requirements; but it is absolutely necessary that she should be a good general domestic and a first-rate cook, capable of instructing her subordinates in every detail of their duty as efficiently as the sister instructs her probationers in nursing the sick and in ward management.

* * *

It must be borne in mind that the peculiar duties of nurses, and the little fresh air they can get, &c., almost necessarily induce in them bad or fickle appetites. Therefore, it is essential that their food, if plain, should be wholesome, well cooked, well served, and varied; and this result can only be attained by a housekeeper who has her heart in her work, and who is sufficiently conscientious to personally superintend daily every detail of her department. She should test the milk, smell the butter, weigh and inspect the meat, know thoroughly every season's viands, and give her most earnest consideration to arranging the daily *menu*. She is then only performing her *duty*, and will have her reward—no small one—in being surrounded by a happy group of healthy nurses, instead of a complaining crowd of dyspeptic malcontents.

* * *

THEN some day, perhaps, we shall have in England a school of housekeeping like that just started in Brussels by the Countess of Flanders. Forty girls are to be taken as pupils at a time, and receive a practical and complete training in domestic management, marketing, washing, mending, and cooking. They are taught to keep accounts, and enter all the receipts and expenditure. To no class, perhaps, would such knowledge be so invaluable as to the nurse who aspires some day to the full charge and control of the domestic economy of a public institution.

* * *

I HEAR that Miss Westlake was appointed matron at the Blackheath and Charlton Cottage Hospital last week in succession to Mrs. Smith, who had resigned, and that Miss MacIntyre was the successful candidate for the post of matron at the Carmarthenshire Infirmary. Miss MacIntyre, I believe, was trained at Westminster, and was for some years a sister at the London Hospital, and subsequently had charge of a ward at the National Hospital for Paralysis, in Queen Square. For these two items of information I have to thank the respective secretaries of those institutions. It would be much more interesting to the readers of "the Echoes" if each successful candidate for an appointment would send me the news herself, with an account of where she was trained and had afterwards worked.

I HEAR that Miss Gertrude Vacher has obtained the vacant post of matron at the Eccles and Patricroft Hospital, near Manchester. Miss Vacher was trained at the London Hospital, and gained the first prize at the examination last year. Her success, therefore, in learning has been equalled by her rapid rise in her profession.

* * *

EVIDENTLY the Royal Berks Hospital at Reading does not mean to be behind the Metropolitan institutions in training its nurses, or looking after their welfare. A kind correspondent writes me from there:—"We are having a very excellent and comprehensive course of lectures on subjects connected with a nurse's duties, and the instruction received in this way is highly appreciated. Our Board of Management, also, has appointed a committee to consider the question of pensions for nurses, and to give an opinion as to the advisability of assisting our nurses to join the 'National Pension Fund for Nurses,' or to suggest some other mode of providing for their future." I would advise my correspondent to show the committee the *Lancet* articles on the subject.

* * *

THE following is a *full* copy of Miss Florence Nightingale's letter to Sir Douglas Galton, K.C.B., on the occasion mentioned in our last issue. It is sure to interest my readers:—

Dear Sir Douglas Galton, *May 5th, 1888.*

A "platform" card of invitation for the "distribution of certificates"—to ladies who have passed the examination on "domestic hygiene"—by H.R.H. the Duchess of Albany to-day has been kindly sent me, and I regret more than I can say that, owing to my being now entirely a prisoner to my own room from serious illness, I am quite unable to be present.

You know how deep is my sympathy with the Parkes Museum, and more especially with the ceremony of to-day. Without women there can be no "domestic hygiene." The finest principles and works of sewerage, water supply, and ventilation, must—without the "housewife"—almost remain a dead letter. But let *her* be practically interested with how to keep air, earth, and water pure, and to admit light *in her house*, and the health and life-giving machinery is complete. We are truly grateful to H.R.H. the Duchess of Albany for giving us this proof of her support, and because we also see in it her desire to continue the interest, the help, the patronage, so graciously given by the Duke of Albany, it is invaluable.

Pray believe me the faithful servant of the cause and yours,
FLORENCE NIGHTINGALE.

SIR DOUGLAS GALTON, *Chairman.*

S. G.

HOSPITAL INTELLIGENCE.

COMMUNICATED AND COLLECTED.

A COTTAGE has been taken at Ballynafeigh, near Belfast, as a temporary convalescent home until such time that all the money necessary for the erection of the Victoria Convalescent Home is collected.

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