

At the next meeting of their Lordships, Dr. BEDFORD FENWICK attended, and proved categorically that the preceding statements were totally inaccurate and misleading.

TRAINED NURSES AS STEWARDESSES.

When we think of the risks of travelling by sea, and the numbers of invalids and delicate women who have to cross the ocean, it seems strange that so little provision is made on our Atlantic liners, at any rate, to secure adequate care and nursing in times of emergency. Why cannot one, at least, of the stewardesses be a trained Nurse? Sea-sickness is by itself quite a sufficient reason for providing that its victims shall have scientific attention while it lasts; but when, as is not unfrequently the case, there is ill-health or actual disease to complicate its misery, it seems not unreasonable to suggest that a trained Nurse is of the utmost importance on sea, as on land. The stewardess, as we know her, is generally a kind and motherly woman, and sufficient for the needs of comfortable people, who are quite well. But she is seldom, if ever, a person who has been trained in the care and nursing of sick folk, and the want of skilled care on board ship is oftentimes a very grievous one. That there is a duly qualified medical man on board most passenger ships, does not touch the question of having a trained Nurse also, any more than it would in the case of life on land. It is not within the province of the doctor to do the personal waiting on, and watching of, the patient; but it certainly demands the services of a Nurse, for the doing of these means the health and even life of many a one, long after the voyage is over. A recent fellow-passenger of the writer was a young lady who had just recovered from an operation for necrosis. Her sole companion was a young brother, who was exceedingly sea-sick. The position of that poor girl would have been deplorable if it had not been for the kindness of a fellow-passenger, a trained Nurse, who had to incur the odium of being "fussy," in order to secure the lonely traveller the comforts she so sorely needed, and also to apply them; especially when severe neuralgic pain demanded hot fomentations. There were sundry other services that convalescence often demands after such operations, such as enemata, etc., and it hardly bears thinking about to imagine the misery of having to be attended to, in such matters, by an utterly unskilled person. Of course, a trained Nurse would naturally expect both better pay and better accommodation than the present stewardess receives, and she ought to have them. The captain and other chief officials have to be properly paid and cared for, and our steamship companies could without much difficulty make suitable and adequate provision for a Nurse. The old idea of the position of women as secondary to that of men is very hard to kill; and it is not by any means dead on our railways, or in our steamers. Men remember what men want when they are arranging for the traveller; and to cater for men is the chief end and aim of the wholly masculine caterers for the passenger by land or sea. But women are catered for in a fashion that suggests still that they

are allowed to travel because it cannot be helped rather than recognised as half of the migrating human race for whom provision according to their own conception of their needs is equally important as it is for men. It may be a long time before a White Star or a Cunarder rivals the Mississippi steamer with a woman captani; it may also be some time before a woman shall be the medical officer of the ship; but it ought not to be long before a trained Nurse is one of the recognised officials of every vessel that crosses the ocean, and THE NURSING RECORD would do well to bring this most desirable reform to the front.

MAL DE MER.

Sea-sickness appears to be one of the most intractable maladies imaginable. The ordinary symptoms are giddiness, excessive vomiting, total loss of appetite, and inability to take or retain food, drowsiness, a very coated tongue, and total arrest of functional life. Under its misery the patient rapidly loses flesh and colour, and becomes extremely depressed. No one seems yet to have discovered either a preventive or a cure for it; and although individuals, here and there, profess to have been cured by some panacea which they most confidently recommend, it generally turns out to be utterly ineffectual in the particular case for which it is prescribed. After a considerable experience of sea-sickness second-hand, that is, as an onlooker, and not a victim, we have come to the conclusion that absolute rest from food and movement (except, of course, the movement of the ship, from which there is no escape), a hot bag to the feet, and well wrapping up with an occasional dose of sal volatile, is the best treatment for the malady. The only preventive takes years to acquire, and that is strong control over oneself, and a habit of not forecasting evil. Sea-sickness is purely nervous; and it is not the most highly nervous people who are attacked by it, as a rule. A recent fellow-passenger gave a friend of ours, who was really very ill from *mal de mer*, some apricots prepared in brine and lime to suck, as a certain cure. Whether the sickness had worn itself out, or the recipe was a success, we know not; but it is certain that after sucking away half of one of the apricots the patient got better and began to ask for milk, and that after the other half she got well. These apricots are prepared in Cape Town, and are looked upon with great favour by the Boers as a cure for sea-sickness. Our African friend also told us of an excellent Boer remedy for wasting and debility, whether in adults, children, or infants. It consists of the tender loin cut from the back of beef, cut in long strips and dried in smoke. It is flaked off fine with a jack-plane, and eaten raw. It is called "Bilton." One woman had suffered terribly from a fortnight of continuous sickness on her way from Cape Town to Tasmania, and was emaciated to an alarming degree. She had no appetite for anything but water, and could not even retain small doses of that. Some grated Bilton was given to her at first in very small quantities. It is a noticeable fact that after taking it she vomited only once, and steadily progressed to convalescence on a diet of Bilton, and very weak tea.

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