

3.—*Wholesome Food.*—

- (a) All milk should be boiled before being used.
 (b) "All provisions should if possible be procured fresh."
 (c) All "raw or stale vegetables, unripe, over-ripe or decaying fruits" and "indigestible things of any kind" should be avoided.

4.—*Temperate Habits.*—

- (a) All alcoholic beverages should be taken with "great moderation" and only with meals.
 (b) It should especially be impressed upon the people that "the dangerous qualities of water are not obviated by the addition of wine or spirits."

5.—*Care in the Use of Aperients.*—

- (a) "The use of strong aperients, and especially of strong saline aperients," should be avoided.
 (b) If an aperient is needed, a small dose of castor oil or Gregory's powder is to be preferred.

6.—*Medical Advice to be sought if any Looseness of Bowels occurs.*—All persons should know the nearest place to apply for medical aid, and should without delay seek advice if attacked even slightly with looseness of bowels.7.—*The Avoidance of Panic.*—If a case of cholera occur there is no cause for panic or alarm, since "cholera is not in the ordinary term contagious, and is rarely, if ever, communicated like smallpox or scarlet fever directly from person to person."

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THE Council has, in the same connection, also issued the following Recommendations to Superintendents of Nursing Homes affiliated to the Institute:—"That Superintendents of all Nursing Homes affiliated to the Institute should without loss of time acquaint themselves 'with what (if any) special arrangements have been made for giving medical assistance within the district,' with a view of learning from the Sanitary Authority of the District what steps shall be taken by Nurses with regard to any cases of Diarrhoea or Cholera which (in the event of an epidemic) shall come under their notice; more especially as concerns the notifying and removal of such cases to an hospital.

* * *

That having obtained this information, Superintendents should inform every Nurse—

- (a) How to communicate with least possible delay with the proper Medical Authority for notification of any case which may come under her notice.
 (b) As to the nearest centre for obtaining medical help, medicines, disinfectants, &c.
 (c) As to the regulations of the Local Government Board or Sanitary Authority of the District with regard to the disinfection of houses, furniture, &c., so that she may, if needful, at once take the necessary steps to obtain such disinfection.
 (d) As to the arrangements for affording relief in the district so that the Nurse may, without loss of time, communicate with the Relieving Officer, or other person

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appointed to dispense such relief in any case of want or destitution which may come to her knowledge, since 'privation, as predisposing to disease, may require special measures of relief.'

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That in the event of an outbreak of cholera, Superintendents of all Nursing Homes affiliated to the Institute should as far as possible observe the following precautions with regard to their Nurses:—

- (a) That no Nurse go on duty if over-tired, or unwell, especially if suffering from looseness of bowels or diarrhoea.
 (b) That an extra allowance of nourishing food be provided for any Nurse obliged to work beyond the usual hours, and especially that such food be available for any Nurse called upon to work at night.
 (c) That every Nurse be specially cautioned against any neglect in the matter of scrupulous cleansing and disinfection of her hands and clothing after dealing with a case of cholera."

* * *

To show how professionalism is increasing, a kind reader sends me a letter which recently appeared in the *Sydney Morning Herald* to the following effect. Many in the old country will hope that the writer's views are prophetic.

The interesting article by "G." on trained "helps," in Saturday's *Herald*, was only too short. The subject is well worth our serious attention, and the serious attention of the philanthropist, and why not of the capitalist also, whose money we hear is lying idle? The welfare and strength of a nation owes much to comfortable and happy family life. In time of sickness we all know the comfort of having a trained professional Nurse. Sickness is not with us always, but breakfasts, luncheons, and dinners are, to say nothing of children, and various other items which have to be looked after and kept tidy. Why not have trained professional cooks, housemaids, and children's Nurses?

Not 50 years ago the professional Nurse, as we see her to-day, was an unknown quantity. Only last December Mrs. Wardroper, "the pioneer of Hospital Nursing," passed away, her life and work commemorated by tender and loving words from Florence Nightingale. Why should we not have an equally noble pioneer of a "domestic training Home?" which would turn out healthy girls as professional domestics, like the Nurses, happy in their independence, bright because they have plenty of useful work to do, and bringing peace and comfort into many a household. Numbers of girls are not, as "G." points out, intellectual, but they have other qualities quite as valuable and important. Why not train and develop them? so that it may become no more *infra dig.* to be a professional domestic than it now is to be a Hospital Nurse. In ten or twenty years time we might hope to see the ignorant cook, untidy housemaid, and careless nurse-girl as much visions of the past as Mrs. Gamp. Hoping that "G.'s" paper may bring forth fruit, I am, &c.,

AN AUSTRALIAN WOMAN.

S. G.

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