

WASHING A PATIENT.

Washing a patient is a matter on which some hints may be given, as relatives are often afraid of doing harm by using soap and water to the sick. If care be taken to avoid draughts and chills, a sponge all over may generally be given by an experienced Nurse even to those most seriously ill, with a very refreshing effect.

To do this, draw a screen round the bed, have everything at hand, remove the nightgown, etc., under the bed-clothes, and wrap the patient entirely in a blanket. With a bowl of warm water, some soap and flannel, and a large soft towel, the various parts of the body, arms, legs, chest, etc., are washed in order, each limb being wrapped in the blanket as soon as dried. By exposing as little of the body as possible to the air any danger of chill is avoided.

A wineglass of methylated spirit added to the basin of water diminishes the likelihood of a chill, and the spirit in the water makes the bath more refreshing, especially if there be fever or perspiration.

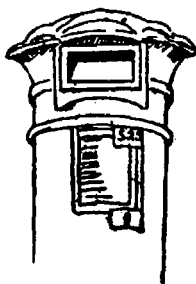
Some light food, such as a glass of hot milk, should always be given to a sick person half an hour or so before the washing, or bed-making begins. If the patient be exhausted, as most invalids are, in the morning, it is well merely to sponge the hands and face, and arrange the bed, at that time, leaving the bathing and sheet-changing to a later time in the day, when exhaustion is, as a rule, less.

CLEANSING THE MOUTH.

Be very careful in cases of fever and in affections of the throat to keep the mouth and teeth very clean, otherwise the throat is apt to become sore and the tongue and lips dry and cracked.

A very refreshing and healing mouth-wash is made by using equal parts of glycerine and lemon-juice. If the mouth be unhealthy and the tongue furred, rubbing with a piece of freshly-cut lemon-rind cleanses the surface. A few drops of Condy's fluid in a glass of water makes a refreshing mouth-wash.

"Little and often," we are told, is a golden rule for feeding the sick, and Miss Kenealy inserts some excellent and practical receipts. The American Milk Toast is much appreciated as lunch about 10.30 in the morning or as a night cap at 9.30 p.m.; it is made by placing a thick piece of toast, buttered on both sides, in a dish or bowl; hot milk is then poured over it, and either sugar, or more often pepper and salt, sprinkled on the surface.



Letters to the Editor.

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

THE NURSE PAYS.

To the Editor of "the Nursing Record."

MADAM,—In reply to your Editorial article in last week's NURSING RECORD, headed "The Nurse Pays," where you refer to a debt of £250 being taken over by the Committee of the Leicester Trained Nursing Institution (Private Nursing Branch), and where you assume that it will be made a first charge on the earnings of the Private Nurses themselves, I am glad to assure you that your assumptions are

erroneous. No such intentions as indicated in the article exist, and such an idea would not for one moment be countenanced by the Committee who, when they discharge this small liability, will do so by outside means and help (which I need not here specifically indicate), and absolutely without depriving the private Nurses of any part of their earnings.

I thoroughly agree with you that "the profits on their labour" should not be devoted to Charity, and I have said that it will not be so at Leicester, but wish to express my hope that they may prove to be sufficient shortly to carry out some scheme, either of pensions or other benefits to these hard-working women.

Had your assumptions been correct, I should cordially have concurred in your conclusions and in your article. Those assumptions being, however, incorrect, I trust this letter of explanation will reach all those who read the article, and thus remove any erroneous impressions they may have created.—I am, yours truly,

S. FRANCIS STONE,

Chairman Leicester Nursing Institution.

Kirby Frith Hall, Leicester.

[We refer to this in our Annotations this week, and publish the above with sincere pleasure.—ED.]

WHAT IS FIT IS FAIR.

To the Editor of "The Nursing Record."

MADAM,—No one with a real feeling of the earnestness of the work required in a Nurse's life, could attend, year by year, a gathering of Nurses, such as the Conversazione of the Royal British Nurses' Association, without becoming more and more convinced of the necessity for a thorough reform in their dress. Flying hair, in their eyes; caps anywhere but covering their hair; squares of muslin hung by one corner to the back of the head, are fashions, surely, neither 'fit' nor 'fair'; and it is to be remarked that even when the cap is of sensible enough shape, the individual Nurse shows ingenuity worthy of a better cause in distorting it. One can feel but little hope for a quiet, modest out-door dress, when the head is not tidy within. As I have once before suggested, it would be an excellent thing if the Nurses of the R.B.N.A. would set an example of true uniformity, and if every member would make it her pride to wear her hair smoothly and tidily, and her uniform cap in its original form. Some, indeed, are inconvenient and unsuitable in any form, but combined effort on the part of earnest and sensible Nurses, would soon have that altered. Trusting that you will allow me to offer this suggestion to my fellow-nurses, through your paper.—I am, Madam, faithfully yours,

E. J. R. LANDALE.

Comments and Replies.

REPLIES.

Miss G. D., Lincoln.—Write to the Lady Superintendent, Rural District Branch, of Queen Victoria's Jubilee Institute for Nurses, 9, Stanhope Street, Regent's Park, N.W., which supplies trained Nurses for rural districts.

Sister Agatha, Torquay.—Write to Secretary, Royal British Nurses' Association, 8, Oxford Circus Avenue, London, W. A list is kept at that office.

Miss D., Horsham.—We regret that your contribution is not suitable for insertion. We regret that you disapprove of Nurses associating themselves for professional purposes, but the day has gone past for patronage. We now number many educated thinking women in our ranks, and we must be permitted to express an opinion concerning our own affairs.

[previous page](#)

[next page](#)