

and, although the trained Nurse is present as a spectator, the "laundresses" proceed to "lay out the dead."

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These good ladies then disappear softly and silently, and the trained Nurse rushes out wildly and makes a reckless purchase of cowslips with which she hysterically decorates her patient. Then she repents and removes the cowslips, some of which she "puts in a jug," the others she lays next to her heart. The next step is to melodramatically place the photograph of the woman for whom the hero of the love story deserted the Nurse, "on the dead man's breast." She then, after this *coup d'état*, silently departs, not even casting one more look on the body on the bed!

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THE following letter from a Nurse to the *Trained Nurse*, and which is headed "A Warning," would go to show that antiseptics and disinfectants are used on a much more extensive scale in the United States than they are here. It is instructive and interesting to read of the effect produced by the too free use of bichloride of mercury! We hope that in future the physicians of this surgical sanitarium will not require the Nurses "before each capital operation to take a bichloride bath."

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"DEAR EDITOR:—Through your columns I wish to warn my sister Nurses if, in their work, they find themselves susceptible to any one of the antiseptic remedies and find their health is being impaired by it. — *Call a halt*, and beware of that particular drug. I have just passed through a period of seven months' total blindness from the too constant use of bi-chloride of mercury. To be sure I had to use it to such an extent as to bathe in solutions of it, under a physician's directions, in a surgical sanitarium. Before each capital operation we were expected to take a bi-chloride bath. It affected the circulation to the extent of having a clot of blood form in the main artery supplying the eye. Fortunately for me, it is removed either by absorption or the collateral circulation. Though I felt my health failing, I kept at my work, and this is where I say beware. I know our ambition and a mistaken sense of duty will often keep us at our posts when we are unfit to stay there. It was a very hard experience, but I was helped to bear it by the kindness of my *alma mater* and by the almost constant companionship of my sister Nurses of our training school; also by the sympathy and unceasing, watchful care of the physicians, and it is to one of them I owe the debt of gratitude that I am once more enabled to see the beauties of this lovely world and to resume my labours in the field of Nursing."

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A SECOND trained Nurse, Miss Wilson, has been appointed by the Guardians of the Hexham Workhouse. The salary is £25 a year, with rations, lodgings and uniform.

Medical Matters.

INVALID DIETS.



It is an acknowledged fact that in this country, pioneer as it justly claims to be in the Nursing World, the question of invalid cookery is greatly neglected. It is, however, a matter which needs no demonstration that it is impossible to nurse the sick efficiently unless their attendant is herself acquainted with the best and most practical methods of properly feeding her charges. Especially in chronic diseases it is all-important to maintain the nutrition of the patient, and every private Nurse is aware of the difficulty in persuading those who are enfeebled by a long and exhaustive confinement to a bedroom to take sufficient nourishment. Such patients of course require actually more food than if they were in perfect health, for they not only have to restore the expenditure of tissue involved in each day's work, but they also have to rebuild parts of the organism which may have been greatly wasted or destroyed by disease. The estimation of this truth has within the last few years led the chief Nurse Training Schools to devote special attention to the subject of invalid dietaries, and to the instruction of their probationers in the best methods of cookery for the sick. It is, indeed, not too much to say that no private Nurse should consider herself properly prepared for the multifarious duties which will devolve upon her unless she is well acquainted with the methods of preparation of the most appetising food for invalids. It is, moreover, not enough that the diet should be nutritious and digestible. It is equally important that it should be presented in such a form as to seduce the patient into consuming it. This is a simple truth which has hitherto also been overlooked. The best cookery in the world is useless to an invalid if the resultant dish is so served or of such appearance that he is thereby led to regard it as distasteful. That the two requirements can be met simultaneously, it is almost needless to say, and the moral therefore is, that the probationer should be taught not only the best methods, but also the "niceties" of invalid cookery. A careful course of such instruction should be invaluable both to private Nurses and to their patients, and we hope that in the future it will be recognised that no Nursing curriculum is complete which does not make due provision for such an essential educational subject.

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