

Miss R. Ashbee has been appointed Matron of the central division of the East London Nursing Society. She was trained at St. Thomas's Hospital, and has subsequently held the positions of Sister at Guy's Hospital, Matron of the West Norfolk Hospital, Lynn, Sister at St. Marylebone Infirmary, and has also had experience as a Superintendent of District Nurses at Springfield, Grimsby, and was also Matron of the Nurses' Institution. We note with satisfaction the selection of ladies of long and varied experience for these positions of responsibility.

### Home Hospitals.

#### SOME IDEALS.—THE NURSING STAFF.

(Continued from page 372.)

IMMEDIATELY the patient has finished a meal the Nurse should at once remove the tray, &c.; warm water should then be brought to the patient, hands and face washed and hair made tidy and comfortable; the Nurse will also carefully dust the room, make up the fire and attend to the general neatness of the room. It is well for the patient if possible to rest quite quietly from 2 p.m. to 3 p.m., when the afternoon visitors (with discretion and by direction from Sister) may be admitted. The Nurses on the same floor will now relieve one another, one going off duty from 2 to 4 p.m., and returning to duty at 4.30 after tea, and the other going off duty from 5 to 7, after having served her patient's tea, and returning in time to serve the 7 o'clock dinner, and attend to the evening dressings, bed-making, and general comfort of the patient. At 8.30 the night Nurse will come on duty, when the day Nurse will give her a short report of the patient's condition, and will then go off duty.

#### THE NIGHT NURSE.

In a Home Hospital a night Nurse can generally attend to a floor of four patients, as severe cases of operation will be accorded a special Nurse; she will have a substantial breakfast before she goes on duty, and an interview with the Sister, from whom she will receive written directions for the care and treatment of each patient for whom she is responsible. Much tact is needed on the part of a night Nurse to bestow sufficient attention on the patient without disturbing his rest, she will sit in the room of such patients as the Sister directs, and will attend to the fires and needs of those who are partly convalescent. A night-tray will be sent up from the kitchen at 10 p.m., with milk, tea, cocoa, bread and butter, beef-tea, savoury jelly, &c., just such little dainties as the patients may need during the night. Care should also be taken that the food provided for the Nurses is sufficient and varied, as they greatly appreciate cakes, jelly, fruit, &c.; in addition to the more substantial meats, milk, tea and cocoa should be provided. On a floor there is sure to be one patient sufficiently ill or restless to require extra care, so that a night Nurse is usually busy. Every care should be taken to be as quiet as possible—rustling starched dresses, creaking shoes, loud chattering on the stair-cases, banging of doors, dripping taps and a dozen other sounds become accentuated in the night hours, and a source of irritation to patients who are light sleepers. The night Nurse should never forget that the patient needs

above all things absolute quiet, the nervous system in illness being peculiarly sensitive to sound.

A word on fires. Women have been described as "unreasoning beings who poke the fire from the top." There may be some justice in the remark, certainly few women seem to know the best way of making up a fire. We should advise first of all that a Nurse should provide herself with a housemaid's glove for use in the night, so that she can restore the fire without the use of irons, a *stick* or piece of wood makes a quiet poker, and coals twisted up in paper bags can be placed on the fire in a noiseless manner. Let each night Nurse give an eye to the fires at 10 p.m., make them up with a mixture of coke and closely packed coal, damp down the top and place a small screen between the patient and the fire, so that the firelight does not flicker in his face and keep him wakeful. A good gasless coal should be used for night work, so that heat is obtained without too much flame, the *best* Wallsend is in the end the most satisfactory, although its price is high. It will be the duty of the night Nurse to let the fire low toward 7 a.m., so that the grate can be entirely swept out by the housemaid, all cinders removed, and thus a dustless clear fire obtained for the day.

(To be continued.)

### Nursing Echoes.

\* \* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, W.



THE first Post-Graduate lecture, under the auspices of the Matrons' Council, will be given by Miss Ellie Bristow (Sister of Martha Ward, St. Bartholomew's Hospital), on Monday, December 16th, at 8.30 p.m., at the Examination Hall, Victoria Embankment (entrance by West Door, Savoy Hill). Miss Bristow's lecture is entitled "A Demonstration on Gynæcological Nursing." Admittance is. Should the course of three demonstrations prove a success this year, doubtless the Matrons' Council will take into consideration the advisability of organising a complete Post-Graduate course of practical Demonstrations in Nursing before another Session. We are of opinion that such a course would be of practical value to medical students as well as Nurses.

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