

that we Hospital Matrons should use our influence towards preventing their generous donations from going to swell the coffers of the foreigner."

WHILE some newspapers have been circulating reports that the trained Nurses' uniforms are to be altogether abolished, others have been taking the sensible view of the question, and are demanding that only bona-fide Nurses shall be allowed to wear the dress. Several instances have been brought forward showing the abuse to which the Nursing uniform has been subjected. We quote one where a dressmaker, wishing to vend her wares and increase the number of her customers, advertised for attractive young women, who were to dress as Nurses and distribute her handbills in the public thoroughfares. In another case an advertisement emanated from a lady who evidently was desirous to appear rich at lowest possible cost, and wished for a companion at nominal salary to accompany her to the seaside, and to wear Nurse's uniform while in her service. But even worse uses than these have been made of the pretty uniforms, and it is quite time that some change should be made, not only in the interests of the Nurses but of the public.

BLOOMINGDALE, as an Asylum for the Insane near New York, is an excellent Institution, and on a very large scale. The attendants are very fairly well paid, but the work is extremely hard. Most of them are on duty from 6 a.m. till 9 p.m., while all the times "off" are two evenings in the week from 7 to 10, and one Sunday a month from 7 a.m. to 5 p.m. In addition to their care of the patients, they do a good deal of the ward work and cleaning, which, added to the constant and never ceasing watchfulness which is necessary when caring for the insane, makes up a very hard life.

At a meeting of the London University Branch of the Mission to Central Africa, the Bishop of Likoma said there was a great demand for missionary workers of all sorts—mechanics, doctors and Nurses.

DR. LOUIS VINTRAS gives the following directions in the *Lancet* for administering warm saline baths in the treatment of night-sweats in phthisis:—(1) The strength of the bath: Four pounds of sea-salt to an ordinary full-length bath. (2) The temperature: About 96°, according to the state of the patient. (3) The duration: Two to five minutes, increased to ten. (4) The number: Two at first, then three a week, if the patient bears them well. Dr. Vintras says: "It must not be thought,

however, that the baths are a panacea in all cases of phthisis, and they must only be considered as part of the general treatment."

THERE is a very sensible article in the *Trained Nurse* on Mutual Help, in which the writer points out how much may be done by Hospital workers to reduce expenditure, by just simply exercising a little domestic economy. She says: "Want of economy has wrecked many a good Nurse and many a Superintendent of Nurses. This is seldom wilful, but generally from ignorance, and is not sufficiently taught and impressed on a Nurse in her training."

This is a perfectly true indictment. But things are better than they used to be, and it is not common now to see Probationers wasting yards and yards of good lint to make dusters. This, of course, was often the fault of Matrons and Sisters in not providing sufficient dusters—in fact, we have known wards where no dusters existed, and lint was used as a matter of course.

The following is suggestive and practical:— "One great point is that the people who use things should know their value. An excellent plan is that of order books and the price attached to each order. This should be carried straight through each department of the Hospital—store and linen room supplies, surgical dressings and pharmacy. The Nurse will thus see exactly wherein extravagance or good management lie."

"In the pharmacy alone what saving can a Nurse not effect by knowing the commercial value of drugs. She may often from ignorance economise in the wrong place or commit an extravagance. How many Nurses know that bichloride is of very much less value than carbolic, and that "milk of lime," the most thorough disinfectant for typhoid stools, is of the most trifling cost! In surgical supplies what saving could be effected, and so on through every department."

All this is excellent, and there is no question as to the advantage of Nurses learning the cost of the materials they have daily to use. It is advisable for Matrons in their Lectures to Nurses to point out the relative cost of the dressings, disinfectants, and lotions which are in daily use in the wards, and thus the Nurse will be able to avoid much unnecessary expenditure. It is so often ignorance which brings about extravagance. And nothing could be more useful to a Nurse in preparation for future Matronships than a definite and technical knowledge of the

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