

followed soon after. Nurses who were trained in these schools have since rendered valuable services to the medical world. In the summer of 1896 the Japanese asked to be allowed to work without the assistance of the foreigners. This had been the aim of the teachers, who would have relinquished it to them sooner had they been satisfied that the natives were competent. Though there are now a number of skilled physicians among the Japanese, able to give lectures before the classes in the training schools and give instructions in the way of practical demonstrations, there are not as yet any women among the graduates, although there are excellent nurses, who are able to take the responsibility of leading and teaching others.

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THE Red Cross in that country is weakened by its accepting, in an emergency, almost any applicant who volunteers, the speaker said. Even the Doshisha School has not maintained its former standard, but it is hoped that the influence of the first school will still go on, and that the work of the graduates will have a lasting and beneficial effect.

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"As a rule," says Miss Fraser, "the Japanese women make very good nurses. They are light and quick of foot, and very deft with their fingers. Before a nursing school was opened, twelve years ago, there were no trained nurses in Japan. There were old women who took care of sick people, and there were men nurses for the male patients in the hospitals.

"At first it was not easy to get a good class of women. The Japanese looked upon nursing as a menial form of labour, and the educated women felt that they were above such a calling. In time, however, they found out that nursing was a profession requiring skill and intelligence, and that it was regarded by foreigners as distinctly creditable. They form their ideas on those of foreigners nowadays, so it wasn't long before we were able to get our students from a higher grade of women. They receive what seems to be slight compensation; but over there, where living is so cheap, it is very good pay. They have a little less than two shillings a day for any time under two weeks. There is a slight reduction for a longer time.

"When we first went to Japan, of course, their methods were totally unlike ours; but many of their physicians have studied of recent years in England, Germany, and America, so they have made great progress. The most common ailments are skin diseases and consumption. They have a good many eye troubles, too. Their food is not nourishing, and has not been so for generations, so that their constitutions are not strong. They do not have enough warmth in winter. It is really cold, and their houses, which are mere shells, are

scarcely warmed by the little bit of charcoal in the middle of the room.

"We took stoves with us, and a great many other foreign comforts and conveniences. But you have no idea how difficult it was to teach the Japanese nurses how to care for the sick. I had to begin my teaching from a point entirely different from the one to which I was accustomed; the houses, the heating arrangements, the clothing, the beds, the diet is different. In the hospital we arranged most of these things to suit ourselves, but in private nursing it really was like entering a strange country.

"Even in the hospital we had hard work to arrange a diet for the sick. The people there eat almost nothing but rice and fish. I had all my recipes with me, but I had to devise an entirely new set. In case of typhoid fever, for instance, of course we tried to prevail on them to take a milk diet. But they don't like milk. They have always had a superstition against eating anything which has had animal life. They include milk and eggs in this category.

"Some of them will consent to take milk now, but when they absolutely refused I made them a broth of rice, boiling it until it was soft, and then draining the liquor off. I could get chickens, and so we could make chicken broth in cases where it was needed. There was no lamb or mutton, there being no sheep in Japan. We could get beef in the cities where there was a foreign population. The Japanese care little for fruit. They like the little mandarin oranges, and that was a good thing, for we had them about eight months out of the year. They have persimmons, too, and figs; but they don't care much for the figs; they say they are 'children's fruit.' The plums there do not amount to much. They have a sort of pear which looks like an apple, and tastes like wood. As for the famous cherry trees, they are cultivated for their blossoms, not for their fruit.

"It is only in the cities that the people are beginning to use knives and forks and spoons. As a general thing, even among the more progressive Japanese, they are not used, while in the country you see nothing but chopsticks and drinking dishes. It is not so difficult for them to eat rice with chopsticks as one would imagine. They do not cook it as we do. They cook it just enough to make it sticky, and then it isn't hard to pick up a lump with their chopsticks. They do not put any salt in it, either, so you can imagine how palatable it is.

"The uneducated people are full of superstition, especially about sickness and death. If they have, for example, anything the matter with the ear, they make a wax model of an ear, put it up in the temple and pray to it. They can construct a god' to fit any complaint, you see. They have learned a great deal, however, in the last ten years."

[previous page](#)

[next page](#)