

Nurses' Association, has been appointed on the Board of Women Managers of the Pan-American Exposition.

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BOSTON is possessed of a floating hospital, which made the first trip of the present season last month. She will make daily trips down the Bay until the beginning of September. The boat while at the docks serves as an emergency hospital to which very sick children may be taken at night, besides which arrangements are made that the seriously ill amongst the patients who are taken for these trips, can remain in the boat at night. She carries several doctors and twenty-one trained nurses. Such a boat must benefit hundreds, and it is to be hoped that the time is not far distant when all our big seaport towns will have their own floating hospitals.

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DR. MAUD HOWARD gives, in the current number of the *Trained Nurse*, an interesting account of the habits of Japanese women during pregnancy and accouchement, which tends to prove that, with all our modern Western advantages, there are matters upon which our Sisters in the Far East are our equals and indeed can give us points. This is Dr. Howard's story:—

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"My patient, a gentlewoman of superior race type, was most anxious to know if she might be allowed to continue the usual habits of the women of her country during the remainder of her pregnancy. After close inquiry concerning these customs I readily consented. I was surprised, however, to learn that her hygiene was superior to that usually practised by our own women during such times. I found that she occupied a room by herself at night; thus, her strength was best conserved for the development of the unborn child. She usually occupied herself with some light occupation until she was tired, then she would lie down for a time, and she regularly made a practice of taking a rest during the day. Her food consisted of a light and nutritious diet. She drank abundantly of water, and thereby maintained an active and free elimination of the waste products of the system by means of the kidneys. Her bowels were kept regular. Her bathing was continued daily by means of a full tub bath up to the time of her accouchement,—a custom not only valuable for the cleansing properties of the baths, but, also, because they kept the pores of the skin open, thereby relieving the kidneys of much additional work,—a very desirable consideration in pregnancy, when the kidneys, normally, are subject to an increased amount of work. Her under garments were of knitted wool; while the

outside ones were of some light texture, loosely made, with no constricting bands anywhere.

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SHE was prepared to remain in bed thirty days,—the time the custom of her country has prescribed for that purpose.

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I WISH especially to emphasize, as being particularly worthy of imitation, how she literally girded up her loins and abdomen with yards of soft, thin, flannel bandages, varying from one-fourth to one-half a yard in width, about three yards in length, and at the ends, on each corner, long tapes were securely fastened. These tapes were used to secure the bandages when they were properly adjusted. The bandages, starting at the back, were bound snugly, but not tightly, round and round the abdomen at different angles until all were applied smoothly. Such a method of bandaging is most useful, because it prevents the chilling of the abdominal contents, protects the kidneys, and helps support the weight of the abdominal burden, thereby giving the woman a sense of comfort and relief from the dragged, bearing-down feeling so many women suffer during pregnancy.

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For the accouchement, she had prepared large pads made of sheets of a peculiar soft and fibrous paper, with layers of cotton in between them. These pads were intended to be burned as soon as soiled. The toilet-napkins for both mother and child were made of smaller sheets of this paper, perhaps twelve inches square, with absorbent cotton between the papers, and then basted loosely together. When these napkins were soiled they, too, were burned. Think of the laundry saving to the household such a practice means!

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THE manner of dressing the baby was also worthy of notice and imitation. It consisted of a knitted woollen shirt, a flannel band, crocheted woollen socks, a flannel pinning-blanket, a white flannel or cashmere kimono, a small shawl for the head, a square of cotton diaper cloth, and the before-mentioned toilet-napkins. The napkin was laid on the square of cloth, and then placed underneath the child's buttocks; the pinning-blanket was adjusted after the ordinary fashion, and the kimono folded together in front. When it was necessary to change the infant's napkins the garments were simply separated, the soiled napkin removed, and the fresh one slipped in place, without disturbing the child. In fact, it is the simplest and most sensible way of dressing young infants I have ever seen. The infant had its own little bed, and the bed-coverings consisted of sheets and down comforters.

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