

North, and away through the rose lights of the Eastern twilight, they sped their riotous galley, high tossed on the purple waves of night—Whither?

But to return to facts—time is fleeting, and I am in Baltimore to see over the 'Hopkins' Nurses' Home, where the new Course of Instruction in Household Economics for pupil nurses is now on its trial. The six months' course practically pans out thus. Under a skilled lady teacher six weeks' work in house work, such as the care and cleansing of the bed-rooms and care of linen: we inspect them, and find the rooms in exquisite order; six weeks spent in parlour work, the management of the dining-rooms, table service, etc., a definite time in the kitchen—again under the tuition of a skilled instructor, a graduate in Domestic Science, and a further term in the Supply Room, where the technical part of a probationer's work is taught before she is admitted to the wards.

A little later we lunched in the nurses' refectory and enjoyed a most recherché meal, all prepared and cooked by the pupil nurses.

Miss Nutting expressed herself as thoroughly satisfied with the working of the new scheme, so far—and rejoiced that a great saving had been effected in the cost of administration since the Home had been utilised entirely as a School of Household Economics for Nurses, economy, with efficiency, being the basis of the whole preliminary course.

The Americans are surely the most surprising people—on this side we hear fables and proverbs—one of which is "No free-born American cleans boots," and yet, in practice, we find a flock of beautiful refined girls—all cheerily busy cleaning, cooking, serving, and enjoying the privilege of wholesome womanly work, and all daintily done by pretty pink-nailed hands!

E. G. F.

General Plan of Six Months' Preliminary Instruction at the Johns Hopkins Hospital, Baltimore.

The Course of Instruction covers a period of three years.

The first six months are devoted to a study of Household Economics, particularly of foods, Hygiene and Sanitation, Anatomy and Physiology, and Materia Medica.

In Household Economics a careful study is given of food production, manufacture, and adulteration, and a thorough study of cookery in all its principles and their practical application. The

cost and care of food materials, fuels, and cooking apparatus form an important part of this subject.

The nutritive value of foods, their use in various forms of disease, their special preparation for invalids, the serving of foods and the planning of hospital dietaries, are taught in a series of special classes. Students will further receive instruction in the following branches: the maintenance and administration of the household, including a study of the cost and care of furnishings and supplies, of lighting and heating, of plumbing and drainage, and of home and institutional laundries.

HYGIENE AND SANITATION.

Instruction in this subject is given chiefly in a series of lectures treating of air and water in relation to health, of the predisposing factors of disease and modes of propagation, of the influence of climate, season, age and race, of the disposal of waste, of disinfection, and of personal hygiene; also of trades and occupations in relation to health, and a brief outline of existing sanitary laws and functions of boards of health. This instruction is supplemented by visits to buildings where systems of ventilation can be practically demonstrated.

ANATOMY AND PHYSIOLOGY.

This instruction is given by recitations, demonstrations, laboratory work and lectures.

It is intended to give the pupil an intelligent understanding of the structure and development of the human body, and while necessarily limited, the course of instruction is systematic and thorough as far as it goes. By demonstrations and laboratory work it is expected that the pupil will become familiar in a general elementary way with the form, size and consistency of the various tissues and organs. The recitations and lectures include a further study of their properties and functions, and of the physiology of digestion, circulation, respiration, and the special senses. The work in this subject covers about six hours weekly for three months. It is under the supervision and direction of an Instructor of the Medical School.

MATERIA MEDICA.

The properties and uses of drugs. Instruction in this branch is given mainly by recitations, followed by a limited number of demonstrations and class experiments. The study includes the various preparations of drugs and their classifications; dosages and modes of administering; a careful study of the observations of the effects of drugs, of poisons and their antidotes.

In addition to the foregoing, classes and demonstrations are held weekly in which the pupil is taught the simpler practical part of nursing work and becomes familiar with the various appliances

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