

two minutes in his company before I realised that in his enthusiasms, in his practical realisation that nursing is a domestic science, and that we must not fear to experiment, I had found a kindred spirit, and the two hours I spent with him, listening to his arguments and seeing the splendid practical results of his unselfish labour, was time enough and to spare to arouse a very warm sense of appreciation of what he has accomplished at the Waltham Training School for Nurses. Mind you, I do not think the educational system complete, or even best in all its details, but it has in it vast possibilities for good in the future, and who knows but that in the near future, this new school—for a new school it is, and it has come to stay—may not extend its borders, until it becomes the centre of Preliminary Education for the future Nurses in the State of Massachusetts. How does that strike you Massachusetts Matrons? Think about it.

#### WHAT I LEARNED AT WALTHAM.

The Waltham Training School was started in 1885, and was the first school in the United States to attempt the training of Nurses outside of hospital walls, its founders claiming that many famous schools from their foundation had been independent of hospitals. Indeed, we know that the new profession of nursing had so begun at Kaiserswerth fifty years ago. Waltham has now a very complete little hospital of 60 beds, and now half the student nurses' training is given in the hospital wards. From the beginning the Waltham Training School has held fast to educational ideals. I was told that at first it was hardly hoped that nurses could be so well trained as in the schools connected with large hospitals, but now it is firmly believed that even better professional training can be given where not the benefit of a hospital, but the individual benefit of the nurses is of paramount consideration—indeed, it is thought that were it necessary that one institution should include the other it would seem fitting that the nursing school, just as a medical school, should carry on the hospital, rather than that the educational institution should be merely a useful and pecuniarily profitable adjunct of the hospital. This sounds very revolutionary, but upon quiet consideration it is not so. In the near future Nursing Schools will become so in fact, instead of in name only, and their educational and financial organisation remains to be yet defined.

#### METHOD OF TRAINING.

As the profession of nursing advances it becomes plainer that more preliminary training is necessary before actual nursing in the wards is begun. The dread of nurses knowing too much has never held sway at Waltham. The anxiety rather has been to give as thorough instruction as

possible in the elementary sciences, as well as in practical nursing, in full surety that the more the nurse knows the less likely she will be to think herself infallible. Moreover, it has seemed highly proper that the nurse's intelligence should be stimulated and trusted, and that the science as well as the art of nursing should be taught. In short, the purpose of the school is purely educational and not utilitarian.

If the Waltham school has any especially distinctive purpose in effective operation it is in discovering and fostering in the student nurses their innate nursing powers.

#### COURSE OF TRAINING.

Originally the course of training covered two years, but in 1894 the course was lengthened to two and a half years, and in 1895 to three years. Classes of fifteen are taken in March 15th and September 15th each year.

The student nurses are called Probationers during the first year, Juniors during the second, and Seniors during the third year.

#### PROBATIONARY YEAR: FIRST HALF.

Six months of the probation are spent in study, in performing all household duties in the Nurses' Home, in working among the sick poor with the Superintendent's Assistants, in the sterilizing of instruments, and in the preparation of surgical material.

#### DOMESTIC SCIENCE.

In accordance with our belief that nursing is essentially home-making for the sick and that only those proficient in home-making for the well can ever become first-class nurses, most thorough instruction is given in the art of housekeeping.

This department is under the charge of Mrs. Pinkneau (née Miss Mary A. Boland), who devotes eight hours a week for four months of each term to this subject. Besides the course in general chemistry given by one of the physician-instructors, Mrs. Pinkneau gives a course of eighteen lectures and demonstrations in the special chemistry of domestic science. Laboratory work is also required of the student nurses, who have to prove their understanding of the subject by performing all of the tests and experiments employed in the course.

The course in dietetics consists of twelve lectures. And the courses in family cooking and in cooking for the sick consist each of sixteen exercises, where the actual work of preparing and serving the food for the school family is carried on under Mrs. Pinkneau's instruction.

The student nurses are thus taught how to buy raw material, how to make out of it appetizing and wholesome food, and then how to serve it for both the sick and well. They at once carry this instruction into actual practice in the following manner. Three probationers serve in the kitchen.

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