

## DEATHS FROM DRAUGHTS.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—Hospital wards are now so scientifically arranged that very little solid comfort remains. Everything is done for the best, no doubt, but much remains to be considered for the personal comfort of the patient. Now take the patient's bedding and clothing. At home the poor are accustomed to sleep in a stuffy atmosphere (accountable for many an illness, you say); their bedding is usually of wool—blankets in preference to sheets; their bed garments are more often than not of flannel; all who can afford it now wear flannel next the skin in preference to cotton.

What is provided in the hospital ward? Sweet, smooth linen sheets—delightfully refreshing to those used to them, but chill-chilly to the blanket-bedded man—cotton shirts and nightgowns. After the bath no warm undergarment is put on, that worn being invariably sent home with the patient's outer garments. Thus poor patients do get chills. Then the draughts in the wards of our hospitals are notorious, very few institutions having installed a really scientific method of airing the ward with fresh warmed air. Windows between each bed when open create a most unholy draught in wards built on the block system, and nightcaps are not permitted to cover the polished bare pate of bald heads. Now all this seems very foolish. Why should not our hospital nursing system aim at comfort combined with cleanliness? Surely such a system is possible. First of all, more personal garments should be provided by the institution—underflannels, flannel shirts and nightgowns, nightcaps for the bald—twilled cotton or merino sheets, or light blankets next the body, and the system of ventilation should be completely modernised or washing curtains permitted to the beds. Dressing-gowns should be of flannel, and every patient who gets up for lavatory purposes should be provided with warm felt shoes. These little items mean the difference between comfort and discomfort, and may affect the question of life and death.

The fresh-air fad, and aseptic condition of the ward, must not be permitted to run riot and thus defeat their ends—the wise treatment of disease, and comfortable nursing of the sick. No well-to-do private patient would endure the scientific discomfort of much of our modern nursing for a moment. Why should the poor run risks of death from draughts?—for they do in many hospital wards I know of.—Yours,

COMFORT AT ANY COST.

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### Comments and Replies.

To several correspondents.—In reply to inquiries which we have received with regard to nursing appliances shown in the Sanitary Annexe at the Buffalo Exhibition last year by Messrs. Meinecke and Co., we beg to inform our correspondents that these are now sold by Messrs. S. Maw, Son and Sons, Aldersgate Street, London, E.C., and Messrs. W. H. Bailey and Son, 38, Oxford Street, London, W.

Miss F. More.—It is a mistake to get your special training without a foundation of general nursing knowledge. We should strongly advise you to obtain the three years' certificate of a general hospital first, and then to add, if you like, experience in maternity and fever nursing and massage.

### Notices.

#### A HELPING HAND.

The Editor will be greatly obliged if regular subscribers who receive an additional copy of this journal, will pass it on to some friend who is likely to be interested in the aims of the journal, and also if they will encourage their friends to become subscribers.

#### OUR PRIZE PUZZLE.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page VIII.

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### Canadian Wisdom.

#### KNEW HOW TO SELECT FOOD.

A good healthy Canadian takes pleasure in telling about food, and how he got well by using the right kind of food and drink.

He says: "In Nov. '99 I began to feel bad every day and gradually got worse. I did not lose my appetite. On the contrary, after having a good meal I felt better, but after being at work perhaps an hour or so I would have terrible pains all over my body. I lost considerable time from my work, sometimes a few hours and sometimes two or three days.

"Finally I went to the Winnipeg Hospital for a thorough examination and was told it was 'simply indigestion.' Certainly it was 'simply indigestion,' but I never had anything make me feel worse. I can sympathise with anyone who has 'simply indigestion.'

"Well, I dragged through the winter in about the same condition and got a little better in the summer, but in October, 1900, the same old pains came back, and I concluded I must change my diet if I expected to get any comfort, so I left off drinking tea and went on Postum food coffee and Grape-Nuts fully-cooked cereal food.

"I ordered these articles from the grocer and expected to have them for supper, I had felt so bad that day. Of course, the grocer was late in delivering them, so I lay on the couch until they came, and ate supper about seven p.m. After supper I did what I had not done for weeks before. I walked into the sitting-room, lighted my pipe, and read the evening paper and forgot I ever felt bad.

"I wondered if the old pain would come back, but it never did, and right from the first I improved. I have since worked constantly and hard, and have not laid up once on account of ill-health, and have not once suffered from indigestion since that first meal of Grape-Nuts and Postum.

"This letter is the straight truth. It may be long; but I don't see how I could tell my experience in less space." Name given by Postum Cereal Company, Temple Chambers, Temple Avenue, E.C.

Grape-Nuts and Postum Food Coffee are sold in 7d. packets.

A booklet of excellent recipes in each packet of Grape-Nuts.

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