

six months forms a part of the three years, and accepted pupils have therefore practical work in the hospital wards for two and one-half years. The course of instruction includes both theory and practice, the practice being limited to a period of from four to six hours daily, the theory occupying from two to three hours daily.

For purposes of instruction in the practical part of this training the school building generally known as the Nurses' Home was selected. The kitchens, serving-rooms, pantries, and class rooms were suitably equipped, and certain portions of the necessary daily work set apart for practice classes for the students. In pursuance of the belief that it is essential for the nurse to have a wide and thorough acquaintance with the subjects of food and dietetics, and a full knowledge of the work of the household, with careful training in its various branches, a comparatively large proportion of time is devoted to this study, a detailed account of which will be given later on. The entire mornings are devoted to practical work in some one of the following departments:—The dining- and serving-rooms, kitchens, one floor of bedrooms, including halls, lavatories, and bath-rooms, &c., the room for the preparation of surgical supplies and dressings, clinics of the out-patient departments. Classes and recitations are held each afternoon between two and five in the following subjects:—Anatomy and physiology, hygiene and sanitation, the properties and effects of drugs, practical classes in the elements of nursing, including bandaging. At the head of each of these departments a trained instructor is always on duty with her pupils, making the various portions of the work which they are obliged to perform the subject of constant instruction and criticism. The organisation thus resembles somewhat that of a ward with head nurse and pupils, the teacher corresponding to the head nurse.

The practical work as carried on in the various departments to-day shows in the dining- and serving-rooms a group of six pupils. Here they are on duty from seven until eleven a.m., going off duty and returning from five until seven p.m. Their duties include the care and cleansing of dishes, silver, china, and all cooking utensils; the care of table linen in the removal of stains before sending to the laundry; the care of pantries, shelves and drawers, and various food receptacles; the care of refrigerators and refuse-cans; the receiving of supplies, meats, milk, butter, eggs, vegetables, and groceries, weighing, noting condition of article when received and its proper care until used. Here lessons are given in the necessity for absolute cleanliness in every appointment in connection with the care and serving of food.

Going from there to the kitchen, which is equipped with a large and complete gas cooking-range, charcoal broilers, as well as various steam

appliances for cooking food in large quantities, we find a class of pupils at work preparing soups, meats, vegetables, and desserts for dinners, also preparing cold meats, arranging salads, and preparing fresh or cooked fruits for the suppers. Nourishment is prepared and trays arranged for any member of the family who is prevented through illness or other incapacity from coming to the table, thus affording practice in the dainty serving of attractive foods.

In the preparation of meats the pupils are taught the characteristics of different kinds and cuts of meats, the relation of bone to muscle and fat, the cuts suitable for different purposes; roasting, broiling, stewing, broth and soups; cooking of tough and tender meat, the nutritive value of each, the effect of different temperatures on proteids and fats. The pupils have lessons and practice in carving roasts of beef, lamb, poultry, &c., each doing the carving for the dinner daily for two weeks.

In the preparation of desserts, the principles of cooking eggs, milk, and starch are taught.

Instruction is also given in marketing and in the preparation of the weekly menu.

All practical work is under the direct supervision of trained instructors, who emphasise the importance of accuracy, neatness, and the proper regard for time employed in performing every detail of the work.

Twenty-six lessons of from two to three hours each are given in the chemistry of foods, the relation of food to the body, the effect of food on the body in different diseases, the cost of food, food values, and the calculation of properly-balanced dietaries. The microscope is freely used in the study of food materials, and demonstrations by instructor or pupils are used to impress on the minds the point under discussion.

It should be noted concerning all of this work that, while instruction is given in the right way of cleansing and keeping in good order all cooking utensils and appliances, and these methods are clearly demonstrated so that the pupil cannot fail to become familiar with the proper agents, the cleaning of floors, sinks, stoves, and refuse-cans is not a part of the duties assigned to the pupils. They are expected, however, to know how all these things should be done. That which is most essential for teaching purposes has been selected out of the actual work of the day, which, including, as it does, two breakfasts, two dinners, and two suppers, affords abundant material for a very satisfactory kind of instruction. One of its most valuable features lies in the fact that in precisely the way in which the pupil nurse is taught in the wards to feel the vitally important nature of all that she does for her patients, so the pupils in the school quickly realise that they are occupied in work the results of which are of much consequence, and it must be done according to certain definite standards of instruction. In each instance the product of

[previous page](#)

[next page](#)