

vogue for binding, but I entirely deprecate their use for that purpose. I shall point this out more fully further on. You must always have a box of safety pins for use, of mixed sizes, and the very *best* make (never buy *bad* pins), as they are required for numberless purposes, as we shall see.

Having passed these matters under review, the Nurse must turn her attention to the lady's bedroom. The first point for consideration is the position of the bedstead, which will doubtless stand free from walls as regards the sides, and it should be at least seven to eight inches away from the wall at the head, which, if practicable, should be *back* to the window, for a light on the eyes means insomnia to some patients; and when we consider the immense importance of sleep, ought we not to do anything we can to provide it? There is more in this simple arrangement than seems, as will be shown when your duties begin; besides which, when your patient is well enough to read a little in bed, she can do so much more comfortably back to the window than face to the light. Of course the plan of the room may make this impossible, or the lady herself may object to it, and in that case there is nothing to be done in the matter. But *when* it is practicable *suggest* it, and you will find it is nearly always readily acceded to, if you explain your reasons for it. If such be the case, have the bedstead moved, say a day or two after you come in, and when the servants are attending to the room, so there is plenty of help, and not leave it till the last minute, as large bedsteads are not moved about as little Hospital bedsteads are.

Not only is the position of the bedstead as to the window to be considered, but the door as well, and, if possible, should not be exposed to the draught from it. Of course, this depends upon circumstances, but, as I told you at the beginning of this paper, you must *never* fail to adapt circumstances to the advantage of your patient, and the furtherance of your most responsible duties, whenever you have the opportunity. Speaking from no small experience, I venture to say you will find people only too willing to carry out any suggestions you make for promoting their comfort and safety, if made in a proper spirit of deference to their wishes; and the *suaviter in modo* must never be forgotten here.

Next to the question of the bedstead arrangements will come the important one of the fire grate. It may be of modern and unexceptionable construction, or the reverse, and in that case it must receive your attention, for no one more than a Nurse knows the misery and discomfort of a smoky bedroom fire. Now we cannot always prevent or remedy the evil, but that is none the less reason that we should not try to do so. Many

people object to having a fire in their bedrooms, and in that case it may have been a year or more since there was a fire in the room. Get information as to this. If a fire has been in the room recently, make enquiries with respect to the "harmony" or otherwise existing between the grate and the chimney. If they are reported to be good friends you may rest content; but if you should hear of "incompatibility of temper," leading to violent outbursts of smoke, you had better look to the matter at once. Have a fire lighted in the daytime when the lady is out of her bedroom, and judge of the state of things for yourself. If you consider the chimney is at fault, request to have it swept at once, and that may settle all difficulties; or if the grate, that also may be put right. You may ask me, What has all this to do with a Nurse? I answer, everything that conduces in the smallest degree to the comfort and well-doing of your patient *is* your duty. A smoky bedroom is an intolerable annoyance to an invalid, and should be spared her as far as you are concerned whenever possible.

Next to the bedroom arrangements, you should ascertain what, if any, room is to be set apart for your use during your attendance, for a great deal goes to this matter. The most convenient arrangement, of course, is to have a room leading from the lady's bedroom, with another door opening on the landing; and it is all the better if there be a grate in the room, as here you will most likely have to sleep. In addition to your bedstead there should be a washing-stand, with toilet set, supply-can for fetching cold water, foot-pan, and a slop-pail with cover, to be kept exclusively for your use, and nothing to do with the servants. A good-sized towel horse, a table, a couple of chairs, and a small chest of drawers will about complete the furnishing of the room, which must be much the same wherever it may be situated. If there be no cupboard in the room, a shelf or two fixed in a recess, or a small movable cupboard or shelves, is very useful for putting things in or on, and will enable you to have everything handy, and also to keep your room tidy.

In this room you will keep all Nursing and bedroom requisites, viz., slippers, bed-bath, foot-warmer (which you must never be without); look after these as soon as you come. My Nursing readers will understand me when I say that what a Ward kitchen is to a Ward (on a small scale), a Nurse's room is to a bedroom; and if made a wise use of, will be a comfort to the patient and everybody else in the house.

Let us consider what articles are necessary, and should be kept *exclusively* for the Nurse's use. A good-sized block tin tea kettle (three pints, say), two block tin saucepans (half-a-pint and a pint and

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