

HOURS.	DIET.
Dinner (continued)	Hot milk. Patients have always a choice of two different kinds of meat, and generally of pudding.
3 P.M.	$\frac{1}{2}$ pint to 1 pint hot milk.
Tea, 5 P.M.	Tea, cocoa, hot milk, brown or white bread and butter, and one of the following dishes: tripe, ham, cold meat, beef rissoles, eggs, jam, marmalade, cakes, jam tarts, stewed fruit.
Supper, 7.45 P.M.	Hot milk, bread and butter; and either porridge, milk puddings, or soup.

During the night those patients who may be awake have hot milk brought to them by the night nurse at 12 midnight and 3.30 a.m.

Stimulants and special diets of poultry, &c., are provided when ordered for individual cases by the doctors.

### Post-Graduate Education for Nurses.

At a meeting of the Board of Education of Bedford College for Women, which was held on Monday, Mrs. Bedford Fenwick and Miss Isla Stewart, who attended by invitation, were afforded an opportunity of conferring with the Board on the desirability of establishing a Post-Graduate Course in Hospital Economics for certificated nurses, in order to qualify them for the higher posts in their profession.

The conference resulted in the appointment of a sub-committee, which was deputed to submit a draft scheme to the Board preparatory to approaching the authorities of Nurse-Training Schools, with the object of eliciting from them an expression of opinion on the whole subject.

### Royal Red Cross.

The King has conferred the decoration of the Royal Red Cross upon Lady Furley and Mrs. Mary E. Bruce, in recognition of their services in tending the sick and wounded during the recent war in South Africa.

There are numbers of Nursing Sisters who have worked hard in South Africa since the very beginning of the war. We hope soon to note that their devoted services have received just recognition. There is undoubtedly a strong feeling that influence more than meritorious service has determined the award of this decoration since the South African War.

### Educational Matters.

#### PREPARATORY WORK AT THE WALTHAM TRAINING-SCHOOL FOR NURSES.\*

By Miss PARKER,

*Superintendent of Nurses, Salem Hospital, U.S.A.*

By way of preface, let me say that should those of you who have read the last report of the Waltham School accuse me of plagiarism I shall not deny the "soft impeachment."

A most interesting morning was recently spent at this school, where, under the guidance of the very courteous principal, Miss DeVebber, I was shown the work of the preparatory department. The six months' preparatory course was established in 1895, under the supervision of Miss Macleod, who had previously been abroad and observed methods at the Glasgow School under Mrs. Strong.

The course as at present carried on may be divided into six branches:—First, domestic science; second, housekeeping; third, anatomy, physiology, hygiene, bacteriology, and medical chemistry; fourth, district visiting, nursing of infants, convalescents and chronic patients; fifth, personal improvement; sixth, care of outside of the body or surface nursing. The branch which receives the greatest number of hours of systematic instruction is that of domestic science, which includes chemistry, dietetics, fermentation, putrefaction, and decay (with special reference to their effects on food), marketing, and cooking. In chemistry the object of the course is to give some idea of the nature of chemical changes; an elementary knowledge of chemical processes, and familiarity with the nature of ordinary chemical substances in common use. Thirty-two lecture periods of one hour each, and sixty-four hours of required study constitute this course. It is strictly a laboratory course, only such lectures being given as are necessary to explain processes. Each pupil performs each experiment for herself, the results being kept to show the instructor, or, when this is impracticable, a record of results is required.

The author of "Boland's Invalid Cooking" was giving a blackboard demonstration and quiz to eight probationers on the morning of my visit, and I was told she had been the instructor in domestic science at this school for the past eight years.

In dietetics the attempt is made to present the subject of food values in such a manner as shall enable pupils to gain some knowledge of the nature of ordinary food substances, to recognise the relation of food to the growth, repair, and energy of the body and to estimate dietaries. The probationers plan each meal, often with relation to the

\* Read at the ninth annual meeting of the American Society of Superintendents of Training-Schools for Nurses, Detroit, 1902.

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