

supposed wages that a man might earn, be it 15 dols. a week or 25 dols. a week. This is exceedingly practical, as many a nurse in private practice finds herself not only the nurse, but the housekeeper for the family. This course in dietetics is in part a laboratory course, and consists of eight periods of one hour each, and sixteen one-hour study periods.

The course of lectures on fermentation, putrefaction, and decay is intended to give a knowledge of the fundamental principles of decomposition changes in food, and to indicate methods of prevention and preservation. This course consists of twelve lectures of one hour each, with demonstrations by aid of the microscope.

The course in marketing consists in part of lectures on judging of food products in open market, and in part of practical work in ordering, inspecting goods received, weighing and recording amounts. There are four one-hour lectures, six hours of market inspection, ten hours of buying, and ten hours of required study.

The work in cooking is divided into two parts—first, cooking for the well, and second, cooking for the sick. The housekeeping work of the home is done by the probationers under the close supervision and constant teaching of the principal and her assistant. The class is divided into squads, each having its special part of the housework—as they become skilled in the kind of work assigned to them they are changed about each to take up some new work—thus a uniform training is given them.

The third branch of the preparatory course includes the instruction given in anatomy, physiology, medical chemistry and bacteriology. Two lectures are given each week, followed by quizzes, recitations and examinations as needed to make sure that the subjects are being understood. In the bacteriologic course, by the aid of the microscope and of the incubator, the commoner disease germs are grown and studied, and tests applied of the asepsis attained in the different methods of sterilisation. This instruction is given in order that the pupils may understand the rigid drill given them in preparing sterile food for infants, in making up surgical material, and serving at mock operations, where perfect surgical cleanliness is demanded of them.

The fourth branch of the preparatory course is the district nursing visits. Most of these visits are to lying-in mothers and their babies. At each time the mother is bathed, her hair brushed and braided, bedding changed, room put in order, gruels and broths made and the baby washed and dressed. Observations of condition of patient are recorded on slips that are returned to the physician's office for his inspection and further orders.

When there is need, a second visit is made in the evening. Most of the time of the instructor in

visiting nursing is devoted to this part of the probationer's work. The first few visits are made with the instructor, but after a few lessons the probationer goes alone, and while at her work she is visited and criticised by the instructor, or the instructor visits the patient after the pupil has left to see if all has been well done.

The fifth branch in this course is personal improvement. Six lectures are given in history of nursing, four lectures upon personal hygiene, eight lessons in note taking, four in clinical records, and eight in reading aloud. Once a week for several months there is a class in voice culture, also regular gymnastic exercises under direction of instructor in physical culture. In the sixth branch, that of surface nursing, for two hours three times a week for three months instruction is given in massage, manicuring, and care of scalp and hair.

A pleasing feature of this school is the number of paid instructors. At the time I visited there I was told there were eight. They make their selection of instructors from their graduates who have proved themselves most proficient in their especial line of work.

The Waltham School evidently believes that "nursing should be taught by nurses."

#### THE BOSTON PREPARATORY COURSE.

By Miss DOLLIVER,

*Superintendent of Nurses, Massachusetts General Hospital.*

The Training-School Superintendents in and near Boston met in 1902, to discuss plans for a preparatory course for nurses. All agreed that better nursing could be taught pupils in the hospitals if, before they entered as probationers, they had received a definite amount of instruction in the branches which are so necessarily a preliminary to the best knowledge of nursing. It was believed that a high school graduate could accomplish this in one school year. The outline which follows was presented in April to the Dean of Simmons College for consideration:—

Physics.	Physiology.
Chemistry.	Hygiene.
Anatomy.	Bacteriology.

Domestic Science.—(A special course, adapted to the needs of nurses, to include the principles of cookery and diets, household economics, accounts, sanitation.)

Physical Culture.

At the Dean's suggestion Literature and Child Study were added.

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It is announced that the Women's Memorial Fund to Queen Victoria is expected to reach £82,000, which will double the work and utility of the Queen Victoria Jubilee Institute for Nurses. The cheque for the total amount of the Fund will be personally received by the King and Queen after Easter.

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