

Never have the same one twice, so that you can see the private nurse from an outsider's point of view. After twelve months of this your father should lose most of his money and your household move from its mansion to a small house and be served by a "general," who is ignorant but willing. Now you will have to do most of the cooking, and superintend all that the general does. This is necessary, for in private nursing you will one day be in Belgrave Square, and the next day, perhaps, at Tooting; twenty servants in the one house, one or none in the other. It is easy to talk to a grand housekeeper, and say what you would like for your patient, or to receive a bill-of-fare from the cook with the message, "Will the nurse kindly put a cross opposite the things she would like for her ladyship?" but it is quite another thing to get a satisfactory diet cooked in a kitchen presided over by the general, and if you have never managed one how can you know that you must tell her every little detail? And with a general you must be able to plan meals ahead; it does not matter with a good cook, she will do it for you. But if you, in the innocence of your heart, ask for a rice pudding and stewed prunes of a general, to be ready in two hours time, you will get it, and your patient will get indigestion. Ask it of a good cook and she will say, "I am sorry I could not manage that to-day; you could have it to-morrow. I have some very good jelly, or I could let you have some junket if that would do." You agree, and all is well. It is not the general's fault that the prunes were nasty tough things, but yours for not remembering that they require about twenty-four hours' soaking. Here your cookery will come in useful. You must know how to cook, so that you can tell others how to do it.

It will often happen that you will have to nurse the mother of a family. She tries, poor dear, to direct her household while laid up. If you can help her, so much the better. Perhaps she cannot even attempt to do it, and the house, left like a ship without a rudder, is hopelessly at sea. If you can but give a hint as to what should appear for dinner, and how much cleaning can be left undone things may go along smoothly. If not, the usual result is: "I have been ill, and had to have a nurse. Oh, the confusion! I thought I should have gone mad. Both the servants gave notice." If you have had the training I prescribe, it is—"Well, yes, I was ill, but dear Dr. Black got me such a good nurse, I really quite enjoyed it. It was so nice not to be worried about household matters, and really they got on very much better without me than I could have

expected. I gave both the maids a present for being so good; nurse said they did everything and were no trouble. I was quite sorry when she went and I had to take up everything again, and, worst of all, order the meals. It was so nice not to know what I was going to have until it came.

After twelve months of the general you may regain the riches you had lost and your mother may get well again. You may now spend the next two years in travelling, which will enlarge your mind. You should also read as much as possible. At the end of two years you can go to hospital. Learn all you can, go to special hospitals and learn other things. You may not want to do maternity work, but it is just as well to know something about it; you may not care to be a masseuse, but you should learn to massage. Any patient may have occasional headaches, which you can soothe away if only you know how; or in the case of a sleepless patient, to whom it may not be considered prudent to give a sleeping draught, you may be able to massage until sleep comes to your patient and rest to yourself.

You should have learned from all this training, patience, gentleness, to think nothing of yourself and much of everyone else; and if you have a great love for nursing you can now become a private nurse. You may be a success, and your patients think you an angel, but it is just as likely they will think you a fallen angel, so do not be surprised if your patient calls you a devil. At any rate you will have deserved success, no one can do more. M. H.

A Paper Milk Bottle.

American Medicine says:—"A. H. Stewart, of Philadelphia, recommends the use of a single service paper milk bottle instead of the ordinary glass receptacle generally used in the United States. The objections to the glass bottles are the original expense of the bottles, the breakage, the difficulty in cleaning, the expense of collection of empty bottles, and the danger of transmission of infectious diseases through their use. The paper milk bottles recommended are made in the ordinary size, and are conical in shape to facilitate nesting. The bottle is saturated with paraffin, which strengthens it, sterilises the paper, and prevents the taste of the paper being taken up by the milk. The bacteriologic tests made comparing the paper bottle with the glass bottle were decidedly in favour of the paper bottle. The price of the paper bottle is sufficiently low as not to increase the present general delivery price of milk."

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