

hold will be affected by the manner in which each individual member does his or her work, whether it be in Ward or kitchen.

Those of us who have learned the comfort and value of good servants in our own families will not deny that much of the comfort of an institution lies in the hands of the maids, for what is a Hospital but a family on an extended scale? changing its members frequently, it may be, but, as one who held a very important appointment in the English Nursing profession said to me when I, as a new Probationer, was interviewed for the first time, "I wish you to realise this Hospital as one large family. I am the hostess, and you must endeavour to do your part with the other Nurses to aid me to entertain our guests—the patients."

Obedience must be the rule of the kitchen as well as of the other departments. When I first entered a Hospital, I remember a Staff Nurse saying to me, "For the present you must carry out instructions. When you are entrusted with charge of a portion of the Hospital you may then use your own discretion in some minor matters, but, for the present, your duty is to obey." This truly wise counsel is as important to the subordinates of the kitchen as the Wards, and if the ruling power be vested in as gentle, yet firm, a hand as it has been my privilege to work under, obedience will be regarded as a pleasure, and not merely a duty.

Cleanliness is another all-important point. Whether it be the person, the building, or its furniture, and the many articles which help us in furnishing, adding so materially to our comfort, used in any portion of the domestic duties or cooking—all must be scrupulously clean. For this reason, those engaged in the kitchen—where so much even necessary dirt must be—would do well always to wear dresses of washing material; and nothing, to my mind, looks so nice as white caps made of some material which will also wash, and of such a shape that, by untying a string, they will iron flat; thus a clean cap is as often put on as a clean dress, and, with white collar and large apron, either white or whitey brown, made with bibs, the domestics in the kitchen look as clean as the Nurses in the Wards.

In thinking of the subordinates, one's mind naturally turns to the mistress of the kitchen, and as the kitchen we are now considering is a Hospital one, or at least connected in some way with the sick, I would suggest the Superintendent, Matron, or by whatever term she may be known, of this department shall have had practical experience in the Wards of a Hospital, or at any rate among the sick. For what Nurse has not seen what a trifle will cause one, who perhaps would take a little nourishment if nicely served,

to turn away from the food which in his case was more important than medicine, because he could not fancy it? And why not? Because the quantity placed before him was three times what he could and would have taken if only a third had been given him. And in a small Hospital, such as we hope to consider before we finish this paper, it frequently is the duty of the Superintendent of the kitchen to divide and carve the food for the plates of the patients; therefore, to my mind, she ought to have a thorough knowledge of the diseases those for whom she is carving are suffering from, and at what stage of their several illnesses they are. No doubt as she visits the Wards, the patients, knowing she is responsible for their food, will express to her their little fancies—likes and dislikes. These, as far as practicable, she should study. I know one Hospital-kitchen, at least, which possesses such a Superintendent, and heartily do I congratulate it. It was she I heard remark when speaking on this subject—

"It costs nothing from the funds of the Institution, and only wants a little thought on my part."

Surely no more striking proof is needed of how the patients in that same Hospital appreciate the "little thought" than to quote a remark made by one within its walls—

"Talk about going to the sea; why, I would rather go the T—— Hospital any day! What nice food they do give you, to be sure!"

In many Hospitals it is customary for the Nurses to prepare the tea for the patients in the Ward-kitchen; thus the Hospital Kitchen-superintendent has nothing to do with this portion of the patients' diet. Such was the rule where it was my privilege to be trained, and well I remember one day when I was on duty to send in the tea, the Lady Superintendent entering my Ward just after the bread-and-butter had been given each patient. When she arrived at one bed, stopping and gently lifting a plate of bread-and-butter, cut thick enough to be enjoyed by a schoolboy in robust health, from the tray of a Medical patient slowly sinking under his terrible disease, and turning to me she said, "Did you cut this bread-and-butter, Nurse? Do you think you, even in your present good health, would like to eat such thick bread-and-butter?" I need hardly say I noticed my patient did not eat it. How often before had he sent his food away untouched, because it was unappetising when I had not noticed it? I could not from my heart think it just happened that he had an extra thick slice. I knew it often did happen! This certainly came from a Ward-kitchen, not the general one, but it is an all too true illustration of the manner in which I fear our patients' food is too often served.

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