

for this, that, or the other lady. On the election day the Committee-room was crowded by gentlemen who had never been known to attend a meeting before, each one with the fixed and clear intention of voting for the Nurse of whom he had heard most. After four hours' discussion there were eleven candidates, upon whose supreme merits the Committee were just about equally divided; and, finally, as an adjourned and very lengthy meeting revealed no possibility of any reduction of the numbers, and as the laws of the Institution provided that only one Matron should be elected, the matter was referred to the Medical Staff. That body, after examining the credentials of all the applicants, at once selected and recommended the Committee to elect a lady who undoubtedly possessed the best qualifications for the post, but who, nevertheless, had been entirely overlooked in the previous discussions.

To our minds this story points two very important morals, upon the due observance of which we believe much of the well-being of our Institutions in future will depend. If the best candidate is to be selected for vacant Nursing appointments, private canvassing of the Committee of Management should be rigorously interdicted, otherwise it is clear that we shall find this will increase and develop to an extent entirely destructive of the peace of mind of the members of the said Committee. And it is more than possible that many who would otherwise be most admirably fitted by their training and experience to undertake the duties of Matron would be withheld from making application for the post, unless they also possessed sufficient personal interest to afford them a chance in competing with more influential candidates.

This is a very real danger, and it is palpable that under the present system there is much harm wrought, even some few unsuitable persons appointed to important posts, and certainly grave injustice done to women who have worked most excellently and long in subordinate positions, and who would be in every way qualified to do credit to their calling, and to any Institution gaining their services as Matron. We would, therefore, with all our power urge the necessity for the adoption of some such rule as the one we have suggested.

The second lesson which we believe the story we have narrated teaches, is that it is becoming more and more necessary in view of the ever increasing importance of the Nursing department of our Hospitals, that the professional qualifications of candidates for the post of Matron should be more carefully examined into, than is at present the case. We believe we are correct in saying that even now at most Institutions it is the rule

for the committee of management to appoint their Matron with little or no advice from the Medical staff. This was comprehensible twenty years ago, when the Matron was rarely a Trained Nurse, and when her duties were chiefly those of a house-keeper, but now-a-days, when she has of necessity to take the supervision of a staff of trained workers, when she is expected even to take part in the education of her subordinates, her professional qualifications for the post are all-important, and we contend cannot be rightly estimated by a number of non-professional gentlemen.

OBSTETRIC NURSING.

— BY OBSTETRICA, M.B.N.A. —

PART I.—MATERNAL.

CHAPTER V.—DUTIES DURING CONVALESCENCE.

(Continued from page 75.)

CHICKEN broth is the most delicate of broths, and I greatly recommend it during early convalescence. You want a good-sized fowl for making broth, drawn but not trussed, as we lose a good deal of the meat under the poulterer's hands. I have the breast and white meat of the wings cut off; they will be nice pounded, and be a change for our patient, so we will cook them separately; the body and legs will do for stewing down. Have all fat removed from the fowl inside and out. Of course we do not use the liver or gizzard, and it is better to take the lungs out of the thorax; they discolour the broth, and are no good to us. The fowl must be well washed and put into a saucepan with a quart of cold water, and after coming to a boil simmer gently for two or three hours until the broth is fully and pleasantly flavoured by the fowl. I do not advise any spice to be put to it, as a quarter of an ounce of sweet almonds beaten very fine up with a teaspoonful of water boiled in the broth, and strained off, gives a delicate flavour to it, especially if we add cream to the broth when we serve it; but this is merely a suggestion not important at all. Broths should be thickened if required *after* they are made, and when they are served, for the reason I stated. Arrowroot is best for chicken broth, but the patent prepared *cooked* oatmeal is nice for mutton broth, and, as it is as quickly prepared as the arrowroot, it comes in serviceable.

The breast and white meat of the fowl can be boiled separately. When cooked take off the skin, remove the meat from the bones and pound in stone mortar into a paste with a little of the

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