

daily, as it is impossible to prevent sputum from lodging in it.

Cleanse the hands and face of the patient frequently, and rinse and clean mouth before and after each meal, and on arising and retiring. Bath twice each week. Change the underwear twice weekly. Avoid woollen clothing, in which the sputum may lodge, and which can catch dust. Use clothing that can be boiled, when possible, both for yourself and patient.

3. *Care of the Room.*—If the patient cannot be cared for out of doors.

Choose a large airy room, with plenty of sunshine and many windows. Have the windows open constantly. It is not fresh air, but lack of it that makes people catch cold. The room must be simply furnished, no upholstered furniture, no woollen curtains; an iron bed is best, simple wooden chairs, and a single rug beside the bed. Have no carpet. No other person must sleep in the same room.

4. *Food.*—Must be wholesome, nourishing, abundant, easy to digest and well cooked.

Meals at frequent and regular intervals, five to six daily. All stimulants to be avoided absolutely. Avoid foods difficult of digestion, as very rich or highly spiced foods, pork, all fried foods, pastries, and most salads. Milk and eggs in abundance, the eggs best raw, up to twelve daily, and one to two quarts of milk daily.

5. *Drugs.*—Avoid drugging the patient; there is no drug that will cure consumption. Drugs containing opiates are especially to be avoided, as many patent medicines and advertised cures.

6. *Exercise.*—Avoid fatigue and exhaustion. Rest and quiet conserve the strength of the patient best.

Confine patients to bed or wheel chair so long as they show temperature, especially if exercise causes temperature. Hence take temperature often, and especially after exercise. Carefully modulated exercise may be allowed after the temperature is normal, but not to excess. Exhaustion is deleterious.

7. *Habits.*—Regularity of habits as to sleep, nine hours in bed, nine p.m. to six or seven a.m., as to meals, five to six daily.

8. *Care of Yourself.*—All of the foregoing applies to yourself, especially is personal cleanliness important. Wash hands after each contact with patient. Keep yourself in the best possible physical condition.

9. *Psychical.*—Keep your patient amused, cheerful and interested.

Combat any tendency to melancholy. Do not allow him to brood over his condition. Impress upon him the fact that he can be cured.

10. *Co-operation.*—Secure the co-operation and interest of your patient, and the family.

The physician and nurse can accomplish nothing without this. Hence you must educate them as to the nature of the disease, the methods of cure, by constant reiteration. Teach him not only how he may get well, but also teach the family how they may remain healthy.

Appointments.

LADY SUPERINTENDENT.

Liverpool Ladies' Sanitary Association.—Miss Beatrice Vickers has been appointed Lady Superintendent of the day nurseries and nurse students. She was trained at the Royal Infirmary, Bradford, where she has also held the position of Sister. She has also held a similar position at the Bradford Children's Hospital, and that of Night Superintendent at the City Hospital for Infectious Diseases, Newcastle-on-Tyne, and at the Jenny Lind Hospital, Norwich. She has also been Assistant Matron at the Norwich Isolation Hospital.

SUPERINTENDENT.

St. Lawrence's Home, Dublin.—Miss McArdle has been appointed Superintendent of St. Lawrence's Home, Dublin, in connection with Queen Victoria's Jubilee Institute. She has held the position of Charge Nurse under the Metropolitan Asylums' Board, London, at the Park Hospital, Lewisham; of Night Superintendent and Deputy Matron at the City Hospital, Liverpool; and of Matron of the Isolation Hospital, Chester, from August, 1903, to December, 1907.

MATRONS.

Yeatman Hospital, Sherborne.—Miss Ada E. Kearvell has been appointed Matron. She was trained at the Royal Albert Hospital, Devonport, in connection with which she also had experience in private nursing. She recently has held the position of Head Nurse in the hospital where she has now been appointed Matron.

Cletherbridge Sanatorium, Wirral, Birkenhead.—Miss K. Ediss has been appointed Matron. She was trained at the Western Infirmary, Glasgow, the City Hospital, Little Bromwich, near Birmingham, and the Belvidere Hospital, Glasgow. She has also held the position of Night Superintendent at the Sanatorium, Hull, and of Deputy Matron at the City Hospital, Fazakerley, Liverpool.

NURSE MATRONS.

Isolation Hospital, Bexhill.—Miss S. M. Beresford has been appointed Nurse Matron. She was trained at the Delancy Hospital, Cheltenham, and has held the position of Nurse Matron and Charge Nurse at the Isolation Hospital, Chailey, and of Nurse at the Hailsham Union Infirmary.

Meath Cottage for Epileptics, South Hayling.—Miss Ruth Thompson has been appointed Nurse Matron. She was trained at the Jessop Hospital, Sheffield, and the Royal Infirmary, Sheffield. She has held the position of Ward Sister at the East Sussex Hospital, Hastings.

SISTERS.

Miller Hospital, Greenwich, S.E.—Miss Sarah Hutchinson has been appointed Ward and Theatre Sister. She was trained at the Royal Infirmary, Manchester, and has held the position of Night Sister at the Royal County Hospital, Ryde, and also received training in infectious work at the Hull Sanatorium, where she did Sisters' holiday duties. She has also discharged Sister's duties at the Royal Infirmary, Manchester, and the Convalescent Home, Cheadle.

[previous page](#)

[next page](#)