

responsibility, will search out, arouse, and stimulate their dormant tastes and ambitions. It is not always an easy matter to interest them in anything outside of their own aches and pains, but this must be done, in spite of discouragement and rebuffs. Many patients have not the slightest conception of the beauties and wonders of nature, and often the nurse finds her opening wedge through nature studies. During our first year, we were fortunate in having a nurse who really loved flowers. She would put a simple wild flower on the tray of each bed patient, and on making her rounds after meals, would tell the patient its name, where it grew, and any legend which might be connected with it. In a short time, their interest was aroused to such an extent that they were as eager as she over the discovery and study of a new flower, and she had established a common ground on which to meet them. The sanatorium library furnishes one of the main sources of diversion for the patients. Left to themselves to use it indiscriminately, many patients will be but little benefited by it. There are few influences more refining than good literature, and by aiding patients in the selection of their books the nurse can help them a great deal. Then, too, some patients read with difficulty, and others suffer from defects of vision. To these the nurse can read aloud and this enables her to obtain a closer insight into the personality of the patient. Besides nature studies, and books, there are many other direct means of entertaining the patients which enable a nurse to come into that personal relation to them which is essential to the best work. Music, theatricals, and games, all have their part, and where, as is often the case, the patients lack the initiative, the nurse can supply it.

Aside from the personal relations with the patients, there are many ways in which the general surroundings may be made an effective influence. Because they may have been poor, is no reason why they should not have and enjoy the little refinements of life. There is no reason why sanatoria should resemble prisons. A building with cheerful surroundings costs no more than one suggestive of pauperism and sickness. Who does not know that environment has a most potent influence in the treatment of tuberculosis? In most of the new sanatoria, a nurse is placed second in command, and often has the opportunity to aid in the planning and furnishing of the buildings, so as to avoid all unpleasant institutional features. The diet in tuberculosis is not restricted, and as the patients are usually more or less subject to loss of appetite and to slight digestive disorders, the nurse has ample scope

for ingenuity, both in the preparation of the food and the manner in which it is served. Decorated china, tray cloths, and vases of flowers add practically nothing to the cost. They go far to stimulate a flagging appetite, and the pleasure and appreciation of the patients more than compensate for the slight additional labour. While observing the strict medical routine, each patient should be received and treated as a guest. In this way you can insist from the first upon the little conventionalities of life that many have had neither time nor opportunity to cultivate. The patients must be the nurse's family, and she must create her own atmosphere of refinement and culture. They are under her charge, not for a term of days, but of months. She should strive to make the sanatorium a home for them, to see to it that each patient should be better for having known her, and should return home with a knowledge of the essentials of a true home life.

The National Council of Nurses

A well attended meeting of the members of the Council was held at the office, 431, Oxford Street, W., on Friday, the 27th November, which we shall report in full next week. The preliminary arrangements to welcome the International Council of Nurses to London next July, were considered in a most enthusiastic spirit, and the opinion expressed by Miss Albinia Brodrick "that the Congress was going to be a very big thing indeed," was heartily endorsed. It was decided to organise a Nursing Exhibition in connection with the Congress, "just to show our colleagues from other countries what we can do," and as hospitality is one of the chief and most pleasant parts of a National Council's work, the appointment of Mrs. Walter Spencer as Chairman of the Hospitality Committee was a matter of course. It was decided to begin active work after New Year.

The Victorian Order of Nurses of Canada.

The October report of the Victorian Order of Nurses shows: Visits made, 3,436; night cases, 96; operations, 29; new doctors, 4; nurses, 17; probationers, 5; medical cases, 57; surgical cases, 37; gynæcological cases, 26; obstetric, 180; chronic, 20; diet tickets given, 15; clothing given, 288; lint, dressings, chair, etc., provided by the relief committee. This is an excellent record of work for the nurses belonging to the Order.

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