

opening from the wards and placed in the lobby between the doors, leading into the front and back wards respectively. They did their best, but from lack of training could not be very reliable. The Sisters' uniform was a dark blue stuff material, the nurses a brown."

We congratulate the Chelsea Infirmary nurses on the inauguration during the past year of their swimming club, of which an interesting account is given in the *League Journal*. There is a managing Committee, with the Matron as Chairman, Mrs. Moore as Vice-Chairman, and Sister Grace and Sister Hayes as Captains. Almost every evening some of the staff have been at the Chelsea Baths, and have learnt to swim, and Sister Grace and Nurse Nankivel have obtained certificates for swimming a mile. Amongst the rules is one "that no distinctions in nursing rank shall be recognised by the members while in the water." It was feared that a "pro" who might be a skilful swimmer might be considered presumptuous if she came to the assistance of a Sister, while the Matron felt she would probably be left to drown. Every woman should learn how to swim if this accomplishment has been neglected during childhood.

A circular has been sent by Sir Everard Hambro to the nurses of the Royal National Pension Fund, of which he is Chairman, in which he says that when he addressed the nurses at their last general meeting he suggested that the best way for them to honour the memory of their late patron, King Edward, was to try and aid those of their profession who, from age or infirmity, wanted assistance. He now thinks that the best way to do that would be to raise funds by general subscription for a King Edward VII. Home for Aged Nurses, which could be managed from the offices of the Royal National Pension Fund for Nurses, of which Queen Alexandra is President, who looked with favour on the scheme and had promised to assist it.

We hope in the future the time may come when trained nursing will be estimated at its true value as a national asset, and remunerated accordingly, and thus nurses in their old age be saved from pauperisation. Let us hope but few will require to avail themselves of such alms. As the nurses are going to provide all the funds, we hope they will also administer them, and thus let there be as little advertisement and publicity in carrying out the scheme as possible.

The Belfast Board of Guardians, according to the statement of the Chairman, are endeavouring to reduce the scale of dietary very considerably, and by this means to save the ratepayers at least £1,000 a year. They have, therefore, just to see how it works, deprived the nurses of their lunch and lunch hour. The nurses, writing from the Belfast Union Hospital, object to this arrangement, and have sent the following letter of protest to the Board. They complain:—

"Regarding the question of the discontinuation of our lunch, we have given this new scheme a very fair trial since the 16th inst., and find that it proves most unsatisfactory. The fact of us having dinner a quarter of an hour earlier does not mend matters in any way. We still have a very long fast, and no interval during which to tidy ourselves. We do not wish to lower the dignity of our profession by having to start and, for instance, change our aprons in presence of patients and cleaners in the wards or ward kitchen, and this must necessarily be done if we wish to appear anyway nurse-like throughout the day. No nurse can keep herself scrupulously clean and at the same time perform the dusting, tidying, etc., which of necessity she must do in the early part of the morning in the hospital and infirmary wards. Therefore we ask you to kindly give this matter your further consideration, and let us have the lunch and time as heretofore."

Under the old regulations the nurses had breakfast at 7 a.m., and came on duty at 8. At 9 a.m. they had a lunch hour, in which they washed and dressed after the performance of the morning's ward work. Dinner was served at 12; but the new arrangement provides that the nurses will have half an hour longer in bed in the morning, and instead of having the lunch hour come to dinner at 11.30.

This appears a thoroughly bad system. The morning's work should be done early, and 8 a.m. is quite late enough to begin. The principal meal in the day should not be taken before 12.30, otherwise the division of the two substantial meals is ill-regulated in the twenty-four hours. Breakfast 7.30, hard ward work from 8 to 9.30, lunch of hot milk, cocoa, bread and butter 9.30 to 10, midday meal 12.30 or 1.30, tea 4 or 4.30, supper (a good, hot meal) 8 p.m. This divides the day conveniently. To sit down after the morning's rush of work and eat the principal meat meal of the day at 11.30 a.m., is not conducive to appetite or digestion.

*La Garde Malade Hospitalière* for September is practically devoted to the late Miss Florence Nightingale, and is most intelligently sympathetic. This journal now enters its fifth year of life and usefulness, and is carrying in

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