

men, carried beyond their regular lunch hour, would find a few lumps of pure sugar one of the best of temporary restoratives and 'pick-me-ups,' far superior to alcohol. This is probably the reason why some individuals, when fatigued, will retain an appetite for sweet things, though they have almost completely lost it for anything else."

Sister Marie Zomak (writes Miss Dock in the *American Journal of Nursing*), who has been piloting the nursing reforms in that interesting corner of Spain, the Institute Rubio, where a school of nursing has been founded, as we told some little time ago, has had a severe struggle with time-honoured prejudices. The shortening of the cruelly long hours and other mitigations of the nurses' lot which she has brought about have had the support of the present medical director, who is also the physician to the young Queen of Spain, so that one can hardly help but surmise that her wholesome English influence and knowledge of modern nursing methods are behind the general improvements; nevertheless many conservative though excellent people who are interested in the school have been so shocked by the innovations, and so convinced that the nurses would go to destruction if they did not work forty-eight hours on a stretch, or at least eighteen, that Sister Marie has had some troublous times. It is good to know that the entire medical staff supports her most loyally, and at one or two specially critical moments the internes, if we may call them so, came to her and offered to help with the ward work rather than have her go under.

Miss Dock considers that the first Isla Stewart Oration held in the Guildhall of London was a profoundly stirring event in the nursing world, as it was the first occasion of the kind held in honour of a nurse. Speaking editorially, the *American Journal* says "it is a consoling thought that the influence of a master-mind does not cease after death, but rather takes on a new power. So the great loss to the nursing world of its leaders is softened by the quickened determination of their pupils not to let their spiritual force be lost. Such an example is shown in the recent action of the St. Bartholomew nurses to set a fitting and lasting memorial to Miss Stewart in the form of educational scholarships to perpetuate her ideals as well as her memory."

Miss Breeze, a graduate of the Illinois Training School in the class of 1887 has been elected a member of the Board of Directors.

## THE HOSPITAL WORLD.

### BRADFORD UNION HOSPITAL.

By MACK CALL.

To Londoners and dwellers in the South of England the dialect of Yorkshire is almost a foreign language. But it is not alone the dialect that puzzles strangers from the South, but the names of well-known institutes are often reversed; thus in Bradford what would be known in London as a General Hospital is called the Royal Infirmary, and the Union Hospital belongs to the Poor Law.

Bradford may be described as a flourishing manufacturing town, but there are many poor within its borders. The Union Hospital occupies a large site in a quiet part of the town.

The wards are built in blocks, and from the centre of the Hospital's well-kept garden it looks not unlike a Garden City.

The Lady Superintendent, keen on everything connected with the welfare of the sick, first pointed out the modern buildings, and then the older parts of the Institution; and, as was proper, we first visited the Maternity Hospital. From the outside this resembles a modern villa with plenty of window space. It consists of two floors, to be used alternately if necessary.

The Labour Wards have white tiled walls, glass instrument cases, and a white couch on castors. On the couch the newly-made mother is wheeled into the lying-in ward.

In each lying-in ward there are twenty-one beds, and the mothers are kept here for a month. During the last two weeks of their stay they are taught how to bath and dress a baby.

The manual work of the Maternity Hospital is done by the expectant mothers, who have a dining-room and dormitory in the building.

From the maternity wards we went to the Children's Hospital, where there are beds for 80 children. This Block is so arranged that different infectious cases can be nursed under one roof and yet kept apart. Children suffering from tubercular disease are given open-air treatment and kept away from others.

In the main building most of the wards have been modernized. There is a window beside each bed; the walls are painted and varnished; the wards are lit by electricity and heated by radiators and stoves.

Needless to say, the wards were scrupulously clean; they also looked comfortable, and were gaily decorated with flowers and plants.

There are from twenty to thirty-four beds in each ward. The bathrooms for the 550 patients are plentiful, and almost luxurious.

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