

## OUR PRIZE COMPETITION.

### WHAT IS A REST CURE? DESCRIBE IT.

We have pleasure in awarding the prize this week to Miss Lucy C. Cooper, L.C.C. Nurse, Mount Nod Road, Streatham Hill, S.W.

### PRIZE PAPER.

A rest cure aims at bringing back to health a tired mind and body, this condition being described generally as a nervous breakdown.

To carry it out with the greatest possible benefit to the patient, the rest must include both mind and body, and to be successfully carried out the patient must be removed from too sympathetic relatives, visitors, and friends.

The first thing to do is to select a suitable nursing home or place of residence with a doctor or nurse, or both. Choose a bright, airy room, and a skilled yet cheerful and companionable nurse. The patient should be looked upon as ill and put to bed, a chart kept, all toilet duties performed for him, and for the first week he should not be allowed to be moved, except from side to side, like a helpless patient, for bed making; the slipper also should be given, and blanket baths given.

The diet should be at first very light, similar to that of a typhoid patient; two ounces of nourishing fluids every two hours, milk, egg and milk, Benger's food, freshly made tea, cocoa, Bovril, Brand's essence, &c., could be given. No books or visitors or talking to be permitted the first week.

The second and third week a more liberal diet could be given; a little chicken for dinner, bread-and-butter for tea, toast or poached egg on toast for breakfast, with milk and soda, or other things such as home-made lemonade, barley-water, fruit, &c., between.

Also the patient could be allowed to perform certain portions of his toilet himself, and to sit in a chair wrapped in blankets whilst his bed was being made. A pictorial paper could be allowed and cheerful conversation encouraged.

In the fourth week the patient might be allowed solid food, and the use of the bathroom, and the exertion of dressing, for an hour or two daily. Massage at this stage would be beneficial.

In the fifth week newspapers, books, outdoor exercises, and visitors for short periods could be allowed.

The treatment then could go on for a few weeks more, or the patient might be ordered a change to the seaside or country with the nurse for a few weeks, at the end of which time, if

the case has been a success, he will probably be pronounced in a condition to resume his ordinary life.

### HONOURABLE MENTION.

The following competitors receive honourable mention: Miss H. Scott, Miss G. Campling, Miss M. Eaton, Miss Mackenzie, and Miss O'Brien.

Miss Grace Campling writes:—A rest cure is all that goes to make for repair of an over-strained mind or body—sometimes, both.

Many are the forms of rest which can be taken to achieve that end.

For, what constitutes rest to one person does not to another: to some, change of occupation only, may prove sufficient—or, country life as compared to town, and a "rest cure" may even take the form of a sea voyage.

The orthodox form and the one most frequently practised is that of placing the patient in a nursing home in bed.

Here, care should be taken to study any personal idiosyncrasy, the aggravation of which would tend to keep patients from making steady progress, and so destroy the object for which the cure is instituted. For, rest cure patients suffering as they do, chiefly from nerve strain are keenly alive to the smallest irritation—this fact, brings us to the necessity of seeing that the attendant is congenial, understanding, and helpful.

### QUESTION FOR NEXT WEEK.

What are the complications to be watched for during the puerperal period?

## QUEEN'S NURSES AT DEVONSHIRE HOUSE.

Great pleasure was given to Queen's Nurses by the presence of Queen Alexandra at the Garden Party given by the Duke and Duchess of Devonshire on Friday 13th inst. to members of the Council and Committees, the Superintendents and Nurses of Queen Victoria's Jubilee Institute.

The Superintendents and Nurses, 1,100 in number, were drawn up in companies on the lawn, England, Scotland, Wales, and Ireland from left to right, and beyond them, making a note of vivid scarlet against the green foliage of the beautiful trees, was the band of the 1st Life Guards, which provided the music.

Very workmanlike the nurses looked, in their neat blue uniforms with holland aprons, bonnets with white strings, badges—bronze in the case of nurses, silver of Superintendents.

[previous page](#)

[next page](#)