

## A PRACTICAL INDOOR UNIFORM FOR WAR NURSING.

By MISS EDITH GREGORY,  
*Supervisor, French Flag Nursing Corps.*

After many years' experience in various departments of nursing, I find the uniform I have adopted since I have been on war duty in French military hospitals the most practical, clean, and comfortable I have ever met with.

Instead of a fitting dress I wear a white overall, made with a well-cut yoke, no collar, and long sleeves gathered into a band which buttons at the wrist. This overall is well clear of the ground, and can be made of linen, piqué, or even longcloth. The waist is confined by a washing ribbon belt with a silver buckle. For neck wear I have a collar band in tucked muslin, fastening at the back with pressure fasteners, and having on the inside little tape slots in which to pass the collar supports, so as to avoid sewing them in; this is attached to a muslin vest, without sleeves, which reaches just below the armholes. My apron is of rather coarse linen; it has no waist, and is sloped off into a high square bib, with shoulder straps, which cross the back, and button to skirt of apron. It is very easy to slip off and on, falls into place naturally, does not "fly out" at lower corners, and almost entirely covers the overall. A muslin square folded cornerwise, worn well over the hair in front and not too long at back, completes the costume. A washing petticoat must, of course, be worn under the overall.

The merits of this uniform are as follows:—

1. The white overall is easier, and costs less, to wash than a dress, and is less liable to be spoiled by washing, consequently can be changed oftener.
2. The apron is easily slipped off for meals; it also costs less to wash than a gathered or gored one.
3. The belt, cap, and collar are very simple, and can be easily washed by oneself if necessary.
4. No brooches or studs are needed.
5. With the exception of the little collar-vest, which looks better and keeps clean longer if slightly starched, no other article of the dress requires starching.
6. It takes up little room in packing, and does not crush.

When at work I turn my sleeves back above the elbows; for meals I put them down, after having washed my hands and arms, and take off my apron.

A pocket for handkerchief, &c., and a watch-pocket are necessary adjuncts to the overall.

## INDIAN NURSES AND NURSING INDIANS.\*

[Abridged.]

By ESTAIENE M. DE PELTQUESTANGUE.

For the benefit of you who know little or nothing about the North American Indian except what you have read of him in connection with the early settlement of this continent by Europeans, and who very naturally wonder what conditions can have arisen to convert a then healthy, vigorous people into the sickly, degenerate, dependent masses found on our Indian reservations to-day, I should like to say just a few words in explanation.

It would take too much time to go into the whys and wherefores leading up to the establishment of the Reservation system; it is sufficient to say that, born of the idea that it would be cheaper and more comfortable for the white immigration to take care of the Indian and at the same time "get rid" of him than to fight him, it was then established, and with its foundation began one of the most effective methods of pauperizing and degenerating a people that the world has ever witnessed.

Imagine, if you can, the result that would inevitably be produced upon segregated masses of untutored people from being fed, and clothed, and lodged, and thought for continually, without any exertion on their own part. Can you wonder that these reservations have become veritable hotbeds of disease? And probably no effort would yet have been made to correct the very natural conditions arising from such a system, had not white civilization, such as it was, in its gradual pushing westward, found itself in imminent danger of contamination through contact. Immediately there arose a clamour from these people for protection, and the public began to awaken to the fact that institutions, under the most capable management possible, were needed, in which to isolate the physically and mentally unfit. The persistence of this appeal for help has converted the problem, at least in part, into a white man's problem, a human problem, and the fact that it has become such will undoubtedly do its share toward saving the Indian people from utter extermination.

Prior to 1908 no particular attention was paid to health conditions among the Indians, except that Congress annually appropriated a small

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[previous page](#)

[next page](#)