

the year, should Probationers or Nurses be permitted to wear stuff dresses of any kind. In most of the British Hospitals, print (cotton) is used for uniforms, as that can be regularly washed. Woollen materials are worn for a longer time, and are liable to carry infection. If such is found to be the case in England, how much more important must it be in this colony, where the climate is much warmer, and fever is prevalent.

There are so many Hospitals in the colony, with such a variety of cases, and under such able medical men, that system and economy of resource only are needed to place Victoria on a level, in the matter of training Nurses, with the mother country. By having a general system and a Central Board of Examiners, the utmost use would be made of these resources; whereas, when each Hospital aspires to have its own independent training-school, advantages are frittered away, the value of the certificate is diminished, and both the Nurses and the public suffer.

II.—THE HOUSING OF HOSPITAL NURSES AND PROBATIONERS.

The professional work of a Trained Nurse is a noble but a trying one, and, as it is generally allowed that those who are in good health and who live in bright and cheerful surroundings are best fitted for their work, it is most important that Trained Nurses should be comfortably housed and well fed.

It is essential for their happiness and well-being that they should live apart from the Wards in which their work lies, for the following reasons:—

- (1) The sights, sounds, and smells of the Hospital should be quite left behind by those who are off duty.
- (2) Those on night duty should be insured more complete rest and quiet than can be obtained when the Nurses' rooms are near their Wards, or leading off the passages to the Wards.
- (3) Those Nurses who have just come off duty are more able to eat and enjoy their food if it be served in a different building, and especially if they have had a breath of fresh air on their way to their meals.

There are three methods of housing Nurses and Probationers which have found favour in different parts of the world, and they are:—

- (1) A wing of the Hospital put apart for the Nurses, but with its own domestic arrangements.

Loeflund's "Kindermilch," prepared from rich Alpine milk (sterilized) and Malted Wheat Extract, as prescribed by highest medical authorities. THE most perfect food for weaning infants, easily digested, highly nourishing. Simplest and quickest to prepare; averts all ordinary infantile disorders. Try where other foods fail. 1s. 6d. R. Baelz & Co., 14-20, St. Mary Axe, E.C.

- (2) A separate house for the Nurses and Probationers in the Hospital grounds, but quite apart from the Hospital, and provided with its own kitchen and servants.
- (3) A central Home, which supplies Nurses and Probationers to the various Hospitals in the part of the city in which it is situated. Such a Home would be managed by a Committee, consisting of equal numbers of the members of the Committees of the Hospitals in which the Nurses and Probationers worked. The internal management would be in the hands of a Matron, who would look after the house-keeping, and a Lady Superintendent; the latter being a lady so trained that she should be able to deliver a certain number of lectures to the Nurses and Probationers under her care each week. The business arrangements also would be in her hands.

I had the pleasure of seeing this method in practice in Chicago last year, when I visited the Illinois Training School for Nurses, and one of the Hospitals to which the Nurses went. The arrangement seemed to give thorough satisfaction both to the Hospital authorities and to the Nurses. I have never seen a brighter or happier-looking set of women than those whom we saw leaving the Home to return to their Hospital work, after a short break in the middle of the day. As with the Central Board of Examiners, so with the Central Home for Nurses and Probationers, there is a distinct economy of resource.

The Nurses' rooms should be simply but brightly furnished; the sitting-room should contain a piano, and everything within reason should be done to make a Nurse's life happy and cheerful. The food, though plain and simple, should be well-cooked and neatly served. It is unreasonable to expect that women, who have just left such work and scenes as fall to the lot of Hospital Nurses, can eat badly-cooked food, which in many Hospitals is said to be placed before them in the roughest and most untempting manner. Surroundings and treatment are frequently reflected in tempers, and, in the case of a Nurse, her temper is reflected on her patients.

III.—HOME FOR TRAINED NURSES.

When a Nurse has finished her training, the question arises as to how she can best employ the knowledge which she has gained.

There are three courses open to her, namely:—

Loeflund's Cremor Hordeatus (Condensed Cream Emulsion), a delicious Confection of Milk Fat (i.e., Cream) with Malt Extract. Effectually supersedes Cod Liver Oil, being easily digested, and may be spread or dissolved in Tea, Coffee, &c. Invaluable in phthisis, consumption, and all wasting diseases. 2s. 6d. R. Baelz and Co., 14-20, St. Mary Axe, London E.C.

[previous page](#)

[next page](#)