

sisters and nurses necessary greatly depends on what emerges therefrom. It also depends on the method of treatment for tuberculosis adopted by the physicians, as this is by no means the same in all sanatoria. Roughly speaking, one sister and two nurses should be sufficient for twenty-four to twenty-eight patients, given that the nurses' time is devoted to looking after the patients, and not to doing the polishing of brasswork and other house-work connected with the building.

Time Table.—The hours for meals should be:—Breakfast, 9 a.m.; dinner, 1 p.m.; tea, 4 p.m.; supper, 7 p.m. Lights should be put out at 9 p.m., patients being permitted to go to bed as soon after supper as they please. *Tea should be a fairly light meal, and supper more substantial, rather than vice versa.*

Only in very exceptional cases, where the proceeding is indicated for some particular reason, should patients be awakened very early in the morning. Seven o'clock is quite early enough for the taking of temperatures, and in such a place as a sanatorium, where almost all the patients are allowed to wash themselves, and practically no surgical or medical treatment has to be given, there should be no necessity for a nurse to begin bustling about at five o'clock in the morning, or even before, as is sometimes done.

The daily routine otherwise must depend necessarily on the amount of exercise ordered by the doctors, but it is usually found very beneficial to allow all patients a clear half-hour after breakfast in which to rest—reading letters, sewing, etc.—before beginning their work or exercise. One hour of complete rest on long chair before dinner, and the same after dinner, should be the rule.

In some sanatoria, the system is adopted, as part of the treatment, of making the patients do very hard manual work, from within a week or two of their entrance into the institution. This method of treatment, although it may have excellent results, is not the most suitable for the nurse-patient, unless she is fortunate enough to be fairly young and strong and has been nursing for a short time only, under good conditions, or has had, previously to entering the sanatorium, a long, complete rest, either in a hospital as a patient, or her own home. Such cases are exceptional, the majority of nurses suffering from tuberculosis being those who have been nursing for some years, for twelve hours a day, seven days a week, have contracted their disease through their power of resistance being lowered from sheer over-tiredness, and are suffering as much from

general debility and mental strain, as anything else. It will be found that in such cases a clear month's absolute rest in bed, followed by two months, during which the patient gets up after breakfast, and goes to bed before supper, will yield much better results than the more drastic treatment, which is apparently based on the pre-supposition that the patient is perfectly healthy, with the exception of a few foreign bodies in the lung.

One thing more, and a very important one, remains to be considered. That is the fate of the nurse, when her actual period of treatment is finished. What is to become of her? In the majority of cases, the physician says to her, "You must not think of going to live in a town, or do work indoors, for at least a year." Frequently even this is not conceded, and she is advised to seek some permanent outdoor occupation. In most cases she has no knowledge of outdoor work; in many cases her parents, if she has any, live in a smoky town. Too often she goes back too soon, to unsuitable work, because she has no money, and no opportunity to do otherwise, with the result that she has a relapse and eventually becomes a hopeless invalid.

However, no sanatorium is complete without its own farm, and stock of home-grown fruit and vegetables, and many of the expatriated patients could be transformed into land-girls. Three objects would be served by such a scheme:—The provision of the sanatorium with fresh, wholesome food; the solving of the nurse-patient's difficulty as to where to go, and what to do, and the opportunity given to her of learning something by which she might continue to earn her livelihood, and re-constitute her life.

HONOURS FOR NURSES.

The King held an Investiture at Buckingham Palace, on April 3rd, when His Majesty conferred the following decorations:—

THE ROYAL RED CROSS (FIRST CLASS).

Queen Alexandra's Imperial Military Nursing Service Reserve.—Sister Anna Weatherstone.

Territorial Force Nursing Service.—Matron Mabel Tisdale.

THE ROYAL RED CROSS (SECOND CLASS).

Queen Alexandra's Imperial Military Nursing Service Reserve.—Sister Mary Aitken, Sister Ruby Cameron, and Sister Lucy Deakin.

Territorial Force Nursing Service.—Matron Alice Wellstead, Sister Helen Callan, Sister Margaret Cox, Sister Helen Fergusson, Sister Lucy Rangecroft, and Staff Nurse Ethel Philps.

Civil Nursing Service.—Matron Amy Moffat.

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