

which might reasonably be obtained and below which health and efficiency must suffer.

We do not propose to publish the statistics tabulated from the replies, but to confine ourselves to reprinting the Committee's suggestions, on the questions asked.

#### NURSE STUDENTS.

##### I.—At what Distance is the Nurses' Home from the Hospital?

The Committee recommend that the Nurses' Home, if not under the same roof as the Hospital, should be in an adjoining building, as propinquity adds very much to the health and efficiency as well as to the comfort of the Nurse student. Much time spent getting to and from the Hospital would be thus saved, and Nurse students enabled to have short rests in on-duty time should occasion offer.

As will be seen later on in the report, recommendations have been made by the Committee which will involve an increase in the number of Nurses employed by all Hospitals. The question of accommodation therefore necessarily arises, a question which is of almost insuperable difficulty in these days. Where, at present, accommodation cannot be provided within the Hospitals, the Committee would recommend that additional accommodation be arranged within the vicinity under proper supervision. The Committee can see no valid objection to such Nurses who have friends or relatives in the immediate neighbourhood temporarily residing with them. In such cases a sum equal to the actual cost saved by the hospital should be credited to the nurse student.

##### II.—(1). Do the Nurses have their Meals in the Nurses' Home?

The Committee recommend that from the point of view of the Nurses' efficiency and comfort and of economy of staff and material, all meals should be served in the Nurses' Home, if within reasonable distance and except where it adjoins the Hospital. Where the Home adjoins the Hospital all meals should be served from the Hospital kitchen as material economy is thereby secured in food and domestic staff.

##### (2). How long are the Nurses allowed to be away from the Ward for each meal?

In the majority of institutions there is only half-an-hour allowed for any meal, *i.e.*, between starting the meal and reporting on duty.

In 37 of the Institutions an additional 15 minutes or more is allowed for dinner, while in only eight Institutions is three-quarters of an hour or more allowed for each meal.

The Committee consider that breakfast is a most important meal, and that half-an-hour is not sufficient. Attention has been drawn to the fact that 75 per cent. of nurses suffer from constipation after undergoing their training, and of these a large number ascribe it to their not having time to go to the lavatory between their breakfast and reporting on duty. For this purpose an additional 15 minutes after the completion of breakfast should be allowed.

Not less than three-quarters-of-an-hour should be allowed for dinner, and half-an-hour for tea, which is not generally counted as a meal, and should not be served in the ward or ward kitchen.

*Supper* facilities should be provided to enable those getting off duty early to obtain a meal at once, and so get to bed earlier.

*Lunch* should be provided between 9.30 and 11 a.m., and 20 minutes allowed for each nurse student to have it and tidy herself.

##### III.—(1). Has each Nurse a separate Bedroom?

The Committee recommend that all Nurse students should have separate bedrooms with the window opening direct to the outside air.

##### (2). Does she have to make her own bed?

##### (3). What amount of cleaning has she to do in her own room?

The Committee, while having no objection in principle to the making of beds and dusting by the Nurse student, consider that the bed is not likely thus to be properly aired and the room properly dusted. For that reason they recommend the work should all be done by members of the domestic staff. If, however, it is done by the Nurse students, it should be done during on-duty time.

In 18 cases the Nurse students do everything that is required to be done in the rooms and this the Committee cannot approve.

##### (4). Is she allowed to rest in her own room in her Off-duty Time?

It is satisfactory that this is almost universally allowed.

##### (5). Do the Nurses' Bedrooms share in any System of Central Heating, or is there any other Provision for Warming them?

The Committee consider that where possible there should be central heating for all bedrooms. Open fires are costly, and there is always the liability of an accident. Moreover, there is no security that they will be supplied as often as really needed.

##### IV.—(1). Are there Bathrooms in the Nurses' Home?

##### (2). What is the Proportion of Bathrooms to the Number of Nurses?

The Committee strongly recommend that there should be one bathroom to every four Nurses, otherwise time is wasted by each Nurse student waiting for her turn. Each bath, if taken properly lasts from beginning to end about 15 minutes. In order to save domestic labour, lavatory basins with hot and cold water should be provided in each bedroom. This should be the aim in all reconstruction.

It is of the utmost importance that each Nurse should take a bath every morning before going on-duty.

##### (3). What is the Proportion of W.C.'s to the Number of Nurses in the Nurses' Home?

The Committee recommend that one w.c. be provided for each six Nurses. This is most important.

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