

PRELIMINARY TRAINING SCHOOLS:

ST. THOMAS'S HOSPITAL, S.E.

A three years' residence in one of the great universities leaves an impression for life upon a man or woman, and, further, life is richer, fuller, happier in consequence; and the graduate carries out into the world something of the spirit of his Alma Mater; there is an indefinable atmosphere about him which marks him for its own, and there is a freemasonry among those who have passed through the same university, by which they recognise one another as comrades wherever they meet the world over.

So it is with those who have passed through our great nurse training schools. The three years' training sets its stamp upon them, and those who yield themselves to the moulding processes which surround them, carry the impress and the traditions of their school to the uttermost parts of the earth.

The pupils of St. Thomas's Hospital pass under its influence through the gates of the Preliminary Training School, and it is a great heritage into which they enter. Its position appeals to the lover of beauty, situated as it is in close proximity to Lambeth Palace, on the banks of the most famous and beautiful river in the world; opposite the Houses of Parliament, flanked at one end by the Clock Tower, and at the other by the stately Victoria Tower, and the beautiful gardens which bear its name. Moreover, now that the galleries of the House of Commons have been thrown open to women, what easier to a St. Thomas's nurse than to slip in for an hour or so in off duty time, and observe history being made at first hand; or to absorb the teaching of the Abbey close by as to architecture, history, music—whatever most appeals to the varied tastes of a variety of people.

Then the hospital itself is an Alma Mater in which to glory. Its fine pavilions, connected by a corridor as long as the Lusitania, its school bearing the honoured name, and following the traditions, of Florence Nightingale, its collegiate atmosphere, with common dining, sitting and writing rooms, and its separate bedrooms, both in the Preliminary Training School and the Nightingale Home, for each nurse, furnished simply, but with a refinement and daintiness which must have an effect on the character of the occupants.

The course of instruction in the Preliminary Training School is for nine weeks, followed by examinations; and each pupil, before admission, pays a fee of £5, a small sum indeed when we remember that it covers full board and lodging, an allowance of 4s. 6d. a week for washing, and tuition fees. The pupils are required to attend to their own rooms, and receive instruction in, and have to perform, such other household duties as will fall to their share when they enter the wards. They are taught to become proficient in sick room cookery, bandaging, and such practical nursing details as can be taught outside the wards.

Instruction is also given in elementary anatomy, physiology and hygiene. Also, under the guidance of the Sister-in-Charge, who, besides these definite duties, exercises a wise, helpful and discriminating influence, by the time many a pupil enters the Nightingale School, she has left behind her many of the vagaries of modern young womanhood, and has her feet set in the right way to become one of the most honoured of women—a "Nightingale Nurse."

Watch a class of pupils in the kitchen set apart for sick room cookery, and you will learn that not only are they expected to become proficient in the preparation of dishes (which they are doing most deftly), but that they keep the kitchen itself in order.

Practical care of the patient is taught in connection with two full-sized models—"Lady Chase" (the Chase doll), who came from America during the war, and had various exciting vicissitudes before she reached safe harbourage in the Preliminary School at St. Thomas's, and another, whose jaconet skin permits her to be washed by successive relays of pupils.

TIME TABLE.

The pupils, on entering the school (20 at a time), are divided into two classes, and we give below the time-table of No. 1 Class:—

Monday.—6.30, Calling Bell; 7.40, Breakfast; 8.0, Prayers, Housework; 9.15, Rooms; 10.0, Lunch; 10.30, Cookery Demonstration; 1.0, Dinner; 2.0 Physiology Lecture; 3.0, Off Duty; 5.0, Tea; 6.0, Class on Lecture; 7.0, Notes and Study; 8.45, Supper; 9.15, Prayers; 10.30, Lights Out.

Tuesday.—9.15, Bandage Making; 10.15, Lunch; 10.45, Cookery Practice; 2.0, Nursing Lecture; 3.0 to 5.0, Off Duty.

Wednesday.—9.30, Hygiene Lecture; 10.30, Lunch; 11 to 1.0, Bandaging and Practical Nursing; 2.0, Chemistry of Food Lecture; 3.0 to 5.0, Off Duty.

Thursday.—9.30, Physiology Lecture; 10.30, Lunch; 11.0 to 1.0, Off Duty; 2.0, Ambulance Lecture; 3.0 to 5.0 Cookery Practice.

Friday.—9.15, Splint Padding; 10.15 Lunch; 11.0 to 12.0, Bandage Practice; 12.0 to 12.45, Study; 2.0, Hygiene Lecture; 3.0 to 5.0, Off Duty.

Saturday.—9.30, Nursing Lecture; 10.30, Lunch; 11.0 to 1.0, Practical Nursing and Bandaging; 2.0, Extra Cleaning; 3.0 to 5.0, Off Duty.

Sunday.—8.40, Breakfast; 9.10, Housework; 10.30, Chapel; Lecture; 8.45, Supper.

Hours not specified the same as Monday.

PRACTICAL WORK.

The daily practical work is so arranged that each pupil does an hour's housework, from 8-9 a.m. each morning. This includes making beds, cleaning baths, sinks, dry dusting, hot dusting, cleaning brasses and sweeping.

In the kitchen the pupils learn to clean the stoves, sinks and mops, the refrigerator room and refrigerator, and to dust the electric lights.

[previous page](#)

[next page](#)