

7. 0	...	...	Patients' Dinner.
8. 0	...	...	Night Nurses' Breakfast.
8.45	...	...	Day Nurses' Supper.
9. 0	...	...	Servants' Supper.
9.30	...	...	Patients' "Night-Cap" (Arrow-root, bread and milk, cocoa, egg-flip, &c.).
10. 0	...	...	Night Nurses' and Patients' Night-Trays.

It will be seen by this table that the cook will have twenty different meals to dish up daily, and will very often be called upon to make extra diets in addition; so that the Superintendent must pay great attention to the details of her department, if things are to work smoothly. A person never does work in the best possible manner if she has no pride in what she is doing; and a maid soon gets disheartened if her labour is not appreciated. A Superintendent will, therefore, set an example to her subordinates of cleanliness and order, and express a judicious amount of admiration for work done well.

The following table of regulations may be found of use for the Nursing Staff:—

GENERAL RULES.

HOURS ON DUTY.

Day Duty.		Night Duty.	
7.30 a.m.	... Breakfast.	8. 0 p.m.	... Breakfast.
8. 0	... On duty.	8.30	... On duty.
12.30 p.m.	... Dinner.	9. 0 a.m.	... Dinner.
4. 0	... Tea.	12. 0	... Lunch;
8.45	... Supper.		[bed.

Strict *punctuality* and *obedience* are expected from all Nurses; they shall be responsible to the Sister-in-Charge for observing the following rules:—

UNIFORM is to be worn at all times when on duty, and no

Nurse is to enter a patient's room without it, or to go into any room where she is not on duty, without permission from Sister.

No Nurse is to remain on duty after the appointed hours without permission from Sister.

Nurses are to keep careful *notes* on the progress of the cases.

Any *change* in the *condition*, or alteration ordered in the *treatment* of the patients shall *at once* be reported to the Sister.

Nurses should always address the medical man as "Sir," as a matter of professional discipline.

They will be uniformly *polite* to everyone with whom they come in contact.

Nurses are enjoined to be *discreet* in answering questions regarding the treatment and symptoms of the case from the relatives and friends of the patient.

They are strictly forbidden to *convers* with the patients concerning the other inmates of the Home.

The Nurses shall leave their *bedrooms* neat and tidy at all times, and in the morning the *bedclothes* are to be turned over the end of the bedstead and the *window* opened, so that the room shall be thoroughly aired.

They shall not receive *friends* without permission from the Sister.

THE SICK ROOM.

The Nurses are responsible for the *cleanliness*, *order*, and *neatness* of the sick room. It is their duty to dust it after the morning's cleansing by the maid and after dinner; and to see that every article is kept bright and speckless during the day.

Nurses on day or night duty shall leave everything they have used *in order* when they go off duty.

REGULATIONS CONCERNING NURSING.

Each Nurse shall see that the *room*, *bedding*, *cupboards*,

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Door J. H. & G. VAN HETEREN te AMSTERDAM wordt sedert 15 September, 1890, uitgegeven het

MAANDBLAD

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onder redactie van de Dames J. DE BOSCH KEMPER, G. B. CORT VAN DER LINDEN, W. G. L. MOCK en J. P. REIJNVAAN. Adviseerende Leden Prof. W. M. GUNNING en J. VAN DEVENTER Sz.

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