

We must remember Nurses work *seven* days a week, night and day. Other workers can claim one day in seven for rest, but there is no Sabbath in the service of the sick, and it is these considerations, among others, that have long led me to the conclusion that the ordinary diurnal divisions of day and night are singularly unsuitable to hospital nursing work.

Eight hours a day is 56 a week, year in, year out; the ordinary hospital nursing day of nine or nine-and-a-half hours brings up the weekly total to the enormous (industrial) figure of 93 to 96½ hours per week, year in, year out, per Nurse!

Is this excessive demand upon the health and strength of young lives absolutely unavoidable? Can no plan be devised by which our sick can be nursed without making the well, sick?

Hospital Committees are but too often addicted to putting the Nursing Pyramid the wrong end up and expecting *three* Nurses to do the work of four; and, *of course*, it is their fault if they cannot continue this feat! And it becomes apparent to impartial observers that there is no extravagance so great as an unwise parsimony in Nursing material if the sick are to be efficiently nursed.—I am, dear Sir, yours truly,

JUSTITIA.

eight hours each (watches), and let a section work it thus, and what held good in one would hold good in all:—

*First day.*—Watch 1st, A comes on duty at 8 a.m. to 4 p.m.  
 ,, 2nd, B at 4 p.m. to 12 a.m.  
 ,, 3rd, C at 12 a.m. to 8 a.m. M.C.  
*Second day.* ,, 1st, D comes on duty from 8 to 4 p.m.  
 ,, 2nd, A 4 p.m. to 12 a.m.  
 ,, 3rd, B 12 a.m. to 8 a.m. M.B.  
*Third day.* ,, 1st, C 8 a.m. to 4 p.m.  
 ,, 2nd, D 4 p.m. to 12 a.m.  
 ,, 3rd, A 12 a.m. to 8 p.m. M.A.  
*Fourth day.* ,, 1st, B 8 a.m. to 4 p.m.  
 ,, 2nd, C 4 p.m. to 12 a.m.  
 ,, 3rd, D 12 a.m. to 8 a.m. M.D.

This completes the cycle of sectional work, and on the fifth day it is repeated as at the beginning. No one Nurse has consecutive night duty. Off-duty Nurses to guard in turns during meals, for which two hours a day should be allowed: one hour for dinner, and twenty minutes each for breakfast, tea and supper for each section.

August 4th, 1892.

JUSTITIA.

[What do our readers think of this?—Ed.]

#### SUGGESTED PLAN FOR AN EIGHT HOURS' NURSING DAY.

Divide the Nurses into sections of four Nurses each, whom we will call respectively A, B, C, and D, each section to be numbered. The number of sections required would depend upon the size of the Hospital.

Divide the day of 24 hours into three equal portions of

#### 'Replies to Correspondents.

*Exhibitor.*—We have referred your question to Mrs. Bedford Fenwick, and she replies that the Caps for Exhibition at Chicago should be washed and made up ready for wear.

*Sister Collins.*—We have a very useful booklet on the subject—the only one of which we know—now in the press, and hope to publish it very shortly.

## ATLAS BEDSTEAD COMPANY,



NO UGLY BENT ANGLES. NO LOOSE CLIPS TO GET OUT OF PLACE OR GET LOST. STRONG DOUBLE WOVEN TINNED OR GALVANISED WIRE FABRIC. ADJUSTABLE SCREW TENSION. MATTRESS MAY BE TIGHTENED INSTANTLY WHICH IS A DISTINCT ADVANTAGE OVER A CHAIN MATTRESS.

THE ONLY PERFECT INSTITUTION BEDSTEAD

ALL STEEL & IRON. NO WOODWORK.

CONTINUATION TUBE 1/2" CROSS RODS 1/2" SIDE ANGLES.

ATLAS WORKS, BILSTON.

SAMPLE CAN BE SEEN AT  
LONDON WAREHOUSE 120 CURTAIN RD.

## PRUDENTIAL ASSURANCE COMPANY, LTD.

Holborn Bars, London, E.C.

FOUNDED 1848.

Invested Funds ... £14,000,000.

### "The Nursing Record" POST-CARD EXAMINATIONS.

No. 40.

A Book or Books of the value of Five Shillings will be awarded for the best answer to the following:—

"How would you nurse a Case of Whooping Cough?"  
 Address "The Nursing Record Post-Card Competition," 370, Strand, London, W.C. All answers must reach us not later than Saturday morning, August 20th, 1892.

(a.) The answer must be written (neatness and distinctness count to credit) in ink, on a *thick* post-card, with the full name and address of the candidate at the *top*. The successful candidate's answer will be printed in *fac-simile*.

(b.) All associated with Nursing work are accepted as candidates, but in case of a "tie" a *subscriber* will naturally have preference, and for this reason each candidate must mention at the *bottom* of the post-card, "I am a subscriber," or "I obtain THE NURSING RECORD from—"

(c.) The decision of the Examiners to be final.  
 \* Give name and address of newsagent where obtained.

[previous page](#)

[next page](#)