

charm about the uniforms as was displayed by "dollie" in her borrowed cap and apron. Speaking generally, the American Hospital Nurse corresponds in her dress to the English wardmaid. But to judge from the many hours devoted by Nursing Superintendents from every State in the Union to the British Nursing Section, "takin' notes," it may safely be predicted that many an Hospital Staff will blossom forth from a Gamp-like dress into a wondrous glory of goffers and snowy cambrics.

Next in excellence came the Presbyterian Hospital of New York, which showed some exquisite models of wards and appliances for the sick, but contributed little to the science of Nursing.

The Johns' Hopkins Hospital had a very interesting collection of models of the buildings and ward interiors, showing, as did most of the American Hospitals, the important part that Sick Cookery and Dietetics play in the training of Nurses. This branch has been brought to great perfection in the Training Schools of the States, and is an essential of a good Nursing system.

In the Exhibit of the Illinois Training School was shown a delightful little diet-kitchen where the cooking was done by electricity. I still bear in mind the recollection of a charming luncheon I was invited to share in the kitchen—the aroma of the coffee thus prepared being a thing to remain long in one's memory!

The McLean Hospital for the insane, which sent an admirable exhibit, was one of the first Institutions which established a Training School for Nurses in Insanity, and this is certainly a most beneficial step. Very little ward work is expected of the staff, so that they have full leisure to devote to the more skilled duties, and can thus become strictly the nurses and companions of the patients.

This was the first Hospital which tried the experiment of associating women with men in the care of male insane patients. The plan has worked admirably, and has introduced a refined and home-like influence which is said to be, in itself, curative.

Life would appear to be a very delightful thing in this model Insane Asylum. Billiards and bowls, parlour-gymnasium, with many other indoor and outdoor recreations for both men and women, tend to while away the long otherwise weary hours, while classes in drawing and singing have proved most popular and effective. Every effort is made to introduce a Hospital element into the care of the insane, regarding the patient from the sick standard rather than as a sufferer from an affliction involving a certain amount of disgrace. To judge from the happy faces of the Nurses photographed in groups, their two years' training in an Insane Hospital is by no means an unpleasant experience.

In several Exhibits, the Nurses assisting at

operations were shown with arms bare to the elbow—this being neatly managed by means of an over-sleeve of holland fastened to the shoulder, under which the dress sleeve is turned back to the elbow—thus leaving the Nurse free from misgivings as to the soiling of her cuffs and sleeves during the progress of the work.

The Battle Creek Sanatorium showed a very progressive spirit in everything pertaining to Hospital work. I was much struck by the amount of scientific research that is included in the education of the Nurses. Each Nurse spends three months of her term of training in the chemical laboratories, where she has practical experience of testing secretions and excretions, and does an interesting amount of microscopical work. In addition, she is instructed in every branch of electricity as applied in treatment, and is trained in the various methods of massage, Swedish movements, and curative gymnastics. It is only thus that Nursing can be raised to a profession which satisfies the intellectual needs of a cultured woman. In the instruction of Probationers, a novelty is introduced in the form of rehearsals of important operations before the class. The theatre is prepared as it would be on operating days, and the whole detail of ovariectomy, colotomy, amputation, etc., is gone through with a dummy patient, the chief parts being taken by the Staff Nurses, whose performance is watched with much interest by a group of Probationers in the gallery. After a certain time, these are allowed to take minor parts in the rehearsals which are arranged in the evening and weekly, so that, before the Probationer is allowed into the theatre for a *bonâ fide* operation, she is familiarised with the details of the service she is expected to render to the surgeons, and, in addition, has the advantage of seeing operations "in dummy" that she may not be able to see in reality during her period of training. The system is worthy of consideration by the enterprising modern Matron who wishes to encourage a high standard of efficiency among her Nursing staff.

The Pathological part of the Cliff Dwellers Exhibit was most suggestive, not only from an ethnological, but from a medical, point of view. The remains of this people, who came from no one knows where, and as suddenly and mysteriously disappeared from the face of the earth, are full of interest, especially those which point to their domestic and health conditions.

From the skulls on exhibition no doubt is left that this mysterious people were of fine intelligence, and the soft brown hair and whiskers, which were in many cases still attached, proved them to be a civilised race—primitive man always showing hair more or less akin to the animals. A case of necrosis of the skull and a well-marked hydrocephalic infant's head showed plainly that Nature

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