THE THIRTEENTH YEAR

OF THE

BOSTON CITY HOSPITAL

Training School for Nurses,

BOSTON, MASS.,

WITH

EXTRACTS FROM ANNUAL REPORTS, PROSPECTUS OF THE SCHOOL, FORM OF APPLICATION, COURSE OF INSTRUCTION, DISTRIBUTION OF STUDIES, LIST OF LECTURES AND SUBJECTS, LIST OF GRADUATES, AND OTHER INFORMATION;

TOGETHER WITH

ADDRESS TO A GRADUATING CLASS,

By THOMAS M. ROTCH, M.D.,

Delivered June 27, 1890.

Some of this is contained in Boston City Hosp Reports.

BOSTON:
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THE BOSTON CITY HOSPITAL, 1890.

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Boston City Hospital,

Boston, Mass.,

January 1, 1891.

The Boston City Hospital Training School for Nurses was organized in 1878, and is now at the beginning of its fourteenth year. This Hospital was the first in America to adopt the method of having its training school for nurses an integral part of the hospital organization. Formerly, the training schools for nurses were corporative organizations, either independent, or attached to some hospital having wards for the sick. The advantages of hospitals and training schools combined under one management are now more generally recognized, and this principle is usually adopted, when the training-school system is introduced into hospitals, both public and private.

The Boston City Hospital Training School is controlled by the Trustees of the Hospital, like all other departments of the Hospital service. The Superintendent of the Hospital has the general supervision of all matters relating to the school, its course of work and study, lectures and discipline. The Superintendent of Nurses has the immediate charge of all the nursing in the Hospital, of all persons employed in the wards, and also the instruction and management of the nurses in the Training School. All female nurses in the Hospital must be connected with the school.

The annual report of the Training School has always been included in the annual report of the Superintendent of the

Hospital, and not separately from that of the Hospital, as is the custom in incorporated training schools. The interest in the training of nurses, and the large number of persons desiring information about the organization, course of study, and other details, has made it desirable that this information should be put in a special form, suitable for circulation. It is in response to this demand that this abstract of the Hospital reports is issued in pamphlet form.

The following pages contain the information usually desired by candidates for admission, and is intended to answer inquiries by applicants, and others interested in the training of nurses. There will also be found the form of application, the tabulated course of instruction, the arrangement of studies, and a list of lectures and subjects. There is also appended the list of graduates during each year, and other information more or less frequently sought.

The last annual report of the Boston City Hospital gives the following statistics for the thirteenth year of the Training School, during the year 1890 : —

The changes in the school have been as follows : —		
At the beginning of the year there were nurses .		77
During the year nurses have left for the following causes : —		
Have been graduated	30	
Night superintendent resigned	1	
Assistant superintendent nurse promoted . .	1	
Graduate head-nurses	3	
Pupil nurses dropped	6	
Probationers not accepted	6	
Making total vacancies		47
Pupils remaining		30
Graduates returned to responsible positions .	10	
Probationers admitted	38	
Graduate nurses detailed at Convalescent Home .	2	
		— 50
Remaining at the close of the year		80

The nurses on duty at the close of the year are divided as follows: —

Assistant superintendent of nurses	1
Night superintendent of nurses	1
Graduate head-nurses	12
Senior pupils acting head-nurses	4
Assistant nurses	57
Probation nurses	3
Graduate nurses at Convalescent Home	2
Total	80

The school has graduated 242 nurses since its formation, and 30 during the past year. The course of study, lectures, and drills have been carried on according to the system of the previous year. The table of the distribution of studies and lectures is given elsewhere. The ground covered by the course of instruction is all that can be accomplished consistently with the care of the sick, and the time at the command of the teachers. The Superintendent of Nurses and her assistants have given 238 class recitations in the text-books, and there have been 114 classes in *massage*. The lessons in cooking for the sick, formerly received at the Boston Cooking School, are now given in the kitchen at the Nurses' Home, by the principal of the Cooking School. This is found to be a much better arrangement, as it practically costs no more, and saves the time of the nurses.

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The changes during the year have been more than usual, in proportion to the number who have been graduated. The system itself, in a large degree, is responsible for this fact, and not causes that would usually affect such changes in a hospital without a training school. This was one of the stock arguments of those opposed to training schools for nurses, on their introduction to hospitals. The system aims to be a school of instruction, not only for the improvement of the nursing service of the Hospital, the better welfare of the patient, but also to supply to other hospitals and the public a corps of trained nurses. The school does not have an academic year, sending out a class

of nurses at one time, but graduates them one by one through the year. No undue jar or friction is produced, as a probationer at once takes the vacancy, the list is kept constantly full, and the service continuous.

Many training schools, during the second year, send pupils out to do private nursing. This plan may be pecuniarily beneficial to small hospitals, dependent upon limited income; but it is at the expense of the best care of hospital patients. Fortunately we are not obliged to utilize our nurses to save a financial deficit. The longer a nurse is in training the more valuable she becomes to the Hospital while she is connected with it, or to her patient when she has entered upon private nursing after graduation. By this system we receive the service of the nurse during the experienced part of her training, and when she is the most valuable. We are not in sympathy with the method in vogue in some general hospitals, of assuming to thoroughly train a nurse in fifteen or sixteen months, on a small number of patients, and a very limited range of cases, taking one-third of her too limited period of training as a means of pecuniary gain. Two full years, under the best of conditions, with a fixed and continuous course of study and drill, and the whole amount of time given to hospital work, is none too much for one who claims to be a well-trained nurse.

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The system of training nurses is now generally accepted, and, with a few exceptions, is in practice in all large hospitals. It is, however, to be regretted that in the various schools for the training of nurses, as in schools of medicine or other technical schools, the opportunities for study or work vary so greatly that the results are widely dissimilar. A student of an inferior school of technology, after four years' training and graduation, might not be able, on examination, to enter the third year of another high-grade school; so also a nurse, who has had two years' training in an inferior school, would not be able to pass the examination for another at the end of its first year. So far as my knowledge goes, no earnest attempt has been made in this country to form an association or coterie of persons interested in the training of nurses, and

representing the schools at large, for the purpose of promoting the interests and maintaining high standards.

Such an organization would be most desirable for many reasons. By such means it might be possible to agree upon a course of study, and a standard of what a good trained nurse should be. If, however, the various States — even each for itself, and much less the United States — cannot decide what special knowledge is necessary to permit a person to practise medicine, it is not to be wondered that there is no fixed standard as to what constitutes a competent nurse. It thus happens that the enterprise of training nurses is at times brought into disrepute by reason of the varying merits and demerits of the graduates of different schools, and the failures of those not well trained. The brief time since training schools have been established partially accounts for this, and further development may improve the deficiencies of the system.

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The training-school system yearly gives evidence of its increasing benefits to the Hospital, which were not possible under the old régime. This has not been accomplished without much labor and care, and still demands intelligent oversight. The work incident to the maintenance of such a special organization within a large hospital with multiple interests is one of no small amount. Revised methods and increased advantages are sought, not only to promote the care of the sick, but also to graduate more skilful and experienced nurses. This Hospital offers unusual advantages for this educational work, from its varied opportunities, and the large number of acute medical and surgical cases under treatment. The training of nurses, however, should always be secondary to the good care of the sick, for which primary object the school is encouraged and maintained.

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[From the twenty-second Annual Report, 1885.]

The Nurses' Home during the past year has been practically completed, furnished, and, since September, has been

occupied. There were unexpected delays incident to the details in completing so large a building; but these were fully recompensed by the completion of many desirable appointments. The building has been plainly but pleasantly furnished. The parlors present a home-like and attractive appearance. Open fireplaces assist in the heating and ventilation, and add to the cheerfulness. A piano has been presented by a generous lady, and a library of five hundred books, fresh from the booksellers' shelves, has been provided by the generosity of a physician who was formerly a house-officer at the Hospital. Each nurse's room has an iron bedstead, of pretty design, and comfortable; a capacious bureau with mirror, wash-stand, table, chairs, and book-shelves, all in ash, designed and made for this special use. The method of heating and ventilating has been found to be satisfactory. The short distance from the Hospital requires nurses to take a walk in the open air; and this has proved an advantage to their health, for it enforces exercise in many cases previously neglected. The health of the nurses has been better, and they have enjoyed comfort, quietness, and relaxation from the many depressing effects of the Hospital atmosphere. This change has greatly relieved the frictions incident to seventy nurses living in many and unsuitable parts of the Hospital buildings. This radical improvement has proved of incalculable benefit, and we are already satisfied that the beneficial results have warranted the expenditure.

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From time to time, especially during the earlier years of school, nurses have dropped out with only a partial course of training. Others have been dismissed as unsuitable, or incapable of making good nurses. Some of these have subsequently engaged in private nursing, and, without the knowledge or training necessary to make good nurses, have reported that they were trained at this school. To vouch, in a measure, for those who have completed a regular course of training here, and are entitled to call themselves graduates of this school, the Trustees have established a badge which they desire all graduates to exhibit whenever necessary.

PROSPECTUS OF THE SCHOOL,

CONTAINING TERMS OF ADMISSION, GENERAL DESIGN, AND OTHER INFORMATION.

The Trustees of the Boston City Hospital, in 1878, established a Training School for Nurses, in order to give to women desirous of becoming professional nurses a systematic course of training and practice.

The course requires two years, and includes general medical and surgical nursing, together with ophthalmic, aural, and gynæcological nursing, and also the nursing of contagious diseases. Maternity nursing is theoretically taught, but there are no maternity wards connected with the Hospital. Those wishing to receive such a course of instruction should apply to the Superintendent of the Boston City Hospital.

The most desirable age for candidates is from twenty-three to thirty-five years. They must be of sound health, and should send with their application a certificate from a physician, certifying to the fact. They should also send a brief personal history, and give the names and addresses of three responsible persons not of their own kin who know of their good character and capabilities. Upon the recommendation of the Superintendent and the approval of the Trustees, they will be received for two months on probation. The fitness of candidates for the training and work, and the propriety of retaining or dismissing them, will be determined by the authorities in charge of the school, under the direction of the Trustees.

At the end of the first month, candidates, if considered satisfactory, are permitted to wear the cap, and enter upon the regular course of training; but such candidates are not permitted to join the school formally until the end of the

second month, when, if accepted, they sign an agreement to complete the prescribed course of two years, and to conform to all rules. At the end of the first six months the record and work of each pupil are carefully scrutinized as to her fitness to make a good nurse, and the right is reserved by the authorities of the Hospital to terminate then, or any time, the connection of any pupil or nurse with the school for inefficiency, misconduct, generally unsatisfactory record, or for any other reason which may be deemed sufficient.

During the first two months pupils are called Probationers, for the remainder of the first year, Junior Nurses, and during the second year, Senior Nurses. Nurses who remain in the Hospital after graduation become Head Nurses.

The nurses in the Training School (including Probationers) reside at the Nurses' Home connected with the Hospital, which was specially built for this purpose, and has rooms for sixty-seven nurses. The house affords home-like surroundings, and has the best of conditions necessary to good health and personal hygiene.

The Superintendent of Nurses has the immediate charge of the Training School, under the authority of the Superintendent of the Hospital and of the Trustees, and the nurses are subject to the rules of the Hospital, like any other service.

All nurses are required to be sober, honest, truthful, trustworthy, punctual, quiet, orderly, cleanly, neat, patient, kind, and cheerful.

The instruction includes the general care of the sick, the making of beds, changing bed and body linen, managing of helpless patients in bed, etc.; giving baths, keeping patients warm or cool, prevention and dressing of bed-sores, and proper management of the patient under various conditions, with different diseases or injuries; the making and applying of bandages and rollers, preparation of splints, application and management of surgical apparatus; applying of fomentations and poultices, the dressing of burns, ulcers, and wounds, and other minor dressings, cupping, leeching, and subsequent treatment; the administering of enemas and use of the female catheter.

Nurses are taught how to act in the various emergencies occurring in hospital and private nursing, as well as in the accidents of ordinary life. They are also given lessons in elementary *massage* and the application of friction to the body and limbs in the best method. There is a systematic course of training in cookery for the sick, the serving of food and delicacies in the proper manner, and the feeding of helpless patients, or those who resist food.

Instruction is also given in the best practical methods of supplying fresh air, of warming and ventilating sick-rooms in a proper manner, and the proper care of sick-rooms for the best good and comfort of the patient; in keeping all utensils and appliances perfectly clean and disinfected; in making accurate observations of the pulse, temperature, respiration, expectorations, the secretions, state of the skin, and eruptions; of mental condition as to delirium, stupor, shock, etc.; of the condition as to sleep, appetite, effects of diet or of stimulants and medicines; the behavior of wounds and the after-treatment in surgical operations; and in the managing of convalescents. Nurses are taught the administering of medicines and the application of external remedies, how to take notes on cases, the making up of the nurse's record, and the reports to the attending doctor.

The course of training includes a fixed course of instruction during the two years from manuals and text-books, mainly given by the Superintendent of Nurses, the Assistant Superintendent of Nurses, and graduate head nurses. Lectures and demonstrations, chiefly upon practical points, are given at stated times by the medical and surgical staff of the Hospital. While the instruction by the manuals, text-books, lectures, demonstrations, quizzes, and models is considerable, the main reliance is upon accurate daily drill in the wards, operating-rooms, and other departments of the Hospital. Examinations, both written and oral, are held from time to time by the authorities of the school and by the Hospital staff, and nurses cannot pass to graduation unless attaining, on critical marking, at least seventy per cent.

The pupils are employed as assistant nurses in the wards,

operating-rooms, and out-patient departments of the Hospital. They are given six months' training in medical wards, and six months' in surgical wards; the remainder of the time to be in such wards or departments as the management may appoint.

Probationers are not paid during their first month, but for the remaining months of the junior year they receive ten dollars ($10) per month, and for the senior year, fourteen dollars ($14) per month, to pay for the expenses of their uniform, personal clothing, and other minor requirements. This sum is in no wise intended as wages, it being considered that their education during this time is a full equivalent for their services. When the full term of two years is completed the nurses receive, if they pass all the examinations and are otherwise satisfactory, a diploma certifying to the regular course of training and practice, and are then permitted to wear the graduates' badge of the school.

The majority of graduates engage in private nursing, but some are invited to remain in the service of the Hospital as head nurses, and receive twenty dollars ($20) per month for the first year, and after that time twenty-five dollars ($25) per month, with further opportunities of promotion. Graduate head nurses who prefer to remain in hospital-work are given post-graduate instructions in ward management, hospital house-keeping, and minor administration.

The school year has no fixed date, but accepted candidates may enter whenever vacancies occur. They are, as a rule, received in the order of acceptance, but those desiring to enter with less delay can generally anticipate a fixed date by placing themselves on the emergency list. When coming to the Hospital they should bring with them the following articles: Two or three gingham or calico dresses, made plainly; six large white aprons, made of bleached cotton, with bibs, plain at the top and gathered slightly at the bottom; two bags for soiled clothes; one pair of scissors, a pin ball, and a napkin-ring; a good supply of plain underclothing — every article to be distinctly marked with the owner's name. Twenty-one pieces are allowed for the laundry each week.

Nurses must bring suitable outer-garments for all kinds of weather, and they are required to wear broad-toed and flat-heeled boots. If the teeth are out of order in any way, they must receive attention before coming for the probationary month. Nurses are required to wear the training-school uniform after they join the school. Material for dresses will be sold at cost price; caps are furnished free of charge.

Hours of duty for day nurses are from 7 A.M. to 8 P.M.; for night nurses from 8 P.M. to 7 A.M. No nurse is required to do both day and night duty on the same day, except in rare emergencies. Each nurse on day duty is allowed one hour after 2 o'clock P.M., for rest and recreation, one-half day after 2 P.M. each week, and four hours on Sunday. Two weeks' vacation is allowed each year. If nurses are sick they are cared for in the Hospital, but wages are stopped. Nurses on night duty are required to be in bed until 4 P.M. Nurses may be called upon for four months' regular night duty during the two years' training; besides "special cases" to a limited number.

The following preliminary letter is usually sent to an applicant to ascertain if she is eligible to become a candidate: —

DEAR MADAM, — Your letter, with reference to becoming a candidate for the Training School for Nurses, has been received.

The number of applicants has now become so large that only a few, and, of course, those best fitted for the work, can be accepted. To allow all to become formal applicants imposes upon us the laborious task of investigating large numbers not within the scope of our requirements, and formal rejection of many.

We therefore ask you to write a personal letter, stating your age, height, weight, health, strength, educational advantages, family ties, freedom from responsibility for two years if accepted, and your reasons and motives for desiring the education of a nurse.

We shall be glad to receive any facts you may be pleased to give us, as to your personal history, occupations, if any, interests, or any experiences bearing on your physical and mental development, with reference to your becoming a trained nurse.

You will also state if you have ever been a nurse in any hospital or asylum, and if you have ever applied elsewhere, and if so, where and when.

There is no fixed date for the beginning of the school year. Accepted candidates have a date assigned for their coming, in the order of their acceptance; they may, however, obtain an earlier date, if they are so situated as to come on shorter notice, to fill unexpected vacancies.

Please address your reply to The Superintendent, Boston City Hospital, Boston, Mass.

Yours very truly,

.....

.....

FORM OF APPLICATION.

[The following blank form will be furnished to eligible applicants, to be filled in (in the candidate's own handwriting), and sent to the *Superintendent of City Hospital, Boston, Mass.*]

1. Christian name in full of candidate. .....
2. Are you single, widowed, or divorced? .....
3. Your present occupation or employment? .....
4. Age last birthday, and date and place of birth? .....
5. Height? Weight? .....
6. In what school or schools educated? and in what place? .....
7. Do you speak any language besides English? .....
8. Are you strong and healthy? and have you always been so? .....
9. Are your sight and hearing perfect? .....
10. Have you any physical defects? .....
11. Have you any tendency to pulmonary complaint, or any other disease? .....
12. If a widow, have you children? How many? Their ages? How are they provided for? .....
13. Are you otherwise free from domestic responsibility so that you are not liable to be called away? .....
14. Where (if any) was your last situation, and how long were you in it? .....
15. Have you ever been in any training school or employed in any hospital or asylum? If so, when and how long in each place? .....
16. The names in full and addresses of *three* persons, not of your own kindred, to be referred to. State how long each has known you. If previously employed, one of these must be the last employer.

Name .....
Address .....
has known me years.
Name .....
Address .....
has known me years.
Name .....
Address .....
has known me years.

Having read, clearly understanding, and fully agreeing to the foregoing conditions, I declare the above statements to be correct; and, if accepted as a candidate, will in all respects comply with all the regulations of the school and Hospital.

Signed.....
Name of candidate in full.

..... *189* *Present Address*.....

Nearest Telegraph Station.....

FORM OF AGREEMENT.

The following is the form of agreeement signed by each pupil, if accepted, at the end of two months' probation : —

I, the undersigned, hereby agree to remain as a pupil, at the Boston City Hospital Training School for Nurses, for the continuous period of two years. I further engage and agree to serve the Hospital to the best of my ability, and pledge myself to perform all the duties assigned me, and to cheerfully conform to all the rules now in force, or which may from time to time be made.

Pupils will receive, for every month after the first month of probation, ten dollars per month during the first year, and fourteen dollars per month during the second year, for clothing and personal expenses.

Every nurse who remains in the school till the end of the second year will receive a diploma, certifying that she has completed the regular course of instruction and training, and that she has passed with credit the examinations, and that her conduct has been satisfactory.

The right is reserved to terminate the connection of any nurse or pupil with the School, for any cause which may be deemed sufficient by the authorities of the Hospital.

.....

Pupil of the Training School.

COURSE OF INSTRUCTION.

JUNIOR YEAR.

Manual of Hospital Nurses . . . . . *Domville.*
Manual of Medical and Surgical Nursing (1) . . . *Cullingsworth.*
Lectures on Nursing. [Selected chapters.] . . . . *Lückes.*
Manual of Monthly Nursing . . . . . *Cullingsworth.*
Lectures on Fever Nursing (3) . . . . . *Wilson.*
Handbook of Nursing. [Parts I. and III.] (2) . . "*New Haven.*"
Critical Review of Dr. F. H. Williams' three lectures on medicines, administering, etc.
Critical Review of Dr. Bolles' three lectures on wounds, modes of healing, etc.
Glossaries, tables, technicals, etc. . . . . *Various.*
A lecture once a week (for thirty-four weeks) by a member of the Medical and Surgical Staff.
Instruction in the Wards by Head Nurses and Senior Nurses.

Collateral Reading.

(1) Medical Nursing . . . . . *Anderson.*
(2) Text-book on Nursing . . . . . *Weeks.*
(3) On Typhoid Fever . . . . . *Cayley.*
(3) Notes on Fever Nursing . . . . . *Allen.*

SENIOR YEAR.

Handbook for Hospitals (1) . . . . . *Woolsey.*
Physiology, Anatomy, and Hygiene [complete] (2) . . *Hutchison.*
General Anatomy [ten weeks], including instruction from Charts, Models, and the Skeleton . . . . . *Hartshorne.*
Notes on Surgery for Nurses . . . . . *Bell.*
Notes on Epidemics and Contagious Diseases . . . . . *Anstie.*
A lecture once a week [for thirty-four weeks] by a member of the Medical and Surgical Staff.
Practical Instruction in cooking for the sick . . . *Miss Maynard.*
Practical Instruction in *Massage.* [Eight lessons.]
Instruction in the Wards by Assistant Superintendent of Nurses, Night Supervisor of Nurses, and Head Nurses.
Instruction and Drill in the Etherizing, Operating, and Recovery Rooms by the Assistant Superintendent of the Hospital and the Surgeons.

Collateral Reading.

(1) Notes on Hospital Nursing . . . . *Florence Nightingale.*
(1) Hospital duties . . . . . *Lückes.*
(2) Comprehensive Physiology and Hygiene . . . . *Cutter.*
Handbook for the Instruction of Attendants on the Insane. — Int. Com. Brit. Med. Psycho. Asso'n.

DISTRIBUTION OF STUDIES FOR 1891.

Monday,	2 to 4 P.M.	Senior Nurses, Sick Cookery .	*Miss Maynard.*
	8 P.M.	Graduate Head Nurses; hospital administration, ward management, minor Executive work. Training of assistant nurses	*Miss Drown.*
Tuesday,	11 A.M.	Senior Nurses [section], Operating-Room.	
	2 P.M.	Junior Nurses [5th class], Recitation	*Miss Drown.*
	3.30 P.M.	Junior Nurses [3d class], Recitation	*Miss Whitney.*
	6.30 P.M.	Senior Nurses [section], *Massage*	*Miss Whitney.*
Wednes.,	3.30 P.M.	Senior Nurses [1st class, 2d Div.], Recitation . .	*Miss Drown.*
	6.30 P.M.	Senior Nurses [section], *Massage*	*Miss Drown.*
	7.15 P.M.	Night Nurses (on special duties of)	*Night Superintendent.*
Thurs.,	3.30 P.M.	Junior Nurses [4th class], Recitation	*Miss Drown.*
Friday,	11 A.M.	Senior Nurses [section], in Operating-Room.	
	2 P.M.	Senior Nurses [1st class, 1st Div.], Recitation . .	*Miss Drown.*
	3 P.M.	Senior Nurses [2d class], Recitation	*Miss Whitney.*
	4 P.M.	Lecture to School in Operating Theatre by a member of the Medical and Surgical Staff.	
	6.30 P.M.	Senior Nurses (sec.) *Massage.*	*Miss Whitney.*
Saturday,	6.30 P.M.	Senior Nurses (sec.) *Massage.*	*Miss Drown.*

LIST OF LECTURES AND SUBJECTS.

A lecture is given to the Training School on Fridays, at 4 P.M., in the operating-room, by a member of the Medical and Surgical Staff, once a week between Sept. 15 and June 15. The following are among the lectures given: —

Five by Dr. H. L. BURRELL. — Surgical Dressings: poultices, washes, fomentations, bandaging, splints, leeches and blisters, enemas, surgical hæmorrhage, etc.

Three by Dr. WM. P. BOLLES. — Theory of Wounds: modes of healing, granulations, ulcers, cellulitis, suppuration, sloughs, erysipelas, pyæmia, gangrene, sepsis, etc.

Three by Mr. G. R. TUCKER. — Bacteriology; brief history and general theory. Micro-organisms; general distribution in air, water, etc. Elementary consideration of pathogenic and non-pathogenic micro-organisms. Exhibition of apparatus and cultures. Practical points for nurses.

Two by Dr. FRANCIS S. WATSON. — Theory of Sepsis: aseptic treatment, different methods; dressings, with demonstrations and "quiz-drill."

Two by Dr. H. L. SMITH. — Emergencies: hæmorrhage, burns, heat-stroke, fits or seizures, drowning, fractures, immediate treatment of wounds and injuries, foreign bodies in eye, nose, and ear, poisons, domestic emergencies, and practice of expedients.

One by Dr. D. W. CHEEVER. — Surgical Operations: care of patient before, during, and after operations; anæsthesia and recovery; accidents, hæmorrhage, shock, especially as in private nursing.

One by Dr. E. H. BRADFORD. — Abdominal Surgery: including ovariotomy, herniotomy, operations for abdominal injuries, etc.

One by Dr. ABNER POST. — Fractures: varieties, preparations and care of splints and apparatus for treatment, management of cases, etc.

Three by Dr. FRANCIS H. WILLIAMS. — Medicines: avenues of taking; preparation and doses; classes of internal and external poisons; cautions; hospital formulæ.

Two by Dr. A. L. MASON. — Nursing in Fevers: theory of fever, essential fevers, symptoms and course of, different plans of treatment, nurses' duties as to symptoms, bed, clothing, secretions, baths, food, and management of cases.

Two by Dr. C. F. WITHINGTON. — Symptomatology in Disease: what and how to observe accurately; vital organs and special symptoms. The model sick-room: temperature, light, ventilation, care of bed, bedding, and clothing, furniture, utensils, disinfectants, cleansing, dusting, etc.

One by Dr. GEO. B. SHATTUCK. — Contagious Fevers and Epidemics: symptoms, course and treatment, prevention of contagion, disinfection, care of habitation, etc.

Three by Dr. T. M. ROTCH. — Care of Children in Health and Disease: diet and clothing of infants and children; various infantile diseases. Also, The Annual Address: The Relations of the Nurse in Hospital and Private Nursing.

Three by Dr. C. M. GREEN. — Physiology of Pregnancy and Labor: delivery; confinement nursing.

One by Dr. GEO. H. LYMAN. — On Gynæcological Nursing: preparation of patient for examination or operation; operations after treatment, douches, use of catheter, etc. (Demonstrations to sections of senior nurses in Ward S Operating Room.)

One by Dr. C. F. FOLSOM. — Special Nursing in Nervous Diseases, including the Insane.

Two by Dr. G. H. TILDEN. — Special Nursing in Skin Diseases and Syphilis in the Infant and Adult.

One by Dr. H. W. WILLIAMS. — Special Nursing in Diseases of the Eye.

One by Dr. O. F. WADSWORTH. — Anatomy and Physiology of the Eye, and General Care in Health and Disease.

One by Dr. J. ORNE GREEN. — Special Nursing in Diseases of the Ear, its care in health and disease; nurses' duties at operations and continued treatment in disease.

One by Dr. E. M. BUCKINGHAM. — Special Nursing in Croup, Laryngitis, Tracheotomy, Intubation, etc., etc.

One by Dr. WM. H. PRESCOTT. — *Massage*, its history, theory, and modes of application.

Two by Dr. W. W. GANNETT. — Visceral Anatomy: demonstrations by post mortems; care of the dead, etc.

LIST OF GRADUATES.

BOSTON CITY HOSPITAL TRAINING SCHOOL FOR NURSES.

[* Married. † Died.]

Badge of Graduate.

1879.

Miss Rosa McCormick,
" N. Elizabeth Fillebrown,
† " Mary L. Kelso,
Miss Elizabeth A. Andrews,
* " Myra E. McIlvin,
* " Martha J. Blackwood. (6)

1880.

Miss Asenith Clement,
Mrs. Margaret Little,
Miss Annie Cochran,
† " Louisa Morrill,
Mrs. Lucy Rice,
*Miss Eva Hallowell.
" Mary E. Prescott,
Mrs. Maria Hatch,
†Miss Olivia Hews,
" Mary Monteith,
" Victoria O. Fowler,
* " Minnie Gilman,
" Anna C. Maxwell,
Mrs. Sarah Cooke. (14)

1881.

†Miss Mary Mack,
* " Jennie Shotwell,
* " Flora Hadley,
† " Mary Choate,
" Georgeanna Russell,
Mrs. Endenilla S. Neily,
Mrs. Mary Griswold,
*Miss Lily Birkbeck,
* " Josie Smith,
* " Mary A. Ferrin,
" Helen M. Hall,
Mrs. Bertha J. Raemisch. (12)

1882.

†Miss Carrie L. Barrell,
Mrs. Kittie C. Soule,
*Miss Georgia L. Forbes,
" Laura A. C. Hughes,
*Miss Annie Martell,
" Mary Quinn,
" Julia Macrae,
" Annie E. Barker. (8)

1883.

*Miss E. Adelaide Nason,
" Mina P. Hill,
* " Christina M. Gregoire,
Mrs. Jane E. Young,
Miss Myra C. Hight,
" Susie H. Hamblet,
" Rose A. Duffy,
" Mary C. Morris,
" Sarah W. Emerson,
" Clara E. Bowen,
" Kate M. Fitzgerald,
" Margaret McKenzie,
" Jennie B. McIntosh,
Miss Ida M. Welsh,
" Annie Soper,
" Susan Bradley,
" Maria Aanrud,
* " Jane Howell,
" Emma L. Stowe,
" Elizabeth Stewart,
" Clara C. Tubman,
" Mary E. Gordon,
" Lucinda McBride,
" Eliza F. Spencer,
* " Mary L. Drown.

(25)

1884.

Miss Lucy L. Drown,
* " Annie J. Ellers,
" Fanny A. Tucker,
" Elizabeth Rinker,
" M. Elizabeth Barr,
" Elizabeth Banister,
" Abbie A. Reed,
" Margaret McKean,
" Armina C. Manchester,
" Harriet M. Seaver,
Miss Bessie S. Morrill,
* " Ellen A. Dunton,
" Margaret Macdonald,
" Anna M. Battelle,
* " Lillian I. Price,
" Sarah G. Whitney,
" Mary E. Scannell,
Mrs. Mary B. Runyan,
Miss Catherine Murray.

(19)

1885.

Miss Fannie A. Prindle,
" Adelie B. Braman,
" Minnie Starr,
" Clara D. Hoar,
" H. Josephine Shepherd,
" Sarah M. Cushing,
" Clara M. Rowell,
* " Glendine Malkson,
" Lida S. Young,
" Annie S. Miller,
Miss Jessie J. Glen,
" Mary E. Woods,
" Emily Neale,
" Mary J. Rimmer,
" Kate G. Early,
* " Helen L. Godding,
" Julia E. Reed,
" Colina E. M. Somerville,
" Jessie Read.

(19)

1886.

*Miss Alice E. Cole,
" Emma J. Gordon,
" Sarah E. Snow,
* " Mary E. Stimson,
" Georgianna Shaw,
" Flora E. Welch,
" M. Annabel Moore,
" Emma E. Cole,
" Lucretia F. Williams,
" Mary C. Stewart,
" Emma B. Morrison,
* " Mary A. Martin,
* " Rosina G. Brine,
" Ruth A. Bassett,
" Mary A. White,
Miss Emma R. Trafton,
" Susie B. Swanton,
Mrs. Mary E. Bradbury,
Miss Cicely M. Whitaker,
" Elizabeth Fearon,
" Ella A. Starkweather,
" Lizzie A. Wilber,
" Mary J. Dunway,
Mrs. Josephine S. Wood,
" Isabella R. Outerbridge,
Miss Mary Fyfe,
" Anna M. Hawes,
" Olivia Byrne,
" Agnes C. Haley.

(29)

1887.

Miss Luise Gibbpeck,
" Mary Grugane,
" Maria Wagner,
" Libbie S. Ainsworth,
" Charlotte A. McCallum,
" Frances H Petrikin,
" Mary A Hahn,
* " Delia O'Brien,
" Lucia E. Weymouth,
" Julia A. Purdy,
" Harriet M. Wallace,
" Alice E. Bailey,
" Helen A. Quinn,
" Mary E. Kenney,
" Sarah M. Webber,
Miss Emily A. Rogers,
" Ruthett Adams,
* " Louise J. Knaut,
" Caroline H. Keer,
" Oceania Nickerson,
" Abbie J. Jenkins,
" Flora Macrae,
" Alzine M. Castlebury,
" Sarah C. Hamlyn,
" Elizabeth J. Fay,
* " Jeanie White,
" Jennie Dudley,
" Frances L. Mackie,
" Olive A. Hawes,
" Evangeline McDonald. (30)

1888.

Miss Emma J. Jones,
* " Flora E. Hodges,
" Stella Lyman,
" Bertha Elliot,
" Alicia Ring,
" Maria B. Clark,
" Maria L. Eustis,
" Emily O. Boswall,
" Eleanor Cobb,
" Eva M. Homer,
Mrs. Alice H. Porter,
Miss Alice M. Hodgson,
" Belle A. Stevens,
" Myra A. Swain,
" Mary E. Collingwood,
" Almeda J. Goodspeed,
" Ella M. Gordon,
" Lucia F. Vickery,
" Evelena Chapman,
* " Helen Coull,
" Lilia M. Alexander,
" Mary O. Barnes. (22)

1889.

Miss Mary M. Riddle,
" Ella E. Owen,
" Alice G. Symonds,
* " Emmanette Veazie,
" Mary A. Morris,
" Maggie J. Thompson,
" Annie Munroe,
* " Mary E. R. Wilkinson,
" Jennie R. Dix,
" Rosalin A. Meggison,
" Mary O Ellms,
" M. Affia Martin,
" Abbie A. Bliss,
" Anna R. French,
Miss Catherine M. Haggart,
" Abbie F. Proctor,
" Emma E. Penfold,
" A. Etta Bodwell,
" Rose Morgan,
" Annie E. McCarthy,
" Mabel H. Tibbetts,
" Mary E. Jones,
" Louisa L. Smith,
" Eliza Jones,
" Mary Scarlett,
* " Sarah L. Richardson,
" Jessie M. Symonds,
" Rachel Gordon. (28)

1890.

Miss Mary T. Carroll,
" Jennie M. Harlow,
" Harriet H. Page,
" Elizabeth Rice,
" Charlotte F. Grant,
" Carrie B. Whallon,
" Catherine A. McNally,
Mrs. Ida M. Rice,
Miss Anna Harms,
" Catherine B. Graham,
" Amalie H. Lakemann,
* " Mabel Van Cortlandt,
" Sarah M. Cox,
" Grace H. Raine,
Mrs. Annie L. Ray,
Miss Henrietta Rankin,
" Margaret J. Moore,
" Margaret A. Motschmann,
" Grace G. Pillsbury,
" Eliza F. Wadsworth,
" Elizabeth Olmsted,
" Annie C. Chamberlain,
" Fannie P. Cooke,
" Alice G. Dexter,
" Florence E. Levensaler,
" Bessie Sands,
" Kate M. Walsh,
" Minnie McLeod,
" Clarissa A. M. G. Baldwin,
" Cynthia A. Spencer. (30)

Graduates, Total 242

THE HOSPITAL NURSE IN PRIVATE NURSING.

ADDRESS

TO THE

GRADUATING CLASS OF THE BOSTON CITY HOSPITAL TRAINING SCHOOL FOR NURSES,

JUNE 27, 1890.

BY T. M. ROTCH, M.D.,

Visiting Physician to the Boston City Hospital.

YOUNG LADIES OF THE BOSTON CITY HOSPITAL TRAINING SCHOOL: —

The vocation of a trained nurse is an honorable profession; that of the untrained nurse is merely one of the necessary expedients for maintaining existence, to which certain human beings are forced to resort, when unsupported by the efforts of others.

Professional nursing implies intelligence; untrained nursing implies no special intelligence, but rather the lack of sufficient intelligence to succeed in the various paths of life which demand original thought and action; in fact, classifies the individual as one who, like the day-laborer, is to do the bidding of others.

You are about to leave our City Hospital Training School, and you will, in the future, have a double responsibility resting on your shoulders. First, you should have a definite, fixed idea in your work, a sincere desire to see that justice is done to your Training School, and to the efforts which every

year are being made by your Superintendent, Dr. Rowe, your Superintendent of Nurses, Miss Drown, and by your whole Hospital staff, to make the School excel in the work for which it was founded. Never forget to add reputation to your school, and not detract from it. Make the diploma of the City Hospital Training School mean something to the public. Let it carry weight in serious cases, and impress with confidence those who sorely need that confidence which only the ideal nurse can give, when dear ones, dearer than life, are stricken down by disease, which they well know may separate them, perhaps forever. Again, see that you cover our City Hospital, of which we are so proud, with honor and respect, and thus induce the more intelligent of your sex to follow in your footsteps, and attain knowledge in one of the best, if not the best, training schools in the world, where the experience of most varied general nursing is combined with that of two of the greatest scourges which afflict mankind, the contagious diseases, diphtheria and scarlet fever.

In the second place, you are now to represent an abstract principle, and, granting that you understand and believe in the very essence of that principle, it is your duty to stand by it and prove it to be true. Intelligence is endeavoring to engraft or to force upon ignorance all over the world, in all paths of life, the principle that the work of experts trained by experts is superior to mere unguided, and hence dangerously unsafe, experience without intelligence.

It is not intelligent to think that, without preliminary and special training, an individual can, by seeing and being with a number of cases of sickness, understand and appreciate the directions of the physician who has spent years of study and brain training, to enable him to give those directions, whose true meaning the untrained and self-sufficient nurse may fail to grasp, or may pass over lightly. The ward-tender, by night and day, waits upon the most varied forms of disease, and spends infinitely more time with the patients than does the young house-officer in his brief and flying visits; but is it intelligent to believe that this ward-tender can go out into the world and practise the profession of medicine, with the

success which almost invariably follows the life of the young gentleman just alluded to? The latter, indeed, with the training and laborious study of the medical school behind him, can grasp the situation of the special disease in a minute, and with the footstep of youth and health pass quickly on in his rounds of mercy, carrying relief to countless beds of suffering, over miles of ward and staircase. Remember, young ladies, that I am speaking to those of you who are to remain in the school for varying periods in the coming year, as well as to the few who are now going from us. Fortunately, however, the latter continue with us who are in general public practice, and are to be with us as our lieutenants.

You are to be our trusted helmsmen in the hour of danger, when we, standing in the prow of the ship, anxiously watch the progress of our charge, through the varying currents of life, in the shoals and seething whirlpools of weak humanity. By a glance we indicate to you, who are behind us at the helm, what must be done, quickly, firmly, unhesitatingly, without question. And on we go, our eyes now fixed ahead, our speaking hand alone turned back toward you, as we look at the coming possibilities in the troubled waters, in full confidence that you, whom alone in the hour of danger we can trust, are at your post, cool, trained, unswerving in your absolute obedience to us, who are bearing a fearful responsibility, in the struggle for life or death. And on we pass through the shadows of frail human help, through the fears of impending death, until, lo! we are again in smooth waters; the ship rides at anchor in a safe haven of temporary rest. Convalescence is established; and with tears of thankfulness we raise our eyes to heaven, mentally, not really, but nevertheless just as sincerely, and, according to our temperaments and beliefs, thank God that we have been allowed the privilege of working in our hours of painful brain tension with a trained hospital nurse.

Pardon me if I pursue the subject of the house-officer a little further, for it is of more importance in connection with your future careers than at first may be apparent. Just as you may work well and harmoniously with the house-officer

in the hospital, so will you accord and harmonize in the outer world with the same being mentally broadened and developed as his sphere of life becomes widened. In proportion as you may fail to accord with the house-officer, so you may fail to satisfy the demands of the full-fledged physician. Failing to satisfy, you hurt your own prospects in life and bring upon yourselves future discomforts, in addition to the many which, I am sorry to say, must inevitably come to you in your profession of nursing. Learn from him, then, how it is that, though his vigorous young brain may be tired with the sympathy it has expended, he retains his freshness, his desire for amusement, his healthy vigor, in fact, his very life. Is this not worthy of your study and imitation? Do not brood over supposed wrongs and indignities. Look at life and human nature as it is, and not as you think it ought to be. This is wisdom; this tends to success.

I trust that you comprehend the meaning of what I have endeavored to convey in words far inadequate to the importance of the subject, but with feelings sincerely deep and true to your interests. My intention has been not only to enhance in your estimation the value of trained nursing in the details taught in the hospital, but to have you take a much broader view of the subject, if you are to prove a success in your calling. Grasp this true and essential idea of nursing, and not only you as individuals, but trained nursing, as a whole, will be a success. The science of medicine has been rescued from the hands of the barber and apothecary, and placed in the keeping of a body of men as learned as any in the world; in the same way, the science of nursing, by your high intelligence, aided by your friends the regular physicians, will likewise be elevated.

Does it not add new interest to your professional choice, new enthusiasm and vigor to your coming efforts, to look upon the subject from this point of view? But I would not have you think that my ideas of trained nursing are fantastic, unreal, for it is not so. Nursing must be practical, must be material. The *spirit* of nursing should be ideal.

We all fall far below our standard in our work in the world. Place, then, your standard high. It will make you better nurses to fall below a high standard, than to be self-satisfied in the consciousness of living up to a low one. Always strive to do a little better. Let your motto be Excelsior! never Satis!

I now have a few remarks to make concerning my observation of the hospital nurse in private nursing. I know that with the common sense you all possess, you will not think it beneath you to listen to what, at first, might strike you as trivial. I feel that I can speak with considerable knowledge on this subject, because in past years I have had quite a wide experience with nurses in my own practice and in that of others. Understand at once that I look upon the proper performance of the duties of a trained nurse as one of the most profitable, noble, and satisfactory means of earning a livelihood which a well, strong woman between the ages of twenty and fifty can attempt, provided she is untrammelled by marriage or family ties. She has opportunities for making kind, devoted, sympathetic, lasting friends, from her intimate relations with families, which no other vocation presents. What more can you wish for in this world? Mere money cannot provide these greatest gifts of the gods, — true, sympathetic friendship and wide opportunities for interesting yourself in the lives of others. For believe me, young ladies, that if there is any panacea for grief and misfortune, for worldly trials, both great and small, for loss of friends, relations, or money, all of which may fall to your lot in coming years, — I say that if there is any panacea, it is not in sitting down and receiving sympathy and being cared for by others, nor in the acquisition of money and worldly goods. On the contrary, it is the privilege of entering into the woes and joys, the successes and the failures, of other people's lives, and thus wiping out, if only for a brief spell, the dark spots in your own lives. This the trained nurse alone can satisfactorily do; and I tell you, make the most of it, for it is a prize worth striving for, worth more than untold gold.

An important hint may not be out of place, for, if fol-

lowed, it will keep you from making mistakes and incurring much unhappiness. Do not let yourselves be spoiled by certain families who take a great liking to you. Families sometimes are so filled with gratitude for what you have done, that they sweep aside all rules, invite you to their tables, take you into their confidences and into their inmost lives. You no longer feel that you are with them in the capacity of a paid nurse, but you find yourselves on a far different footing. Accept, if you wish, these chances for pleasure in your hard, serious lives. Why should you not have some return for services which often you can never be paid for in money? But beware! Exercise at once the whole force of your common sense when you leave these kind friends and go to your next place, again simply as a paid nurse, to eat alone, to work, perhaps, without a single kind, sympathetic word, all through the darkened day. Do this rigidly, uncompromisingly, or your vocation of nursing has forever been ruined.

The little grub of discontent, insignificant at first, will grow greater and greater, fostered into life by the misleading warmth of unreal day-dreams of what a nurse ought to have, until it develops into that undesirably perfected organism, the moth of fallacy, which spreads its ill-timed wings to flutter and fly on its aimless wandering. This is far different from the straight, stern path of duty to which you have been trained, and soon carries you out of the sphere to which, as nurses, you should cling and of which you should be proud. And then, like the moth attracted by the brilliant light of the candle, ever hovering around what only does it harm, until finally it is consumed, so you, misguided by false ideas of your lives as a whole, from certain bright spots which occasionally come, will spread your wings for a time and aim, and, failing, aim again to reach an unpractical position in the household, instead of remaining in your own professional place. In other words: Adapt yourselves at once to the especial family in which you happen to be placed by the Registry, provided that you truly wish to shine in your calling, like the glow-worm without wings, indeed; ready to be lifted up

or to be put down by others, but ever glowing, ever shining with a brightness which, in the dark night of many a despairing, sick, and sorrowing heart, may awaken a gleam of warmth and hope, soon to broaden into a wealth of light, kindled by this little spark of your example, your steadfast faith in a good work, and your modesty in pursuing it. Is not this something to strive for, young ladies; something better than the struggle to place yourselves in a life which is for others, not for you, so long as you remain trained nurses?

What shall we say of the poor nurses, of those who are not successful? Merely this, that we can use them as examples to prevent others from following in their footsteps; and, in fact, it is our melancholy duty to do so. Therefore I would especially bring to your notice the defects of inferior nurses. So many women take up the profession of nursing whose temperaments totally unfit them for its practice, that it is not to be wondered that the failures are greater in number than the successes. This, however, is the very reason why the more intelligent class of women should be drawn into nursing as a vocation. We cannot, by any means, tell what a nurse who has done admirably while under the eye of our matron in the hospital, will do when left to her own resources. I have seen nurses, whose record in the hospital was unexceptional, entirely fail in private nursing.

One of the first things of which a nurse should think is to be loyal to her sister nurses. To some of you this may seem uncalled-for advice, but I assure you that I have sometimes seen nurses, when working together, treat each other in a manner far from friendly. One great secret in nursing is to have tact. Do not talk too much. Do not consider it necessary to instruct your patient in anatomy and physiology, nor in the symptoms of the different diseases. In nursing a child, be gentle and sympathetic to its mother as well as to the child.

Think not that I do not understand the trials and annoyances which nurses undergo in private families, for I certainly do understand. But remember it is part of your duty and of your training, to adapt yourselves to the varied

temperaments of various people. The physician has to do this, and he understands far better than you may suppose, when, stern towards you, you see him soothing the wounded feelings of an unreasonable, but almost frantic mother, whose equipoise has been overthrown by fear for her child's safety, or by some unnecessary and alarming remark of the nurse. The mother's equipoise may be overthrown, for she is untrained. The equipoise of the nurse and of the physician has no business to be disturbed, for both nurse and physician are supposed to be trained for these very emergencies.

Remember, young ladies, and let me impress it upon you, over and over again, that out in the world you must not be too particular as to what kind of work you do in your nursing, for that will in time settle itself. Work is not a menial word, nor is nurse. Poor work is menial, and unintelligent nursing is menial. In your relations with your patients make yourselves a secondary consideration. The nurse who is continually questioning the propriety of the demands which are made upon her, seldom succeeds in the great, practical, common-sense world; while the modest, unassuming, equally capable woman, willing to adapt herself to the needs and wishes of her patients, will have earned a competence sufficient to make her comfortable in her old age. She will be happy in the thought that she has earned that competence with her own hands, and that in doing it she has given infinite comfort and satisfaction to many who have thus become her warm friends.

Nurses of the graduating class! The well-known corridors, the spacious wards of our beloved Hospital bid you a sad farewell. Your Superintendent, always ready to further your interests, gives you his earnest wishes for your future success. Your Superintendent of Nurses, to whom every error in your future nursing will seem a stigma on the teaching in which she is so much interested, looks after you with pleasant anticipation that no such stigma will arise to overcast your career. Your fellow-students are already wishing to follow you into this new, strange world.

But we physicians hold out a welcome hand to you in your coming work, and bid you be of good cheer, for the Hospital staff, your sincere friends, stand behind you in the new life, ready to sympathize in your hardships, and to help you in making the public understand your intrinsic worth.

Young ladies, I have finished. I fear that I may have trespassed too long on your time and patience, but I pray you pardon me, for I am deeply interested in you and in your future lives.