

Commencement Thesis

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Of all the influences which determine the life of the individual and on which his real and noel depends, undoubtedly the nature of his food is one of the weightiest.

Every one knows how not only our strength and muscles, but also the whole mental tone depends upon the nature of the food.

This holds good for nations as well as individuals.

The world heard at first with astonishment, the saying of a famous scientific man: "Could man live on air and water alone, such notions as matter, servant, prince, subject, friend and foe, hate and love, virtue and vice, right and wrong would have no existence."

Political communities, social and family life, commerce, trade and industry, art and science, in a word whatever makes man what he is depends entirely upon the fact that man possesses a

stomach and is subject to a law of nature which compels him daily to take a certain amount of food.

As we start out the principal too late recognized in historical research, that the selection of articles of food is not only important for the personal well being of the individual, but that it is a weighty world stirring question for countries and nations, in its bearings on the history of civilization.

The English are noted for their strength and stateliness, and do we not credit this to their selection of food?

The whole thing can be changed more or less by changing the nature of the food.

The course one gets in hygiene is some thing that every woman should consider indispensable, it is such training as this well applied, that makes a happy home, and also a home well kept and well

cared for, surely no one can deny that this work makes the girl stronger, mentally, physically and spiritually, for we are taught what to cook, when economy is to be considered, also we are allowed to plan meals fit for any person who should care to enter our doors.

We all know how a small bit of money, with plenty of common sense displayed in choosing, will work wonders.

Too we are taught to save, "Save the pennies and the dollars will save themselves"; this is instilled into every girls mind in hygiene.

We have lessons in preparing teas, lunches, dinners etc.

In cooking things which have a short time to be prepared, we should select those things which cook fast, and also which taste good with a little cooking.

In preparing meals for the

sick, too much care and pains cannot be taken, and this is emphasized most fully by our instructor.

In regard to this there are some very important things to be remembered.

An abundance of any thing should never be taken to a sick person, it will invariably take away the appetite of the individual, it is much better to bring a second dish than turn him upon a dish piled up with anything.

Then too "cleanliness" is next to "kindness", and things should be very, very clean.

The cooking should all be kept out of the sight, and if possible out of smelling reach.

The food should be served punctually, and all of it should be removed instantly, upon the sick completing his meal.

These little things although they seem very unimportant are the very things which go to make up for

the comfort of our friends, who we can make comfortable, if we cant make well.

The matter of adulterations is one upon which we dwell for quite a while, although it is not very good for the appetite, it is well to be informed as to just how many ways there are in this world of making things out of nothing, and how we wish our tea which we consider fine, and find out later is nothing but the leaves of tea which have been thoroughly steeped at some large eastern hotel.

Our delicious jams, which are made of sea moss, or some kind of thickening, also some apples with grass seed and H_2SO_4 to give acidity. The druggist furnishes the fruit juice to give them flavor.

The matter of clothing is one that will ever perplex the mind of the public, in the older times this was not thought much about,

but as years go by, we come more and more "to the age of dress".

We study of the Indian how he makes himself lovely, to the rest of his tribe, by his paint and bright colors, we also read how the society girl dresses to charm her frivolous admirers. But to a people living as we do in the busy "hur-durr" of life, who can not spare the time to think from morning until night upon what we shall wear, and how we shall wear it.

The all important question is, how can we look neat and nice, with little expense, and with less time.

One has well said, "a person is well dressed when her friends do not know, what she was attired in".

It is not the amount of money we spend upon clothing, but it is the judgement we use in selecting this clothing.

A neat dress for morning may be made of gingham, and neatly made and put on to the best

advantage, it is much daintier than a gorgeous dress, poorly made, or well made either for that particular occasion.

A pretty afternoon and evening dress for summer may be made of something thin and light, and it will always look cool and neat, and it is at the same time inexpensive.

In Kansas the most important part of a girl's make up is a good Mackintosh, rubbers and an umbrella. These should be the first articles purchased after entering college.

Girls going to school should not have elaborate gowns, but good quality is one of the essentials, along with neatness.

A house-wife does not need the same clothing as a business woman, nor a business woman the same as a school girl.

It is said "people are judged more or less by the appearance of their clothes", and I know

this to be a fact. Buttons off, or half way on, clothes pinned together, instead of mended, or shirts hanging in a disorderly way, do any of us know what kind of a character this person has?

So, too, we have heard that clothes make the character, and I agree with this statement. For it is said, "morals and manners keep pace with the changes of costume and are indicated by them".

We can not picture to our selves a man all ragged, and with a dirty face and hands, going along laughing and talking in a free and easy manner. But that scene is as easy to picture as one of a man neatly dressed in fine clothes, of the latest style, skulking along, noticing no one.

Take if you please a child that has always been taught cleanliness, and also take one who has been left entirely alone as far as keeping neat and clean is

concerned, which of these two will have the strongest character? Choose for yourself. This is certainly a self evident case, which every mother should think strongly about.

To know just what to do on the spur of the moment is one of the things that every person should have some idea of, for things are always occurring in the home which should be tended to immediately, but in a great many cases the poor sufferer has to wait until a neighbor or one who knows what to do is called. Of course it is perfectly proper that one experienced should be called, if the accident is serious, but not necessarily first.

And in hygiene as in hundreds of other instances, we are told how to act and where. We do not remember all the little details of each case, but a general idea of things is obtained by each and every one.

The last subject upon which I shall dwell is that of nursing

in the hospital. As I expect to make this my life work I naturally think this the weightiest topic.

The work of a nurse is as a usual thing much harder in the hospital than in a home.

First the hospital should be some short distance from the city or town. It should be well ventilated.

If it has no especial arrangements for ventilation the windows should be kept open enough to allow a free passage of air. No paper should be on the walls for in the first place, it is a store house for germs, and in the second, if the patient happens to be of a nervous temperament the figures on the paper will annoy him very much.

The walls should be plastered, no carpet should be on the floor, for the same reasons, matting or a rug or two may be used.

Lace curtains or circulars of any kind should not be used. A rocking chair if used

in the room should be kept out of sight of the patient.

Fragrant flowers, of the milder colours may be brought into the room in the form of a bouquet.

The nurse should either sleep in the same room on a couch, or else have a room adjoining her patients.

Here she should keep all kinds of restoratives, and some substantial food, which she may need.

The nurse should not wear heavy dresses of any kind, but her attire should be plain and neat. A close watch should be kept of the patient's pulse, also of all her symptoms, her sleep etc.

The light from the windows should never be allowed to fall directly upon the patient's face. A room for the sick should if possible have the morning sun. During sleep the patient should be noticed several times, and as to the medicine, it should never be neglected, unless the patient

is asleep, and needs sleep more than medicine.

Now as to nursing in the home, there should always be some one in the home who can be responsible for the patient and to the physician, as two or three persons taking orders, and reporting symptoms will invariably make confusion and mistakes.

The directions of a trained nurse will equally apply to a mother, sister or daughter.

A nurse is never called to a private family until the rest of the family are worn out, with care and anxiety, and when she arrives, even if tired from her journey, she must take up her work, without being told. For she has a precious life entrusted to her.

A pleasant personal appearance will go far toward inspiring confidence, and it can be secured by neatness, and cleanliness, and a pretty, but simple arrangement

of the hair. The hands should be kept perfectly smooth, and this can be done by using a few drops of glycerine in the wash water.

The servants should not be caused unnecessary trouble, and any extra trouble on their part should be acknowledged pleasantly.

Let them know you came to share not to increase their work.

As far as the family are concerned they have a right, to expect a cheerful, helpful spirit in all things. Do not be petulant to them in any case.

You should be willing to accommodate yourself to their habits and circumstances, your time belongs to those who employ you.

If the patient is seriously ill rest can only be had when some of the family can come for him.

All wraps and bonnets should be removed before entering a sick room, and whispering should never be allowed. Upon greeting

a patient for the first time a pleasant hour or two is sufficient.

Sitting upon the bed, reading newspapers or leaves of books is one of the things that must never be done.

Never speak to your patient about your own petty troubles.

Without a quiet, cheerful, Christian faith no woman is properly fitted for the position of nurse.