Commencement Thesis

June 10, 1896.

Sadie Dr. Stingley.
Contents

Food.
Adulterations
Hygiene Class.
The Sick.
Clothing, for all classes.
Shift of Clothes.
School girls Clothes.
Character from clothes.
Accidents in the Home.

Hospital nursing
Sanitizing of Rooms.
Duties of the nurse.
Room arrangement.
Nursing in the Home.
Appearance of the nurse.
Duties of the Visitors
Actions of nurse toward the patient.
Typical in Relation to the Home.
At all the influences which determine the life of the individual and on which his meal and rest 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.

In 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, be a moral 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 to be 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 being can to change more or less by changing the nature of the food.

The course one gets in hygiene is something that every human should consider indispensable. It is such training as this 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 she is 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.

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

For we are taught to save, “Save the pennies and the dollars will save themselves,” this is instilled into every girl’s mind in hygiene.

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

In cooking things which are a short in which 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 instructors.

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

An abundance of anything 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 boldness, 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 promptly, and all of it should be restored 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 can
make well.

The matter of adulterations
is one upon which we dwell for
guile a while, although it is not
very good for the appetite, it is
well to be informed as to just
how many naps these are in
this world of making things out
of nothing, and how we which
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 H₂SO₄ 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.

To 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 suitors and admirers. But to a people living as we do in the busy "hush-drum" 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 neat, with little expense, and with less time.

And 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 judgment we use in selecting this clothing.

A neat dress for morning may be made of gingham, and nearly made and put on to the test.
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 machine-wash 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 home 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 on looks than on 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 skirts hanging in a disorderly way, do any of these 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 taking in all free and easy manner. But that scene is as easy to picture as one of a man neatly dressed in fine clothes, in 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 master should think strongly about.

To know just what to do at the spur of the moment is one of the things that every person should have some idea of. Yet things are always occurring in the home which should be attended to immediately, but in a great many cases the person suffers. I have 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 this case as in hundreds of other instances, we are told how to act and when we do not remember all the little details of each case, but a general idea of things is obtained by each and everyone. The last subject brings us back to the last day of nursing.
in the hospital. As I expect to make this my life work I naturally think this the lightest topic.

She must if a nurse is as a normal 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 special 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 them 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 curtains of any kind should not be used. A rocking chair is used.
in the room should be kept out of sight of the patient.

Fragrant flowers, of the milder colors than to 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 the patient. Here she should keep all kinds of restoratives, and some substantial food, which she may need.

The nurse should not near 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, then sleep etc.

The light from the windows should never be allowed to fall directly upon the patient's face. A rooster for the sick should if possible have the morning run. 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 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, must 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 begetlant 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 care for him. All wraps and blankets should be removed before entering a sick room, and whispering should never be allowed. Upon greeting
a patient for the first time a pleasant bow or bow is sufficient.
Sitting up on the bed, rattling newspapers or boxes of books is all
the things that must never be done.
Beter 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.