

HEALTH AND HOME NURSING

BY

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G. P. PUTNAM'S SONS

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Made in the United States of America

TO
MY MOTHER

FOREWORD

RECENT studies show that there has been a steady and rapid growth in the teaching of home nursing in high schools, normal schools and colleges throughout the country. This is primarily due to the realization on the part of curriculum builders that home nursing courses as now organized and taught make a valuable and effective contribution to the health education program of our schools. This text has been written primarily to fill the need which has arisen with this growth.

The author of this book is convinced that the study of home nursing can effectively begin with an attempt to give a broad understanding of a few of the fundamental scientific contributions which differentiate the homes of today from the homes of past ages. In the brief historical survey and throughout the book, the development of a scientific attitude, which includes the appreciation and proper use of the expert in the modern home, is stressed.

The material has been arranged in what is considered to be a teachable order. Many instructors, however, may prefer using the historical discussion as material for reference or for special reports, instead of as introductory to the chapters on home nursing techniques. Only those activities and procedures have been included which are practicable for use by the untrained person in the home. Teaching material, which is designed to illustrate and

supplement the material of the text, is given at the end of each chapter. A list of supplementary reading suggests additional sources of information.

The author is greatly indebted to Miss Isabel Stewart, Director of Nursing Education at Columbia University, to Miss Anne Stevens, formerly General Director of the Maternity Center Association, and to Miss Marguerite Wales, General Director, and Mrs. Gertrude Small, Educational Director, of the Visiting Nurse Service of Henry Street Settlement, for valuable criticisms and suggestions for the improvement of the manuscript; to Miss Margaret Elliott, Instructor in the Presbyterian Hospital Training School for Nurses, for assistance in regard to nursing technique; to Mr. Orlando B. Willcox for photographs made; to Mr. Charles May and Mr. Henry L. Abbott for charts and drawings made; and to Mrs. Henry L. Abbott and Mr. Kermit Bryseth for valuable assistance in the preparation of the manuscript.

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Acknowledgment is made to the following organizations for their generous courtesy in allowing the use of their charts and photographs: The Child Development Institute of Teachers College, Columbia University; The Visiting Nurse Service of Henry Street Settlement;

The Junior Red Cross Journal; The Frontier Nursing Service; The Maternity Center Association; The Metropolitan Life Insurance Company; The National Organization for Public Health Nursing; The National Safety Council; The National Tuberculosis Association; The Library of the New York Academy of Medicine; The Educational Department of the Department of Health of the City of New York; G. P. Putnam's Sons, Publishers.

INTRODUCTION

THE PURPOSE OF A HISTORICAL SURVEY

THE value to the practical person of any history lies not so much in what it tells him of the past as in the light it throws for him on the present.

We are all aware that many of our beliefs and practices in the field of health should have been discarded along with puffed sleeves and high-wheeled bicycles. For our comfort, our safety, and our pride, we see to it that our automobiles and our clothes are up-to-date, but we often cling to methods of caring for our health, to remedies and cures, that are not only old-fashioned but often ancient and much more likely to undermine our comfort and safety than the other "old stuff" we so gladly consign to the dump heap as trash or to the museum as merely curious.

Whether a given method of caring for one's health is modern is not, of course, so important as whether it is reliable and effective. The *good* old-fashioned remedy certainly exists and deserves our respect. It is the *bad* old-fashioned remedy which we should be on the alert to supplant with what has been proved better.

How can we, who wish to care for our health in the best possible way, learn to discriminate between good procedures and those that are useless or even harmful?

We are assaulted on all sides today by health talk. Advertisements in newspapers and magazines, in street cars, in buses, and on billboards, the sales talk of our druggist, the enthusiastic eulogies of the followers of a dozen different cults all attempt to win our patronage. How are we to choose?

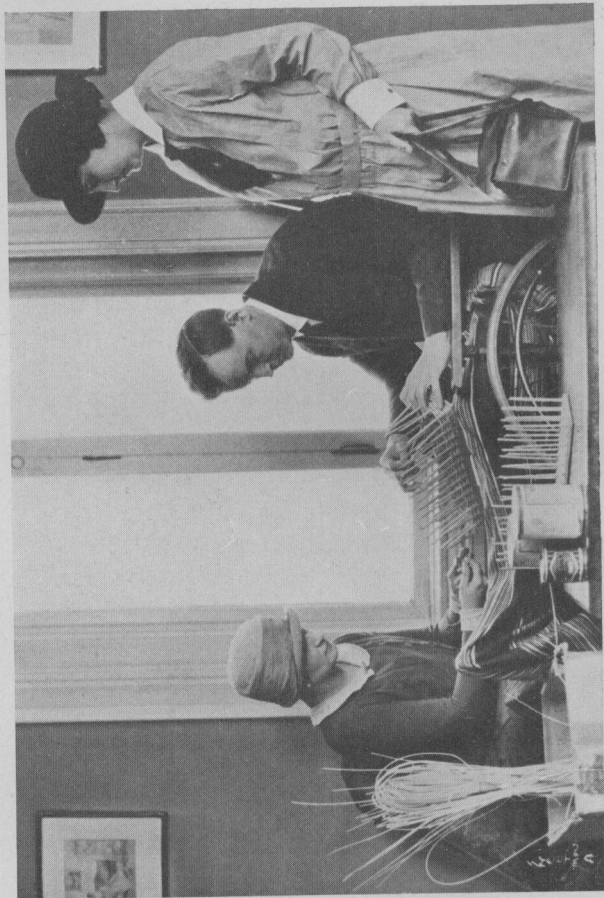
Those of us who are not able to give the time to an intensive study of all that affects health will be wise to rely on the accredited expert, on the scientist and the physician who devote their lives to such a study.

But why, many still ask, is the word of the scientist trustworthy? Are the tests to which he puts his theories valid? Why are his remedies better than those our grandmother used in her time? The answers to these questions are important to every person of today.

The historical chapters that follow, as well as the historical discussions in the home nursing chapters, will give some clues to the answers. They will show some of the ways in which men have tried to combat disease in times past and why they failed. They will show briefly how methods of fighting disease that have proved to be more reliable than any that superstition or chance furnished our ancestors were gradually developed. They will show how, not so very long ago, men found that there are dependable ways of safeguarding health as well as reliable ways of restoring health that has been undermined by disease.

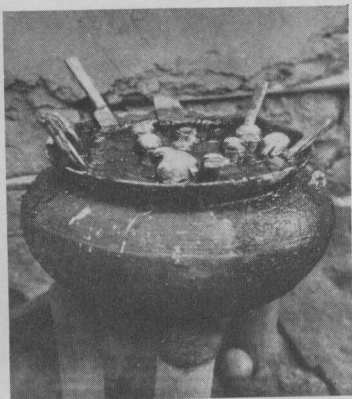
Of course the scientist is the first to admit the incompleteness of his knowledge. But the evidence grows daily of the value of what he already has. No one who appreciates, even in the most general terms, the contrast between the outlook for health in the world of yesterday

and the outlook today can fail to regard with respect the scientific methods and point of view which have wrought the change. With such an attitude comes inevitably a new standard for the home nurse and a better outlook for health in her home.



THE HOME NURSE'S ALLIES

Occupational Therapist and Visiting Nurse Helping With the Care
of a Chronic Invalid.

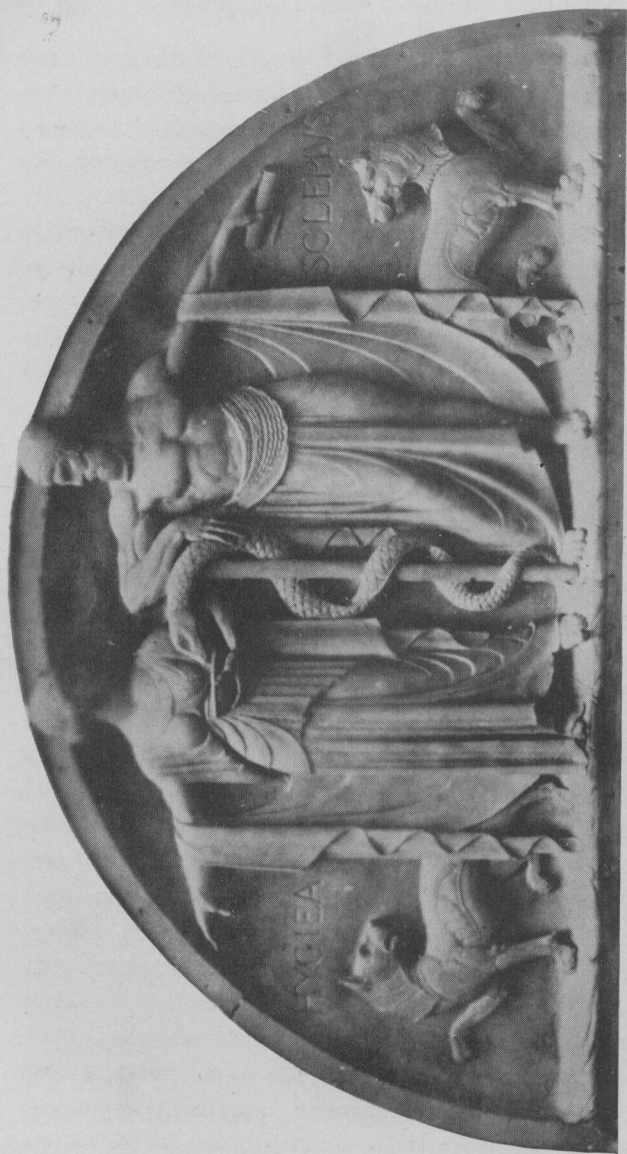


"JU JU" POT PUT BY A WEST AFRICAN NATIVE OUTSIDE THE DOOR OF HIS HOME TO WARD OFF EVIL SPIRITS OF DISEASE

In the Fluid Are Chips of Wood and Mosquito Larvæ; Eggs Are Floating on Top; and Around the Edge Are Knives With Handles Protruding.



DEVIL DANCERS EMPLOYED BY THE SICK IN CEYLON TO DRIVE OUT THE EVIL SPIRITS THOUGHT TO BE RESPONSIBLE FOR ILLNESS



ÆSCULAPIUS, GOD OF MEDICINE, AND HYGEIA, GODDESS OF HEALTH



THE HEAD OF THE FRONTIER NURSING SERVICE AND
HER CORPS OF MOUNTED NURSES, READY FOR
SERVICE IN THE MOUNTAINS OF KENTUCKY



Frontier Nursing Service

CLINIC DAY IN THE KENTUCKY MOUNTAINS

Note Patients Bringing Home Products to Pay Their Clinic Fees.



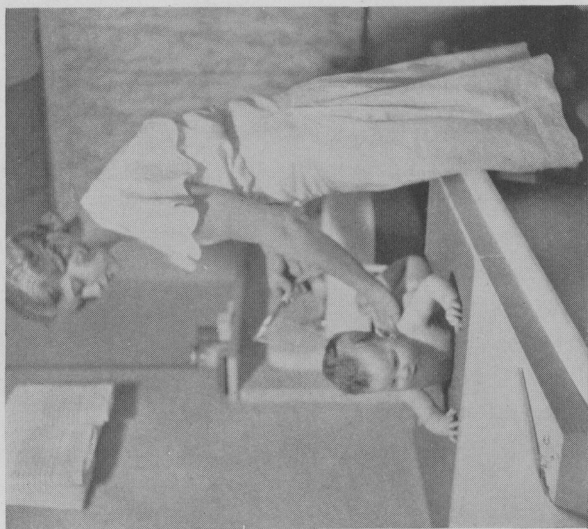
From a Painting in the Ferdinandeum, Innsbruck

BATHING A BABY IN MEDIEVAL TIMES

Note Nurse Testing the Temperature of the Water With Her Foot.



GIVING THE BABY A SUN BATH
ON HIS BATHING TRAY



GIVING THE BABY A SPRAY BATH



Henry Street Visiting Nurse Association

VISITING NURSE DEMONSTRATING A TABLE BATH
IN THE HOME



Maternity Center Assoc.

DEMONSTRATION OF A LAP BATH