



# MODERN METHODS

IN

# NURSING

BY

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FORMERLY ASSISTANT MATRON AT ADDENBROOKES' HOSPITAL,  
CAMBRIDGE, ENGLAND; FORMERLY SUPERINTENDENT OF NURSES  
AT THE POLYCLINIC HOSPITAL, PHILADELPHIA, AND AT THE  
MASSACHUSETTS GENERAL HOSPITAL, BOSTON

*SECOND EDITION, THOROUGHLY REVISED*

"The knowledge that will hold good  
in working—cleave thou to that"

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## PREFACE TO THE SECOND EDITION

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IN preparing a revised edition to *Modern Methods in Nursing* I have done my best to find out what changes have been accepted during the last four years, since the first edition was published. In surgical technic the tendency at present is greatly to simplify methods; in some hospitals, for example, the preparation of the field of operation is reduced to a thorough washing with a tincture of green soap and water; others use washing followed by painting with a weak solution of iodine. As already, however, a strong feeling is growing that the older, more rigid, and elaborate technic is safer and produces better results, it seemed better to leave the formulæ of surgical technic practically unaltered, on the principle that the greater includes the less.

My thanks are very specially due to the nursing staff of the Massachusetts General Hospital, especially to the nurses of the operating-room for much valuable and courteous help; to the dietitian of the Peter Bent Brigham Hospital, Miss S. McCullough, and her assistants for help in the chapter on Diets in Disease, and to Dr. E. P. Joslin for permission to attend his clinic for diabetics at the Deaconesses Hospital, Boston.

The chapter on Elementary Bacteriology has been revised by Dr. Albert Steel, of the bacteriologic laboratory of the Massachusetts General Hospital.

GEORGIANA J. SANDERS.

BRYN MAWR, PA.



## PREFACE

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IN preparing a text-book that shall fit the curriculum required by a modern training-school, one has to face the drawback that some of the subjects which must be presented can be but very superficially appreciated by the writer. Properly speaking, such subjects as *bacteriology*, or *materia medica*, presented in however elementary a form, should be treated by those whose special study of the subjects qualifies them to speak with authority, a vantage ground which we as nurses are, obviously, far from claiming. The same is true of such matters as descriptions of symptoms and suggestions of remedies.

At the same time, those of us who have been for many years engaged in adapting such knowledge to the requirements of nursing, realize that it is often as important to have an interpreter as to have exact scientific information on these subjects. As such an interpretation the chapters on *elementary bacteriology* and *theories of immunity* are specially presented, leading as they do to the principles governing all our modern methods of nursing, and determining in particular all the details of surgical technic.

In writing the chapters I am indebted to many excellent lectures given in one or other training-school with which I have been connected, while for the practical and technical details involved I have gone as carefully as I could into those adopted by the leading hospitals in America, as well as those with which my own work has made me familiar, especially the Polyclinic Hospital, Philadelphia, and the Massachusetts General Hospital, Boston. On this point my thanks are specially due to the Johns Hopkins Hospital, Baltimore, the Pennsylvania Hospital, Philadelphia, and the Philadelphia Hospital. Where I have used a text-book I have, for the sake of simplicity, kept to the one with which I was most familiar in teaching, H. U. Williams' *Manual of Bacteriology*.

In the chapters on *food* and *food values* I have, for the same reason, used chiefly Miss Farmer's well-known book on invalid cookery. The chapter on *dieting* is compiled chiefly from the dietaries in use in various hospitals, especially the Polyclinic Hospital, Philadelphia, and the Massachusetts General Hospital, Boston.

Other text-books that have been used are Dock's *Materia Medica for Nurses*, the various text-books on nursing, and A. A. Stevens' *Manual of the Practice of Medicine*. A great deal of matter used has, however, been so long in my own note-books that, gathered originally merely for practical purposes, the source has been lost sight of, and I have made use of it not without some misgiving that, in so doing, I may prove myself an unwilling and unconscious plagiarist.

My thanks are also due to members of the nursing staff of the Massachusetts General Hospital, the Children's Hospital, Boston, and the Johns Hopkins Hospital for the charts reproduced; and to the authorities of the Polyclinic Hospital, Philadelphia, for permission to make many of the illustrations in their wards.

GEORGIANA J. SANDERS.

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