

death for men, and what the laws of health for wards (wards are healthy or unhealthy, mainly according to the knowledge or ignorance of the nurse), are not these matters of sufficient importance and difficulty to require learning by experience and careful inquiry, just as much as any other art? They do not come by inspiration to the lady disappointed in love, nor to the poor workhouse drudge hard up for a livelihood." (p. 75.)

"It is, I think, alarming, peculiarly at this time, when the female ink-bottles are perpetually impressing upon us 'woman's particular worth and general missionariness,' to see that the dress of women is daily more and more unfitting them for any 'mission' or usefulness at all. It is equally unfitting for all poetic and all domestic purposes. A man is now a more handy and far less objectionable being in a sick room than a woman. Compelled by her dress, every woman now either shuffles or waddles; only a man can cross the floor of a sick room without shaking it! What has become of woman's light step? the firm, light, quick step we have been asking for?"

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"The fidget of silk and of erinoline, the rattling of keys, the creaking of stays and of shoes, will do a patient more harm than all the medicines in the world will do him good. The noiseless step of woman, the noiseless drapery of woman, are mere figures of speech in this day. Her skirts (and well if they do not throw down some piece of furniture) will at least brush against every article in the room as she moves. Fortunate it is if her skirts do not catch fire, and if the nurse does not give herself up a sacrifice, together with her patient, to be burnt in her own petticoats." (p. 26.)

Miss Nightingale pleads, most eloquently the cause of humanity. She tells you how to abate sufferings, and tells it in language so nervous, so simple, so forcible, that the manner must interest even those who may, naturally, be indifferent to the matter. She says:—

"If a patient is cold, if a patient is feverish, if a patient is faint, if he is sick after taking food, if he has a bed-sore, it is generally the fault, not of the disease, but of the nursing." (p. 6.)

After describing four ways by which patients are starved to death by mismanagement, Miss Nightingale says:—

"I cannot too often repeat that patients are generally either too languid to observe these things, or too shy to speak about them; nor is it well that they should be made to observe them; it fixes their attention upon themselves. Again, I say, what *is* the nurse or friend there for except to take note of these things, instead of the patient doing so." (p. 62.)

"All hurry or bustle is peculiarly painful to the sick. And when a patient has compulsory occupations to engage him, instead of having simply to amuse himself, it becomes doubly injurious. The friend who remains standing and fidgeting about while a patient is talking business to him, or the friend who sits and prosés—the one from an idea of not letting the patient talk, the other from an idea of amusing him—each is equally inconsiderate. Always sit down when a sick person is talking business to you, show no signs of hurry, give complete attention and full consideration if your advice is wanted, and go away the moment the subject is ended.

"Always sit within the patient's view, so that when you speak to him he has not painfully to turn his head round in order to look at you. Everybody involuntarily looks at the person speaking. If you make this act a

wearisome one on the part of the patient, you are doing him harm. So also if by continuing to stand you make him continuously raise his eyes to see you. Be as motionless as possible, and never gesticulate in speaking to the sick.

"Never make a patient repeat a message or request, especially if it be some time after. Occupied patients are often accused of doing too much of their own business. They are instinctively right. How often you hear the person charged with the request of giving the message, or writing the letter, say half an hour afterwards to the patient, 'Did you appoint twelve o'clock?' or 'What did you say was the address?' or ask perhaps some much more agitating question, thus causing the patient the effort of memory, or, worse still, of decision all over again. It is really less exertion to him to write his letters himself. This is the almost universal experience of occupied invalids.

"This brings us to another caution. Never speak to an invalid from behind, nor from the door, nor from any distance from him, nor when he is doing any thing. The official politeness of servants in these things is so grateful to invalids, that many prefer, without knowing why, having none but servants about them." (p. 28.)

We need not recommend the work; these details are the best advertisement. Who of us has not, occasionally at least, sickness to tend? And even the most healthy may get valuable counsel from Miss Nightingale's "Notes."

MEDICAL COLLEGES FOR WOMEN.

THESE are as yet peculiar to our country; though institutions for the instruction of women in Midwifery and Nursing are found throughout the world; civilized and barbarian, Christian and pagan alike giving the care of woman in her hour of sorrow to her own sex, excepting the people of Great Britain and the United States.

The female Medical Colleges of our land will, we trust, before many more years are passed, restore the practice of Midwifery where it belongs (both by nature and revelation), to woman. Miss Nightingale's success in her curative mission will have a mighty influence in awakening our Anglo-Saxon friends over the water to the necessity of medical instruction for the sex; hospitals are now preparing where women are to have more opportunities of testing their talents for the healing art, and proving that they are capable of performing the duties, which, as physicians for women and children, devolve on them.

THE FEMALE MEDICAL COLLEGE OF PENNSYLVANIA has been very successful. We take the following from its last circular:—

"The eleventh annual session of this institution will commence on Wednesday, the 17th of October, 1860, and continue five months. In issuing this Announcement, the Faculty congratulate the friends of the cause on a new and very important means of success. Through the active exertions of our Board of lady managers and the noble benevolence of liberal friends, a fund has been secured which insures the opening, at an early day, of a Hospital for Women. The College has, at present, ample means of imparting thorough scientific instruction on the various branches of medicine, the lectures and demonstrations being aided by an excellent museum of Papier Mache Models, Drawings, Natural Preparations, Microscopes, and other apparatus. The opening of a Hospital under the auspices of the College will afford to students

facilities not heretofore possessed for the acquisition of *practical* knowledge, and the means of obtaining that familiarity with disease and skill in its treatment, so necessary to the young physician. It will indeed mark an auspicious era in the history of our enterprise. The united facilities afforded by the College and Hospital will be invaluable to ladies seeking a medical education, and will, we hope, meet the wants of students, and leave but little further to be desired."

Two of the Faculty in this College are ladies; and the friends of the institution are highly gratified with the result of the enterprise.

THE NEW ENGLAND FEMALE MEDICAL COLLEGE is also flourishing. Three of the Faculty are ladies. The prosperity of the institution has been steadily on the increase, and the purchase of a College building and a Hospital for women and children, valued at \$50,000, places the institution on a permanent foundation. *The education of Nurses for the sick* is one of the objects of this College. Several generous bequests have been made, and scholarships instituted. Altogether the friends of woman have much reason to be grateful for the prosperity of this College.

We may yet see an American woman emulating the example of Florence Nightingale in her zeal and energy to ameliorate human sufferings.

THANKSGIVING—the *new National Holiday*.—We must advert once more to this grand object of nationalizing Thanksgiving Day, by adopting, as a permanent rule, the *last Thursday in November* in all the States. Last year, 1859, *thirty States and three Territories* held Thanksgiving on the same day—the last Thursday in November. This year we hope that every State and Territory will be included in the list. Last year this Thanksgiving was observed by the American residents in Paris, Berlin, and Berne; in the last two cities the American ministers to Switzerland and Prussia took the leading part in the festivities. Thanksgiving was also held on board two of the American squadrons, that of the Mediterranean and the African; and, moreover, several of the American missionary establishments in foreign lands have signified their willingness to set apart the day named.

This year the *last Thursday in November* falls on the 29th. If all the States and Territories hold their Thanksgiving on that day, there will be a complete moral and social reunion of the *people* of America in 1860. Would not this be a good omen for the perpetual political union of the States? May God grant us not only the omen, but the fulfilment is our dearest wish!

SEWING MACHINE CLUBS.—In country places these clubs might be formed with much advantage, as few families need the entire aid of a good Sewing Machine.* Suppose *ten families* unite; the cost of a good machine, without a case, which would be an incumbrance in removing from house to house, a box covering the top is sufficient—would be from \$50 to \$75, say six or seven dollars per family. For this sum each family would have the use of the machine during thirty-one working days of the year, which would be sufficient to do all the sewing needed. The time might be so divided as to give each family two and a half days per month. Should five

* Wheeler & Wilson, 505 Broadway, New York. Agent, Henry Coy, 628 Chestnut Street, Philadelphia.

families unite, then double time for double cost of the machine would be insured. There are advantages besides the mere labor and time saved. A popular writer has well said of these Sewing Machines:—

"Their general introduction would do more to diffuse knowledge of mechanical powers, than could be accomplished by any other possible method. Not only would wives and daughters become enlightened upon a subject now dark to them, but the boys under their charge, the men in miniature, would have their curiosity aroused in contact with the finest and most effective species of machinery of modern times. Who has not observed the desire of children to see the inside of a watch or clock, the mechanism of which is too delicate for exhibition? They are philosophers in embryo, and the Sewing Machine, combining as it does many of the mechanical powers, would be to them as a study, and in this respect only, of a value greater than that of pictures, statuary, etc., for the cultivation of taste."

SUBSCRIBERS TO THE PICTORIAL MOUNT VERNON.—The following names have been received since our last report:—

Mrs. Mary Chesnut, \$12, Camden, S. C.
L. E. Barney, \$1, Elmira, N. Y.

MISS S. J. HALE'S BOARDING AND DAY SCHOOL FOR YOUNG LADIES, 922 Spruce Street, Philadelphia.

This school is designed to give a thorough and liberal English education, to furnish the best facilities for acquiring the French language, and the best instruction in music and the other accomplishments. An accomplished French teacher resides in the family, and also an excellent teacher of music, who gives her personal attention to pupils while practising. The moral training and the health and physical development of the scholars are carefully attended to.

References: Mrs. Emma Willard, Troy, N. Y.; Henry Vethake, LL.D., Wm. B. Stevens, D.D., Wm. H. Ashhurst, Esq., Louis A. Godey, Esq., Philadelphia; Charles Hodge, D.D., Princeton, N. J.

TO OUR CORRESPONDENTS.—The following articles are accepted:—"What the World Said"—"Autumn Rain"—"To M. G."—"A Night of Terror"—"Crochet Work"—"A Story for Wives"—"Oh, where's the spell, etc."—"A Memory of Godey's Lady's Book" (we shall select a few passages from this)—"The Father's Prejudice" (when we have room)—and "Heaven."

The following articles are declined: "Night"—"To a Youth"—"O Earth is bright, etc."—"Seeking Truth"—"Song"—"The Great Eastern"—"The Steam King"—"Japan and our Guests"—"A Trial"—"Let me weep"—"I saw her not"—"The last and the best"—"Voices"—"Old Stories in a new dress"—"Life" (the writer had better try again)—"The way I would not go"—"Sleeping and Waking"—"Night"—"Harvest Home"—"Mistakes of the Press"—"My Mother's Story"—"The Torpedo"—"Home at Last"—"A Hospitable Invitation"—"Autumn"—"A Mother's Song" (we have not room for the whole; the conclusion is tender, and will find a response in maternal hearts.)

"There! thou art nearer to my breast,
My heart is close to thine;
Let all thy little troubles rest
Upon this love of mine.