

Almoner

The nurse who is a good organiser and has plenty of tact may find a useful and interesting post as a hospital almoner. Prospects are good and, although the almoner's post is a full-time one, a nursing training is an excellent extra qualification.



Miss Salmon, the almoner at the Hospital for Sick Children, Great Ormond Street, London, has six assistants to help her with the work. Our photograph shows her in her office at the hospital.

experienced almoner, with practical work in London and in the provinces. Part of this practical work must be in London and a minimum period must be in the provinces so that conditions in both places may be learned.

The university course may be taken at the Universities of London, Oxford, Birmingham, Bristol, Dublin, Edinburgh, Glasgow, Leeds, Liverpool and Newcastle. In London, there is the Bedford College, King's College and the London School of Economics. Fuller details may be obtained from the Institute of Hospital Almoners.

Cost of Training

While the work of the almoner is very suited to a nurse, and the duties are interesting with good prospects, the training is expensive for the average nurse. The fee payable to the Institute is twenty-five guineas, with five guineas for four months' family case work training, while the university fees vary from thirty to fifty guineas for the two years' course. This makes, very roughly, a total of sixty to eighty guineas for the three years—not a large figure for such training, but expensive if the nurse has to keep herself in the meantime. It should also be remembered that before being trained candidates must be selected by the Institute as suitable and of a good educational standard.

Prospects.—The salary is from £200 a year upwards. The hours are, as a rule, from nine to five, with probably one Saturday free in every four, otherwise from nine to one.

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In the series just completed, as wide ground

has been covered as is thought useful for nurses as a whole. There are, of course, various other posts for which nurses may be temperamentally suited which are less related to nursing work and have therefore been omitted. If, however, any reader desires information on a special line, she should write to *Your Questions Answered*.

In the next issue a final article will be published giving advice generally as to seeking new posts and wider training. Any nurse with individual problems is invited to ask for advice.

MASSAGE BY WATER

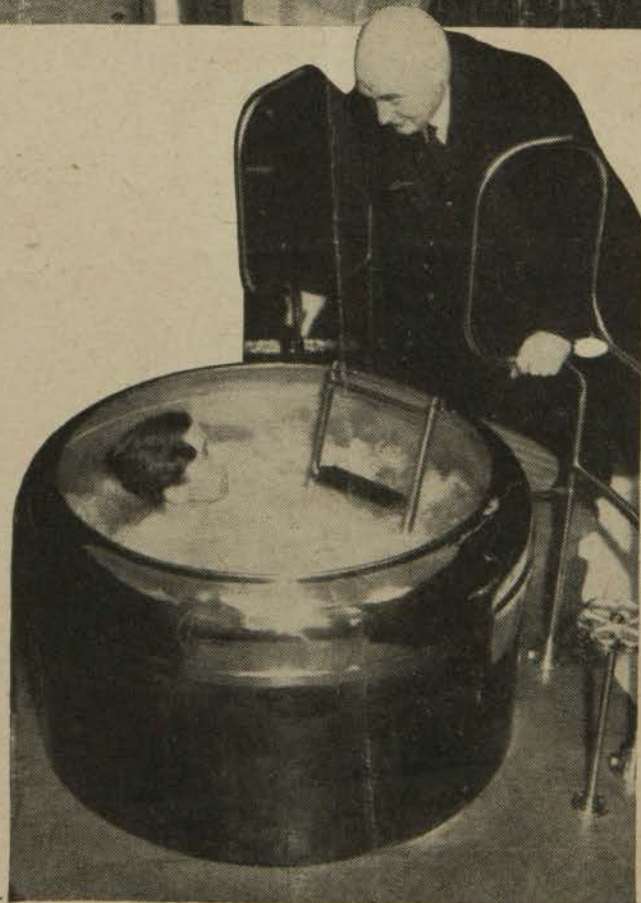
in the Treatment of Rheumatism



The aerotone bath in use at an Edinburgh physio-therapy clinic.

A NEW therapeutic bath, the invention of Professor William Oliver, of Edinburgh University, has been recently introduced into various clinics in Scotland for the treatment of rheumatism. The bath is made in the shape of an upright cylinder with inner and outer compartments. The patient sits in the inner cylinder and the bath is filled with water to the required level at a temperature of about blood heat. Compressed air is then introduced through apertures at the foot of the bath, causing an inrush of small bubbles and a strong upward current of water. A similar process in the outer cylinder causes an upward flow in the outer cylinder which overflows into the inner cylinder at the level of the patient's shoulders, causing a conflict between downward and upward currents of water. This produces a massage effect as from a vibrating water hammer over the whole body of the patient.

The bubbles released in the rushing water also have a sucking effect on the surface of the skin, which speeds up the circulation. This effect continues long after the bath. Remarkable improvement has been shown in severe cases of arthritis and rheumatism.



For the Quiet Moment

MELODY IN

This is the fourth
quiet moment of

Nearer, my God, to Thee,
Nearer to Thee :
E'en though it be a Cross
That raiseth me,
Still all my songs shall be
Nearer, my God, to Thee,
Nearer to Thee

No. 4: NEARER, MY GOD, TO THEE

Genesis 28, v. 11-12: And he lighted upon a certain place, and tarried there all night . . . and he took one of the stones of the place and put it under his head . . . and he dreamed, and beheld a ladder set up on the earth, and the top of it reached to heaven, and beheld the angels of God, ascending and descending, on it.

EVERY note of this hymn, like the lark's, rises higher and higher above the earth. Set to music it should be sung briskly, blithely. There is not a sombre line nor the shadow of sadness. We can understand why the late King Edward VII admired its sentiment. But it was not written by a man, but by an ailing, delicate woman. Sarah Flower Adams, its author, was the younger daughter of Benjamin Flower. He had suffered imprisonment for expressing in his paper, the *Cambridge Intelligencer*, a defence of the French Revolution. Sarah Flower married William Bridges Adams, a civil engineer, in 1834. She was tall and beautiful in appearance, in temperament swift and quick witted. Her health was undermined by nursing her sister, a consumptive. But nothing could quench the flame of her spirit or defeat her gay and courageous soul. The hymn is based on Jacob's dream at Bethel. Jacob has

won, and they can be won on "the inglorious battlefield of the bed and physic bottle." I remember that it was there that Robert Louis Stevenson taught his generation "to spin the great wheel of earth about" to the tune of "laughter, song and shout." Against a background of the memories of persecution, the experiences of bereavement and suffering, Sarah Flower Adams soared upwards, "on joyful wings, cleaving the sky." I go back to St. Paul, who taught me "to rejoice in tribulations," above all to Christ, who said that sorrow itself could be turned into joy. But how can my cross raise me, my stony pillow become bright with dreams, the upward way, steps unto heaven, my "stony griefs" an altar of praise? Our hymn teaches me victory when all my songs shall be of the nearness of God, and my waking thoughts "bright with his praise." And I have but to lift up my eyes to lift up my heart:—

Two men looked out of prison bars
One saw mud and one saw stars.

For Prayer

Let my song rise like a fountain night and day,
let it spring fresh and clean like shining crystals
of pure water, let it catch the stream of light and
reflect all the rainbow colours. Let all my fresh
springs be in Thee, O God. Then shall I learn to
rejoice in tribulations, turn the hard pillow into a
palace of dreams, the dreariness of the way into
a pilgrim's song, and agonies and fears into rapture.
When Thou hast taught me to praise, I
shall know how to pray, and having learned to
pray I will ask for nothing but Thyself. For the
rest—be it unto Thy servant according to Thy
word.

WHICH IS YOUR CHOICE OF NURSING CAREERS ?

ADMINISTRATIVE POSTS.

a. Matron.* b. Assistant Matron.* c. Housekeeping Sister, etc.*

PUBLIC HEALTH WORK.

a. District Nurse.* b. Health Visitor.* c. Sanitary Inspector.* d. School Nurse.* e. Social Service.* f. Moral Welfare Work.* g. Superintendents, etc.*

MIDWIFERY.

a. Municipal Midwife.* b. Private Midwife or Maternity Nurse.* c. Midwife-Teacher.* d. Supervisor of Midwives.*

TEACHING POSTS.

a. Sister-Tutor.* b. Ward Sister.*

PRIVATE WORK.

a. Private Nurse (attached to a co-operation, nursing association, etc.)* b. Owner of a Nursing Home or Co-operation.* c. Daily Visiting Nurse.*

NURSING OVERSEAS.

a. With the Services (Navy, Army and Air Force).* b. As Missionary Nurse.* c. Government Posts.* d. On board ship (as Nurse, as Stewardess).* e. Miscellaneous.*

INDUSTRIAL WORK.

a. Factory and Store Nurse.* b. Insurance Work.*

MISCELLANEOUS WORK.

a. Masseur or Masseuse.* b. Dietitian.* c. Chiroprapist.* d. Public School Nurse.* e. Dental or Surgery Nurse to a Doctor.* f. Canine Nurse.* g. Nurse in a druggist's store, etc.* h. Dispenser.* i. Almoner. j. Laboratory work.*

Subjects dealt with in previous articles are marked with an asterisk. We shall be glad to advise or answer questions on any points arising from these articles.

THE scope of the work of a hospital almoner has of late years increased considerably and she is now employed in a number of hospitals, including those under municipal authorities. At Great Ormond Street Hospital for Sick Children the almoner has as many as six assistants, so that it will be seen that her office is an important place.

The work of an almoner is, for the most part, suitable to be carried out by a trained nurse, providing, of course, that she is also a trained almoner, and really well educated, even though nursing forms no part of an almoner's essential qualifications. The majority of the almoner's duties come within a radius where the nurse has already worked but in a different capacity.

The duties fall into three classes. The first of these lies in co-operation with the medical staff. The nurse is accustomed to working with medical men and this will come easily to her. She has to report to the doctor on the state of the patient's home, or any difficulties he may have, and she must arrange for convalescence and for special

Careers in Nursing

The Hospital

diets. She must see that surgical appliances are properly worn and not put to uses for which they were not intended! She arranges for the district nurse to attend where she is needed, and she helps incurable patients to obtain vacancies in suitable homes. She acts, in fact, as a link between the hospitals, where the patient obtains immediate care of an acute trouble, and the home, where the patient has once more to face his ordinary life.

Dealing with Outside Bodies

The second part of an almoner's work lies with outside bodies, with whom she must co-operate just as efficiently as with the medical staff. These are the public health authorities, the schools and the Public Assistance committees. Most nurses have some experience or knowledge of the help these bodies can give, but they have as almoners to learn the channels through which they may be approached and the limits of the care they can offer to hospital patients.

The third section of duties lies rather in protecting the hospital's interests—in diverting the attendance of unsuitable patients, who should be properly referred to private or panel doctors or to Public Assistance authorities. She must also collect hospital benefits where due from approved societies and assess the patient's payments for the cost of their treatment and maintenance while in hospital. While she assists hospital patients in every way possible, she must also protect the hospital from undue expenditure and thus leave the hospital funds free for those directly under its care. This, every nurse will immediately appreciate, is useful and interesting work. It also obviously requires considerable training.

Theoretical Work

The course for training as a hospital almoner is for three to four years under the auspices of the Institute of Hospital Almoners, Tavistock House (North), Tavistock Square, London, W.C.1. The first and second years are spent in a recognised university school of social study and the theoretical work includes social philosophy and psychology, social economics, social and industrial history and public administration. Some knowledge of physiology is required, which, of course, a nurse will already possess. Students spend four months in general family case work, two of these being in full-time work under the Charity Organisation Society.

The third year is spent in hospital under an