

deferential I am in addressing my superior, man."

I would venture to suggest that for the future some experienced woman should always be consulted, concerning the details of the construction of the domestic and Nursing departments in planning a new Hospital. I know a case in which this precaution has been productive of excellent results.

Here a tap comes at the door, and in answer to "come in," a Nurse appears with a thermometer in her hand. "Please, Sister, No. 9's temperature is 102, and he complains of a sharp pain in the left side."

"Very well, Nurse, I'm coming," and so saying, she goes—leaving me with my MS. disconsolate and alone.

(To be continued.)

PRIZE ESSAY COMPETITION.—III.

"DESCRIBE, IN FULL DETAIL, A SCHEME OF DIETS FOR THE NURSING STAFF OF A HOSPITAL."

By MISS ALICE DANNATT,

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THE third subject offered for consideration and prize competition, namely, the suitable diet for Nurses, might, at the first glance, seem of third-rate importance, but when we remember that even efficiency is of little use without health, and that without health a Nurse cannot take her relative share of work, we recognise at once the importance of suitable and good food, which is, as all know, the great re-creator of the human frame.

Without food we cannot even rest, we cannot work, we cannot live. It is in a great measure food that builds us up, nourishes us, warms us—indeed food becomes our very being, and in a certain sense our life. It has been called the fuel by the consumption of which the heat and strength of the body are maintained.

Just any food will for a time keep life within us; but if we are to be strong, healthy, and capable, the food we eat must be nourishing, palatable, and enough in quantity. By enough, I do not mean that we should eat to satiety. As the body feeds on blood, and as the blood feeds (if the term may be used) on the food we eat, we see at once that the subject of wholesome food is all important to health. We are not at present considering digestion, but I will just say, food may be all that can be desired, but if by hurry, worry, or gluttony,

digestion is impaired, the natural, and, therefore, right building up and nourishing of the body does not go on, and not only this, but disease is soon produced, and distresses the system. It is not therefore what we eat, but what we digest, that is useful to us; and as we have no power over our food after it leaves the mouth, we should keep command over it there, as long as we can; there should be no hurrying it out of that department. Then, as to worry, everyone knows, or might know, how intimate is the relation between the brain and the stomach. Excitement, worry, and anxiety act first upon the brain, and through nerve disturbance interfere with the functions of the stomach. But perhaps gluttony is the greatest enemy of all to proper digestion and assimilation of food. The stomach is a part that will not be overtaxed, nor even neglected, without taking its revenge. It is an organ that people do not generally give high honour to; yet our immortal Bard, who has something to say to us about almost everything, says of it:—

"True is it, my incorporate friend, quoth me,
That I receive the general food at first
Which you do live upon: and fit it is;
Because I am the storehouse and the shop
Of the whole body. But, if you do remember,
I send it through the rivers of your blood,
Even to the court, the heart—to the seat o' the brain;
And, through the cranks and offices of man,
The strongest nerves and small inferior veins
From me receive the natural competency
Whereby they live. And though that all at once,
You, my friends, though all at once cannot
See what I do deliver out of each;
Yet I can make my audit up that all
From me do back receive the flower of all,
And leave me but the bran."

But to return to prose and Nurses' diet. In suggesting a suitable diet for Nurses, no one can say, such and such an absolute diet list will be suitable for all, for it is quite true that "What is one man's meat, is another man's poison;" therefore common sense and experience must guide each of us. Sir H. Thompson says, "No man can tell another what he ought to eat, without knowing his habits of life and work, mental and bodily, any more than, having obtained a last, representing precisely the size and peculiarities of the form of his own foot, he forthwith solemnly adjures all others to adopt boots made upon the model, and none other! Only it may be assumed that there is probably more difference between stomachs and their needs among different individuals, than among the inferior extremities." Nor is it any easier to say exactly how much food should be taken at all times—more food is needed in cold than in hot weather; we require more food for more work, less food for less work. Dr. Andrew Combe says:—"We must, if we wish to preserve our

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