

pudding wait five minutes for them. Despatch is too much the order of the dinner. Then sometimes, instead of puddings, fruit and bread; fruit in season, bought fresh and served in not too large quantities—weak human nature enjoys a small supply better than an over-abundant one—or stewed fruit with bread and rice, &c. As there are always some Nurses in Hospitals who do not eat meat on Fridays, and some, also, who do not take it on Wednesdays, there should always be fish on Friday, with a milk pudding or fruit; on Wednesday, fish and meat; or fish, and a substantial pudding.

How rarely Nurses taste soup, and yet what an abundance of soup there might be in every Hospital, not only for the patients, but for all. Many things which English women throw away every day, ought to be used for making soup. Soup, if it be well made, is nutritious, good, and spares waste. The cook should have a large stock-pot, or digester, and she should throw into it all odds and ends that are clean and fresh; bones cooked and uncooked, flesh, fowl, and vegetables, skin, gristle, &c. All these should boil in water until night, when the liquor should be strained off, and the pot cleaned, ready for the next day's use. The stock, too, is ready for the next day, and may be used in many ways, either for meat soups, vegetable soups, gravies, &c., for, by the addition of more meat, or fresh vegetables, or milk, &c., and by sometimes thickening a little with one thing, sometimes with another, many different kinds of soups may be made—white when desired, brown by adding a simple, easily-made browning. A little practice, and a little ingenuity, will produce many good soups, and prevent much waste. Of course, *all* liquor that fresh meat of any kind has been boiled in, should be added to the contents of the stock-pot.

In summer, salad should be a common dish, and stewed vegetables, seasoned and served with white or brown sauce, might sometimes take the place of pudding. In winter, dried peas and haricot beans may be used with meat; or, with the addition of a *little* stock, butter, seasoning, and thickening, may be served as a separate dish. All these things are inexpensive and are good food, while they do not require a large amount of attention from the cook—several of them, for the most part, need only a remote corner of the range, with occasional attention. Forethought and method are required—of the latter there is always a good foundation; of forethought, there should be a little more.

There should be no absolute unchanging rule in Hospital about Nurses' diet, any more than there should be in a private house. A diet table may be useful as a help; but, with a fairly good

cook, and with a Housekeeper or Matron, or both, who knows the importance of nourishing food, and agreeable change, the sinfulness of waste, and the best ways of making the most of the things that can be got, Nurses should live, not daintily, but well, and be able to enjoy that "pleasurable, contented stage" that says "enough."

Dinner being the chief meal of the day, has had a large share of attention. Breakfast being so early, must be a simple meal, but the tea, and coffee also, when it is made, should always be *hot*, not coloured water with tea-leaves or coffee-grounds floating in it. The bread and butter should be good, and tidily cut. Three or four mornings a week, eggs, or hot or cold bacon, should be allowed, and sometimes tongue or corned beef or porridge might be allowed for change. A Superintendent should preside. Half-past nine o'clock luncheon—bread and butter, or bread and cheese, with coffee, milk, or beer. Tea—bread and butter. On Sundays, jam or sweet cake, or plain dripping cakes made on Saturday; sometimes lettuce or watercress, &c. Supper—cold meat, left from dinner, or hash. On Fridays, bread and cheese. No luncheon on Sunday mornings, as breakfast is an hour later, and meat is generally allowed.

As the appetite we call thirst is more peremptory than hunger, this paper would be incomplete were nothing further said about drink. We cannot live without water. Certainly we take water in almost everything that we eat and drink, but for the satisfying of thirst, pure water is the best drink the universe affords. Sir H. Thompson says: "Thirst is a craving for the supply of water to the tissues, the only fluid they demand and utilise when the sensation in question is felt."

No fault can be found about the variety of drink generally allowed in Hospital. It is all that can reasonably be desired. Milk is the best food drink, but it should not be taken with meat, nor in large quantities. Tea, coffee, and cocoa are useful and pleasant drinks when taken in moderation, and not too strong. Beer, if taken, should be used as a tonic, and not indulged in more than once a day.

There is another tonic Nurses should take as much of, as they can get, namely, fresh air; and take it as far away from the Hospital, as far into the country, as they can. The old gamekeeper's story is full of truth and good sense. "It's indoors, sir, as kills half the people—being indoors three parts of the day; and next to that, taking too much drink and vittals. Eating's as bad as drinking, and there ain't nothing like fresh air and the smell of the woods. There's the smell of the earth, too,—'specially just as the plough turns it up—which is a fine thing, and the hedges and the grass are as

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