

quite unprofessional and uninteresting. The consequence of this is that in most Hospitals the Nurses and patients are under-fed. The quantities are all right and perhaps scientifically calculated to support and nourish the human economy. Very often the quality is good, but all its value is gone by the time it emerges from the hands of the cook. The dietary of many Hospitals, both of patients, Nurses, and servants, reads most temptingly, but in this case "things are not what they seem."

ONLY recently there has been a fresh outcry against the food provided for Nurses, and it was a very just protest. It was met by the publication of *menus* that were most misleading in point of fact. Boiled mutton, vegetables and pudding sounds as much and as good as any reasonable Nurse could desire; but nothing is said about cold plates, hardened meat, smoked potatoes and burnt rice! Generally speaking, the milk and butter are good, the eggs abominable and the meat and vegetables prepared and served in such a way that the appetite, somewhat dulled by confinement in Wards full of the sick and dying, fails altogether before food which may be good in itself, but which is utterly spoiled in its preparation.

AND it is the same in the Wards. Good meat, and plenty of it is used in the making of the beef-tea, but the preparation is carelessly concocted and is frequently as nauseous as can be, As a Nurse, I often felt ashamed to take round the diets to the really sick whose palates needed a little persuasion to tempt them to take anything at all. I used to long for the materials to prepare nicely something that they *could* take and enjoy. I must allow that the rice puddings and custards are generally good. But the sickening regularity with which they appear at the stated dinner hour would daunt the hunger of a ploughman! There are dozens of light nourishing and wholesome puddings, easily and cheaply prepared, which a little forethought might provide as a change. The digestion, to do its work properly, needs variety, and the very fact of the piles of only half-emptied rice pudding plates which the Nurse clears daily from the Wards is an eloquent protest against the frequency with which they are served up.

I WOULD suggest the fitting-up of a diet kitchen in every Hospital for the preparation of extras like beef-tea, beef-essences, broths, puddings, and other such foods which are beyond the skill and which require more care in the making than the

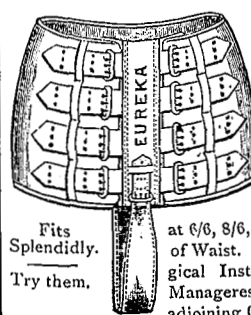
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