

Teacher of the National Training School of Cookery, London; Lecturer on Sick Room Cookery at the London Hospital, Brompton Hospital for Consumption, etc. The book appears to us to be a valuable addition to the not very extensive literature at present at our disposal on the important subject of sick room cookery.

The first chapter is devoted to the classification of foods, and food values. The next treats of the effects of cooking, and different methods employed. We are then told the diets suitable in different forms of disease, and the reasons why certain articles of food are unsuitable in certain illnesses is clearly explained. We should imagine that Miss Earle found it necessary to omit the information contained in this chapter in lecturing to the Royal British Nurses' Association, otherwise the attitude regarded as suitable for adoption by nurses, by the medical element of the Association, would receive a severe check. "Theirs not to reason why" is undoubtedly the accepted fashion of the hour.

Notes upon the ventilation, temperature, and arrangement of the sick room appear to us to be somewhat out of place in a book devoted ostensibly to sick room cookery, as also most certainly do the instructions upon poultices. The lectures on sick room cookery are of great value as being the authoritative utterances of one who has had practical experience in the craft, but we cannot help wondering what experience Miss Earle has had, entitling her to lecture on poultice making to those "professionally engaged in nursing" for whose use she tells us, in the preface, that the book is specially designed. In our opinion it is a pity this subject should have been introduced, nor can we endorse Miss Earle's instructions to "add more meal or water, as necessary" to a poultice in process of making, neither do we consider that a jacket poultice should be formed of "two separate shaped linseed poultices." We do not either endorse the recommendation that linseed poultices should be spread on muslin.

In speaking of hospital beef tea, Miss Earle says that it is often badly made, owing to the difficulty of making it in large quantities. But in many well arranged hospitals the "best beef tea" is made in small quantities. Raw beef, according to the number of patients on a fluid diet in which beef tea is included, is ordered by the ward sister on the daily diet sheet, and this important article of food is prepared by a probationer in the ward kitchen, under the direct observation of the ward sister. In this way, not only is a supply of good beef tea ensured, but, until we get a preliminary course of training in cookery, it is of definite value to probationers to learn how to prepare nourishing and palatable beef tea. The same may be said of custard, and gruel. There are exceedingly few nurses who can prepare, or give instructions for making, digestible, and appetising gruel, and yet a knowledge of the method of preparation will often serve a nurse in good stead when she launches upon a career of private nursing. We remark that in the note on the preparation of malted gruel, instructions are given that "The gruel should be well boiled and strained to separate the lumps," but, surely, well-cooked gruel should not contain lumps.

The many excellent recipes for soups will be welcomed by nurses who know the value of variety in diet for convalescents. The rules for the cooking of meat and poultry are clear and simple, indeed, simplicity and lucidity are certainly some of the merits

of this book. The difficulty of finding a variety of puddings suitable for an invalid will be solved by its possessor, while the recipes for biscuits and cakes will be welcomed by nurses on their own behalf as well as that of their patient.

The various recipes for brandy and egg mixture, egg wine, egg-nog, egg-flip, etc., will be found useful. In our opinion, if ice be allowed, an egg-flip is much more palatable, as well as being more stimulating, if crushed ice be stirred in just before serving—the ice, after being washed, should be placed in a tea cloth and pounded

Coming Events.

November 19th.—Special Meeting of the General Council of the Royal British Nurses' Association, at the Medical Societies' Rooms, 11, Chandos Street, Cavendish Square. By command of Her Royal Highness the President. 5 p.m., to consider the Draft Bye Laws.

November 22nd.—Sanitary Institute. Lecture on Scavenging, Disposal of House Refuse, by Charles Mason, Assoc.M.Inst.C.E., A.R.I.B.A., Surveyor, Vestry of St. Martin's in the Fields.

ROYAL BRITISH NURSES' ASSOCIATION.

November 23rd and 30th.—Demonstration in Invalid Cookery. By Miss Earle. 2.30 p.m.

December 1st.—First Sessional Lecture. "Ants." By Sir John Lubbock.

December 1st.—Annual Convention

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