

providing for heating, lighting, plumbing, ventilation, or any other essential equipment. The original cost might seem excessive, but the economy in foods and the knowledge that the food supply was being conscientiously, scientifically, and hygienically managed would give a feeling of confidence to the intelligent public who contributed to the support of the hospital, of gratification to the consumer, and of satisfaction to the managers, which, from every point of view, would amply compensate for, and justify the original outlay.

We might here mention some of the articles on which a large percentage could be saved by purchasing in quantity: flour, oatmeal, Indian meal, rice, tea, sugar, canned goods, evaporated fruits, dried beans, split peas, etc., all of which require a cool, dry, well ventilated place. Beef, mutton, poultry and so forth, which require a dry temperature of 34° Fahr., may be kept two or three weeks, and should be bought in bulk. Perishable articles, and articles which deteriorate with age, such as milk, butter, eggs, fish, oysters, fruits, vegetables, and so forth, the purchases should be made frequently, except, perhaps, winter apples, potatoes, cabbage, turnips, and a few other vegetables, which, if properly stored, will keep for months in good condition with very little loss.

The question was asked, "Where is the food prepared, in a central kitchen, or in various small kitchens?" The answer was, in nearly all cases, "In a central kitchen," and if the kitchen is properly planned and equipped there is where it should be prepared, in my opinion.

The man who engages in purveying to the public, whether in a hotel or restaurant, knows that if he would be prosperous in his business he must serve good food in an attractive way, at the minimum of cost. He begins by planning to have space enough to have his food properly taken care of, systematizing the work of preparation, so that each one may become expert in the part of the work he has undertaken to perform; introducing labor saving machines, whenever found to be such; making the kitchen and surroundings attractive enough to induce persons of intelligence and education to manage and direct them; and the manual labor to be performed by capable, reliable people, so that there shall be no waste of energy, of time or material.

True, the primary object of hospital dietaries is not money making, only in so far as a penny saved is a penny gained; yet planners and managers of hospitals can easily learn a lesson in how to provide wholesome, nourishing, palatable food at the smallest outlay, from institutions that exist with only that object in view. How long will it be before public sentiment demands, that when a body of people assumes the responsibility of the management of a hospital, they place at the head of the food department a person who is as well versed in the theoretical values of food and

their economic functions, as the person at the head of the drug department, for instance, is in his.

Until public sentiment demands it, we shall go on in the good old-fashioned way, of entrusting the preparation of the nutrients of life to the least educated and intelligent class. So long as they are permitted to hold a position for which no especial training has been received; so long as they are rewarded in accordance with the estimation in which their calling is held, and not in accordance with the responsibility of their position, so long will hospital dietaries be expensive, monotonous, and generally unsatisfactory.

"Born cooks" stand on about the same platform as "born nurses or apothecaries." They have an aptitude for the work perhaps, which, if combined with intelligence and education, may be developed into a science by careful and prolonged training.

The science or profession of nursing has been brought from as low a standard as cooking occupies to-day, to its present dignity and importance. The preparation of food can be as readily elevated; once its importance is recognized, and its scientific treatment insisted upon. I venture to say there is not a nurse who would not feel proud of her ability to compound a prescription, who might yet think it much beneath her dignity to prepare a wholesome dish of food; yet food is the more important of the two, for it is life sustaining, while medicine simply stimulates some of the organs into healthy activity, and assists nature to return to the normal.

Each hospital that introduces a diet-kitchen or cooking school, with a woman who has been taught "the science of the kitchen," and is also a trained nurse, has taken the initiative towards this elevation of the care and preparation of foods, to the dignity of a profession, and may look upon itself as a pioneer in a great reform, and doubtless will so look upon itself, looking back over the progress those schools have made towards placing the food department of hospitals on a proper basis.

I will leave it to our friend, Miss Stowe, to tell us in her paper how they are at present managed, the work they are accomplishing, and how they can be made more effective so as to eventually absorb the whole dietary system.

To show us how, by judicious purchase, the initial step is taken in the reduction of cost of material not at the expense of quality.

By having a place for everything, and everything in its place the work can be systematized; each one taking up her part and carrying it to completion without confusion or loss of time, and with no anxiety as to the ultimate result; making the preparation of food a scientific process, and the care of it a hygienic measure; clearly demonstrating that by judicious purchase, ample storage, intelligent care, and skilful scientific preparation, the results so ardently longed for can be brought about: a varied and healthful menu, at a manifestly reduced expenditure.

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