

necessary finished at home. On this point there is a consensus of the best informed opinion.

Many interesting details are given in the report to which we refer our readers.

We read with much interest an account of the work in Burmah of Mah Moh, the first Burmese woman to take a certificate in Sick Nursing and Midwifery ten years ago. From that time she worked steadily at her post, and held the position latterly of chief midwife and assistant at the hospital. She was devoted to her work, and on her fell the burden of giving instructions in the vernacular, and a manual of Sick Nursing, adapted and translated by her into Burmese, is used by the pupils. In June of last year it was discovered that for a long time she had been suffering uncomplainingly from a fatal form of heart disease, and in September she died. A ward in the new hospital has been named the Mah Moh ward in commemoration of her devoted work.

The widow of Baron Hirsch has handed £15,000 to the Israelite Hospital in Breslau for the erection of a new building.

The Medical Guild of St. Luke held its annual choral service at St. Paul's Cathedral last week, when the Bishop of London preached the sermon. There was, as usual, a very large and distinguished congregation. Nearly a thousand members of the medical profession attended in their academic robes, a number of lady graduates in medicine also taking due place and part in the procession; all wearing the caps and gowns of their universities.

The Bishop of London preached from Philippians iii., 20, 21, "For our conversation is in Heaven, from whence also we look for the Saviour, the Lord Jesus Christ; who shall change our vile body, that it may be fashioned like unto His Glorious Body." He said that the body of which St. Paul spoke was the body of our humiliation, but it was also a body which could be made into the glorious likeness of the incarnate Christ. Physicians knew, and perhaps only physicians knew, that the physical structure of man was base and humiliating, but also that it was capable of reaching a high altitude of perfection. An eminent biologist had said to him that if there were to be a resurrection at all it must be a resurrection of the body, for the body and the mind made a perfect whole, indistinguishable at all in their parts, and conscious only in their development and history.

An offering was taken at the close of the service on behalf of the Medical College for Missionary Students.

The medical officer, Mr. Buncombe, reported to the City Guardians that he had continued trouble with a man named Hogan, who, by treating his eyes with soapsuds, claimed treatment for ophthalmia at the infirmary. On the doctor declining to treat him as a patient, the man would go to Homerton Workhouse, whose authorities, in response to his complaint, would send him back to the Infirmary. He had presented himself there no fewer than fifty-seven times, but all that was wrong with the man, in his opinion, was an ineradicable antipathy to work. Eventually the matter was left in the hands of the clerk.

## Professional Review.

### COOKERY FOR COMMON AILMENTS.

WE have received a useful little book, published under the above title by Messrs. Cassell and Company, Limited. The book is edited by a Fellow of the Royal College of Physicians, and Phyllis Browne, and costs only the moderate sum of 1s. Phyllis Browne is well known as one of the most popular writers on cookery of the day, and the book, therefore, is likely to have a wide circulation. The question of diet for the sick is at all times an important one, and one which so far has not received the attention it deserves.

The first chapters deal with "Food and Digestion," "Kinds of Diet," and "Articles of Diet," and contains much valuable information on these important subjects. Then follow chapters which give some account of various diseases, more especially in relation to the food which is suitable for each, and the reasons for the restrictions imposed. In each case a complete menu for two days is given with full directions for preparing the dishes suggested. Full directions are also given for preparing the time honoured beverages of tea, coffee and cocoa, and although these are prepared daily in almost every house in the country, they are frequently so indifferently made that we cannot think the space which is devoted to the best methods of doing so is wasted. The various recipes for soups may with advantage be studied for the benefit of those in good health, as well as the sick.

The chapter on "Nervous Prostration," appeals to us to be excellent. There is no doubt that the seriousness of this condition often escapes recognition for the very reason of the fact of the presence of a large appetite which is generally regarded as a healthy sign, yet those who have had much experience in the nursing of cases of nervous exhaustion know well that an inordinately large and insatiable appetite is a symptom, the gravity of which cannot be overestimated, and as to meet this, and to forestall the exhaustion which ensues at short intervals, food must be given frequently, it is, therefore, of importance to know how preparations of food which are at once appetising, stimulating, and digestible, may be made. For such cases many of the recipes, which are to be found throughout the work, may be usefully employed as no special diet is given, or, indeed, in ordinary cases is necessary. "The moral of this section," we are told "is that "nerves" in general may mean that the sufferer has been allowed to lapse into a low level of alimentation, and that a judicious raising of this—*feeding-up*—may suffice to cure the malady."

The treatment of constipation largely, by means of dieting, is now a universal accepted rule, and the most suitable diet, and its preparation is, therefore, of importance. Ripe fresh fruit is, of course, an item in this diet, and we are told that if this is not available, an excellent substitute, to be taken the first thing in the morning, is a prune or a fig which has been soaked all night in a tablespoonful of olive oil. Most people would, we imagine, prefer the fruit to its substitute, still for those who can take the latter, no doubt it would be efficacious. The rules which are laid down for dyspeptics are also excellent, and may with advantage, be studied by those who are troubled with "a digestion." We advise all private nurses to expend 1s. on this useful little volume.

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