

equivalent, indeed, to quick roasting when the article to be cooked is immersed in the boiling fat." An ordinary English frying-pan is not deep enough for the process, and the result is too often greasy, flabby, tough, indigestible, and quite unsuited for an invalid. The use of lard instead of oil is also a mistake; oil will easily drain away from the cooked fish or meat, but it is almost impossible to free from grease food cooked in lard. Dripping is a better substitute for oil if this cannot be obtained.

Stewing has a bad reputation in invalid cookery, and it is thoroughly deserved when the meat has been cooked before, the double heating causing the fibres to shrink and become hard and tough, and the albuminoids to firmly coagulate. Vegetables containing much cellulose, sauces, and other condiments should never be put into a stew for a sick person.

A properly-made stew, on the other hand, is most useful as a change in a convalescent patient's diet, the thorough cooking of the starchy vegetables, the looseness and the softness of meat fibre produced by the continuous action of heat at a moderately hot temperature, making a dish easy of assimilation.

News of Nurses' Leagues.

ENGLAND.

The following is the synopsis of the subjects for discussion for the ensuing year by the St. John's House Debating Society, which now is amalgamated with the League of St. John's House Nurses:—

SYNOPSIS FOR 1903.

1. Jan. 17—What would be the advantages of State Registration for Trained Nurses?
2. Feb. 7—The Nursing of Small-pox—Desirability of Vaccination.
3. Feb. 28—Is Perseverance a rare virtue?—If so, why?
4. Mar. 21—The Care and Management of Dip-somania, Mental, and Nervous Diseases.
5. Apr. 16—The Advantages, or otherwise, of Leagues and Associations.
6. May 7—The Nursing of Appendicitis and its Complications.
7. May 28—Women as Sanitary Inspectors and Poor Law Guardians.
8. June 18—The Use of the Roentgen Rays in Nursing Sarcoma.
9. Sept. 24—On the value of High Ideals and Aspirations.
10. Oct. 15—The Nursing of Heart Disease and Dropsy.
11. Nov. 7—The Chief Reasons for the popularity of the Private Nurse.
12. Nov. 28—The Amusement of Children during Convalescence.

UNITED STATES.

It is interesting to compare this program with that of the Alumnae of the Illinois Training School, which appears in the Journal of the Society:—

October.—Dr. Norman Bridge, "A New Field of Usefulness for the Trained Nurse."

November.—Jane Addams, "Sociological Topics."

December.—Ernest P. Bicknell, Superintendent Bureau of Charities, "Organised Charities."

January.—Musical.

February.—Henry W. Thurston, "The Evolution of Industry."

March.—Florence W. Kelly, Superintendent National Consumers' League, "Consumers' League and Legislation of Child Labour."

April.—Julia Lathrop, "Trained Nursing for the Insane."

May.—Final meeting of the year and a picking up generally of all loose ends.

CANADA.

The third annual luncheon of the Alumnae Association of the Toronto General Hospital Training School for Nurses, took place at McConkey's, on Friday, October 31st, and was a most successful and enjoyable affair. The tables were prettily ornamented with chrysanthemums, the menu cards well printed in violet ink and tied with violet ribbon, the school colour. Favours consisting of small bunches of violets were provided for each guest, being the gift of Mr. Paffard, whose wife is President of the Association.

About seventy covers were laid, and the guests included Miss Snively, Honorary President of the Association; Miss McLeod, General Superintendent of the Victorian Order of Nurses, Ottawa; Miss Patton, Superintendent of Grace Hospital, Toronto; Miss Matheson, Superintendent of the Isolation Hospital; Miss Eastwood, District Superintendent of the Victorian Order of Nurses; Miss Davidson, of the School of Domestic Science; Dr. Helen Macmurchy and Dr. Jennie Gray, representing the medical profession; Mrs. Alfred Denison and Mrs. Blewett the Press; and a number of the graduating class of 1902.

There were also present many graduates of the school, each class from 1886 being represented, and all wore a purple badge, with their class year and the present year inscribed upon it in gold lettering. Mrs. Paffard, the President, in an admirable address, outlined the work of the Association for the past year, calling attention to the fact that an excellent series of lectures had been delivered by the doctors, that interest had been well maintained, and that in case of sickness graduates of the Toronto General Hospital Training School for Nurses were to be admitted to the hospital at half rates. She exhorted all graduates to become members of the

[previous page](#)

[next page](#)