

Animal fats are more digestible than vegetable oils, and butter and cod-liver oil stand first in this order, but are closely followed by the fat of bacon.

The fat of beef, which should be firm and not greasy or friable, is more easily digested than that of mutton, and its assimilation is greatly assisted if it be finely broken up.

Sir Lauder Brunton has pointed out that quantities of fat taken hot are liable to run together in the stomach, and so cause vomiting, whereas if fat is eaten cold, with plenty of bread to break it up, this unpleasant symptom will not occur. The same writer lays much stress on the importance of comminuting finely all food, quoting the old proverb that "time spent on meat and mass is never lost."

Mr. Gladstone's thirty-two bites (a bite for every tooth which should have been in his jaws) of every mouthful, to ensure thorough mastication, has become a household saying, and although I think few of us could spare the time or would have sufficient patience to quite follow his example, yet there is no doubt that very many digestive troubles are caused by imperfect mastication and the consequent swallowing of too large pieces of food.

Artificial aid must be employed if the natural teeth cannot fulfil their function, and you may consider it a safe rule that if a patient is too weak to cut up his own food he is not in a condition to partake of it in a solid form.

Cases of injury and paralysis do not come under this rule.

### Royal Red Cross.

The King has been pleased to confer the decoration of Royal Red Cross on Miss A. J. Weighell, Superintendent of Countess Roberts's Officers' Hospital and Nurses' Home, Murree, India.

### The Passing Bell.

We regret to announce the death of Mrs. Cheadle, wife of Dr. W. B. Cheadle. Before her marriage, Mrs. Cheadle, who was known to the nursing world as Miss Emily Mansel, was Superintendent of the District Nursing Home, at 23, Bloomsbury Square, in connection with the Metropolitan and National Nursing Association, where she did good service. Mrs. Cheadle was a member of the Committee of the Registered Nurses' Society.

Miss Margaret Douglas, a probationer at the London Hospital, recently lost her life most sadly, being burned to death through her dress catching fire. The flames were extinguished by two other nurses, but the injuries Nurse Douglas received were so severe that she died shortly. Much sympathy will be felt with the relations of this nurse at her sad end.

## The Nursing of the Sick Poor in Workhouses.

The Report of the Departmental Committee on the Nursing of the Sick Poor in Workhouses is so important, and many points brought out in evidence so instructive from a professional point of view, that we propose to devote some space to its discussion. One point is greatly impressed upon us—that is, the practical value of the evidence given by trained nurses, and the light-heartedness with which ladies who have never had a day's training gave their opinions of professional matters. Miss Broadwood, the "founder of what is known as the Holt-Ockley system," whose evidence we shall deal with in detail later on, stated that when the "nurses" who are manufactured under this system at the rate of seventy per annum are sent to cottage hospitals for training, "they go as wardmaid pupils; we prefer that they should do some of the menial work." This lady further stated, "There is a disinclination for hard elbow work in the whole class. It is the same with one's servants, you know." These extracts sufficiently illustrate the attitude adopted by Miss Broadwood, in common with many philanthropic ladies, towards the nursing profession.

Here is the opinion of Miss Fry, Superintendent Nurse of the Bath Workhouse Infirmary, on the undesirability of employing the wardmaid type of nurse. "I do not like the type who are applying now. They are too often of the servant class, and the servant class have not learned how to command the kind of people we get as patients." This sufficiently illustrates the divergence between the professional and the unprofessional point of view.

Dr. Rhodes advised the establishment of an independent examination for nurses by examiners appointed by the State. We note the suggestion with pleasure, as we believe State Registration of nurses, following an independent examination, to be the only satisfactory solution of nursing organisation.

Other points to which we must briefly allude are that it was brought out in evidence that there is at present no recognised standard of training for nurses—"every school has its own standard"; that if a Poor Law Nursing Service were formed by the Local Government Board, approximate to the Army Nursing Service, with certain conditions and certain encouragements, a higher type of woman would be attracted to the Service than is the case at present.

This point was emphasised by Mrs. Wates, who represented the Matrons' Council of Great Britain and Ireland. Mrs. Wates expressed, on behalf of the Council, the opinion that many of the present difficulties would be met by the formation of an advisory committee on nursing matters in connection with the Local Government Board; that some of the members of such a board should be experts on nursing, and that the inspection of nursing

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