

Our Guinea Prize.

We have pleasure in announcing that Miss A. Pettit, Northern Fever Hospital, Winchmore Hill, has won our Guinea Prize for July.

KEY TO PUZZLES.

1. Bailey's Bags.—Bail eyes bags.
2. Calvert's Vaporiser.—Calve(RT)s VAPO-riser.
3. Wright's Golden Rules.—Writes golden rules.
4. Cadbury's Milk Chocolate.—CAD-buries MILK C-hoe-coal-8.

The following competitors have also answered the puzzles correctly:—

Miss Ann Riley, North-Eastern Hosp., Tottenham.
 Miss Barbara J. Burrow, York House, Maida Vale.
 Miss Ida Macnay, North-Eastern Hosp., Tottenham.
 Miss F. Sheppard, Kent Nursing Inst., Tunbridge Wells.
 Miss N. Longley, Royal Boscombe Hospital.
 Miss M. H. Sherlock, The Infirmary, Leicester.
 "Leo," Lincoln House, Harrow.
 Miss M. A. Coates, Eltham College, Kent.
 Miss Hindley, Tallerman Institute, Poole.
 Miss Dingle, North Darley, Callington.
 Miss C. Bradshaw, Royal Boscombe Hospital.
 Miss C. Allee, Alma Road, Southampton.
 Miss B. Sheard, Norfolk House, Chislehurst.
 Miss Ména Beilby, Marylebone Road, W.
 Miss Rouse, Matron, Beacon Hill Hosp., Faversham.
 Miss J. Edden, Kent Nursing Inst., West Malling.
 Miss E. Islip, R.N.S., 269, Regent Street.
 Nurse Eliza, North Ormesby Hospital, Middlesbro'.
 Miss Eckersley, North Ormesby Hosp., Middlesbro'.
 Miss Lawrence, Kensington Infirmary.
 Miss Wood, Ballinhassig, co. Cork.
 Miss A. Anderson, Beaumont Street, W.
 Miss T. Armitage, Lansdown Place, Hove.
 Miss C. Walker, Ruthven Street, Glasgow.
 Miss L. Galbraith, St. Stephen's Green, Dublin.
 Mrs. M'Ferran, Brunswick Terrace, Brighton.
 Miss H. H. Settle, New Cavendish Street, W.
 Miss Smith, St. Barnabas' Home, Torquay.
 Miss A. L. Hair, Holloway Road, N.
 Miss B. Henry, St. Mark's Crescent, N.W.
 Miss A. M. Beedie, New Cavendish Street, W.
 Miss S. Lee, Marine Parade, Brighton.

The new set of Prize Puzzles will be found on page viii.

The rules remain the same.

Queen Victoria's Jubilee Institute for Nurses.

NOTICE OF REMOVAL.

The offices of the above Institute have been removed from St. Katharine's Precincts to 120, Victoria Street, London, S.W., to which address all communications should in future be sent.

A. MARTIN LEAKE,
Secretary.

Practical Notes on Invalid Feeding.

By Mrs. M. WESTAWAY,

Associate of the National Health Society.

II.—BEEF-TEA AND SOUP.

A large number of preparations which might go by the name of liquid meat is available for service in the sick-room. In theory, some of the class can be described as food, but in practice none has been found worthy of the name, and the old idea that beef-tea and soup represent liquid strength is gradually dying away. Not one of the class has the power of sustaining life by itself for any length of time, and some have no claim to the rank of food, as they can neither build up tissue nor produce heat.

No preparation varies so much as beef-tea, and the variation depends entirely upon the way in which it is made. The beef itself is a food of high nourishing power, but in its solid form it involves too much labour on the stomach of an invalid, and the question is, how shall the maximum amount of nourishment be extracted so that it may be presented in a liquid form? The proteid of beef consists of myosin, which coagulates as soon as the animal is killed, and which is insoluble in water, and a small percentage of serum albumin, which is soluble in water and which coagulates with heat. In addition to the proteids, there are various sapid substances which go by the name of extractives, and which are soluble in hot or cold water. The fibres of the meat are held together by connective tissue, which is insoluble in cold water but which yields gelatin in boiling. There is also a small proportion of fat stored in the muscle, and, although it is extracted by heat, it is generally removed before the beef-tea or soup is served, so that it need not be taken into account.

It is now easy to see what is the result of the various methods by which beef-tea is made. No matter how the beef-tea is made, the extractives are dissolved from the meat. Extractives cannot build flesh nor generate heat. They are sometimes said to stimulate. Their stimulating powers are doubtful. Although they remove the sense of fatigue and exhaustion, their action is unlike that of tea or coffee. Their action on the digestion is good, and Pawlow has shown that they are the most powerful exciter of gastric juice which we possess. Hence any kind of beef-tea will rouse appetite and aid digestion.

It is possible to increase the value of beef-tea, by preparing it in such a way as to contain the soluble portions of the beef proteids. The meat should be cut into very tiny pieces, so as to expose a large amount of surface to the action of water. By soaking the meat, a large amount of the available pro-

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