

Appointments.

MATRON.

Miss Kate Ray has been appointed Nurse-Matron at the Cottage Hospital and Dispensary, Tavistock. She was trained at Guy's Hospital, London, and gained experience in the nursing of infectious diseases at the Western Fever Hospital, Fulham. After some district nursing work in connection with Guy's Hospital, she was appointed Night Sister at the Seamen's Hospital, Greenwich, where she subsequently held the position both of Ward Sister and Home Sister. There were 101 applications for the post. Miss Kathleen Smith has been appointed Nurse in the same hospital.

SISTER.

Miss Catherine Elston has been appointed Garde Malade en Cheftaine (General Sister) at the Maison de Santé Protestante, Bordeaux. She was trained at the London Hospital, entering the nursing school there in April, 1895, and eventually holding the position of Sister. In November, 1898, she was appointed Sister at the Poplar Hospital, and subsequently Matron's Assistant in the same institution, a position she resigned in February of the present year in order to obtain midwifery training. Miss Elston holds the certificate of the London Obstetrical Society. The Maison de Santé Protestante, Bordeaux, is known to our readers as the hospital in which Dr. Anna Hamilton has done such good pioneer work in the cause of nursing reform and organisation. The appointment of an experienced nurse as Sister is proof of the confidence of the Committee in Dr. Hamilton's advice and of their appreciation of her work.

SUPERINTENDENT NURSE.

Miss Louisa Payne has been appointed Superintendent Nurse at the Union Infirmary, Wisbech. She received her training at St. Luke's Hospital, Halifax, and has held the position of Charge Nurse at the Bolton Union Infirmary.

The Nursing Services.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Sister Isabel Anne Gerrard Kinahan has resigned her appointment in the above Service.

QUEEN ALEXANDRA'S MILITARY NURSING SERVICE FOR INDIA.

Sister A. M. Waterhouse has been re-appointed to the above Service (until recently the Indian Nursing Service) for a further term of five years.

Miss E. G. Goldney has resigned her appointment in the Military Nursing Service for India, with effect from October 15th next.

Practical Notes on Invalid Feeding.

By Mrs. M. WESTAWAY,

Associate of the National Health Society.

VI.—FISH.

With increasing strength, the digestive powers are able to cope with more solid food, and fish is found to be a solid food which presents nourishment in an easily digested form. In preparing fish for an invalid it is well to bear in mind that only a few varieties are suitable, and those, too, in a varying degree.

The muscles of the fish consist of water, proteid, and fat. The proportion of water to nutrients varies greatly. The flesh of the plaice consists of four parts water and one part of nutriment. The flesh of the tunny contains seven parts of water to four parts of nutrients. In a general way it may be said that the more watery the fish, the easier is it of digestion. The amount of fat also varies greatly. Eels, salmon, and herrings contain from 8 to 18 per cent. of fat, while cod, haddock, and whiting contain less than 2 per cent. The whole cod contains a large percentage of fat, but it is stored in the liver, from which it is extracted in the form of oil. Salmon, herrings, and mackerel contain fat, but it is distributed throughout the muscle fibres, and appears in large quantities in the neighbourhood of the ventral fins. The presence of fat in fish, as in flesh, tends to retard digestion, but the fat of fish is open to the further objection that it rapidly decomposes and becomes rancid in the stomach, and is apt to disagree.

The bones, skin, and membrane between the fins yield gelatin on boiling. These parts, which are included among the waste portions of the fish, are often used as a foundation for fish soups. No matter how stiff a jelly they yield, it must be remembered that gelatin has no nutritive value, and fish soups, unless fortified, should not be served to invalids. The best method of fortifying a fish soup is by the addition of Marvis, which consists of the dried and powdered flesh of white fish. It is nearly pure proteid, and retains the characteristic flavour of fish.

The fish which are best suited to invalids are those which contain the smallest proportion of fat, such as whiting, soles, fresh haddocks, and plaice. Although cod contains only a small amount of fat, it is not easily digested on account of the length and thickness of its muscle fibres. This is even worse when the cod has been salted, for the salt helps to harden the fibres, and the brine robs the flesh of a large amount of nutriment. The flesh of whiting, which are sometimes called "the chickens of the sea," consists of very short fibres, and is best suited to invalids and dyspeptics.

Compared with flesh, it will be seen that fish

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