

Fish coated with egg and breadcrumb and fried in fat at a temperature of about 500° Fahr. is an excellent method of retaining the nutrients; but the fat does not agree with delicate stomachs, so that this method is best reserved for the later stages of convalescence. Steaming is the best method of cooking fish for invalids. It should be placed in a steamer and cooked from half an hour, according to the size of the fish. With a patent roaster, the fish can be baked in the oven. The water which it loses drops from the top of the roaster, and keeps the flesh of the fish moist, without causing much loss of nutriment. Fish is also excellent if it is cooked in just sufficient milk to cover it, and served in the milk, which is thickened by the addition of flour or patent barley. Another good plan is to partly cook the fish by steaming it, and then to surround it with a mixture of egg and milk and to bake it until the custard is set. For this purpose it is better to fillet the fish and remove all the small bones. Broiling is a method of cooking which stands midway between frying and boiling with regard to digestibility. To broil a whiting, clean the fish and dry it in a cloth. Brush the skin over with vinegar and dredge it with flour. Rub a gridiron with suet, and make it very hot over a clear fire. Lay the fish on the gridiron, and turn it two or three times while it is cooking, using steak tongs for the purpose to avoid breaking the skin.

The Sterilisation of Catheters.

It is announced that Drs. C. B. Nancrede and W. B. Hutchings conclude from their experimentation (1) that caloric can be successfully employed for all varieties of catheters with the exception of the soft French instrument, provided all air is expelled from the interior. (2) That this essential having been secured, although in the great majority of cases five minutes' immersion in water which is actually boiling will suffice, ten minutes of actual ebullition should be employed, especially for the smaller-calibred instruments; and (3) that a previous cleansing with warm soapsuds is desirable, although not essential, reducing as it does the time of exposure requisite to sterilise the instruments.

To Prepare Cutting Instruments.

Dr. Polak, of Amsterdam, uses the following method to prepare cutting instruments. After every operation the instruments are placed in spiritus saponis kalini, and kept there for at least fifteen minutes; they are then taken out and carefully cleansed. Before operating they are again placed in the soap spirit for fifteen minutes and then wiped with a sterile cloth. It is of great importance to place the instruments before and immediately after operation in a sterile solution of boracic acid (3 per cent.).

The Vote.

BY A GRADUATE NURSE.

Last week we published some wise words by Miss Rose Scott, who urged upon women, and especially upon the nurses of the Prince Alfred Hospital Réunion in Sydney, to appreciate the value of a vote. This is a point which more and more we realise as time goes on. Not only do women who are unenfranchised have to obey laws which they have no voice in making, but it is with extreme difficulty that they can obtain any legislation regulating their trades and professions, or enforcing necessary reform in relation to them, because the pressure of public business is at present so great that something has to be left undone, and, naturally, matters which concern male electors, who can bring pressure to bear upon their Parliamentary representatives, take precedence of the concerns of unenfranchised women. The value of the vote therefore must needs be appreciated by all thoughtful persons.

But there is another aspect in relation to a vote which is not always sufficiently considered by women, and perhaps more especially by nurses, and that is the responsibility which its possession entails. This is a point which we shall do well to take to heart. As a profession we are perhaps too much inclined to shirk responsibility, a fault to which our training no doubt is a contributory factor. As probationers, almost the first, and certainly the chief, lesson impressed upon us is the duty of obedience. So it is, provided that the obedience be intelligent, not slavish. It is not, for instance, the duty of a junior nurse, casually directed by a senior to administer a "drachm of croton oil," to give the dose without further question. She is acting in accordance with her duty if she calls the attention of her senior to the order, and, if necessary, demands that it shall be given in writing on the patient's head-board before she carries it out. Still in the first year of hospital life implicit obedience to orders unquestionably forms a large part of a nurse's duty. As she advances there is still always someone in authority to whom she can, and usually for the sake of discipline and order she must, refer any point of difficulty as it arises, whether this person be the staff nurse, the Sister of the ward, the Matron, or, in relation to treatment, the medical practitioner in charge of the case. And so there are some (is it too much to say there are many?) amongst us who become careless as to our responsibilities, with few fixed opinions of our own, and with a fatal habit of shifting burdens which we ought to take upon ourselves on to some other shoulders. Further, of accounting this attitude of mind for righteousness, when, if we called it by its right name, it would generally be found to be laziness.

To take one example. Although we have no

[previous page](#)

[next page](#)