

Appointments.

MATRONS.

Miss Margaret Nicoll has been appointed Matron of the Royal Orthopædic and Spinal Hospital, Newhall Street, Birmingham. She was trained for four years at St. Thomas's Hospital, London, and for three years has held the position of Sister in a surgical ward in the Hospital for Sick Children, Great Ormond Street, London.

Miss Alice M. Beedie has been appointed Matron of the Cottage Hospital for Accidents at Somerton, Somerset. She was trained at the Withington Infirmary, Manchester, and subsequently held the position of Sister in the same institution. She then held the position of Sister at Queen Charlotte's Hospital for four years. In 1898 she joined the Nurses' Co-operation, New Cavendish Street, W., and remained on the staff until her recent appointment to the Somerton Cottage Hospital.

Miss A. T. Brierley has been appointed Nurse-Matron of the Passmore Edwards Cottage Hospital, Liskeard. She was trained at Guy's Hospital, London, and has held the position of Matron of the Cottage Hospital, Tetbury, and of the West Highland Cottage Hospital, Oban.

ASSISTANT MATRON.

Miss Annie Tighe has been appointed Assistant Matron at the Woolwich Infirmary. She was trained at St. Olave's Infirmary, Rotherhithe, and, after obtaining experience in infectious, private, and district nursing, was appointed Head Nurse at Hackney Infirmary, Homerton. Miss Tighe holds the certificate of the London Obstetrical Society. Before leaving the Hackney Infirmary she was the recipient of some handsome gifts from the medical and nursing staffs, the Matron, and the Chaplain.

NIGHT SISTER.

Miss Louisa K. Clarke has been appointed Night Sister at the Harton Infirmary, South Shields. She was trained for three years at the Town's Hospital, Glasgow, and for some years past has held the position of Charge Nurse at the Union Hospital, Newcastle-on-Tyne. She holds the certificate of the London Obstetrical Society.

CHARGE NURSE.

Miss Mabel Ethel Maugham has been appointed Charge Nurse at the Union Infirmary, Leeds, not at the Mile End Infirmary, in which institution she received her training.

STAFF NURSE.

Miss Lydia Edwardes has been appointed Staff Nurse at the Hospital of St. Francis for Infants, Hampstead. She was trained at the London Homœopathic Hospital, where she remained for eight years, during the latter part of the time holding the position of Night Sister. For the last three years she has been engaged in private nursing as a member of the Registered Nurses' Society.

Practical Notes on Invalid Feeding.

By Mrs. M. WESTAWAY,
Associate of the National Health Society.

VII.—POULTRY AND GAME.

Before making the final step to meat, which can be digested only by fairly strong stomachs, it is well to introduce poultry and game, for among this group can be found varieties which occupy an intermediate position between fish and meat, as far as digestibility and nutritive value are concerned.

The flesh of poultry and game resembles in structure that of meat, and consists of a number of muscle bundles joined by connective tissue, which is chiefly composed of "collagen," a substance which yields gelatin on boiling, and so reveals the muscle bundles when the gelatin is dissolved. The muscle bundles can be teased out with a needle, and are then found to consist of a number of muscle fibres, which vary in length according to the kind of flesh examined and the part from which it is taken. The length of the muscle fibres is one of the determining factors of the digestibility of meat. In the breast of chickens and some game the fibres are particularly short, and for that reason such flesh is very easily digested.

The strength of the muscle fibres is another important factor, which is determined by the amount of exercise which the muscles have undergone. Birds which spend much time on the wings are tougher in the wings than in the thighs, and the converse is true of those which fly little.

As in fish, so in poultry and game, a large amount of interstitial fat hinders digestion. Water birds have a large percentage of fat stored in their muscles, as a body-warmer, and also to decrease the weight of the body, and on this account should be excluded from an invalid's dietary.

One of the chief constituents of muscle fibres is myosin, which is liquid during the life of the animal, but which clots soon after death, and causes a stiffening or *rigor mortis*. The muscles then develop sarcolactic acid, and acid phosphates which act on the myosin and cause a resolution of it, which softens the fibres and causes them to be more easily digested. The rate at which the acids form depends upon temperature, the formation being very rapid during hot weather. Poultry eaten just before it is high in summer is very tender; in winter the change can be assisted by soaking the flesh in vinegar for an hour or two before it is cooked. The re-resolution of myosin may be regarded as the first stage of putrefaction, which, if continued, becomes offensive, and later dangerous, owing to the development of ptomaines. Poultry is more easily affected than game, which is not considered in good condition until it is "high." This putrefactive change causes a great softening in

[previous page](#)

[next page](#)