

Hospital to defray existing liabilities, and to retain the balance with the object of increasing the existing endowment fund. The success of the bazaar is largely attributed to the work of the Hon. Secretary, Mr. J. R. Whitley.

A patient at St. Andrew's Hospital Asylum, Northampton, committed suicide by eating the leaves from the yew trees which adorn the grounds. At the inquest it was explained that the trees had been removed to their present position from the part of the estate used by imbecile patients, who showed a marked partiality for the leaves.

An alarming outbreak of typhus fever has occurred in Innishowen, a district of co. Donegal. It is believed that the contagion was brought into the country in second-hand clothes, packed in Glasgow and sold at local fairs. Nine families in Effeshmore, a mountainous district in Clonmany parish, have been attacked, and already there has been one death. Dr. B. MacCarthy (medical inspector of the Local Government Board) and the district medical officers are making every effort to stamp out the epidemic. The "contacts" have all been isolated.

The St. Petersburg authorities are exercised about the shortage of medical men for the town hospitals owing to the requirements for the army. The only capable men for the vacancies are Jews, against whom there are obstacles caused by the regulations. As it is now a purely legal question, the town authorities have decided to consult counsel as to whether Jews may be invited to fill the vacancies.

A craft designed to serve mainly as a hospital transport, but in addition equipped for purposes of all-round utility, is being built for the city of New York, and will soon be completed. Most of the city's contagious disease and detention hospitals are on various neighbouring islands given up to these purposes, and the new boat will have eight small wards intended to receive such patients during transit. Each of these is directly accessible from without, and they are all constructed of sheet steel, so that they may be hermetically closed and fumigated. There will also be a morgue on board.

The Royal Sanitary Institute.

The fortieth course of Lectures and Demonstrations for Sanitary Officers will be held at the Royal Sanitary Institute during September, October and November. The course comprises:—

Four lectures on Elementary Physics and Chemistry in relation to Water, Soil, Air and Ventilation and Meteorology; twenty-one lectures on Public Health Statutes, the practical duties of a Sanitary Inspector, Municipal Hygiene, and Building Construction in its Sanitary relations. Inspections and Demonstrations are arranged in connection with the lectures.

There will also be a course of seven lectures on Meat and Food Inspection, including taking samples of water, food, and drugs for analysis.

The lectures will include the subjects scheduled for the Examinations of the Institute, particulars of which can be obtained at the Parkes Museum, Margaret Street, W.

Review.

"HOW TO COOK FOR THE SICK AND CONVALESCENT."

This excellent book by Miss Helena V. Sachse, which is now in its third edition, is published by J. B. Lippincott Company, Philadelphia and London, price 6s. It is arranged for the Physician, Trained Nurse, and Home Use, and the author, in the preface to the first edition, gives the following reasons for its publication:—

"The careful preparation of food is now recognised to be of vital importance to an invalid, and a valuable assistance, in many cases, to the physician in hastening the recovery of a patient.

"If in addition the foods be classified with reference to their composition, it enables the physician to select only those best adapted for any special treatment."

The following principles are laid down by the author and adhered to in the recipes given:—

1. Starchy foods require long cooking.
2. Albuminous foods, as eggs, oysters, &c., must be cooked at a low temperature, or they are rendered tough.
3. Fats in the form of butter and cream are best added after the food has been removed from the fire.
4. Where boiled milk is objected to, the milk is only heated to the pasteurising point (165 deg. Fahr.).
5. When a restricted diet is ordered, and starchy food is not allowed, the soups and sauces are thickened with yolks of eggs or Irish moss.
6. No fried foods should ever be given to an invalid.
7. Give as much variety as possible.
8. Serve everything tastily, and use as little flavouring as possible, so that the flavour of the main food principle be not lost.

Garnish the dishes, but be sure they taste as good as they look.

Measure all ingredients carefully before mixing. Taste before serving. Serve hot foods hot (not lukewarm).

The present edition contains a new chapter on "Substitutes for Cane Sugar." These are (1) soluble saccharin (sold under various names); (2) glycerine and soluble saccharin; and (3) levulose.

The recipes given are numerous and well chosen, and have not only been carefully tested by the author, but have been successfully used in six hospitals.

They include meat preparations, such as beef juice, beef-tea, broths, and jellies.

The different ways of serving milk, and the modification of milk.

Peptonised foods.

Drinks.—Under this heading we are told that the most important consideration is that of adding something to increase the nutritive value while allaying thirst. Believing the white of egg to be the purest form of uncooked albumen, it is a valuable way of giving a patient nourishment with different drinks. The presence of the egg albumen need not be disclosed to the patient, as the thought of a raw egg is usually distasteful. There are many ways of concealing the fact.

Toast.—Most nurses doubtless think they can make toast, but most will probably have something to learn from the following instructions:—

It is an art to make good toast and one worthy of

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