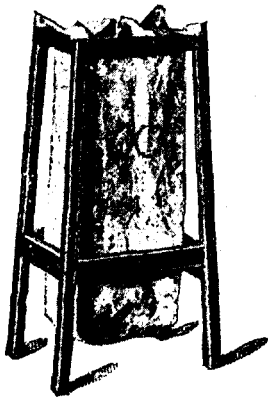


Practical Points.

Hospital Furniture.

The Advisory Committee of the King's Sanatorium at Easbourne Hill, Midhurst, which is now practically completed, have, after considering the specimens of furniture submitted by various competing firms, decided to give their order to Messrs. Heal, of Tottenham Court Road. The exhibit at Messrs. Heal's show-rooms of the furniture which has gained this distinction was very interesting, and the practical details of the designs should be noted by those whose duty it is to furnish for either hospitals or sanatoria. In the suite designed for the patients' rooms any surface or shape which could afford a lodgment for dust has been avoided, the wardrobe has a domed roof, and all interior angles of drawers and cupboards are rounded, the top of the looking-glass is also semi-circular in shape. Every piece of furniture, including the wardrobe, is well raised from the floor, in order to facilitate cleaning.

The suite is constructed in birchwood, which is polished inside and out; there is a glass shelf under the looking-glass, and there is an opaline top to the washstand as well as a second shelf, both of these



being removable. The back of the washstand is a plain sheet of plate glass which slides in and out, and there is a metal towel rail. The toilet ware is plain ivory-white Wedgwood ware, bearing the monogram E. R. surmounted by a crown.

The soiled linen bag, made of strong Irish linen, of which we give an illustration, is held in position in its wooden stand (enamelled iron would, we think, be preferable) by four loops, which slip over the top of the stand at each corner. It can be lifted out of the stand by means of them and conveyed straight to the laundry without having the contents turned out to disseminate infection in the ward. Presumably the nurse responsible checks the contents of the bag which is numbered on its arrival at the laundry. The design has been registered by the firm.

The bedstead is of the Lawson Tait pattern, and is fitted with the "Taunton Diagonal" spring, which has been selected on account of its non-sagging qualities. The casters at one end render the bed easy to move

while the leather pads at the other ensure steadiness. At the head are two rubber-shod buffers, designed to protect the wall, and at the same time they act as handles, by means of which the bedstead can easily be moved, or pushed on to a verandah.

The bedside pedestal, which is ventilated, is provided with a glass top.

The lounge chair in the patients' rooms is of the ordinary cane pattern, not designed with special relation to sanatorium requirements.

The suite selected for the nurses' bedrooms is quite charming in fumed oak. The design is simple, but tasteful, and the price most moderate at £9 5s. complete.

Calculation of Dietaries.

Dr. Willoughby, lecturing at the Institute of Hygiene, 34, Devonshire Street, W., on "Calculation of Dietaries," said that mastication and digestion were, like mincing and cooking, merely means for preparing food for absorption, and that their effects could be obtained artificially. The stomach was, in fact, as much outside the body as was the stewpan of the cook. The lecturer referred to the functions of the salivary secretion and of the gastric juice; but, said he, the bulk of digestion actually takes place in the intestine under the influence of ferments from the pancreas in presence of bile. There everything was digested and rendered assimilable—proteids, fats, and starches—and it was from the intestine that absorption took place.

As some portion of all foods was either indigestible or undigested, it was necessary to allow for this in the calculation of a dietary; thus nearly all the albumen of lean meat was utilised, whereas 20 per cent. of that contained in beans was wasted; and again the more complete digestibility of white bread more than made up for the greater nutritive values, chemically speaking, of bread made from wholemeal.

Food analyses, said the lecturer, are set forth in vegetarian statements in a manner that is likely to lead to error, unless we insist upon comparing the value of foods as they are eaten and not as they are sold. For instance, dry beans took up, by absorption, about 400 per cent. of water to fit them for consumption, while raw meat lost instead 20 per cent. of water in preparation for the table. Any person could eat a quarter of a pound of meat as purchased, after cooking, but who, asked Dr. Willoughby, would sit down to consume the amount of porridge that could be made from a quarter of a pound of oatmeal?

The diet, moreover, depended on the man. A hospital patient would gain weight, and an aged pauper thrive, upon an allowance on which a navy would starve; and the ill fed Irish raw recruit was unable to consume the full regulation rations for some months after his enlistment.

The lecturer then dealt with the effects of excess, relative or absolute, even of the necessary food stuffs—albumen, fat, and starchy matter—and insisted upon the necessity for the dissemination of such information as that conveyed in his remarks to enable all to so formulate their dietary as to derive the proper proportion of each element.

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