

*Milk.*—Most doctors think this increases the sugar, but it is sometimes allowed for its good general effect. A kind of "diabetic milk" is sometimes prepared by putting it through a process which frees it from sugar. Cream is usually allowed; the thicker the better. Junket and kumiss are forbidden.

*Breads.*—Many things have been tried as a substitute for flour for diabetic breads—gluten, oily nuts, bran, etc. These are mostly expensive, unpalatable, and not very nourishing. Gluten bread does contain a little starch and the patient, feeling that it is perfectly safe, may eat too much of it.

*Fruits.*—These are permitted in most cases, especially sour oranges, strawberries, gooseberries, apricots and melons. Nuts are allowed.

*Beverages.*—Water is best. Citric acid lemonade, made with saccharin or glycerine instead of sugar, sometimes helps the extreme thirst. Cocoa is often forbidden, but contains little starch and is not very harmful. It must be made with water or diabetic milk. No malt liquors or sweet wines are given.

As diabetics suffer from hunger, and the meals are small, it is better to have them frequent. Five a day may be needed. Only two or three varieties of food are given at a time, but each meal should be satisfying and attractive. It is more important that the patient's meals be well cooked and appetising—and therefore easy of digestion—and that the nurse use great ingenuity in making a variety, from one day to the next, from articles allowed, than that any set rules for feeding be laid down. She should always bear in mind the fact that it is easy to over-feed in chronic cases.

## Nursing Conference and Exhibition.

The speakers invited by the Provisional Committee of the National Council of Nurses to take part in the Conference on Tuberculosis, maternity and mental nursing, have responded in the most kind manner, so that the meetings are sure to be very well attended.

The exhibition will open at 11 a.m., on Thursday, 22nd of November, in St. George's Hall, Mount St., Berkeley Square, W. The cost of the undertaking has already been covered by the firms desirous of showing nursing appliances, for whom space has been found. Ample space has been reserved for nurses who wish to exhibit inventions, as the Committee desire to

encourage in every way the display of "native talent."

THE PROGRAMME—THURSDAY, NOVEMBER 22ND.

Exhibition open 11 a.m. Reception by members of the Provisional Committee and Tea, 4 p.m. Conference on the Cure of the Consumptive, 8 p.m. Miss Isla Stewart, Vice-President of the International Council of Nurses, will preside. Dr. Kelynack, physician to the Mount Vernon Hospital for Consumption and Hon. Physician in charge Mount Vernon Hospital, Northwood, will read the first paper. Miss Helen Todd, Matron of the Royal National Sanatorium for Consumption, Bournemouth, will deal with the Nursing of Tuberculosis, and Dr. Mabel Paine will open the discussion.

FRIDAY, NOVEMBER 23RD.

Exhibition open 11 a.m. In the afternoon there will be a Talk on Nurses' Leagues by Miss Isla Stewart, President League of St. Bartholomew's Hospital Nurses, at which Miss G. M. Rogers, President Leicester Infirmary Nurses' League will preside.

At 8 p.m. the Conference will be on Maternity Nursing, Dr. Champneys, Chairman of the Midwives' Board, will preside. The first paper on The Education of Maternity Nurses will be given by Dr. W. J. Gow, Obstetric Physician to Out-patients, St. Mary's Hospital, Paddington and Physician to Queen Charlotte's Hospital. Miss Amy Hughes, General Superintendent Q.V.J.I., will follow with a paper on Maternity Nursing in the District, and Dr. W. S. A. Griffith, Miss Wortabet and Miss B. F. Hancock hope to take part in the discussion.

SATURDAY, NOVEMBER 24TH.

Exhibition open at 11 a.m. In the afternoon there will be a Talk on Paris (in reference to the conference on nursing to be held there, convened by the International Council of Nurses, next June) by Miss Mollett, Matron of the Royal South Hants Hospital, Southampton, at which Mrs. Bedford Fenwick, Founder and Hon. President of the International Council of Nurses will take the chair. At 8 p.m. a conference on Mental Nursing will be held, at which Dr. Robert Jones, Medical Superintendent of Claybury Asylum, and President of the Medico-Psychological Association, will preside. Dr. Robertson, Medical Superintendent of the Stirling District Asylum, Larbert, will read the first paper. Failing Mrs. Chapman who is unable to accept the invitation to take part in the Conference, it is hoped that an Asylum Matron will be able to take her place. Dr. Hyslop, of Bethlem, and Miss Satchwell, Matron

[previous page](#)

[next page](#)