

tion. The pupils must carry with them when they leave firm and strong principles, elevated and generous sentiments, which will lead them as nurses to the height of their profession, and make them as women worthy of the respect and esteem of everybody.

The school having a good strong organisation, excellent lectures, a doctor and sisters suited for the posts that have been confided to them, we have now to consider the stumbling block. How to recruit the pupils?

We declare sincerely that we do not wish to make any criticisms—we should find the moment badly chosen to criticise our institutions—but we feel bound to say this: If the Administration recruit their pupils in the same way that they are doing now, they will obtain no good result. Their labour will be lost. Cannot we inaugurate the system of recruiting as it exists in England and the United States? (The probationer must address to the Matron a written request describing the position of her family, the instruction she has received, her previous employment, etc. She must then submit to a medical examination. It is left to the Matron to decide whether she will be admitted or not.)

In what social class must we seek by preference for pupils? There are two opinions on this question. The one is, that it is only ladies that make good nurses. The second differs absolutely. "Ladies will be pretentious and vain; they will always be difficult to manage." We think that there are exaggerations on both sides, and that a middle course can be found. It is undeniable that a lady can accomplish—by reason of her superior education—many things to which a woman of less social standing could not attain. But here we must stop to consider the true meaning of the term "lady." For us we estimate in the strict sense of the word that a lady is one who has received a good moral education, and this person we shall find in all social ranks in the same way that we find her exact opposite in all degrees of the social ladder. It is this woman of "good moral education" that we must seek for before all else. If, in addition to this, our pupils are ladies according to the usual definition of the word, there will be no need for us to complain.

Conclusion.

1. We wish that the new school at Salpêtrière shall be considered to be a Training School for Nurses.
2. That the Directress shall have the sole responsibility and management of it.
3. That lectures on morals be added to the lectures on theory and practice indicated in

the programme, and that these lessons be given by the Directress.

4. That the present method of recruiting the pupils be absolutely abandoned, and that the pupils of the new school be admitted as far as is possible according to the English plan, that is, with the advice of the Directress after a strict enquiry as to the morality of their conduct, and the surroundings in which they have lived.

The Value of Whey.

By Mrs. WESTAWAY.

The value of diet in the treatment of disease is becoming more and more recognised as the study of therapeutics advances, and many diseases are treated wholly by diet without drugs, while in the treatment of other diseases strictest attention to diet is of supreme importance. Thus there are many diet cures, the best known being the grape, the koumiss, and the whey cure respectively.

The whey cure is found invaluable in the treatment of dyspepsia, chiefly of that variety which is induced by over-feeding, and also in the treatment of chronic bronchitis. It is generally carried out in some mountainous district of Central Europe, where pasturage is abundant, and the milk produced is of fine quality. In such regions the air and sunshine are all that can be desired for an invalid, and, combined with moderate exercise, are an important factor of the cure. The chief resorts for the whey cure are Inter-laken, Rigi-Scheideck, and Weggis in Switzerland; Ischl and Meran in Austria; and Rehbürg, Saltzbrunn, and Streitberg, in Germany. The treatment commences by the patient drinking a tumblerful of warm whey at night and early in the morning, and the quantity is gradually increased until as much as ten tumblerfuls are taken during the day. In addition to the whey, only fruit and vegetables are allowed, so that the amount of proteid and fatty matter taken is decidedly small.

The following table shows the average composition of whey:—

	per cent.
Water	92.95
Fat24
Casein81
Milk sugar and lactic acid	5.27
Mineral matters73

Comparing whey with milk, we find that the proportion of water is higher, the milk sugar and mineral matters are practically the same, but the fat and casein are greatly reduced.

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