

## Prize Giving at Charing Cross Hospital.

On Monday afternoon last the Earl of Kilmorey, Chairman of Charing Cross Hospital, presented the certificates gained by the nurses as a result of the Cookery Examination held at the hospital under the auspices of the Universal Cooking and Food Association in March last, and also the medals and prizes gained at the last Invalid Food and Cookery Exhibition at the Royal Horticultural Hall, Westminster. Before making the presentation, Lord Kilmorey invited Mr. Herman Senn, Hon. Director of the Universal Food and Cookery Association to address the nurses, which he did in the most charming and sympathetic manner. Mr. Senn said that he is very much gratified to see the increased interest taken by nurses in the question of the food given to the patients, which he attributed, in part, to the increased importance attached to dietetics by the medical profession. He urged the nurses who had won silver and bronze medals at the last exhibition to try for the highest—the gold medal—next time. All well cooked food must, he said, produce three effects. It must develop and retain the nutritive value of the food materials employed, it must be pleasing to the eye, and combine the fullest amount of nutriment and flavour. That is cooking.

The certificates gained in the March examination were then distributed by Lord Kilmorey, as follows:—

*First Class.*—Nurses Beatrice Case, Gertrude Morris, Dorothy Isaacson, Sara Young, and Mary Greatley.

*Second Class.*—Nurses Louise Plummer, Margaret Rosoman, Kate Foucar, and Katharine Sharp.

The medals and prizes gained at the Food and Cookery Exhibition were then presented.

*Silver Medals.*—Nurses Amy Wilcox and Beatrice Case.

*Bronze Medal.*—Nurse Muriel Hudson.

*Cookery Book.*—Nurse Gertrude Morris.

Mr. Walter Alvey, Secretary to the Hospital, then proposed a vote of thanks to the Chairman, Mr. Senn, and Miss Richards, the teacher, in eloquent terms. This was seconded by the Matron, Miss Heather Bigg, and responded to by Lord Kilmorey, who said that it was the fourth time he had presented these prizes, and none of his duties connected with the hospital gave him greater pleasure. He congratulated the nurses on their excellent work and wished them the best of luck at the forthcoming exhibition. Mr. Senn also replied.

## LECTURES ON DIETS FOR SPECIAL COMPLAINTS.

It was announced by Mr. Alvey that a course of lectures is about to be given in the Practice Kitchen belonging to the Nurses' Home of the Charing Cross Hospital, Agar Street, W.C., for the benefit of unattached nurses and those ladies who are interested in the diet of invalids.

The syllabus is one of unusual interest, as it deals with the feeding most suitable for special complaints and a feature of the lectures will be to show how to make the various dishes nutritious and appetising in the simplest and most speedy manner.

It is acknowledged by all that much depends in good nursing on the food supplied to the patient, and although it is not possible for the nurse in addition to the ordinary routine of her work to undertake the duties of a cook, still it is of the utmost interest to her that she should be intimately acquainted with the details of food supplied to her patient, and it is certainly beneficial to all who have the direction of a household to know practically the method of cooking for the sick.

It is proposed to give twenty-four lessons in the course, demonstration and practice alternately, and the lecturer will be Mrs. Charles Marshall, M.C.A., gold and silver medallist, lecturer and writer on cookery and domestic subjects. They will take place in the afternoon from 2.30 to 4.30.

The practice lessons are limited to twelve pupils. Demonstration lessons to twenty pupils.

Terms for the course of twenty-four lectures, £2 2s. For demonstrations only, £1 1s. Single tickets, 2s.

The ticket for both courses is transferable to one other person. Apply to the Matron.

### SYLLABUS.

#### CONSUMPTIVE PATIENTS.

The use of suet, preparations of raw eggs with milk, etc., mince and pounded meats.

#### ANÆMIA.

Dishes of red meats, wholemeal bread, toasted bacon, roast fowl.

#### DIARRHŒA.

Barley water, whey, white wine whey, suitable broths, rice water, sweetbread, raw meat, corn-flour.

#### DYSPEPSIA.

Simple dishes of fish, boiled bacon, tripe, or sweetbread, easy clear soup.

#### CONSTIPATION.

Clear soup, vegetable entrées, stewed fruit, wholemeal biscuits, ginger-bread.

#### OBESITY.

Broths, lean meat dishes, toast, biscuits.

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