

goats' milk but is now made from cows' milk. There are at least 150 different kinds of vat cheese known in Europe and America, not counting numerous "processed," "cream" or "fancy" cheeses, which are increasing in popularity. T. S. Eliot, the poet, once proposed the formation of a Society for the Preservation of Ancient Cheeses, but the idea received little support. It is a fact, however, that various old-fashioned types of cheese do die out, among them the once-popular English cheese from Kent, Sussex, Banbury, Norfolk and Cotherstone, Yorkshire.

As a daily food, of course, cheese is unsurpassed, a fact recognised long before mediaeval times. It is true to say that together with rye bread and ale, cheese kept alive the vast proportion of the English people during the terrible famines of the Middle Ages and after. All the basic goodness in a gallon of fresh milk is contained in one pound of cheese, not even omitting the fat content. As a source of body-building nourishment, and of Vitamins A and B<sub>2</sub>, there is no better food than cheese. Yet in normal times, before rationing restricted individual consumption of "mousetrap" Cheddar to a meagre weekly ounce or two, Britain lagged well behind other countries in cheese consumption. America was higher on the list, but the most cheese-conscious country in the world was, and still is, Switzerland, where there is now a "Cheese University" granting diplomas or degrees in cheese-making. Close behind came France, Holland and Denmark.

The value in cheese comes from its peculiar status as a living food, like milk or honey. The bacteria in cheese, long the subject of jokes, are in reality its life-blood, and it is on them that the far larger, so-called cheese mites prey. According to Dr. Adamez of the Sorbonne, Paris, a piece of soft cheese under half an inch across contains about 150,000 microbes when fresh, and 6,000,000 after a few days. He considers there are more organisms in a quarter of a pound of kept cheese than there are people on the globe.

Cheese was one of the last common foods to be successfully canned. For years the pressure of fermenting gases from ripe cheese exploded the tins, but this has now been overcome by the use of a tiny air-valve in the container. New Zealand cans a high proportion of her cheese production for export. Probably the latest development in modern cheese-making is the use of radio waves for speeding up the otherwise lengthy maturing processes of fresh-pressed cheeses. Dr. Korber, of the Biophysical Society of Vienna, claims to have discovered a means of subjecting raw cheese to ultra-short waves to mature it very swiftly. He claims that his "radio cheese" keeps longer, tastes better and is of finer quality generally than the conventional product. Once the initial difficulties of apparatus were overcome, such a method of cheese-ripening might well bring down the price of all quality cheeses.

For cheese-making is akin to wine-making, in that it depends upon the traditional skill of men born to the craft. The Italian makers of Parmesan cheese, for instance, test their product for maturity not by taste, but by sound. Armed with a small silver hammer, they go round their ripening cellars giving each cheese a sharp tap. Only when they hear a certain immediately recognisable tone, do they release it for the market.

There are fashions in cheese, too. The soft crumbly Cheshire variety is nowhere near as popular as it was once, while the mouldy Gorgonzola is assured of a ready market all over the world, which has not always been the case. The pungent, slightly sour odour of Limburger is not appreciated by Americans, although in other countries it is considered part of the enjoyment from the food. So an odourless Limburger is now made in the U.S.A., to a secret recipe of the University of Illinois.

And as for the indigestibility of cheese, medical experts aver that no food is more readily digestible—provided it is eaten slowly, preferably with bread or biscuits, and consumed in moderation at any one meal. Cheese is so highly concentrated that too much at a time may place too great a strain on the stomach. After all, a quarter of a pound of cheese represents a whole quart of milk.

---

### Nursing Echoes.

WE ARE PLEASED to receive a gold covered copy of *The Canadian Nurse* celebrating the 50th anniversary of the birth of this professional Journal, and we much congratulate all concerned on the production of this delightful issue.

Established in 1905 as a Quarterly Journal, and welcomed by this paper, it had as its first Editor Miss Helen MacMurchy, M.D., and her Associate Editors were Miss Robinson, Superintendent of the General Hospital, Golt, Ontario, and Miss Hodgson of Toronto.

The "Foreword" announced that *The Canadian Nurse* would be devoted to the interests of the Nursing Profession in Canada. It was the hope of its founders that this magazine might aid in uniting and uplifting the profession and keeping alive that *esprit de corps* and desire to grow better and wiser in work and life.

For the protection of the public and for the improvement of the profession, *The Canadian Nurse* planned to advocate legislation to enable properly qualified nurses to be "registered at law."

The frontispiece of the first issue bore the portrait of Miss Mary A. Snively, then Lady Superintendent of the General Hospital, Toronto, with the first article from her pen giving an account of the condition of nursing before an organised system of training was introduced into that hospital.

There was also an article by Mrs. Hampton Robb dealing with "The Nurse and the Public," Miss Elizabeth Campbell Gordon dealt with "Practical Points in Emergency Nursing," and Miss Charlotte Eastwood set out "The Meaning and Benefit of State Registration."

So this journal has gone on from strength to strength, and is still the revered official organ of the Canadian Nurses' Association.

---

HER MAJESTY QUEEN ELIZABETH the Queen Mother has been graciously pleased to approve the appointment of 277 nurses to be Queen's Nurses—201 in England, 60 in Scotland, 9 in Wales and 7 in Northern Ireland.

[previous page](#)

[next page](#)