

Readers of this journal will be interested to know that Lord BOWEN entertained the highest appreciation of the medical profession, and of those who, as Nurses, devote themselves to the service of the sick. He evinced a keen interest in the efforts of the Royal British Nurses' Association to gain a Charter of Incorporation; and it may be well to record that, when he was informed that an effort might be made to secure a place in the Corporation for some who are neither medical men nor Nurses, his keen and practised mind at once perceived the danger of such a provision, and he uttered a pregnant note of warning.

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His admiration for the healing art was frequently expressed during his last illness, and, only two days before approaching death sealed his lips, he assured his professional adviser and friend that, if he could have his time over again, he would certainly follow a medical career. His appreciation of the Nursing vocation was not left without return. The skilful and devoted services of the two Nurses, who were deputed from King's College to soothe his last suffering days, will always be remembered with gratitude by those who hold his memory dear.

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Lord BOWEN's temperament was marked by the most delicate sensibilities, and, in consequence, his capacity for suffering in mind and body was only equalled by his keen enjoyment of all that is beautiful and desirable in the intellectual and material worlds. During the first months of failing health, he found it impossible to escape from the depressing influence of the changes which were sapping his life; but no sooner did he foresee the inevitable issue than, with a firm grasp of the Great Future, he advanced to that change which is the gate of life, with a serenity which was as touching as it was beautiful. Although he had just attained to a position which promised to satisfy his highest worldly ambition, and afford opportunities for the exercise of those statesmanlike qualities which the Master of Balliol had long ago discerned as fitting him for the highest position in our political system, he relinquished all without one repining thought or word. In the same spirit he met bodily suffering, thinking always first and chiefly of others. Indeed, his one ruling instinct was to be gentle, courteous, and unselfish. A distinguished surgeon who visited him in one of his last days, exclaimed, as he left the sick-room, "In all my life I have never seen anything so touching as the courteous consideration which that dying man expresses in every word and gesture."

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If, in the fields of learning, law, and scholarship, Lord BOWEN was great, in suffering and in dying he was sublime,

— Hospital Diets. —

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[Paper read before the Nursing Congress.]

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AFTER this we come to the consideration of methods of cooking. To illustrate this latter point we may select any line of dishes—for instance, soups. A head-cook should have at hand a list of wholesome and simple soups (it is neither necessary nor advisable in a hospital to make the more elaborate dishes of any kind) which will vary somewhat according to the seasons of the year, but which in the main may be the same for the twelve months. I would advise dividing them into four groups, and, if possible, no matter how acceptable it may be, that the same soup be served not oftener than once in two weeks, for the sake of securing sufficient variety. This is a much more simple matter to formulate than it seems. It requires only an intelligent head to plan, to direct, to criticise, and the thing is done.

Chicken, Julien, oyster, clam, celery, mock-bisque, asparagus, pea, bean, lentil, consommé, barley, and bouillon are familiar soups. These should be made according to some definite and exact rule which has been proved to be wholesome and savoury. For instance, mock-bisque soup is a compound of tomatoes, milk, flour, and butter, with soda, salt, and pepper. Cooked tomatoes are strained and a pint measured. To this is added a teaspoon of salt, a fourth of a teaspoon of pepper, and an eighth of a teaspoon of bicarbonate of soda; the latter is used to partially neutralize the too strong acid of the tomatoes. The process is this: The tablespoon of flour is cooked in the tablespoon of butter, and a pint of milk added; the pepper, salt, and soda are mixed with the tomato, the white sauce is then poured in, the whole strained, and the soup is done. This gives a quart of simple but wholesome soup and one which is usually acceptable to the sick. These proportions may be regarded as a unit rule by the multiplication of which any quantity may be made. A quart of soup will furnish enough for five portions. If a hundred persons are to be supplied, twenty quarts will be required, and by multiplying each item in the unit rule by twenty and carrying out the process correctly, exactly the same quantity of soup will be obtained. The formula for twenty quarts (about) will be ten quarts of tomatoes, ten quarts of milk, twenty tablespoons or two and one half cups of flour, two and one half cups of butter, twenty teaspoons of salt (ten tablespoons) or one and one fourth cups, two and one half teaspoons of pepper, two and one half teaspoons of soda.

There are some precautions to be observed in using this rule.

(1) If the flour is not cooked in the butter for a definite time before the milk is added in making the sauce, the flavour and quality of the soup are impaired, for the high temperature which the butter can attain changes the nature of the starch in the flour, rendering it both more palatable and more digestible than it would otherwise be.

(2) The bicarbonate of soda must not be omitted

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