

DIET IN PHTHISIS.

Dr. Loomis, of New York, who has done much to improve the treatment of phthisis, suggests some valuable rules as to the diet of patients afflicted with that complaint. He considers that all consumptives pass through three stages—so far as their digestion is concerned: firstly, digestion and appetite unaffected; secondly, a period during which gastric disturbance begins and proceeds until the stomach refuses solid food of any kind; thirdly, from this date until the death of the patient. His rules are as follows:—

1. Never take cough mixtures if they can possibly be avoided. 2. Food should be taken at least six times in twenty-four hours; light luncheons between the regular meals. 3. Never eat when suffering from bodily or mental fatigue or nervous excitement. 4. Take a nap or, at least, lie down for twenty minutes before the mid-day and evening meals. 5. Take only a small amount of fluid with the meals. 6. The starches and sugars should be avoided, as also all indigestible articles of diet. 7. As far as possible, each meal should consist of articles requiring about the same time to digest. 8. Only eat as much as can be easily and fully digested in the time allowed. 9. As long as possible, systematic exercise should be taken to favour assimilation and excretion; when this is impossible, massage or passive exercise should be undergone. 10. The food must be nicely prepared and daintily served; made inviting in every way. Dr. Loomis gives the following as a sample of a diet sheet in the early stages of phthisis:—

On awakening.—Eight ounces of equal parts of hot milk and seltzer, taken slowly through half an hour.

Breakfast.—Oatmeal or cracked wheat with a little sugar and an abundance of cream, rare steak, or loin chops with fat; soft-boiled or poached egg, cream toast, half-pint of milk, small cup of coffee.

Lunch, 10 a.m.—Half-pint of milk or small tea-cup of squeezed beef-juice with stale bread.—12, noon, Rest or sleep.

Mid-day Meal, 12.30.—Fish, broiled or stewed chicken, scraped meat ball, stale bread and plenty of butter, baked apples and cream, two glasses of milk.

Lunch, 4 p.m.—Bottle kumyss, raw scraped-beef sandwich, or goblet of milk. 5.30 p.m., Rest or sleep.

Dinner, 6 p.m.—Substantial meat or fish soup, rare roast beef or mutton, game, slice stale bread, spinach, cauliflower, fresh vegetables in season (sparingly).

Reflections

FROM A BOARD ROOM MIRROR.



MISS ELLEN MARY WREFORD has been appointed Matron of the Hospital for Women and Children, Leeds. She was trained for three years at the Royal Infirmary, Bristol, and afterwards worked in connection with the Leeds District Nursing Home. She was subsequently made Head Nurse at the Hospital at which she has gained her present appointment. Miss WREFORD is a Registered Nurse and a Member of the Royal Chartered Corporation.

THE University of Rome has just, for the first time, conferred the degree of Doctor of Laws on a woman, in the person of Signorina TERESINA LABRIOLA, a young lady, aged 18, who took as the subject of her thesis, "Honour from the Legal Point of View." Signorina LABRIOLA is the daughter of a professor well known for his Socialistic opinions.

MR. H. M'CALMONT (the owner of Isinglass) has contributed £100 to Colonel GILDEA'S fund for Nurses in connection with the Soldiers' and Sailors' Families Association. As an ex-Line officer and an ex-Guardsman, Mr. M'CALMONT could not have singled out a better object for his success on the turf.

THE Meath Hospital has received a legacy of £1,000 bequeathed by Mr. WM. MCCOMAS, J.P., and the committee have dedicated to the memory of the testator a bed in one of the wards, with a brass plate with his name inscribed on it. The city of Dublin Hospital has also received a similar amount from the same testator.

SUBSCRIPTIONS have already been promised to the amount of £2,600 for the purpose of building a new Ophthalmic Hospital in Cork. A bazaar will be held in aid of the same object, which will commence on Monday, October 29th, and continue to the end of the week. The bazaar will be entitled "Donnybrook Fair," and it is expected to prove a great success.

IN the House of Commons, on the 16th inst, in answer to Mr. Webster, who wished to know whether any steps had been taken, or were practical, to recognise the gallant services of the 1st Battalion, Shropshire Light Infantry (late 58th Regiment), performed during the continuance of the plague at Hong-Kong, Mr. Woodall, in the absence of

[previous page](#)

[next page](#)