

digestion are induced, more particularly if little exercise be indulged in at the same time. An excess of starchy foods leads to the well-known condition of adiposity, which, apart from its inconvenience and ungainly appearance, is indirectly injurious on account of it preventing an active life. Insufficient diet causes emaciation and weakness, and I wish you to carefully note that improper food acts in the same way as insufficiency, and in children who are fed improperly there is a proneness to all wasting diseases.

Having briefly drawn your attention to the various foods, I shall now endeavour to explain how these foods are changed chemically and physically in the body to admit of their entrance into the blood, and then we shall be able to discuss some of the commoner diseases caused by errors of digestion.

*The Alimentary Tract.* This canal commences at the mouth and ends at the lower part of the large bowel; it does not come within my province this evening to describe, in anything approaching detail, the anatomy of these parts, so I must content myself with giving you some of the more important facts.

*Teeth.*—There are two sets of teeth, one the temporary or milk teeth, the other the permanent set. The temporary teeth first appear at about the sixth month of life, and continue to erupt till the thirtieth month. They are classified into incisors, canines and molars; in all there are twenty temporary teeth, thus 2 incisors, 1 canine and 2 molars in each half of each jaw. The permanent teeth begin to replace the milk teeth at the 6th year, and by the 13th year all the temporary teeth have disappeared; but all the permanent ones have not yet made their appearance, as the wisdom teeth do not erupt till between the 17th and 21st year. There are 32 permanent teeth—2 incisors, 1 canine, 2 præmolars, and 3 molars in each half of each jaw, the addition, as you will see, is 2 præmolars and 1 molar to the number of the milk teeth. There is one point I should like to call your attention to, and it is the great liability people have to take cold whilst they are cutting their wisdom teeth. One always recognises this liability in the case of babies, but is apt to forget to associate this condition with an aberration from health in the case of adults.

(To be continued.)

The Link Shell Truss Co., 171, Wardour Street, London, W., have a new truss, it is claimed that by this method of manufacture a truss is provided which will be more comfortable than the one in ordinary use and better able to adapt itself to the various movements of the body, especially if these are of a sudden character. The truss is fitted with a hip-joint regulator by means of which the pressure is increased or diminished as required and with a soft hollow shell pad perforated for ventilation. The Truss as thus completed is an efficient one.—*Lancet*, August 4th, 1894.

## Royal British Nurses' Association.

(Incorporated by Royal Charter.)



HER Royal Highness PRINCESS CHRISTIAN, President of the Royal British Nurses' Association, has graciously consented to open and preside at a grand bazaar, in aid of the funds of the Association, to be held in the Grafton Galleries, on the 6th, 7th, and 8th of December next. Princess CHRISTIAN will preside at a central stall, aided by Her Highness Princess VICTORIA of Schleswig-Holstein, Lady JEUNE and Lady DUCKWORTH.

It is proposed that Matrons and Nurses of various Hospitals shall preside over the other stalls, to which General, Special, Infirmary, and Children's Hospitals have contributed.

Mrs. BEDFORD FENWICK has consented to arrange the Private Nurses' Stall; Miss ISLA STEWART, Matron of St. Bartholomew's Hospital, will undertake the management of the Tea Room; Miss DE PLEDGE, Matron of the Chelsea Infirmary, will preside over the Dairy Stall.

The kindly co-operation of the Members of the Association and of the public is earnestly requested, and articles for the following Sections will be most gratefully received by the Hon. Secretary, at the Office, 17, Old Cavendish Street, London, W.: Art Needlework, Artistic Handicrafts, Plain Needlework, Baby's and Children's Clothes, Toys, Dressed Dolls, New Books, Items of comfort, such as Woollen Shawls and Wraps, Bed Capes, Knitted Stockings and Socks, &c.

Articles for the Writing Table—Embroidered Blotters, Pen Wipers, Stationery, &c.

Articles for the Toilet—Scent, Soap, &c. Sick Room Appliances.

It is hoped that these contributions will provide a wide and varied choice of Christmas Gifts, and that a large section of the public will take the opportunity of buying presents at the Nurses' Bazaar, thereby aiding the Association in the great national work in which it is engaged. Members who have friends desirous to assist in furnishing stalls at the Bazaar, and who are unable to work themselves, will find that Miss Lambert, M.R.B.N.A., of 7, Compton Street, Eastbourne, will execute orders with promptitude and skill at moderate charges.

Parcels should be directed to the Secretary, 17, Old Cavendish Street, W., and marked for the special stalls at which the contributor wishes them sold. All articles sent by private Nurses and their friends, should be addressed c/o Mrs. BEDFORD FENWICK, 20, Upper Wimpole Street, W. All articles sent and duly received at the office, will be acknowledged through the official column in the NURSING RECORD, weekly.

The Hon. Secretary will be obliged if all ladies desirous of attending the Lectures commencing in the first week of October, will intimate to her their intention of so doing, and take tickets, as it will help her to arrange the classes.

Reduction of Munson Typewriter prices from £21 to £12 12s., our Odell Typewriter reduced to 63s., particulars of both free.—LINK SHELL TRUSS Co., Surgical Instrument Makers.

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