

eye," or that illustrating "a section through the lymphoid tissue of a solitary gland." We so thoroughly recognise the good intentions and the carefulness shown by the writer that we are glad to express our belief that her work would prove valuable to medical students who have to study these subjects for more than eighteen months. But we fear that there is too much Anatomy and Physiology, and too little Nursing, in this volume to make it practically useful to Nurses.

"Artificial Feeding and Food Disorders of Infants." By Dr. Cheadle. (Smith, Elder & Co.) The third edition of this valuable book has just been issued, and will be found most helpful by all who have to deal with infants, and therefore especially so by obstetric Nurses. Its value to medical men is clearly proved by the rapid exhaustion of the two previous editions. It is clearly written, and with all the simplicity and practical illustration which proves the author to be a master of his subject. The influence of improper diet upon the health of the infant and its future growth and development is clearly explained, and, throughout each lecture, practical points are scattered which would be found of the utmost value by those entrusted with the care of children. We are glad to see that Dr. Cheadle places great stress upon the advantages of boiled milk, not only because the process sterilises the fluid, destroying all putrefactive bacteria, and the germs of infectious diseases, but also because many children digest boiled, better than raw, milk.

Inventions, Preparations, &c.

AN EXCELLENT CHRISTMAS PLUM PUDDING.

Take three-quarters of a pound of flour, two ounces of Borwick's Gold Medal baking powder, two ounces of bread crumbs, one-and-a-half pounds of suet, two pounds of raisins, one pound of currants, ten ounces of sugar, two ounces of almonds, one pound of mixed candied peel; salt and spice to taste; mix ingredients well together, and add six eggs well beaten, and three-quarters of a pint of milk; divide in two, and boil eight hours. This receipt is unequalled.

KOLA TONIC.

The beneficial effects of the Kola nut have for long been known to medical men, and its stimulating and invigorating properties are traditional among the native tribes of Western Africa. The Pure Water Company, Limited, of Queen's Road, Battersea, S.W., has recently utilised the valuable qualities of this nut in a novel manner by the production therefrom of a temperance drink. In taste, this somewhat resembles sweetened ginger; but from experiments which we have made with it, there can be no doubt that it possesses very re-

markable stimulating and strengthening properties; and we can strongly recommend its use to those Nurses who are called upon to work without regular meals and perhaps without even a proper amount of sleep. It would in their case undoubtedly lessen the strain of their duties and impart fresh vigour when under ordinary circumstances their vitality would be greatly enfeebled.

SPECIALTIES FOR INVALIDS.

We have much pleasure in calling the attention of our readers to the excellence of the preparations of Mr. Frederick Mason, for the use of invalids. Their beef-tea in jelly, and in lozenge, form, is most excellent, pure and sustaining, while the great variety of different preparations, such as mutton broth, calves-foot jelly, invalid gravy soup, and so forth, will do much to assist Nurses in tempting the appetites of their patients. For the convalescent some of the sauces produced by Messrs. Mason are especially valuable, and not to mention others, the P. & O. sauce would, we consider, be found very valuable, not only as a stimulant of, but also as a valuable aid to, digestion. Our readers can obtain a full list of these valuable specialties and their prices from Mr. Frederick Mason, 52, Acre Lane, Brixton, S.W.

DIET FOR DIABETICS.

One of the greatest drawbacks in the treatment of diabetes has always been the difficulty of obtaining bread which should be in any degree palatable. Ordinary bran food, however well prepared, is generally intensely bitter, whilst gluten bread usually causes extreme nausea by its insipid and india-rubber like qualities. It therefore affords us much pleasure to call the attention of our readers to the bread and biscuits prepared for diabetics by Messrs. Bonthron & Co., 106, Regent Street, W. This firm has obtained a high reputation for the care it has devoted to the preparation of these materials, and it has placed on the market a lengthy list of biscuits, porridge and bread in various forms, many of which are not only free from all saccharine constituents, but are most palatable, nutritious, and digestible. Nurses who require to order such preparations can obtain from Mr. Bonthron a list of his productions; and orders, which should always be for only two or three days' consumption at a time, are very conveniently supplied through the Parcels' Post. The prices are most moderate, and the variety is all that the most fastidious appetite can require. It is impossible to praise these preparations too highly or to sufficiently recognise the care and attention which has been bestowed upon their manufacture.

[previous page](#)

[next page](#)