

prepared articles which may be called for in addition to the regular bill of fare.

The *diet table* is reserved for those invalids for whom an exceedingly strict diet is prescribed. Those at this table can obtain nothing except the articles of food called for by their prescriptions.

Order Table.	M E N U .	Sanitarium.
	D I N N E R .	
	Soups.	
4 Pea and Tomato.		2 Cream Rice.
	Vegetables.	
4 Baked Potato.	5 Green Corn.	5 Wax Beans.
5 Mashed Potato.		4 Macaroni with Tomato.
	Grains.	
	2 Grain Jelly with Fruit Sauce.	
3 Graham Grits.	3 Pearl Barley.	2 Avenola.
3 Cracked Wheat.	2 Dry Gluten.	2 Granola.
	Breads.	
2 Zwillbach.	a Toasted Whole-wheat Wafers.	
a Beaten Biscuit.	b Buns.	a Whole-wheat Puffs.
a Gluten Wafers.	a Graham Crackers.	a Dyspeptic Wafers.
	Liquid Foods.	
1 Boiled Milk.	Caramel Coffee.	2 Gluten Gruel.
3 Oatmeal Gruel.	4 Vegetable Broth.	1 Cream.
	Fruits.	
3 Blackberry.	3 Stewed Apple.	3 Prune.
	Desserts.	
	3 Date Pudding with Lemon Sauce.	
	3 Lemon Cornstarch Pudding.	
	Articles Prepared to Order.	
4 Peas Puree.	1 Buttermilk.	1 Milk, with Lime Water.
4 Poached Eggs.	2 Milk Custard.	3 Snowflake Toast.
4 Egg Toast.	2 Cream Toast.	
3 Tomato Toast.	2 Egg Nogg.	2 Egg Cream.
3 Prune Toast.	2 Floated Eggs.	8 Gluten Biscuits No. 1.
3 Grape Toast.	3 Rice.	Charcoal Crackers.
1 Junket.	2 Poached Yolks of Eggs.	

Not more than three dishes will be served from this list to any person at a single meal.

(To be continued.)

Hospital Engagements.

A REPRESENTATIVE of the NURSING RECORD, note-book in hand, and recording pencil in pocket, wended her somewhat timorous way to some of the London hospitals to get a consensus of opinion as to whether the engagement of a Nurse to one of the medical staff ought to be sufficient warrant for a request from the authorities that she should resign. She wondered as she sped on her errand whether such a subject might be regarded as too "frivolous" to be treated by the Matrons, and then she reflected that it was a question which affected Nurses somewhat closely; and, that in many cases, the regulation of resignation coincident with engagement often pressed very hardly upon hospital workers. So it was with renewed courage that she confronted one of the leaders of the Nursing world, and asked her views.

"Of course," said this lady, smiling at the question, "in my position I am bound to deplore the engagements which so often take place, because I notice in so many cases the young gentlemen are clever enough to take off my best Nurses. And I always grudge this thinning of our professional ranks, although I strongly maintain that no woman will make

such a good wife and mother as the good Nurse."

"But do you insist that the Nurses shall leave when they become engaged to one of the staff?"

"No, indeed, I consider it a most arbitrary and narrow-minded proceeding; in fact, I had to stand out against my Committee on the point. They considered the rule should be enforced as a matter of hospital discipline. But I thought it was unfair on the Nurses, and I even went so far as to suggest if the rule *were* made the penalty should fall alternately on the man and the woman. That is to say, on an engagement being announced, if it was decided that the Nurse should leave, the *man* of the next engagement should be sacrificed! I thought this would satisfy the eternal justice of things, but the Committee didn't see it in this light!"

The next Matron took a different view.

"Don't talk to me of engagements. I am perfectly tired of the bothers I have had. I always impress on my pros. that, at the slightest hint of engagement, they will only be given a month's grace to arrange their plans. I make no exception to this stringent rule. I don't agree that this is an important subject. Why can't Nurses be satisfied with their work and leave the men to those who have nothing else to do?"

A Matron who was subsequently interviewed said: "Personally I have every sympathy with the union of the two branches of the profession. I regard the marriage of a Nurse and a doctor as an ideal marriage. Therefore I much regret that the traditions of the Hospital call for the sacrifice of any Nurse who becomes engaged here. Most Committees have decidedly stringent views about this. Quite recently one of our house surgeons was seen to kiss a charming probationer on the stairs. I had to request her to leave almost at once. The Committee sent for him and required his resignation. And then they confessed they were engaged, and the whole thing ended with Congratulations and Wedding Bells. Of course her conduct—and his—was most reprehensible, and this sort of thing has led, no doubt, to the restriction on Hospital engagements, as, naturally, such scenes are subversive of discipline, and incompatible with personal dignity. So that while I sympathise with these marriages I can see many objections to their being arranged in Hospital. Human nature is weak—even in the four walls of an institution, and I am not sure that our rule is not, after all, for the best."

Our representative interviewed several other Matrons and Hospital Secretaries, and elicited their views on this question, which will be given in next week's RECORD.

[previous page](#)

[next page](#)