

Bonnie Briar Bush," we can find much that is pleasant in its sequel.

It has been well said that all through life you see what you expect to see, and this is evidently the case with Ian Maclaren. He sees human nature at its best, and for him the lower side of things does not exist. The heart of life to him is always wholesome and good, even when it is covered by a cynical exterior.

There is one tale in this series for which we have nothing but unmixed praise. It is entitled "Good News from a Far Country." It simply relates how an old father and mother, who had heard that their son was ill of typhoid fever, waited on the high road for the postman to bring the weekly dispatch from abroad, and who were so agitated with fear when it arrived that they had to beg "Postie" to read the letter for them. It is a testimony to the vitality of the story that the reader cannot help rejoicing with all his heart that the news brought to the old parents is satisfactory.

It is always an effort to read dialect stories, and they need to be exceptionally good to repay the requisite intellectual exertion. While it is impossible to deny that Ian Maclaren writes Scotch very well—so well that in "The Bonnie Briar Bush," where the interest was absorbing, we never grudged the attention required for comprehension—yet, after reading "In the Days of Old Lang Syne," we are tempted to sympathise with the gentleman who gave as a reason for not subscribing to Mudie's just now—"that in his youth Scotch was not included amongst the languages taught at his school."

A. M. G.

Reviews.

MRS. HART, in her book, "Diet in Sickness and in Health," has given to the medical and Nursing worlds what may be described as a classic in dietetics. But, perhaps, it is hardly fair to use such a term, as the book is not only the most valuable contribution that has yet been made to Sick Cookery, but it is bright, clever, and even entertaining. The style in which the book is written is as admirable as are the recipes and instructions as to how the invalid should be fed.

So far, American books on Sick Diet have held the field, but Mrs. Hart's volume is the best we have seen, and we recommend it as a text-book in training-schools and a book which every private Nurse should religiously read, mark, learn, and inwardly digest. It is of the utmost importance that private and all Nurses should understand dietetics—and by that we do not mean a little conventional "jargon" about albuminates, nitrogenous and non-nitrogenous foods—a little knowledge which, although by no means dangerous, is unpractical and useless. And yet the majority of Hospital Nurses are armed with no better information about diet than that "casein is a component of milk," and that "sugar and fats belong to the carbo-hydrate and hydro-carbon groups," but how to make milk acceptable as a diet, how to vary it and make it palatable, is not dreamt of in the philosophy of the training of the average Nurse.

But there are signs in the air that a change is coming, and that diet kitchens and invalid cookery are soon to form a very integral part of a Nurse's equipment, and with such an admirable book as Mrs. Hart's the task of teaching the young idea how to cook should be a very easy and pleasant task.

An excellent chapter is devoted to Dishes for the

Aged, and recipes suitable and pleasant for old people are set forth in sufficient variety as to be a great help to households containing an old invalid or a delicate aged person whose digestion needs specially consulting.

The chapter on Thinning and Fattening will be read by many with much interest, but we must take exception to the statement that "if you grow fat, you either take too much food in bulk, or too much food of a certain kind, that is of a fattening kind."

Stoutness, unfortunately, is not so simple a problem. It is due largely to "temperament," and here we enter a very large field. A formula is given for the Banting *régime*, the Ebstein theory is treated of; the Carlsbad and others; while under "Fattening the Thin," the Weir-Mitchell treatment is thoroughly gone into from the dietetic point of view, and very useful tables for the guidance of the medical man or Nurse are given.

Patent foods, malted foods, and peptonised foods are all treated of, and the methods of preparation gone into in so practical a way that one feels sure that Mrs. Hart is no theorist about food, but is herself capable of cooking and dishing up dainty little dishes for healthy and sick alike.

Convalescent foods and dietetic tables are given also, and, indeed, there is very little about sick diet which is not touched upon and treated in a clever and admirable way. We strongly recommend all Nurses to invest in this invaluable book.

Bookland.

WHAT TO READ.

"With H.M. 9th Lancers during the Indian Mutiny, the Letters of Brevet-Major O. H. S. G. Anson," edited by his son, Harcourt S. Anson.

"Regeneration; a reply to Max Nordau." (A. Constable.) "Shadows on Love's Dial." By the Queen of Roumania (Carmen Sylva). Translated by Helen Wolff (Downey and Co.).

"Sweetheart Travellers." A Child's Book for Children, for Women and for Men. By S. R. Crockett.

"When Wheat is Green," By Jos. Wilton (Unwin). Pseudonym Library.

"Frances Mary Buss and Her Work for Education," by Annie E. Ridley, illustrated.

"A Child's Garden of Verses," by Robert Louis Stevenson (John Lane).

"A Princess of the Gutter," by L. T. Meade.

Coming Events.

December 5th.—Meeting of Executive Committee of the Royal British Nurses' Association, at the offices of the Corporation, 17, Old Cavendish Street, W., at 5 p.m.

December 9th.—Annual Conversazione of Royal British Nurses' Association, at the Institute of Painters in Oil Colours, Piccadilly, W., at 8.30 p.m. Nurses (non-members), 2s. 6d.; members, 1s.; members and friend, 5s.; guests, 5s.

December 12th.—Mrs. Roberts-Austen At Home at the Royal Mint, 4 to 7 p.m., to discuss the work of the National Council of Women. Tea and coffee. Mrs. Eva McLaren, Mrs. Bedford Fenwick, Mrs. Amie Hicks, and others will speak.

December 16th.—Matron's Council. The first of a Series of Demonstrations on Nursing will be held in the Examination Hall, Victoria Embankment, at 8.30 p.m. Miss Bristow, of Martha Ward, St. Bartholomew's Hospital, will lecture on the Nursing of Gynaecological Cases. Entrance 1s. By the West door, Savoy Hill.

[previous page](#)

[next page](#)