

DIET IN PHTHISIS.

IT is a well-known fact that one of the most important methods of treating Consumption consists in persuading the patient to take sufficient nourishment, and in so nutritious a form as to build up the tissues which are exhausted by disease. To begin with, it is a valuable rule to give milk at sufficient intervals during the waking hours, and in sufficiently small quantities to obtain its complete absorption and digestion. About eight ounces of milk, given every three hours, is therefore often ordered in cases of Consumption. It is a useful point to remember that the addition of a quarter part of lime water to the milk assists in its digestion, and it is, as a rule, taken better if boiled, than in the raw state. In the morning on waking, a glass of milk, with the addition of two tablespoonfuls of old Rum, is an old-fashioned and valuable tonic. Cream—especially Devonshire cream—and butter are most useful when they can be taken, and in many instances the former will amply make up for the want of cod-liver oil, which so many consumptive patients are quite unable to take. When meat is given, it should be very lightly grilled, and it is better to restrict this diet to beef and mutton. A larger quantity can be taken, as a rule, if it is minced than if it is given in the more solid form. Stout is an article of diet the value of which in cases of consumption is not sufficiently recognised. A form which is known as Nourishing Stout possesses admirable digestive, as well as nutritious, qualities, and when taken with meals frequently enables the patient to take more nourishment than he otherwise would do. For the same reason, extract of malt in various forms, either alone or combined with cod-liver oil, is of acknowledged usefulness. And finally, of course, cod-liver oil alone is a remedy which is above all others in its beneficial effect upon those enfeebled and wasted by the progress of this dread disease. The greatest difficulty is often to persuade the patient to take the oil at all, some object to the nauseous taste, others complain of the disagreeable eructations. The former difficulty is largely overcome by the use of the Kepler Emulsion, the latter by an appropriate tonic prescribed to be taken with the oil.

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Reflections

FROM A BOARD ROOM MIRROR.



THE Duke of Connaught, accompanied by the Duchess, attended, on Friday last, at St. Thomas's Hospital, of which his Royal Highness is the President, to perform the ceremony of re-opening two wards—the Beatrice and Florence wards. Their Royal Highnesses were received at the Hospital by Mr. J. G. Wainwright (Treasurer) and Mrs. Wainwright, Sir Henry Doulton, Sir Stewart Knill, and many representatives of the medical and Nursing staff were present. Mr. Wainwright, the Treasurer, delivered an address, in the course of which he said:—"I ask your Royal Highness, as President of our Hospital, to again declare open for the reception of poor patients two of our so long closed wards, named respectively 'Beatrice,' after her Royal Highness the Princess of Battenberg, and 'Florence,' after that noble lady Florence Nightingale. It may fairly be anticipated that I should say a few words explaining how the governors feel justified in now throwing these two wards open. Your Royal Highness will remember that in February last, in your capacity as President of this Hospital, you appealed for public support, and under the kind sympathy of the Lord Mayor a most successful meeting was held at the Mansion House, when an appeal for £100,000 was made. We had looked forward to a larger response to our appeal, but, unfortunately, what with agricultural and commercial depression, combined with so many other Institutions feeling the stress of the times, I am only able to report the sum of £27,000 as having been received. But this enables us to open two wards, accommodating thirty patients each, and providing for the treatment of some 900 extra in-patients each year."

Mr. Wainwright also said that St. Thomas's Hospital was the pioneer of all other nursing systems in the country, which owed its inception and practical organisation to Miss Nightingale, and he rejoiced to feel was still greatly guided by her constant solicitude. The following letter from Miss Nightingale was read:—

"MY DEAR SIR,—It gives us all joy, and patients especially, your re-opening of two much-wanted wards, lying empty for want of funds, through no fault of their own. These wards also contain some of the latest improvements. And I hope that all the money still wanted, which you desire and deserve, will come in. I beg to send my £100, wishing it were much larger, for the benefit is great, not only to the bodies of the patients, but towards rendering those bodies able to tread a nobler, more useful course in life by the practical lessons they learn in the wards of order, kindness, and moderation, or self-discipline. This is especially the case with the children. It is delightful when a hospital is a school of good morals to the patients as well as a training school for Nurses and for students. And such is St. Thomas's Hospital. We rejoice that our President, the Duke of Connaught, is to perform the ceremony of opening the wards.

I beg to remain, my dear Sir,

Yours very faithfully,

FLORENCE NIGHTINGALE."

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