

The Medical, Surgical, and Hygienic Exhibition.

(Continued from page 114.)

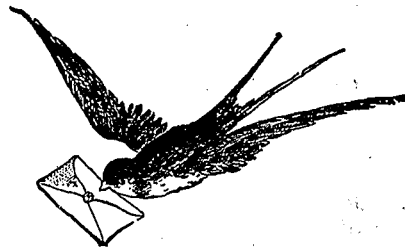
THE display of food products and food chemically prepared was a section of great interest, and very instructive to nurses. Stand No. 107 contained specimens of the well-known products of S. Fitton and Son, from the Hovis Flour Mills at Macclesfield. Hovis bread, biscuits, cakes and pastry, all made from this flour, are most palatable and of high nutritive value. The ginger-bread and scones were delicious, and can be easily made at home if the following receipts are followed:—Hovis ginger-bread—2½ lbs. flour, 8 ozs. moist brown sugar, 16 ozs. golden syrup, 12 ozs. butter, 1 oz. ground ginger, 1 oz. carbonate soda, 3 eggs, and ½ pint milk. For scones—4 lbs. Hovis flour, 8 ozs. lard or butter, 6 ozs. sugar, ½ oz. soda, 1 oz. cream of tartar, one quart milk or butter-milk, 4 eggs. These cakes should be baked on an iron plate, and when half cooked turned over.

G. Van Abbott and Sons, 6, Duke Street Mansions, Grosvenor Square, W., showed specimens of their foods for diabetics, dyspeptics and invalids. These perfected productions are too well known to require additional praise, but we specially noted the Gluten and Meat Biscuits for travellers and sportsmen, as they contain a very large amount of nourishment in a very small compass; the almond cakes, coconut biscuits, carraway biscuits, and sweet ginger biscuits, all sweetened with saccharine, for use at dessert or afternoon tea; the concentrated cocoa powder, all specially prepared without sugar or starch, for diabetic patients; the mock turtle, ox-tail, consommé and real turtle soups, all prepared without added gelatine, and free from vegetables; the real turtle soups are made from fresh green turtle stock. The hypophosphite of lime biscuits, for delicate children, especially those suffering from rickets and weak joints; the nutritive beef biscuits, which contain 20 per cent. Mosquera beef meat, should be noted by cyclists.

Many firms showed new beef preparations, and the Vimbos Co., of 130, Queen Victoria Street, E.C., has produced a fluid of beef which is of excellent flavour. The Bovril Co., of 30, Farringdon Street, E.C., exhibited a great number of excellent preparations already well known and highly esteemed by the public. The Liebig Extract of Meat Co., of 9, Fenchurch Avenue, E.C., were also submitted for inspection. Armour & Co., Chicago, and 59, Tooley Street, S.E., had an exhaustive exhibit of their laboratory products, which have the reputation of the very highest quality. Pepsin (1) insoluble powder, (2), granular (3), scale (4), soluble powder. Glycerole pepsin, a concentrated solution of pepsin in glycerine. Nutrient wine of beef peptone, a solution of pure peptonised beef in high class sherry, each fluid ounce represents one ounce of predigested prime lean beef. Desiccated blood, prescribed with ingredients in exhaustion. Desiccated thyroids, prepared in a sterilised laboratory from fresh healthy glands which are carefully dried and degreased. Elixir thyroid, a palatable glycerine solution of sheeps' thyroids, one fluid ounce of which contains the active principles of one average gland.

Vigoral.—A combination of Armour's Extract of Beef and Powdered Beef Fibre, suitably seasoned. Invaluable for domestic use as a bouillon, and also to all athletes and cyclists.

(To be continued.)



Our Foreign Letter.

IN AN ITALIAN HOSPITAL.

PAGES FROM AN ENGLISHWOMAN'S DIARY

(Continued from page 424, Vol xvii.)

November 10th, 1894.—I have been too "blue" to write these three days. Nurses usually are melancholy when they have nothing to do. It is always a problem to me to reconcile one's *instinctive* joy at having people really ill enough to need one, and one's *reasonable* sorrow at their suffering. It is, in reality, but a focussing of the great problem of life, the co-existence of perfect goodness and absolute power, with suffering and evil. I have glimmerings of one solving for both, viz., the evolving of man as a spiritual and ethical entity, not a mere puppet. That God does permit evil is proof of its moral necessity; that He Himself combated it (and finally overcame it by His resurrection), is proof that we are to wage a like warfare; whilst the only logical explanation of a nurse's happiness over a "heavy" ward, or a difficult private case, is her instinctive perception that thus she feels herself a humble imitator of her Lord.

Our ward here has no bad case so far, and there are far too many to nurse in it. Only 13 beds, for a Suora, two *infermiere*, and myself to look after, not to mention some half-dozen students who do the chartings of temperature, pulse and respiration, and write reports of symptoms, &c. I keep wondering how I can teach a probationer anything but play-nursing, and that is a most depressing thought. Could I but take them to the male ward there would be plenty to do, as they have 30 patients, and only the same number of assistants as in the female, but the idea of nursing men is still too new, and would frighten everyone.

Professor R. introduced me that morning to Suora M., as a lady who had studied nursing, and wished to teach it to girls ("from charity"), and he begged her to help me in every way. I added, "We will teach them, Suora," but felt instinctively that she thought the plural superfluous, and that it would be better for her to teach them, and for me to attend to "charity" in some more orthodox form! It is not surprising the sisters should think their own ways the best—they never travel, and never read, so simply do not know of any others. Then they have large tradition and experience, and the doctors enforce a great many novelties, so it is only natural they should be entirely self-satisfied.

I notice mainly a want of system, the work is not divided sufficiently; thus the Suora often has to take a broom to get the ward swept before the rounds, having kept both *infermiere* occupied over preparing specimens and writing temperatures on the slates (from which the students chart them). As for making

[previous page](#)

[next page](#)