

Professional Review.

THE CENTURY INVALID COOKERY BOOK.*

WE have received from Mr. T. Fisher Unwin, a copy of this book, price 3s. 6d., by Mary A. Boland, edited by Mrs. Humphry (Madge of *Truth*). Miss Boland's former book, which is used in the training school of the Johns Hopkins Hospital, has for years been in our possession, and we regard it so highly, and consider it so superior to any text book for nurses on this subject, that we warmly welcome the present book, which is designed more especially for the use of English nurses.

The introduction deals with the extreme importance which the cooking of food, and a scientific knowledge of the chemistry of the household, plays in the health of the nation, and this importance is accentuated when the question of food for the sick is involved, as "a system depleted by disease, and exhausted by long continued illness, is an exceedingly delicate instrument to handle."

Part I. treats of the preparation of food, its digestibility and flavours, chemical and physical changes, the elements of which it is composed, the composition of the body, the five food principles, and many other necessary details. The process of digestion is explained, as well as the phenomenon of nutrition, and the nurse who thoroughly masters this section of the book will have acquired a solid basis of knowledge upon which she will be able rationally to draw to enable her to provide for each patient the food most suitable for his condition.

Part II. is devoted to recipes, and very excellent they are, and the nurse who consult this section should have no difficulty in providing her patients with suitable and appetising food. Then follow diet lists, or menus, for the sick, classified under the headings of liquid, light, and convalescent diet. With the help of these lists the monotony of the food often supplied to convalescents should be a thing of the past.

Then comes a most valuable chapter on serving. Only those who have had serious illnesses know how much difference the appetising service of food makes to the appetite, and how important a part daintiness, and refinement in presenting the meals plays in the good recovery of a patient.

The feeding of children receives the attention that its importance deserves, and a most unusual—and, therefore, especially valuable—section is that devoted to district nursing, and bills of fare are given for the family of a working man.

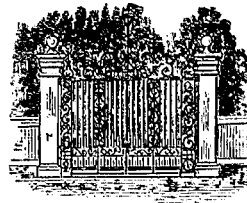
The book closes with a list of the necessary furniture, utensils, china, and miscellaneous articles necessary for furnishing a cooking school, which will be most valuable to those committees who contemplate including instruction in cookery in the curriculum of training for their nurses.

We heartily commend the book to all those who are concerned in the education of nurses; to private nurses who will find it most valuable to them, and to all indeed who have to cater for the sick. They will find it most useful, even if they do not actually prepare the food by the recipes given, in assisting them to provide a suitable and varied diet for their patients. Lastly, it should certainly find a place in every Nurses' Library.

* "The Century Invalid Cookery Book," London: T. Fisher Unwin, Paternoster Square.

Outside the Gates.

WOMEN.



THE Queen received at Windsor Castle, last Friday afternoon, Miss Agnes E. Weston, who for the last quarter of a century has done much good work among the seamen of the Royal Navy, by the establishment of sailors' rests at Portsmouth and Devonport, and

the promotion of temperance in the Fleet. After the interview with her Majesty, Miss Weston went to the Deanery in the Lower Ward and gave an address at a meeting held under the presidency of the Dean of Windsor.

In spite of general incredulity, it is asserted that the Tsar believes in his rescript on disarmament, and that he has been greatly influenced in forming his humane views by his noble wife, and by reading "Down with Arms," written by that enthusiastic advocate of international disarmament, Frau Bertha von Suttner, who, before her marriage, was the Countess Klinsky. Numerous articles by this brilliant woman have appeared in important German and Austrian papers. It is rumoured that Frau von Suttner may attend the meeting of the International Council of Women, which is to be held in the Queen's Hall in June, when International Arbitration will be discussed, and which is being organised by the President, the Countess of Aberdeen. We hope the rumour is true.

The report of the Association for Promoting the Education of Women in Oxford was issued this week. It states that the number of students remains about stationary—namely 201. In regard to the honours obtained, the year has been most successful. No less than eight first-classes have been obtained in the final honor schools—namely, two in literæ humaniores, two in modern history, and four in English language and literature. To these must be added a ninth, won by a student in the university honor examination in modern languages. Those who obtained honors during the year total forty-six, and considering both the number and importance of the honors won, the results may on the whole be regarded as superior to those of any former year.

The annual prizes have been awarded as follows: The "Margaret Evans" history prize, to Miss R. Sidgwick, home student; Miss Hodgkin, Somerville College being proxime accessit, and Miss Boulnois and Miss Greig, both of Somerville College, obtaining honorable mention; and the mathematical prize to Miss Steward, Somerville College. To these should be added the distinction won by Miss E. Phillips, Somerville College, who was elected to the Geoffrey Research Fellowship at Newnham College, Cambridge.

On Monday evening there was an unprecedented crowd of Fellows and Associates of the Royal Institute of British Architects in the Library at 9, Conduit

[previous page](#)

[next page](#)