

almost always much appreciated by convalescents. It is a good plan to give these wines with soda water, because the patient is thereby tempted to take more fluids, and thus his appetite is increased and his blood vessels filled. Other patients, again, seem to prefer, and to be more benefitted by, malt liquors; and for these, nothing is better than bottled Guinness's stout, or one of the "Invalid Stouts," as they are termed, which are specially brewed for the use of convalescents. In the administration of stimulants to convalescents, it should always be remembered that the best results are obtained when they are given together with nourishment; the stimulant then serves the double purpose of increasing the heart's power and of assisting in the digestion of the food which is taken with it.

However, after all, stimulants are only an artificial aid to the jaded appetite, by enabling more food to be administered than the patient would probably be persuaded otherwise to take. It must always be the object of the Nurse to tempt the patient's appetite by natural means, which brings us to the often all-important nursing question of nourishment. Sufficient has probably been said to show that patients suffering from Pneumonia are subjected to an ordeal which not only threatens their existence, but also more or less seriously injures every function of the body. It is therefore essential that they should receive proper and sufficient nourishment, in order to enable them to fight through their depressing illness.

In an ordinary case, during the first week, whilst the temperature is more or less high, and the breathing more or less embarrassed, there are two obvious reasons why nourishment must be given in a concentrated form and in small quantities at a time. In the first place, the fever and perhaps the brain condition will render the patient altogether averse to food; and, in the second place, the digestive powers will be more or less affected and weakened. Nourishment therefore is generally prescribed in a liquid form, and as the quantity which the patient will take will be small, its quality, that is to say its nutritive power, must be excellent. As a general rule, then, with life and death often swaying in the balance, it is unwise to trust to manufactured beef-teas, or chicken broths. There are certainly reliable forms of such nourishment, but they may not be available just when they are wanted. It is, therefore, a good general rule in Pneumonia, and indeed all other cases of acute illness, that the nurse

should herself make any of these preparations which are required. Every nurse is familiar with the methods for doing this, and it is only necessary to urge that she should not entrust the details to any one else. She should herself see that the meat is perfectly fresh and good, that it is of the correct weight for her purpose, and that it is free from bone and fat. If raw beef juice is ordered, the nurse should, in like manner, prepare it herself; but, in the latter event, there are some practical points which it is well to remember. In the first place, the preparation should not be made in the sick room, because if the patient is sufficiently sensible to watch and understand the performance, it may cause such disgust, that he is quite unable to swallow it when it is prepared. In the next place, and for the same reason, it should be administered to him in a coloured glass, and with a sprinkling of salt added to it, so that he shall neither see the colour of the preparation nor be able to perceive its faint taste. Thirdly, it should be prepared fresh each time, because it rapidly deteriorates, especially if kept in a warm atmosphere.

In the next place, another most important point to remember, in these, as in all other acute cases of illness, is the usefulness of making constant changes in the TASTE of the patient's food. It may seem a very small matter; but it is a practical fact, that, after a very few repetitions of the same kind of nourishment, the patient often experiences a deadly loathing for it, simply because it always tastes just the same. It is, after all, not to be wondered at. In health, no one dreams of taking the same food, cooked in precisely the same way, at one meal after another; and the feeling of repulsion, which such monotony would arouse in the healthy, is intensified in the case of the sick. Nurses, however, often forget this, and express surprise at the rapidity with which a patient refuses to take nourishment. If they realised the very natural cause, they could easily obviate the effect. For example, if the patient is conscious, all nourishment should be daintily served on a small tray covered with a clean napkin. Then the same beef tea, for example, can at one time have just a sprinkling of salt and pepper, and the next time its flavour can be completely altered by a little lemon juice; and after that it can be made with milk instead of water—a very valuable form of nourishment with which curiously few nurses seem to be acquainted.

*(To be continued.)*

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