

## The Convalescents' Diet.

### HOW TO PROVIDE AND PREPARE IT.

BY LUCY HELEN YATES.

This little book, published by H. Virtue and Co., Ltd., 26, Ivy Lane, Paternoster Row, E.C., is full of instruction, and in the introduction lays stress upon the importance of food in the treatment of disease. It advises the medical practitioner to keep control of the diet, and use it as part of his course of treatment, and quotes some wise words in this connection written by Dr. J. Mitchell Bruce. "So potent a means of treatment ought to be intelligently handled in obedience to clearly defined indications. If the practitioner does not order the diet, someone else will—his patients or their friends. Therefore, the practitioner must never lose control of the diet. It is not enough that he should permit different foods; he must employ them definitely as carefully-ordered means of treatment. And when he is deliberately planning treatment and reviewing his remedies in each case, he should always think of food first before he thinks of medicine, and give it a corresponding position of importance in his directions to the nurse or patient."

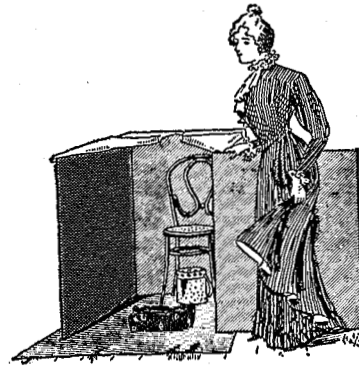
The eleven chapters deal amongst other things with A Week's Dinners for a Patient Recovering from Severe Diarrhoea; Suggestions for the Diet of those who Suffer from Dyspepsia; Some Hints regarding the Food of Diabetic Patients, In the Cure of Neuralgia and Anæmia; Refreshing and Restorative Drinks; Suppers and Light Dishes, Patent Foods; and The Kitchen Time Table. The author reminds us that the digestive organs are often the first to suffer when there is disturbance of the mind; anxiety, disappointment, grief, influence the nervous energy, and the stomach in common with other organs loses its vital force. "Laughter," says Hufeland, "is one of the greatest helps to digestion with which I am acquainted, and the custom prevalent amongst our ancestors of exciting it at tables by jesters and buffoons was founded upon true medical principles." "In cases of severe neuralgia the diet should be as abundant and as nutritive as possible, and *fat* in some form or other taken freely—good fat bacon is recommended, fresh cream, cream cheeses, and a liberal allowance of good sweet butter; salads dressed with plenty of oil, well buttered toast, tea-cakes, fish and fritters fried in oil are all channels whereby a fair amount of fat can be conveyed into the system without repugnance." The nerves want soothing and nourishing, and a cup of hot Bovril or warm broth given between meals is recommended. The chapter on Patent Foods and their uses is good—it points out that patent preparations of various foods are of value in the sick room because they present a highly concentrated form of nourishment, and the work of digestion is spared. Bovril, Virol, Maggi's condensed soups, Protene biscuits and flour, and Robinson's patent barley are highly recommended.

The chapter on the Kitchen Table is full of information, and contains a time-table for cooking vegetables. Under Memoranda a hundred little paragraphs might well be learnt by heart. The booklet costs a shilling, and is well worth it.

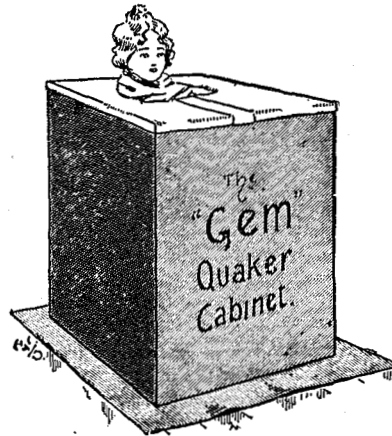
## New Preparations, Inventions, etc.

### THE GEM QUAKER BATH CABINET.

The Gem Quaker Bath Cabinet, supplied by the Gems Supply Co., Ltd., 6, Bishop's Court (near Post Office) Chancery Lane, W.C., is a real boon to that increasing class of persons who regularly take Turkish Baths, for it brings this luxury within reach of all, in their own homes, at a most moderate price, namely, 30s. for the initial



cost, and an average expenditure of 1d. per bath. The cabinet, which may easily be folded up like a screen can be readily used by travellers, as its thickness when folded is only 1 inch, while when in position for use it expands into a roomy apparatus in which the bather can move freely, and sponge, rub, and cool the body perfectly before



leaving it. The frame-work is of the best heavy steel-rod uprights, and the covering material used is very durable, manufactured especially for this cabinet after years of experimenting. The entire weight is about 12 lbs. The interior is black and rubber-lined. The price includes a stove for use by the bather. It certainly should have a wide sale, and find a place in every household.

[previous page](#)

[next page](#)