

Appointments.

MATRON.

Miss Ada A. Hoghlon has been appointed Matron of the Lloyd Hospital, Bridlington. She was trained at the Victoria Hospital, Burnley, where she since held the positions of Sister of the Children's Ward, Sister of a Female Ward with the charge of the Operating Theatre, and Sister of a Male Ward and Out-patient Department, which position carries with it that of Assistant Matron.

SISTERS.

Miss Annie Willis has been appointed Ward Sister at St. Giles's Infirmary, Camberwell. She was trained at St. Pancras Infirmary, and has since had experience of private nursing in Swansea, and has held the position of Sister at the Aston Union Infirmary, Birmingham.

Miss G. E. Hobbs has been appointed Sister at the Infirmary, Lewisham. She was trained at Guy's Hospital, and has held the position of Sister at a hospital in the Harrow Road.

Miss Violet Watkinson has been appointed Theatre Sister at the East London Hospital for Children. She was trained at the Children's Hospital, Sheffield, and the General Hospital, Birmingham, and for the last three years has held the position of Sister at the Children's Hospital, Liverpool.

The following Nursing Sisters have received appointments in the Indian Army Nursing Service:—

Miss Aimée M. Cockcraft, who was trained at Addenbrooke's Hospital, Cambridge, and has held the position of Staff Nurse at the Royal Hospital for Children and Women, Waterloo Bridge Road. Miss Cockcraft has had experience of nursing in India in connection with the Plague Nursing Service, and for the last eighteen months has worked at the Royal Victoria Hospital, Netley, as a member of the Army Nursing Service Reserve.

Miss Isabella K. Grant, who was trained at the London Hospital, where she has also held the position of Sister.

Miss Anna J. Marshall, who was trained at St. George's Hospital, London, and since 1899 has been engaged in plague nursing in India.

Miss M. S. Pocock, who was trained at the London Hospital, where she has also held the position of Sister.

Miss Mary C. Quinn, who received her training at St. Vincent's Hospital, Dublin. Miss Quinn had experience of private nursing in connection with the Leicester Institution for Trained Nurses, and for nearly three years has worked at the Royal Victoria Hospital, Netley, in connection with the Army Nursing Service Reserve.

Notes on Practical Nursing.

THE DIETING OF PATIENTS.

LECTURES TO PROBATIONERS.

By Miss HELEN TODD,

Matron, National Sanatorium, Bournemouth.

II.—ON SOME OF THE PROCESSES OF DIGESTION.

Almost all classes of food must undergo certain mechanical and clinical changes before they can be assimilated or converted into nourishment for the body.

Of the different classes of food which we considered in our last lecture, proteids must be changed into peptones; fats melted, saponified, and emulsified; and starches changed first to dextrine and then to glucose or animal sugar before they become diffusible, that is, capable of passing through a moist animal membrane, such as the walls of the stomach and intestines, and so of any value as nourishment. Even under the best conditions, a large proportion of the food eaten passes through the body without contributing anything to its support and repair.

In health these changes are brought about by the different organs of digestion, and until this be done the food cannot pass through the lining membranes of the digestive tract, and is as useless as though it were still unswallowed.

It is, therefore, obvious that if any of these organs are not yet developed, are incapacitated, or have their functions interfered with by disease, the physician must regulate the patient's dietary to suit his altered condition of digestion, or the peculiar needs of his whole system.

We need not here study minutely the whole mechanism and physiology of digestion; but it will be well to just glance at some of the most important points which have to do with the subject-matter of these lectures, and the bearing of which you will more fully appreciate as we proceed in the course.

The first step towards rendering foods capable of assimilation is mechanical; *i.e.*, its fine sub-division by the teeth or some (external) substitute in order that the various digestive fluids, which must alter its chemical condition before it can be absorbed, may be brought into contact with every part of it.

The agents which bring about these changes are known as soluble ferments or enzymes. They are found in certain fluids secreted by special glands for the purpose of digestion, and are exceedingly powerful in their action, very small quantities producing the desired effect on relatively large masses of the food-stuff. Enzymes only act in a warm temperature, preferably about 100 °Fahr.; at freezing point their action is suspended, and at boiling point destroyed. Some soluble ferments will only work in an alkaline and others in an acid medium; different ferments affect different classes of food.

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