

warm food saves the necessity of heating it at the expense of the body economy.

The other principal changes brought about by cooking consist of the softening of cell walls, both animal and vegetable, the coagulation of albuminoids, the softening and reduction to gelatine of connective tissue, and the consequent setting free to a great extent of fibres, thus rendering them easy of mastication; raw meat, for instance, is many times tougher and more difficult to chew than when cooked. Heat also melts fats and sugars, and in the process of baking stops the fermentative changes in those articles of food into which yeast enters (bread and cakes "raised" by yeast). The great principle of cooking meat is the endeavour to subject it throughout to a heat of 160° Fahr. or thereabouts.

According to Whitelegge, any part of the meat that fails to reach this temperature will be underdone, while if it exceeds 170° Fahr. the tissues will shrink and become hard and indigestible. Some authorities consider beef and mutton sufficiently cooked if the temperature of the interior of the joint rises above 130° Fahr. (Burney, jun.); but veal and poultry require at least a temperature of 160° Fahr. throughout their substance before they can be considered properly cooked.

In our next lecture we will briefly glance at the different methods of cooking meat, &c., and the results obtained by them.

### The Royal Red Cross.

The King has been pleased to confer upon the undermentioned ladies the decoration of the Royal Red Cross, in connection with the South African campaign:—

#### ARMY NURSING SERVICE.

Supt. Sister Miss M. Russell, Nursing Sister Miss C. H. Keer.

#### ARMY NURSING SERVICE RESERVE.

Nursing Sister Miss H. O. Luckie, Nursing Sister Miss Margaret Whiteman.

#### IMPERIAL YEOMANRY HOSPITAL.

Miss Katherine Blanche Brereton, Mrs. Margaret Scott Fripp.

#### NURSING SISTERS (COLONIES).

##### Victoria.

Supt. Sister Miss M. Rawson.

##### Canada.

Nursing Sister Miss Georgina Pope.

##### Intombi Hospital Camp.

Nursing Sisters Miss Joan Charleson, Mrs. Harriet Maud Campbell-Ross, Miss Ellena Philipson Stow, Miss Isabella Jessie Philipson Stow, Miss Amy Blake Knightley, Miss Sophia Margaret Patterson, Miss Katherine Louisa Hill, Miss Sophie Lees.

### Clinical Teaching for Nurses.\*

By ISABEL MCISAAC,

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It needs no argument to convince this audience of the value of clinical demonstrations in teaching nurses, and every superintendent has, no doubt, struggled with the question of methods. No one will deny that if each probationer and junior nurse had a head nurse, who is a good teacher, to spend her whole time with one pupil during her first year, we would produce excellent results; but as that is entirely out of the question, we must utilise our material and time to the best advantage.

In a large school this subject is one of more gravity than in the smaller ones; the larger the school the harder the problem. Given twenty good nurses and twenty probationers to be taught bed-making we may not get twenty ways of doing it, but the number will be large enough to discourage the most sanguine. Beside bed-making there are any number of routine duties to be taught in which we desire uniformity; if these are taught theoretically in class and then each head nurse demonstrates in her own particular way we still get too much variety. Seven years ago I undertook to minimise this unsatisfactory variety in a very large school. Taking the methods of the surgeons in their clinics, I made our first demonstration one on beds and bed-making. We called the class into a large operating theatre, where there was room for practical work. We had in the arena all kinds of hospital beds, even a water bed—all kinds of mattresses, including straw and air—all sorts of bedding and pads, rings, cradles, hot bricks, hot water cans and bags, rubber blankets and rubber cloth and rubber pillow slips for the protection of the bed.

Beginning with the bed, a talk was given on metal and wooden beds, explaining why the metal is more sanitary, then a demonstration of cleaning the bed and how to prevent and exterminate vermin, then upon the care of the mattress and pillows; every article of bedding was gone over, explaining the various materials, special attention being given to the blankets. A bed is then made up, one of the special points being to teach how a bed may be made by going around it just once instead of running from one side to another with every article of covering. A bed with a straw mattress is then made and also a water-bed, boards are put under the spring cross-wise to make an unyielding fracture-bed. A woman patient is then undressed and put to bed; she is put into all sorts of positions and turned and lifted, pillows put in and taken away,

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