

and that in the act of stuffing a chicken with snow, in order to watch the effect, he caught the cold that resulted in his death.

But it was not until 250 years after his experiment that any large use was made of ice as a preservative. It seems simple and clean, and pure, and free from all the dangers of other antiseptics, but its application has hitherto been used to the advantage of the tradesman, and the disadvantages have all been borne by the consumer, except in one relation. The frozen meat trade with Australia is an honest business, when openly carried on. The customers pay a lower price when they buy Australian meat, and thus seem to share in the tradesman's profits. It is like the open purchase of margarine at 7d. the pound instead of butter at double the price. The transaction therein is only so much meat, so much money. But those who, feeling this inferior in quality, go to a high-class butcher, who insists he has no frozen meat and only sells English meat of his own killing, have a just grievance when they find the frozen flavour follow them. Butchers too often deceive those who allow themselves to be deceived, and sell, especially in small quantities, frozen meat as English meat. The fraud on their pockets I do not now discuss, though it is a fraud, and liable to prosecution where it can be proved. What I want to make clear is, that frozen meat is *not* of the same food-value as wholesome English unfrozen meat. The causes are recondite. The freezing seems to separate the juices, the component parts of which freeze at different temperatures, and on the thawing they do not re-unite. In the process flavour and aroma are altogether lost, and some other subtle qualities of material digestive value. It remains a fact that one cannot make gravy, beef-tea, or invalid broth to any degree of satisfactoriness out of frozen meat, whether it came from Australia or from our own butcher's ice-chambers. It is only by very careful observations of the uncooked food, and tests of the cooked results, that one can learn to know the difference. The same change takes place in a grill or a joint. The patient's appetite is often blamed, when it only feels the natural loathing of an impaired digestion at the flavourless and deteriorated "dinner."

An even more dangerous effect has ice upon fish, though we have known the association longer. Fish is supposed to "keep better" in immediate contact with ice, and so it is packed up in ice, kept in ice, and sold in ice, to our disadvantage. It is only of late, however, that it has been much used by fishermen and fish-curers. Ice is taken out to sea now, and the fishermen can stay out much longer at a time and return with larger loads. Fish-curers can put the fish they cannot sell in ice and keep it till they cure it, and this is the reason of the deterioration of the English "salt fish" nowadays. In Scotland one can still get fresh fish and

good dried haddocks, the famous Finnan haddocks, but one has to notice very carefully the bloaters, kippers, and yellow haddocks at the ordinary fish-monger's.

Strong constitutions, with free exercise in the open air, may be able to conquer all these difficulties in our diet, but it is only reasonable to suppose that they will have a more powerful effect on the delicate. Therefore, pending the turning of the slow-moving wheels of legislative enactments, it behoves nurses who want to be successful in their cases to keep their attention awake to all signs of adulterants and antiseptics in any food, and to long exposure to the cool chamber, or thorough freezing, of any animal food.

Appointments.

MATRON.

Miss Elizabeth Forsyth has been appointed Matron of St. Anne's Convalescent Home for Children, Herne Bay. She was trained at the Royal Hospital for Sick Children, Edinburgh, and at the Royal Infirmary, Dundee. She has also held the position of Sister of the Children's Ward at the Mildmay Hospital, Bethnal Green; Night Superintendent at the Southwark Infirmary, East Dulwich; Lecturer on Nursing to the London School Board; and Home Sister and Assistant Matron at the London Temperance Hospital.

NIGHT SUPERINTENDENT.

Miss Hettie Louisa Philp has been appointed Night Superintendent at the Fulham Infirmary. She was trained at the General Infirmary, Leeds, and has held the position of Queen's Nurse, and also of Charge Nurse at the Grove Hospital, Tooting.

Wedding Bells.

A marriage has been arranged and will shortly take place between Miss E. J. West, Matron of the Grove Fever Hospital, Tooting Graveney, and Dr. C. E. Matthews, Medical Superintendent of the Fountain Fever Hospital, Tooting, S.W.

Miss West has been in active nursing work for ten years. She was trained and certificated at St. Bartholomew's Hospital, and is a member of the Matrons' Council and of the League of St. Bartholomew's Hospital Nurses. Dr. Matthews is a Cambridge and St. Thomas' man, and M.D. Oxon.

What was known as the "romance of the Maine" is not after all to end to the sound of marriage bells. We are informed that the marriage arranged between Miss Eleanor Warrender and Dr. H. H. Rodman, of New York, U.S.A., will not take place.

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