

Porridge is not advisable, and potatoes are forbidden. Well-cooked green vegetables, especially spinach, will do no harm, and eggs are particularly suitable as being a concentrated form of digestible food, especially in the raw state.

Many persons can swallow an egg as they would an oyster if it be broken into a wineglass and a pinch of salt added, or the egg may be beaten up with a little milk into a flip. Stimulants are often ordered for asthmatics, and this mixture forms an agreeable vehicle for brandy, &c. Care must be taken that the eggs are very fresh, and, if boiled they should be very slightly cooked.

These patients must avoid substantial meals in the evening, taking then only fluid or semi-fluid foods, and nothing immediately before going to bed. A strong cup of coffee may relieve an acute attack, and the more chronic sufferers often sleep better if coffee forms their last meal at night; tea, on the other hand, will cause indigestion and many sleepless hours if taken before retiring to rest.

Wedding Bells.

The marriage is announced at Mombasa, East Africa, of Mr. H. E. Phelps, local auditor for the Protectorate and Uganda Railway, and Miss Edith Lambe, a trained nurse, who worked in South African Hospitals during the recent campaign, and afterwards in the British Government Hospital, Mombasa. The bride and bridegroom have won golden opinions during their residence in East Africa, and the ceremony, which was performed in the Anglican Church, excited great local interest. The certificate was the first which has been issued under the new "Marriage Ordinance." The wedding-cake, which was supplied by a well-known Oxford Street firm, was carved by the bridegroom with his sword in the orthodox manner. The whole island seems subsequently to have been *en fête*, and a series of receptions were given in honour of the newly-married pair, after which, amid a salvo of fog signals, they left for Lake Victoria.

An unfortunate incident the night before the wedding was that the bridegroom's bungalow, containing valuable wedding presents, was burnt down.

The London School Nurses' Society.

The London School Nurses' Society, which is doing good work in public elementary schools in London, is appealing for increased support to enable it to extend the sphere of its operations. Of the 1,000 schools in London, the Society is only able at present to send nurses to 75. Subscriptions may be sent to Miss Susan Lawrence, 44, Westbourne Terrace, London, W. The Board of Education have expressed high approval of the work of the nurses.

Nursing Organisation.

MR. DOUGLAS BRYAN'S REPLY TO HIS CRITICS.

To the Editor of the "British Journal of Nursing."

MADAM,—I consider that the best and easiest way of replying to the various letters discussing my scheme for Nursing Organisation will be to take the scheme part by part and explain and alter it as I may think fit.

I should first like to say how I appreciate the manner in which it has been received, and the courteous and kindly way in which it has been criticised. Some of your correspondents evidently think I am going to adhere to my scheme as it appeared, and uphold it through all criticism. Such is certainly not my intention, for, though the name "Scheme" has been applied to it, and for convenience I have adopted the same, though I hardly like to call it so, and purposely used the word "suggestion," knowing full well that there were many parts in it requiring alteration, and thereby giving myself the opportunity of rewriting what I might then term a "scheme," so I hope all will remember that I enter upon this with an open mind, that I am quite open to conviction, and do not intend to set my views against the consensus of opinion of those whose experience is greater, and should therefore be the better able to make more competent suggestions.

One of your correspondents, namely, Miss Ména Beilby, considers my scheme unnecessarily intricate. I should have been much obliged if she, instead of writing at such great length on the maternity nurse, had pointed out more of these intricacies, and at the same time had shown better and easier methods of dealing with them. I do not say that my suggestion with regard to this nurse is without fault, far from it; for concerning this part of the scheme it will be seen that I have made a radical change, on account of criticisms that have appeared before Miss Beilby's letter; but having read her letter carefully through, I fail to find any definite suggestion as to the training, &c., even of this particular nurse, and therefore feel constrained to say that the letter appears to me to be unnecessarily lengthy.

In order to follow the above plan I must first deal with the Governing Authority. In only one letter is this very important and difficult problem touched upon; it is from Miss H. C. Poole, Matron of the Blackburn and East Lancashire Infirmary. Miss Poole considers that the Board should be self-governing and consist only of Matrons, Sisters, and qualified Nurses. With this I cannot agree, for, in my opinion, as the Nursing Profession is certainly subordinate to the Medical, but at the same time the two professions are intimately connected, so much so that it can almost be said "one can hardly do without the other," therefore it is essential that the Medical Profession should be represented on the Board, and in order to have many legal questions, that are certain to arise, settled, the law is necessary, and so a representative of that profession should be present.

Again, it will be found that there will be many matters essentially medical with which to deal, and if Matrons, &c., have the settling of these matters without consultation with the Medical Profession, great friction will be caused, and in the end an

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