

During digestion, starch is partly and temporarily changed into dextrin, so that in the crust of bread we find part of the work of digestion has been carried on outside the body.

In making toast, a great part of the starch is changed to dextrin, so that toast is suited for invalids, provided that it is properly made. A bright, clear fire is required; the bread should be cut in moderately thick slices from a loaf which is two days old. Each slice should be trimmed into a neat form, and held on a toasting-fork in front of the fire. It should be moved to and fro so that it may gain colour slowly and equably. When one side is browned it should be turned and the other side treated in the same way. Dry toast, served as soon as it is made, is crisp, and is easily acted upon by the teeth and prepared for digestion. Hot buttered toast is not invalid's fare. Spreading the hot toast with butter prevents the escape of steam, so that the inner part forms a sticky mass, and the abundance of butter increases the difficulties of digestion.

Pulled bread is often given in treating obesity. It is made by taking a loaf hot from the oven and pulling the inner part to pieces, drying the pieces in the oven until they become crisp and of a golden colour.

The subject of whole-meal bread has called forth lively discussion, but it seems to be now definitely settled that, although the amount of nourishment is increased by the addition of the ground integuments, the sharp portions of bran increase the action of the intestines so that the bread is hurried through the digestive tract before the available nourishment can be extracted from it. In cases of a sluggish action of the intestine the whole-meal bread is useful in overcoming constipation, but it should never be given where there is any delicacy of the stomach or the intestine.

Bread jelly is recommended by Dr. Cheadle in infant feeding, in cases of atrophy, gastro-enteritis, and dyspepsia. It is made by cutting a thick slice of bread weighing about 4 oz. from a household loaf which is two or three days old. The bread is soaked in cold water for six or eight hours to remove the lactic acid of fermentation, and is then squeezed as dry as possible. The pulp is then gently boiled in a pint and a-half of water for an hour and a-half, so as to rupture the grains of starch and to assist in changing it into dextrin and grape-sugar. The thick gruel is then strained and rubbed through a fine hair-sieve, and allowed to grow cold, when it forms a firm, jelly-like mass. It should be prepared twice a day, as it does not keep long. It is used by mixing it with warm water (which has been previously boiled) until it is of the consistence of thin cream. Boiled milk is sometimes added, and, if used with the addition of raw-meat juice and cream, it takes the place of milk.

Legal Matters.

"NOT A TRAINED NURSE."

Mr. G. R. Reitman, of Homedale, Tennison Road, South Norwood, was summoned on Monday at Croydon Borough Police Court by Edith Louie Robinson, a married woman, practising as a nurse, for libel. Mrs. Robinson, who resides at Whitehorse Road, Croydon, stated that she was engaged by Mr. Reitman, with whom a dispute arose. She consulted Mr. William Hood, a Croydon solicitor, who wrote to Mr. Reitman, and on July 25th received the following letter from him, the subject of these proceedings:—"Homedale, Tennison Road, South Norwood, Surrey: William Hood, 33, George Street, Croydon. I am in possession of your letter of the 23rd inst., and beg to inform you that its contents are based upon gross misrepresentations on the part of your client 'Nurse' Robinson, as she invariably likes to style herself. 'Nurse' Robinson has no certificate, and is not a trained nurse—a fact which she carefully concealed from us. This in itself would be a sufficient reason to sever any previous agreement, but there has been no such agreement at all. I did certainly not engage 'Nurse' Robinson from May last to hold herself at my command, and 'Nurse' Robinson *de facto* did not hold herself at my command. In fact, she carried on in a business way a kind of nursing home. She took any maternity case, as a speciality those of an illegitimate kind, and has sustained no loss. It is quite without precedent to pay a nurse £1 a week from the time one sees her and speaks with her about an approaching confinement. From private inquiry I can prove that she would not have been in a position to attend to the case of my wife properly even if we had entered into such a ridiculous agreement. 'Nurse' Robinson broke off all previous arrangements with us herself by asserting her ridiculous claims and by slandering our consulting doctor, with whom she flatly refused to work. I have other very strong reasons which I will disclose when called upon if the person named should persist in her claim; but I think the first reason is in itself strong enough to warrant my cancelling any arrangements with her. 'Nurse' Robinson's *modus operandi* is nothing else but to extort money." Mr. Reitman pleaded that the letter was privileged. The Bench disregarded the question of privilege, and, holding that the letter did not constitute a libel, dismissed the case.

We are glad to find a member of the public at last arousing himself to his undoubted right to obtain the services of a trained and certificated nurse when he pays the fees for one. At the same time, as certificates may be stolen and forged, the only adequate protection which the public can obtain is by the legal registration of trained nurses by Act of Parliament.

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