

other green vegetables. The fleshy part of the bracts which surround the flower, and the flower receptacle, commonly called the bottom, are the parts eaten. They are easy of digestion, but not nourishing. In character they are slightly diuretic, but their chief use is as a carrier of fat in the form of oil, or oiled butter. For invalids they should always be boiled, as in the raw state they are not easy of digestion.

Asparagus is wholesome and nutritious. It is diuretic and slightly sedative, and is a useful vegetable in cases of dropsy and gravel.

Onions are one of the most nutritious of vegetables, but in the raw state they can only be borne by strong stomachs on account of the strong pungent volatile oil, and also on account of the presence of sulphur. When cooked, the onion becomes mild, and retains a large amount of nutriment in the form of gluten. It is diuretic and is useful in constipation. In the form of porridge it is useful in cases of cold, and boiled Spanish onions with butter are valuable in cases of eczema.

Seakale contains a large quantity of starch and of mucilage, and when boiled is agreeable and easily digested.

Marrows must be eaten very young, and are valuable on account of potash salts. They contain very little nourishment, but rather more than the cucumber, which is the least nourishing and most indigestible of all vegetables.

Carrots contain sugar, but no starch. They become very woody when old. They are valued chiefly on account of their flavour.

Turnips contain a pungent essential oil, but as they contain no starch or sugar, and are good absorbers of fat, are useful as a vegetable in diabetes.

Parsnips contain starch and sugar, which they yield very freely on boiling. They are rich in mucilage, which is of uncertain feeding value. On account of the starch and sugar they yield spirit, and are often employed in the manufacture of cheap brandy.

Celery is indigestible even when cooked, on account of the woody fibres which run through it. It is useful in cases of rheumatism and gout. Some varieties have very large roots, which go by the name of celeriac, and which when boiled yields an agreeable and fairly digestible vegetable.

Various fungi, such as mushrooms, morels, and truffles, are often classed as vegetables. They contain a large amount of nitrogenous matter, but, as most of it is of a non-proteid character, they do not form such a nutritious food as would be expected from the analysis. On account of the large amount of cellulose they are very difficult of digestion, and when in the intestine they are very imperfectly absorbed. The flavour is very much admired, and, unless the digestive organs are fairly strong, that is as much as should be allowed to an invalid.

Educational Matters.

THE FARRAND TRAINING-SCHOOL FOR NURSES.

The Farrand Training-School for Nurses, which is in connection with the Harper Hospital, Detroit, Michigan, U.S.A., was established in 1884 in memory of David Osborne Farrand, M.D. The Principal of the School is Mrs. L. E. Gretter, whose name is familiar to English nurses as that of a former President of the American Society of Superintendents of Training-Schools for Nurses. As it is of value at the present time to study the methods and standards of well-organised schools, we believe the details which we print below concerning the Farrand Training-School will be studied with interest by many superintendents in this country.

The organisation of the School was due to the sense of the necessity for having trained and skilful nurses for the patients in Harper Hospital. The idea upon which it was founded was: "That it should be a school open to women of culture and stability, who would become pupils with a view to making nursing a life-work; and that it should be so well established that eventually it would furnish trained nurses not only for Harper Hospital but for the community at large."

The School is an integral part of Harper Hospital, and the government is vested in the Training School Committee, composed of the President, together with three other members of the Board of Trustees, and one member of the Medical Board.

Under the general authority of the Superintendent of the hospital the Principal has direct supervision of the School, and her authority extends over all that pertains to the duties and discipline of the nurses in the hospital and in the home, as well as to the details of their instruction in the School.

The Swain Home for the Farrand Training School was built in 1893.

It is a beautiful modern building with a capacity for seventy nurses. It is connected with Harper Hospital by a picturesque archway, which affords the advantage of a comfortable passage in cold or stormy weather; and yet the home is completely isolated from hospital atmosphere. It affords the best conditions for sanitary living and personal hygiene.

The home contains an excellent library with textbooks, medical books, nursing and medical journals, and standard works of general literature. There are also anatomical charts, a manikin, and a skeleton to aid the nurses in their studies.

The facilities for practical work and study are exceptionally good, including the nursing in Harper Hospital under an able medical and surgical staff. The several departments are gynecological, surgical, medical, ophthalmological and laryngological, and contagious.

[previous page](#)

[next page](#)