

firmly established in their way as St. Paul's Cathedral or Westminster Abbey, and some such feeling surrounds other hospitals in the country. In South Africa it is very different. Unless in Rhodesia, where the Dominican nuns were pioneers in nursing, there is no sentiment attaching to hospitals. A hospital is to the Colonial only an hostel (we will retain the letter S, if you please, to soften it) where sick people are accommodated, and nursed. The patient pays the doctor's fees, and a fair sum towards his personal expenses if he can and will, or he is nursed in the general ward at a nominal charge, or at the expense of the institution. In every case tact and discretion must be exercised by the nursing staff to make paying patients understand that they may not ring and order for themselves refreshment and drinks, as in an hotel.

Nor is it easy in a hospital or nursing home to make patients or their friends understand that the "tariff" of liquid diet given, for example, in enteric fever or in dysentery, is a fair return for the fees incurred, and it seems undignified to explain to him that a liquid diet may include Brand's Essences, costing 5s. or 8s. a tin, or Valentine's Meat Juice at 7s. a bottle. One can tell them the patient has chicken broth, and as that is an expensive item in all the towns, it gives them comfort. And, fortunately, the patients do well on it.

(To be continued.)

The election of Lady Hermione Blackwood to the presidentship of the newly-formed Ulster branch of the Irish Nurses' Association recalls the amusing pathetic little anecdote narrated by the Dowager Marchioness of Dufferin in her entertaining book, "Our Viceregal Life in India." "A deputation waited upon me," she writes, "consisting of three gentlemen, who came to represent the women of Gujran Walla. They asked before leaving to be allowed to walk round me, and when I afterwards inquired into this custom, I could only learn that they walk round temples and other sacred things. Lord Dufferin's comment on the compliment thus paid me is, 'They never get round me.'" It was from the hand of Queen Alexandra, at Marlborough House nearly four years ago, that Lady Hermione received her badge of membership as a Queen's Nurse. The Dowager Marchioness of Dufferin's name will live in India as the founder of the association for supplying female aid to native women. The work has grown and developed rapidly from year to year. Native princes have built hospitals for women in convenient cities, and they have been reared in many States.

Practical Points.

Popular Foods.

Dr. Edward F. Willoughby, in a lecture on "Popular Foods," given at the Institute of Hygiene, 34, Devonshire Street, W., said

that home-made beef-tea was a misunderstood product of the culinary art, supposed to contain the goodness of the meat in a specially nutritive and easily digestible form. That it congealed into a solid jelly when cold was taken as evidence that it would nourish the body and strengthen the enfeebled frame of the invalid or convalescent. This was, however, a delusion, for it was now known that jelly was almost valueless as a food, being useless for repairing the loss of tissue going on in the body, and supplied neither heat nor energy. The real goodness of a steak lay in its muscular fibre (which was quite insoluble in water under ordinary conditions) and serum albumen, of which the meat contained 6 per cent. Serum albumen was soluble in cold and warm water only, being coagulated or fixed by heat in the tissues of the meat, and if extracted by special methods it was apt to be coagulated by the application of heat in the warming up process. In any case, beef-tea was only found to contain 1 per cent. of albumen, and this was often strained off, leaving only discoloured water, more delectable to the nose than nourishing to the body.

Referring to condensed milk, the lecturer said a grave responsibility was incurred by coroners who sweepingly and indiscriminately condemned an article, whose cheapness and handiness commended it to many poor mothers, when made, as some well-known brands are, from whole milk containing the full proportion of cream. The excess of sugar was not an ideal food for infants; yet experience proved that large quantities were easily assimilated by them, and thousands of the healthiest children, who have been reared on condensed milk, honestly produced, and nothing else, attest the virtues of this product as an infant's food of great value. There are, however, brands of condensed machine-skimmed milk, the extreme cheapness of which induces the ignorant mother, suffering from the pinch of poverty, to substitute such for the best and more expensive brands, but with disastrous results.

Among the poor, observed the lecturer, the alternative to good condensed milk is frequently a thin, probably dirty milk, preserved with boric acid or formalin, which interferes with its digestibility. This is often kept for many hours in stuffy living rooms, and exposed to microbial contamination, from which condensed milk did not suffer to anything like the same extent, because of its thicker consistency and added sugar.

With proper discrimination, said Dr. Willoughby, condensed milk might be depended upon to do a great deal in the limitation of infant mortality, during the first year of life, if only ignorant prejudices were removed.

It is very essential that nurses, more especially those concerned in district work, should know something of the relative nutritive value of foods, and also of their digestibility. Diabetics are a most important branch of study for nurses.

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