

Now in the women's wards, matters relating to the buns of Eastertide are very different. Mrs. Whittell will eat her bun at any cost. Although she candidly admits to Mrs. Abbott that she never did care for sweet things, she would in no conceivable circumstances pass a Good Friday and not celebrate it by eating a hot cross bun. It wouldn't be right, and it wouldn't be lucky, and it wouldn't be respectable. Right away back down the years numbering close upon sixty Mrs. Whittell has always tackled a bun on a Good Friday, and she is not going to drop so proper and time-honoured a custom because she happens to be in hospital: "Not me!"

Into the nurses' dining-room seventy or so buns are sent for fifty nurses, and not one is ever seen upon the larder shelves again. Hospital nurses are demons for fruit—and buns!

Whether the young and playful resident medical officers enter their own breakfast room at all hours up to eleven o'clock, and whether or not they pelt each other with the buns provided for them will not be divulged here.

CHARLES CUTTING.

Queen Alexandra's Imperial Military Nursing Service.

POSTINGS AND TRANSFERS.—*Matron*: Miss A. L. Cox, to Military Hospital, Shorncliffe, from Trooping duty, s.s. *Plassy*.

Sisters: Miss E. J. M. Keene, to Royal Infirmary, Dublin, from Military Hospital, York; Miss L. M. Culverwell, to Military Hospital, York, from the Queen Alexandra Military Hospital, Millbank; Miss S. Smyth, to Cambridge Hospital, Aldershot, and Miss S. K. Bills, to the Queen Alexandra Military Hospital, Millbank, from Trooping duty, s.s. *Plassy*.

Staff Nurses: Miss E. Barber, to Military Hospital, Gibraltar, from Military Hospital, Malta; Miss E. M. Fairchild, to Royal Victoria Hospital, Netley, from Trooping duty, s.s. *Plassy*.

ARRIVALS.—*Sister*: Miss M. Steenson, from South Africa.

Appointments.—The undermentioned staff nurses have been confirmed in their appointments, their periods of provisional service having expired: Miss M. Barton, Miss E. C. Ellis, and Miss F. M. Tosh.

Miss Mildred Darvill has been appointed Staff Nurse (provisionally).

Alice Nicholls, a nurse concerned in the theft of jewellery from Miss Elizabeth Camm at the Nurses' Hostel, Francis Street, W.C., has been sentenced to two month's hard labour.

The Director of Public Aquariums in New York has established a hospital for sick fish. Up to the present fish suffering from fungus—which is easily removed with a scissors in disinfected water—have been the chief patients.

Practical Points.

**Foods
and Nutrition.** Dr. F. Willoughby, lecturing at the Institute of Hygiene, 34, Devonshire Street, W., on March 29th, lamented the neglect of

coffee in this country, as it had many advantages over tea. It contained three times the amount of alkaloid, the active principle, with less tannin, which was also of a less astringent character, while the proteids and oil gave it an appreciable food value, and it was certainly an encouragement to temperance.

The making of good coffee, so universal on the Continent, was no secret, but simply required a little trouble and attention to details. The grocer there knew how to blend his beans, and he roasted them every morning—generally outside his shop door—while the housewife on her part saw that the beans were properly ground, coarse rather than fine, and took care to bottle the coffee up so as to retain its flavour.

Here, in this country, neither the grocer nor the housewife understood their coffee—hence the muddy, sickly decoction, altogether wanting in stimulating and refreshing properties, which was so generally served. There were exceptions, but it too frequently happened that when the grocer did supply a really good coffee it was placed by the purchaser in a tin with a badly-fitting lid, and the fine volatile aroma of the coffee escaped into the kitchen instead of being retained and served up in the cup. Indeed tobacco, the companion of coffee, was generally much better treated; and, as a tobacco jar, with a screw-down lid, is an excellent receptacle for coffee it would be wise to reverse the usual order of their holding and put the coffee in the jar and the tobacco in the tin.

The consumption of tea was increasing rapidly, while that of coffee was steadily falling off. This was to our detriment, and we were almost alone among the nations in this respect. The Germans drank ten times more coffee and the Dutch twenty times more, yet tea-drinking seemed to be doubling every twenty years in this country, with serious consequences to thousands of digestions.

Excessive tea-drinking, more particularly in the afternoon and evening, not only induces dyspeptic trouble but also nervousness and depression. When tea is indulged in late at night it very frequently causes disturbed rest or sleeplessness, and, therefore, though one may allow themselves some license in the morning, they should put on the brake as the day advances. The purest teas colour the water least, but any tea when taken alone and as a drink ought always to be weak and allowed to cool.

The Japanese, as well as the Chinese and the Russians drink tea all day long and yet they do not suffer from tea-dyspepsia or tea-nervousness. This may be due to the fact that their teas are only slightly roasted and fermented, but more probably the reason is that they use the finest teas, they never infuse them more than a moment or two and they do not add either milk or sugar. Milk and sugar add to the food value of tea, but the addition of these is not an unalloyed advantage as it allows a much coarser tea to be drunk and often hides its true character.

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