

New Preparations, &c.

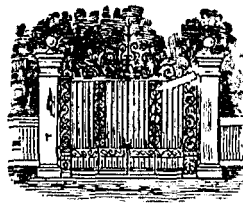
SANATOGEN.

Some weeks ago, our attention was drawn to a comparatively new food, and we requested a well-known hospital physician, who is good enough to advise us on these matters, to investigate the preparation, test its practical use, and give our readers the benefit of his experience. He writes: "Sanatogen is a fine white powder with little taste, and it is stated to consist of 95 per cent. of milk albumen and 5 per cent. of glycerophosphate of sodium. Theoretically, therefore, it would seem to be specially suitable to add to the dietary of patients suffering from diseases which affect the nervous system, and cause rapid wasting of the tissues. I, therefore, prescribed it in the following cases. 1. A child of three months who for the previous month had vomited everything he took, and was wasted literally to skin and bone. A third of a teaspoonful mixed into a paste with lime water and then added to two ounces of boiled milk was given by bottle every two hours. The vomiting ceased at once, and in a week the infant was fast recovering flesh. 2. A case of typhoid fever, who had two relapses was now greatly exhausted and showed marked loss of nerve power. I prescribed Sanatogen in half ounce doses with five ounces of boiled milk every two hours during the day. The improvement in his condition was rapid. I might almost say surprising. 3. A case of persistent vomiting with early pregnancy and such rapid exhaustion that the question of inducing labour was seriously considered. I advised Sanatogen in half-ounce doses, with boiled milk every two hours, and the Ingluvin in ten-grain doses, which she had previously taken, to be continued. The sickness ceased at once, and she completely recovered. I have tried the preparation in other cases with good effect. On the whole, I have been very favourably impressed with the remarkable nutritive power possessed by this new preparation, and especially with its effect in cases where the nervous system was more or less seriously at fault. I intend to try the effect of administering Sanatogen by rectal enemata in cases where rectal alimentation is necessary, as I find this has been done with marked success in several foreign hospitals."

It is important that nurses should understand the scientific principles underlying invalid dietary. Much is often left by the medical attendant to the discretion of the nurse and successful feeding depends largely on a knowledge of the guiding rules of dietetics.

Outside the Gates.

WOMEN



Miss Mary Hall, an adventurous lady who has recently accomplished the journey from the Cape to Cairo without any white companion, gave an account of this feat to a large audience in the lecture hall of the Royal Geographical Society on Monday last. She

travelled with four different caravans of natives, above forty in each, and her experience bears out that of other African travellers—that if you treat the natives fairly and courteously they are faithful servants. On leaving German East Africa, where she was treated with all courtesy by the officials, she was astonished at being compelled to deposit £20, as a guarantee that she would not maim or murder any of the forty-two strong men, all armed with spears, who were to accompany her on the next stage of her journey; a striking commentary, surely, on the methods of some travellers. The lecture was illustrated by fine pictures from photographs taken by Miss Hall.

That the public is as generous in its appreciation of the efforts of talented women as of gifted men is incontrovertible, and, therefore, it is more surprising, says the *Tribune* in a well-reasoned article on the subject of Honours for Women, that the State should be capable only of recognising service rendered to itself when that service happens to be given by a man.

Our contemporary goes on to say that at frequent intervals the names of men who have distinguished themselves, more or less in various activities of life—stray authors, poets, painters, and journalists—have been known to appear in the Honours Lists. On these the State has been pleased to confer, it may be, a peerage, a baronetcy, or a coveted knighthood, which marks its receiver from the rest of mankind as one whom his countrymen have delighted to honour.

Why should women, who also have been known upon occasion to distinguish themselves greatly in many fields of endeavour, not be rewarded by the State in the same way as men? The anomaly in the British method of conferring honours is of long standing, but the recent death of the Baroness Burdett-Coutts brings to mind that there is no unsurmountable obstacle to a woman's being created a peeress in her own right. The Baroness Burdett-Coutts, however, was known to the world as a woman of vast wealth and large charities, but neither the possession of riches nor the generosity of the wealthy can be said to constitute the only claim to State recognition of worth.

It is an everyday occurrence for a successful West End physician to be knighted, but Florence Nightingale, the foundress of our modern nursing system, is plain "Miss," and the women doctors, few in numbers it may be, who have climbed to the top of the medical tree are still unhonoured by the

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