

Practical Points.

White Bread or Brown? Sir William Tomlinson recently declared that he would like to see white bread treated by the State as an adulterated article, because the pith was taken out of it. This view is not shared by the milling trade, and some reference to the controversy was made at the inaugural luncheon at the Bakers' Exhibition by Mr. W. A. Vernon, the Chairman. He said he was an apostle of white bread as against brown. It was stated that brown bread contained more albuminoids and more fat. Personally, if he wanted more albuminoids, he took them in the shape of beef steaks, because he preferred the cattle to digest the grain for him first. If he wanted more fat, he took more butter. He claimed that high grade white flour was far purer than wholemeal. From it had to be eliminated every particle of dirt and all the seeds which got folded in the crease of the wheat. These could not be detected in low grade flour or brown flour. He protested against the cry of the daily press for cheap bread. From the economical point of view the poorest man could afford to buy good bread, because then he ate less of other articles of food. The consequence of this cry for the cheap loaf was a large importation of flour which was of such a low grade that it was rejected by the people of the countries growing it.

Decency and Dirty Dressings. When a nurse has tipped the dirty dressings from the receiver into the rounder or basket kept for their reception until removed, usually by men, she considers just here her full duty ends. It is not so, unless she has taken care to dispose decently of the most offensive, especially pads and soiled items from the lying-in room. "M.C.W.," writing in the *American Journal of Nursing*, calls attention to this duty, and says: "In each bathroom and dressing-room we have pieces of newspaper, with a string in one corner holding them together as a hanger. These are used for wrapping soiled pads, or small dressings, and thus keeping in odours. When emptied from the baskets they are less unsightly for the men to handle, and if any pieces drop they do not soil the hands." The removal and emptying of rounders full of fetid dressings must be a very loathsome bit of work, and it should be made as decent as possible for those whose unpleasant duty it is to do it.

Tongue Depressors. A visiting nurse in Cleveland, reports the *American Journal of Nursing*, has discovered that the little wooden markers used by florists for their plants make excellent tongue depressors. They have the virtue of cheapness, and can be destroyed after once using. They should, of course, be sterilised before use.

The Ubiquitous Fly. Occasionally, even now, you will meet someone who claims that the housefly is a good thing because it is a scavenger and "purifies the air." Show him these plain sentences; they are not elegant but they are pertinent. They are printed in the *Florida Health Notes*, with "apologies to Eugene Field":

See the fly.
It has not always been a fly—it used to be a maggot.
The children of flies are maggots till they get grown, then they are flies.
Maggots live in manure and eat manure to grow up and be flies.
They'd rather be flies than maggots.
Flies eat manure, too.
But they eat a lot of other things that we wouldn't eat.
They eat the stuff a man coughs up when he has consumption.
That is what they go to the spittoon for.
Then the fly specks have the germs of consumption in them.
When flies come out of the spittoons they rub their forefeet together and then rub them on their head. That is the way they wash.
Nice clean flies.
Have one in your coffee?
Flies like open closets, because that is where they lunch.
But they will leave the privy any time to get in your mouth when taking your midday nap.
When you shoo them away from typhoid stools they get on baby's bottle.
Then we wonder how baby got typhoid fever.
Flies are opposed to sewers.
They think it a trick to starve them out.
Then they have to live on such scrapplings as they can get—the vomit of drunk men, sores on dogs and horses, and the cold meat in the pantry that is saved for supper.
Flies like open closets, because that is where
What would she think if you were to screen your house and help her to get rid of them?

The Importance of One Letter. *The Medical Brief* says: How often a physician or student sees in his journal the expressions "macroscopical" and "microscopical," and wonders at the difference in the meaning. To the wise the meaning is evident, but to those who cannot fathom the difference we wish to state that there is a wide distinction to be made. Macroscopical objects are easily discerned without a magnifying glass—seen with the naked eye—while microscopical objects need a microscope to discover them; they are minute lesions. In expert evidence the distinction will be evident and have weight.
Nurses often come in contact with these terms, and are puzzled to know their precise meaning. They can now note the difference.

[previous page](#)

[next page](#)