

the negative. The products of such action are termed "ions," those collecting at the + electrode *an-ions*, those at the — electrode, *kat-ions*.

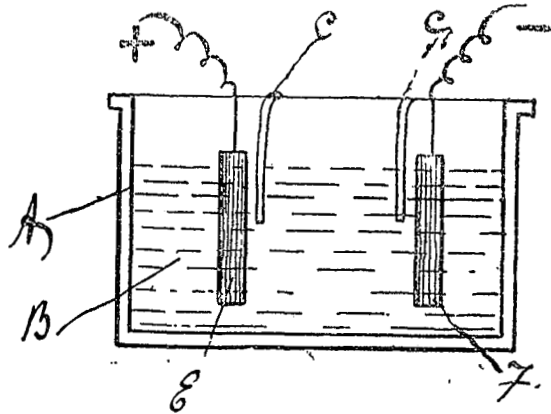


FIG. 21.

Figure 21 shows a simple method of demonstrating these facts.

A is a vessel containing a solution of common salt (B); C, C<sub>1</sub> are pieces of blue litmus paper suspended in the neighbourhood of positive pole (E) and negative pole (F) respectively; on passage of current from E to F through the fluid, C is reddened, while C<sub>1</sub> becomes more markedly blue, thus proving that acidity is produced in the region of the one, and the alkalinity in that of the other pole.

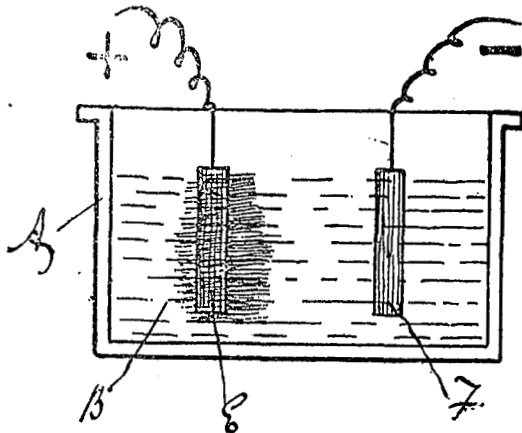


FIG. 22.

In Fig. 22 the same result may be shown even more clearly.

In this case B is coloured with a solution of litmus. The action of the current is to redden the fluid near E, and to deepen the blue tint in that near F.

The same principle applies to the process known as electro-plating.

Metal is deposited on bodies connected with the — pole, the acid separating, and being found at the + pole.

(To be continued.)

PRIZE ESSAY COMPETITION.—XVI.

Consolation Prize.

*Describe the best manner in which a Kitchen should be fitted up suitable for the Staff and Patients in a Hospital or Home of Twenty Beds, the Utensils required, the Makers' Names and Approximate Cost of them; and mention every detail considered necessary for the smooth and proper conduct of such Kitchen.*

By MISS EMILY LOUISA SYMONDS,  
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THE Assistant Lady Superintendent of a London Hospital, containing some fifty beds, remarked to me one day: "I often tell the Doctors and Nurses here my food does the patients as much good as their medicine." Who can deny that good suitable food, well cooked and served appetisingly, does in many instances as much, and probably more, towards the restoration to health of the sick, especially the convalescents, than medicine, and that necessary to the Hospital as the Dispensary department is, the kitchen is equally or more so?

None will say but that the good organisation and supervision—aye, clockwork regularity—which is perhaps that feature which, before all others, first impresses those who enter a British Hospital, must extend to the kitchen; for this portion of the Institution plays an all-important part in the "trivial round and common task."

Punctuality (which one has said is the "soul of business"), the value of it and its twin-sister, Time, is one of those lessons which must be learned by the maids in the kitchen, as well as the Nurses in the Wards, and the Superintendent; for if one portion of the machinery be not ready to perform its allotted work at the appointed time, the rest must be thrown out; and under the roof of any Institution where the workers probably know nothing of one another, except as their duties bring them in contact, each one learns that her own especial work must be performed within and at the given time, or the machinery will no longer move on oiled wheels. Thus the otherwise unimportant—or what we are apt at times to term unimportant—innumerable little duties assume a very different aspect, when one realises that the peace of the whole house-

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