

coffin. One relic there still is, which is said to date from her day—a large laurel tree, which she is said to have planted with her own hands. It measures three metres in circumference, and has been cut back many times. It stands in a garden on the rue Carolus. Some old houses, older than the fifteenth century, still stand in the quarter where her abbey was, and one of them contains a portion of old stone wall with a little window in it, through which Radegonde, it is said, used to give food to the poor. However, this old wall is now so covered with vines that not a stone can be seen—to the great annoyance of antiquarians.

It so happened that I got to Poitiers on St. Radegonde's fête day. The church was open, and around it the old women were selling wax candles and little casts of arms, legs, head, hand, foot, trunk, and heart, made of wax. To buy one or more of these (two cents each), and offer them up to Saint Radegonde would keep off sickness in that particular part of one's body. After buying a leg, an arm, a head, trunk, and heart, the old ladies thoughtfully suggested that to buy a whole wax figure (which they supplied) would ensure me against sickness anywhere. I took their advice, and escorted by two enthusiasts, I deposited my little wax casts at the feet of the statue of Radegonde and mounted two lighted candles on her tomb. The black marble coffin is the same one in which she was buried. The carved stone table on which it now stands is from the eleventh century, as is also the present crypt of the church where it is placed. In 1562 the church was pillaged by the Huguenots, Radegonde's coffin was broken, and some of her bones were burned—not all; some were saved, encased in a box of lead, and replaced three years later with great pomp in the black marble coffin.

The statue of Radegonde in the church does not, unfortunately, show the features of the religious queen and nurse. It was made in the likeness of Anne of Austria who gave it to the church.

The public library of Poitiers contains a beautiful illuminated Life of Radegonde, by Fortunatus, a monk, and, I believe, also a saint. I wanted much to see this treasure for its beautiful illustrations—the Latin text, alas, would have been beyond me; but unfortunately it was the month of August and the library was closed.

There is a special festival on the 13th of August in honour of Radegonde, when the leaves of the laurel tree are sold in little silk bags, and special cakes and buns of St. Radegonde are eaten—*American Journ. of Nursing*

Practical Points.

Milk in the Invalid's Dietary.

Miss C. Aikens, writing in the *Canadian Nurse* on the subject of "Milk in the Invalid's Dietary," says in part:—Equal parts of milk

and hot water will often be retained by feeble stomachs when the pure undiluted milk would disagree. Also equal parts of concentrated chicken broth and milk make a very delicious drink by way of variety.

In the later stages of typhoid fever, before much variety in diet is permitted, a cup of coffee made with milk is relished as a hot morning drink by almost all lovers of coffee. For this, about four ounces of milk should be heated, but not allowed to boil, and about two tablespoonfuls of freshly-made black coffee added.

Some eminent authorities advise the use of about ten grains, or a saltspoon, of baking soda, to a glass of milk, instead of lime-water, where there is a tendency to hyperacidity of the stomach.

Albuminised milk, as used in the United States Army, is made by beating the white of an egg till light, but not stiff, adding a pinch of salt (and sugar, if desired), and stirring it into four ounces of cold sterilised milk; or equal parts of milk and sherry may be used occasionally for variety's sake. This combination is especially valuable in typhoid fever, where emaciation is very rapid.

It is stated by some good authorities that digestion is always better at the time of day when the fever is lowest, and that it is advisable to increase the amount of food at those periods, and slightly lessen it when the fever is at its height. Where the milk seems to be well digested, no sign of curds in the stools, no tympanites, and the tongue seems clean, and still there is rapid loss of flesh early in the disease, it is a pretty fair indication that the patient is not getting enough food. On the other hand, if the opposite of these signs is seen it is well to ask whether too much milk is being given or whether there have been faults in administering it. It may need some other method of dilution or modification. These are cases on which much depends on the observing powers and judgment of the nurse.

Quite often buttermilk will agree with patients who constantly complain of biliousness or distress after taking sweet milk. Some very excellent results have been observed from adding buttermilk to the diet of frail, poorly-nourished invalids, especially those of a nervous type. In such cases it is best taken as a beverage between meals. For increasing the flow of milk in a nursing mother, buttermilk also has yielded most gratifying results. Not a few European authorities highly recommend buttermilk modified, as a food for infants, especially those with gastro-intestinal troubles. Several United States hospitals have tried it, but opinions regarding its value are exceedingly conflicting at present. One Chicago hospital reports giving it a trial and speedily abandoning it.

The whole subject of milk is one which will bear

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