

approve of some Superintendents and of a certain number of Ward Sisters being brought from England from time to time to help with the training in a hospital, I think, and I have found from experience, that some women, born, bred, and trained out here, make excellent Sisters. Their knowledge of the ways of the country, of the nursing of diseases prevalent in the Tropics, of the language, and of the management of the servants, etc., giving them a great advantage over their English-trained sisters. There are many other ways in which the nursing profession may be rendered more attractive, but were I to go on enumerating them you might think I were romancing; but, before closing this paper, I should like to say a few words on a subject I feel very strongly about—on our "list of members." I do not see the name of one Superintendent who has received her training in India. I am glad to learn from the report for 1907 that they are eligible; for were it not so, how could we expect to get well educated gentlemen out here to go in for training in this country, if, after having done so, we excluded them from our Nursing Associations?

I know of more than one nurse trained in India holding positions of authority out here, whom we might invite to become members of our Association.

The work of a Superintendent out here is hard and often most discouraging, owing to the effects of climate, the conditions of life, etc., but I am sure that mutual help, encouragement and sympathy go a long way to make things easier, and I cannot leave better ideas than those with which the Vice-President closed her address last year, that we must "use our own personal influence to make every right kind of nurse join the Association, and also do our utmost in our own sphere of work to carry out the objects of the Association."

C. R. MILL.

THE KING AND THE CONNAUGHT HOSPITAL.

During his recent visit to Malta the King, accompanied by the Queen, inaugurated and declared open the Connaught Hospital. In reply to an illuminated address the King said: "There is not a form of public enterprise that has my more cordial sympathy than that which is directed to the alleviation of suffering by supplying the growing need of suitable hospital accommodation. In this beneficent work the proper segregation of patients suffering from dangerous diseases is of particular importance. I learn with pleasure that it has been decided to name this subsidiary hospital, which the Government of Malta wisely determined to establish, the Connaught Hospital, and thus perpetuate the memory of the association of the Duke and Duchess with an institution which owes its power of usefulness in a great measure to the initiative of my brother, who generously undertook to equip and adapt this building for its new sphere of usefulness."

It would be difficult to estimate the amount of good which the King has done by the active help he has always given to hospitals.

Professional Review.

ESSENTIALS OF DIETETICS IN HEALTH AND DISEASE.

There are many nurses who regret that a course of instruction in dietetics was not included in their hospital training, and who, when a patient's diet is left largely to their discretion by the medical attendant, are often doubtful as to the best nourishment to be given. To such, and indeed to all nurses, we can confidently recommend "Essentials of Dietetics in Health and Disease," by Miss Amy Elizabeth Pope, Instructor in Dietetics in the Presbyterian Hospital School of Nursing, and others, in New York, and Miss Mary L. Carpenter, Director of Domestic Science of the Public Schools, Saratoga Springs, New York. It is published by G. P. Putnam's Sons, 24, Bedford Street, London, price 5s. The preface defines the lines on which the book is designed—(1) that it should be precisely adapted in plan and scope to the needs of nursing schools; (2) that it should make a useful dietary guide for the home; and (3) that it should be sufficiently comprehensive to include the essentials of its subject without being so large as to bewilder readers by the inclusion of a miscellany of unessential information. We read further: "It is of primary importance that those entering a profession which offers unbounded opportunities to teach prophylactic measures, and which will place many of them at the head of institutions where good food and economy are both indispensable, should have a very general knowledge of the following branches of dietetics: the rules which govern the cooking of the various classes of food; the true cost of food with relation to its nutritive value; the average amount of food required per capita; the common adulteration of food, and the methods of preserving it; the underlying principles in the making of dietaries, and in the feeding of infants, children, and the sick."

Part I. is concerned with Principles, and Part II. with Recipes. One of the most interesting chapters in Part I. is that which deals with Diet in Disease, what diet may be given, and what should be avoided under various conditions. Take for instance as an example Gastric Ulcer. We read: "Formerly very little nourishment was given by mouth to patients suffering with gastric ulcer, but it has been lately demonstrated that the acidity of the gastric juice is increased by this treatment, and the ulcerative process favoured by the hyperacidity; many physicians now feed their patients even after they have had a hæmorrhage. The Lenhartz diet, in which the quantity of food is gradually increased, is a form of feeding frequently used." The exact formula is then given. How many nurses know how to cook a sweetbread? Yet this is just a dish which a convalescent patient will enjoy, and which the "good plain cook" cannot usually prepare. Various methods are clearly explained in the book under consideration. The book should certainly have a wide circulation amongst English speaking nurses, as its practical nature makes it of much value.

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