

suitable to the average case, assuming that the patient is not able to take any exercise to speak of, and is leading a sedentary life.

Breakfast.—One cup of coffee or tea, with very little milk, and no sugar. Toast, three ounces. One boiled or poached egg, or three ounces of boiled or grilled fish, or the same quantity of grilled lean meat, such as a mutton chop, or chicken.

Dinner—which should always be taken at mid-day and not in the evening.—Six to eight ounces of boiled or roast lean meat, chicken or fish. Not more than three ounces—preferably less—of bread and cheese or light pudding. Four ounces of fresh fruit. If the meat be cold a little salad may be taken. If possible this meal should be taken without any fluid, but if the patient will not submit to this, not more than three ounces of light wine, or six ounces of water or aerated water may be allowed.

Afternoon.—One cup of tea or coffee with a dry biscuit.

Supper.—One or two eggs. One ounce of toast. A little cheese or fruit or salad. Six ounces of water half an hour after this meal.

Such a diet may appear very rigorous at first, but it is astonishing how soon patients will get accustomed to anything which is improving their personal appearance, and in practice the feeling of perpetual hunger soon gives place to a sense of lightness and increased activity. A good cook would be able to vary such a dietary, while still keeping within the limits of safety, so that the patient would relish his meals just as much as he did under his former régime.

In addition to alterations in diet, we require to strengthen the circulation, or in other words the force of the heart, as most cases of corpulency are associated with a sluggish flow of blood through the liver. For this purpose, nothing is better than a series of graduated walks up hill, but if the patient cannot get to a hill, ten minutes twice a day with dumbbells or some form of "exerciser" often forms a fairly efficient substitute.

We also have to see to the action of the skin and bowels, and it may be necessary to prescribe a daily saline laxative. For the skin a weekly Turkish bath is excellent, but it is possible nowadays to procure a portable form of vapour bath cabinet, which can be used in the patient's own house, and which often acts as well, though the Turkish bath is more pleasant.

As regards treatment by drugs, these are, with one exception, useless except as pegs on

which to hang directions for diet and exercise. Many patients will not think very highly of these essentials unless they are accompanied by a prescription, and this accounts for the enormous sale of quack remedies for obesity, and for the simple and childlike faith with which dilute extracts of seaweed—of which the majority of these "remedies" are composed—are consumed by the public.

There is really only one drug that has a direct effect on the metabolism of fat, and that is Thyroid Extract, which in small doses is sometimes of real value, but it has the very great disadvantage that it often produces extreme depression of spirits and intense nervousness, together with a quickening of the heart beat. It should never be given except under the close supervision of a physician, and even then it is generally necessary to order the patient to lie down for a short time in the middle of the day. In practice it is usually best avoided altogether.

THE INTERNATIONAL COUNCIL OF NURSES.

In the year 1915 it is proposed to hold a most magnificent World's Fair at San Francisco, and the Californian State Nurses' Association has already realised that the Fourth Triennial Meeting of the International Council of Nurses is due in that year. This great Association of nurses has it in mind that the International Council should be invited to visit San Francisco and participate in the Conferences to be held there, and enjoy a splendid time at the Fair. We are bound to add the prospect pleases us vastly, and our Hon. Secretary, Miss L. L. Dock, also intimates her approval of the plan. We mention this suggestion because time must be taken by the forelock. If we go to the United States in 1915 we must consider in this connection the nationality of the President of the International Council, who will be elected at Cologne next year.

We have had an English, an Australasian, and a German President, and considering that the initiative to form the International Council was taken by British and American Nurses in London in 1899, it is high time in our opinion that an American President should reign over us. The Pacific slope as a place of meeting would be convenient not only for the Western States of America but for Canada, New Zealand, Australasia and Japan, and immensely educative to Europeans.

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