

## OUR ALLIES.

As this country has helped our Allies materially, so some of its trained nurses, realizing the exceeding need, are placing their skilled services at their disposal. The fact that English nurses have been working in Brussels is known to the world, and others have the honour of helping Dr. Depage in his noble work at La Panne. In France, the members of the French Flag Nursing Corps are working in military hospitals under the authority of the French War Office, and other British nurses are also to be found in French hospitals. In Russia also, British nurses have given evidence of their practical sympathy with the sick, the wounded, and the refugees, while in Serbia the services rendered by the various units from this country have been of the greatest value.

## OUR ROLL OF HONOUR.

It is impossible to conclude this brief review without referring to those nurses who have added lustre to the profession of which they were members by their heroism in the face of imminent death.

The thirty-six members of the New Zealand Army Nursing Service on the *Marquette*, torpedoed in the Ægean Sea, ten of whom were drowned, who one and all exclaimed when the captain of a French cruiser came to the rescue, "Fighting men first"; the Matron and Sisters on the hospital ship *Anglia*, who, when she was sinking fast, repelled would-be rescuers with the words, "We have the right to be last this time"; Nurse Rodwell, on the same ship, who remained below and went down with her "cot" cases, and Edith Cavell, whose patriotism, and disregard of self, in the discharge of what she believed to be her duty, are held in universal honour—all these have demonstrated to the world the British Nurse at her best. Besides these, nurses, too numerous to mention, have quietly and steadfastly done their duty at home and abroad, and added incalculably to the recovery, comfort, and health of sick and wounded soldiers and sailors.

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**NURSES SHOULD POSSESS THESE BEAUTIFUL LINES.**

The beautiful "In Memoriam" lines written by Miss H. Hawkins on the death of Miss Cavell, have been reprinted very tastefully in card form, in black and mauve, size, nine inches by seven. These cards are now on sale at 431, Oxford Street, London, W., at 2s. 6d. a dozen, or 3d. each. Half the profits are to be handed to the French Flag Nursing Corps Appeal Fund. Orders should be sent early, as the supply is limited.

## OUR PRIZE COMPETITION.

(a) NAME THREE DISEASES REQUIRING SPECIAL DIET; (b) GIVE PROPER MENU FOR A MEAL FOR EACH DISEASE.

We have pleasure in awarding the prize this week to Miss J. G. Gilchrist, Gillespie Crescent, Edinburgh.

## PRIZE PAPER.

Three types of disease which call for special diet are (1) Febrile, (2) Organic, (3) Functional, as typified by (1) Acute rheumatic fever, with its action on all tissues of the body; (2) Jaundice, with its action on the digestive processes in the liver failing to act; (3) Chronic constipation, with its action on the body by impaired intestinal functions.

(1) In acute rheumatism the high temperature of fever acts on the organs of the body by disturbing the balance of chemical processes and the normal functions of the alimentary tract; the excretion of carbonic acid and urea is largely increased, there is loss of appetite, disgust of food, and often vomiting, leading to rapid tissue waste. In diet, this must be neutralized by a sufficient supply of albumen, carbohydrates, and gelatines. The food must be readily absorbed and assimilated in case of gastro-intestinal change following the fermentation of indigested food. Abundance of fluid is required to flush the toxins out of the tissues and avoid congestion in the kidneys. Food should be given in measured quantities at stated intervals, 2½ hours, so that one may be able to state the amount of nourishment taken and condition of patient's appetite. At night, simple drinks to quench thirst are preferable to giving food, if nourishment is well taken during the day, as the digestive organs require rest during the twenty-four hours.

A mid-day meal for patient towards convalescence is:—Cup of Bovril with albumen water; two tablespoonsful calf's foot jelly; 6 oz. Imperial drink. To make:—Dissolve a teaspoonful of Bovril, or Lemco, or Oxo, in hot water; to a white of egg add twice its own volume of clear water, which gives about 3 oz.; strain through muslin, and stir into Bovril. Home-made calf's foot jelly is very delicious, but the process is rather troublesome if one is pressed for time. It may be had from a good dealer either sweetened or unsweetened, and is of more value than ordinary gelatine jelly. To make Imperial drink, take ½ oz. cream of tartar, juice of one lemon, two tablespoonsful sifted sugar. Place in jug, pour over a quart of boiling water, cover, and set aside until cold.

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