

(2) In jaundice of a simple catarrhal kind, the functions of the bile which aids in the digestion and absorption of fats are deranged, and the bile prevented from getting into the intestine, the fats are there greatly increased, causing the patient to have a nauseous dislike of food, especially of a fatty nature. To counteract this, a simple and mainly protein diet is at first necessary. A mid-day meal for patient progressing in the early stages would be:—10 oz. of beef tea, thickened with scraped raw meat, with slice of toast or well-baked roll; steamed rice pudding, and stewed prunes; a small cupful of milk. To make beef tea, lean juicy meat is torn into shreds after all fat is cut away, placed in a jar with a little salt, covered with buttered paper, and allowed to simmer in a saucepan of water for about four hours. When ready, strain into jug, pressing all juice out of the meat with a spoon. A flavour of vegetables may be added if desired, a cupful of fresh chopped vegetables being tied up inside a muslin bag, and removed when ready for serving. Scraped raw meat should be made, in small quantities, of lean new meat, scraped until only the fibre is left behind, pounded in a mortar, and rubbed through a sieve into the beef tea.

Steamed rice is made with 1 oz. whole rice thoroughly washed and put into a jar with $\frac{1}{2}$ pint of milk and a little sugar. Cover jar with greased paper, and put into saucepan with boiling water, steaming for over an hour. Stewed prunes should be first soaked for two hours in warm water. Put into saucepan half teacupful water, some sugar, and a little juice of lemon. When boiling, add the prunes, and simmer for an hour.

(3) Constipation is usually caused by errors of diet, such as deficiency of fluid, deficiency of fat, excess of meat, tea, and highly spiced foods, which have a derogatory effect. The principles of diet required are those rich in cellulose, as green vegetables, Scotch oatmeal and wholemeal, which by their residue aid mechanical action; vegetables and fruits such as figs, prunes, apples, dates, which aid in chemical action; fat, such as butter and cream, to act as lubricant; marmalade, honey, or treacle, to aid aperient action. Plenty of fluid between meals with a tumblerful of cold or hot water on rising, 7 a.m., and retiring, 10 p.m.

Breakfast meal, good-sized apple or other fruit, bowl of oatmeal porridge with cream or milk and cream; cup of tea, with toast and slice of brown bread, butter, and home-made marmalade.

To make porridge, soak meal overnight, which prevents it getting lumpy when simmer-

ing. Stir into boiling water, add a little salt, and cook slowly for about an hour. Tea should be freshly made. China tea is preferable, as made from the young leaf, or Typhoo Tipps tea, which contains very little tannin. Toast should be crisp and well browned.

Meals should be daintily served, a pretty tray and clean linen doing much to tempt the patient's appetite. The hygiene of the patient's mouth is another point to be observed, and a pleasant surprise in serving a meal on pretty china or with the addition of a vase with a favourite flower is often much appreciated,

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Dora Vine, Miss A. B. Owen, Miss P. Robinson, Miss E. James, Miss P. O'Brien.

QUESTION FOR NEXT WEEK.

State generally the symptoms of gastric ulcer, and the dangers arising therefrom. How would you feed a patient suffering from this disease?

WE PLACE OUR PROTEST ON RECORD.

The Report of King Edward's Hospital Fund for London was presented at a meeting of Governors last week. The same amount is to be distributed as last year, £133,500. We deeply regret to note that the Council has accepted £50,000 from a naturalised German. With the corpse of Edith Cavell hardly cold in her coffin, and our splendid soldiers who are prisoners in Germany spat upon, starving, and tied to stakes, we protest against one penny of German gold being used in the upkeep of our charities. If women were not rigorously excluded from the Council of King Edward's Fund, this money would not have been accepted without an indignant protest. As the mother of a British soldier, we place our protest on record.

TRUE TALES WITH A MORAL.

OVERHEARD IN THE WARD.

Prominent Politician's Daughter, visiting ward for the wounded.

P.P.D. (nodding fatuously from side to side): "Are you wounded—and you—and you? Of course you are all wounded, and so are the poor dear Germans wounded much worse than we are."

Matron (in no uncertain voice): "I am happy to hear it."

A sentiment uproariously supported by acclamation.

Exit in a flutter P.P.D.

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