

## AUXILIARY SERVICES.

In the adequate practice of medicine, we are reminded, the private practitioner is not the only agent. Closely associated with him are the midwife, the nurse, the health visitor, the sanitary inspector, the dispenser, and the expert workers in electric treatment, massage, and remedial exercises. In all parts of the country many thousands of cases of illness require for their adequate treatment the services of a nurse or expert masseuse. The proper training, registration, employment and distribution of these invaluable coadjutors calls for consideration in any national scheme of preventive and curative medicine. These professions, ancillary to medicine, have, of course, been well represented for many years; but there is need at the present time for more thorough and prolonged training, and for appropriate arrangements for bringing, in association with the local authority, such services to the aid of the patient.

In a footnote, Sir George Newman points out that regulations have recently been issued (by the Board of Education) for the training of midwives and health visitors. The registration and supervision of nursing homes should also be considered.

## GENERAL HOSPITAL SYSTEM INSUFFICIENT.

He considers the general hospital system unorganised and insufficient, and that the old idea that only critical, advanced, or emergency cases should be admitted to hospital must be discarded. Essential treatment, not otherwise obtainable, should be the criterion, and the hospital of an area should be re-organised on a basis of a central hospital, having auxiliary and special hospitals associated with it, a co-ordinated network.

## THE BODY THE TABERNACLE OF THE SPIRIT OF MAN.

Lastly, Sir George Newman points out that we stand to-day at the door of opportunity. Knowledge and clearness of mind, the broad vision, strength of will, and sympathy of heart have been in the past, and they will be in the future, the inspiration of all high human endeavour. "As a student and a workman," he says, "I avow my belief that, in order to reach their fulfilment, the science and art of preventive medicine need the same inspiration. No far-reaching medical reform is separable from social reform, which in its turn finds its source in the highest inspirations of the people. Thus here, on this common physical plane, here or nowhere, the issue must be determined, and the ancient ideal of Hippocrates attained—the love of humanity associated with the love of

craft.' For the impairment of the physique of the human body is the impairment of intellectual and moral fibre, and the body is the tabernacle of the spirit of man."

Nurses will desire to associate themselves with this noble ideal.

## OUR PRIZE COMPETITION.

## HOW ARE FOODS DIGESTED? NAME THE VARIOUS JUICES SECRETED BY THE DIFFERENT PARTS OF THE ALIMENTARY CANAL.

We have pleasure in awarding the prize this week to Miss S. F. Rossiter, Royal Naval College, Osborne.

## PRIZE PAPER.

Foods are divided for purposes of digestion into five groups, namely: (1) proteins, (2) carbo-hydrates, (3) fats, (4) water, (5) salts. These are acted upon at different stages of their passage through the alimentary tract by certain juices which contain different ferments. A ferment acts in an alkaline or acid medium at the body temperature and breaks down food bodies, rendering them soluble.

These juices are as follows:—

1.—*Saliva*, secreted by salivary glands, situated in mouth, namely: parotid, sub-lingual, sub-maxillary. The active principle of saliva is a ferment called ptyalin, which acts in an alkaline medium upon carbo-hydrates, converting them into a form of sugar.

2.—*Gastric Juices*, secreted by glands in mucous membrane of stomach, containing a ferment called pepsin, which acts upon proteins and converts them into peptones. This requires an acid medium, which is supplied by glands at cardiac end of stomach which secrete hydrochloric acid.

3.—*Bile*, secreted by liver, contains no ferment, but emulsifies fats and prevents putrefaction of foods.

4.—*Pancreatic Juice*, secreted by pancreas, containing four ferments: (1) trypsin, (2) steapsin, (3) amylopsin, (4) rennin. Trypsin continues action of pepsin upon proteins; steapsin aids bile in its action upon fats; amylopsin finishes work of ptyalin on carbo-hydrates; rennin forms milk into curds.

5.—*Succus Entericus*, secreted in large intestine, contains ferment erepsin, which completes solution of peptones.

Having described the juices necessary for digestion, we come to the structures and mechanism concerned in process of digestion.

Food is taken into mouth, masticated by teeth, mixed with saliva, formed into bolus by muscles of cheek, tongue and soft palate.

[previous page](#)

[next page](#)