

TRAINED NURSES' ANNUITY FUND.

In this holiday season nurses are probably finding themselves possessed of a greater amount of leisure than they can obtain throughout the whole of the remaining eleven months of the year, and we, therefore, take opportunity to remind them of the sale of work which is to be held for the above-mentioned benevolent fund in November. We shall be most grateful for all work sent to the sale and for the help thus given to us in our efforts to provide for the needs of sick and aged members of the profession. It is our desire to make this benevolent scheme self-supporting for the profession by the profession, and, although a very considerable number of fresh annuitants have been added to our list of recent years, we are anxious to make the fund a means of helping still other nurses who are suffering now severely from the effects of the under-pay and over-work which, for so many years, was the rule in the profession of nursing.

SOME POINTS IN THE HYGIENE OF DIET.

Feeding in health is largely a matter of habit, and habit varies not only in different races but in different classes of society. Generally speaking, people in England are inclined to eat too frequently and to indulge in meals that are too large. Such habits tend to lessen the blood supply to the brain and also encourage auto-intoxication by developing unfavourable activities in the bacteria normally present in the digestive organs. Furthermore, it has been observed that a person who has had a heavy breakfast is much more likely to be hungry before lunch time than one whose breakfast has been a very simple meal. The heavier meal appears only to induce fatigue and to create a need for a fresh stimulus. Far more real nourishment is ultimately obtained from the lighter meal. Thorough mastication is also important, because not only is more complete digestion secured thereby, but the chances of over-indulgence in eating are considerably lessened.

If all possible benefit is to be derived from a meal, it is important not only that it should be nicely cooked, but that it should be served in the daintiest manner possible. This will have the effect of stimulating the flow of the gastric juice, and, through nervous reaction, the absorption of the food is more complete. Therefore, particularly in the case of an invalid, it is advisable to take trouble to see that the silver on his tray is bright, the tray-cloth spotless, that only a small portion of food is put upon his plate (for he can very easily ask for more), that food which should be hot is hot and not tepid; and that, when he has finished a meal, all food is removed from the

sick-room and not left in his sight "in case he may fancy it later." A few flowers on his tray will often act as a better appetiser than anything else ever prescribed; and, in any case, it is all such little matters attended to which will go a great length towards making the nurse successful with a case where perhaps another has proved a failure.

In ordinary food hygiene, this matter of providing a diet which is nourishing and at the same time economical is an all-important one. Statistics show that too many children in England are suffering from malnutrition; in fact, many children of parents, whose food-bills are comparatively large, are actually half starved, owing to the absolute ignorance of food values that so often exists among the women of the industrial classes in England. The following are among the most nutritious and economical foods in common use:—

Proteins—Lentils, beans, peas, meat (the cheaper cuts), oatmeal, haddock, herring, and eggs (during the season when their cost is not too great).

Carbohydrates—Brown and white bread, potatoes and rice.

Fats—Margarine, dripping, and the cheaper varieties of cheese.

In many of the houses of the poor there are very poor facilities for cooking, and a one-course dinner is often the rule; but this can be made quite as nutritious as a meal of two courses if the mother has but an elementary knowledge of food hygiene. Lentil soup, for instance, makes a very nourishing mid-day meal for school children, and at a very small cost. A suet pudding in cold weather will serve them also as a particularly useful meal, because of the source for heat and energy which it supplies. Porridge is comparatively little appreciated south of the Border, but along with milk it proves a very wholesome food for children.

The study of dietetics has in the past had far too small a place in the training of the nurse, and yet there is no more highly important branch of her work. The effect of a central examination for nurses is likely to cause the training schools to set their house in order in this as in other respects; but, meantime, there is no branch of study which nurses of the present day are likely to find more useful in their ordinary practice than that which relates to dietetics, and this is more especially the case where private nursing and preventive nursing are concerned. I. M.

A WELCOME FOOD FOR INVALIDS.

All nurses and midwives appreciate the difficulty of presenting an easily assimilated, nutritious, and palatable diet to patients who are kept on milk diet. Glaxo presents a much appreciated variety, and is more easily assimilated than ordinary cow's milk.

ISABEL MACDONALD,

Secretary to the Corporation.

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