

understand the matter, any more than we should know what a yard was without a yard measure.

Referring to our text-books, we find that human milk contains three classes of organic principles, the albuminous, the saccharine, and the oleaginous; together with the mineral elements which are required for the development and *consolidation* of the infant frame. The saline matters contained in milk are nearly identical with those of the blood, with a larger proportion, however, of lime and magnesia, which amount from two to two and a-half parts in a thousand. These elements are contained in a fluid medium water, which is greatly in excess of all the other constituents, being from 860 to 910 parts in a 1,000.

For instance, when from any cause the blood stream is diverted from the blood *current*, and poured into any of the cavities or other parts of the body and becomes *solid* or coagulated, its *nutrient value ceases*; it is no longer a source of *life*, but a menace to it, leading frequently to its extinction, as in severe cases of internal hæmorrhage. When the milk fluid *consolidates*, it is the first step towards *nutrition*, and were it not so it would cease to be the absolutely *perfect nutriment* it is. The whey of the milk in a measure resembles the serum of the blood. Both contain albumen, the one in a *soluble*, the other in an *insoluble* condition. In the fluid medium of one, blood corpuscles circulate; in the other, milk corpuscles are suspended, and both are pre-eminently necessary to the nutrition of the body. The one fluid is arterialed, the other is not. Blood is formed for the maintenance of life *within* the body, milk is secreted from the blood elements for the sustentation of life *without* the body, and is absolutely useless to the individual from whom it flows, and under adverse circumstances may become a source of pain and disease to the maternal system.

Let us now pass under review the constituent elements of milk, and we will begin with the most abundant—water—which contains in solution saccharine, mineral, and earthy substances, which are made use of in the body. The water that is not required for the irrigation of the tissues is eliminated through the venal organs. The cutaneous transpiration in infancy is very slight. I have no recollection of seeing a baby perspire except by the head.

(To be continued.)

Loeßlund's Mustard Leaves (prepared specially for Sinapisms from the finest seed only. The most efficacious and reliable form of mustard-plaster. Clean, quick, portable. Tins of 10, 1s. 6d. Special quotations for larger sizes, containing 50, 100, and 200 leaves each. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

TASTY TIT-BITS AND DISHES DAINTY, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.

[COPYRIGHT.]

"Any pretty little tiny kickshaw, tell William, cook."—
HENRY IV. (SHAKESPEARE).

I SUPPOSE that to every living creature a day of sickness and suffering has come, at any rate, *once* in their lives; lucky, indeed, if they have not known those bad days oftener. To some it is a life-time of illness.

Most of us have experienced that feeling of disgust at the very sight of food which is best described by the word *loathing*, when the invalid turns away from the proffered dish, and asks only to be left in peace without eating; and this loathing generally comes when feeding is perhaps almost a matter of life and death. Let us see, therefore, if we cannot give some recipes of what Shakespeare so appropriately terms the "kickshaws" that may tempt a failing appetite, and coax the patient back to health and strength. They will be given without regard to the malady a patient is suffering from, as the variety will be so extensive that there will be dishes to suit all ailments, and we trust the erratic fancy of the greatest sufferer or of the most difficult and exacting patient. Much depends upon the way the repast is set before the patient. A snowy cloth covering the tray when the patient is able to sit up, a pretty plate or cup, a clear, bright glass, which should also be thin; a pretty little cruet, and a bright, well-cleaned knife and fork and spoon, make all the difference, and to produce *this* result gives no more real trouble than a carelessly-served repast.

Poached Egg and Vermicelli Soup with Cheese.

Put 1oz. of vermicelli into some clear soup. The vermicelli must first be scalded in boiling water. Let the soup boil ten minutes; pour it into the tureen. Just before serving add a little finely-grated Parmesan and Gruyere cheese, and one or two more eggs lightly poached. This is an excellent soup, easily taken, and very nourishing. The cheese can be omitted if the taste is disliked.

Hungary Filleted Fish.

Fillet a plaice or sole; take two of the fillet, season them with oiled batter mixed with lemon juice and cayenne, a little chopped parsley and shalot; fry in batter. A delicious dish.

Mutton Cutlet with Brussels Sprouts.

Broil two or more mutton cutlets very carefully; put some Brussels sprouts in the centre, cooked in the following way: Trim some sprouts neatly, and wash them; put them to boil in plenty of salted water. When almost done, drain them and dry them in a cloth; put them in a saucepan with a good-sized piece of butter, pepper and salt to taste, and, if liked, a few drops of lemon-juice or grated nutmeg; toss them gently on the fire until they are quite cooked, and serve as hot as possible.

NOTICE.—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loeßlund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparations." 14-20, St. Mary Axe, E.C.

[previous page](#)

[next page](#)