

OUR PRIZE COMPETITION.

WHAT IS THE IMPORTANCE OF DIET IN A CASE OF (1) DIABETES, (2) VALVULAR DISEASE OF THE HEART? GIVE A SUGGESTED MENU FOR ONE DAY IN EACH CASE.

We have pleasure in awarding the prize this week to Miss Rachel Dodd, Woolwich Home for Ailing Babies, 123, Eglington Road, Woolwich, S.E.18.

PRIZE PAPER.

The most obvious function of the pancreas is the formation of the pancreatic juice, the most important of the digestive juices. The four ferments which it contains digest proteid bodies, convert starchy foods into sugar, break up fats, and curdle milk.

The pancreas also casts into the blood stream, directly, an "internal secretion," which is the important factor in connection with diabetes.

When the pancreas is diseased or removed, diabetes results, together with impaired digestion.

The liver store of glycogen is lost, and cannot be renewed by even liberal supply of its normal source, carbohydrate food.

Sugar formation from proteid ensues, with rapid wasting of the tissues; at the same time the blood is surcharged with sugar, of which the tissues are unable to make use.

The regulation of the diet is regarded as a matter of first importance, as it has been proved that certain kinds of food have a powerful influence in aggravating the disease, particularly starchy matter, therefore this must be eliminated from the diet as far as possible.

Bread, potatoes, and all farinaceous foods, turnips, carrots, parsnips, and most fruits must be avoided, while animal food and soups, green vegetables, milk, cream, cheese, eggs, butter, tea and coffee, without sugar, may be given in moderation.

Starchy food is best restricted rather than abandoned altogether.

Thirst may be mitigated by iced water or water slightly acidulated with phosphoric acid.

The doctor's orders must be strictly carried out, as there are several different methods of diet, e.g., Dr. Donkin's, milk diet, and Allen's diet.

Suggested menu:—

Breakfast.—Lightly poached egg on toasted bread, or gluten or bran bread and butter; occasionally bacon. Cup of tea or coffee, without sugar.

Launch.—Cup of milk and almond biscuit.

Dinner.—Fish (3viii) or chicken (3vi), beef or mutton (3iv); well-boiled green vegetables; jelly and cream.

Tea.—Gluten bread, butter, and marmalade, consisting of orange rind mixed with glycerine jelly; cup of tea.

Supper.—Soup, cheese, lettuce, and almond biscuit; cup of milk.

Valvular Disease of the Heart.

In valvular diseases of the heart dieting is of paramount importance, since the backward flow of the blood causes congestion of the liver, stomach, lungs, and kidneys; therefore it is essential to give foods that are easily digested and assimilated.

Careful attention to diet, avoiding articles of diet which tend to decompose, and giving light and easily digested diet, prevents dyspepsia and relieves pain about the heart. Aortic incompetence leads to great dilatation and hypertrophy of the heart, and if the stomach is also distended with food and gases, produced by taking in excess starchy or sugary foods, the stomach, which is only separated from the heart by the diaphragm, may press on the already dilated heart and cause heart failure. Marsh gas and hydrogen are formed from the cellulose of vegetables; sulphuretted hydrogen and carbon disulphide from eggs, peas, &c.

The shape of the muscle fibres has much to do with the digestibility of meat; short or fine fibres, as in poultry, haddock, and whiting, being the most quickly dissolved; pork, duck, and goose, which are very fat, being notoriously indigestible. Liver, kidneys, and heart of animals, being of dense structure, are difficult to digest. Sweetbreads and tripe, being held together by loose connective tissue, are easily digested. Milk is a perfect fluid food, and when boiled and diluted with lime-water is easily digested.

Pulses should be avoided and farinaceous foods should be restricted.

Diet should be dry, and only three meals daily taken. Fluids should be limited.

Breakfast.—Dry toast (3iv), marmalade, cup of freshly made tea.

Dinner.—Beef tea or chicken broth (3v); steamed haddock or whiting (3vi), or sweetbread, tripe, or chicken (3iv); dry bread or toast (3iv).

Tea.—Toast (3iv), butter (3ji), cup of tea.

A drink of water, preferably hot, may be given before settling for the night.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss P. Thomson, Miss J. Tomlinson, Miss M. James, Miss R. Collinson.

QUESTION FOR NEXT WEEK.

Describe the duties of a Sister Tutor and what she should teach.

[previous page](#)

[next page](#)