

In our opinion the whole matter—especially so far as the public is concerned—is left in a very unsatisfactory condition, and we hope further action will be taken by the Board.

#### Perversive Discipline.

The statement made in the Report "that there is no regulation in the hospital or in the Board's service, and no teaching of nurses which would in any way lead them to suppose, for a moment, that they should not take steps to see that occurrences as those they allege they witnessed should at once reach the head of the institution, even though superior officers were affected," is, we have no doubt, quite true. But the rigid discipline which pertains in many public institutions makes nurses very timorous of reporting superior officers. Whether a fact or not, there is an unwritten impression amongst them that such action does not invariably result in appreciation from the higher officials or tend to promotion, and there is a tendency to "save their own skins" by maintaining a discreet silence where abuses are concerned.

## THE MANY USES OF LEMONS.

By MRS. WESTAWAY.

One sad feature of the war was the cutting short of the supply of citrus fruits. We have many valuable fruits of our own, but none of the same dietetic value as those belonging to the citrus family, of which the chief examples are oranges, lemons, limes, and grape fruit.

A good supply of oranges during the winter season is of great benefit to the health, but they are not at their best during the hot weather when they would be so greatly appreciated. Fortunately, lemons then abound, and as they are useful in so many ways, particularly in the sick room, it is a pity not to take advantage of the present abundance at low cost.

Lemons have long been held in esteem, and mention is made by classical writers of their use as an antidote against poison. The same idea prevails among the Italians at the present time, for they regard lemon-juice as a specific against malaria, which is so prevalent in the marshy district of the Campagna.

Certain it is that an ordinary cold can be cut short by drinking hot lemonade just before getting into bed, but in this case the action of the lemon-juice as a germicide is assisted by the action of the hot water in setting open the pores of the skin.

As a germicide, it is claimed for lemon-juice that the addition of a tablespoonful of it to a tumbler of doubtful water renders it safe. This may be so, but whenever the purity of water is doubted, a real safeguard is boiling it.

When lemon-juice is mixed with equal quantities of honey and whisky it is a pleasant remedy for sore throat, and even without the whisky it is of service.

Other medicinal properties of lemons are the power of purifying and cooling the blood, and of

toning and regulating the liver. For this service they are more effectual than the much-advertised patent liver remedies. As every nurse knows, the clogging of the liver and bowel may be the beginning of serious trouble, yet this may be averted by the simple remedy of a tablespoonful of lemon-juice with a pinch of salt taken at bed-time.

In olden days, before the introduction of the cold-storage of food, and before the use of steam speeded up sea travel, scurvy was a sad scourge both in the Navy and the Merchant Service. It was Captain Cook who made the discovery that a daily dose of lemon-juice was a preventive of this disease, and a law was passed compelling the masters of all vessels setting forth on long voyages not only to carry adequate supplies of lemon-juice, but to see that it was properly administered. This treatment made scurvy of such rare appearance that few Naval surgeons of to-day have ever seen a case. Sad to relate, it became very virulent in the early days of the occupation of Mesopotamia, and from the same cause as in the old days of the Navy, i.e., an insufficient supply of fresh food, and a superabundance of salted and dried food.

In the kitchen lemons have many uses which are duly set forth in the pages of a cookery book, but which must be kept out of the present article through lack of space. Considering the great value of lemons as a food as well as an agreeable flavourer, every encouragement should be given for their frequent use in cookery.

Lemon-juice is an excellent substitute for vinegar, and is safer for invalids, since vinegar is allowed by law to be adulterated with a small percentage of sulphuric acid, and often the legal amount is exceeded. Thus when serving salad to a convalescent, it is best to use lemon-juice in making the dressing, and also when serving sardines or any other oily fish, lemon-juice is preferable to vinegar.

The cleansing powers of lemon-juice are well known. The cut surface of half a lemon rubbed over stained hands not only removes the stains, but makes the skin soft and white. Similarly, a mixture of equal quantities of lemon-juice and glycerine is a good skin emollient, and if the hands are rubbed nightly with this mixture during the winter, there will be no fear of chapped hands and very little fear of chilblains. A teaspoonful of lemon-juice added to an ordinary shampoo is said to be cleansing to the scalp and hair, removing scurf and making the hair glossy.

It is as a beverage that lemons are most popular. The Russians serve lemon slices instead of milk with their tea. It is a custom deserving of imitation and particularly during the hot weather.

(To be concluded.)

We regret to see recorded in the Victoria and Bournemouth Nurses' League *Journal* the death of Sister Morris, one of the first members of the League, and the first Home Sister at the Home in St. Michael's Road. Paralysed, and unable to move at all, she has never grumbled nor complained, though she has suffered terribly.

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