

has never been surpassed, and which reached its height under the sway of the great Pericles. This is the permanent legacy of Greece for us.

As Stobart puts it in his book, "The Glory that was Greece": "The proper use of true classics is to keep them for a compass in the cross-currents of fashion. By them you may know what is permanent and essential from what is showy and exciting."

Miss Le Geyt then described the cruise of the Hellenic Travellers from their embarkation at Marseilles to Messina, thence in cars to that "jewel of a town"—Taormina—from where the best view of Etna, eternally snow-peaked with a roll of smoke perpetually emanating. Here they were initiated into the marvellous acoustics of the open-air theatre, built by the Greeks, and later adapted by the Romans for combats. Tiers of stone seats in horseshoe shaped rows. A Sicilian with a beautiful tenor voice, who had, said Miss Le Geyt, come to greet their leaders, sang from the Auditorium, and there floated up to the highest tier, without a trace of echo, his faintest pianissimo.

At Syracuse, the Greek Theatre was seen in its true setting, entirely hewn from the rock, with a splendid view over the harbour. Here Greek plays are still performed every few years. "Our guide showed us the seats which at the last performance had been occupied by the King and Queen of Italy, and in the centre of the tier below had sat Il Duce, the great Mussolini."

A day at sea and then the first sight of a dawn in Greece, tender pink of indescribable loveliness, Delphi, Katakolo, Mycenæ, all with their special interests.

Miss Le Geyt concluded:—

In the afternoon a small party of us made a special pilgrimage to Epidauros, the seat of the Temple to Æsculapius, excavated only in 1881 by the Greek Archæological Society. In older days there was a beautiful Temple of columns and heroic figures, with a history of possessing at least four Abatons, or two-storied hospitals as we should call them, where the patients slept who came to consult the god.

Records show that patients were admitted first to one building and then moved on as they improved. They slept in open-air porticos or verandahs. Some of these extensive buildings adjoined courtyards surrounded by colonnades. To these, by night, came the officiating priest, with his attendant slaves and the sacred snakes, so that in many recorded cases a cure was effected by morning!

We saw the circular stone labyrinth in which the snakes were kept. Their food was flour and honey from the Mount Hymettus—a honey renowned to this day.

In time, the belief in faith-healing, dreams and visions died down, but records prove that a school was founded for massage, remedial exercises, baths and medicinal prescriptions; also a restaurant for special dietetic treatment; very like the life led to-day at a modern spa.

At Epidauros is a most beautifully preserved open-air Greek theatre in a remarkable state of preservation, with the same marvellous acoustic properties as the others to which I have referred; so that with religious exercises there was combined an intellectual entertainment for convalescent patients.

Æsculapius, God of Health, the son of Apollo, was taught by the Centaur Cheiron to cure all diseases. He and his daughter, Hygeia, the Goddess of Health, were honoured with Temples in three known places in Greece—Epidauros, Athens and Cos. At Cos can be seen the record of the work and cures of Hippocrates, commonly called the Father of Medicine, whose oath of dedication is still adopted by graduates of certain schools of medicine. The Hippocratic oath enjoins the seal of silence in matters relating to a patient's condition and confidence, and the promise to renounce all means by which life can be terminated.

Next in importance came a visit to the Temple of Aphæa, the protectress of women, the Goddess of Maternity, at Ægina. She had a beautiful Doric Temple in limestone erected in her honour, beautifully situated on a hill in a grove of trees. To this spot, still lovely in its ruins, came the women to pray for their hearts' desire or for safe delivery.

To tell the tale of our return via Rhodes and Malta, with their history of the Knights of St. John of Jerusalem, their work of healing, fighting and carrying on the torch of Christianity through the succeeding centuries, would need more time than we can spare this afternoon.

The President, at the conclusion of the Address, said she had listened to it with the greatest interest—an interest intensified by the fact that most of the places mentioned by Miss Le Geyt were well known to her.

In conveying the thanks of those present to the speaker, she threw out a hint that the College might one day organise a Hellenic Cruise of its own—a suggestion received with much enthusiasm. After tea, served in the Secretary's office, and thoroughly enjoyed, many of those present visited the collection, arranged by Miss A. M. Bushby, Chairman of the History of Nursing Section, and which aroused great interest and admiration.

THE TUTORIAL GROUP.

THE FEEDING OF PATIENTS.

By Henrietta Ballard, D.N., Sister Tutor, St. Leonard's Hospital, N.

The following paper prepared by Miss Henrietta Ballard, D.N., M.B.C.N., was read by her at a meeting of the Tutorial Group at 39, Portland Place, W., on September 29th:—

The feeding of patients in Institutions meets with more difficulties than those nursed in a comfortable home.

To cater for special diseases, individual tastes, and yet get fresh, seasonable food is very difficult, especially in those Institutions under a Governing Body, where large supplies have to be ordered days and sometimes weeks ahead.

Methods employed for preservation of food do not assist in making it digestible: freezing hardens its fibres, canning of fruits and vegetables destroys much Vitamin Content as well as precipitating much valuable salt.

The proper cooking of food is a big question. Some hospitals now are able to have this department in the hands of an experienced dietitian, while in smaller and less fortunate hospitals casual and unskilled cooks are still employed, and much food is wasted owing to insufficient or over cooking and to lack of attraction in taste and appearance. Placing oneself in the patient's stead makes one realise very quickly why some patients grumble, they do not improve, they are disappointed, and we all realise the psychological effect of disappointment with regard to the patient's recovery.

The essentials in the hospital kitchen are:—(1) *Good, seasonable, fresh food.* (2) *Skilled ordering, inspecting and dieting.* (3) *A properly trained and efficient cook.*

Factors Essential in Feeding.

Man is said to require 3,000 calories per day of food-stuffs, which varies according to:—(1) *The need of the individual.* (2) *The type of work he is expending energy on.* (3) *The climate in which he is living.* (4) *In the case of ill health according to the loss of heat from the body, apart from the individual desire.*

Protein required should be 410 C., or 3½ ozs.

Fat required should be 930 C., or 3½ ozs.

Carbohydrate required should be 1,640 C., or 14 ozs.

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