

butter, cream, cod liver oil, rickets is not so likely to occur. Vegetable oils contain very little, and are of much less value as a preventive measure.

Even with cow's milk, cod liver oil is desirable, especially during winter months, for it is during this period that the milk varies considerably in the necessary Vitamin contents, also the milk varies according to whether the cows are pasture fed or stall fed. Prolonged boiling and other processes destroy the Vitamins A and D.

Although it is usually artificially fed infants that develop rickets, yet the breast fed infants are not immune.

First.—Because the antirachitic properties derived from the mother during the first three months have become exhausted.

Second.—Breast feeding is continued too long and the milk is poor in quality.

Third.—The mother's diet is insufficient and lacking in certain qualities.

In some cases cod liver oil may not be tolerated and some form of artificially prepared milk is the only diet suitable, then irradiation with ultra-violet rays can be resorted to. As far as possible, however, fresh milk should be given, citrated if necessary, with the addition of cod liver oil. With children over seven or eight months the diet can be more varied. Bone and vegetable soup can be given once a day. Children over one year can have such things as eggs, pounded fish, bread and butter, brains.

#### Environment

The good effect of sunlight is due to the activation of a substance ergosterol contained in the fat under the skin. In the summer sunshine it becomes activated into the Vitamin D "radiostol" by the ultra-violet rays.

This circulating throughout the skin and body of the cow will give the milk a distinctly antirachitic quality. Children respond quickly to treatment by sunlight or to ultra-violet rays in combination with an abundant supply of fresh air.

Pure ergosterol activated by ultra-violet rays to radiostol can be given, or mixed with malt Radiomalt. Treatment should always be prolonged after severe symptoms have passed, in the form of sunlight, cod liver oil, cod and malt, ultra-violet rays.

#### Scurvy.

##### Cause.

A diet lacking in the food factor, Vitamin C. The infants fed on boiled milk, peptonized milk, and artificial foods are those likely to succumb. Boiling and peptonizing destroys the vitamin, which is present in the fresh milk of cows. In most cases the milk has to be altered or treated in some way to make it more digestible, hence the vital property is lost. Some means must therefore be taken to prevent the recurrence of scurvy by some article that contains the necessary substance.

Vitamin C is present in such things as oranges, lemons, grape fruit, fresh vegetable juices, potatoes, tomatoes. Orange juice forms a convenient method of supplying the needful element. Commencing in teaspoon doses of one, with a little water added and increasing to three or four daily will successfully prevent scurvy, and if present will rapidly improve the condition. If fresh sweet oranges are not obtainable a little sugar can be added. Fresh whole milk can be given in varying quantities for the child's age. For older children the juice of half an orange may be given.

In addition potato cream may be given three times daily.

This is made by baking potatoes in their jackets, taking the floury part under the skin, and mixing to a cream with milk. Proportion: two teaspoons to one ounce of fresh milk.

## MEMORIES OF MOLLETINO

(Continued from page 245, September issue.)

I have been disappointed that none of her contemporaries who trained with her at "Barts," 1882-1885, have responded to the invitation of the *B.J.N.* to record in its pages what they remember of Wilhelmina Jane Mollett, one of the most distinctive and distinguished pupils of that great Nursing School. "But Matrona," a contemporary exclaimed recently, "don't forget that it is close on half a century ago since Molletino was at Barts, and most of her contemporaries have passed to pastures new." Is it possible? Alack, alack!

And that reminds me how bitterly I regret the destruction of the "Little Red Book." It contained vitally interesting items dotted down during my early days as Matron of St. Bartholomew's Hospital, fifty years ago, and was cast into the fire before I left. The first pages contained numbered items of much-needed reforms required to modernise the hospital and nursing department, through which a red line was drawn when happily one by one they were attained.

No. 1 I well remember.

"Old Sisters to be induced to wear washing caps and aprons (bare heads and black alpaca aprons being in fashion at that time).

No. 2. "All Staff Nurses to wear washing dresses" (brown merino gowns of immemorial wear were still in vogue).

No. 3. Burdensome brown quilts to be discarded for light and cheerful bed covering.

No. 4. Nursing Staff to be better fed.

No. 5. Nursing Staff to be increased by 100.

No. 6. Matron to take part in Examination of Probationers and to allocate one-third marks.

No. 7. Gold medal to first on Pass List.

There were 60 of such entries—and with two notable exceptions—a new Nurses' Home and Out-Patients Department, for which space was unprocurable at the time—the red line denotes victory in the Little Red Book—always kept under lock and key. Brief notes were made of personal interviews with applicants for admission as probationers, and doubtless in it would have been found first impressions of Miss Mollett.

She must, however, have made a deep impression, as my memory is quite clear on this interview—Tuesday and Friday from 2 to 4, were the hours during which applicants were invited to attend, selected from well-written letters of enquiry—and I remember Miss Mollett's entry into the office—her slim, strong frame, her sweet grey eyes, an eager personality. All formality between us speedily vanished, and she quite unaffectedly spoke of her family circumstances, her brilliant, unpractical father, "who could speak and write seven languages, but had difficulty in earning a living." Of a wonderful "Aunt Jane," of her German parentage on the distaff side, of a varied existence in England, in Germany, in France, the eldest of four dear sisters. I wondered if she would endure the routine and restrictions of ward work, to say nothing of the discomforts of the *congerie* of old houses misnamed The Home; but she waved all such matters aside in the right spirit.

I remember her saying:

"It will be a relief to have a permanent home and a definite interest in life, my mind is well stocked, so that I need not think of disagreeable things."

Here spoke German philosophy.

And indeed the versatility of her mind and her incomparable memory made her the most enchanting companion possible.

Mina Mollett (she so disliked being called Wilhelmina or Jane) entered the Nursing School of St. Bartholomew's

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