

good enough for the Board of Trade, and that, therefore, an entirely new suit of phrases is being manufactured to cover the nakedness of the opposition case. We cannot but think that this will prove futile, that the misstatements which deceived the Board of Trade will be produced and completely refuted, and that, moreover, the well-known reasons why certain Hospitals oppose the Register of Trained Nurses—from whose pages the names of their Private Nurses would be conspicuously absent—will be made manifest to all the world.

#### CRUELTY TO CHILDREN.

A CASE which is now attracting grave judicial notice, and upon which, therefore, we make no comment, draws forcible attention to a habit which is unhappily too frequent of punishing children by making them frightened. We allude to the custom of shutting a child in a dark cupboard or room, a punishment which clearly is only deterrent and only severe in exact proportion to the dread of solitude and of darkness which that child feels. In other words, it is the nervous system which is attacked—the most sensitive and most easily damaged part of the youthful organism; and the more highly developed, the more unstable is its constitution. It is difficult, we believe, to estimate the immense harm which can be caused by terrifying a child. Nurses who have watched a case of St. Vitus's dance, which followed a fright, can dimly realise the suffering which a timid child can undergo from some accidental alarm. In the case of such an one, solitary confinement in a dark room—peopled by its untrained but hyper-sensitive fancy with myriad terrible forms—might cause permanent brain disease. Nurses cannot too strongly protest against such punishment as cruel or ridiculous; cruel, if effective—ridiculous, if useless.

#### LITTLE PITCHERS.

A CORRESPONDENT tells us of a child in a London Hospital who was lately found to be in a state of great excitement and fear, caused, it was finally discovered, by having overheard two Probationers discussing a case of amputation of the thigh. The small mite in question immediately concluded that such was the common lot of all who went into Hospitals, and before the mystery was unravelled succeeded in making herself seriously ill, in anticipation of her forthcoming operation. The story once more points the moral which all who have worked amongst children know so well—that little pitchers have long ears; and that it behoves their attendants to be most discreet in what they say before them. But the moral is of wider application still, and might be taken to heart by all Nurses, not only in maintaining secret the personal facts with which they become acquainted in their work, but, also in refraining from the narration of "interesting cases" with which some are wont to regale their patients, oftentimes to the said patient's considerable, even if concealed, alarm.

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## Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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#### RICHELIEU PUDDING.



One pound of any cold meat, 2oz. of fat or suet chopped fine, bread soaked in milk, chopped parsley, thyme, lemon peel, two well-beaten eggs, and salt and pepper to taste. Boil about three hours in a well-buttered mould; serve with good gravy.

#### EGGS IN BUTTER.

Melt a piece of butter in a small frying-pan, break in two eggs without breaking the yolks; when nearly set, trim the edges of the whites and slip them out on a hot dish, pour some butter over, sprinkle with salt and pepper; serve very hot.

#### EGGS WITH ENDIVE.

Boil some endive in salt water; drain and pass it through a sieve. Melt a bit of butter in a saucepan. Add a little flour, then the endive pulp, salt, and pepper. Boil; stir in, off the fire, the yolk of one egg, with a little milk, and strain. Add a little chopped parsley. Lay fried eggs on the purée; garnish with triangles of fried bread.

#### FIG PUDDING.

Take  $\frac{1}{2}$  lb. of finely-grated bread-crumbs,  $\frac{1}{2}$  lb. chopped figs, 3oz. of castor sugar, 6oz. of chopped suet, and, if liked, grated nutmeg to taste. Mix one teaspoonful of Yeatman's Yeast Powder with  $\frac{1}{2}$  lb. of flour. Add to the other ingredients; moisten with a little milk. Boil four hours in a basin. Serve with or without wine sauce.

#### GERMAN SALAD.

Any cold boiled vegetables—cabbage, cauliflower, sprouts, potatoes, sea-kale, or a little of three or four kinds; cut small, and add chopped raw onion and apples. Season with pepper and salt, and two table-spoonfuls of vinegar and four of oil to every 2lb. of vegetables. Serve in salt bowl, garnished with beetroot and parsley.

#### PUFFED EGGS.

Take one-and-a-half pints of cream; four eggs well beaten with a little salt. Pour into a mould, steam, turn it on to a dish, and serve with good meat gravy poured round.

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