

## THE DIABETIC DIET.

### With Recipes for Household Use.

A very useful little book "The Diabetic Diet." "What the Diabetic needs to know about Diet, for easy use in all households" is published by Messrs. John Bale, Sons and Danielsson, Ltd., 83/91, Great Titchfield Street, London, W.1, price 2s. It has been compiled by a Science Graduate and a Certified Dietitian (University of London), and revised by a well-known Physician—an authority on nutrition.

"Diabetes," we are told, is a condition of disordered metabolism, the system being unable to utilise in the normal manner the food substances necessary for nutrition and muscular effort. Therefore, proper diet is the fundamental principle in the treatment, and all leading authorities agree that the best results are obtained by feeding diabetics on a balanced diet.

"Dr. R. Hutchison, in the standard English work 'Food and Dietetics' gives the average daily requirements of the three principal food constituents for a normally active person in the following proportions: protein, 16 per cent.; fat 1.2 per cent.; carbo-hydrate 72 per cent.

"It will be noted that the outstanding feature is the preponderance of carbohydrate (sugars and starches in their various forms) and this is why the method—formerly in use, but now definitely abandoned—of excluding starch entirely from the diabetic diet is shown to have been fundamentally wrong. The process by which the three food elements are metabolized in the digestive system, each aiding in the absorption of the others, is now a well-known scientific fact, and the dietetic treatment of diabetes provides for carbohydrate or starchy foods to the maximum that can be tolerated. The carbohydrate is, in fact, the key factor in the diet—a deficiency causing acidosis or an excess giving rise to sugar."

The importance of keeping abreast with the latest scientific knowledge on the subject is thus apparent.

Provided that the physician has determined the diet of a diabetic patient on a scientific basis, which must be strictly adhered to, it is capable of "almost infinite variety and will be such that all members of the household can partake of and enjoy it." Included in the book are a number of attractive recipes which go far to establish this statement.

We commend the book to the attention of nurses, and also to diabetics upon whom devolves the application of the principles laid down by the physician.

## PRACTICAL POINT.

### The Administration of Insulin.

When preparing insulin for administration to a patient it is an excellent plan to keep a needle for drawing the prescribed dose of insulin into the syringe, and then to detach it, and attach the needle to be used in the actual administration.

This is desirable for two reasons. (1) The cost of hypodermic needles to a diabetic patient is quite considerable, and it is manifest that these needles will need renewing less frequently if they are not used two or three times daily to pierce the dense rubber cap, covering the mouth of the vial containing the insulin, and (2) because the injection will cause less discomfort to the patient if the fine and delicate needle has not been inevitably slightly blunted from the first, and increasingly so with each dose given, before being applied to his skin. We commend the point to nurses as a very practical one.

## APPOINTMENTS.

### MATRONS.

**Cancer Hospital, Fulham Road, London, S.W.3.**—Miss Jean D. Jacomb, S.R.N., has been appointed Matron. She was trained at St. Bartholomew's Hospital, London, where she was later Ward Sister, Matron's Office Sister, Assistant Home Sister and Superintendent of District Midwives. Miss Jacomb has also been Assistant Matron at Ancoats Hospital, Manchester, and Assistant Matron at Cambridge House Nursing Home.

**City Isolation Hospital, Leicester.**—Miss B. Nesbitt, S.R.N., has been appointed Matron. She was trained at St. James' Hospital, Leeds, and at the Eastern Fever Hospital, Homerton, and has been Ward Sister at the Selly Oak Hospital, Birmingham, Second Assistant Matron, and Senior Assistant and Deputy Matron at the Monsall Hospital, Manchester.

### SISTER-TUTOR AND ASSISTANT MATRON.

**Royal Infirmary, Bolton.**—Miss M. E. T. Hill, S.R.N., has been appointed Sister Tutor and Assistant Matron. She was trained at Ancoats Hospital, Manchester, where she was later Staff Nurse in the Theatre and Accident Ward, and Sister in the Male Surgical Ward. Miss Hill has also been Sister at the Infirmary, Stockport, Night Sister at the Torbay Hospital, Torquay, Sister at the Royal Infirmary, Wigan, Home and Sister Tutor at the Victoria Hospital, Keighley, and Home and Sister Tutor at the Victoria Memorial Jewish Hospital, Manchester.

### SISTER-TUTOR.

**Woolwich and District War Memorial Hospital, Shooters Hill.**—Miss C. Lotherington, S.R.N., F.B.C.N., has been appointed Sister Tutor. She was trained at the County Hospital, Lincoln, and has been Staff Nurse and Night Sister at the Birmingham and Midland Hospital for Women; Ward Sister at the General Infirmary, Burton-on-Trent; Sister Tutor at the Birch Hill Hospital, Littleborough; and Sister Tutor at the Middlesex County Hospital, Willesden. Miss Lotherington holds the Sister Tutor's Certificate of the Battersea Polytechnic.

### NIGHT SISTER.

**Royal Albert Edward Infirmary and Dispensary, Wigan.**—Miss M. Raven, S.R.N., has been appointed Night Sister. She was trained at the Royal Infirmary, Leicester, where she was later Staff Nurse and Sister, and has been Sister at "The Limes Nursing Home," Shrewsbury.

**Royal West Sussex Hospital, Chichester.**—Miss H. A. Mason, S.R.N., has been appointed Night Sister. She was trained at the North Staffordshire Royal Infirmary, Stoke-on-Trent, and has been Theatre Sister at the Royal Hospital, Chesterfield, and Staff Nurse, Out-Patient Sister, and Ward Sister at the North Staffordshire Royal Infirmary. She is a Certified Midwife.

## QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Matron Miss M. B. Williams, R.R.C., retires on retired pay (July 1st), with permission to retain the badge of Q.A.I.M.N.S.; Sister Miss E. E. O'Connell, R.R.C., to be Matron (July 1st).

The following resign their appointments: Sister Miss G. E. Thacker (June 30th); Staff Nurse Miss M. Birdsall (July 1st).

Sister Miss M. B. Smith, A.R.R.C., retires on retired pay on account of ill-health (May 7th).

## QUEEN ALEXANDRA'S MILITARY NURSING SERVICE FOR INDIA.

Senior Nursing Sister Miss A. M. Hart to be Lady Superintendent (May 17th).

### LEGACIES TO NURSES.

Mr. F. G. Kellaway of The Lodge, Westerham, left £2,000 to Nurse Jane Fussell, as a slight recognition of her services to him.

### TENNIS CHALLENGE CUP.

The semi-finals and final for the Tennis Challenge Cup, presented by Miss M. E. Medforth, C.B.E., R.R.C. (Matron-in-Chief), for members of the Queen Alexandra's Imperial Military Nursing Service, will be played on the tennis court of the Royal Herbert Hospital, Woolwich, on Wednesday, July 19th. Play will commence at 2.30 p.m.

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