

and preparation. They may contain anything from 2 to 7 per cent. of coagulable protein, but it is not in all cases of nutritive value. Many preparations are very good, but several have the disadvantage of possessing a high ratio of salts and extractives; this is apt to give rise to thirst and sometimes to intestinal trouble. No meat juice is of high nutritive value however useful it may be at times in tiding over the crisis of an illness; occasionally we see an advertisement in which it is claimed that a patient has lived for a long time upon some special form of extract of meat; but we take this with the proverbial grain of salt remembering that a patient can live for a very long time on his own tissues, always provided that he receives a sufficient supply of water. Artificial meat juices and powders are undoubtedly expensive when we compare them with the nourishment contained, for instance, in the white of an egg; still, as we have pointed out, they have their value at certain stages of an illness.

The value of a clear soup made from meat is, as we gather from the foregoing, very small, from the point of view of nourishment contained in it. A pound of meat and a similar amount of veal bone will yield a very "strong" soup if one is applying the popular test of whether or no the soup "sets" when cold. But this test does not really point to any particular value in the matter of nourishment; it merely indicates a good proportion of gelatine, which has no food value.

Judged from the point of view of the acknowledged functions of food in the body the fluid derivatives of meat, of which we have written, may be said to fail when it comes to the analytic test; they are useful enough often in removing fatigue and in stimulating appetite and, incidentally, a person who purposes eating a heavy dinner is well advised to commence with a clear in preference to a thick food for this reason. An intelligent use of such foods is an important factor in nursing a case and therefore we need make no apology for devoting some columns to the consideration of a type of food which a practical analysis seems to indicate is of no great importance.

ONLY TWO HUMAN TYPES.

ARE YOU INTROVERT OR EXTRAVERT?

(From a Correspondent.)

Introvert or Extravert—which are you? These are words which will be familiar to everyone before long. All humanity—says Professor Jung, the famous Swiss psychologist—is either one type or the other.

Inquiries made at the Institute of Medical Psychology have elicited the following definitions of the types:

Introvert—Is absorbed in himself; shy; solitary; a romantic; imaginative; something of a philosopher; for him the world is mainly material from which to build his own inner dreams.

Extravert—Has little capacity for deep thought; lives materially and in the present; a good mixer; takes life vigorously as it comes; is bored with the philosophic view.

The science of psychology, which was once the mysterious domain of savants alone, is becoming increasingly intelligible to the ordinary man and woman.

In reply to the above question we are neither. Surely there is a third type of humanity. We hope the famous Professor Jung may realise it and define it, as the world would be a poor place otherwise.

NURSING ECHOES.

Her Majesty the Queen has been graciously pleased to approve the appointment of 144 nurses to be Queen's Nurses. They received their training in district nursing in Training Homes as follows: 92 in England, 5 in Wales, 35 in Scotland, and 12 in Ireland.

A very pleasant annual function at this time of year is the "At Home" given by the Matron-in-Chief and Members of Queen Alexandra's Imperial Military Nursing Service. This year invitations have been issued for Wednesday, December 4th, the "At Home" taking place at the Dorchester Hotel, Park Lane, W., when no doubt many members and friends of the Service will foregather.

On October 12th, the 20th anniversary of the shooting of Edith Cavell at dawn at Brussels, a little band of women laid a beautiful wreath of pink and white dahlias beneath the bas-relief erected to her memory in the Tuileries Gardens at Paris.

The wreath was borne by Mlle. Louise Thuliez, who was sentenced to death in Brussels at the same time, and Mme. Rodillon, President of the Assistantes du Devoir National.

They were accompanied by half a dozen grey-haired nurses, all wearing war medals. Mme. Touzeri, of the French Red Cross, had nine pinned to her cloak.

"Although Nurse Cavell was English she belongs to us all," Mlle. Thuliez said, "French, Belgian, British, all worked for the same cause."

Many friends will wish to offer congratulations to Miss Norah Farrant, S.R.N., F.B.C.N., on her election as a member of the Executive Committee of the National Council of Women of Great Britain. It is very necessary in these progressive times that the Nursing Profession should be adequately represented on important organisations of women, so that their expert opinion may be available when nursing matters are under discussion. It is only by personal representation that the component parts of the N.C.W. can be kept acquainted with the views of its constituent organisations.

The majority of women are of opinion that they can legislate for and govern nurses—but now that by Act of Parliament Registered Nurses have attained legal status, they must be given power of personal expression and determination in the body politic.

We feel sure Miss Norah Farrant will have our interests at heart, which are, after all, the interests of the people. Since resigning her post as Queen's Superintendent and retiring after many years' service, Miss Farrant has been elected Hon. Treasurer of the Royal British Nurses' Association, and as she is already a Director of the National Council of Nurses of Great Britain, she will doubtless find the beautiful little car, the gift of the Queen's Institute of District Nursing upon retirement, an invaluable aid in her multiplicity of engagements.

We hear on all sides from nurses that no sooner have they settled in a district, hoping to enjoy a span of rest, that their experience and skill are eagerly sought by all and sundry.

[previous page](#)

[next page](#)