

On Wednesday, 6th November, Mr. Paterson gave us a film lecture on "London Scenes" which proved most beautiful. Especially appreciated were the views of the River, scenes of bird life in the Parks, snow scenes in London and various pictures of historic customs such as the Changing of the Guard. At the close he showed us a most interesting picture of the progress of an operation.

## LECTURE ON DIET.

By DR. ADÈLE AVERY.

In commencing her lecture, given at 194, Queen's Gate, on 23rd October, Dr. Avery said that, as she was giving a general lecture on diet, it followed that she could not enter with great detail into descriptions of the diets for the various ailments to which she would refer. It was only common sense to maintain that the body could not be kept in health unless the food taken were of a proper type and such as would maintain metabolism, under which term is comprised the whole of the bodily activities such as those of the kidney, lungs and so on. The result of digestion is the production of certain chemical materials which can make or mar the system of the bodily organs. Dr. Avery said that she did not require to remind nurses of the elements which should enter into the diet, *i.e.* Protein, Carbohydrates, Fats, Salts, Water, Vitamins. Roughly the proportions should be one sixth of protein, one sixth of fat and two thirds of carbohydrate. These must necessarily vary in most cases of illness.

Another important aspect of the subject is the fact that many conditions of ill health owe their origin to a diet which is not properly balanced. Rickets in children is a good example of this and it is often due to too much carbohydrate and too little fat in the diet and very often also to an inadequate supply of certain vitamins. Conditions arising on an insufficiency of vitamin content were spoken of as "Avitaminosis." Dr. Avery then gave a list of the chief vitamins, discovered up to the present and mentioned the foods which could be relied upon to supply them.

With reference to milk she pointed out that its bulk was far too great for the amount of real nourishment that it can supply. In speaking of the diet of children she emphasised the value of butter and referred also to the value of eggs because of their iron content as well as actual food principles; the egg should be lightly cooked so that the yolk is soft. She emphasised the value of fresh fruits remarking that any child over the age of six months ought to have the juice of one orange daily.

A common fault in diet is that of giving too much protein. The gastric juice is unable to cope with this and the result is putrefactive stools or diarrhoea; too much sugar might produce the fermentative type of stool especially in children. In cases where too little protein is given its digestion is apt to be incomplete, with the result that acetone and diacetic acid are produced with loss of appetite and possibly diabetes.

Generally speaking food should be cooked as little as possible but there are drawbacks in this connection as it is apt to prove indigestible or, in some cases, to have worms in it. The chief difficulty in connection with the minerals in food is that of keeping up the standard of iron and of iodine. A little child should have one gram of iron daily. Foods rich in iron are spinach and some other green vegetables, red meat and liver. Liver is now very much used but the difficulty that lies in getting a patient to take a whole half pound of liver daily is a very serious one, although it can be given in a great variety of ways—as a cocktail for instance, in sandwiches or perhaps in soup or grilled; there are books to be had now which supply many recipes. People in these islands do not, said Dr. Avery, readily suffer from a lack of iodine but in Central Europe

and in certain States of America, there is a marked prevalence of goitre owing to the distance from the sea. In Switzerland a law has been made that school children should have a certain amount of iodised salt and in such countries it is becoming a custom to obtain vegetables from districts near the sea shore.

In speaking of rheumatism, the lecturer said that surprisingly little was known of this disease and its treatment, and the best advice is to observe more or less the rules pertaining to diet in cases of gout; this ailment arises usually from a disturbance in the purin metabolism. When protein is completely digested, you get as a result of this a by-product known as purin. All muscle is composed of cells and each cell has its nucleus made up also of protein chiefly; this nucleo-protein becomes purin and acts as a poison. The purins are broken down and uric acid is set out of solution and its crystals settle in the joints. It follows that care has to be observed that the diet is such as to encourage the formation of uric acid as little as possible and such foods as fruit, cereals, creamed vegetable soups, cheese, vegetable salads and the like are used. Sixty grams of protein in the diet daily is enough, but care must be observed to keep the calories up to 2500.

Illnesses there are which arise from insufficient gastric juice in the stomach and the result is that the blood and all the organs suffer. Cancer of the stomach, sprue, pernicious anaemia and other ailments arise. In pernicious anaemia half a pound of liver is given daily but sometimes ground up hog's stomach is used instead. Where the gastric juice is weak in hydrochloric acid, it is wise to give acid fruits pretty frequently. In speaking of gastric ulcers and other affections of the alimentary tract Dr. Avery gave us a table for a bland diet, but space forbids us to insert this although we shall have pleasure in having it copied for anyone who would like to see it. She also referred to the Sippy diet and gave details of how it gradually develops from a diet of milk. Albuminised lemonade is very good in some serious conditions of the alimentary tract and sometimes honey is very helpful as a food because the glucose in it is very easy to digest and to absorb. The lecturer referred shortly to the diet in pneumonia and typhoid. In connection with urinary diseases, she stressed the effect which a long continued illness of this kind would have on the heart. The blood of a person so affected is badly oxygenated and is not purified by the kidney as it ought to be. The indication is for what is known as a salt free diet, *i.e.* a diet with not more than four grams of salt in it daily. This is far more difficult of achievement than is generally supposed and the reasons for this were explained as well as for its necessity in order to control as far as possible the increase of water in the tissues in dropsical conditions. The doctor then gave a short account of the ketogenic diet, which is very rich in fat. In a case such as pyelitis this diet is given in order to raise the acetone and diacetic acid.

## GIFTS TO THE CLUB.

We are indebted to many Members who generously send to us, from time to time, presents calculated to add to the pleasures and comfort of Club life at Queen's Gate, and we now make grateful acknowledgment of the following gifts recently received:—Her Royal Highness the Princess Arthur of Connaught, R.R.C., S.R.N., game. Miss Barclay, Miss Butcher, Miss Hall, Miss Hoddinott, Miss Macdonald, Miss Richardson, Miss Rowan, Mrs. Ta Bois, Miss Treasure, flowers. Mrs. Temple, flowers and fruit. Miss Bevan and Mrs. Wells, fruit. Miss Johnson, fruit and books. Miss Williams, books. Miss Breay, picture. Miss Good, walnut bookcase.

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ISABEL MACDONALD,  
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