

restricted while the chicken is in the eggshell. The want of carbohydrate is compensated when the egg is used as human food, because it is introduced in process of cooking. Usually carbohydrate food is taken along with an egg at a meal. The source of protein in eggs lies chiefly in their whites, and there are four different forms of albumin contained in this: ovalbumin, covalbumin, ovomucin and ovomucoid; ovalbumin is the main constituent. The yolk of egg contains even more nourishment than the white, and has a very large percentage of fat. The chief proteins it contains are vitellin (a phosphoprotein) and livetin (a pseudoglobulin). The former contains the important amino acids, referred to earlier in this article, of cystine, tryptophane and tyrosine. The fat in yolk of egg consists of true fats and some lipines. The fats are compounds of fatty acids and glycerine and the former are 'palmitic, stearin and oleic. These substances contain phosphoric acid and, therefore, they enter into the processes of growth in bone and muscle. Cholesterol, which is present in the egg, acts as a means of conveying vitamin D, and vitamins A and B are also represented in egg yolk. The very high emulsification of the fats in the yolk causes these to be very easy to digest. As eggs contain no purines they can be given in cases of gout and, with the exception of milk, there is no more useful food in the sickroom than they. It is easy to understand that there are few foods more valuable for children, always providing that they can be taken with impunity, for there are people who cannot eat the smallest particle of egg without being violently sick or suffering from coma, urticaria and other conditions. The lesson learnt from their analysis is that, from a weight to weight point of view, the nourishment they contain does not differ very greatly from that of meat, although they are somewhat richer in fat and poorer rather in protein. They are capable of meeting the main functions of food, for they provide building material, have excellent caloric value, and, to an extent, they are also protective. It is not necessary to give a reminder that they should be fresh, for the alkaline sulphides which form if they are not so will soon render them quite unpalatable. They also lose weight if kept, but this arises from evaporation of water from them.

The longer an egg is cooked the less digestible it becomes. The digestibility of any food is usually judged by the length of time that it remains in the stomach and a raw egg takes longer to pass from the stomach than does one lightly cooked. It does not follow, however, in this case that the former is the more easy to digest; on the contrary, the raw egg is so bland that it gives the stomach little to do and passes into the intestine for its absorption little changed by the action of the stomach. Eggs are very completely absorbed and this, of course, enhances their value. There are a few proprietary preparations of eggs on the market, some showing fairly good analysis, others a very poor one. Most of the custard powders are composed chiefly of starch and their colour is their only resemblance to an egg.

I. M.

(To be concluded.)

KING'S GIFT TO LONDON.

Ambulances and Canteens.

The King has made a gift to London of four motor-ambulances and eight mobile canteens. Recently at Buckingham Palace he handed over the four ambulances and two of the canteens to Mr. Emil Davies, Chairman of the L.C.C. The remaining six canteens will be delivered during the next three weeks.

Each of the grey-painted vehicles bears the inscription: "Presented by His Majesty the King to the London County Council for the civil defence of London, October, 1940" The inscription is surmounted by the royal cipher.

THE NATIONAL INSTITUTE FOR THE BLIND.

The National Institute for the Blind, 224, Great Portland Street, London, W.1, has again issued an Annual Report of its great activities; beautiful paper, clear printing and perfectly produced illustrations make it a joy to behold.

The Institute, founded in 1868, incorporated in 1902, and registered under the Blind Persons Act, 1920, has His Majesty the King, Her Majesty the Queen, and Her Majesty Queen Mary as Patrons, while the President of Chorleywood College is Her Royal Highness the Princess Royal, and the President of the Sunshine Homes is Her Royal Highness Princess Beatrice. The Chairman of the Executive Council is Captain Sir Beachcroft Towse, V.C., K.C.V.O., C.B.E.

The period covered by the Report comprises five months of peace and seven months of war, during which time the work for the blind has gone on unchanged; war conditions intensify the handicap of blindness and the task of relieving it, and it is unfortunately certain that during the war the number of blind persons will be increased.

Many blind people are to-day playing their part ungrudgingly in the national effort; new fields of employment are bound to open to them as the call for man power grows.

The Institute have made a careful study of the possible problems of the war-blinded and, in conjunction with the Joint Blind Welfare Committee of the County Councils' Association and the Association of Municipal Corporations, have secured the approval of the Minister of Health to a national scheme for extending existing facilities for blind welfare to men, women and children who may be blinded as a result of air raids or hostile operations in this country. The task of re-educating them in their blindness, and of helping them to adapt themselves without sight to lives of full usefulness, will be undertaken by the Institute in conjunction with all Local Societies and Regional Bodies, and with the responsible Local Authorities.

This scheme will necessitate the establishment throughout the country of Residential Training Centres, and the question of personnel has received immediate attention. A Register has been opened of War Workers for the Blind from which voluntary or paid workers may be drawn as required; copies of the Enrolment Form may be had on request from the Institute.

Sunshine Homes for Blind Babies.

The Sunshine Homes are residential nursery schools for blind infants. The Homes at East Grinstead and Southport are for blind babies, otherwise normal, from birth to seven years of age; the Home at Leamington is for backward blind babies, who may be retained until the age of nine. There are usually about 30 babies at each Home, but since September, 1939, the East Grinstead Home has, in addition, taken in 12 blind babies evacuated from London.

At these Homes blind babies are brought up in an environment of affection and activity, and it can well be seen that Sunshine babies are well equipped when they enter the more competitive life of the elementary schools.

Court Grange Special School for Blind Children.

This school for the education of the less-gifted of blind children has fortunately been unaffected by the war. Decided progress has been made in adapting the school to its special function of building up character, initiative and self-confidence.

The principal aim of the school is to restore to these little people their self-respect and happiness. A new feature which has contributed much to this object is the Pets' House, where children can be taught that lovable little creatures—guinea pigs, rabbits, tame rats and white mice—are dependent on them for their daily food and drink.

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