

Modernisation is only a present-day revival of age-old methods.

Offer a sick child a few grapes and a cup of beef tea at the same time and observe which is preferred. Mostly the grapes will be accepted with joy, but the cup of something or other will be left or pushed aside. To-day grapes are not an expensive luxury, for Continental- or Colonial-grown fruit can be obtained easily and cheaply, and they certainly contain wonderful vitalising and body-cleansing properties. They are truly bottled health and sunshine and contain the very elements that the body needs. The natural sugar contained in this fruit is so easily assimilable that the digestive processes are not disturbed. At any rate grapes are cheaper than medicine.

There are many other valuable fruits, native to this country and others, which can provide a variety of juices sufficient to satisfy the most exacting nurse or fractious child. There are fresh oranges, lemons, grapefruits, limes, apples, pears and blackcurrants, which all provide valuable juices, and in difficult periods such as winter and early spring resort can be made to the tinned varieties, which, while valuable, are not quite so good as the juices from fresh fruit. As an emergency measure a good and safe drink can be made from blackcurrant jam diluted with water.

These juices are all that a sick child needs, if there is any sign of fever, for the first three or four days without there being any risk of starvation. A little weight will certainly be lost but a child will put this back again and more besides in very quick time when recovery ensues.

In most minor child illnesses, the fever will subside inside a day or two under this fruit juice treatment. As a matter of fact recovery starts as soon as solid food is withheld.

Starch in any form is poisonous to a sick child and in this category comes that pleasant and much-liked fruit, the banana. Bananas contain an abundance of starch and should be therefore kept as a treat for the child when it has recovered but even then, only an occasional one should be given.

Next to fruit juices come the extracts from vegetables. These include carrots, celery, beetroots, swedes and a few others and, if squeezed, will be found to contain a large amount of juice. These extracts are rich in vitamins, natural water and mineral elements, and are very valuable.

It is not often realised that a good sized carrot properly squeezed will provide a teacupful of vitalising juice. A good method of obtaining this juice is to grate the vegetables on to a piece of well-washed muslin, squeezing the contents with the hands over a wide-necked utensil or dish, or squeezing through a modern fruit press. When using the hand method the muslin should be twisted at the ends, gradually tightening the grip making sure that the juice does not come into contact with the skin.

If the child shows a preference for sweetened vegetable juice, and most children do, a little honey can be added, but never use white commercial sugar for this purpose under any circumstances whatever.

Steer clear of meat extracts and home-made beef tea at all times in simple illnesses, but if a hot drink of this type is needed use one of the approved vegetable extracts

such as Marmite or a yeast preparation diluted with vegetable juices.

There is no doubt that feeding a sick child can be a very trying experience to both nurse and mother, but if the feeding of the little patient is confined to fruit and vegetable juices with as much clear, fresh water as he can drink, the illness will soon subside, and the youngster will regain his former vigorous clamorous health in a surprisingly short time, without the possibility of any serious after effects due to forced feeding.

Book Reviews.

Elementary Bacteriology and Immunity for Nurses.*

By Stanley Marshall.

An acquisition for the Student Nurse, and also for the Sister-Tutor. It is the most lucid, and most readable little book on its particular subject that I have ever met. By mere perusal, one became quite familiar with the various bacteria and their methods of reproduction and mode of life.

The chapters on the various susceptibility tests, and also the diagnostic tests are the most instructive and written in elegant, yet elementary, style. The mysteries of immunity are also clearly exposed; the whole volume can be read and almost completely digested, without ill effects, in a couple of hours' concentrated reading.

* H. K. Lewis & Co., Ltd., 136, Gower Street, London, W.C.1. Price 6/6.

Progressive Professional Nursing.*

By Maud E. Grey, S.R.N., S.C.M.

This is a neat little handbook giving—very briefly—an outline of the progressive methods of training Nurses since Miss Nightingale's time. The epic struggle for State Registration for Trained Nurses, could have been dealt with more fully with advantage. But the facts would have to be stated with impartial fairness and truth, and the late Ethel Gordon Fenwick be given her rightful place in the history of the period. She battled for State Registration; drew up the Bill which was accepted almost in its entirety, and refused to face obstruction and defeat, and was entirely responsible for the success of the Nurses' Act of 1919.

The brief chapter on Nursing in Northern Ireland is enlightening, so also are the chapters on domiciliary nursing. An interesting and instructive little publication.

* E. & S. Livingstone, Ltd., 16-17, Teviot Place, Edinburgh. Price 6/-, postage 4d. home.

Lectures on Medicine to Nurses.*

By A. E. Clark-Kennedy, M.D., F.R.C.P.

Foreword by Miss Clare Alexander (Matron, London Hospital).

Dr. Clark-Kennedy has certainly succeeded in presenting a series of Medical Lectures to Nurses in a most intriguing style. Quite apart from the fact that it is a text-book of absorbing interest, it is written so persuasively, that one's attention is held, one finds it difficult to put the book down until it has been quite finished. Nothing quite like it has been published for serious study before (with the exception of Arthur Keith's "Engines of the Human Body"), and therefore Nurses will readily acknowledge the debt they owe to Dr. Clark-Kennedy. Here is the science of Medicine attractively presented in 18 illustrated, perfectly lucid and highly instructive lectures. Perusal of the manual brings pleasure, intimate knowledge of Medical conditions and

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