

# NOTES FROM THE MEDICAL PRESS

IN CHARGE OF

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FOOD AS A REMEDY.—The *National Hospital Record* says: "The first place in which all the best scientific knowledge of food as a remedial agent should be applied is in the hospital kitchen. The hospital kitchen of the future will rival the operating-room in cleanliness and convenience when it is clearly recognized that the skill of the physician or surgeon is of but little avail if the diseased and inflamed tissue cannot be replaced by normal conditions. Nothing but food can furnish the blood-current with the substances from which the cells may choose those essential to them. However fully he may be sustained for a time by the products of the chemist, it is of the utmost importance to the final recovery of the patient that he desire natural food in sufficient quantity to regain his strength. The neglect of the heart of the whole hospital, the kitchen, is hard to understand until we realize that this same neglect permeates the community in regard to individual homes, and that the medical schools treat of food only in relation to disease, and not in relation to healthful living."

COFFEE-DRINKING.—The *Lancet* in a paper on this subject contains a useful suggestion to nurses: "The excessive drinking of coffee is in any case an evil. But it is often forgotten that coffee can be taken in other ways, and in none better than in the form of jelly. A clear coffee jelly after dinner is every bit as good as the hot infusion, while it is free from some of the drawbacks of the latter. Coffee, unlike alcohol, diminishes organic waste, rouses the muscular energy without the collapse which follows alcoholic inhibition, and gelatin in the form of jelly is cooling, assuages thirst, is soothing, and has a tendency to absorb any excessive acidity of the stomach. Gelatin is what is known as a 'proteid sparer'—that is, it saves the destruction of proteid, such as albumin. Having regard to these facts, therefore, coffee jelly should form a very suitable sequel to dinner and an excellent substitute for the infusion. Moreover, the astringent principles of coffee, which, however, are different in kind and degree from those present in tea, are nullified by the gelatin. In short, gelatin is an excellent vehicle for coffee, but, as is necessary in making the infusion, the quantity of coffee in the jelly should not be stinted. Coffee serves an admirable purpose in dietetics, and those with whom it disagrees when taken in the form of a hot infusion will very probably find the jelly quite satisfactory."

THE LAW OF LOVE IN PRACTICE.—Dr. Osler in an address to medical students at Toronto spoke some words that may well be laid to heart by nurses: "And the third great lesson you may learn is the hardest of all—that the law of the higher life is only fulfilled by love or charity. Many a physician whose daily work is a daily round of beneficence will say hard things and will think hard thoughts of a colleague. No sin will so easily beset you as uncharitable-