

It is indeed very disappointing to learn that there is nobody from India this year for the Florence Nightingale scholarship offered by the Red Cross and T.N.A.I. In addition, since beginning to write, I learn that students from other countries attending this year's course have been obliged on account of the international situation to disperse to their own homes. I hope there will be a silver lining to this black cloud and that in the near future it will be possible for one of India's daughters to have a similar experience to mine and that her life may be enriched as mine has been.

MODERN DIETS AND PROCEDURES IN THE TREATMENT OF GASTRIC ULCER AND DIABETES

Submitted by MISS M. O. ROY, Germiston, Transvaal, S. Africa.

THE FRACTIONAL METHOD OF GASTRIC ANALYSIS

The main principle of this method is that the tube is swallowed by the patient before the meal is taken; all the fasting content of the stomach is removed, the meal then swallowed, and, the tube always remaining in position, specimens removed at frequent intervals.

The preparation of the patient and meal are of importance as it is essential that the conditions be the same for each case. Nothing is taken by mouth after 9 p.m. and on the following morning at 9 a.m. the test is performed.

A good test meal is made by boiling two tablespoonfuls of fine breakfast oatmeal in a quart of water until the total bulk is reduced to one pint; the mixture is then strained through muslin. It should *not* be flavoured with salt. The resultant meal is more readily aspirated than the tea and bread meal.

The swallowing of the tube and withdrawal of samples constitute the only difficult steps in the technique. Difficulties in swallowing this tube are entirely psychic, and depend largely on the capacity of the operator for explaining the technique to the patient and demonstrating the process himself. Marks on the tube show the depth, and when the tube has passed well within the fundus of the stomach the total fasting content is completely removed by means of a "Record" syringe.

The meal is then swallowed, and at every subsequent quarter of an hour some twelve cubic centimetres of content are removed and preserved for analysis.

After a while, difficulty in aspiration, and air in the sample, announce that the stomach is nearly empty. Usually one can continue taking specimens for some two hours.

POST ULCER REGIME *(To be followed permanently)*

Avoid all alcohol. Avoid effervescing drinks. Avoid coffee.

Avoid all pips and skins of fruit (whether raw, cooked or in jam); currants, raisins and lemon-peel in puddings and cake; nuts; and all unripe fruit. For example, an orange may be sucked but not eaten. Currants, raisins and figs are particularly undesirable.

HORLICKS

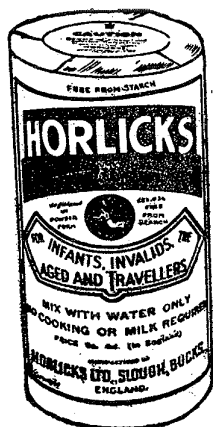
IN PNEUMONIA

HORLICKS is fresh, full-cream cows' milk combined with the nutritive extracts of wheat and malted barley.

During pneumonia and other acute fevers of short duration the amount of nourishment taken by the patient is not of primary importance, though liquid food at frequent intervals is of value.

Horlicks is an ideal form of nourishment during these illnesses. It is easily and simply prepared—requiring the addition of water only. Hence, no more than is sufficient for a meal need be made at any one time, and the patient is thus assured of receiving freshly prepared food in an appetising form.

Horlicks is easily digested and readily assimilated; it contains adequate protein and possesses marked protein-sparing qualities. It thus prevents tissue waste, and is a valuable builder during convalescence.



HORLICKS

Available Everywhere

When ordering please mention The Nursing Journal of India

Avoid all raw vegetables, whether taken alone (celery, water-cress) or in pickles or salad; green vegetables must be passed through a sieve.

Porridge is only allowed if made with the finest oatmeal.

Avoid vinegar; lemon juice; spinach; pepper; mustard; curry; chutney; excess of salt; new bread; tough meat; salted fish and meat; pork; clear and thick soup.

Take as much butter and cream as possible, and a tablespoonful of olive oil before each meal.

Eat slowly and chew very thoroughly. An adequate time should be allowed for meals, and rest for at least a quarter of an hour before and after meals.

Do not smoke excessively. No smoking at all if any indigestion is present.

Meals must be punctual.

A glass of milk, a plain biscuit, plain chocolate, or other digestive food should be taken in the middle of the morning, on going to bed, and again if awake during the night, in addition to the usual meals.

The powder should be taken an hour after meals and also directly the slightest indigestion or heartburn is felt. The patient should be given a prescription for tribasic magnesium and calcium phosphate (or other alkaline powder).

Have your teeth attended to by your dentist regularly every six months.

Take no drugs in tablet form.

If you have the slightest return of symptoms go to bed for a few days on a strict diet; do not wait for the symptoms to get serious.

RYLE'S DIET.

Medicines

$\frac{1}{2}$ oz. Olive Oil at 6 a.m. 10 a.m. 2 p.m. 6 p.m. 10 p.m.

Belladonna at 8 a.m. 12 m.d. 4 p.m. 8 p.m. 2 a.m. | as

Mist. Bismuth at 7 a.m. 11 a.m. 1 p.m. 5 p.m. 9 p.m. | prescribed.

1st Week

5 oz. Citrated Milk 2 hrly. by day, 4 hrly. by night. To every 5 oz. milk add sod. cit. gr. xv.

Mouth washes with each feed.

2nd Week

6 a.m. Milk 5 oz. (Citrated).

8 a.m. Horlick's 5 oz.

10 a.m. Milk 5 oz. (Citrated).

12 m.d. Benger's 5 oz.

2 p.m. Corn flour 5 oz.

4 p.m. Arrowroot 5 oz.

6 p.m. Ovaltine 5 oz.

8 p.m. Benger's 5 oz.

10 p.m. Milk 5 oz. (Citrated).

2 a.m. Milk 5 oz.

SALVITAE

IN COLDS, GRIPPE AND INFLUENZA



When a patient with a Cold, Grippe or Flu consults you—start him at once on a teaspoonful of Salvitae every four hours in a glassful of water. The results are surprisingly prompt and decisive. SALVITAE enables the conscientious practitioner to meet what is perhaps the greatest problem of modern Medicine—the prevention and successful treatment of Colds and Grippe SCIENTIFICALLY, INTELLIGENTLY AND SUCCESSFULLY.

Samples and literature to the medical profession on application to Sole Agents in India:

S. Md. Ishaq, c/o Muller, MacLean & Company, Tower House, Chowringhee Square, Calcutta; M. A. Wadia, c/o Muller, MacLean & Company, Pherez Bldg., Apollo Bundar, Bombay; Muller, Maclean & Company, Inc., 87 Sule Pagoda Rd., Rangoon, British Burma; Wilson and Company, 5-8 Jehangir St., Georgetown, Madras.

American Apothecaries Company, New York.

MALNUTRITION

MALT-OLEOL is a pleasant-tasting tonic combining the nutritive qualities of Extract of Cod Liver Oil and Extract of Malt with the strengthening factor of Glycerophosphates

*At all Chemists
or from*

SIEBERT & CO. (Pharma. Dept.)
Sole Agents for India
Madras

PO.B. 356.

PO.B. 356.

MALT-OLEOL

When ordering please mention The Nursing Journal of India

3rd Week

6 a.m. Milk 5 oz. with 1 beaten egg.
 8 a.m. Milk 5 oz. (Citrated).
 10 a.m. Horlick's 5 oz.
 12 m.d. Milk 5 oz. with 1 beaten egg.
 2 p.m. Benger's.
 4 p.m. Ovaltine 5 oz.
 6 p.m. Corn flour 5 oz.
 8 p.m. Ovaltine 5 oz.
 10 p.m. Benger's 5 oz.
 2 a.m. Milk 5 oz.

4th Week

6 a.m. Milk 5 oz. Scrambled egg. Thin crustless bread and butter.
 8 a.m. Milk 5 oz.
 10 a.m. Horlick's 5 oz.
 12 m.d. Poached egg.
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MEULENGRACHT DIET.

Breakfast.

Strained porridge (or Force). Milk (or cream).
 Cocoa (or weak tea) to drink.
 White bread (or toast). Butter. (Jelly marmalade).
 (Eggs poached, boiled or scrambled).

Dinner.

(White meat or white creamed fish, chicken, rabbit, veal or tender lamb).
 Mashed potato. Purée vegetable.
 Milk (or steamed) pudding, Fruit purée. Juice of one orange.
 Bread. Butter.

Tea.

White bread. Butter. Fruit jelly or honey.
 Sponge or Madeira cake.
 Weak tea. Egg if desired.

Supper.

As at dinner. Or vegetarian dish: baked potato, macaroni cheese, scrambled egg, strained vegetable soup, or spaghetti and tomato.
 Pudding as at dinner, or jelly, junket or custard.
 Bread. Butter. Ovaltine or cocoa to drink.

Meals must be taken regularly.

Foods to be avoided.

1. Raw fruits and vegetables. Use only those that have been cooked and rubbed through a sieve. Mashed banana, and tinned apricots and pears may be used.
 2. Avoid all fried foods.
 3. Avoid all coarse foods, such as brown bread, sausages, beef.
 4. Avoid all salted and highly seasoned foods, such as bacon, ham, tongue, kipper, pickles, chutney, sauces.
- N.B.* Food in brackets () is not given for the first two or three days after a haematemesis. Meat and fish is creamed after a haematemesis, but not on ordinary diet.

THE "LINE RATION" DIET SCHEME

One Carbohydrate Portion added to one

Carbohydrate Foods (containing Sugar or Starch)

Carbohydrate Portions (10 gm. C.)

	oz.
Flour, Rice, Sago, Tapioca (raw) ...	$\frac{2}{3}$
Oatmeal, Biscuit or Toast; Macaroni or Prunes (dry) ...	$\frac{1}{2}$
Bread (all kinds) ...	$\frac{2}{3}$
Potato, Peas, Broad Beans; Banana ...	2
Parsnips or Prunes (stewed); Grapes ...	3
Beetroot; Apple or Pear (raw); Dried Apricots or Peaches (stewed); Ripe Plums ...	4
Orange (skinned), or Ripe Greengages ...	5
Onions, Carrots; Cherries, Peaches or Gooseberries (all ripe) ...	6
Milk; Stewing Apples or Pears ...	7
Strawberries or Apricots (ripe) ...	8
Turnips, Leeks, Jerusalem Artichokes ...	10
Grape-fruit (in skin); Blackberries (stewed) ...	10
† Brussel Sprouts; Raspberries or Loganberries (raw) ...	12
Red Currants; Stewing Greengages, Damsons, Plums or Apricots ...	12
Melon (raw); Endive (raw) ...	14

†Half portions of these are usually enough.

Negligible Starch Content in Average Helpings of—

Asparagus, Green Artichokes, French Beans, Cabbage, Cauliflower, Celery, Cranberries, Cress, Cucumber, Black Currants, Egg Plant, Stewing Gooseberries, Greens, Horse-radish, Lemons, Lettuce, Marrow, Mushrooms, Radishes, Rhubarb, Salsify, Scarlet Runners, Sea Kale, Spinach, Tomato (raw or cooked).

EMPLOYMENT BUREAU

Wanted. A Nursing Superintendent from January 1st for one year with a view to permanency. Rs.150 p.m. Must speak Urdu or Hindustani. For particulars apply Medical Superintendent, Lady Irwin Sanatorium, Sanwar P.O., Simla Hills.

☐ **The Government of Kenya** require two Indian Sisters for the Indian ward of the Government Hospital in Mombasa. For full particulars, please apply to the Secretary, T.N.A.I., Valley View, Coonoor.

Temporary Address. Miss Black, Hon. Provincial Secretary for Gujarat, asks members to note that her address is now, I. P. Mission House, Ellis Bridge, Ahmedabad.

FOR DIABETES MELLITUS

Protein and Fat Portion=One Line Ration

Protein and Fat Portions **$7\frac{1}{2}$ gm. Protein and 15 gm. Fat (or 9 gm. Fat)**

One Egg and Fat $\frac{1}{4}$ oz. ...	(0) oz.
Bacon 1 oz. ...	(lean only)
Ham 1 oz. and Fat $\frac{1}{4}$ oz. ...	(0) oz.
Kipper $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Herring 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Lean Beef or Mutton 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Lean Lamb or Veal 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Lean Pork 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Chicken or Duck 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Tongue (tinned or fresh) 1 oz. and Fat $\frac{1}{4}$ oz. ...	(0) "
Liver 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Kidney or Tripe $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Rabbit or Hare $\frac{1}{2}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Cheese $\frac{3}{4}$ oz. and Fat $\frac{1}{4}$ oz. ...	(0) "
White Fish or Sweetbreads $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Sardines 1 oz. and Fat $\frac{1}{4}$ oz. ...	(0) "
Salmon 1 oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Crab or Lobster $1\frac{1}{2}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "
Pheasant, Grouse, Partridge $\frac{3}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...	($\frac{1}{4}$) "

Fats are Meat Fats, Suet, Dripping, Butter, Margarine, Olive Oil; Thick Cream in twice the amount stated for other fats.

PIONEER TUBERCULOSIS ENQUIRY: INVESTIGATIONS AMONGST JUTE MILL OPERATIVES: DANGER TO CHILDREN IN OVERCROWDED HOUSES

By Courtesy of Indian Red Cross Society.

A pioneer tuberculosis enquiry undertaken by the All India Institute of Hygiene and Public Health, Calcutta, is in progress at the Angus Jute Mills, 23 miles from Calcutta, which employ 5,000 labourers from various parts of India. It is fortunate for the investigation that the mill possesses a good laboratory and a useful X-ray plant.

Two hundred and sixty three workers have been selected as samples from various departments of the mill (ten in number) and put to a thorough examination including physical, sputum and blood tests and chest skiagraphy. The previous life of the worker, the details of industrial life with age at entry, duration and nature of work, his financial status, housing and other relative points have been recorded.