

height off the ground when I was handed my gun and informed that the others were going to climb a tree not far off. I was in a pretty pickle. Thorns had me by the left ear and right shoulder. There was no place to put my legs. Each movement made the tree shake as though it would fall.

All this time the tiger kept on growling. What prevented it from charging us is more than I can say. It was within ten feet of our position on the ground. We could not see it, but could hear it distinctly.

A couple of the men had gone round by way of the Nullah to the road. Two of them had seen the tiger, and started throwing stones at it. One of the stones hit the animal on the ear, it roared and made for the thrower, but its wound had begun to tell, it seemed to have gone mad with rage and pain, for giving vent to a roar that made things shake, it charged instead a tree from which the sound of a shot had come.

It kept us treed up for 15 long minutes, then made for the stream. As soon as it had crossed the Nullah, we were down and after it as fast as our legs would carry us and we had the satisfaction of getting it, and a real beauty it was. Properly mounted it now graces my friend's hall.

A TREATISE ON HYGIENE AND PUBLIC HEALTH.

By B. N. GOSH AND J. L. DAS.

Green Vegetables.

THESE have a very low nutritive value and are used not so much for their nutritive principles, as on account of the important alkaline salts which they contain. Most of the salts are eliminated as carbonate and may with advantage be used by persons with a tendency to gravel. Some give an agreeable flavour to the food and help digestion, and are useful as condiments. Besides, their antiscorbutic properties are valuable, and they are therefore always essential in a dietary. They form an agreeable diversity of our food and give relish to other foods. Green vegetables consist of leaves, buds, young shoots, leaf stalks, and often the entire plant. These contain a large amount of water (about 90 per cent.) and the nitrogenous material is very small (from 1 to 4 per cent.) and of this again about half only consists of protein. The deficiency of fat is often made up by cooking them in oil or ghee, and thus prepared they act as valuable vehicles for carrying fat into the system. Green vegetables are rich in cellulose which offers a resistance to the action of digestive juices, but the indigestible residue in the intestines acts as a "ballast" and stimulates the intestinal action; consequently they are of great value in cases of chronic constipation. Vegetables should have the stalks and midribs removed before being prepared for food, and the cooking should be thoroughly performed to separate the fibres. It should be noted that the real nutritive value of fresh vegetables, which is very low to start with, becomes still less by cooking, and a large part of the remnant which reaches the intestines escapes absorption.

The following is a list of some of the commonly used vegetables:—

	Water.	Protein.	Fat.	C. Hydrat.	Mineral Matter.	Fuel.
Cabbage	89.6	1.8	0.4	6.9	1.3	165
Cauliflower	90.7	2.2	0.4	5.9	0.8	175
Tomatoes	94.3	0.9	0.4	3.9	0.5	105
Celery	94.5	1.1	0.1	3.3	1.0	85
Watercress	93.1	0.7	0.5	3.7	1.3	
Cucumber	95.4	0.8	0.2	3.1	0.5	80
Asparagus	94.0	1.8	0.2	3.3	0.7	105
Lady's finger	90.4	1.96	1.1	5.72	0.8	
Brinjals	93.98	0.89	0.94	3.48	0.26	
Plantain or Banana ..	75.3	1.3	0.6	22.0	0.8	460
Red gourd	93.40	0.90	1.0	3.96	0.7	

From the above it is evident that most of the vegetables contain a very small proportion of carbohydrate, and so they may be used in cases of diabetes, especially as carriers of fat. Asparagus has a diuretic effect, and imparts a peculiar odour to the urine due to a volatile sulphur compound produced from it in the intestine.—(*Hutchinson*). Onions, garlic, and many of the lily tribe are used chiefly as condiments for flavouring foods. The volatile oil present is excreted with the breath, urine, etc.

Cauliflower is more easily digested than any other form of vegetable and many be used for dyspeptics. Cucumber is very indigestible, and often sets up bowel troubles, but its agreeable flavour and cooling properties have given it a great popularity. It is often eaten as salad with vinegar, lemon juice, salt and pepper.

THE NURSING WORLD.

BY MISS BARTLETT.

FROM the *British Journal of Nursing*:—The constitution of an Australian Federal Council of Nurses has been draughted which will enable the Australian nurses to affiliate with the International Council of Nurses at its next meeting, when Norway, Belgium, Italy and probably China will be admitted. All parts of the British Empire i.e., Canada, New Zealand and India are affiliated and South Africa alone has not joined. The next meeting will be held, it is hoped, in 1922.