so to apply for registration. If the voluntary State register be cordially accepted by every single nurse of repute, then the outsiders can do little harm. They will be self-exposed. Nothing but a wave of sincere enthusiasm for the new privilege accorded it can carry the nursing profession into the haven where it would be. Every well-trained nurse who stands aloof will supply an argument for the acceptance of the incompetent, by whose side she places herself in rejecting registration.

Whether eventually some system can be devised for licensing and inspecting women not on the register who "habitually and for gain" practice nursing is a matter which sooner or later will have to be faced.

EGGS.

(Taken from "A Treatise on Hygiene and Public Health," By B. N. Ghosh and J. L. Das, pp. 153-154.)

THE egg is a typical example of food containing all the proximate principles necessary for the growth and development of the body. It is, however, deficient as regards carbohydrates. An ordinary hen's egg weighs about 2 ounces; of this about 12 per cent. consists of shell, 58 per cent. of white, and 30 per cent. of yolk. The shell consists of carbonate of lime, and the white with the yolk consists principally of nitrogenous elements. The white is made up of a solution of various proteins, the chief being egg-albumin. The yolk contains a large quantity of fat and a considerable proportion of lecithin, a phospho-protein called vitellin, and organic compounds of phosphorus and iron. The yolk containing less albuminous matter does not so readily solidify with heat, and from containing large quantity of oily matter floats in the white.

The comparative analysis of a hen's egg is as follows :—

	Water.	Protein.	Fat.	Other non-nitrogenous matter.	Mineral matter.
White	85·7	12·6	0·25	....	0·59
Yolk	50·9	16·2	31·75	0·13	1·09

The absorption of eggs in the intestines is almost complete, only 5 per cent. of residue being left. The value of one egg as food is equal to half a tumbler of milk, and the potential energy yielded amounts to 70 calories.

It is a known fact that mineral matters are more readily absorbed when they exist in organic combination. Hence iron in the yolk of eggs is absorbed very easily. Yolk of egg is therefore a valuable food for anæmic patients. It is also very rich in calcium; in fact, except milk, no food contains so much

lime salts in such an assimilable form. Eggs are free from purin or purin-yielding bodies, and may be recommended for gouty people; but it is generally believed in India that the habitual use of duck's eggs predisposes one to rheumatism.

The digestibility of eggs depends upon the form in which they are eaten. Raw eggs are not all digested in the stomach; this is perhapsdue to the fact that being bland they hardly excite gastric action. The following table from Hutchison will show the length of time eggs remained in the stomach under different conditions of cooking :—

2 eggs lightly boiled	1¾ hours.
2 eggs raw	2 ,,
2 eggs hard boiled	3 ,,
2 eggs omelette	3 ,,

If hard-boiled eggs be finely divided and masticated they can be disposed of as easily as soft-boiled eggs.

Eggs are preserved for a long time by preventing the entrance of the air through the pores, either by packing in saw-dust or salt, or by thoroughly smearing the shell with gum, butter, oil, or by placing in lime water to which a little cream of tartar has been added.

Decomposed eggs are detected by placing them in a salt solution (about 2 ozs. of salt in a pint of water) when they float. Fresh eggs are always heavier than stale ones and when held up to a candle or a light are translucent in the centre while the stale ones are so at the ends.

PREVALENT DISEASES IN THE WORLD.[1]

(Reprinted from "The Nursing Times.")

I RECENTLY saw an article headed, "The War against Disease." Now nurses, doctors, dentists, and sanitarians are the great army which is always mobilised against human disease. It may be useful to inquire what are the total forces against which we are fighting, their numbers and distribution.

Leprosy, cholera, typhus, or jail fever, and dysentery are nearly wiped out, though fearfully common in the past. Appendicitis and hosts of other affections formerly beyond the reach of surgery are now well in hand. Typhoid even fifty years ago killed 17,000 a year in England and Wales, now barely slaying 1,100. Diphtheria and small-pox are falling as rapidly, and the duration of human life is raised by some ten years.

We can estimate with difficulty the armies still in the field. Thus we may take the death-rate of the Registrar-General's report to see how many each disease wipes out per annum. Diseases of the heart and circulation destroy 60,000; tuberculosis and diseases of the nervous system, 50,000 each;

1 Lecture to the Bristol Centre College of Nursing, March 10, by George Parker, Esq., M.A., M.D. (Cantab.), M.R.C.S.