POINTS FOR NURSES

§ See that the tray, cloth and the napkin are spotlessly clean and that the food is nicely arranged on the plate.
§ Only the freshest and best material should be used and served.
§ In cases of serious illness the doctor’s orders must be kept to the letter.
§ Use very little seasoning without instructions.
§ Liquid food must be varied as much as possible.
§ All food should be given in small quantities and served at once when cooked.
§ Where possible, no dish should be served a second time.
§ All food must be covered when carried from kitchen to sick-room.
§ Never consult a patient about a meal.
§ Put all medicines out of sight at meal-times and let the meals themselves be punctual.
§ The food must be absolutely hot or cold, as the case may be —nothing lukewarm.
§ Vegetables and fruit should not be given without the doctor’s consent.
§ Steaming is the best method of cooking—fried foods are rich, and should be avoided in serious cases.
§ All cooking utensils must be scrupulously clean.
§ Oysters are excellent, as they contain a self-digesting ferment. Tripe is a good and cheap substitute, as it is digested in an hour.