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CLASSIFICATION OF FOODS

<i>Organic</i>	{	Nitrogenous:
		Proteids and allied compounds.
<i>Inorganic</i>	{	Non-nitrogenous:
		Carbohydrates,
		Fats.
		Water,
		Mineral matter.

Of all these principles, proteids and the closely allied substances alone contain nitrogen, that most important element for the maintenance of the body functions and for building of tissue. It seems a strange thing and unlike the usual economy of nature that when nitrogen is absolutely necessary to life, and when it exists freely in such large amounts in the air about us, we are yet unable to utilize this free nitrogen in our bodies. Not only animals but plants, with the exception of a few which have the power by the aid of bacteria of "fixing nitrogen" from the air, must depend upon their food for this necessary element.

The proteids can also act as fuel-foods and give the required heat and energy, while the carbohydrates and fats, though excellent fuel-foods, are useless as builders and repairers, except of fatty tissue.

The proteids that we have been examining are representatives of a very large class, occurring in vegetable as well as animal substances. They all contain nitrogen, carbon, hydrogen, oxygen, and a small amount of sulphur, while many also contain phosphorus.

The chief sources of proteids in our food supply are the various meats and fish, eggs, milk, and its product, cheese, the grains, and the leguminous plants, such as peas, beans, and lentils.

(To be continued.)

SCHOOL NURSING IN NEW YORK CITY

By LINA L. ROGERS

Supervising School Nurse

THE school nurse has been presented in many and various lights to the public and not a few good articles have been written about her, but whether the actual work accomplished by the school nurse is known or not is a doubtful question.

The work done in the schools is probably the least important part, as the possibilities of what may be done in the homes is very great.

During October and November the work was carried on by one nurse, who had no supplies but those given her by the settlement, of which she was a resident. On December 1 eleven nurses were appointed by the Board of Health, and at the same time dressings were supplied by the Board of Education.

The improvised dressing-room was in every instance in the basement of the children's playground of the school, and even now accommodation is very little better, which shows under what difficulty the nurse has to work. In some of the newer schools rooms are provided for the medical inspector, and the nurse also has the use of them for her work.

When the nurse enters her first school at nine A.M. she at once reports to the principal, and then proceeds to the dressing-room spoken of and prepares for her "clinic." While she is doing this the teachers have been notified, and they send down the children who have been selected by the doctor on his daily rounds. Everything ready, the child is treated, the name and age recorded in a book, and on leaving the children are given a slip of paper indicating whether they are to return again or not. When this is presented to the teacher it shows at once whether the child requires any further treatment. When all are treated and the supplies put away the nurse goes on to the second school and carries out the same programme. As four is the average number of schools allotted to each nurse, she can spend from an hour to an hour and a half in each school. At three P.M. she is usually ready for the visits. The names of children sent home for contagious eye trouble, eczema, etc., are obtained from the principal and are looked up at once. She does not visit such cases as scarlet fever, chicken-pox, or measles. The nurse interviews the mother, giving whatever advice is needed. If they can afford to have a physician, they are directed to have one; if not, they may be sent to some dispensary, or it may be that in many instances the mother can easily take care of the child herself if she has the proper direction. Incidentally, and in a polite and friendly way, the nurse can encourage cleanliness in the home, having the children bathed often, their ragged little clothes mended and washed, and their hair nicely combed. The mothers are usually interested and make every effort to do exactly as they are requested. Their appreciation is shown in many ways, the children often coming up to the nurse in the street and saying, "My mother thanks you for what you told her when you came to my house." Many other things are brought to light. The father or mother may have phthisis. This is at once reported to the Board of Health and the conditions relieved. The same thing is done when a house is found in a very unsanitary condition, and this also is reported

to the proper authorities. Children are found who are not in school simply because they are not well enough to go. A case like this is reported to the Nurses' Settlement, and they send him to the country for a few weeks, where he is "built up," and in a short time returns robust and ready to begin the studies which were a drag when he left school. Children from ten to fourteen years of age are sometimes kept home from school to look after younger children where one of the parents is dead and the other has to go out to earn enough to keep them together. Such cases are helped by the charity organizations and the child returned to school.

The chief object the nurse has in view is to help to keep the children in school, and as the great majority are taken from school at fourteen years of age and sent to work, it will readily be seen how essential it is that not a day should be lost.

Instances have come under my own notice where children have been kept out of school for weeks with a slight eczema on the face or head, and after a few days' careful treatment have been returned to school.

By March 1 it is hoped to have a staff of twenty-five or more nurses, and about one hundred schools will be taken up.

The nurse who enters upon this work without the spirit of doing the greatest good she can for the public will find it more of a burden than a pleasure. It requires women who feel the needs of the children and their parents and who have had experience with the different phases of nursing. The work is hard, and is only lightened by the amount of cheerfulness the individual nurse carries into it with her.

THE DISCIPLINE OF THE NURSE *

By ALICE I. TWITCHELL

Superintendent S. R. Smith Infirmary, Staten Island

I HAVE been asked to give my idea upon discipline, and at the same time was asked if I believed in military discipline in our training-schools for nurses, and I assure you that I do most decidedly, but the believing in and desiring it are very different and much easier than obtaining such discipline.

Promptness in coming on and going off duty, to meals, time off, and obeying rules generally regarding practical work I have no difficulty with; but my nurses have two hours off every day, and it is a well-understood fact that one hour is to be devoted to study and the

* Read at the meeting of the American Society of Superintendents of Training-Schools for Nurses, Detroit, 1902.