

hot water heating apparatus and doing much more satisfactory work.

While these were the most important improvements made during the quarter, there were several others which were undertaken by your committee, who have still in view one or two others of a like nature, before they can feel that they have done all that is possible for the comfort of both staff and patients.

Among the improvements further contemplated, probably the most important is that looking to the better lighting and ventilating of the basement and kitchen in the old building. This it is proposed to accomplish by the putting in of windows on the Burnside street side, and thereby remedying a condition of affairs that has too long existed.

Dr. Amos, the house physician, left during the quarter, and his place has been filled very acceptably by Dr. Schenkelberger. Your committee granted leave of absence to the Lady Superintendent for two months with the hope that she would return to her duties much improved in health, as well as with a more extended knowledge of hospital work. As usual, your committee have been the recipients of several letters from patients in the hospital, all of whom express themselves in grateful terms as to the treatment received while under the care of our attendants, one of the writers enclosing a cheque as a further proof of his estimation.

The attendance at our meetings, while not being all that might be desired, has been fairly good, while the best of harmony exists in all of the deliberations of your committee.

In conclusion, we would like to draw your attention to the necessity of obtaining better accommodation for our nurses and domestic help, which, we believe, could most easily be achieved by the acquisition of the house adjoining the Maternity Annex. Your attention is directed to the showing as set forth in the treasurer's report, and your hearty co-operation in the work of our institution is respectfully asked for, while extending to all governors and friends a cordial invitation to visit

the hospital and see for themselves the improvements and general working of the establishment. All respectfully submitted.

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chairman.
JAMES R. BAIN,
Secretary.

FRUIT FOR THE SICK.

It is not often that fruit should not be given to sick people. Quite often raw fruits are objectionable, but it is seldom that cooked fruits are not palatable, nutritious, and a very desirable food for a sick patient. Compotes, prepared as they usually are, are not suitable for the sick. They contain too much syrup. In fevers they produce nearly always a tympanitis that is very annoying to the patient, and is not without danger.

Sour acids are much more agreeable, and at the same time capable of doing much good.

As a nutriment, fruits are often invaluable; they carry water and various salts and organic acids into the system in order to stimulate appetite and improve digestion. Cooked fruits may be eaten with any meal, but when fruit is used for special diuretic purposes, its effect is always more pronounced if taken alone, either at the commencement of meals, or better, between them. Fruit in general is less wholesome when eaten out of its natural season.

When a person in ordinary health cannot eat strawberries because of the acid they contain, a little white pepper sprinkled on the fruit counteracts the effect of the acid without impairing their delicate flavor.

A very fine mixture for many convalescent patients is that of large, ripe, red raspberries and white currants, blended with a syrup flavored with orange and lemon juice and frapped.

Bananas contain a large percentage of starch and are highly nutritive. For a well person, eaten at the beginning of a meal, they are very wholesome, but often they are better if cooked. While they are very valuable as a food in many diseases, they should never be given in fevers, especially in typhoid fever. I have often observed dangerous gastro-intestinal symptoms after the ingestion of bananas in this disease. —Charlotte Med. Jour.