

Professional Review.

PHYSICAL EFFICIENCY.*

One of the things of greatest importance to a country is the physical efficiency of its people, for on this ultimately depends the position which they take among the nations, yet it is comparatively recently that we have seriously laid to heart the importance of estimating, maintaining, and improving our physical efficiency. The book by Mr. James Cantlie, recently published, is a valuable addition to the literature of the question, and should be in the hands of every adult. As Mr. Cantlie truly remarks in his preface: "Our physical transgressions leave their mark on those coming after us, and the success or failure in life of our children, and through them of the nation, is largely attributable to the wisdom or folly of the parents."

The same point is emphasised by Sir Lauder Brunton in the preface which he contributes to the volume. He says: "The health, the wealth, and the strength of a nation must ultimately depend upon the strength and intelligence of the individuals which compose it. Although intelligence may occur occasionally apart from a healthy physique, this is only exceptionally the case, and a healthy brain must be lodged in a healthy body. . . . It is absolutely necessary that individuals should take care of their own health and that of their families, and unless they do this they will probably end by becoming a misery to themselves and a burden to others."

When we consider Mr. Cantlie's definition of physical efficiency we are impressed with its importance, for it means no less than "the fitness of men and women for their life's work."

Again, "the physical and moral health of the people is the all-important factor in a nation's welfare; all other considerations are merely details of policy. . . . It is no ephemeral question which at present concerns us, for it is none other than our continued existence as a virile race." The question is then ably and exhaustively discussed from such standpoints as "Does efficiency depend on physique?" "Where do Britons best Thrive?" "Life in Large Cities and in the Country Compared," "The Physique of our Boys and Girls," "Physical Energy and its Expenditure," "Infant Food and Feeding," "The Theory of Exercise," and "Special Exercises." On all these points Mr. Cantlie rivets the attention of his readers, because he writes of what he knows.

No class of workers have a deeper interest in physical efficiency than nurses, for they are constantly brought face to face with the dire results of physical unfitness. Also they, as few others do, have opportunities for putting in a word in season on the subject. To them all, therefore, we suggest that they should procure and study this book. The price, which is 3s. 6d., brings it within the reach of all.

* "Physical Efficiency: a Review of the Deleterious Effects of Town Life upon the Population of Britain, with Suggestions for their Arrest." By James Cantlie, M.A., M.B., D.P.H. (G. P. Putnam's Sons, London and New York.)

The Advent of Spring.

Spring, long desired and long deferred, really seems to be upon us at last, and with its advent it is plain that our wardrobes need replenishing. Happily new uniform is not difficult of attainment, and a visit to one of the leading firms who make a point of catering for the needs of nurses, will soon put things right.

MESSRS. GARROULD, EDGWARE ROAD, W.

Messrs. Garrould's, 150, Edgware Road, is a very favourite shopping-place with nurses and this is not to be wondered at; for in one large department on the first floor are gathered together all the things that a nurse can possibly need, readily accessible and tastefully arranged. Whether it be dresses, cloaks, bonnets, caps and aprons, any of the minor accessories necessary to a nurse, boots and shoes, books, or instruments, they can readily be seen, and the convenience of finding everything in the same room is considerable to a nurse whose time is limited.

We noticed a "Dora" cap with embroidered medallions at 1s. 3d.; also a new collar at 6½d. slightly curved on the shoulders to avoid the usual friction which results in cut dresses. Then there is a white washing belt, stiffened and ready for wear, at 6½d., and some ward shoes with rubber heels—slightly higher than those ordinarily supplied. These have been designed to meet the desire of many Matrons and nurses.

Always up to date, Messrs. Garrould are considering the needs of midwives, and now supply a Midwives' Case Book arranged in conformity with the requirements of the Central Midwives' Board. They are also showing, in the instrument department, a nickel-plated spring balance which will weigh up to sixteen pounds, for inclusion in a district nurse's bag. It is so compact that the room it takes can scarcely be noticeable, and nothing could be better for the weighing of newly-born infants.

We must not forget to mention the corner where a nurse will find writing materials available if she wishes to use them.

MESSRS. THOMAS WALLIS & Co., LTD.,
HOLBORN CIRCUIS, E.C.

Messrs. Thomas Wallis & Co. have a large *clientèle* amongst nursing institutions, and uniforms made by them have been supplied at one time or another to most of the leading London hospitals. Their illustrated catalogue will give nurses an excellent idea of types of cloaks and dresses, bonnets, caps, and other nursing necessities supplied by them; and for the convenience of those who are unable to visit

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