

balancing one another. Thus, the foot affording the surface of support to the whole frame, the muscles of the calf must contract, or the leg would bend forward and the body fall. But this contraction of the calf tends to bend the thigh, and to neutralise this, and to keep the limb straight, the muscles in front of the thigh must come into play and contract in their turn. But this action bends the body forward, and so the latter again must be neutralised by the muscles of the back in order to keep the body erect. Why this is, and the importance of the fact in disease and injury, we will consider in its place. In like manner, it is sufficient for the present, to remember that passing in and through and all over these muscles are white threads, which we term *nerves*, and which we shall hereafter find, convey to each separate muscle the orders of the brain; and also large and small canals through which a fluid is constantly circulating, and which we know as *arteries, veins, and capillaries* which contain the *blood*. Over the muscles, binding them together and keeping the vessels and nerves in position, are strong tissues which are called *fascia*. Over these again is the final covering of the body, the *skin*.

(To be continued.)

The Dietetic Value of Fruit.

Lecturing before the members of the Royal Horticultural Society on Tuesday, Dr. Josiah Oldfield emphasised the value of fruit as an article of diet. The popular idea, he said, was that fruit only had to do with pleasure, and nothing with nutriment. Dessert was for this reason regarded only as an after-dinner dalliance, whereas a hard day's work could be done on a meal of fruit.

Fruit contained every essential of nutriment—watery matter, saccharine, oleaginous matter, albumen, and salines. There was no water more pure than that which was distilled from dew and stored in the dainty myriad tanks of an apple or a pear. Fruit, because it contained so much water, was a great cure for drunkenness. A drunkard fed on fruit would instinctively lose his craving for drink. Perhaps, added Dr. Oldfield, they feared that nuts were indigestible, but the use of the nut mill would convert the nuts into a fluffy, snowy meal. Dates filled with ground walnuts in place of the stone were an afternoon tea delicacy.

Unlike other heat factors, the saccharine of fruit did not exhaust the body, and so did not injure the complexion or cause wrinkles. Nor were the kindly fruits of the earth deficient in oils and fats, most important agents in postponing old age.

Progress of State Registration.

In reply to inquiries with regard to the Petition to the Prime Minister on the subject of State Registration, nurses non-resident in London or any other responsible persons can have as many copies for signature as they desire on application to the Hon. Secretary, Nurses' Petition, 431, Oxford Street, W.

Two of the candidates for election as Direct Representatives on the General Medical Council refer to the subject of State Registration of Nurses in their electioneering addresses.

Dr. MacManus, of Wandsworth, declares:—

"I am in favour of Nurses' Registration, so as to prevent, to the detriment of the public, certain persons masquerading in nurses' dress, but would see that the general practitioner is adequately represented on the Central and all Local Boards formed for their control."

Dr. Charles J. Renshaw, of Ashton-on-Mersey, states:—

"There is no doubt that the legislation of the past twenty years has decreased by at least one third the earning power of the general practitioner, and in this direction I was strongly opposed to the recent Midwives' Act, and am equally so as regards the State Registration of Nurses, considering that both these measures place in the field unqualified practitioners who directly compete with and undersell medical men."

We consider this statement in regard to nurses both uninformed and unjust, and have forwarded to Dr. Renshaw the Nurses' Registration Bill, Clause 30 of which provides:—"Nothing contained in this Act shall be considered as conferring any authority to practice medicine or to undertake the treatment or cure of disease."

Clearly, therefore, under the provisions of this Bill nurses cannot compete financially with medical practitioners under whose professional direction they must work. Incidentally, it is equally clear that if a medical practitioner believes, however erroneously, that he will be financially injured by the passage of an Act for the State Registration of Nurses, then his opposition cannot be dispassionate, and, from the public standpoint, its weight is necessarily discounted.

Miss Melita Jones, late Matron of the Nelson Hospital, in writing from New Zealand says: "We are much amazed out here at the violent opposition made to Registration of Nurses in England. It seems as if all reforms are met in that spirit in an old country. Though there is still much to be desired in nursing matters here, we feel that since State Registration has been in force, much progress has been made."

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