

and coffee, to say nothing of the starches (converted into sugar in the adult) not found in milk. Again, the quantity of sugar in an average body is said to be two and a half teaspoonfuls, that of salt being about one. Think of the pinch of salt we take to maintain the average, and the enormous amount we take of sugar and starch during the day! Many people take five to seven cups of tea and coffee, each containing two to three heaped teaspoonfuls of sugar, and sometimes condensed milk (also sugary) as well. This excess is converted into lactic acid, which irritates the terminations of the gastric vagus and sets up the well-known but badly-named "bilious attack," with its distressing symptoms of "megrim," of which the commonest is hemi-headache, generally referred to the left eyeball and relieved by pressure, together with vomiting, giddiness, and depression.

A patient has just left my house who confessed to taking five cups of tea daily with three heaped teaspoonfuls of sugar in each—that is, fifteen teaspoonfuls daily. In addition to this, there is often a large quantity of jam or marmalade daily, with sweets and chocolate at the week end. Here is a diet chart of A. Y., a girl of 17, which is very moderate compared to many in the quantity of sugar taken:

7 a.m. One cup of tea with one teaspoonful of sugar and half of condensed milk.

10 a.m. Two cups of tea with sugar and milk.

1.30 p.m. One cup of tea after dinner with ditto. Tart with sugar.

4 p.m. Two cups of tea with ditto. Sweet cakes.

9 p.m. One cup of coffee with one and a half teaspoonfuls of sugar.

This means eleven teaspoonfuls of sugar, not including the condensed milk. There was also the sweets and chocolates at the week end (admitted), together with starches, jams, etc.

Personally I wish that sugar were 10d. instead of 2d. a pound, in the interests of the race—that is, for domestic purposes; and I feel sure that many puzzling cases of "headache," for which eye-strain, heredity, and other causes are assigned, are due to sugar in excess. The treatment is, of course, obvious.

Shillings Help.

The Annual Report, explanatory circulars, and forms of application for membership of the Society for State Registration of Trained Nurses, can be obtained from the Hon. Secretary, 431, Oxford Street, London, W.

Subscriptions of any amount (shillings help) will be gratefully acknowledged from those in sympathy with the Society's work, as there is a vast amount of propaganda to be paid for in connection with the Bill now before Parliament, and unlike the Central Hospital Council for London, it has not an income upon which to draw to finance its political campaign derived from the subscriptions of the charitable to the support of the constituent hospitals.

Appointments.

ASSISTANT MATRON.

Poplar and Stepney Sick Asylum.—Miss Mary Alice Hartley has been appointed Second Assistant Matron. She was trained in the same institution, where she subsequently held the position of Sister for three years. She was then Night Sister at the East Sussex Hospital, Hastings, for over two years, and Sister at the London Fever Hospital, Liverpool Road, for nearly three, after which she had a few months' experience of private nursing. At the present time she holds the position of Night Sister at Ancoats Hospital, Manchester.

SISTERS.

The Infirmary, Lewisham.—Miss Cecilia Archbold has been appointed Sister. She was trained at Guy's Hospital, London, and has held the post of Charge Nurse at the Park Hospital, Hither Green.

Miss Beatrice Medley has been appointed Sister in the same Institution. She also was trained at Guy's Hospital, and has held the position of Charge Nurse at the Park Hospital, Hither Green.

Royal Hospital for Diseases of the Chest, City Road, E.C.—Miss Olive Pollett has been appointed Sister. She was trained at the Poplar Hospital, and has held the position of Sister at the Infants' Hospital, and at the Fulham Infirmary, and has also been Night Superintendent at the Royal London Ophthalmic Hospital.

Victoria Children's Hospital, Hull.—Miss S. E. Sugden has been appointed Sister. She was trained at the Royal Halifax Infirmary, and has held the position of Staff Nurse at the Royal London Ophthalmic Hospital.

Jaffray Hospital, Birmingham.—Miss C. Rennie has been appointed Sister. She was trained at the General Hospital, Bristol.

Colne and Holme Fever Hospital, Meltham.—Miss T. M. R. Vaughan has been appointed Sister. She was trained at the Great Northern Central Hospital, and has held the position of Staff Nurse at the Plaistow Hospital, E., in which institution she has done Sister's duties.

St. Mary Abbott's Infirmary, Kensington.—Miss E. E. Cox has been appointed Sister. She was trained at the Lambeth Infirmary, and has held the position of Sister at the Aston Infirmary, Birmingham. She is a certified midwife.

Wakefield Union Infirmary.—Miss Annie Crosby has been appointed to the position of Sister.

STAFF NURSE.

North Evington Infirmary, Leicester.—Miss Nellie L. Betts has been appointed Staff Nurse. She was trained at the Wandsworth Infirmary, St. John's Hill, S.W.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The undermentioned ladies to be Staff Nurses (provisionally). Dated February 15th, 1908: Miss Katherine Alice Broade and Miss Helen Muriel Beall Carter.

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