

love his neighbour; it cannot provide for all contingencies; it cannot act with the speed that is so often necessary, nor be elastic enough to make its Acts fit into the needs of every individual; it cannot seek out and prevent suffering."

However, the Central Council for District Nursing in London was one voluntary body which could help with all these things by being sufficiently flexible in its organisation to move quickly when help was needed.

"The district nurses are welcome visitors in every home," declared Mr. Henriques, "and it is especially as the friends of the family that they can achieve such great things. The strength of the nation is based upon the strength of family life and it is because this has grown weaker that there is such cause for anxiety."

Voluntary organisations, such as the Central Council, were still needed today as a spearhead for statutory action.

"In its freedom it can criticise, it can agitate, it can get amended the workings of the various Acts," he said.

"It can quickly, and before it is too late, prevent what may become deep-rooted suffering by taking immediate action and giving help at once where it is needed, whether there is a statutory authority to do this or not."

The Queen's Birthday Honours.

HER MAJESTY THE QUEEN has conferred many Honours upon her subjects in her First Birthday Honours List, and we congratulate those ladies of the Nursing Profession who have been so honoured.

Royal Red Cross.

Queen Alexandra's Royal Naval Nursing Service.

FIRST CLASS R.R.C.

Miss Hilda B. Durey, A.R.R.C., Superintending Sister (Acting Matron).

SECOND CLASS A.R.R.C.

Miss Agnes M. I. D. Hardy, Superintending Sister, Queen Alexandra's Royal Army Nursing Corps.

BAR TO R.R.C.

Colonel Edith M. B. Dyson, O.B.E., R.R.C.

FIRST CLASS R.R.C.

Major Edna M. Gaunt; Major Jane Caron.

SECOND CLASS A.R.R.C.

Captain Constance C. Cosh; Captain Lorna S. Lindfield; Captain Susanna Rhys Jones; Major Mary J. Scannell.

Princess Mary's Royal Air Force Nursing Service.

Squadron Officer Una H. Mackenzie; Squadron Officer Alison B. Miller.

Order of the British Empire.

C.B.E.

Miss Mabel Liddiard, President, Royal College of Midwives.

O.B.E.

Miss Eveline M. Crothers, formerly General Superintendent Queen's Institute of District Nursing.; Miss Jean P. Ferlie, M.B.E., Matron, Simpson Memorial Maternity Pavilion, Royal Infirmary, Edinburgh; Miss

Mabel G. Lawson, Deputy Chief Nursing Officer, Ministry of Health; Miss Violet M. V. Luscombe, Principal Matron, Gold Coast, Queen Elizabeth's Colonial Nursing Service.

M.B.E.

Miss Emily E. Dawkins, Out Patients and Casualty Sister, St. Bartholomew's Hospital, Rochester; Miss Mabel E. Jones, formerly Sister, City Isolation Hospital, Cardiff; Miss M. Lee, Matron, County Hospital, Durham; Miss Kate McMahon, Health Visitor, Stockport County Borough; Miss Louisa M. Mills, Sister in Charge, Children's Wards, Ulster Hospital for Children and Women, Belfast; Miss Alexina R. Pettigrew, Health Visitor, Glasgow; Miss Edith M. Powell, Founder and Superintendent, Searchlight Cripples' Workshops, Newhaven, Sussex; Mrs. Winifred Tegg, Matron, Welfare Department, London County Council; Mrs. Atim E. Duke, for Nursing Services in Nigeria; Mrs. Wilhelmina Kelly, Nursing Sister, Tanganyika; Miss H. D. Ross, Nurse, Soldiers' Sailors' and Airmen's Families' Association, Canal Zone, Egypt; Sister Faith E. Ward, Sister in Charge, C. M. S. Leper Settlement, Makutupora, Manyoni District, Tanganyika; Miss Olive M. Green, State Supervisor of Child Welfare, State of Tasmania; Mrs. Alice E. Lamshed, for services rendered under the auspices of the Women's Auxiliary, Parkside Mental Hospital, State of S. Australia; Miss Dorothy M. Marshall, for services in connection with Child Welfare in Australia; Miss Christense Sorenson, R.R.C., for outstanding services to Nursing in Australia; Miss E. E. Pryor, Matron, Waipiata Sanatorium, New Zealand; Miss Ida Russell, Memorial Hospital, Hastings, New Zealand.

Elimination and Health.

By A. E. Hopkins.

THE PROPER BALANCED functioning of the human body depends on the food intake, clean air, adequate liquid, positive thought and movement, but it is equally important that all the waste products created by metabolism should be thoroughly eliminated if health is to be normally maintained. In fact it may be said that the most important of all the body functions is that of elimination.

Nature seems to stress this vital importance of getting rid of waste products as quickly as possible, by equipping the body with four outlets for refuse disposal; the lungs, skin, kidneys and the bowel, whilst only one outlet is provided for food intake, the mouth.

Under normal conditions the average human being needs no urge to eat adequate quantities of food, principally because there are certain pleasures to be derived by the action of eating, plus the extra appreciation obtained by the senses of sight and smell. Contrarily the disposal of the poisonous waste matter receives but little consideration in many instances. This is often occasioned by the certain amount of effort needed, or the fact that attention to adequate ventilation to provide fresh air, preparation for bathing, and the need to empty the bladder and bowel, is inconvenient at the necessary times, or that immediate social demands do

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