

Sugar as found in many artificially sweetened foods such as cakes, sweets, chocolates and similar items, whilst appealing because of its palatability, can become a constant cause of colon irritability, but taken in the form of fruits and vegetables there is little danger of an excess intake, and therefore the latter method is the best way of obtaining sugar, as far as the body needs it.

The constant use of artificial sugar causes irritation to the mucous membranes, acute and catarrhal affections, and destroys the appetite for plain simple foods of high nutrition value. Bowel disorders can often be traced to the excessive intake of artificially sweetened foods and confections.

Natural starch and sugar are necessary for the maintenance of normal vigour and health in the human system, and the not unnatural desire for sweetened foods should be satisfied by concentrating on sweet fruits and honey, which contain, apart from sugar, other vital elements necessary for normal nutrition. At all times as mentioned before, starch in any form should be confined to a minimum and that from natural sources such as whole wheat flour and unpeeled vegetables, raw or cooked.

Normal constitutions will not tolerate excesses so they

Nursing Echoes.

A VERY PLEASANT AFTERNOON was spent at the Fountain Hospital, Tooting, on December 12th, 1952, when the nurses' own day was celebrated.

The School Hall was delightfully decorated in the festive manner, a great deal of the work being done by the mentally afflicted children, who receive such loving care from the nursing staff.

The occasion was delightfully opened by the presentation of bouquets, one to Miss E. A. Bell the Matron, and the Tutor, Mr. Hubbard, was the recipient of a choice buttonhole.

Mr. T. R. Rees, Director of the World Federation of Mental Health, presented the Badges, Prizes and Certificates to Student Nurses, who together stood and repeated the Nightingale Pledge.

The five finalists who received their Badges and Certificates were :—

Mr. Terence Crowther Mrs. Barbara Hunt
Miss Margaret Kelly Mrs. Rute Parris
and Miss Katherine Sullivan.

Miss Margaret Kelly received the Florence Murray prize. Miss Catherine Noonan and Miss Bernice



Tutor Matron Mr. Rees Physician-Superintendent Assistant Matron

get rid of them as soon as possible, but it is in these overworked eliminative processes that the body eventually suffers, and many cases of ill-health can be traced to the excessive intake of starch and sugar.

National Council of Nurses of Great Britain and Northern Ireland.

“MISS M. E. CRAVEN, R.R.C., Matron of the West London Hospital, Hammersmith, has been nominated by the National Florence Nightingale Memorial Committee of Great Britain and Northern Ireland, as an accredited delegate of the National Council of Nurses to attend the International Council of Nurses Congress in Brazil, 1953. Miss Craven is also Honorary Secretary of the National Florence Nightingale Memorial Committee, and Chairman of the International Council of Nurses Ethics of Nursing Committee.”

Spoooner received the Hospital Management Committee prizes for preliminary students, and Miss Nora Jenkins received Matron's prize as the outstanding Nursing Assistant who had given particularly good service to the hospital.

This part of the occasion ended with the presentation of a cheque and bouquet from her colleagues to Miss Ruby Houlden, Ward Sister, on her retirement after 30 years' service at the hospital.

Mr. Rees addressed the nurses, telling them of the work of the World Federation of Mental Health, and of the fact that the Fountain Hospital was well known in many parts of the world.

He congratulated them upon their work in the great task of caring for these unfortunate children.

MR. P. ARTHUR WELLS, who has been Deputy-Secretary and Secretary-designate since 1st April, 1951,

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