

that a Registration Council should be formed, upon which—in view of the importance of this matter to those engaged in training Nurses—every Training School for Nurses and Midwives in the United Kingdom is now invited to appoint a representative; the British Nurses' Association, as comprising more than one-fifth of the whole Nursing profession, being represented by the Members of its Executive Committee. It is hoped that to the Council thus constituted may be added a certain number of representative Medical men. It is suggested that the Council should meet once or twice a year, should draw up all the necessary rules and regulations for Registration, and be in short the governing body of the scheme. It is next suggested that once in three years the Council should appoint from its members a Registration Board, of about twenty-four persons, to meet as often as requisite, to supervise and carry out the details of Registration.

"H.R.H. Princess Christian and the members of the Executive Committee of this Association have promised to act upon the proposed Council. For the opinions of the President of the General Medical Council and of many eminent Medical men as to the grave importance of Registration, we beg to refer you to the report and other papers accompanying this.

"We would now venture to request you, sir, to be good enough to bring this matter to the notice of the Committee of Management of your great Institution, feeling confident that your co-operation may be hoped for in the effort to secure a very necessary measure of professional reform, and public utility. Should your Committee be willing to appoint your Matron or one of your Medical Staff to express your views and wishes upon this Registration Council—and if elected thereto, upon the Board—the Executive Committee of the Association would feel much indebted if you would acquaint us with the fact as soon as possible. It is proposed to hold a first meeting of the Council on Friday, December 6th, at two p.m.; and it would be the wish of the Association to offer some small measure of hospitality to your representative. An early reply would, therefore, greatly oblige, Sir, yours faithfully,

"BEDFORD FENWICK, *Hon. Secretary.*  
"CATHERINE J. WOOD, *Secretary.*"

HONEST, competent criticism is among the most useful agencies at work for the melioration of mankind; but the bilious host whose chief delight in life lies in censure of their neighbours' faults are an immeasurable nuisance. The true critic battles for a high ideal: the carper's aim is to gratify his envy and look important.

## ON "WOMAN AS A HELP-MATE IN SANITARY REFORM."

BY THE MAYORESS OF WORCESTER  
(MRS. ERNEST DAY).

*Read at the Congress of the Institute held at Worcester.*

*(Continued from page 277.)*

AN idea which prevails is that meat is the great desideratum; the nourishment in fish, milk, peas, beans, lentils, and other pulse plants is overlooked. It is true that the cookery lectures have done much, but much still remains to be done in popularising the information, and in this direction women may become real missionaries to their uninstructed sisters. May they not, by the introduction of short, bright, homely lectures on cooking and the elementary rules of domestic hygiene, at mothers' meetings and in the various clubs provided for the social recreation and instruction of girls, bring about many wise reforms? Where it is impossible to get any lady to speak to the women or girls, I would suggest the reading aloud of some of the popularly written tracts on the subject, published by the "Ladies' Sanitary Committee" or the "National Health Society;" but these will fall very short of the good they may effect if the reader be not thoroughly and practically acquainted with the subject, and able to enter into friendly chat over the individual difficulties which may arise. To explain my meaning by a simple illustration:—It is not interesting to tell a woman that she should make beef tea by cutting up the meat into small pieces, pouring on to it cold water, and simmering. These are facts, but how easy it will be for the girl, without any previous practical experience, to forget the apparently unimportant detail of whether the water be cold or boiling, and thus defeat the desired object. If, on the contrary, we have intelligent perception of the subject, we shall first explain, what, doubtless, most of my hearers know perfectly well, that all meat contains a large proportion of albumen, that this albumen hardens in boiling, and prevents the extraction of the nutritive properties contained in the meat. Once this principle is grasped, no mistake can be made.

Give to an inexperienced girl, understanding this first principle, two legs of mutton; tell her to boil one and make soup of the other; she will not be at fault; she will know that in one case it is desirable to retain in the joint all the nutritive properties; that in order to do this the outside albumen must be set, or hardened, at once by contact with water at boiling point; but she will also know that too long a subjection to such heat will toughen and harden, not only the exterior

[previous page](#)

[next page](#)