

OUR CAUSE.

To the Editor of the "British Journal of Nursing."

DEAR MADAM,—It was a very keen pleasure to hear the State Registration Bill had passed the House of Lords; and, though some of us are late in giving expression to our gratification, it is none the less heartfelt and sincere. And the vote of thanks to Lord Ampthill was what could be expected from our leaders, who seem to know what we like and feel before we can express it even.

We are also truly grateful to Mrs. Bedford Fenwick, Miss Stewart, and the BRITISH JOURNAL OF NURSING for their long and strenuous championship of our Cause.

Believe me, Madam,
Yours faithfully,
MARY PRICHARD,

Member of the Kingston Infirmary
Nurses' League.

Kingston Infirmary.
Kingston-on-Thames.

FOOD REFORM AND PROBLEMS OF THE DAY

To the Editor of the "British Journal of Nursing."

MADAM,—Will you allow us to inform your readers that the National Food Reform Association, which came into existence early in the year, is now about to begin active operations?

It has been formed to grapple with an evil, viz., the use of "improper or insufficient food," which "every witness" before the Inter-Departmental Committee on Physical Deterioration, 1904, "acknowledged to be prominent among the causes to which degenerative tendencies might be assigned," especially "in connection with the young and the conditions affecting their growth and development." To this must be added excessive feeding, which together with wrong feeding, seems to be (according to the authorities) among the main causes of cancer, and numerous other forms of disease.

At a time when the drink question is engaging the attention of Parliament and the public, it may not be inappropriate also to point out that this same Committee placed "properly selected and carefully prepared food" second only to improved housing as a means of combating alcoholism.

Food reform is likewise, we believe, a very important factor in relation to another great problem of the day—unemployment, as also in regard to many other social and economic questions.

We desire to induce people seriously to consider the subject of diet, and to make them realise that food counts for much in the life of man.

We also desire to show that a larger choice of foods is possible, practical and advantageous, and to assist those who wish to give up flesh foods altogether to do so on economical and scientific lines. It will be our endeavour to enlist the sympathy and aid of the medical and educational professions.

The Association further contemplates using the Parliamentary or municipal vote and Parliament

itself as levers for reforming the dietary of many public institutions, the administration of which in this respect is notoriously unsound as well as wasteful of the ratepayers' and taxpayers' money.

We are, yours etc.,

NEVILLE S. LYTTON, *Chairman.*

EUSTACE MILES, *Vice-Chairman.*

CHAS. S. ROLLS, *Hon. Treasurer.*

40, Chandos Street,
Charing Cross, London, W.C.

Comments and Replies.

E. M. W.—The name of the book is "Foods and Dietaries: A Manual of Clinical Dietetics," by R. W. Burnet, M.D., F.R.C.P. It is published by Charles Griffin and Co., Ltd., Exeter Street, Strand, price 4s.

Matron.—We are of opinion that the instruction given to probationers in *Materia Medica* should come early in their training, because they should know something of the properties of the drugs they have to administer in order to be in a position to watch for and report symptoms, and that they may know the doses usually prescribed.

Three Years' Certificate.—You will be well advised to obtain experience in some specialty before taking up private nursing. We should suggest that you obtain some experience in mental nursing, as there is a demand for well trained nurses with mental training. Experience in infectious work is also very useful.

Notices.

THE SOCIETY FOR THE STATE REGISTRATION OF TRAINED NURSES.

All those desirous of helping on the important movement of this Society to obtain an Act providing for the Legal Registration of Trained Nurses can obtain all information concerning the Society and its work from the Hon. Secretary, 431, Oxford Street, London, W.

Those nurses who are working on behalf of the above Society, and are endeavouring to spread knowledge as to its aims, may be glad to know that they can now obtain a Memorandum, giving briefly the reasons why Registration is necessary, from the Hon. Secretary, 431, Oxford Street, London, W. Price 6d. for 20 copies.

An application form for those who wish to become members of the Society for the State Registration of Trained Nurses will be found on page iii. of cover. It will soon be too late to help on the important work of this Society. No habitual reader of this journal can, we feel sure, be content to stand aside and let others found the great Profession of Nursing. Now is the time to help.

OUR PUZZLE COMPETITION.

Rules for competing for the Pictorial Puzzle Prize will be found on Advertisement page xii.

[previous page](#)

[next page](#)