

## Nursing Echoes.



We have received the report of the recent Conference of Matrons on the Feeding of Nurses, to which Dr. Robert Hutchison, the author of the standard work on Dietetics, has contributed a preface. The appendices contain letters from Sir Lauder Brunton; Colonel Warburton, and Miss Gill, of the Royal Infirmary, Edinburgh; a table of food values; an article on hospital kitchens; and press comments. Copies may be obtained from the Secretary, National Food Reform Association, 178, St. Stephen's House, Westminster; price 7d. post free.

The notes by Miss A. W. Gill, Lady Superintendent of the Royal Infirmary, Edinburgh, on dietary in relation to the health of the nurses there, are of much interest, as being eminently practical. Miss Gill says that the nurses keep very well, are usually hungry (we do not wonder in the keen splendid air of Edinburgh), eat heartily, as a rule gain in weight, and cases of indigestion are rare. The dietary at the Royal Infirmary is, Miss Gill says, simple but good, well cooked and plentiful, many vegetables are used, also salad and fruit in season, butter and milk are practically unlimited, and each nurse infuses her own tea in the servery off the dining room, which Miss Gill thinks probably saves some cases of indigestion. Brown bread as well as white is provided, but toast is usually taken for breakfast and tea. Scottish nurses are very fond of broth and soup, and, though meat is provided for the Staff Nurses' supper, many will only take porridge night after night. Miss Gill lays great stress on (1) the dietary being planned out some time ahead, and thoroughly criticised by the Matron, and (2) the Matron taking her chief meal in the day with the Staff. If she dines late with the Sisters she should personally assist in the serving of the nurses' mid-day meal several days a week.

At the twenty-first annual meeting of the Hammersmith and Fulham District Nursing Association, which is to be held on March 10th, at Bishop Creighton House, Fulham, the chair will be taken by Cyril S. Cobb, Esq., L.C.C. The speakers will include the Lady Helen Munro-Ferguson. Dr. Seymour Taylor, F.R.C.P., Sir William Bull, M.P., etc.

From modest beginnings fifteen years ago the Jewish Sick Room Helps Society and Nurses' Home, with its headquarters in Commercial Road, has now developed into a complete nursing organisation for the Jewish poor in the East End of London. The society maintains nurses for the sick, maternity nurses, and a staff of helps who attend to the poor in their own homes; and also a nursing home.

These helps really take the place of the mother in the home who is laid low through sickness. Last year the maternity and sick cases dealt with amounted to nearly 3,500. A nurses' home with maternity wards in connection with the society is now being built at Underwood Street, Brick Lane. The society spent £3,447 last year. Of this sum £1,000 was received from poor women in the East End who pay one penny per week.

The letters from Miss Florence Nightingale on Health Visiting in Rural Districts, originally printed in 1892, and which have been republished by the National League for Physical Education and Improvement, 4, Tavistock Square, with a preface by Sir Lauder Brunton, Bart., F.R.S., M.D., shows how keenly she felt the need of preventive teaching on health matters, as well as that the sick should be properly cared for. Thus twenty years ago Miss Nightingale wrote from Claydon House to Mr. Frederick Verney: "At your special request I have been making assiduous inquiries for educated women trained in such a way that they could personally bring their knowledge home to the cottagers' wives on a mission of health for rural districts.

Miss Nightingale reiterates that "to make the movement (to establish rural Health Visitors) a success we must find some gentleman apt to teach, and educated women apt to learn—in other words, we must train them for the purpose. And we must not mix up nursing the sick with Health in the Home." The Health Visitor must be trained to fight the giants she has to encounter. "She must create a new work and a new profession for women, and she must make her work acceptable to women of the labouring class." In this connection, as in nursing, Miss Nightingale insists on the importance of utilising the services of educated women, and of their being trained for their special work—that of waging war against national deterioration of health and vigour.

The open letter which she wrote to the village mothers to introduce the health visitor is a model of what such a letter should be, sympathetic, practical, and insisting that "health

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