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## EDITORIAL.

### HELP TO WIN THE WAR.

In the struggle in which this Empire is now engaged, with an unscrupulous and implacable foe, it behoves every one of its loyal sons and daughters to ask themselves what they can do personally to help to win the War. There is no room for drones. It is the duty of everyone to render some service to the State. And, in order that such help should be most effective, organization, discipline, and co-ordination are essential.

It is never wise to underrate one's adversaries, and those acquainted with Germany know that its people habitually live under discipline, indeed, to such minute details does this extend that, in happier days, the methods adopted for its enforcement have not infrequently raised a smile.

But this living by rule, and habitual subordination to official orders, is a source of strength at the present time. Hard-working, thrifty, amenable, it is second nature to a German to accept and carry out the directions of a superior authority.

Independence, on the other hand, is a British characteristic. It is one of which we are proud, and which has carried us far. While discipline enters necessarily, in some form, into the lives of most men, many, perhaps the majority of British women have not been required, or encouraged, to conform to rule. Those of the leisured classes have regulated their own lives, and even those who are self-supporting, whether as industrial or professional workers, are not expected to attain a high degree of skill. They are permitted to earn a bare subsistence, not to enter into competition with their male relations, or to subordinate their wills, and order their lives, to the end that they may become competent members of organized and skilled occupations; so far

the majority of people have not taken the work of women really seriously. If we want an illustration we have only to instance the profession of nursing, the most responsible and highly skilled occupation—if we except that of medicine—which a woman can adopt. Yet, to-day, any woman thinks that she can don a cap and apron and, after a few months' experience, undertake the nursing care of the most serious cases.

There is no doubt however that British women are not only willing but eager at the present time to do all in their power to help, if their energies are directed into the right channels, and one direction in which they can render useful help is in a sphere supremely their own; that of housewifery, if they regard it seriously.

The study of domestic economy is a fascinating, as well as a most practical and useful one, and time is well spent in gaining a knowledge of food values. We have an example of the way in which nutritious food builds up a race in the splendid physique of Scotchmen brought up largely on oatmeal in porridge and oatcake, and in degeneration following a diet of white bread and tea.

If battles are lost and won "on stomachs," as a great military genius declared, then the rôle of the woman who conserves the national resources, who provides soldiers and civilians with food which is appetising, nutritious, and at the same time economical, renders a definite service to the State. When that service is not an isolated act, but one in which every woman takes her share, in co-operation with others, it becomes a service of the highest value. There are many who are unable suddenly to enter a trade or profession, but every woman can do her part to prevent needless waste, and if need be, to enforce frugality, and, by the conservation of the national resources can thus help to win the War.

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