

THE MATRONS' COUNCIL OF GREAT BRITAIN AND IRELAND.

We are indebted to Mr. Eustace Miles for the following notes of his address to the Matrons' Council of Great Britain and Ireland on April 27th, which was listened to with so much interest and enjoyment by those present. After the meeting several of the Matrons asked Mr. Eustace Miles to address other organisations of nurses, which, we hear, he has kindly consented to do.

FOOD ECONOMY, AND HEALTH.

BY EUSTACE MILES, M.A.

A great deal of our Health depends upon our Food; and a great deal of it, also, depends upon our mastication of our food. In America there are tens of thousands of people who masticate and insalivate their food thoroughly, and are far healthier in consequence, and are satisfied with a far smaller quantity of food—a matter of great importance to-day.

But here I wish rather to deal with the Principles of Food-Value.

The first is sufficient flavour to arouse the interest and appetite and digestive juices, and help the digestion. Flavour can easily be obtained from herbs, various sauces, onions, lemon, and so forth.

Proteid is the body-building and tissue-repairing element. Personally, I prefer to get my Proteid chiefly from our own special Proteid Foods. Most people get theirs from the flesh-foods, and fish and fowl, and lately more and more from eggs and cheese. Nuts are prohibitive in price, pulses (peas, beans, and lentils) are objectionable, because they are not advisable in more than small quantities, and they need the best possible cookery. In our little Cookery School at Chandos Street it is the pulses that need the most careful treatment. There is less Proteid in most of the cereals, and scarcely any in vegetables, fruits, and salads.

Then there is the fat or oil, which can be obtained from good butters and nut margarines, and from oil itself, of which the Jews know the full value. So do all people in the East, especially in the warm weather. English people take far too much starchy and sugary stuff, and far too little oil.

As to the "Salts," one could say a vast amount about them, but there is no space here. They include soda, potash, iron, lime, and magnesia. Without them there cannot be proper digestion, assimilation, excretion, circulation. No physical and nervous work can be well done without the right supply and balance of "Salts." They are obtained best from fresh salads and conservatively cooked green vegetables. Fruit, if taken to excess, has the disadvantage of producing "acidosis," especially in the cold weather.

I say nothing here about starch and sugar, because there is no fear of our starving for want of these things.

These principles of Food-Value can be made concrete; and any reader of these words is welcome to a few simple hints and recipes founded on successful personal experiences.

Besides Food, Breathing is a great factor in Health. Instead of the Breathing being upwards, with the shoulders lifted, as in the Swedish System, the main Breathing should be deep as well as full, the shoulders being kept back and down, and the inhaling being chiefly through the lowering of the diaphragm, with some outward expansion of the ribs. This is the Breathing which most women lack. It has an enormous effect upon the nerves, the endurance, the feelings in general, and the Health.

Then there is Stretching. In nearly all our work we tend to bring our shoulders forward, and to let our organs sag down and to become cramped like crabs; whereas, if we get our fingers and hands and arms stretched back and down, and our head stretched up and back and down, this will draw up our organs into something nearer to their right position. Then we should try to keep the organs up.

We should also try to relax our muscles—our eyes and hands and so forth. The relaxing of the muscles is a great economiser of energy, and a great help to the nerves.

These are only a few hints; but they are hints of great importance, because they involve no expense, and they are practices which each person can carry out without difficulty. They do not depend on anything external, except occasionally on privacy.

NURSES' DAY.

ALL IS NOT GOLD THAT GLITTERS.

Wednesday, May 2nd, was a veritable Nurses' Day, and it was a curious coincidence that whilst those in favour of the College policy, Royal Patronage, lay control, and charity for the nursing profession, were enjoying a concert organised for them by Mr. Victor Beigel at the Queen's Hall, and in the interval listening to an appeal for public funds in war time in support of the Benevolent and Endowment Fund of the College from the Honble. Arthur Stanley, representatives of the National Union of Trained Nurses, the Scottish Nurses' Association, and the Irish Nurses' Association, were received in deputation by Mr. G. J. Wardle, the Chairman of the Labour Party, introduced by Mrs. Sidney Webb, one of the most brilliant exponents of social and industrial economy in the country, who placed before him their opinions on nursing politics, and petitioned his support for just conditions for practising nurses should legislation be introduced for the organisation of their work by the State.

In Bond Street, the Committee of the British Women's Hospital received Mrs. Bedford Fenwick, the founder of the British Nurses' Association, the National, and International Councils of Nurses, and protagonist of the State Registration of

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