

white cells. I need hardly say that care was taken to secure a correct average by counting a very large number of cells in each case.

So far, you may perhaps have the opinion that so long as fat soluble A is present, it does not matter of what the rest of the diet is composed, but this is not so. You must also have a proper balance of all its constituents. This is well seen in the case of rickets, where it was found that if a puppy ate an excess of starchy food it became rickety, even though it was receiving fat soluble A. The moral of this I need hardly point out to anyone engaged, as you are, in the practical feeding of infants and children. Do we not all know the fat baby, the pride of its parents—and perhaps taking a prize in a baby show—fed on some of those abominable starchy foods? Its arms, legs and teeth show a degree of rickets that would make it an excellent illustration of that complaint in a text book of children's diseases. Of older children, many, as you know, get too much starch, because it is the cheapest form of energy. As regards infectious disease, too, it is common knowledge in fever hospitals that those fat, starchy children stand scarlet fever and diphtheria much worse than the normal or thin subject. No, we must have balance as well. Man is a mixed feeder, and the arrangement of his alimentary canal is an object lesson against the "arian" of any type. Nor must we forget that a food must be both digestible and palatable. Many animal fats are not. Children, as you are aware, usually leave the fat from their meat on their plates, in which their instinct is correct. Nor is the bacon fat of the present time much better. It is very doubtful whether it contains any fat soluble A, and it is so nauseous that I really wish it were relegated to its transatlantic home. It were better left for those adults whose stomachs are more capable of the herculean task of digesting it.

To sum up, in your work amongst children and infants make sure firstly that their diet does contain the essential vitamins, but do not let their value be diminished by any improper balance of the other essential factors, or hindered by indigestibility.

THE GENERAL NURSING COUNCIL.

The Nursing World is naturally keenly interested in the work of the General Nursing Council; it is right it should be so, but the nurses will realise that during the preliminary stages of drafting the Rules, the General Nur-

ing Council must have time for free discussion with as little publicity as possible. The Rules, which are to interpret the Act, must, when agreed, be approved by the Minister of Health, and laid before each House of Parliament forthwith for twenty-one days. They will then be in print for every nurse who wishes to do so, to consider.

THE REGISTRAR.

An advertisement for a Registrar to the Council appears in our advertisement columns, by which the profession will see applicants must be trained nurses holding a certificate of not less than three years' training, with administrative experience. The salary is fixed at £550 per annum, inclusive.

GENERAL NURSING COUNCIL FOR SCOTLAND.

The first meeting of the General Nursing Council for Scotland was held at the office of the Scottish Board of Health, Edinburgh. The meeting was opened by Sir Leslie Mackenzie, of the Board of Health. Captain C. B. Balfour, of Newton Don, and Miss Norah Milne, B.Sc., were appointed chairman and vice-chairman of the Council respectively. Mr. C. L. Farmer, of the Scottish Board of Health, was appointed interim secretary.

POOR-LAW INFIRMARY MATRONS' ASSOCIATION.

The Quarterly Meeting of the Poor-Law Infirmary Matrons' Association was held by kind invitation of Miss Cockrell at the St. Marylebone Infirmary. Miss Barton presided. After the short business meeting, Dr. Saleeby gave an interesting address on "National Health and the Smoke Nuisance." This was followed by a very attractive tea, after which the members held an interesting and informal discussion.

PRESENTATION.

Miss Beatrice Cutler, the Assistant Matron, was the recipient of some charming gifts before leaving St. Bartholomew's Hospital.

From the Nursing Staff: A gold wristlet expanding bracelet watch with the Bart.'s shield, and her name and the date, May, 1920, inscribed on the back of the watch.

From the Domestic Staff: A pair of silver specimen vases.

From the Linen Room Maids: A black rose bowl with floating roses.

A very pleasant "Coffee Social" party was also given by the Sisters in the Superintendent's Room on May 11th, when Miss Cutler was the guest of honour.

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