

## MEDICAL MATTERS.

### VITAMINES IN VIROL.

A Report from the Biochemical Laboratory of the University of Cambridge, where most of the important work on Vitamines has been done, has recently been published in regard to investigations carried out in order to determine whether the various Vitamines, known to be present in the articles from which Virol is prepared, are fully present in the preparation as it is sold to the public.

Few people know much about Vitamines, yet the Report tells us that "perhaps the most striking amongst the recent advances in the science of nutrition is the discovery that natural foods contain substances which, while they do not belong to any previously recognised category among foodstuffs, and are in every case present in very small amount, are yet of profound importance to the nutrition of animals and man. . . .

"So far three of them have become known, each having qualities and functions of a special kind. The first is the anti-scorbutic Vitamine. When this is completely absent from the diet of any individual, scurvy rapidly results. The second is the anti-neuritic substance, known also as the Water Soluble Vitamine, or 'Water Soluble B.' In its absence the disease beriberi supervenes. The third Vitamine is especially—though not exclusively—associated with fats, and has become known as the 'Fat Soluble A.' When it is not supplied in the food, normal nutrition fails. If complete absence of such necessary food constituents can result in actual disease, it is sure that only a relative deficiency in any one of them may lead to malnutrition."

The result of the investigations made in the Biochemical Laboratory of the University of Cambridge proves that both "Fat Soluble A" and "Water Soluble B" are present in Virol as it is supplied to the public; and an interesting comparative chart shows the average change in body-weight during a period of ten weeks of twenty animals upon a basal dietary wholly free from Vitamines but given Virol, and another twenty fed on the same dietary but without Virol. The result proved conclusively the value of Virol.

Virol, Ltd., of 148-166, Old Street, London, E.C., have done well to publish this Report in pamphlet form. It is impossible to imagine any more striking proof of the body-building powers of Virol, and of its consequent value both in Public Health work and in that of Maternity and Infant Welfare Centres, where it is so largely used, and also to the public.

## NURSING ECHOES.

Past and present members of the Nursing Staff of St. Bartholomew's Hospital will be delighted to know not only that, at long last, the Foundation Stone of the new Nurses' Home is to be laid on February 17th, at 3 p.m., but that the ceremony will be performed by Her Majesty the Queen, whose name it will bear, as Queen Mary's Home for St. Bartholomew's Nurses.

Invitations for this interesting function will no doubt be eagerly sought for.

Nothing will aid more materially in attracting the right type of woman to enter the Nurse Training School than the provision of a Nurses' Home worthy of the traditions of this grand old Hospital, and comparable with those at the sister institutions of St. Thomas's, Guy's and the London Hospitals, which are really, as such Homes in connection with our great training schools should be, organised on collegiate lines.

The Bazaar and Café Chantant on behalf of the Guild of St. Barnabas for Nurses, on Monday and Tuesday, February 7th and 8th, will be held at 46, Upper Grosvenor Street, W.1 (kindly lent by Mrs. Hartog). On February 7th H.H. the Princess Marie Louise will open the Bazaar at 12 o'clock, and it will remain open till 6 p.m. On February 8th it will be open from 2.30 to 8 p.m. Admission 1s. 3d. (including tax). All information can be obtained from the Lady Henry Somerset, 4, Gray's Inn Square, W.C., Mrs. Gardner, 37, Blomfield Terrace, S.W., the Organising Secretary, the Social Bureau, 30, New Bond Street, W.1, and Mrs. Morris Wood, 1, Elm Park Mansions, Chelsea.

In the old days trained nurses adopted private nursing as their branch of work because it gave scope for independent individual effort, change of environment and better pay than institution service. Now, however, that the salaries in hospitals, especially to attract probationers, are so much higher, unless the home conditions of private nurses are improved, we fear the best type of nurse will not select private nursing as her specialty. Of course, at bed-rock the cost of living largely controls this question, and the provision of up-to-date Residential Hostels, organised for private nurses, is the only solution of the difficulty. This is the cry in all women's professions, as so few earn enough to secure for themselves privacy and comfort. The Residential Hostel with fifty to a hundred beds, restaurant, and

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