

In closing let us again quote the Editor's wise words: "Some houses seem enveloped in an atmosphere of peace, and others pervaded by a spirit of unrest. Both conditions undoubtedly emanate from their occupants!" Just so! Proving that life's best comes through the individual, whose life is an influence.

The happy people are those who live for others; and who so selfless as the true nurse? Then let it cheer us all to know that the true "Psychology of Happiness" lies in appropriating our gift and using it right here where we are, and calmly asserting, always and everywhere: "Happiness is mine, and joy releases the forces."

A. E. M.

DEGREES OF STARVATION.

Sir George Newman, Chief Medical Officer of the Ministry of Health, in his annual report, states that whilst death by acute starvation is relatively rare, and whilst there has been without doubt an enormous improvement in the quantity, quality and variety of food consumed by the English people, there still remains a great mass of disability and malnutrition *due directly or indirectly to our faulty habits and customs in respect of dietary*. This leads not only to dyspepsia, indigestion, anæmia, dental defect and alimentary disease, but to a substantial degree of impairment of physique—sometimes over-feeding and sometimes under-nutrition—which results in incapacity and invalidity. In regard to this important question, four points should be remembered:—

(1) In buying food the worker is buying health and energy—the power to be well and to do work.

(2) A slight reduction in quantity or quality of food below that which is necessary and wholesome causes a relatively large diminution in the working efficiency of the individual.

(3) The question of the food needs of a country is fundamentally a problem of *physiology*,

(a) the nutritive value of the several foods—the extreme value of milk, eggs, fats, sugar and starch, vegetables and fruits and vitamin-containing foods;

(b) the standard requirements of the normal man as regards constituents and variety of food and regularity of meals;

(c) the special needs of women and children.

(4) An habitual excessive consumption of alcohol does definite harm to the body, and, other things being equal, nations which drink alcohol to excess cannot compete on equal terms with nations which are moderate or abstaining in this respect.

NURSING ECHOES.

It was only last week we were deploring the loss of stimulus during the dreary years of the war—through lack of intercourse with our American cousins—when the telephone bell tinkled and a gentle voice informed us: "Adelaide Nutting speaking." Joy! Soon we had fixed up to show Professor Nutting the Headquarters of the General Nursing Council, which she was most anxious to visit, so that she could see for herself and carry across to friends "on the other side" a description of just what the Registrationists have accomplished and are doing.

Professor Nutting paid 12, York Gate a visit on Wednesday in last week, and was conducted right through the various departments by Mrs. Fenwick and Miss Riddell, and it is not too much to say that she expressed herself really charmed with all the arrangements. Miss Nutting compared the spacious offices with those usually allotted to official work for women in the States, where half a dozen women are expected to work in one small apartment, to the great disadvantage of the latter. Miss Nutting caught on to the lesson of the Council's house at once, which has been furnished and organised as an object lesson of what an official residence should be, especially one in which health and nursing are the main objects: space—light—beauty—businesslike convenience for all. Surely, said Miss Nutting, everyone, every nurse who enters this establishment, will be impressed with its fitness and order. She wanted to carry it away intact and set it up on the other side of the Atlantic—especially certain "bits" of Spanish mahogany. Miss Nutting was entertained to tea and talked on her favourite theme of the necessary reforms if the well-educated girl is to choose nursing for her career, now that so many other branches of work are open to her. Drudgery must be eliminated, instruction for the mind provided. The policy of the Nursing Council was, she was informed, guiding nursing education in this direction.

Miss Nutting much regretted that duty prevented Miss Lloyd Still being present, as she would greatly have enjoyed a talk with her on the schemes of the Education Committee, and also that serious illness prevented her meeting Miss Cox-Davies. She was full of enthusiasm and good wishes for the progress of the important work deputed by Parliament to the General Nursing Council, and will convey to our

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