

tion of the muscle depending so much on the nerve cells, and that of the skin and joints is controlled by fibres running with the sensory nerves.

An ill-nourished person will be thin and emaciated; there will be loss of weight, poorness of blood, and general debility, so that the organs fail to perform their work through poorness of materials. The muscular activity will decrease, bones will appear prominent, as they will be unprotected by the necessary quantity of muscle and fat. Growth will probably be stunted, there being not sufficient repairment to admit development; or too rapid growth will soon outgrow the strength of a badly nourished individual.

A diet should be chosen accordingly. In many wasting diseases, the causes of which cannot be removed, a well thought out diet may help considerably towards maintaining the nutrition, such as supplying the necessary foods in a modified form, and cutting down any excess material which is too quickly manufactured, and will tend to promote that particular disease from which the patient may be suffering. A poorly nourished person may require a larger supply of fats and oils than can be digested; these may be had in various forms other than in their original state, which may be satisfactorily given without causing any digestive disturbance.

Each person should be subject to the quantity of food they are able to assimilate, and which prevents loss of weight and subsequently increases weight. Extract of malt, with or without cod liver oil, is beneficial in most cases; light massage may be given with the use of oil. Many patent foods are given without fresh milk, and meat juice or fruit juice may be given. For the relief of chronic constipation, abdominal massage may be good, small doses of liquid paraffin, and a laxative diet.

It is necessary that the food be properly digested, and converted into chyme and chyle before it can be absorbed into the blood; it is therefore well that any signs of indigestion be taken as a warning and the cause, if possible, removed.

The amount of leucocytes will be weakened and lessened through lack of nutrition; therefore germs are likely to enter the body and set up illness, as they will meet with little resistance. The inability to absorb food will result as badly as the lack of it; the blood will become poor from starvation, and the number of red cells be greatly reduced causing diseases of the blood. Iron is a

specific for chlorosis, usually Bland's pills, decreasing the amount until the hæmoglobin is normal. In pernicious anæmia, arsenic in the form of Fowler's solution is valuable. Rest in bed and light nourishing diet. Bone marrow extracts are also recommended.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. Ramsey, Miss Jane Cooke, Miss M. E. Thorpe, and Miss A. M. Burns.

#### QUESTION FOR NEXT WEEK.

What is the distinctive value of Night Duty in the scheme of training for nurses? What do you consider the advantages and the drawbacks of Night Duty?

### NURSING ECHOES.

We had the pleasure of inspecting the United Nursing Services' Club, Ltd., at 34, Cavendish Square, London, W., last week, after being most courteously received by Miss M. F. Steele, R.R.C., the very capable Secretary. We lay great stress on the value of "courtesy" where public officials are concerned, because our experience has sometimes been quite otherwise, and, as we know, "more flies are caught with honey than vinegar."

There is an atmosphere of professional responsibility in connection with this delightful Club for trained nurses, which merits the support of the profession, and we are pleased to know that membership has now been extended to members' professional friends, as it is realized that as the Great War recedes into the distance the original *clientèle* will naturally diminish.

No. 34 is a charming house, but is already too small to meet the needs of the Club. Thus a scheme for extension at the back is contemplated, and will soon be taken in hand. A larger restaurant and more bedrooms are required, and when you have passed through the tasteful, exquisitely clean rooms, and sampled the "home-made" dainties at tea, the reason for extension is apparent. Then we all know that no Club can meet the great expenses in London to-day unless there is room for a large membership.

The Directors and Committee are all nurses, to whose names D.B.E., C.B.E., and R.R.C. are almost invariably attached.

Considering the standard of the Club, the fees are exceedingly moderate. Entrance fee,

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