

followed in dealing with such cases, including methods of prevention and the after-care of the victims of such offences: and to report what changes, if any, are desirable in the law or its administration and in the matters of prevention and after-care."

We urge trained nurses to take a deep interest in this question, and to do all in their power to help save the children from the horror of sexual offences. Appeal to your Members of Parliament to come out publicly in condemnation of the inadequate punishment of the depraved offenders of such crimes—as at present administered by those in authority. The average woman—not excluding the mothers—have shown an appalling apathy concerning the criminal assault of little children.

We warmly second the hope expressed by the Duchess of Hamilton that one of the first acts of the new Parliament may be to pass a Bill enforcing the use of the mechanical humane killer of animals for human food throughout the country. "Surely," writes the Duchess, "so long as we eat meat, the very least that is decent for us to do is to see that kindly treatment precedes death, and that the act itself shall be swift and painless, unconsciousness preceding the use of the knife. Such, for many years, has been the custom in Sweden; it is enforced by law in Switzerland and Holland. Is it not time we ceased to lag behind these other countries? We, who make much of one isolated case of cruelty, yet are content to allow old-fashioned, primitive, and barbarous methods of slaughter to pertain in our slaughter-houses, and thousands of animals have to suffer daily in consequence."

It is good news that the British Empire Exhibition will be re-opened this year at Wembley, and that the King has graciously consented to be Patron. The Duke of York will be President in place of the Prince of Wales—who will be away as "Imperial Ambassador" in South Africa and elsewhere for many months in 1925.

The Duchess of York will doubtless continue her work as President of the Women's Committee, which did much more than it ever got credit for in uniting together and showing real hospitality to women visitors from all over the world. Trained nursing received scant consideration at the Exhibition—an omission which should be remedied this year.

THE VALUE OF HONEY AS A RESTORATIVE.

Dr. G. N. W. Thomas, M.B., Ch.B. Edin., Barrister-at-law, emphasizes in the *Lancet* the great value of honey, as a restorative in health and sickness. He points out the proved value of sugar for its energising effect on muscular effort. Muscle in action, it has been computed, can consume three and a-half times as much sugar as muscle at rest. He continues: "The question is whether honey does not contain some special vitamins, and if boiling destroys certain vitamins, then, presuming honey contains vitamins, there is an advantage in honey over commercial sugar. If sugar, and pre-eminently honey, be the most potent fuel to provide energy for muscle, should we not remember to give it for that all-important and most vital muscle of all—the heart, which gets no complete physical rest: other muscles, yes, but, for the heart, no respite—until the tale is told."

In severe cases of malnutrition with heart weakness Dr. Thomas has found honey to have had a marked effect in reviving the heart's action, and keeping the patient alive, and he has had similar evidence of this in a recent case of pneumonia. He suggests that honey should be given for general physical repair, and above all, for heart failure, and says that for reasons similar to those set out above,

grapes constitute a valuable adjuvant. "My son, eat thou honey, because it is good" (Prov. xxiv. 13).

ALMATA.

A new Food, Almata (Keen's Complete Food) designed primarily to meet the needs of infants, invalids and nursing mothers, must command attention when it comes as the outcome of prolonged scientific research, and is placed on the market by so well known a firm as Messrs. Keen, Robinson & Co., Ltd. (incorporated with J. & J. Colman, Ltd.), Carrow Works, Norwich.

It is claimed for it that all the three Accessory Food Factors (Vitamins) so essential to health are present in sufficient quantities to produce full nutrition and growth, and further that it is an efficient galactagogue, and that if expectant mothers take it in the seven or eight weeks before childbirth, there is little doubt that they will be able to nurse their infants.

It is a pleasant preparation, easy to prepare. Those who desire to know more of it should write for the Almata Booklet, and a free sample, in connection with which a Coupon will be found on our advertisement page vi.

COMING EVENTS.

January 6th.—Bi-Centenary Guy's Hospital. Service Southwark Cathedral, London Bridge, S.E.

January 8th.—Central Midwives' Board. Monthly Meeting. 1, Queen Anne's Gate Buildings, S.W. 1.

January 10th.—Lecture, "The Nurse and the Staff," by Miss Mary Chadwick. 6, Guilford Place, Russell Square, W.C. 3 p.m.

January 16th.—General Nursing Council for England and Wales. Meeting, Ministry of Health, Whitehall, S.W. 2.30 p.m.

January 23rd.—Registered Nurses' Parliamentary Council. Meeting, 431, Oxford Street, London, W. 1. 4.30 p.m.

January 24th.—Lecture, "The Nurse and Her Patients," by Miss Mary Chadwick. 6, Guilford Place, Russell Square, W.C. 3 p.m.

February 5th.—Complimentary Dinner to Major R. W. Barnett, M.P., and presentation of "State Register of Nurses." St. James's Room, Hotel Metropole, Northumberland Avenue, W.C.

KERNELS FROM CORRESPONDENCE.

Mr. John Lea, Registrar of the University Extension Board, University of London, writes that "there is at present no information regarding the suggested diploma in nursing which can properly be published. The whole matter is being inquired into, and carefully considered by the University, and a special Advisory Committee has been appointed to report upon the suggestion that a diploma should be established. That Committee has not yet reported."

NOTICE.

THE ROYAL SANITARY INSTITUTE.

The next Congress of The Royal Sanitary Institute and Health Exhibition will be held at Edinburgh from July 20th to 25th, 1925, by invitation of the Magistrates and City Council.

PRIZE COMPETITION FOR FEBRUARY.

Describe methods you have seen employed in giving serum injections, also describe fully the after effects which may follow such injections.

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