

Again the work of the "Queen's Nurses" in the homes of the people makes for further happiness of the children, who regard them as friends, and the nurses are thus often the first to discover conditions which need attention.

When we turn to the Dominions of the Empire Overseas, we find the same good work still going on. The nurses of the Victorian Order of Nurses in Canada work in connection with Pre-natal Clinics and other similar centres, and of the Clinic in London, Ontario, we are told "besides doing all they can to encourage the attendance at the Clinic of prospective mothers who are unable for financial reasons to have the supervision and care from private physicians, the nurses attend the Clinic themselves and help with its management. And last, but not least, that essential part of pre-natal supervision, the follow-up visits in the homes, are made by the Victorian Order Nurses." The nurses there-by are doing most valuable work

In New Zealand, the work done under the direction of Sir Truby King, has resulted, as all the world knows, in a most remarkable decrease of infant mortality, besides giving babies of that Dominion the best possible foundation for good health in the future by insistence on their breast feeding.

Thus, there is good ground for the hope that the health of the children of the Empire will be increasingly built up and conserved, as more and more their parents realise their parental responsibility, and the various Governments within its boundaries support their efforts with wise legislation.

And with an increased standard of health the happiness of the children will also increase, and the tragedy of crippled or permanently disabled children will become increasingly rare.

A vacancy in a well paid post for a Registration Officer, for details of which we refer our readers to our Advertisement Supplement, is announced by the General Nursing Council for England and Wales. As it should be, candidates must be Registered Nurses. Rightly also they must produce evidence of Secretarial and Clerical experience, but the number of applicants will be greatly restricted thereby.

OUR PRIZE COMPETITION.

DESCRIBE THE SPECIAL DIETS GIVEN TO PATIENTS SUFFERING FROM THE FOLLOWING DISEASES: (a) TUBERCULOSIS; (b) NEPHRITIS; (c) DIABETES; (d) RICKETS.

We have pleasure in awarding the prize this month to Miss Mary Asprey Dolling, S.R.N., London Temperance Hospital, Hampstead Road, London, N.W.1.

PRIZE PAPER.

Special Diets given to patients suffering from the following diseases: (a) Tuberculosis; (b) Nephritis; (c) Diabetes; (d) Rickets.

(a) TUBERCULOSIS.

A regular tissue building diet should be given:—

(1) To maintain the patient's normal weight.

(2) To improve muscular development.

(3) To avoid over-work-
ing his digestive organs.

In cases in which the fever is slight, an ordinary mixed diet is given. Even when the temperature is raised it is possible to arrange for a solid diet, consisting of animal protein (*i.e.*, meat, eggs and milk) and fats, slightly in excess of the normal proportions, during that part of the day when the temperature is normal or sub-normal.

In cases where the digestion is impaired, pounded raw meat, raw eggs and cream are often found valuable. Cod liver oil is useful for patients who like it.

No increase of milk other than that normally taken is really needed. It is important that the patient should take an hour's complete rest before the mid-day and evening meals in order to prevent

fatigue and to prepare for digestion. No food should be taken between meals.

In all cases of Tuberculosis it is important that the food should be well cooked, nicely served, and of such a character that the patient can enjoy it.

(b) NEPHRITIS.

Nephritis may be either:—

(1) Inflammation of the kidneys, when the organ is swollen and congested—the tubules are blocked and the cells incapacitated.

(2) Chronic, with albuminuria, retention and œdema. The body retains too much fluid, which exudes through the walls of the blood vessels and



H.R.H. PRINCESS HELENE AND KING MICHAEL OF RUMANIA.

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