

general health, reacts favourably on the state of the mouth and tends to prevent dental disease.

*Professional Help.*—The teeth and gums should be regularly inspected and, if necessary, treated by a dentist. A painful and neglected tooth may prevent thorough mastication and so lead to stagnant deposits, in the mouth, of germs and food particles and thus favour further decay.

*Summary.*—To prevent dental decay (caries) and pyorrhœa: (1) Eat bread and other products made of wholemeal flour or of stone ground white flour. (2) Eat foods containing all the vitamins. (3) Eat toast, crusts and other firm materials requiring mastication, in preference to soft, sticky foods. (Note.—Vegetables, which require to be cooked, should be cooked for as short a time as possible.) (4) Eat raw fruits, nuts and raw vegetables, especially at the very end of a meal. (5) Brush the gums and teeth, without fail, after the last meal of the day or just before going to bed. (6) Visit a dentist twice a year, for the inspection and, if necessary, treatment of the gums and teeth. The intelligent and steadfast practice of the means indicated in these rules would result in far fewer teeth being lost from dental decay or pyorrhœa."

#### THE NATIONAL COUNCIL FOR MENTAL HYGIENE.

A series of lecture-discussions is to be delivered in the Lecture Room of the Medical Society of London, 11, Chandos Street, Cavendish Square, W.1.

THURSDAYS, AT 5.15 P.M.

Feb. 12.—Modern Marriage and its Problems. Mrs. Neville-Rolfe, O.B.E.

Feb. 19.—The Psychology of Education. Professor J. E. Marcault.

Feb. 26.—The Psychology of Dreams. Dr. J. R. Rees.

March 5.—The Psychology of Punishment. Dr. W. A. Potts.

March 12.—The Psychology of Sanity. Dr. J. Burnett-Rae.

March 19.—The Psychology of Suicide. Dr. H. Crichton-Miller.

Tickets, price 1s. 6d. each or 7s. 6d. for the course, may be obtained from the Secretary, the National Council for Mental Hygiene, 78, Chandos House, Palmer Street, S.W.1, or at the doors.

#### MODERN ADVANCES IN THE KNOWLEDGE OF NUTRITION.

For the purpose of advising the Minister of Health on the practical application of modern advances in the knowledge of nutrition, the Minister has appointed an Advisory Committee comprising the following members:—

Professor Major Greenwood, F.R.C.P., F.R.S. (Chairman).

Professor E. P. Cathcart, C.B.E., M.D., F.R.S.

Sir F. Gowland Hopkins, F.R.C.P., P.R.S.

Miss Jessie Lindsay.

Professor E. Mellanby, M.D., F.R.C.P., F.R.S.

Professor V. H. Mottram, M.A.

The announcement of two lectures arranged by the University of London to be given on the subject of "The National Diet," by Professor E. P. Cathcart, on the 23rd and 24th February, is of particular interest in view of the recent appointment of a Committee to advise the Minister of Health on the practical application of modern advances in the knowledge of nutrition.

Professor Cathcart's lectures are to be given at the London School of Hygiene and Tropical Medicine, Gower Street, at 6 p.m. on the above dates, and the Chair will be taken by Sir Walter Fletcher, Secretary of the Medical Research Council and a member of the Board of Management of the London School of Hygiene and Tropical Medicine.

Admission is free without ticket.

#### NIGHTINGALEIANA.

Banquet given to the Crimean Officers, Naval and Military, at Portsmouth, September 17th, 1856.

*Illustrated Times*, page 213, September 27, 1856.

... The display of plate one seldom sees, except at the tables of the richest of the City companies, gave an elegant and almost a gorgeous character to the most essential portion of the arrangements. The lighting of the interior was capitally managed. Gas was the element employed, and it was distributed by chandeliers and stars alternating in the arches formed by the draperies between the pilasters. A device at the principal end of the pavilion, in cut prismatic glass, of the Star of the Order of the Garter, the Blue Garter, and Red Cross of St. George in the centre, being presented in their proper colours by means of transparent coloured glass, and a sort of tableau, also in coloured glass, bearing the inscription of "Honour to the Fallen," opposite to the chief entrance, helped to tone down the glare sufficiently to prevent annoyance from that source without interfering with the brilliant *coup d'oeil* which a flood of light cast upon such an assembly and such garniture would give. Immediately in front of the ladies' gallery was a chair of state raised on a dais, over which was inscribed the name of Florence Nightingale. It is scarcely necessary to say that Miss Nightingale was not present, nor was expected. The more grace was there, therefore, in the compliment of thus reserving for her a sort of throne, which, like that of her Majesty in the House of Lords, represents her when she is not there, and which it would be almost treason for other persons to occupy.

We shall not, however, follow all the toasts, though we must observe that Miss Nightingale was not forgotten, her name being received with the most vociferous cheering.

#### Miss Nightingale at a Ball at Balmoral.

*The Illustrated Times*, page 251, October 11th, 1856.

*Miss Nightingale at Balmoral.*—Miss Nightingale was specially invited to be present at the ball last week, and was seated with the Royal Family and the Court Circle at one end of the hall.

This young lady is taller than the portraits published of her would lead one to imagine. In the severe attack of illness she suffered in the East, it was absolutely necessary to have all her hair cut off. And it is now therefore quite short; but a charming little cap makes a very graceful head-dress; and in the elegant and ladylike figure there is everything that bears out the ideal picture of the moral heroine of the Crimea which most have depicted to themselves.

#### Sergeant Dawson testifies to the skill of Women Nurses.

*The Illustrated Times*, June 9th, 1855.

*Sergeant Dawson.*—His left arm was amputated on the evening of the day he received the wound. On the following morning he embarked at Balaclava for Scutari where he was placed under the kind treatment of Dr. Holton, of the Queen's Regiment of Foot. Of Miss Nightingale and her co-adjutors, he says he cannot speak too highly. "Women, sir," he said, with evident feeling, "are so gentle in their movements. Their hands are light, and they can dress wounds so well. Men's hands, more especially soldiers, were never made to dress wounds. I know from experience how the ladies can care for the sick and wounded soldier. It helps to make one well to think of their care, and to witness their attention to the wounded and dying. They have saved many lives, for a soldier is too brave a man to think of dying in the presence of these gentle creatures.

[previous page](#)

[next page](#)