

LETTERS TO THE EDITOR.

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

THE IMPORTANCE OF PURITY IN OUR FOOD SUPPLY.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—I have been very interested to note in the daily papers that, at long last, there seems a real awakening on the part of the Government, the public, the medical profession, and, I hope, the nursing profession, as to the importance of the quality and purity of our food supply, both for sick and well, children and adults. Thus *The Times* has recently drawn attention to the Sea Fishing Industry Act which was passed in July, with the object of regulating the quantity, and improving the average quality of the supplies of fish coming into the British Market.

"The beneficial effect of the Order prohibiting the landing of fish caught during certain months of the summer in far northern areas," has, said Sir John Marsden, Chairman of the British Trawlers Federation, "been immediate, and is universally welcomed. In recent summers the enormous catches, that have been brought from the virgin grounds of the Arctic seas have flooded the market with coarse fish and have depressed prices of all fish below the economic level, resulting in the laying-up of many vessels and consequent unemployment for months of fishermen and others.

"The Order under the Act has prohibited the landing of such fish during August and September this year, and after a month's experience of the Order it can be definitely regarded as an unqualified success. Gluts of inferior fish have been removed from the market, and thus the average quality has been improved."

Again there is the question of jam, a delicious and wholesome article of diet when made from fresh fruit and pure sugar, but "it is estimated that as much as 40 per cent. of the jam made in this country from the ordinary varieties of fruit which are grown commercially here is produced from imported fruit or pulp." It is a welcome move on the part of the Ministry of Agriculture, therefore, that a National Mark scheme for jam has been introduced, which will leave no doubt about the origin of the fruit used.

I well remember during my training days in a London Hospital a kindly surgeon enquiring from a boy patient what his work was, and the laughter of a group of students which greeted his artless reply "I make seeds for —'s jams, Sir." The laughter was excusable, but the action of the well-known firm mentioned by the lad was not. Imagine what might be the consequences to a carefully dieted patient of the tiny wooden seeds which he was employed to make.

Then there is the supreme importance of the purity of the milk supply, and here Messrs. Cow & Gate have rendered national service by demonstrating how unclean milk can be, and the extreme care necessary if a pure article is to be supplied.

And when the purity of the raw materials are ensured how important is proper cooking. I read with the greatest pleasure in last month's JOURNAL, Dr. Neil Leitch's letter on the London School of Dietetics and the success which has followed its establishment, I trust that many nurses will take the Course so happily inaugurated.

I am, Dear Madam,
Yours faithfully,
A STUDENT OF FOOD VALUES.

DISEASE IN THE DIRTY NAIL.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—Our public school boys have once again got their noses to the educational grindstone, after a splendid summer holiday—and as one who is deeply interested in their welfare may I say a word on the necessity for thorough cleanliness in their daily habits?

Splendid baths and swimming pools are provided at some schools, but it is in the daily routine of the care of the body that, as a School Nursing Sister, I believe much sickness might be saved.

In every school lavatories with hot-water basins should be provided in connection with W.C.s, and every boy should be compelled after use to cleanse his person—and scrub his hands with carbolic soap; failure to evacuate daily should be reported. Nails should receive much more care than they do, and should be cut as short as possible and kept carefully clean—a dirty nail may touch a nose, ear, or eye, with serious results. Tooth drill, morning and evening, should be the rule, and the throat cleansed by gargling warm water which has been boiled as part of the drill. The feet should be kept as clean and trimmed as the hands, and the hair kept cut as short as possible and the scalp as clean as the face.

No frowst should be permitted in studies and dormitories.

If this routine were in force, we should hear much less of epidemics in our schools.

Of all dangers the uncut, dirty nail is the most insanitary, and should be severely penalised.

Yours,

A FORMER SCHOOL SISTER.

KERNELS FROM CORRESPONDENCE.

The Prize Competition.

M.B.C.N. writes: "I did not try for the Prize this month because I do not feel qualified to write a worthy paper on the matter, but what I learnt at the Congress was the urgent necessity for English nurses to study languages and geography, also the history of other nations. I now know the difference between Yugoslavia and Czechoslovakia!"

Our Future Matrons.

A Sister Tutor writes: "I note that a Resolution is down for consideration under the heading the Training of Nurses, at the Meeting of the National Council of Women at Torquay on October 12th. Could I have attended, I would plead that what is urgently required in the Nursing Profession to-day is an increase of the cultured women with social experience, who before our day raised nursing by their own devotion from a system of hard labour, to its present system of scientific ministrations to the sick.

The entry as probationers in training of girls of fifteen or sixteen from Secondary Schools, will surely discourage the mature, well-educated young women from entering hospitals—and from where will come our Matrons of the future? Let us hope a University Diploma will be required from them."

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PRIZE COMPETITION QUESTION FOR NOVEMBER.

What do you understand by delirium, and what are its main varieties? In what conditions is it likely to occur? What are the most important points in the nursing of a delirious patient?

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