

Diet.

The diet must be light, but nourishing, throughout the illness. While the temperature is high, fluid diet only, *e.g.*, lemonade, barley water, weak tea, diluted milk, chicken broth, cream soup. For light diet give egg custards, jellies, milk puddings, steamed fish, lightly boiled or poached eggs, fresh cream, thin bread and butter, and fruit. This is gradually increased until a normal diet can be given.

If there is diarrhoea, non-irritating foods, *i.e.*, Benger's food, arrowroot, jellies, peptonised milk, are given, until the acute attack is over, followed by light diet.

HONOURABLE MENTION.

The following competitor receives honourable mention: Miss D. Millington, S.R.N., M.B.C.N., Queen's Nurse, 80, Blackburn Road, Padiham, Burnley, Lancs. Miss Millington writes: "It is not known what causes Influenza, though a bacillus is suspected. In 1892, Pfeiffer discovered a short rod-shaped bacterium in the bronchial secretion, lungs, blood, and other tissues of those suffering from the disease, and it was thought probable that this bacillus, which is very constantly found, while the disease lasts, was the direct cause of the attack, although various points as to its spread and the reason why the disease becomes epidemic at certain times have not been cleared up as yet."

We are informed by a medical practitioner that Pfeiffer's Bacillus was at one time thought to be the cause of Influenza, but now it is thought that Influenza, being usually a mixed infection, and other things that run concurrently with it contain that bacillus, it is not now believed to be the bacillus of Influenza.

QUESTION FOR NEXT MONTH.

Describe a School Nurse's Working Day.

THE FLORENCE NIGHTINGALE SCHOLARSHIPS' FUND.

At the end of the month, the sub-committee appointed at the annual meeting of the National Council of Nurses in November, will meet to draft its Report to be presented to the Executive Committee on the result of its appeal for £500 to finance two Florence Nightingale Scholarships.

The result of the appeal at the end of two months is truly amazing, and in co-operation with the League of Red Cross Societies £4,000 is already available with which to finance the International Scholarships for 1933-1934.

It is almost like a fairy tale, and those of us who, in July last, invited the members of the Florence Nightingale Committee of the International Council of Nurses to come as our guests to London and consult with us on a Draft Scheme to establish a Florence Nightingale International Memorial, hardly realised the magic of her latent influence.

Nothing could have been more felicitous than the united efforts of the National Council of Nurses of Great Britain, acting temporarily for the International Council, and the British Red Cross Society, associated with the League of Red Cross Societies. Together they have

already secured £4,000, and saved the International Scholarships scheme, so valuable in the past, for the interim year 1933-34.

The Sub-Committee of our National Council will meet on Tuesday, February 21st, and prepare its Report to be submitted to a meeting of the Executive Committee on February 28th, and there is little doubt that more than sufficient subscriptions will be announced to cover five Scholarships—£1,250.

The British Red Cross Society has given £500 for two, and Dame Sarah Swift has collected £250 from nurses not affiliated to the National Council, for a third.

The League of Red Cross Societies has awarded £1,250 for five Scholarships, to which must be added £250 from the Guy's Hospital Nurses' League.

The Florence Nightingale Committee of Holland has in hand £250; Czechoslovak Red Cross, £125; and Iceland (private), £125; making in all, £4,000.

France, Poland and Japan have promised each £250 for Scholarships, so that the 'business of selecting students will soon be in hand.

The Fund will be administered by the Conjoint Committee of the I.C.N. representatives, Mrs. Bedford Fenwick, Miss A. Lloyd Still, and Miss E. M. Musson, together with the three representatives of the League of Red Cross Societies, the Hon. Sir Arthur Stanley, G.B.E., Mr. Ernest J. Swift (Secretary-General), and Mrs. Maynard Carter (Director of Nursing).

Amongst the very generous gifts from the Nurses' Leagues received or promised since our last issue are £50 from the General Infirmary (Leeds) Nurses' League, the League of Westminster Hospital Nurses, and the Western Infirmary (Glasgow) Nurses' League; £35 from the Middlesex Hospital Nurses' League and friends; £26 10s. from the Charing Cross Hospital Nurses' League; £25 from the University College Nurses' League, the Royal Infirmary (Leicester) Nurses' League, the Scottish Matrons' Association, the Queen's Hospital (Birmingham) Nurses' League, the Isleworth Nurses' League; and the Royal Alexandra Hospital Nurses' League, Paisley; £21 from the Matron-in-Chief and Nursing Staff Q.A.I.M.N.S., and from St. George's Hospital Nursing Staff; £15 15s. from the Nurses' League, St. Mary's Hospital, Paddington; £15 from the Nurses' League at St. Mary Abbott's Hospital, and the Nurses' League of the Royal Waterloo Hospital.

Most generous gifts have been received from other Leagues and Associations, in large and small sums, both equally valued, a complete list of which will be presented to the Executive Committee, N.C.N., which will, we feel sure, express its warm gratitude for the inspiring manner in which the nurses have responded to its appeal—evidence of their determination to help encircle the world with the charm of a Florence Nightingale International Foundation, which should, when fully organized, prove one of the most powerful and enduring gifts to mankind.

E. G. F.

HELP FROM THE NIGHTINGALE FELLOWSHIP.

With admirable forethought the Nightingale Fellowship has sent a most welcome gift of £5 towards the increased expenses of the National Council of Nurses in International Year.

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