

a patient long enough. Conversely a good diet must be continued for some time to show its effects.

Next let us study the dietician. It strikes me as a curious thing that dieticians are considered peculiarly necessary in hospitals and having been installed that their activities are usually concentrated on the patients. Yet the most important field for dieticians is to maintain the healthy and establish the normal. Research on the effect of different methods of feeding large groups of healthy people is likely to be of much greater value than feeding experiments on animals or research on the unhealthy organism with its inco-ordinated responses. I consider that those who have graduated in domestic science and who receive further instruction in dietetics are eminently suitable for appointments in schools, hostels and canteens, and no such institution of any size or importance should be considered adequately staffed without one.

We now modify the word by prefixing hospital dietician. In my student days I remember one ward sister particularly, whose excellent work on diabetic diets and control was renowned throughout the hospital. If I were suffering from that complaint to-day, I would rather have my diet controlled by her than by any of the American Schools which train our hospital dieticians. There is something essentially English and good in the self-taught ward sister with her years of experience, her unassuming tact and quiet efficiency. It is the atmosphere of her training and service that has produced that spirit, a spirit I should be sorry to see depart from the controlling of diets in hospitals. Another age, another sphere of training, another environment can only produce another spirit, a spirit where science prevails but art has lost ground, and in which broken and sick humanity will find less comfort.

My ideal for the hospital dietician of to-day is therefore a nurse by calling, who after matriculating and graduating in domestic science, takes her hospital training and later specializes as a dietician. By so doing greater insight into the problems of ill-health is possible and this suggests better co-ordination with the nursing staff. I should be sorry to see the leading posts of dieticians in our big hospitals filled by those who have not this additional qualification of State Registered Nurse. A double training of this length entails a suitable salary and it is only the larger hospitals that can afford this.

The case of the smaller hospitals needs special consideration. In my opinion, a trained nurse who has taken a house-keeping course and also a course in dietetics is the most suitable candidate for such a post. Whatever may be possible in the future, it is better to provide a thoroughly practical if limited knowledge for the many rather than aim at a few isolated dietetic giants. A knowledge of good feeding is of inestimable value in all communities and it has been my desire to make this knowledge possible.

The London School of Dietetics is the first institution of its kind in Great Britain. It is a purely educative body, unconnected with and unbacked by any commercial interests. It aims at serving all classes of the community. It needs the help of everyone—teacher and student alike, who has kindred interests at heart. Before the syllabus was published every hour's work was repeatedly considered and revised so as to weed out every non-essential, yet give to the full those details that were likely to be of permanent value. It is not suggested that in a three months' full-time or a nine-months' evening course, a student can master all the intricacies of dietetics, but it is believed that the conscientious student who makes careful notes of the instruction given can establish a foundation on which future work may be built. The School intends to keep in close touch with its students after they leave and to help them with the problems they have to face in their new sphere of labour.

To sum up. Let nurses see to it that the care of the sick remains in their hands as heretofore. Do not let them imagine that the principles of dietetics are something so complex that they are beyond their power to grasp. Any nurse who passes her State Exam. and has the inclination to specialize in dietetics instead of some other department of nursing, may do so with the assurance that she will succeed if she perseveres. Never has there been a time when the general public show more interest in the science of nutrition. They are clamouring for right feeding. Let it be nurses who give it to them when they are sick. The domestic science dietician is equally useful in another sphere.

THE LONDON SCHOOL OF DIETETICS.

CONDITIONS RE SCHOLARSHIP FOR DAY COURSE— APRIL TO JUNE, 1933.

The School has much pleasure in announcing that a Scholarship is being offered for the Day Course and the following simple conditions have to be fulfilled:—

The Scholarship is open to persons of either sex, of British birth and parentage. To overcome the difficulty of travelling for an examination, entrants should submit an essay written in their own handwriting on "Unemployment and Dietetics." The competitors should express their opinions on how a knowledge of dietetics can help the unemployed person to live economically, and at the same time more healthily. The essay must be written on one side of the paper, and headed with the entrant's full name and address. It must be accompanied by a copy of the entrant's birth certificate and a postal order for ten shillings, being examination fee. It must reach the Organising Secretary of the School not later than March 24th, 1933. The decision of the School Officers is final, no correspondence can be entered into regarding the Scholarship, and a stamped addressed envelope must accompany every entry. Any contravention of these rules disqualifies.

THE VALUE OF THE SCHOLARSHIP IS THIRTY GUINEAS.

N.B.—Unsuccessful competitors, who enrol for the Day Course, will have the 10s. entrance fee deducted from their Booking Fee.

BLOOD DEFICIENCY IN DISEASE.

The fact that pernicious anæmia is a deficiency disease has now been established by a series of researches which have been described in the medical press.

Two factors appear to be necessary for the normal production of blood in the bone-marrow: an intrinsic factor manufactured in the walls of the stomach and an extrinsic factor in the food.

An important paper in *The Lancet* by Drs. M. B. Strauss and W. B. Castle, of Harvard, brings forward evidence that the extrinsic factor in the food is actually vitamin B. Experiments with a special form of yeast administered with the juice of the human stomach produced very satisfactory results in a patient suffering from pernicious anæmia.

It is suggested that the incubation of hog's stomach with special concentrates of yeast, which is the best source of vitamin B, will prove a most economical way of producing substances to restore the blood to normal in pernicious anæmia. Previously large amounts of liver, beef, etc., have been necessary to supply the extrinsic factor, but autolysed yeast contains twenty times the amount of vitamin B present in beefsteak.

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