

WORD FOR THE MONTH.

"Study the book of nature that God hath spread out before thee, so that thou wilt store up knowledge in thy brain and peace within thy heart."

WHAT TO READ.

- "Victoria, The Widow and Her Son," Hector Bolitho.
 "Queen Alexandra," Sir George Arthur.
 "Harvest in the North," J. L. Hodson.
 "Going Abroad," Rose Macaulay.
 "Via Mala," John Knittel.
 "Corporal Tune," L. A. G. Strong.
 "Lost Horizon," James Hilton.
 "Hemp," Ernest Wells.
 "Summers of Yesterday," The Countess of Norbury.
 "C. P. Scott of the *Manchester Guardian*," J. L. Hammond.

COMING EVENTS.

July 10th.—British College of Nurses. Annual Meeting, 39, Portland Place, W., 3 p.m. Reception and Tea, 4.30—6.30 p.m.

July 10th.—Annual Dinner Old Internationals' Association, League of Red Cross Societies, Cowdray Club, Cavendish Square, W., 8 p.m.

July 11th.—Princess Mary's Royal Air Force Nursing Service. Reception by Matron-in-Chief and Members. Semi-Finals and Final of Tennis Tournament, Officers' Mess Tennis Courts, Royal Air Force Depot, Uxbridge, 2.30 p.m.

July 21st.—British College of Nurses. Council Meeting, 39, Portland Place, London, W., 2.15 p.m.

July 27th.—General Nursing Council for England and Wales. Council Meeting, 20, Portland Place, W., 2.30 p.m.

CENTRAL MIDWIVES BOARD.

We have received with interest the list of 28 certified Midwives who have been successful at the first part of the recent Midwife-Teachers' Examination conducted by the Central Midwives Board, and who, in consequence, will be allowed to proceed to the second part of the Examination to be held in November next. From the positions they at present hold it would appear that the large majority of these Midwives are also State Registered Nurses, which is as it should be.

The Central Midwives Board is to be congratulated on having established this examination.

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.

BREAST FEEDING.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM.—I am a Child Welfare Teacher in a Canadian Organisation, a Graduate Nurse trained in England. I hold a C.M.B. certificate, so was well informed in the importance and value of Breast Feeding. I am finding that of late the emphasis seems to be moving towards improving artificial feeding, instead of stressing breast feeding.

I would like to know, what is the present teaching of the various Public Health agencies in Britain in regard to Breast Feeding. Has this teaching varied much in the past few years? Are your medical men stressing it as much as

formerly? Are they actually carrying out this teaching in their practice, private or public?

I would also like to know of the experience of the Child Welfare nurses, the Queen's nurses in the district and any private nurse in the field.

The Child Welfare Association, Yours faithfully,
 5783, Second Avenue, FLORA F. STEWART, R.N.
 Rosemount, Montreal, Canada.

[Breast feeding from a *healthy* mother is of paramount importance.—ED.]

DRINK MORE MILK CAMPAIGN.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM.—I am following with deep interest the reports in the Press, and especially the correspondence in THE BRITISH JOURNAL OF NURSING, on the "Drink More Milk Campaign," which appears to me one of the most important subjects before the public at the present time, and unless "drink clean milk" is simultaneously urged, and the reform of the milk industry of this country taken vigorously in hand the last state may be worse than the first if we plan for a campaign for cheap milk for school children, and pour contaminated milk down their unsuspecting throats. No less an authority than the late Sir Robert Jones, pre-eminently a children's friend, described the milk trade as "a public scandal, shielded by political influences, and glossed over by public apathy," and recently when delivering a Chadwick lecture at the Royal United Service Institution, Dr. John Boyd Orr, F.R.S., said of the cheapening of distribution in connection with the provision of a cheap and adequate diet, to ensure that every member of the community had the opportunity of obtaining an adequate diet: "In this respect the commodity of greatest importance was milk. Excessive cost of distribution and a high retail price meant restricted use by the poorer classes. Quality, too, was unsatisfactory. Milk to-day was in somewhat the same position as water was 100 years ago. The provision of an abundant pure supply at a price within reach of the poorest was probably the most urgently needed social reform of the present day."

Is it not really time that the public wake up from their apathy? It behoves the nursing profession also to take a hand.

Yours faithfully,
 SCHOOL NURSE.

KERNELS FROM CORRESPONDENCE.

Miss Agnes L. Ross (well-known to many nurses as a regular attendant at the Congresses of the International Council of Nurses) writes: "I am always very interested in the JOURNAL when it comes and I see what is going on, and see names I know mentioned, and learn what their owners are doing. Those 'Rambles' Miss Liddiatt gets up are wonderful. I made her acquaintance at the Helsingfors Congress and have kept more or less in touch with her ever since. I regard it as a great privilege to have been able to attend those meetings, as I have made several good friends through them, and had my own outlook on life widened considerably. I do not know whether I shall be able to do any more nursing now. I have been on the sick list since the middle of December. I feel as keen as ever, and not a day older than when I was seventeen, but Anno Domini triumphs in the end always."

PRIZE COMPETITION QUESTION FOR AUGUST.

Describe in detail the method of sponging a patient for the reduction of temperature. What points should be specially noted, and what are the dangers to be guarded against?

We regret that no paper of sufficient merit to be awarded a prize has been received this month.

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