

hence the source of the much-vaunted cod liver oil of our childhood's days.

There is an abundance of vitamin A in the milk of grass-fed animals and in this connection it is to be noted that milk is, in summertime, much richer in its vitamin content than it is in winter. Also the vitamin content of eggs is somewhat influenced by whether the hens are kept in a field or simply penned up in a small hen run of soil. Particularly rich in vitamin A are those foods which have carotene as part of their composition; this gives to carrots their yellow colour and any yellow vegetable usually owes its colouring to it. We do not take green vegetables for the calorific value they can supply so much as for the benefit to be derived from their vitamins and mineral salts. Vitamin A is moderately stable to heat so long as it is not also submitted to oxidisation; it will resist high temperature for a comparatively lengthy period, but such high temperature plus exposure to oxygen results in rapid loss of the vitamin in the food. Vitamin A need not be and is not usually affected by bottling and tinning food.

To sum up, if fat fish (such as herring and cod), liver, milk, cheese, butter, green vegetables, and especially carrots and tomatoes, have a place in the daily dietary you have a sufficient supply of vitamin A unless indeed it is destroyed in the process of cooking or by the admixture, with food, of some chemical element such as soda. Boiling and roasting are more calculated to help in the retention of vitamin A because in frying and grilling the food is exposed to oxygen for a longer period. Some foods rich in vitamin A are cod liver and turbot oil, ox and sheep liver, butter, animal fat, some margarines, french beans, peas (both canned and fresh), cabbage, brussels sprouts, carrots, celery, lettuce, green pepper, cherries, tomatoes (ripe and canned), prunes, fish roe, eggs, cheese, milk. With reference to tomatoes it is interesting that the main source of vitamins lies in the skin and also, with regard to green vegetables such as cabbage and lettuce, the chief supply of vitamin lies in the green outside leaves. Much of what has been said regarding Vitamin A, as regards preparation of food, refers to other vitamins as well.

(To be Continued).

DONATIONS TO THE FLORENCE NIGHTINGALE SCHOLARSHIPS FUND.

The following Donations have been received since our last issue in support of the Florence Nightingale Scholarships Fund Appeal of the National Council of Nurses of Great Britain,

The Donations subscribed in one year in response to this Appeal now amount to £1,626 4s. 2d., a result of which the National Council may be justly proud.

<i>Second Donation from</i>	£	s.	d.
Miss E. Blakemore, Matron, and the Nursing Staff of The North Staffordshire Royal Infirmary, Stoke-on-Trent. (Making £25)	14	10	0
East Suffolk Hospital Nurses' League ...	5	0	0
<i>Second Donation from</i>			
Miss M. L. Taylor, Matron, General Hospital, St. John's, Newfoundland ...	15	0	0
	£20	5	0

INDIA AND THE FLORENCE NIGHTINGALE MEMORIAL FOUNDATION.

The November number of *The Nursing Journal of India* is a remarkably valuable issue as it contains the full Report of the 23rd Annual Conference of the Trained Nurses' Association of India, held at Bangalore, and incidentally the official reports presented by its delegates to the International Council of Nurses, and no national journal has presented a fuller or more accurate report to its readers.

But it is with the decisions of our colleagues in India in relation to the Florence Nightingale Memorial Foundation with which we are specially interested because in this connection "England expects that every Nurse will do her duty."

Miss M. E. Abram, the President, is evidently heart and soul in support of honourable recognition of Florence Nightingale by those who owe her inspiration and organised education, and states in her Address: "We must be prepared to discuss, and decide, ways and means for raising the nurses' portion of India's contribution to this great memorial."

In a supplement to T.N.A.I. Annual Report, 1933, a full Report of the Florence Nightingale Memorial Scheme appears in its official organ, together with the result of the Conference at Bangalore.

The following Resolution, prepared by the Resolution Committee was presented and agreed:—

Resolved—"That each member of the Trained Nurses Association of India should try to do what she could to inspire others with interest in this important scheme. Florence Nightingale's work and influence extended far beyond the sphere of nursing, therefore those desirous of honouring her memory should include everyone in the land."

It was resolved that the Trained Nurses' Association of India must take its share in raising funds for this memorial, which is to take the form of post-graduate scholarships for nurses. Various methods were suggested (1) that each member might give one day's pay; (2) Stamps; (3) Christmas cards; (4) Entertainments; (5) Sales of Work; (6) A Florence Nightingale Memorial Flag Day; (7) Benefit performances; (8) A Booklet. It was resolved that each area should adopt the procedure best suited to its own conditions.

During the discussion, the feeling was manifested that the interests of trained nurses need to be safeguarded, and that only fully trained and carefully selected nurses should enjoy the benefits of the scholarships.

APPOINTMENT OF FLORENCE NIGHTINGALE MEMORIAL COMMITTEE.

A Committee composed of the following members was elected:—

Miss M. E. Abram, S.R.N., Chairman; Mrs. Watts, Secretary; Miss Chadwick, Mrs. Hayles, Miss Ridley, Miss Macfarlane, Mrs. Chesney (should Miss Macfarlane refuse) Miss Tomlinson, Miss Beckett, Miss Stilt, Miss Gruchy, Miss Biddulph, and Miss Hutchins. This very representative Committee will, we feel sure, accomplish great things, and the nurses of the great Indian Empire will soon be encouraged to support its plans.

[previous page](#)

[next page](#)