

really a disease pertaining to the whole system. There are subcutaneous hæmorrhages and discoloration of the skin, the limbs become swollen owing to bleeding in the tissues from the weakness of the vessel walls, the patient complains of pains in the joints, the gums become spongy and swollen and the teeth loose while the breath is very offensive. There is often epistaxis and the bones fracture easily—all this for the want of an infinitesimal supply of Vitamin C, but the response to a dietary in which there is a plentiful supply of it is often truly remarkable in the rapidity with which symptoms disappear.

Vitamin C is a complex mixture, it is water soluble and is destroyed by drying in the presence of air. When the process of preparation is a correct one and carefully carried out tinned fruits do not lose their content of vitamin C. In jam-making, however, and in the preparation of marmalade the vitamin content is lost owing to prolonged high temperature and exposure to oxygen. It is important to remember in connection with the feeding of an infant that when sodium citrate is added to its food, in order to make it more digestible, the result is destruction of vitamin C. The same applies when soda is added to vegetables in cooking so that they may retain their green colour; the colour can be retained just as well if care is taken not to overlook them.

Some foods rich in vitamin C are green peas, asparagus, cabbage, cauliflower, lettuce, potatoes, spinach, water-cress, grape fruit, lemons, oranges and strawberries.

(To be continued.)

THE HOSTESS COUNTRY FOR 1937.

Already there are many expressions of interest in "1937," no doubt resulting from attendance in Paris and Brussels at the recent International Congress of Nurses, and as we all realise what a tremendous piece of work Great Britain has ahead as the hostess country for the next meeting of the I.C.N., consideration is already being given to preliminaries.

As Chairman of the Arrangements Committee, Mrs. Bedford Fenwick, together with Miss Lloyd-Still, who, as International President, is *ex-officio* a member of all Committees, and Miss E. M. Musson, who, as the third Member of the Board of Directors I.C.N. in this country, has been invited to form a nucleus of the Arrangements Committee, will act together should it be necessary to consider urgent business before the Meeting of the Board of Directors next year.

One thing is very sure, and that is that "1937" will be a bumper year for the I.C.N. and there is already evidence that Great Britain will rise to it.

THE SWEETEST SOUND.

The sweetest sound our whole year round—
'Tis the first robin of the spring!
The song of the full orchard choir
Is not so fine a thing.

The veil is parted wide, and lo,
A moment, though my eyelids close,
Once more I see that wooded hill,
Where the arbutus grows.

EDMUND CLARENCE STEDMAN.

NURSING ECHOES.

Every one in this country learned with sorrow of the terrible earthquake in India and with sympathy for the thousands of natives who lost their lives or were injured. Comparatively few Europeans were amongst those stricken, and we have not heard that any of our colleagues were amongst them. No doubt every nurse in India was eager to help save life and suffering in this time of terror. This terrible quake has made us think about the instability of the solid ground on which we stand, although we rarely have these shocks in England. We learn that on an average there are more than ten earthquakes a day throughout the year. Last year, for instance, scientists recorded four thousand, but only seventy of these were really severe. It is when earthquakes occur in crowded areas that the loss of life is so great. In a desert an earthquake would not be serious, but in centres like Tokio or San Francisco or Messina it is a disaster of the greatest magnitude.

The British Red Cross Society has forwarded £500 to the High Commissioner for India in response to his appeal for the Viceroy's Earthquake Fund.

The British Red Crescent Society, of which Lord Lamington is president, has sent £150 to the Viceroy's Fund for the relief of Moslem sufferers.

Regulation 631 for the training of nurses of the London County Council provides that nurses who are State-registered fever-trained or children's-trained shall be excused the first year of general training. It was also intended, but not specified, that candidates who had passed the State preliminary examination should be accepted as second-year probationer nurses. The syllabus of lectures, etc., for the first year of training forms part of the necessary training for the State preliminary examination.

The Central Public Health Committee now recommend that candidates who are accepted for general training in the Council's hospitals, and who have passed the State preliminary examination, do commence such training as second-year probationer nurses.

Thus the result will be that a candidate who has passed one year in a general hospital or who is State Registered after two years in a Fever Hospital, or three years in a Children's hospital, will be excused one year's general training.

A scholarship to the value of £150 is to be offered this year by the National Association of Local Government Officers. It is open to all nurses who have been members of the National Association of Local Government Officers since May of 1933, and is to enable the nurse selected to take a special course of training, at King's College for Women, to qualify her for the appointment of Sister-Tutor.

The scholarship covers board and residence for a year as well as College fees.

Applicants will be required to sit for an examination in general and professional knowledge on Saturday, May 26th. The examination will be held in a number of centres. The course includes physiology, hygiene, biology and bacteriology.

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