

## NURSES' ORGANISATIONS.

### THE LEAGUE OF ST. BARTHOLOMEW'S HOSPITAL NURSES.

The Winter General Meeting of the League was held in the Class Room of the Nurses' Home on Saturday, December 1st, at 3 p.m.

The President, Miss Dey, R.R.C., was in the Chair, and the presence of 141 members again gave proof of the popularity of the winter gathering.

A Resolution was put from the Chair which was received in silence, standing, as a tribute to the memory of Miss E. Hay Borthwick, who died on September 8th.

"That this Meeting desires to place on record its deep regret at the loss of Miss Hay Borthwick, a Founder Member of the League, and a faithful and devoted Sister of the Hospital for thirty years."

Later, the President informed the members of the success of Mrs. Thacker, D.N. (Sister Casualty) in having gained the Diploma in Hospital Administration with Distinction. This signal triumph was received with warm acclamation. Mrs. Thacker is the first Member on record to have achieved this, the newest Diploma added for the greater efficiency of the State Registered Nurse.

Miss Abrahams, M.A., M.Sc., Dietitian to St. Bartholomew's Hospital, gave a most interesting account of the work entailed in Modern Hospital Diets.

She reminded her listeners that a record was still extant that from the days of Rahere it was considered an important duty for those in charge of the sick "To get their (the patients') food ready at the proper time." The importance of both the time required in a Nurse's years of training and the need for punctuality would, the speaker thought, make an interesting computation if the whole time of the Nursing Staff was added together which was spent in the preparation of meals and the feeding of patients.

Food as a specialised subject had been scientifically studied for less than a century, as the work of Liebig dated only from 1842.

It was less than a decade since Edinburgh Royal Infirmary appointed a specially trained Nurse from their own Staff as a Dietitian to their Hospital, the first on record, and six years later Miss Abrahams was appointed to St. Bartholomew's Hospital, while many large Hospitals were still without a specially appointed Dietitian.

In 1906 Hopkins discovered an unknown essential in milk, and from this dated the beginning of the work on Vitamins. Reference was made to the work of the Lister Institute and post-War Research on nutritional investigation which has led to the discovery of cures by correct dieting and the greater possibilities of prevention in such diseases as rickets in children, pernicious anæmia, and the more varied diets now able to be taken by patients who were treated with insulin.

Miss Abrahams then spoke of the organisation of the Special Diets Kitchen and the duties of the staff appointed to this specialised work, including her own share, which consisted of actual cooking as well as computing quantities and arranging for sufficient variety, which is essential for the successful management of daily menus for the sick. The duties included both the in-patients and work among the out-patients who were recommended to her by the doctors for individual advice and teaching in the management of their own meals. Leaflets were supplied, but the personal note of a talk was still more effective in enabling the particular circumstances of the patient to be taken into consideration in suggesting the right variety of foods.

Miss Abrahams mentioned the lectures given in Dietetics to the Nurses in training, and how the unstinted co-operation of everyone concerned in the work of caring for the sick enabled the Dietitians to work happily and successfully

for the Hospital through the help received from the Sisters and all the Staff.

Excellent models of specimen meals and diets with explanatory labels were shown from meals which had actually been served in the Hospital that day, also the small and delicately made scales which were used in measuring the correct weight of each component part of the prepared tray.

After a closer inspection of these model diets had been made by the members, Miss Abrahams found herself surrounded with interested questioners. The meeting then resolved itself into a Social Gathering in the beautiful Nurses' Sitting-room, and tea tables filled quickly as friends greeted friends, some after a lapse of many years with much to recall and recount.

G. LE GEY.

### THE LEAGUE OF FEVER NURSES.

The First General Meeting of the League of Fever Nurses was held in the beautiful Lecture Hall of the British College of Nurses, 39, Portland Place, W.1, on Monday, November 26th, at 3 p.m. Miss W. P. Solomon, R.R.C., President, was in the Chair, and on rising proposed that a letter of very sincere regret be sent to Miss M. Drakard, Hon. Secretary, that she was through illness unable to be present, and expressing the hope that she would soon be restored to health. This was carried unanimously.

The Chairman gave a résumé of the very satisfactory work of the League during the first nine months of its existence, which showed how well the League was thriving, its Membership now being over 100.

Amongst the business discussed was the design of a suitable Badge, the matter was referred to the next Meeting, when more details as to the quality, etc., would be available.

After the Meeting a very large gathering adjourned to the Secretary's office where a delicious Tea was served.

After Tea the company assembled in the Lecture Hall, gay with Pink Chrysanthemums, to hear Mr. A. J. Wyatt, M.A., of Cambridge, deliver a most delightful Lecture on "The Art of William Morris." The President, Miss Solomon, called upon Miss A. Stewart Bryson to introduce the Lecturer. Miss Bryson expressed her great pleasure that the Members of the League had the good fortune to hear Mr. A. J. Wyatt, the distinguished Lecturer of Cambridge and London Universities, who had come from Cambridge that day to tell those present something of the great reformer, William Morris, whose influence was felt in every English home to-day, and it was the more interesting to know that the Lecturer could speak with unique knowledge, having known William Morris personally.

At the conclusion of the Lecture there was warm applause, Miss H. McLoughlin, Matron, Borough Hospital, East Ham, proposed a very cordial vote of thanks to the Lecturer, Mr. Wyatt, for the beautiful and instructive Lecture they had been privileged to hear. In response the Lecturer invited the audience to walk round and view the very beautiful and rare books which he had brought to show, one of them being a complete copy of Chaucer-Kelmscott-Gothic ornament, valued at £120, and the many and various designs of cretonne and wall paper of Morris design.

The President thought it would be impossible to leave this successful Meeting of the League without expressing very grateful thanks to Mrs. Bedford Fenwick for her kindness in allowing the Members of the Association to hold its Meeting in the beautiful quarters of the British College of Nurses.

Mrs. Fenwick in reply expressed the hope that they would come again.

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