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LECTURE.

Miss Macdonald was unavoidably prevented from giving her lecture on 23rd February and Miss Dorothy Graham very kindly took her place and gave a most interesting one on "Good Health." Miss Liddiatt, who was in the Chair, said that Miss Graham required no introduction from her to an R.B.N.A. audience as she was well known to those present as an able lecturer and a teacher and examiner in nursing. In commencing, Miss Graham said that she would deal first with the question of food and it was safe to say that, in this country, we eat twice as much food as is necessary or good for us, and, moreover, that we eat a great deal which is positively harmful—rich, indigestible and highly flavoured dishes often, which have practically no dietetic value, but which appeal to our senses, are beautifully and daintily served, and have a tempting smell and taste; in fact there are dishes which often create a false appetite and cause us to eat far more than the stomach can properly digest. What is necessary to secure good digestion and adequate absorption is a mixed diet, taken in reasonable quantities and at proper intervals. Some interesting information was given on the vitamins and their function and place in the dietary as well as particulars regarding the foods from which they can be most adequately procured. Miss Graham specially emphasised the value of oranges in the daily diet, from a health-giving point of view, and said that to eat three in the twenty-four hours was sound practice. The lecturer said that she did not, especially in winter, suggest or advise her listeners to make any sudden alteration in the amount of clothing worn. The great thing is to wear clothes which are porous, light, and at the same time warm—of materials which will allow the exudations from the skin to escape and yet act as non-conductors and so preserve the body's heat. The amount of clothing worn by men during the summer months is in excess of what is necessary; sometimes it involves carrying about twelve pounds extra weight! Frequent change of garments was advocated.

Sleep is one of the most important factors in maintaining health and a person who is able to enjoy, night after night, peaceful, restful and refreshing sleep, undisturbed by dreams from the time he goes to bed till he wakes in the morning, has indeed much to be thankful for; it indicates that the various organs of the body—the heart, lungs, stomach, liver, kidneys, intestines and nervous system, etc.—are working properly, and it also shows, as a rule, that the mind is tranquil and free from worry, care and anxiety. Of course, a comfortable bed is an important item in promoting sleep. It should be flat, it should have sufficient "give," to prevent any undue pressure from being put on the more prominent parts of the body, and it should not be too narrow; the supply of bedclothes should be kept in moderation and good ventilation in the sleeping room is of first importance.

Miss Graham then approached the more psychological aspects of her subject. Every thought that gains entry

to the mind is a power for good or ill. We must therefore always be on the watch to set a guard not only on our lips but, more especially, on our thoughts; thoughts influence not only our own minds and bodies but also those of other people of whom we are thinking or talking or with whom we are conversing. If our thoughts about others are cheerful, we are helping them by increasing their happiness, improving and strengthening their spiritual force as well as our own. We are living continually in an ocean of thought and the whole atmosphere around us is filled with the thought forces which are always passing to and from us in the form of thought waves; we are ever attracting to ourselves, from the seen and the unseen side of life, the forces and conditions most akin to our own thoughts. Draw to yourself the thought currents filled with love, strength, courage, even temper, prudence and other good qualities; keep the image of such thoughts in your mind and make them part of yourself. Let us endeavour to get into the thought currents that are healthy, natural, strong and beautiful.

Overwork has an enormous influence in the deterioration of the present generation. All the uneasy, hurrying, social life insidiously but implacably eats away our nervous system, exhausts our vitality, overworks our machinery. Nature, if we but observe her, gives us lessons in composure which we, most of us, no longer understand and we squander our capital of energy with frenzied prodigality as if it were inexhaustible. We must, therefore, seek a return to the great æsthetic laws, which will govern physical and moral rational cures, and aim at a condition of mental equilibrium. Physiological and psychological equilibrium, both necessary for individual happiness and the prosperity of the race, can only be derived fully if there is harmony of the muscular system. The latter cannot develop and lead its full life unless it functions regularly for it is the function which creates the organ and endows it with a harmonious and equilibrated life. Beauty of pose, beauty of form, physiological equilibrium—all these depend on healthy muscles functioning harmoniously one with another. Finally, the statement, "And would we have all the world love us, we must first love all the world," contains a great scientific fact. The bodies of thousands of people to-day would be much better cared for if their owners gave to them less thought and attention, and interested themselves in "all the world." The body should be given proper nourishment, the exercise, the fresh air and the sunshine it requires, and then as little thought as possible should be devoted to individual needs. Here too suggestion plays a part for, in the degree that you realise abounding health and strength in yourself, will you carry it to all with whom you come into contact for you must remember that health is contagious as well as disease.

"And good shall ever conquer ill,

Health walk where pain has trod;

As a man thinketh so is he.

Rise then, and walk with God."

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