

leads to pyorrhœa, alveolaris, night blindness and keratosis. The sources of this vitamin are animal fats, cod liver oil and halibut oil and carotene as it exists in many vegetables and fruits.

Vitamin B is divided into two classes: the anti-neuritic or anti-beri beri and the anti-pellagra vitamins. The former is found in yeast, brown bread and some other foods and the latter in yeast, liver, wheat germ, egg-yolk, meat, watercress, cabbage, the pulses and several other foods.

Vitamin C, the anti-scorbutic vitamin, is found in oranges, lemons, grape fruit, tomatoes and many vegetables; vegetables dried in air lose their anti-scorbutic qualities. Dr. King Brown reminded his audience that Captain Cook was the real discoverer of the cure for scurvy: he made his sailors eat the delicate green tips of the fir trees to cure or prevent it.

Vitamin D is found in the same oils as Vitamin A, and Vitamin E occurs in wheat germ, oil and various germ breads.

The lecturer then referred to what he termed protective foods which should have a place in the dietary, *i.e.*, milk and milk products, fresh vegetables and fruits, liver, fish and eggs. He also sketched out a practical diet for the day.

In thanking Dr. King Brown for his lecture Miss Macdonald reminded the nurses that he was the first Medical Officer of Health to insist that the Health Visitors in his district should have the nurse's qualification as well as the Health Visitor's certificate. This was prior to the establishment of the Registration Acts. Several questions were put to the lecturer, and a very hearty vote of thanks was accorded to him for a most interesting address on a very important subject.

WHIST DRIVE IN AID OF THE SETTLEMENT HOME.

Mrs. Ta Bois very kindly arranged for us recently a whist drive in support of the Funds of the Settlement Home with the result that, after any expenditure from the General Fund had been met, there resulted the sum of just over £4 for the Home. Unfortunately, at the last moment a number of people who had meant to be present, were prevented from coming, owing to illness and other causes, but nevertheless an enjoyable evening was spent. Mrs. Ta Bois had provided very handsome prizes which gave great pleasure to the people at the victorious tables. We have to thank her for great generosity in other directions, in connection with this entertainment, and for all the kindness to her Association which she invariably shows on every possible occasion.

"LADY OF JUSTICE," by Margaret Morrison.*

Nurses are not prone, as a rule, to seek for adventures in the Profession of Letters, or, when they do so, they generally confine themselves to subjects on or relating to their own particular profession. We feel, therefore, that we have the greater reason to congratulate Miss Morrison, who is a Registered Nurse and a Member of the Association, on the publication of her second novel by Messrs. Hutchinson. "Lady of Justice" is a brightly written story, and Miss Morrison brings a large number of actors to play their various parts in its pages; her imagination keeps them all active, and she does not resort to padding in filling a volume of well over three hundred pages. Neither has the reader to wade through long delineations of character or analysis of circumstances and situations. Rather you feel as though you were watching the various individualities play out a drama and each man or woman, as he makes his exits and entrances, seems to proclaim what manner of

man (or woman) he is; the conversation and movement never flag as through the book the various threads work up to the climax of the Court scene. This is written quite evidently after a careful observation and study of the circumstances of court procedure and also of the situations and difficulties that may arise to harass and prolong proceedings. The love scene at the end of the volume is charmingly written and brings the book to the "happy ending" that most readers hope to find in a novel. The story is actually a sequel to Miss Morrison's novel "Written for Elizabeth," wherein the heroine of both volumes makes her first appearance as a nurse; this point we refer to as otherwise the authoress might come in for a measure of criticism, from some of her colleagues, when in the second volume, she makes her heroine, now a woman of wealth, establish a nursing home for people of moderate or small means who find illness an all too expensive "luxury." It is often contended that a book which does not present some problems of sex will not sell, but most people have had these served up *ad nauseam* in the current literature of the day and a criticism overheard at the Club on the "Lady of Justice" was to the effect that it was really pleasant to read a book whose characters, without being saints, were yet, most of them, possessed of minds that could take joy in the adventure of life and yet maintain their morality. We do not know whether Miss Morrison is the first nurse novelist, but at least we think she is the first in the Association and her gift of imagination justifies us in recommending her book to her colleagues in the hope that they will help it on its way, with the good fellowship that they usually show to one another, either by purchasing a copy or by putting it on their library lists.

OBITUARY.

Miss Ada Taylor, A.R.R.C., S.R.N.

It was with very deep regret that we received the news of the death of Miss Ada Taylor, A.R.R.C., S.R.N., who died very suddenly a few hours after an operation in a London Nursing Home, on November 19th. The intimation of her death came as a great shock to Members at Queen's Gate, for she had been a frequent visitor at the Club, where she had many friends. It was only a few days before her death we heard that she had decided to have the operation for goitre; this had been successfully performed and she appeared to be making satisfactory progress when, a few hours after, alarming symptoms set in and she died from hæmorrhage and heart failure.

Miss Taylor had never been very robust, and had been invalided out of the Q.A.I.M.N.S., of which she was a Member. Yet we never looked forward to any serious condition arising, perhaps because she threw herself into all that was going on around her and seemed really to enjoy whatever offered itself in the direction of entertainment or fresh interests. No one was more ready to join in with a theatre party or in any social activity at the Club, and her colleagues there have many memories of her charm, her kindness and her friendship while she lived among them. Her passing to some appeared to take away a part of their Club life, and many have expressed their deep sympathy with Miss Elizabeth Taylor, for seldom have we known two sisters more devotedly attached to one another. A beautiful wreath of white flowers with a spray of crimson roses was sent from the Association, of which Miss Taylor was a Member. She was also a Member of the British College of Nurses. At the service at Golders Green, Miss Isabel Macdonald represented these organisations. We offer to Miss Elizabeth Taylor the sincere sympathy of the Corporation in her great sorrow.

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London, S.W.7.

ISABEL MACDONALD,
Secretary to the Corporation.

* Published by Hutchinson and Co., 7s. 6d.

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