

ROYAL RECOGNITION FOR THE INTERNATIONAL CONGRESS OF NURSES.

Their Majesties The King and Queen have graciously consented to give their Patronage to the International Congress of Nurses, recognition which will, we are sure, give sincere satisfaction to the Nursing World at large.

Since the late King Edward VII welcomed the Congress in 1909 by most graciously granting many privileges, we have both in Paris and Brussels been recognised by the Heads of the State.

OFFICIAL APPEAL FOR CONGRESS FUND.

We beg to acknowledge with sincere thanks the following cheques:—

	£	s.	d.
From the Matron, Nursing Staff and Staff Sports Committee of the General Hospital, Croydon	8	18	0
(Sent with best wishes for a happy and successful Congress)			
Prince of Wales General Hospital Nurses' League	5	5	0
League of Mental Hospital Nurses	1	1	0
		15	4
Acknowledged	1,058	15	0
Total amount of gifts	£1,073	19	0

HOSPITALITY INVITED FOR I.C.N. CONGRESS WEEK.

We remember a kind hostess in Montreal in 1929, is reported to have assured a guest "that they had secured every respectable bed in the city" and indeed hospitality was generously provided.

London must not be behind Montreal in this particular, and those willing to entertain nurse guests, not too far from Westminster, from July 17th to 25th, might entertain angels unawares. Offers of which quite a few have already been received, should be addressed The Secretary, Congress Arrangements Committee, 39, Portland Place, London, W.1., who will hand them on to the Hospitality Sub-Committee.

SEATS FOR REGISTERED NURSES FOR THE CORONATION PROCESSION.

Notice has been received that the seats allotted to Registered Nurses will be in Hyde Park. They will be uncovered seats at 15s. each. Application to be included in the Ballot must be made in strict accordance with the directions published in our February issue, as follows:

The following procedure must be observed:—

1. Applications must be received on or before Saturday, March 20th, addressed to Miss Musson, c/o The General Nursing Council for England and Wales, 20, Portland Place, London, W.1.

2. Envelopes to be marked "Seats" on the top left-hand corner.

3. Applicants must state (i) Full name and address (block letters); (ii) Place of Registration, Registration number, and part of Register; (iii) Branch of work (*i.e.*, Hospital, Public Health, District, Private, etc.).

4. No money is to be forwarded with the application.

THE PROBLEM OF NUTRITION.

HOW IT AFFECTS THE RED CROSS.

By Dr. RENÉ SAND, Technical Counsellor, L.O.R.C.S.

Since its rebirth a century or so ago, Hygiene has been constantly seeking to enlarge its scope and to find fresh fields to conquer.

The first phase was the introduction of sanitation into towns and villages through the installation of water and sewage pipes, slaughter houses, public baths, and the draining of marshland. That was the era of sanitary technology.

The second phase was the campaign against communicable diseases through vaccination, segregation and disinfection. That was the Pasteurian period.

The third phase was characterised by progress in industrial hygiene and labour conditions.

The advent of the public health nurse marked the fourth phase, which produced baby clinics, dispensaries, and health centres combining preventive medicine with social welfare. That was the public health period.

In the fifth phase, hygiene is allied to urbanism, housing being considered as an essential factor to health and the construction of appropriate dwellings being dictated by considerations of town and rural planning.

And now we arrive at the latest phase, which comprises eugenics, preventive medical examinations, social insurance, physical culture and nutrition.

True, the problem of nutrition is as old as the world itself. The conquest of the daily bread, as Jules Rochard says, is still the main preoccupation of mankind; it is the most tyrannical and burdensome of human needs. The history of nations has too often been that of under-nourishment. But the simple appeasement of hunger is not sufficient. When certain elements—essential only in infinitesimal proportions—are lacking from our diet, there is risk to health. It is no longer a question of making up for a deficiency of calories—those elements which supply the body with the energy necessary for the functioning of the organs and the work of the muscles. Recent research has shown that the main problem lies elsewhere; even in the most advanced countries, a large section of the population suffers from lack of vitamins and mineral salts, a state of affairs resulting in retarded growth, anæmia, rickets, dental caries, pellagra, goitre, diminished resistance to disease and impoverished vitality. If one schoolboy or girl out of every three is in need of medical care, if thirty or forty per cent. of conscripts are rejected for constitutional weakness or other defects, if too many of our fellow-citizens are weedy, nerveless and afflicted by physical deficiencies, it is very largely due to ill-balanced diet.

The main reason for this is poverty. So-called protective foods, *i.e.*, foods containing an abundance of the vitamins and mineral salts which the organism needs, are relatively expensive. Milk, butter, eggs, meat and fish cost more than margarine, cereals and sugar. Sir John Boyd Orr has demonstrated that, in England, nutrition is in direct relation to income; half of the population is under-nourished, and this situation has brought about organic weaknesses and health troubles which are impoverishing the nation and entailing con-

[previous page](#)

[next page](#)