

to be expected (and as the College expected) this pledge was fruitful in attracting to the College thousands of nurses who wished to be quite sure of having their names on the State Register and that without the trouble of sitting for examination. One guinea was to cover Life Membership of the College and the insertion of their names on the State Register. The result is that many of those who joined the College, in the belief that they would automatically be placed on the State Register, complained that the pledge was not redeemed. Then there are others who maintain, rightly or otherwise, that the College ought to meet their annual retention fees. Such is their reading of the College "Pledge." These are the conditions under which the College obtained about half of its Membership.

What of the methods used for obtaining the other half? Here is an illustration of how one of these methods acts. Recently a young friend went to train at a large voluntary hospital in which there was a branch of the Student Nurses' Association, Members of which become automatically Members of the College of Nursing at the close of their training. She knew something of the position regarding this as she was intimate with a Member of our Executive Committee and her remark, soon after she went to the hospital, was, "Of course I will never join that for I do not approve of the College of Nursing nor of its Student Nurses' Association either." Soon after this she told her friend, "I just had to join the Student Nurses' Association and quite against my own wishes as great pressure is brought on every probationer to do so, and I was afraid that, should I object, Matron would be annoyed and my career affected." These are facts and a demonstration of the methods approved by the College to collect a Membership which it quotes on all occasions to support its policy whether that policy be one of "masterly inactivity," as it was recently in relation to the Midwives Bill which in certain of its aspects was so prejudicial to the interests and economics of the working nurses, or to gain power and ascendancy in the government of the profession. What that last has amounted to is demonstrated in the present chaotic condition of affairs although, as the College Council consists mainly of hospital Governors, Matrons and Doctors, they are just the people who could have prevented such conditions. In these circumstances it is, to say the least, in the worst possible taste for the College to make any boast of its Membership or use it to enforce its views upon the profession.

Time and Tide in its able summing up on the opinions of different writers of articles which it recently published, on the present position, states that "nurses are trained to be subservient" and herein perhaps lies the factor largely made use of in the recruitment of College Members as well as, to some extent, the reason why the 50 per cent., referred to in the same article, leave before completing their training. Young people of the present day are brought up to participate in many experiences and activities from which a generation ago they would have been excluded. Their free will is encouraged rather than suppressed and the whole trend is to allow their individuality to expand. What is the result when they enter hospital and find a wall of restrictions penetrating even to their life when off duty? It rises at every turn before them and they have to conform to many things for which they, quite probably from ignorance, see no justification and for which no explanation is ever offered. What is the result? Some few "possess their souls" alive and perhaps as a consequence are held suspect for it. Others leave the hospital hardly able to give a very tangible reason for going. But, in the majority of cases, the result is to send thought down into the unconscious and no surer way can be adopted to take from anyone her sense of responsibility for right judgment and her sense for truth as against mere appearance.

LECTURE.

SOME RECENT DISCOVERIES IN FOOD VALUES.

By Dr. Hector Munro.

In commencing his Lecture, Dr. Munro referred to the extraordinary revolution which had occurred within recent years in connection with dietetics. This revolution went as far as bringing consideration to bear on the circumstances under which the grains, etc., from which food is prepared, were grown and so the study extended itself into agriculture and horticulture, and one eminent medical man held that the artificial manures used on land were calculated to cause food to be far from wholesome. At one time food was regarded as being composed of carbohydrates, fats and proteins, and very little attention was given to other constituents which now have assumed considerable importance.

Dr. Munro gave an account of how the important part played by the various vitamins came to be discovered, and referred to the methods adopted by several eminent medical men in developing a knowledge of how these very important elements in food act upon our well being. He also went into the importance of maintaining the acid and alkaline balance in the body on an equality and showed how certain illnesses arose from a disturbance of this balance.

Next the doctor gave a description of the activities of certain glands, but principally his lecture was concerned with the different vitamins and their effect in maintaining health. An account was given of how a lack of one or the other brought about certain conditions of ill health, but, as several articles have appeared recently in the *JOURNAL* dealing with the same subject, we are giving only a very short report of the lecture.

A list of alkaline and acid foods was handed round, showing the index number in each case, and also a list showing the foods most rich in the various vitamins. Dr. Munro gave us permission, at the request of some members of the audience, to copy these, and they can be obtained from the office at the price of 3d. each, post free.

OBITUARY.

SIR JAMES CRICHTON-BROWNE, M.D., F.R.S.

With the passing of Sir James Crichton-Browne, M.D., F.R.S., a great figure has gone from the Medical World. He took an active interest in the inaugural meetings of the Association, and was one of the signatories to the Royal Charter. We remember with gratitude the support Sir James gave in those days when the Association arose as the pioneer organisation in professional development. Even then it had to meet strong opposing forces and prejudices, for there were those who held to the conviction that professional organisation, of which the Association was the herald, would destroy "the spirit of vocation." Others saw, in the new movement, a degree of menace to the economic interests of the hospitals. We owed much then to those eminent members of the Medical Profession, of whom Sir James was one, who declared themselves on the side of the Nurses.

AN ACKNOWLEDGMENT.

Within the last few weeks we have received sums amounting to £20, sent in bank notes in registered envelopes on three different occasions, for the Trained Nurses' Annuity Fund. Obviously the donor is the same in each case but no indication is given of her name and address. Apparently it is her wish that her gifts shall remain anonymous but we think it advisable to insert a notice, in the hope that she will see it, stating that these amounts have been received.

ISABEL MACDONALD,

Secretary to the Corporation.

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