

our support. What right, therefore, have they to pose as protectors of "public interest"? The public interest can only be attained by self government.

Why are We at War?

What are we fighting for anyway? Is it not for national independence and solidarity, and for liberty of body and soul? Let us be careful that whilst shibboleths are shouted in the market place (and at County Hall) we are not grasping the shadow for the substance.

Supreme Wisdom questioned . . . "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?"

NURSES MUST UNITE.

There is but one remedy for this dispute. The Nursing Staff of the London County Council must form a strong Union to protect their conscientious convictions and professional status from the obtuse autocracy of the dictators in power at County Hall, who at present govern them without consultation.

This system of autocratic administration established a decade ago, when the London County Council took over from the Poor Law Guardians the management of the municipal hospitals of London, has from year to year tightened its stranglehold upon the personnel of these institutions until little power of initiative or liberty of action remains in their administration.

The centralization of power in the hands of an oligarchy can have but one result—the deprivation of liberty of conscience and action of dependants subject to its control. It will be seen, therefore, that the remedy in this matter is in the hands of the nurses themselves, with whom the ratepayers of London will be found in warm sympathy as soon as they realise their duty in this connection.

OUR ADVICE TO U.S.A.

"Peterborough," to whom we are indebted for "London Day by Day," in the *Daily Telegraph*, writes:—

Some of New York's leading doctors and physiologists, I hear, have had to deal with an astonishing increase in the number of physical and nervous ailments. These they attribute to worry over the war.

Many of their patients are suffering from headaches, digestive trouble or insomnia. They complain of:—

Highly disturbed mental state;	Inability to concentrate;
Melancholia;	Listlessness;
Depression;	Fatigue;
Apprehension;	Forebodings;
Fears for the future;	Hollowness;
Uncertainty;	Breathlessness;
Sense of insecurity;	Jittery nerves.

May we advise a cure:

Join Great Britain in its God-given work to save the world from rapine, murder and theft. No time then to suffer from inaction, which is no doubt the cause of all the symptoms enumerated above.

A WELL-DESERVED HONOUR.

Within 24 hours of her capture of a Nazi airman Mrs. Norman Cardwell was awarded the Medal of the Order of the British Empire, Civil Division.

A German airman landed by parachute near her home in North-East England after his plane had been shot down. She walked up to him and told him to put his hands up. Then she took his revolver from him and marched behind him to the road, where he was later handed over to the police and soldiers.

Hearty congratulations.

When are we women to be provided with weapons of defence? High time.

REVIEW.

"FOOD VALUES AT A GLANCE."*

"Food Values at a Glance, and How to Plan a Healthy Diet," by Violet G. Plimmer, is a worthy contribution to the community at the present time, in connection with the food problem, and how it can be solved with advantage and common sense.

In its introduction it is claimed that food is the first line of defence against disease, and in war time against the enemy. While everything is in the melting-pot of war, old prejudices and customs disappear. Now is the time to recast and modernise our defences on the food front. The essential facts about food requirements and food values are well known in scientific laboratories, but seldom applied to everyday life.

Those who cater for a family, school, hospital or for a large community, or who grow food on a small or big scale and are interested in the fertility of the soil, or who are concerned with the importation of foodstuffs, will find in this book information which, if carefully applied, can materially strengthen the defences of the nation.

The author explains the purposes of food, and essentials that go to make up a complete diet.

A chapter is devoted to vitamins and the effects of vitamin underfeeding; since each vitamin is an entirely distinct and unrelated chemical substance, the ill-effects of vitamin deficiency are very different in each case. Each vitamin and its supply is clearly described.

The quantity of food required is dealt with by the author, who writes that the greater part of the food eaten is burned as fuel to keep the body warm and to provide energy for movement; even in sleep energy is used for the work of the lungs and heart and for other vital processes. A grown-up person can check the reliability of the appetite as a guide by periodical weighings, say, twice a year. If losing weight, either too little food is taken in proportion to the energy expenditure and the body is burning its own substance to supply its demands for fuel, or the diet is not suitably composed, or there is some wasting disease. The author tells us that the healthiest people do not gain in weight after they are fully developed physically.

Most useful guides to menus and catering for schools and institutions are set out in this work, together with a list of economical diets.

The chapter entitled "Notes on Foodstuffs" is of the utmost value, giving in simple language the reason why some foodstuffs are essential and others should merely serve as flavouring agents.

The author points out that in time of war a secure supply of food is the first line of defence. We need a large reserve of stored food, a nucleus of home-grown food capable of expansion in emergency, command of the sea and air, and enough merchant shipping to enable us to import the rest of our food and raw materials.

This book is really of the greatest use from the person who caters for the family to the person upon whom the responsibility rests for feeding the boarders in a school, or the inmates of an institution.

A WORD FOR THE WEEK.

Arandora Star.

The waters were his winding sheet, the sea was made his tomb,
Yet for his fame the ocean sea was not sufficient room.

R. Barnfield.

* Longmans Green & Co., Ltd., London. Price 6s. net.

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