

## THE PLIGHT OF REFUGEES.

The following letter has been addressed by Mrs. Charles Singer, Joint Hon. Secretary, Central Office for Refugees, to the Matrons of many hospitals.

DEAR MADAM.—We are writing to enquire whether you would consider an application for a position on your staff, from a trained or an assistant nurse, a refugee victim of the Nazis.

This Department brought a certain number of these girls to England to nurse in English hospitals with the approval and encouragement of the Home Office. Those who are in "restricted" areas and in hospitals that expect to nurse troops have now to be moved, and we are seeking other posts for them. In every case the nurse is most warmly recommended by her Matron who will take her back after the war and will gladly give a personal reference for her.

All these girls are most anxious to help England at this time, and it will be a truly Christian act if you can give them the opportunity to take up work once more.

Yours truly,

DOROTHEA WALEY SINGER,  
MRS. CHARLES SINGER,  
Joint Hon. Sec.

Bloomsbury House,  
Bloomsbury Street,  
London, W.C.1.

It will be remembered that Sir Samuel Hoare, when Home Secretary, inaugurated a scheme for taking refugee nurses from countries invaded by Hitler and his German mercenaries—with the best intentions, no doubt, but as the Home Office presumably knew that war was in the offing between this country and Germany its provisions were very ill-advised. These refugees were to be admitted for training in our nursing schools on the same terms as our nationals, and were to be eligible for examination and registration, and placed on our Register of Nurses on the same terms as British Nurses—thus creating competition with them. It is always so easy for Ministers to present gifts, which do not touch their own status—or pockets.

The inevitable war was declared, and thus a very difficult situation in connection with foreign probationers has arisen in the hospitals which admitted these refugees, in the first instance with very little enquiry and supervision. In our opinion the whole scheme was wrong—and it would now seem advisable that it should cease until peace is declared.

Great Britain is a small island, and there is neither further space nor food for more groups of foreigners of which thousands have been admitted within the past year—Austrians, Poles, Belgians, Dutch, French people are to be met everywhere in London—men, women and children.

The question of work must naturally arise, let us hope it can be found, as idle people are unhappy people. We have had opportunities of coming into touch with refugees, and find many of them already home-sick—although the provision made for them in so far as surroundings are

concerned are on a far higher scale of comfort than that to which many have been used in their own countries.

It is to be hoped that the Americas will make an effort to admit more emigrants than the law at present provides—Great Britain has been generous to a fault—let the rest of the world, at least, help the needy, if it is unable to fight to prevent further indigence.

### "THUMBS UP."

We read of "Hitler's Youth." Can he better little Robert Williamson, the Spirit of Young London Homeless in East London—this little chap keeps "Thumbs up."

## REVIEW

### "PLEASANT FOOD FOR DIABETICS."\*

"Pleasant Food for Diabetics," by A. Sanders, formerly Sister at St. George's Hospital, London, is introduced by the author in the following terms:—

"How many people, when told by their doctors that they must keep to a specific diet for the cure of diabetes, anticipate that all further enjoyment in their food is impossible. I have met many such people, and it is for them, and for others like them, that I have compiled this book. My first object has been to give them enjoyment of their food.

"I have taken special care to provide the sweets and puddings of which children are so fond. I have found more than one kind for each day of the month.

"The recipes in my book are efficient, economical and simple. The patient's doctor will be the best person to advise which recipes are most suitable for his individual case."

For hors-d'œuvres, the author has compiled a list which is ample and very varied.

Recipes for fish and meat dishes appear in very appetising forms.

Vegetables can also form a substantial part of the diabetic's diet.

Many varieties of puddings and sweets are chosen, but soya flour is used, and saccharine is substituted for sugar.

Savouries and sauces are dealt with. Cakes and biscuits can also take their place on the diabetic's table.

The book ends with "Miscellaneous Hints," and must be a great asset to the person who has charge of feeding diabetic patients.

Readers interested in the Sugar Tax would find two pamphlets issued by the Food Education Society, 29, Gordon Square, W.C.1, useful. They are entitled "Sugar—Why Worry About It?" and "Honey versus other Forms of Sugar." They may be had post free for 6d.

A publicity campaign to make the people of this country more "Empire-conscious" is to be started by the Ministry of Information next month.

\* Faber & Faber, London. Price, 3s. 6d. net.



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THE SPIRIT OF YOUNG EAST LONDON.

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