

PRECAUTIONS FOR DIABETIC PATIENTS IN WAR TIME.

A diabetic patient, whose life depends on the use of insulin, runs special risks during air raids which must be guarded against by the patient himself taking special precautions and by those attending to him giving prompt and appropriate treatment. It is therefore important that he should carry in his pocket or round his neck or wrist the information that he is a diabetic who is taking insulin.

The Diabetic Association (124, Baker Street, London, W.1) will send a suitable card, on which can be written the usual dose of insulin, the treatment for an overdose of insulin, and the usual doctor's name and address, to any diabetic patient on receipt of a stamped addressed envelope. This should be carried inside the National Registration Identity Card. A special identity disc, to be worn round the neck or wrist, will also be supplied by the Diabetic Association on receipt of a stamped addressed envelope.

In consultation with the Ministry of Health and the Department of Health for Scotland, the Association has prepared a leaflet, "Precautions for Diabetic Patients in War Time," giving advice not only to patients but also to members of the First-aid and A.R.P. Services who may meet with a diabetic case. This leaflet is being sent by the Ministry to certain local authorities and to hospital out-patient departments, and it is suggested that a copy should be displayed in all First-aid Posts and Medical Aid Posts in shelters.

PERSECUTION OF THE POLES.

Professor Stronski, the Polish Minister of Information, at a luncheon of the Overseas League in London, said that Hitler's "new order" meant oppression to a degree never known before. No international law, he said, was being recognised by Germany. Polish political and social leaders were being murdered. Man-hunts were organised to export Polish men, women, and youths to hard labour in Germany. Jews were not considered as human beings, and the Polish population was being gradually exterminated by hunger. This was the only order that Hitler could offer to the nations of Europe.

Europe, he said, needed a new order, but it should be built up by clearing from Europe the dictatorial system and by freeing it from all tendencies which undermined her peaceful development.

ROMAN SURGERY.

During recent excavations at Pompeii, says Reuter, the skeletons of 85 people killed by volcanic debris were found. Near by was discovered a case containing surgical instruments suitable for oculistic operations, several of them in a very good state of preservation.

A CHILD'S PRAYER, 1940.

Now I lay me down to sleep,
I pray Thee, Lord, the souls to keep
Of other children far away
Who have no homes in which to stay,
Nor know where is their daily bread,
Or where at night to lay their head;
But wander through a broken land
Alone and helpless. Take their hand,
Dear Father-Mother God, I pray;
Keep them safe by night and day,
And give them courage when they wake.
This I ask for Jesus' sake
Who was a little Child, like them.
God bless us all to-night. Amen.
From the *Quarterly Bulletin*, Frontier Nursing Service.

WHAT TO READ.

MEMOIRS AND BIOGRAPHY.

- "Into Battle." Speeches by the Right Hon. Winston S. Churchill, P.C., M.P. Compiled by Randolph S. Churchill, M.P.
- "Royal William." Doris Leslie.
- "The Way of Byzantium." J. G. Sarasin.
- "King's Masque." Evan John.
- "This for Remembrance." Julia Neilson.
- "Mr. Wu Looks Back." Matheson Lang.
- "Ægean Memories." Compton Mackenzie.
- "Informal Biography." E. F. Benson.

FICTION.

- "Sons of the Others." Philip Gibbs.
- "The Ghost and the Maiden." R. H. Mottram.
- "Mother of the Smiths." Lorraine Carr.
- "The White Evening Dress." Victoria Wolf.
- "Through China's Wall." Graham Peek.
- "Central Stores." Vicki Baum.
- "Night's Candles." Anne Hocking.

POETRY.

- "Poems in War Time." C. Day-Lewis.
- "Poems of Two Wars." Sir John Squire.

MISCELLANEOUS.

- "The Streets of London Through the Centuries." Thomas Burke.

LETTERS TO THE EDITOR.

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not in ANY way hold ourselves responsible for the opinions expressed by our correspondents.

A NOURISHING OLD ENGLISH FOOD.

To the Editor of THE BRITISH JOURNAL OF NURSING.

The Fruitarian Society,
St. Francis House, Red Lion Square, W.C.1.

DEAR MADAM,

This is the moment when every reader should face the question on how best to increase the stamina and health of the race, and how best to add strength to our armament for the termination of the war.

Wheat, not meat, is the basis of world nutrition, and rightly used, wheat is the staff of life.

In the making of white bread, we have to import the flinty, hard, Manitoba charactered wheat, and we deprive it of nutritious elements which Nature has learnt to store up in each grain during millions of years of experience.

Ordinary wholemeal bread is too often a delusion and unappetising.

Lord Woolton's faked vitaminised white bread is a broken reed.

There is one good way of utilising wheat.

In the early days of England, white soft English wheat was grown. It was kept whole and made into the standard dish upon which the nerves and sinews of the English race were built.

This national dish was called Frummetty.

To-day we should grow white wheat at home. Every household should learn how to make Frummetty, and every day should begin, and perhaps end as well, with a dish of this nutritious food.

Frummetty, milk, cheese, fresh vegetables, will make an England of stronger men and women and will allow our ships to be used for the protection of our country and the termination of the war.

Harley Street, W.

JOSIAH OLDFIELD.

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