

## THE INTERNATIONAL COUNCIL OF NURSES.

THE AMERICAN NURSES' ASSOCIATION INVITES THE INTERNATIONAL COUNCIL OF NURSES TO HOLD ITS NEXT CONGRESS IN THE UNITED STATES OF AMERICA IN 1947.

There is little doubt that the invitation of the American Nurses Association will be gratefully accepted with sincere pleasure, and from now onwards, as time flies, we must save our pennies, and do everything in our power to help Registered Nurses to avail themselves of this wonderful opportunity to come into touch with their colleagues throughout the world.

It will not be forgotten that War terminated the proposed International Congresses in U.S.A. in 1915 and in 1941. Let us hope the 1947 Congress will attain the success it deserves.

We have received the following letter from Miss Effie Taylor, R.N., President of the International Council of Nurses.

INTERNATIONAL COUNCIL OF NURSES.

Temporary Headquarters: 18-19, Broadway, New York, 23, N.Y., U.S.A.

October 24, 1945.

DEAR MRS. FENWICK, —It was a pleasure to meet so many of my old friends and to have the opportunity of exchanging greetings. Miss Stewart and I were sorry that our assignment to a return ship prevented our seeing you again. We had a pleasant voyage home, but it was damp and cold, since we returned by the northern route and disembarked in Montreal.

The meetings were very worth while and I am sorry that you were not present at the conference of Board Members, but you will receive the Minutes and I hope will enjoy reading them.

Your wish for a renewal of the invitation to hold the Congress in the United States has come true. Since returning we have an invitation from the President of the American Nurses' Association, Miss Katherine Densford, to hold the Congress and Grand Council in this country in 1947. Just about 1½ years to wait and these will be busy years.

If the Board of Directors agree to the suggestion made by the European members, the first regular Board Meeting since 1939 will be held in London in the summer of 1946. We are fortunate in having held two partial Board Meetings, or conferences, in the interim: one in New York in 1944 and one in London in 1945. In this way, as soon as facilities made it possible, we got together.

This letter goes with my very kind personal greetings. It was a pleasure to see you looking so well after your many hardships and tragedies.

Affectionately Yours,

EFFIE J. TAYLOR, *President.*

## FLORENCE NIGHTINGALE INTERNATIONAL FOUNDATION.

The meeting of the Committee of Management of the Florence Nightingale International Foundation held on September 14th last, was the first fully representative meeting held since July, 1939, and members from overseas were specially welcomed.

In addition to the members of the Committee of Management, Miss Effie Taylor, President, I.C.N., and international representatives were invited to attend. The presence of many well-known nurses from other countries made possible a wide and interesting discussion on many questions concerning the future of the Foundation.

## "RICKETS CAN BE STAMPED OUT."

### VITAMIN D SAFEGUARD.

Rickets as a general cause of ill-health among babies in Britain is now nothing like what it was of old; in fact, it is no longer a common disease in this country.

This finding is given by the British Pædiatric Association in a memorandum on rickets, which has been issued by the Ministry of Health and the Department of Health for Scotland to Medical Officers of Health for the information of their medical staff, health visitors, midwives and district nurses.

"At the same time," states the memorandum, "rickets is preventable. Therefore, there is no reason why it should occur at all." It was the duty of all those concerned with children to see that it disappeared completely, for it was upon sound advice and action that the avoidance of this disease depended.

Pointing out that in Britain, owing to a relative lack of sunshine, rickets must be regarded as primarily a nutritional problem, the memorandum stresses that if a deficiency of vitamin D is avoided, the condition will not occur.

"It is definitely established by scientific evidence that vitamin D supplied in adequate amounts will prevent rickets," it is stated. "If rickets is actually present it can be cured by supplying vitamin D, thus overcoming the deficiency which has caused it."

To guard against dietary deficiencies, and because breast feeding is no certain preventative of rickets the memorandum recommends that all babies, however fed, should receive a supplement of vitamin D.

Pointing out that, broadly speaking, a daily intake of 500-800 International Units of vitamin D should prevent rickets throughout infancy, the report mentions that cod liver oil B.P. contains 330 International Units per drachm (equivalent to one teaspoonful), while the Ministry of Food's cod liver oil compound contains 750 per drachm.

"A cod liver oil and malt mixture should not be employed as a prophylactic measure against rickets," it is stated. "Its actual content of cod liver oil and, therefore, of vitamin D is usually small, and it only engenders a sense of false security. For the same reason, it should be remembered that cod liver oil emulsions contain only 30-50 per cent. of actual cod liver oil."

Rickets can occur in a baby before its birth, when the diet of the mother is of vital importance for the child; but the disease is more frequently found in early years of life when growth is more rapid.

The memorandum recalls that a special investigation carried out by the Association by arrangement with the Ministry of Health and the Department of Health for Scotland during the war produced no evidence that war-time conditions had given rise to an increase of rickets. But whereas, formerly, diagnosis was easy because of its acute forms, this no longer holds good. To-day, diagnosis is apt to be difficult owing to the mild signs present at the stage at which it is desirable to detect the disease so that it can be checked.

[previous page](#)

[next page](#)