

firmly; and Glasgow Royal Maternity Hospital, and has also nursed at Ayrshire Central Hospital.

Miss P. E. Wilkie has been appointed to Queen Elizabeth's Colonial Nursing Service as a Nursing Sister. She trained at Paddington Hospital, London; North Middlesex County Hospital, Edmonton; and Thorne Combe Maternity Hospital, Walthamstow, and has also nursed at Horton Emergency Hospital, Epsom, and with Chingford District Nursing Association.

#### TANGANYIKA.

Miss A. K. Moore has been appointed to Queen Elizabeth's Colonial Nursing Service as a Nursing Sister. She trained at the Eye Infirmary, Bath; Royal Infirmary, Gloucester; and St. Mary's Infirmary, Leeds, and has been a Ward Sister at the Eye Infirmary, Wolverhampton.

#### NIGERIA.

Miss Martha Rankin has been appointed to Queen Elizabeth's Colonial Nursing Service as a Nursing Sister. She trained at Hope Hospital, Salford, where she was also a Theatre Sister; and served in Queen Alexandra's Imperial Military Nursing Service Reserve during the war. She has since nursed at Kingston County Hospital and Brighton Municipal Hospital.

## Pressure Cooking Good for Health.

"ENGLISH cooking," editorially comments the current issue of the *Medical Press*, "has no great reputation in the world, yet never before has the nation, as a whole, been so conscious of the fact that nutrition is the essential basis of health.

"We believe that the widespread introduction of pressure cooking would have a most valuable effect upon the national dietary."

It has been found, adds the journal, that the modern pressure cooker, in addition to saving time (as much as 75 per cent. as opposed to the ordinary cooking methods) and fuel, also conserves the vitamin content of the food cooked therein.

#### Vitamins Preserved.

"The conservation of vitamins C and B<sub>1</sub> is greater than by ordinary methods, according to Professor Yudkin," says the *Medical Press*, "and we have the authority of the Ministry of Food for the statement that vitamins A and D are not adversely affected by the concentrated heat of pressure cooking. In fact," continues the article, "the vitamin content of potatoes and the pulses (peas, beans and lentils) shows a pronounced improvement in conservation by pressure cooking. Potatoes show a 25 per cent. increase in vitamin C, while the pulses demonstrate that from 17 to 67 per cent. more vitamin B<sub>1</sub> may be conserved than when they are boiled in the ordinary manner."

#### More Vegetables.

Pressure cooking, says the *Medical Press*, considerably enhances the colour, texture and flavour of vegetables cooked by this system, and adds:—

"We believe that the widespread introduction of pressure cooking should lead to a considerable increase in the consumption of vegetables, and especially of green vegetables. In the pressure cooker we have a new tool and a new technique for the kitchen that deserves the warmest encouragement and one which should exercise a profound influence on our nutritional future."

In this connection, we have recently had brought to our notice the "Prestige" Pressure Cooker, which has been produced to suit the pockets of most households in the country.

For 72s. 6d. the "Hostess" model can be obtained, which provides a table service cover; for 69s. 6d. the

"Cook's" model is available with saucepan-type handle, and a set of three separators for cooking three foods at once costs 7s. 6d.

Of great value to nurses living alone, or working on the district from their own house, this cooker can provide a hot meal in the minimum of time.

The makers of this cooker, which can be obtained from stores, are Platers and Stampers, Ltd., Burnley and Derby.

## National Association for the Prevention of Tuberculosis.

### Second Commonwealth and Empire Health and Tuberculosis Conference.

REPRESENTATIVES from all over the world are already arranging to attend the second Commonwealth and Empire Health and Tuberculosis Conference which the National Association for the Prevention of Tuberculosis is holding in London from July 5th to 8th, 1949. The Conference will give special attention to Commonwealth questions, but the opening session will be devoted to tuberculosis as a world problem, because it is against this background that all other problems must be considered.

At the previous Conference in 1947 over 1,000 representatives from 50 countries attended, and the speakers and visitors will again come not only from the Empire, but from many other countries. The Duchess of Kent, President of the N.A.P.T., hopes to be present at the Conference, and others attending include the Duchess of Portland, Chairman of the Council, and Dr. J. B. McDougall of the World Health Organisation as observer. There will be sessions on:

Trends in the modern treatment for tuberculosis including Streptomycin and P.A.S.; Regional, County and County Borough tuberculosis schemes; organisation of comprehensive tuberculosis schemes in a British Colony; problems in the prevention and detection of tuberculosis; psychological and social readaptation of chronic disease in industry; protection from bovine tuberculous infection.

The chairmen will include: Sir Robert Young, C.B.E., M.D., F.R.C.P.; Anthony Greenwood, Esq., M.P.; Fred Messer, Esq., J.P., M.P.; Andrew Morland, Esq., F.R.C.P.; N. Lloyd Rusby, Esq., M.A., D.M., F.R.C.P.; Professor W. H. Tytler, B.A., M.B.

One of the most interesting features of the Conference will be an Exhibition illustrating the most modern methods in the diagnosis, treatment and prevention of the disease, both scientific and psychological. On the scientific side there will be exhibits illustrating the manufacture and use of the new drugs, Streptomycin and Para-Amino-Salicylic Acid, and an X-ray demonstration unit with a dark-room in which films will be shown. On the psychological side, the Art Therapy exhibit will be especially interesting, as this scheme started by the N.A.P.T. three years ago has now been adopted with great success in over 100 sanatoria. Pictures, book jackets, designs for fabrics, and wall-paper, will be exhibited. There will be a display of handicrafts from six sanatoria; Preston Hall Settlement will show samples of patients' work ranging from toys to greenhouses, and Papworth Settlement will exhibit their famous leather goods. The Ministries of Health and Town and Country Planning will also stage exhibits.

In addition to visits of medical and professional interest, members of the Conference will have the opportunity of making tours of London and other places, including a river trip on the Thames, and an afternoon at Windsor.

An extensive exhibition is being prepared in connection with the conference and also a series of visits. Fee for single tickets for four days of the conference, exhibition, etc., is three guineas.

Application for tickets should be made to N.A.P.T., Tavistock House North, Tavistock Square, London, W.C.1.

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