

with damp heat or burning with dry heat, it is wiser to refrain. If the patient is going to die, he will die whether you wash him or not, but it is just as well not to give an opportunity of saying that it was the washing that killed him.

Diet is another point on which most minute instructions must be solicited. In some places milk is very scarce, and is also supposed to be almost fatal to fever patients. The orthodox diet consists of chicken-broth only; champagne is largely used in yellow fever cases. With regard to the bed, "cradles" are unknown, but an excellent substitute for cradles consists in placing chairs with their backs to the bed and stretching a sheet over them. The bottom sheet can be kept perfectly smooth and free from rucks by tying the corners together under the mattress and twisting them in until the sheet is stretched as tight as a drum.

To mention briefly some minor discomforts—"prickly heat" and insect bites are two chronic inconveniences. Cloudy ammonia is excellent for dabbing on all bites and stings; for prickly heat, bathing with thin starch is soothing, and the application of cuticura ointment is excellent for every kind of skin irritation. Bathing prickly heat with Condy's fluid is also held to be beneficial.

Appointments.

MATRON.

MISS ELMA M. SMITH has been appointed Matron of the New Infirmary of the Central London Sick Asylum at Hendon. Miss Smith was trained and certificated at St. Bartholomew's Hospital. Her subsequent appointments have been Ward Sister at the York County Hospital, Home Sister at the Hospital for Sick Children, Great Ormond Street, Assistant Matron at the Paddington Infirmary, Matron of the Samaritan Hospital, Liverpool, and Matron of the Central London Sick Asylum, Cleveland Street, from 1892 to the present time. Miss Smith is a member of the Matrons' Council of Great Britain and Ireland, and is on its Executive Committee.

MISS LILLA DAWSON has been appointed Matron of the Old Swan Hospital, Liverpool. She was trained and certificated by St. John's House, and was for a time on the private nursing staff of that institution.

MISS MINNIE ANCOCK has been appointed Matron of the Faversham Cottage Hospital. Miss Ancock was trained at Charing Cross and Brompton Hospitals, and for the last nine years has held the position of Matron at the Newbury District Hospital.

MISS A. M. KELLY has been appointed Nurse-Matron of Mildenhall Cottage Hospital. She received her training at St. Thomas' Hospital as a Nightingale probationer, and subsequently held the appointments of Sister at the General Infirmary, Worcester, District Nurse at Greenhill, Harrow, and Sister at the Sanatorium, Cardiff.

LADY SUPERINTENDENT.

MISS ANNIE ROUGIER has been appointed Superintendent of the Nurses' Home in connection with the Chelsea Infirmary, in Sydney Street, Chelsea. Miss Rougier was trained at the Chelsea Infirmary.

MISS ALICE M. ARMSTRONG has been appointed Lady Superintendent of the Children's Convalescent Home, Moseley Hall, Birmingham. Miss Armstrong received her training at the Brownlow Hill Infirmary, Liverpool, after which she worked for a time under the South London District Nursing Association. She was then appointed Ward Sister, and afterwards Home Sister, at the Infirmary, Birmingham. At present she holds the position of Assistant Matron at the Park Hospital, Hither Green, Lewisham.

SISTER.

MISS SABINA ANNETTE BADCOCK has been appointed Sister at the New Infirmary, Hendon. She was trained and certificated at the Chelsea Infirmary, after which she held the position of Sister at the Paddington Infirmary for four years, and subsequently worked for some time as a Queen's Nurse. She is at present Charge Nurse at the Central London Sick Asylum in Cleveland Street.

MISS M. J. TRUSSEL has been appointed Sister at the New Infirmary, Hendon. She was trained at the Mile End Infirmary, and at the Cancer Hospital, Brompton. After some experience of private nursing she was appointed Charge Nurse at the Chelsea Infirmary, and at present holds the position of Charge Nurse at the Central London Sick Asylum, Cleveland Street.

MISS MAGGIE M. BEALES has been appointed Sister at the Fulham Infirmary, St. Dunstan's Road, Hammersmith. She received her training at the Children's Hospital, Shadwell, and at Guy's Hospital.

SUPERINTENDENT NURSE.

MISS JULIA LIGHTFOOT has been appointed Superintendent Nurse at the Gloucester Union Hospital. She was trained at the Seamen's Hospital, Greenwich, and has also held appointments at the Eastern Hospital, Homerton, and the Garrison Women's Hospital, Woolwich. Her present position is that of Superintendent Nurse at the Cuckfield Union Infirmary.

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