

Appointments.

MATRONS.

Miss Helen F. Cameron has been appointed Matron of the Royal Hospital for Diseases of the Chest, City Road, London, E.C. She was trained at St. Thomas's Hospital, London, and subsequently held the position of Sister at the London Fever Hospital, and of Matron at the Warrington Isolation Hospital. Miss Cameron is a member of the Matrons' Council of Great Britain and Ireland.

Miss Edith M. Shotter has been appointed Matron at the Cancer Hospital, Fulham Road. She was trained at the Sussex County Hospital, where she subsequently held the positions of Sister and Assistant Matron. At present she is Matron of the Royal Infirmary, Sheffield.

Miss Alice Chapman has been appointed Matron of the Kettering and District General Hospital. She was trained at the Royal Infirmary, Manchester, and has held the position of Night Superintendent at the Victoria Hospital, Burnley, Matron at the Infirmary Rochdale, and Matron at the District Infirmary, Ashton-under-Lyne.

Miss Sibyl Dauney has been appointed Matron-Nurse of the Cottage Hospital, Ross. She was trained and certificated at St. Bartholomew's Hospital, where she held the positions of Night Superintendent and Sister. She also worked in South Africa as a Nursing Sister in connection with the Army Nursing Service Reserve for two years during the war, and has since held an appointment at the Almondsbury Memorial Hospital, near Bristol. She is a member of the League of St. Bartholomew's Hospital Nurses.

Mrs. S. A. Gamwell has been appointed Matron of the Convalescent Home connected with the Swansea Hospital. She received her training at this hospital and at the London Hospital, Whitechapel. She has held the position of Matron of the Borough Hospital, Swansea, and has also had some experience of private nursing.

Miss Frances Amelia Lowrie has been appointed Matron of the New Somerset Hospital, Cape Town, in which institution she received her training. Miss Lowrie was registered by the Colonial Medical Council, Cape of Good Hope, in 1894, and has held the position of Matron of the Albany General Hospital, Grahamstown, and of the Bourke Hospital, Pretoria. She is a member of the Order of the Royal Red Cross.

ASSISTANT MATRON.

Miss Mary C. Byrne has been appointed Assistant Matron at the Infirmary, Shirley Warren, Southampton, and Superintendent of the Nursing Home. She was trained at St. George's Infirmary, Fulham Road, where she subsequently held the position of Sister. She has also been Night Superintendent at the Woolwich Infirmary, Plumstead. She holds the certificate of the London Obstetrical Society.

Practical Notes on Invalid Feeding.

By Mrs. M. WESTAWAY,
Associate of the National Health Society.

XII.—SPECIAL DIETS.

A very slight acquaintance with the chemistry of food is sufficient to show how important it is to carefully consider the quantity and quality of food in order to bring about any desired result. So varied are the functions of food that it is now regarded as having a therapeutic value, and many invalids depend for their recovery upon diet rather than drugs. Thus the therapeutic value of food is the foundation of most of the "cures," and especially those for diseases connected with assimilation and metabolism.

Some food cures may be successfully carried out at home if the regimen is strictly supervised, but others require a change of scene, and are largely assisted by pure air, sunshine, and exercise. The koumiss cure is carried out on the Steppes of Russia in cases of debility and wasting diseases. Tents are the only accommodation offered, and drinking and sleeping fill in the greater part of the time. Owing to the dry atmosphere of the Steppes, larger quantities of koumiss can be taken daily than in a moist climate, so that the ingestion of large quantities of nourishment has more to do with the treatment than any special curative properties of the beverage.

Another form of treatment which depends for its source upon milk is known as the "whey cure." It is used in the treatment of dyspepsia in adults and also in cases of chronic bronchitis. It is most successfully carried out in those parts of Switzerland, Austria, and Germany where pasturage is abundant, and where much time can be spent out of doors in the sunshine.

The grape cure is of service in chronic diseases of the stomach and intestines and also in cases of gout. The diet is most carefully regulated, and from 5 lb. to 8 lb. of grapes are consumed between meals. The water and salts of the grapes increase the action of the bowels and stimulate the kidneys, but, perhaps, the greatest benefit to gouty subjects is derived from the exercise entailed by gathering the grapes, for it is the rule that patients gather their own grapes, and are thus compelled to spend a good deal of time out of doors.

The action of the bowels may be regulated by food, and either constipation or diarrhoea overcome by the selection of proper food. To stimulate the bowels to action such food should be chosen as leaves a large residue, and, as no cellulose is ever absorbed by the intestines, fruit and vegetables act as ballast to the food during digestion and stimulate peristalsis. Vegetable foods which consist of sharp particles, such as porridge and brown bread, are of

[previous page](#)

[next page](#)