

## Appointments.

### MATRONS.

Miss E. G. Holmes has been appointed Matron at the General Hospital, Stroud. She was trained at the Queen's Hospital, Birmingham, and has held the position of Sister at the Birmingham and Midland Ear and Throat Hospital and of Assistant Matron at the Swansea General and Eye Hospital.

Miss Alice Stapeley has been appointed Matron at the David Lewis Manchester Epileptic Colony, Warford. She was trained at the North-West London Hospital, and at the Lambeth Infirmary, and has held the position of Charge Nurse at the Western Hospital, Fulham.

Miss H. E. Yardley has been appointed Matron of the Mansfield Woodhouse Medical Hospital and Convalescent Home, Mansfield, Notts. She was trained at the General Hospital, Rotherham, where she afterwards held the position of Night Superintendent. She has also held the positions of Sister at the General Infirmary, Burton-on-Trent, Sister and Matron's Assistant at the North Riding Infirmary, Middlesbrough, and Sister at the Royal Southern Hospital, Manchester.

Miss Margaret J. Barlas, at present Nurse-Matron of the Peebles Infectious Diseases Hospital, has been appointed Matron of the new Campbell Hospital, Banffshire.

### SUPERINTENDENT NURSE.

Miss Grace M. Lloyd has been appointed Superintendent Nurse at the Braintree Union Infirmary. She received her training at the Sunderland Infirmary, and has held the positions of Sister at Shoreditch Infirmary, Head Nurse at Lewes Infirmary, and Sister in the Operating Theatre at the Hospital, Tottenham. She holds the certificate of Apothecaries' Hall for dispensing, and also that of the London Obstetrical Society.

### SISTER.

Miss Annie Lennox has been appointed Sister at the Children's Hospital, Birkenhead. She was trained at the General Hospital, Northampton.

### CHARGE NURSE.

Miss A. Heywood has been appointed Charge Nurse at the Haslingden Infirmary.

## A Parting Gift.

The nurses of the Mater Infirmorum Hospital, Belfast, have presented Sister M. Ursula, who is leaving the hospital to take up other work, with a beautifully-furnished rosewood workbox, silver mounted, with the name and date inscribed. She takes her departure from the hospital with the good wishes of all who knew her, particularly those patients who have come under her charge, and her departure has occasioned widespread regret, as, owing to her unfailing kindness, she was very popular with both nurses and patients.

## The Home Preparation of Hospital Probationers.

By Miss M. LOANE,  
Superintendent of Queen's Nurses.

(Concluded from p. 146.)

*Taking Notes.*—Much of the technical instruction given to hospital nurses is through the medium of lectures, and in order to benefit fully by them the student must understand how to seize the essential points and make notes of them. Practice is needed for this, and she should attend any lectures within her reach, no matter what the subject; Elizabethan literature, Greek art, or the domestic economy of the higher insects can all be made to answer her purpose. A syllabus is generally provided; she should take her notes without referring to it, and then compare them with it afterwards to see if she has taken down the main facts and followed the general line of argument. If her powers of composition are weak or unpractised, it will be a useful exercise to expand these notes into a careful *résumé* of the whole lecture.

*Observation and Memory.*—The future probationer must endeavour to strengthen these powers. The great means of doing so are exercise, trust, and sole responsibility. Observe a thing, resolve to remember it, and trust to your memory. Far better, in matters not of vital importance, that you should occasionally forget some duty that you have undertaken, than that you should weaken your memory by fussy distrust. Asking yourself, for example: "Did I lock that door?" "Did I put away that letter?" and then running back to look, instead of attending to what you were doing at the time of doing it, and then refusing to think about it any more. Having the sole responsibility is also an excellent spur to memory; never say, "Be sure and remind me to do it." Used in that way, two people's memories are worth half as much as one person's, because less reinforced by conscience, and the value of three or four or more decreases in geometric proportion. What we commonly mean by the phrase is, "Take the whole burden of remembering; you are more conscientious than I." Nothing can be more unfair than to blame a person for "not reminding" you, unless he has voluntarily assumed the burden.

There are people who think that "observation" means attending an important meeting and coming home and telling you that the Liberal member's wife's bonnet is not really new, or going to a concert and returning with the priceless information that the top button of the second violin's waistcoat was hanging by a thread, and that to fill your mind with unclassified odds and ends is the highest purpose it can serve. To make the right use of observation we must observe essentials, and be careful about the principles which are to form a

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