

### THE RELATION OF NASAL OCCLUSION TO GENERAL DISEASES.

Dr. A. C. Howe, says the *Dietetic and Hygienic Gazette*, considers nasal occlusion that interferes with free respiration through the nose, all or part of the time, to be a frequently overlooked factor in many systemic diseases.

The child or adult that sleeps all night with open mouth, or goes about all day in same condition, shows varying evidences of air starvation, such as anæmia, relaxed muscles, and flabby tissue. Their faces and actions indicate mental and physical inertia. The distressed and laboured sleep of a mouth-breather causes him to rise unrefreshed and heavy in the morning. This lack of complete rest affects the sufferer's general condition. He loses nerve tone and muscular tone.

Circulation is depressed. The muscular activity of the digestive tract is lessened and possibly the glandular activity is diminished. The relaxed muscles may aggravate any tendency to enteroptosis. These conditions give rise to gastric catarrh and dilatation, due to prolonged retention of food in the stomach. The sluggish intestinal peristalsis causes varying degrees of constipation and intestinal fermentation.

Coupled with this lack of nervous and muscular tone is a condition of sub-oxidation that could easily of itself account for those conditions. The anæmia in mouth-breathers or those with diminished nasal respiration is probably the result of intestinal fermentation and the presence of sub-oxidised materials in the circulation.

Sub-oxidation makes its presence known in various ways, such as rheumatism, gout, lithemia, &c. Dr. Howe does not wish to be understood as claiming that an occluded nares is always the cause or even is always associated with these conditions, but he urges that the freedom of the nasal respiration be determined when such conditions present themselves. Nasal occlusion to the extent that causes mouth-breathing, he says, is not necessary to cause air starvation. For many suffer from diminished nasal respiration that are totally unconscious that they rarely have more than one side of their nose in use at any time. It is the slight but prolonged interference with free nasal respiration that causes many of these conditions of sub-oxidation, or is the one obstacle in their improvement under treatment.

### Appointments.

#### MATRONS.

Miss Annie Jenkins has been appointed Matron of the Basingstoke Joint Isolation Hospital. She was trained at Ancots and Aldwick Hospital, and under the Metropolitan Asylums Board, and has held the positions of Matron of the Town Sanatorium for Enteric Fever and Diphtheria, Guernsey, and of Charge Nurse of the Enteric Pavilion at the Rhondda Fever Hospital.

Miss Winifred Jones has been appointed Matron of the Cottage Hospital, Crewkerne. She was trained at the Taunton Hospital, and has held the positions of Staff Nurse at the Accident Hospital, Newmarket, and Matron of the Victoria Cottage Hospital, Abergavenny, and of the Westminster Memorial Hospital, Shaftesbury. She holds a certificate in dispensing.

Miss Florence Alice Foyster has been appointed Matron of the Workhouse Infirmary, Portsmouth. She received her training at the Whitechapel Infirmary, where she subsequently held the positions of Night Superintendent and Midwife. She has also held the position of Assistant Matron at the Poplar and Stepney Sick Asylum.

Miss Lilian Lloyd has been appointed Matron at the Cottage Hospital, Malton. She was trained at the Jessop Hospital for Women, Sheffield, and at the General Infirmary, Bolton. She has also held the positions of Charge Nurse at the Park Hospital, Hither Green, and of Night Superintendent at the Royal Infirmary, Halifax, and at the Royal Hospital for Diseases of the Chest, City Road.

#### CHARGE NURSE.

Miss Eveline K. Hobday has been appointed Charge Nurse at the Malvern Rural Hospital. She received her training at the District Infirmary, Ashton-under-Lyne.

#### QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

*Staff Nurses.*—The following ladies have received appointments as Staff Nurses:—Miss M. Barton, Miss E. Close, Miss M. M. McCreery.

*POSTINGS AND TRANSFERS AT HOME.*—*Staff Nurse:* Miss E. M. Bickerdike, from Woolwich to Alton.

*APPOINTMENTS CONFIRMED.*—*Staff Nurses:* Miss M. Clements, Miss S. N. Daly, Miss H. A. Hare, Miss D. M. C. Michell, Miss J. Murphy, Miss B. Rankin, Miss F. N. Roberts, Miss E. St. Quintin, Miss F. A. L. Smith, Miss P. Steele.

*POSTINGS AND TRANSFERS ABROAD.*—*Sisters:* Miss C. G. Stronach to Cairo, Miss M. Worthington to Alexandria, Miss A. A. Wilson to South Africa. *Staff Nurses:* Miss F. M. MacGregor to South Africa, Miss M. MacGregor to Cairo, Miss A. M. Pagan to South Africa.

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