

in order to supply other information, the nurse fastens on each tube, at a level where it will not interfere with the reading of the urinometer nor the inspection of the sediment, a gummed label like the above.

The advantages of these trays are obvious. They are clean and compact; they are convenient to carry, and occupy but little space in the laboratory. The colours and sediments of a dozen or more specimens can be observed at a glance, and the specific gravities and reactions can be noted almost as quickly. The tubes are wide-mouthed and require little or no handling for the other chemical and microscopical tests. The tubes may all be emptied at the same time by tilting the tray over the sink, and both tray and tubes may be flushed under the tap, the water removing the old labels. The trays retain no odour. In the course of time the wood will warp and split from repeated washing, but the life of the tray may be prolonged almost indefinitely by coating it occasionally with waterproof paint, preferably over a coat of paraffin.

The Science of Food.

Baron Takaki's addresses at St. Thomas's Hospital, which have been listened to with so much interest, have a special bearing on the new science of food. For many centuries, in fact, almost since the institution of civilisation, man has eaten the food and drunk the liquors he liked best. But of late years a science of dietary has made steady progress, till the time approaches when men, or at any rate philosophers, will eat not what they like but just those foods which supply them with a right and sufficient proportion of carbo-hydrates and proteids, of nitrogenous and non-nitrogenous foods, to fit them for the physical and mental efforts which life calls on them to make. Baron Takaki's researches show the almost inestimable advantage of reinforcing diet in such a way as to enable the body to resist the onset of disease. His investigations showed, by a process of exhaustion, that the reason for the prevalence of beri-beri in many parts of Japan, and under conditions which were apparently bewildering and contradictory, could only be found in the nature of the diet eaten by those who proved susceptible to it. Having arrived at this belief he endeavoured to test his theory by altering the diet first of beri-beri patients and then of the Japanese Navy, with the result that having enforced certain principles of diet, certain relations of carbo-hydrates and proteids in the Japanese sailors' food, he has succeeded in eliminating the disease from the Navy.

A Country Cottage.

Many nurses are glad to know where to spend short holidays, or week ends, within an easy distance of London. Those who know the lovely neighbourhood of Dorking may be glad to learn that Miss Dunk, Virginia Cottage, Roman Road, Dorking, receives Sisters and nurses and other paying guests, and that nurses who have visited it speak highly of the management.

The Central Midwives' Board.

CHANGE OF ADDRESS.

The Central Midwives' Board is removing from its present offices at 6, Suffolk Street, Pall Mall, S.W., and on and after June 23rd its address will be Caxton House, Westminster, S.W. The work of the Board is now quite too extensive to be carried on in the Suffolk Street Offices, and larger premises had become an imperative necessity.

Appointments.

MATRONS.

Nursing Institute, Bexhill.—Miss H. R. Whealler has been appointed Matron of the Nursing Institute, Bexhill. She was trained at the Coventry and Warwickshire Hospital, Coventry, and has held the position of Charge Nurse at the Royal Infirmary, Windsor, and has also had experience of district nursing as a Queen's Nurse.

Cottage Hospital, Clun Valley.—Sister H. E. Arkle has been appointed Matron of St. Catherine's Clun Valley Cottage Hospital. She was trained at Charing Cross Hospital, and has held the position of Sister at the Military Hospital, Gosport.

STAFF NURSE.

Royal United Hospital, Bath.—Miss Katherine Grice has been appointed Staff Nurse at the Royal United Hospital, Bath. She was trained at the Royal Southern Hospital, Liverpool, and has worked on the staff of the same institution since completing her training.

SUPERINTENDENT NURSE.

Holborn Union, Mitcham.—Miss Selina Mary Nash has been appointed Superintendent Nurse at the Holborn Union, Mitcham. She was trained at the Southwark Infirmary, East Dulwich, where she afterwards held the position of Sister. She has also been Sister at the Hospitals Convalescent Home, Parkwood, Swanley, Kent.

HEAD NURSE.

St. Anne's Home, Herne Bay.—Miss Florence Kite has been appointed Head Nurse at St. Anne's Home, Herne Bay, Kent. She was trained at the Greenwich Infirmary and has held the positions of nurse at the Camberwell Infirmary, and of Superintendent Nurse at Ladywell Infirmary and Trowbridge Infirmary, as well as that of Charge Nurse in the institution to which she is now appointed Head Nurse.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Staff Nurse Miss C. M. Williams, has been confirmed in her appointment, her period of provisional service having expired.

The undermentioned ladies have been appointed staff nurses (provisionally); Miss Doris Mary Smith, Miss Agatha Mary Phillips, and Miss Fannie Edith Manfield.

Sister Miss H. L. Neale and Staff Nurse Miss H. B. Derby have resigned their appointments.

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