

efficient ventilation. 8. Very severe measures to prevent extension of the disease by means of the sputa. 9. Very careful regulation of the diet. 10. Special hospitals and sanatoria with extensive grounds with provision for isolating patients and treating them along the lines of modern therapy. 11. In the absence of such hospitals and sanatoria all necessary measures for practical and effective isolation of the individual.

The Mastication of Food. Professor Irving Fisher, of Yale University, says a contemporary, has been conducting experiments upon nine Yale

students since last January in order to determine the effects of the thorough mastication of food. He has found that their endurance is increased 50 per cent., although they took no more exercise than before the experiments, and although they diminished their consumption of flesh foods to one-sixth the original quantity.

Sternomastoid Breathing—A Sign of Death. Dr. Robert H. Chase, Superintendent of the Friends Asylum for the Insane, Philadelphia, contributes to the *New York Medical Journal* a study of this

phenomenon, based on his personal observations of about 1,500 deaths. He finds this sign present in 90 to 95 per cent. of all deaths, and describes it as follows: "After grave symptoms have set in, and generally not very long before death supervenes, it will be seen that the head of the patient moves up and down in a rocking fashion, synchronously with the breathing; or rather it may be better described as a forcible raising of the head and chin, giving a fanciful beckoning motion to the head. This action, a veritable death's call, is brought about by the strong contraction of the two sternocleidomastoid muscles, in an effort to facilitate breathing. You will remember that the sternocleidomastoid groups are accessory muscles of breathing, and are brought into activity whenever there is unusual stress in the respiratory function. This is not necessarily a conscious act; in fact, it seems to me that the movement is less restrained when entirely freed from the control of the will, as in the unconscious state. It may be stated in passing that sternomastoid breathing may be seen in dying animals as it is in humans. . . . It is a reliable sign of approaching death, and one which may serve the purpose of the physician in forming an estimate of the length of time the patient may live, without depending on signs of less value; its onset indicates that death is probably very near at hand, generally within half an hour; it is a definite symptom on which the physician may predicate his instructions or advice; it is a sign to mark the time when the family may be summoned to the bedside or which may regulate the other details of the death chamber. These and other practical purposes which it may serve will readily suggest themselves to the thoughtful practitioner."

Appointments.

MATRONS.

Swansea General and Eye Hospital.—Miss E. M. Musson has been appointed Matron. She was trained at St. Bartholomew's Hospital, E.C. where she was gold medallist of her year, and has held the positions of Night Superintendent, Sister of Luke Ward, and Assistant Matron. Miss Musson has thus had a varied and distinguished nursing career to qualify her for the position to which she has now been appointed. Her many friends on the League of St. Bartholomew's Nurses, in connection with which she has been a prominent member, and for a time sub-editor of its journal, will wish her well in her new work.

ASSISTANT-MATRONS.

Acland Nursing Home, Oxford. Miss Effie White has been appointed Assistant-Matron. She was trained at the General Hospital, Bristol, and has held the position of Sister at the Royal Hospital for Sick Children and Women, Bristol.

City of London Mental Hospital, near Dartford, Kent.—Miss F. E. Raynes has been appointed Assistant Matron. She was trained at the Norfolk County Asylum and at the Islington Infirmary, and has held the position of Sister at the General Infirmary, Gloucester.

SISTERS.

Halifax Union Poor Law Hospital.—Miss Marion Johnstone has been appointed Sister. She was trained at the Union Infirmary, Bradford.

Halifax Union Poor Law Hospital.—Miss Charlotte Yapp has been appointed Sister. She was trained at the Aston Union Infirmary, and has held the position of Sister at the Union Infirmary, Keighley.

Lewisham Infirmary.—Miss E. C. Haggart has been appointed Sister. She received her training at University College Hospital, W.C.

SUPERINTENDENT OF NIGHT NURSES.

City Hospital, Walker Gate, Newcastle-on-Tyne.—Miss Eva Day Kidall has been appointed Superintendent of Night Nurses. She was trained at St. George's Infirmary, London, S.W., and afterwards held the position of Sister in the same institution. She has also had a varied experience in private nursing.

QUEEN ALEXANDRA'S MILITARY NURSING SERVICE FOR INDIA.

Miss Lilian Frances Mary Heale, Miss Mary Ingleby Harrison, Miss Annie Adeline Mackenzie, and Miss Florence Needham have been appointed Nursing Sisters in the above Service.

Examination of Nursing Orderlies.

On Monday last a written examination was held for Nursing Orderlies at the Royal Victoria Hospital, Netley, and on Monday next, October 15th, there will be an examination on anatomy and practical work at the Queen Alexandra Military Hospital, Millbank.

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