

be rolled from the toes to above the knees. If, before applying the bandage, the limbs are elevated for a few minutes and rubbed towards the body, the oedema will diminish and the bandages will support the skin and keep the dropsy from returning. The bed-rest should be firm and flat, not made of canvas or any stretching material, as it should give a firm support, and may be made sufficiently soft by pillows. A draw-sheet should be arranged in the bed and the parts of the body subjected to pressure rubbed with spirit lotion."

Economical Hints.

A considerable part of the time of the American Superintendents of Training Schools for Nurses at its Convention this year was devoted to considering economy of administration, and in the use of stores.

Miss M. V. MacDonald, of the Johns Hopkins Hospital, Baltimore, speaking of economy in the use of surgical supplies, gave the following useful hints:—

Protective Tissue.—Protective tissue is often used unnecessarily in very many cases, such as the protection of large, wet dressings, and in dispensary work its place in the New York Hospital is cheaply and effectively taken by paraffin paper. At two cents a sheet it has proved as satisfactory a covering as protective at twenty-five cents a yard.

Obstetrical Pads.—A good grade of cotton waste, at seven or eight cents a pound, such as is used by engineers for cleaning purposes can be made absorbent by boiling in a soda solution, and makes an excellent foundation for obstetrical delivery pads.

Gauze.—Iodoform gauze for drains is an expensive item. Very few rolls should be put in the packages; even then odd rolls may be left over from operating use. These can be returned to the supply room, re-sterilised and used in ward and dispensary dressings.

Only small quantities of bismuth gauze should be made up at one time, as it seems that ten days is the longest time it can be kept without rotting.

Dressings.—Dressings are conveniently and economically sterilised in packages. Glass jars will break, wire crates and metal boxes need much cleaning and often rust, but a soft package is a safe, fresh light method to employ. These dressings, properly prepared, sterilised and ready for use are arranged in good order in the supply room, on shelves with divisions clearly marked for each kind of article used.

Dressing towels.—The proper adjustment of dressing towels in one hospital has for many years been a great problem, although each ward was supplied with a large and ample standard, still there never seemed enough to meet the demand. The towels were finally taken out of the wards by the Superintendent of nurses one year ago, placed in a central supply-room, and ordered daily on the supply slips as surgical dressings. Since this method went into effect there has never been any complaint in the wards of not having a sufficient number for use, and there is always a reserve stock on the shelf for emergencies.

Appointments.

MATRONS.

Cottage Hospital, Crewkerne.—Miss Mabel A. Lloyd has been appointed Matron. She was trained at the Royal Infirmary, Edinburgh, and has held the positions of Sister at the Grantham Hospital, Superintendent of a Male Surgical Home in Harley Street, W., and Matron at the Walmley Clergy Home of Rest.

Passmore Edwards Cottage Hospital, Liskeard. Miss E. A. Hibberd has been appointed Matron. She was trained at St. George's Hospital, S.W., and has held the position of Night Sister at the Salop Infirmary, of Sister at the Monsall Fever Hospital and the Kensington Infirmary, and of Matron of the Cottage Hospital, Braintree, and of the Cottage Hospital Dartmouth. She holds the certificate of St. John's House for Monthly Nursing.

Brentford Isolation Hospital. Miss J. E. Ives has been appointed Matron of the Isolation Hospital, Brentford. She received her training at the London Hospital, E., and the Fever Hospital, Plaistow, and has held the positions of Ward Sister and Assistant Matron in the last named institution.

Inverurie Joint Epidemic Hospital.—Miss Mary Boyce has been appointed Matron. She was trained for three years in infectious nursing at the City Hospital, Edinburgh, and for the same period in general nursing at the Royal Infirmary, Dundee, where for four years she has held the position of Ward Sister.

SISTERS.

Lewisham Infirmary.—Miss C. M. Jones has been appointed Sister. She received her training at the Hospital, Newport, Monmouthshire.

Stockport Infirmary.—Miss J. G. Stronach has been appointed Sister. She was trained at the Stanley Hospital, Liverpool, where she has held the positions of Staff Nurse and Theatre Sister.

Stanley Hospital, Liverpool.—Miss Mary Fraser has been appointed Sister. She was trained at the General Hospital, Wolverhampton, and has held the position of Night Sister at the Guest Hospital, Dudley.

Kent and Canterbury Hospital.—Miss S. Deane Burrows has been appointed Sister. She was trained at the Royal Infirmary, Preston, where she temporarily acted as Sister, and at St. Helen's Sanatorium, Lancashire. She has also held the position of nurse at the West London Hospital, Hammersmith, in which institution she has also done Sister's duties.

CHARGE NURSE.

The Infirmary, Dudley.—Miss Ada Strivens has been appointed Charge Nurse. She was trained at the Union Infirmary, Rochdale.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The following ladies have received appointments as Staff Nurse: Miss E. R. Collins, Miss L. A. Ephgrave, Miss K. F. Fawcett, Miss C. C. M. Gibb, Miss M. Ironside, Miss A. C. M. Jameson, Miss C. H. MacCarthy, Miss F. E. Morton, Miss G. H. Sellar.

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