

Practical Points.

Meat as Source of Chronic Constipation.

Therapie der Gegenwart says: "Kohnstamm believes that there is some substance among the products of intestinal digestion of meat which has a direct inhibiting effect on peristalsis, or it may possibly act indirectly by checking the secretion of the intestinal walls and thus rendering the contents of the intestines drier, which in turn renders them less susceptible to the peristaltic action of the intestines. He advises constipated patients to refrain from meat, eating abundantly otherwise, with plenty of milk and butter. In from two to four days the bowels will be acting normally. Kohnstamm thinks that Nature intended man to eat like the monkeys, and that he is not a carnivorous animal."

Boracic Fomentations.

Four-hourly boracic fomentations, says the *Nurses' Journal of the Pacific Coast* have for some time been the routine treatment for all superficial inflammatory or suppurative lesions, and there is probably no more efficacious or soothing application for these conditions. They have also to a large extent superseded the dressings with oil or ointment which were previously in vogue for burns and scalds. But it may be doubted whether the virtues and wide utility of this form of dressing have yet been fully realised. The qualities of a boracic fomentation are threefold. The heat increases the circulation of the part, causing a dilatation of the capillaries, and at the same time checks any hæmorrhage from the larger vessels. The boracic acid is a mild antiseptic, acting injuriously upon any germs present, but causing no injury to the tissues, and at the same time it is a mild astringent and irritant, and the moisture is soothing and prevents incrustation of any discharge and adhesion of the dressing to an open wound. A boracic fomentation, therefore, not only has the power to reduce inflammation and cleanse a wound from infection, but it also promotes healing and forms a most suitable dressing for any superficial lesion, other than a strictly aseptic surgical wound in which the edges unite by primary union. It is also a most useful form of applying moist heat to injuries of the tissues without any external wound, such as contusions, sprains, and strains. On the supposition of some power of absorption by the skin, the boracic acid may possess some virtue in these conditions and will at any rate inhibit any infective element in the skin itself. There is some skill required in the proper application of fomentations. Different conditions require different degrees of heat and moisture, but as a general rule it is preferable to retain a certain amount of moisture in the lint, and in that case the fomentations must, of course, not be applied at boiling point. The oil silk or jaconet applied over the lint should be sufficiently large to extend beyond the margin of the lint so as to retain the moisture of the dressing.

Appointments.

LADY SUPERINTENDENT.

Nurses' Co-operative Home, Dublin.—Miss Cherry has succeeded Miss M. E. MacDonnell as Lady Superintendent of the Nurses' Co-operative Home, 86, Lower Leeson Street, Dublin. She was trained at Sir Patrick Dun's Hospital, Dublin. Miss Cherry has also been appointed Secretary to the Irish Nurses' Association, and to King Edward's Benevolent Fund for Nurses in Ireland.

MATRONS.

The Throat Hospital, Golden Square, W.—Miss Jessie Smith has been appointed Matron. She was trained at King's College Hospital, London, and has held the positions of Sister at the Royal Chest Hospital, City Road; Out-patient Sister at the East London Hospital for Children, Shadwell; and is at present Assistant Matron at the General Hospital, Nottingham.

Lynton Cottage Hospital, North Devon.—Miss A. Watson has been appointed Matron. She was trained at Nuneaton Hospital, and has held the positions of holiday Sister-in-Charge at Leeds City Fever Hospital, and Nurse-Matron at Gately Cottage Hospital. She has also had experience of private nursing.

West Bromwich District Hospital.—Miss Flora G. Pegg has been appointed Matron. She was trained at Guy's Hospital, London, and has held the position of Charge Nurse at the New Hospital for Women, Euston Road, N.W.; Staff Nurse at Netley House Medical and Surgical Home, W., Theatre Sister, Home Sister, and Matron's Deputy, Wolverhampton General Hospital; and of Matron at the Salop Infirmary, Shrewsbury.

HOME SISTER.

Kingston Infirmary.—Miss Beatrice M. Stainer has been appointed Home Sister. She was trained at the Royal South Hants and Southampton Hospital, since which time she has held a post at Brompton Hospital. She has also had a year and a half's experience in an open air Sanatorium at Peppard Common.

SISTER.

Shirley Warren Infirmary, Southampton.—Miss Dorothy Trinder has been appointed Sister. She was trained at the Shoreditch Infirmary, and is a certified midwife.

QUEEN VICTORIA'S JUBILEE INSTITUTE FOR NURSES.

ENGLAND AND WALES.

Transfers and Appointments.—Miss Annie L. Bacon, Inspector for London Area (temp.); Miss A. Biddlecombe, to Torquay; Miss R. I. Elwin, to Southampton, from Grantham; Miss T. J. Eustice, to Ecclehall; Miss F. J. Fyers, to Winslow; Miss Edith Morris, to Milburn, from Bexley Heath; Miss M. M. Piggott, to Redbourn, from Ecclehall; Miss Clara Reeve, to Trumpington; Miss Imelda H. Tegarty, to St. Helen's (temp.); Miss Wyna Verburg, to Sheffield; Miss Catherine Williams, to Darwen; Miss Frances L. A. Williams, to Hull, from Kettering.

IRELAND.

Miss C. Wills to be Assistant to the Superintendent of the Irish Branch.

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