

HEALTH VISITOR.

Borough of Birkenhead.—Miss Joseph has been appointed Health Visitor. She was trained at the Miller Hospital, Greenwich, and has also held posts at the Kingston Union Infirmary, and the Royal Eye Hospital, Manchester.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Miss Emma Fraser, Staff Nurse, resigns her appointment. Dated April 22nd, 1908.

The undermentioned Staff Nurses are confirmed in their appointments, their periods of provisional service having expired: Miss Flora C. Craig, Miss Ethel M. Croisdale, Miss Mary A. G. Martin, Miss Rosamund L. Nevile, Miss Jeanie McP. B. Smith, and Miss Eleanor A. R. Yockney.

The undermentioned ladies to be Staff Nurses (provisionally): Miss Gladys Harriet Cole Paynter. Dated March 9th, 1908. Miss Ethel Jessie Barrow, Miss Mary Ann Lovett. Dated April 1st, 1908.

LONDON COUNTY COUNCIL SCHOOL NURSES.

The following nurses have been appointed to fill vacancies on the staff of School Nurses working under the London County Council:—

Miss Agnes L. Hair, trained at King's College Hospital, worked for five years at the Cornelia Hospital, Poole.

Miss Ina Macleod, trained at the Royal Infirmary, Glasgow, who has done temporary work at the West London Hospital, Hammersmith. Miss Macleod holds the certificate of the Royal Sanitary Institute.

Miss E. S. Stone, trained at the Lewisham Infirmary, who for five months has worked as temporary nurse under the London County Council.

Miss Gertrude Wright, trained at the St. Marylebone Infirmary, who also holds a certificate for the care of the Röntgen Rays Department as Sister, and also for massage and Swedish exercises.

The following nurses have been placed on the reserve list:—Miss Maud Stubbs, Miss Edith Annie Addison, Miss Amy Veronica Barton, Miss Ellen Atkinson Dunn, and Miss Emily Alice Maud Farrant.

MEDALS FOR LONG AND MERITORIOUS NURSING SERVICE.

The Executive Committee of the Asylum Workers' Association have been pleased to award the Gold and Silver Medals of the Association, for the year 1908, to the following members:—

GOLD.

Mr. W. Rainbow, Three Counties Asylum.

Miss A. Moss, Hull City Asylum.

SILVER.

Mr. J. Whitehouse, Hull City Asylum.

Mr. W. W. Dingle, Bethlem Royal Hospital.

Miss A. E. Dear, Colney Hatch Asylum.

Asylum News says:—Three silver medals have been awarded instead of two as usual, this being due to the fact that the male candidates were almost a "tie" in length of service. Thirty-three candidates competed, 21 for gold, and 12 for silver medals.

Nursing Echoes.



Members of the Society for State Registration will note that a most important Resolution opposing the Nurses' Official Directory Bill is on the Agenda for the Annual Meeting to be held on Saturday, 2nd May. It is to be earnestly hoped that as many as possible will attend the meeting, and support the effort to prevent a great injury being done, through unjust and penalising legislation, to the nurses of this country.

Nurses who trained a quarter of a century ago are apt to enlarge to probationers of the present day on the severity of the training in those days, but it was lax indeed compared with that which prevailed at St. Thomas's Hospital in the days of Queen Elizabeth. In a lecture recently delivered before the Pharmaceutical Society, Mr. J. A. Jennings, Chief Pharmacist to St. Thomas's, relates that the governors not only possessed the power of inflicting punishment on the patients, and caused a whipping post and stocks to be erected, but even the Sisters were not exempt from the same discipline, and in 1570 a nurse named Thirkton was ordered "twelve stripes to be well laid on." After this it is not surprising to hear of the following extracts from records of the governors' meetings, "patients not attending church to lose their dinners for that day," and "Matron again drunk: admonished."

The debilitating effects of influenza, which are felt often long after the patient has passed out of the doctor's hands, and taken up the ordinary routine of life again, are well known. Nurses who are hard workers, and who are peculiarly liable to contract influenza from the frequency with which they are brought in contact with it, know well the depression and lack of energy which often ensues. A good plan under such circumstances is to indulge in a cup of Bovril in the middle of the morning and before going to bed at night. It is not only a stimulant, but supplies in a readily assimilated form the nourishment which is so necessary at such a time. An additional recommendation to busy nurses is the ease with which it is prepared.

By the kindness of the Bishop of Kingston

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