

GOUT.

Milk puddings, vegetable dishes, salad, fish.

RHEUMATISM.

Fish, chicken (suitable dishes), stewed celery, and other vegetables.

KIDNEY DISEASES.

White soup, dishes of white meat, light puddings.

TYPHOID.

Boiled sole, pounded meat, grilled chop, custards, very light pudding, chicken broth.

DIABETES.

Soup and broth, fish with butter (melted), eggs, meat with sauce.

COOKERY FOR CHILDREN'S AILMENTS.

Quickly made and tasty little dishes suitable for children suffering from measles, chicken pox, etc.

Practical Points.

A Ventilated Mattress.

In the Nursing Section of the Scottish National Exhibition, now open at Edinburgh, an interesting exhibit is a ventilated mattress designed by Miss J. R. Mollinson, who has taken out a provisional patent for it. Miss Mollinson's idea in designing the mattress is that hair and flock mattresses can be rendered more hygienic by a simple means of ventilation similar to that employed with eider down quilts, but as the thickness of a mattress would prevent holes being pierced and the covers being stitched together, as is easily done in the case of these quilts, pieces of strong tubular webbing of a suitable length are fixed to the upper and under ticking with which the horsehair is covered, and stitched in position. By this method the mattress is rendered porous, and therefore doubtless more wholesome for patients confined to bed for any length of time. The mattress is a noticeable feature in the nursing section, and the interest it creates may lead to its adoption in institutions for the sick.

A Bedstead for the Insane.

Another practical device to be seen in the exhibition is a bedstead specially designed for use in asylums. It is very low, being raised only about a foot from the ground, so that if a delirious or restless patient should fall out of bed, the danger of the fall is minimised.

We hear that the exhibition has been a great success, and the Nursing Section, which has been organised by a professional Nursing Committee, with Miss M. Guy, of the Royal Victoria Hospital for Consumption, as Hon. Secretary, has attracted many visitors. A noticeable exhibit is that by the Scottish Branch of the Q.V.J.L., of appliances used in their work. The Arizona belt, designed by Miss Beatrice Kent, and which was shown in London at the Nursing Exhibition at St. George's Hall, Hanover Square, W., was also on view.

Appointments.

MATRONS.

Birmingham and Midland Free Hospital for Sick Children.—Miss Edith H. Grime has been appointed Matron. She was trained at the Royal Infirmary, Manchester, where she was Staff Nurse. Miss Grime has held the positions of Head Nurse, General Infirmary, Hertford; Assistant Matron, Taunton Hospital; and for the last five years she has been Matron of the Dewsbury and District General Infirmary.

Fenwick Cottage Hospital, Lyndhurst.—Miss Mabel Carter has been appointed Matron. She was trained at the Seamen's Hospital, Greenwich, and the Hospital for Women, Soho Square, London. She has held the position of Ward Sister at the Royal National Hospital, Ventnor. She has also had experience of work abroad at the Burgher Camp Hospital, Klerksdorp, South Africa, and, in connection with the Colonial Nursing Association in Japan.

Crippled Children's Nursing and Convalescent Home, Birmingham.—Miss E. Margery Robinson has been appointed Matron of the Crippled Children's Nursing and Convalescent Home, Birmingham, which is to be opened in the spring. She was trained at the Children's Hospital, Birmingham, and subsequently held the position of Outpatient Sister in that institution. She was then Staff Nurse at a private hospital in Birmingham for two and a-half years, since which time she has been engaged in private nursing.

SUPERINTENDENT.

Birmingham District Nursing Society (Moseley Road Home).—Miss C. M. S. Reed has been appointed Superintendent. She was trained at the Radcliffe Infirmary, Oxford, and in district work in connection with the Hammersmith District Nursing Association. She then worked as a Queen's Nurse at Windsor (Eton Branch) for six and a-half years, and in connection with the South London District Nursing Association for four years, after which she was Temporary Inspector of the London area for Queen Victoria's Jubilee Institute.

NURSE-MATRONS.

Cottage Hospital, Chalfont St. Peters.—Miss Alice Webb has been appointed Nurse-Matron. She was trained at Westminster Hospital, and has had experience in both district and private nursing.

SISTER.

Great Northern Central Hospital, N.—Miss Laura Davies has been appointed Theatre Sister. She was trained at University College Hospital, W.C.

Sheffield Union Hospital. Miss Alice Frisby has been appointed Sister. She was trained at the Ecclesall Union Infirmary, was Ward Sister at the Lock Hospital, Glasgow; Sister in Charge of the Theatre and Male Ward at the Jubilee Hospital, Port Glasgow. Miss Frisby is a certificated midwife.

Miss Jane Kirup has also been appointed Sister. She was trained at the Union Infirmary, Sunderland, where she was promoted to the position of Charge Nurse.

[previous page](#)

[next page](#)