

THE USE OF LEMONS.

The uses of lemons, says the *Dietetic and Hygienic Gazette*, are manifold, and the more we employ them the better we shall find ourselves. For all people, in sickness or in health, lemonade is not only a safe, but a remarkably pleasant drink. It is a specific against worms and skin complaints. The pippins or seeds crushed may also be mixed with water and used as a drink. Lemon-juice is the best antiscorbutic remedy known; it not only cures the disease, but, what is better than a cure, it is a preventive. Sailors make a daily use of it for that purpose. It is a good thing to rub the gums daily with lemon-juice to keep them in a healthy condition. It prevents chilblains. Lemon used in intermittent fevers is mixed with strong, hot black tea or coffee, without sugar. Neuralgia may be cured by rubbing the part affected with a lemon. It is valuable also to cure warts and to destroy dandruff on the head by rubbing the roots of the hair with it. Lemon-juice and glycerine, equal parts, make an unequalled lotion for the hands to keep them soft, smooth, and healthy. We think we have said enough to show how valuable, therefore, lemons are.

CARBOLIC ACID AND PLAGUE.

The Annual Report of the medical officers in charge of the hospitals in Hong Kong demonstrates the success attending the use of carbolic acid in the treatment of plague. It has been found that the doses of carbolic acid which a plague patient is able to take are enormous. The treatment begins with an initial dose of 144 grains in twenty-four hours, namely 12 grains every two hours. One European patient consumed over 2,500 grains of pure carbolic acid before his blood was pronounced free from plague bacilli. Yet, in spite of such huge doses, the poisoning of plague patients by carbolic acid is practically unknown in the colony. The remedy was tried in Hong Kong in 1901, but with no marked result, and it is now the opinion of the medical officers that the drug administered in large doses is the most hopeful method as yet discovered of treating plague. Improved methods of diagnosis have led to the immediate isolation of persons who in former years would have been allowed to remain at large. Thus not only is the danger to the community lessened, but the patients are treated at an early stage of their illnesses.

Appointments.

MATRONS.

Miss Henrietta Strick has been appointed Matron of the Lewisham Infirmary. She was trained at the Leicester Infirmary, and is a member of its Nurses' League. She has held the position of Sister and Assistant Matron at the Lewisham Infirmary.

Miss Spencer has been appointed Matron at the Country Branch of the Brompton Consumption Hospital. She was trained at St. Thomas's Hospital, where she has since held various appointments.

Queen Alexandra's Imperial Military Nursing Service.

The following appointments and changes have been made in the above Service:—

APPOINTMENTS.

TO BE SISTER.—Miss M. Smith, posted to Netley.
TO BE STAFF NURSES.—Miss F. A. Dawson, posted to Caterham; Miss F. G. P. de Stourdzazrinyi, posted to Woolwich; Miss H. M. Drage, posted to Netley; Miss E. M. Keays, posted to Netley; Miss E. L. McAllister, posted to Netley; Miss E. M. Perkins, posted to Netley; Miss G. M. Smith, posted to Woolwich; Miss M. E. Wilkin, posted to Netley.

RESIGNATION.

Miss E. L. C. Crowe, Staff Nurse, has resigned her appointment.

CHANGES OF STATION.

MATRONS.—Miss C. M. Chadwick, R.R.C., to Harrismith, Orange River Colony; Miss E. Ferguson, to Wynberg, Cape Colony; Miss M. Russell, R.R.C., to Standerton, Transvaal; Miss M. Thomas, to Pretoria.

SISTERS.—Miss C. Anderson, to Barberton; Miss E. A. Cox, to Potchefstroom; Miss M. E. Harding, to Wynberg; Miss M. G. Hill, R.R.C., to Pretoria; Miss J. Hoadley, R.R.C., to Maritzburg; Miss F. M. Hodgins, to Pretoria; Miss A. C. Jacob, to Wynberg; Miss M. R. Makepeace, to Kroonstad, Orange River Colony; Miss E. J. Martin, to Standerton; Miss A. Nixon, to Middelburg, Transvaal; Miss D. F. Palmer, to Potchefstroom; Miss D. I. Rickards, to Bloemfontein; Miss A. R. Rose-Innes, to Middelburg, Cape Colony; Miss S. I. Snowdon, to Krugersdorp; Miss M. Steenson, to Standerton; Miss E. M. E. Todd, to Pietermaritzburg; Miss L. M. Todd, to Mooi River; Miss M. G. A. Warner, to Wynberg.

APPOINTMENTS CONFIRMED.

STAFF NURSES.—Miss E. Barber, Miss G. Knowles.

PROMOTIONS.

THE UNDERMENTIONED STAFF NURSES TO BE SISTERS.—Miss M. M. Bond, Miss A. F. Byers, Miss E. M. Denne, Miss M. Kendall, Miss S. B. Lanyon, Miss E. M. Pettle, Miss C. G. Stronach, Miss A. A. Wilson.

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