

until the patient "came round," and nurse and I cleaned up. Oh! what a mess. Leaving our patient in charge of a neighbour with injunctions to give no alcohol we took our departure. One of the Residents paid a visit at 11.30 p.m., and found the patient's condition quite satisfactory, and the husband lying beside her quite drunk.

Next morning the gauze was removed from the vagina, and the patient had a splendid puerperium. Three weeks later she was my "right hand" at a delivery in the same court.

NURSE.

Presentation to Miss Shannon.

On the occasion of the resignation of Miss Shannon, the Matron of the Western Infirmary, Glasgow, the nursing staff presented her with a handsome cabinet writing desk, as an expression of their sincere regret at her resignation. Miss Grant and Mrs. Binning, directors of the Western Infirmary, Miss Story, and a large and representative gathering of the nurses of the institution were present. Miss Grant, who made the presentation on behalf of the nurses, expressed, in a few well-chosen words, their regret at Miss Shannon's resignation, and spoke of the love and esteem in which she was held by the whole nursing staff. Miss Grant, continuing, referred to the good work done by Miss Shannon during the five years she had occupied the post of Matron, and of the excellent influence she had exercised over the staff, and hoped Miss Shannon would be spared to continue in other spheres the work she had so well performed in the Western Infirmary.

In thanking the nurses for their beautiful and useful gift, Miss Shannon expressed her gratitude with sincere feeling and her regret in bidding them farewell. She added some wise words in advising them to think seriously on professional matters at this moment when the organisation of nursing was receiving the attention of Members of Parliament.

Miss Shannon was also the recipient of a case of silver fruit knives and forks, and a silver gong presented by the domestic staff, who desired to express their esteem and respect for her.

On another evening Miss Shannon was presented with a handsome silver inkstand and a pair of silver candlesticks from six of the ladies representing the Nurses' Union of the Y.W.C.A. in Glasgow, as a token of the high esteem in which they held her.

Miss Shannon takes with her many warm wishes for her future happiness.

Practical Points.

Voice Production.

The following practical points are extracted from lectures delivered at the Institute of Hygiene at 34, Devonshire Street, W.

In the course of a lecture delivered on February 13th on "The Throat and Larynx," Dr. G. Norman Meachen made the following remarks:—

"Voice production" is a somewhat hackneyed term which might many times be avoided by the use of the more correct one "voice destruction," because much irremediable harm is done by the inculcation of wrong methods of speaking, singing, and breathing. If people who pretend to a scientific knowledge of how to use the delicate and marvellous reed instrument known as the larynx would study Nature more, and not less, many a pet theory would be exploded and many a glorious voice would be saved to enchant the world with song. The secret of the old Italian method, which so few cultivate now, lay in the imitation of Nature and the full compliance with simple physiological laws. It is not necessary for learners to go through a course of physiology, because all that is needed is to make sure of getting hold of the natural method, in the same natural way that a bullfinch learns to pipe its notes.

The first essential is the full inflation of the chest, and control of the volume of air enclosed; all the rest comes readily enough.

Deep breathing, said the lecturer, if persistently practised, in season and out of season, in the street and at the office, for a few minutes at a time would soon bring the roses back to the faded cheeks, and dissipate the sallow complexion. Lung diseases, especially the dreaded scourge of consumption, would become less prevalent if people would carry out this simple exercise, which is merely an imitation of Nature's method with primitive man, who, in running and leaping, unconfined by clothing, develops excellent lung capacity and uses it to the full.

Inspiring through the mouth should always be avoided, and systematically discouraged in children. It is a fruitful source of nasal and bronchial catarrh. The nostrils are provided with a beautiful arrangement for warming and filtering the air passing through them, so that it shall reach the throat at a temperature most suitable to the mucous membrane, and free from particles of dust. The nose is the best respirator, and it is only under exceptional circumstances that any additional filtering adjunct is necessary, as for instance when working in a dusty atmosphere.

Cleaning the Home.

Dr. Somerville Hastings, in a lecture given on February 14th on "Cleaning the Home," said the oft-quoted Biblical maxim that "Cleanliness is next to Godliness" referred not to sanctity but rather to comeliness or beauty, the word "godliness" being more correctly stated as "goodliness." The phrase was in this sense more applicable and significant to our forefathers who, both in their persons and their homes, were anything

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