

A Substitute for Water Pillows.

Emergency writes:— My experience in district work is that the supply of water and air pillows is usually very inadequate. Once "daddy" or "mammy" gets established on a pillow, you remove it at your peril.

I find a very good substitute to be a square cushion cover stuffed with bran, and loosely quilted. The bran must be thoroughly dried before the fire, not in the oven.

The cushion is delightfully cool, it is cheap, easily renewed, and gives quite an amazing amount of comfort.

Thrush.

Thrush is a condition to which infants, and also adults in the last stages of disease, who are fed on an exclusively milk diet are especially predisposed. The prevention of its occurrence is, however, largely in the hands of the nurse, and if scrupulous cleanliness and simply prophylactic measures are rigorously observed it will rarely be seen. In infants congenital syphilis is a predisposing cause.

In all cases where, from infancy, illness, or age, persons who are fed on milk diet are unable to cleanse their own mouths special attention should be given to this point. With infants the roof of the mouth, the tongue, and the gums should be cleansed every four hours with soft sterilised linen, afterwards a saturated solution of boracic acid diluted one-half with water, or a solution of boracic and glycerine should be applied. If this is systematically and conscientiously carried out, thrush is very seldom seen, and the old wives' tale that all people have thrush when they are born, and when they die, is proved untrue. It is a disease of helplessness, and neglected helplessness. In adults, phthisical patients in their last stages seem specially liable to it, and its appearance, in spite of precautions is always a serious symptom.

In the case of adults a toothbrush should as long as possible be used, and in addition the tongue, roof of the mouth and gums should, as in the case of infants, be cleansed, in this instance with swabs on sponge holders, or securely attached to sticks. A penholder answers the purpose very well.

Thrush is a parasitic disease, the name given to the parasite being the "*oidium albicans*," which thrives on decomposing milk. It is the duty of a nurse in the case of a breast fed baby to attend to the cleanliness of the mother's nipples before and after the child is put to the breast. In the case of a hand fed infant the purity of the milk used must be irreproachable, and bottles and nipples must be absolutely clean. Under such conditions a nurse will rarely have the opportunity of seeing a case of thrush, but, should it occur in spite of all precautions, the medical attendant must be at once informed. It is recognised by the white patches and subsequent ulcers which appear in the mouth. The local treatment is usually to paint the ulcers at frequent intervals with a mild antiseptic.

C. TAYLOR.

Appointments.

MATRONS.

Royal National Orthopedic Hospital.—Miss Mary E. Pinsent has been appointed Matron of the Royal National Orthopedic Hospital, Great Portland Street, W. She was trained at the London Hospital, Whitechapel, E., and held the position of Sister and Matron at the Royal Orthopedic Hospital, Hanover Square, before its amalgamation with the National, since which time she has been Assistant Matron at the National, now the Royal National Orthopedic Hospital, where she has done Matron's duties for the last year.

King Edward VII. Sanatorium.—Miss Blanche Trew, R.R.C., has been appointed Matron of King Edward VII. Sanatorium. She was trained at University College Hospital, and has held the positions of Charge Nurse at the National Hospital, Queen Square, Bloomsbury, Sister at the General Infirmary, Derby, Assistant Superintendent at the Nurses' Co-operation, New Cavendish Street, W., and Matron of the Royal Infirmary, Truro. She also nursed in South Africa for eighteen months during the war, in connection with the Army Nursing Service Reserve.

Children's Convalescent Home, Yarmouth.—Miss Ellen Spatchett has been appointed Matron of the Children's Convalescent Home, Great Yarmouth, out of 120 candidates. She was trained at the Jenny Lind Infirmary for Sick Children, Norwich, has done three years' private nursing, and obtained midwifery training at the General Lying-in Hospital, York Road. For nineteen years she has held the position of Head Nurse in the above Home.

Torquay Children's Hospital.—Miss Du Cane has been appointed Matron of the Rosehill Children's Hospital, Torquay. She received her training at the Salisbury and Leicester Infirmarys, and has held the position of Matron at the Children's Hospital, Nottingham, and the Cosmopolitan Hospital and Nursing Home in Venice.

Maryport Cottage Hospital.—Miss B. Dudley has been appointed Matron of the Victoria Cottage Hospital, Maryport. She was trained at the Royal Infirmary, Liverpool, where she had held the position of Ward Sister.

ASSISTANT MATRONS.

Chelsea Hospital for Women.—Miss Alice Clark has been appointed Assistant Matron at the Chelsea Hospital for Women. She was trained at the Hospital of St. Cross, Rugby, and at the General Hospital, Leeds, and has held the position of Sister in the theatre and male ward at the Victoria Hospital, Keighley.

St. Nicholas Home, Byfleet.—Miss Florence Williams has been appointed Assistant Matron at St. Nicholas Home, Byfleet, Surrey. She was trained at the Holborn Union Infirmary, where she subsequently held the positions of Charge Nurse and Night Superintendent. She has also been Head Nurse, under the Metropolitan Asylums Board, of a seaside home for sick children at Margate.

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