

**Hot Mustard
Foot Bath.**

Dr. De Lancey, in a recent paper before the Buffalo Academy of Medicine, gave the following method of administering the hot mustard foot bath. The patient, in a nude condition, lies between blankets with his knees flexed, his feet in the tub, which has been introduced under the upper blanket, the long axis of the tub in the line of the patient's body and legs; another blanket passes from under the tub up over the end and over the knees of the patient; two to five blankets, or a fewer number of blankets and a rubber sheet, are then placed over the patient, extending from the neck of the patient over the foot of the bed and tucked in around the foot-tub and side of the patient. The tub at first is filled half-full of hot water in which a heaping tablespoonful of mustard has been dissolved; from time to time during the bath, more hot water is added, care being taken that the water is poured against the side of the tub and stirred in by the hand of the nurse, in order to avoid burning the patient's feet. The bath is kept up from 30 to 45 minutes, according to the amount of sweating produced. During the administration of the bath, cloths wrung out of ice water are kept constantly on the head of the patient, and plenty of cold water is given to the patient to drink.

**Things Worth
Remembering.**

In the *Nurse's Journal of the Pacific Coast* the following "Things Worth Remembering" are recorded by Mrs. W. E.

Downing:—

Hot water bags, douche bags, &c., may be cleaned by painting with tincture of iodine and scrubbing with ammonia water.

To clean white porcelain utensils which have become stained, wipe perfectly dry and rub with a flannel cloth saturated in kerosene oil.

Pure glycerine poured on the hands after putting on a cast or rolling plaster bandages will dissolve the plaster at once and soften the skin.

A sick person likes to empty a dish. It is better therefore to serve a small quantity and repeat it if necessary than to serve too much at first.

In serving the sick it is better to use two small trays instead of one very large one when one of ordinary size is not considered large enough. On one tray place the service and on the other the dishes of food.

A pillow placed lengthwise from the chair to the floor, against which the calves of the legs may rest, is often a great comfort to a convalescent patient sitting up for the first time.

Blood stains on bed ticking, sand-bags, &c., may be removed by moistening laundry starch with cold water and applying to the stains. Allow the starch to dry and brush off with a stiff brush.

Take the pulse of a sleeping child from the temporal artery immediately in front of the fragus. If the finger is first warmed the touch will be imperceptible, and the infant will not be disturbed.

A bit of pumice stone, smoothed and vigorously used on the finger tips, will effectually cleanse them from any stain, without the danger of causing soreness, which arises from the use of chemical preparations.

Appointments.**MATRONS.**

Bradford Incorporated Nurses' Institution.—Miss Dane has been appointed Matron of the Bradford Incorporated Nurses' Institution. She was trained at the Western Infirmary, Glasgow, and has held the position of Night Sister at the Royal Victoria Hospital, Belfast; Assistant Matron of the Cork Street Hospital, Dublin; and Assistant Matron at the Highfield Infirmary, Liverpool.

Liverpool Ladies' Lying-in Charity.—Miss Janet E. Rogers has been appointed Matron of the Liverpool Ladies' Lying-in Charity. She was trained at St. Thomas' Hospital and at the British Lying-in Hospital, Endell Street, W.C., and subsequently held the positions of Sister at the Devon and Exeter Hospital, Exeter, and of temporary Matron at the Gordon Hospital, Vauxhall Bridge Road. She has also had experience of Army nursing in connection with the Army Nursing Service Reserve in South Africa.

Smallpox Hospital, Brierley Hall.—Miss Jeannie Brooke has been appointed Nurse-Matron at the City Smallpox Hospital, Brierley Hall, Bradford. She was trained at the Royal Infirmary, Sheffield, and at present holds the position of Sister at the Eye and Ear Hospital, Bradford.

Miss Josephine Porter has been appointed Matron and Lady Superintendent at the Fermanagh County Infirmary. She was trained at the General Infirmary, Leeds, in which institution she has held various positions for the last fourteen years. The Leeds General Infirmary is an institution in which the experience gained is second to none, so that Miss Porter must have an extensive knowledge of hospital work and management.

ASSISTANT MATRON.

Poplar and Stepney Sick Asylum.—Miss Edith Lizzie Rowe has been appointed Junior Assistant Matron at the Poplar and Stepney Sick Asylum, Bromley-by-Bow, E. She was trained at the Southwark Infirmary, East Dulwich, and has held the position of Sister at the Bethnal Green Infirmary, and of Night Superintendent at St. Pancras Infirmary.

SUPERINTENDENT NURSE.

Hartley Wintney Workhouse.—Miss Eliza Burt has been appointed Superintendent Nurse at the Hartley Wintney Workhouse. She was trained at the Manchester Union Hospital, Crumpsall, where she held the position of Sister in medical and surgical wards for three years. She has also been Charge Nurse at the Park Fever Hospital, Hither Green.

QUEEN VICTORIA'S JUBILEE INSTITUTE.

Miss Edith M. Bridges has been appointed Superintendent of the Derbyshire County Nursing Association in affiliation with Queen Victoria's Jubilee Institute for Nurses. Miss Bridges was appointed Queen's Nurse on January 1st, 1902, and has worked in Liverpool and at Quedgeley (Gloucestershire).

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