

Health Rate in Germany.

Germany is, according to the *Medical Brief*, reported to have the highest death rate of any nation. This is generally attributed to the large consumption of beer by the Teutonic race, as all heavy drinkers of this beverage must absorb an injurious amount of salicylic acid—the latter being used in the manufacture of beer to prevent fermentation.

Physical Culture and Morals.

The *Medical Era* reports that some very interesting investigations on strictly scientific lines have been conducted at a school in New York with a view to solving the question as to the improvement of morals by physical culture. For one year the medical officer of the schools has been experimenting with 1,000 boys and girls, endeavouring to correct mental, moral, and physical deficiencies by means of intelligently enforced physical culture. As a result of this limited experiment, the doctors do not hesitate to say that, almost without exception, improved physical condition was promptly followed by improved mental and moral conditions; that cleaner morals came with physical improvement; that, to quote his own words, "as a body straightens and approaches the normal, the mind quickens and becomes more retentive, and the moral characteristics are invigorated."

Sea-Sickness.

The following remedy for sea-sickness is said by the *Nurses' Journal of the Pacific Coast* to be infallible if the patient during its application refrains from all other attempts at treatment, and does not take food or drink or indulge in smoking. When the first symptoms are felt, the patient should lie down at once perfectly flat; garments loosened, especially constriction by corset avoided. The appliances are a bowl of water at least 176 degs. Fahr, and two towels. A towel folded the width of the forehead is dipped in the hot water, wrung out, and tied tightly about the head just as hot as it can possibly be borne. Any available object such as a button-hook or tooth-brush, is used to twist it very tightly about the head. The application is at first rather trying, but the process is continued, a similar towel being substituted for the first until the patient experiences a feeling of well-being over the entire body. The onset of thirst gives evidence that the sea sickness has been conquered; but the patient must take no food until he is really hungry. When this occurs a little toast and hot unsweetened tea without milk may be taken, and two hours later he may resume his place at the table.

A Useful Hint.

The same journal gives the following advice:—Patients who are suffering from diseases where the respiration is rapid and laboured should be fed with a teaspoon and not through a tube, as the effort of getting the liquid from the glass into the mouth causes unnecessary exertion of the respiratory apparatus.

The Committee of King's and Miss K. H. Monk.

We understand that Miss Katherine H. Monk, late Matron of King's College Hospital, will, in recognition of her services to the institution, receive two years' salary from the Committee, as well as the purse of money recently presented to her by personal friends and members of the Committee and of the medical and nursing staffs.

The Irish Nurses' Association.

The Members of the Ulster Branch of the Irish Nurses' Association were entertained at Clondeboye on the afternoon of Saturday, August 25th, by the kind invitation of the Dowager Marchioness of Dufferin and Ava. The weather was all that could be desired, and the beautiful grounds were looking their best. The visitors were shown many of the most interesting curios and relics of which there are such a number at Clondeboye. The private chapel, with its ancient memorials from Egypt and Greece, its old Irish cross, and other inscriptions, etc., was visited, also the museum which contains mementoes of travels in almost every country. Tea was served in the dining-room where the beautiful old family portraits were much admired. The drive to and from Bangor was not the least enjoyable feature of the afternoon.

Appointments.

MATRON.

Victoria Jubilee Cottage Hospital, Swaffham.—Miss Mabel S. Kennedy, has been appointed Matron. She was trained at the County Hospital, York, where she held the positions of Ward Sister, Home Sister, and Night Sister. She has also done district nursing at Thetford, in Norfolk, and has been Sister-in-Charge of the Nurses' Home at Beccles.

Children's Homes, Humbie.—Miss Elizabeth Gillies, of the Bellfield Sanatorium, Lanark, has been appointed Matron of the Children's Homes at Humbie, East Lothian, in connection with the Edinburgh Children's Country Holiday Fund. She was trained at the Royal Infirmary, Glasgow.

The Lady Dufferin Hospital, Karachi.—Miss Sara T. Sutcliffe, has been appointed Matron. She was trained at the Clayton Hospital, Wakefield, at the Southern Hospital for Women, Manchester, and the Maternity Hospital, Manchester. She has also held the positions of Ward Sister and Matron's Assistant in the latter Institution, and of Matron at the Maternity Hospital, Birkenhead.

SISTER.

Isolation Hospital, Abingdon.—Miss Frances Despard, has been appointed Sister. She was trained at the Infirmary, Blackburn.

CHARGE NURSE.

Union Hospital, Crosland Moor.—Miss Mary Alice Brierley, has been appointed Charge Nurse. She was trained at the Union Hospital, Ashton-under-Lyne.

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