

point to keep in mind is, the current must be gradually strengthened until the required amount is running. After the necessary amount has been given it must be gradually lessened before being switched off so as to avoid shock to the patient, an easy matter with nervous patients if the above method is not carried out.

E. HURST.

*To clean Heads.*—A good way to clean dirty heads, when you are not permitted to cut the hair, is to rub the scalp well with carbolic lotion 1 in 20. Comb with fine comb, then put the hair in several plaits. Clean each plait separately every morning with fine comb and carbolic lotion. This can be done no matter how ill the patient is, as you can do a little at a time without distressing the patient.

M. GREEN.

*A Little Trouble Remedied.*—To many a nurse burnt Benger is a nightmare. She has to leave it on the fire just a moment; the enamel saucepan is old, thin, and chippy; and then—there creeps into the air a faint odour, and despair enters the nurse's heart. The last drop of milk used, time 4 a.m., the household asleep! Words are inadequate to describe the situation.

The remedy for this trouble is simple. *It would be worth while for every nurse to have a small aluminium saucepan as part of her travelling kit.* The saucepans are very light and practically unburnable. They are also easily cleansed, and will not carry the flavour of one dish into the next prepared. They wear well, and fruit, etc., can be cooked in them without danger. A small aluminium saucepan costs 1s. 6d.

JESSIE HARVEY.

*Two recipes for cooking eggs for Invalids:*

*A Boiled Egg.*—Have the water boiling, then drop the egg into it gently, and instead of leaving it to boil in the ordinary way, for three minutes, take the saucepan off the fire, and leave in some warm place for three or four minutes. The egg is by this simple process "lightly boiled," a term so often used by medical men, and so little understood by many nurses, and can be digested by the most delicate stomach.

*A Poached Egg:* Have a small enamelled frying-pan [these are sold on purpose for poaching eggs]: see that it is absolutely clean, rinse it with cold water, leaving just enough to cover the bottom. Now pour into it about a quarter of a pint of milk, add salt and pepper to taste and a very small piece of butter, and place on the fire to boil, *immediately* it boils, gently slip the egg into it and watch till it sets, then very carefully take it out and place on a very hot plate with or without a little of the milk it has been boiled in. I purposely avoid "hot buttered toast," and emphasise hot plate, as there is nothing more undesirable than the former for an invalid, especially if suffering in any way from stomach troubles. Seasoning the milk with salt and pepper, just makes the egg palatable, without the addition of either after cooking, often harmful to patients, and boiling in milk makes it very white and an appetising morsel for a patient on restricted diet!

EDITH M. BUNYARD.

## Appointments.

### MATRONS.

**West of England Eye Infirmary, Exeter.**—Miss Rose M. Penny has been elected Matron. She was trained in the Infirmary and has held the position of Head Nurse there for the last nine years, during which time she has gained the esteem of all.

**Hastings, St. Leonards and East Sussex Hospital.**—Miss Gertrude Henrich has been appointed Matron. She was trained at St. Thomas' Hospital, and has held the position of Matron at the Throat and Ear Hospital, Brighton.

**Drogheda Memorial Hospital, The Curragh.**—Miss Agatha J. Cullen has been appointed Nurse-Matron. She was trained at the Westminster Hospital, in connection with the Westminster Training School, where she worked for five years. She has also done private nursing in Ireland.

**Matilda Hospital, Hong Kong.**—Sister Royal, of the London Hospital, has been appointed Matron. Sister Rothschild, of the same institution, will accompany her as Sister.

### ASSISTANT MATRON.

**West End Hospital for Nervous Diseases, Welbeck Street, W.**—Miss Charlotte Sidgwick has been appointed Assistant Matron. She was trained at the Westminster Hospital, where she subsequently held the position of Masseuse, and has been Out-patient Sister in the institution to which she has now been appointed Assistant Matron. She holds the certificate of the Incorporated Society of Trained Masseuses.

### SISTERS.

**Addenbrooke's Hospital, Cambridge.**—Miss Margaret F. Macintyre has been appointed Sister of the Out-patient and Massage Department. She was trained at the Glasgow Royal Infirmary for over four years; since then she has held the posts of Sister-in-Charge at the Consumption Sanatorium, Bridge of Weir, N.B., and Masseuse at the Kent Nursing Institution. Miss Macintyre holds a certificate for massage.

**Beckett Hospital, Barnsley.**—Miss Lucy E. Elford has been appointed Sister. She was trained at the Stroud General Hospital, and has held the position of Staff Nurse at the National Hospital, and of Charge Nurse at the Brook Hospital, Shooters Hill.

**General Hospital, Weston-super-Mare.**—Miss Agnes E. Watson has been appointed Sister. She was trained at the Hospital, Rugby, and at Guy's Hospital, London, and has held the position of Sister at the Lambeth Infirmary, and at the Acland Home, Oxford, and of Night Superintendent at the Royal Surrey County Hospital, Guildford.

### QUEEN VICTORIA'S JUBILEE INSTITUTE.

Miss Helen A. E. Taylor has been appointed Superintendent of the Central Division of the East London Nursing Society, which is affiliated to Queen Victoria's Jubilee Institute for Nurses. Miss Taylor was appointed a Queen's Nurse in January, 1900, having received her hospital training at St. Thomas' Hospital and her district training at the Shoreditch Home; she has since worked as Queen's Nurse at Farringdon, Berks, and as senior nurse at Kettering.

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