

"As an extra sheet is sometimes scarce each nurse should have, as part of her kit, a leg holder made as follows: Two thicknesses of strong woollen webbing, or four of strong cotton flannel, 2 in. wide and 78 in. long when made, firmly stitched together; the middle of the strap is strengthened by being doubled over four times so that the total length before being made is 86 in. One half inch from each end attach a strong silver-plated snap hook, 1½ in. long and, 16 to 20 in. from each end respectively, to allow for difference in circumference of thigh, attach a strong silver-plated ring ¼ in. in diameter. This holder is applied and used in the same way as the twisted sheet. If the snap hooks and rings are silver-plated they will not rust and the whole can be boiled. The webbing, rings, and hooks can be bought at a harness maker's.

"*Protection of Bedding.*—Sometimes a protection for the mattress, pillow, or bedding is needed in a hurry; there is not time, or the patient cannot afford, to buy sufficient rubber sheeting or oil cloth, or the nurse may be taking care of a chronic case with incontinence of urine or faeces, or with a copious discharge, for whom it seems impossible to provide enough dressing in the form of gauze, absorbent cotton, or clean old rags. Several thicknesses of newspaper, or sheets of thick wrapping paper, covered with clean old cotton will absorb a quantity of moisture and protect the under surface.

"*Sterilisation.*—For an emergency operation when there is not time to sterilise the towels and sheets, by steaming or boiling, they can be rendered almost sterile by being ironed with a very hot iron and wrapped closely in another well-ironed towel.

"To sterilise by steam when there is neither an Arnold nor a Knye Schurer steriliser available, put two bricks on the bottom of a wash boiler, on them put an inverted baking tin or pie plates, and on these pile the bundles to be sterilised, being careful not to let the water be above the bricks, cover closely, keep the water boiling for one hour: remove the boiler from the fire and take out the bundles at once before the steam has time to condense on the lid and dry upon the sterilised articles.

"*Continuous Outflow.*—When a gynaecological case is ordered to have a prolonged douche lasting for an hour, it is extremely fatiguing, and quite unnecessary for the patient to have the douche pan taken out to be emptied every time it is full. A continuous outflow is ensured by putting the distal end of a Davidson syringe, weighted, into the pan, the proximal end hangs over a pail on the floor, at the side of the bed. If the syringe be too short a piece of rubber tubing may be attached. Start the flow by pressing the ball, and as long as there is water in the douche pan it will continue to flow through the syringe. If a Davidson syringe is unobtainable, a piece of rubber tubing may be substituted, and the flow started by means of suction; a syringe inserted at the proximal end drawing the water through until the flow is continuous."

Despatches received from Manila state that cholera of a most virulent type has appeared among the natives of Manila and the neighbouring provinces.

## Appointments.

### MATRONS.

**St. Mary's Hospital, Paddington.**—Miss M. E. Davies has been appointed Matron of St. Mary's Hospital, Paddington, and will take up her duties in October. Miss Davies was trained at King's College Hospital, London, and later acted as Sister and Assistant Matron at University College Hospital. In December, 1904, she was elected Matron of Queen Charlotte's Lying-in Hospital, Marylebone Road, N.W., in which position she has proved herself an able administrator.

**Queen Victoria Memorial, Welwyn.**—Miss M. Snow has been appointed Matron of the Queen Victoria Memorial Hospital, Welwyn. She received her training at the Royal Infirmary, Dundee, and is a certified midwife. She has had experience of district nursing as a Queen's Nurse.

### SISTER.

**Salop Infirmary, Shrewsbury.**—Miss M. Allibone has been appointed Sister at the Salop Infirmary, Shrewsbury. She was trained at St. Leonard's Infirmary, Shoreditch, and has held the position of Sister at the Shirley Warren Infirmary, Southampton.

### SUPERINTENDENT NURSE.

**Canterbury Workhouse.**—Miss Edith Kate Bennett has been appointed Superintendent Nurse at the Canterbury Workhouse. She was trained at the Poor Law Infirmary at Nottingham, and has held posts in the Kingston Hill, Windsor, Nottingham, and Epsom Infirmaries.

### CHARGE NURSES.

**Workhouse Infirmary, Nottingham.**—Miss Ethel Presgrave has been appointed Charge Nurse at the Workhouse Infirmary, Nottingham. She was trained in the Township of Manchester Workhouse Infirmary, and in infectious nursing at the Isolation Hospital of the Great Yarmouth Sanitary Authority. For the last two years she has been engaged in private nursing.

**North-Eastern Fever Hospital, Tottenham.**—Miss Lily Beatrice M. Hall has been appointed Charge Nurse. She was trained at Whipps Cross Infirmary, Leytonstone. She has also had fever training under the Metropolitan Asylums Board, and experience in private nursing.

**Southampton Isolation Hospital.**—Miss Kathleen Murphy has been appointed Charge Nurse. She was trained at the Mater Misericordiae Hospital, Dublin, and has held the positions of Charge Nurse at the Park Hospital, S.E., and the Fountain Hospital, S.W.

### QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The undermentioned Staff Nurses to be Sisters: Miss G. M. Allen, Miss N. Blew, Miss K. M. Bulman, Miss L. M. Dann, Miss E. M. Fairchild, Miss E. Foster, Miss M. E. M. Grierson, Miss M. S. Rann, and Miss M. F. Steele.

The undermentioned Staff Nurse is confirmed in her appointment, her period of provisional service having expired—Miss G. A. Howe.

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