

a great deal of study from every practising nurse. New ways of administering it and disguising its taste are things on which every nurse ought to be able to report progress in her methods from year to year.

The American Journal of Surgery says:—Don't pour hot oil into the ear to relieve pain. Heat can be applied much better in a hot mixture

of glycerine, alcohol, and water, which will not turn rancid or clog the ear, and can be removed by syringing with water. A towel or large pad of gauze wrung out in boiling water, and closely applied over the ear, covered with oil-silk or "protective" rubber tissues, is better than a hot water bag.

Sudden, one-sided diminution of hearing after bathing may indicate nothing more serious than water in the ear, or a plug of wax which has swelled up and obstructed the canal. If no means of syringing is at hand, the instillation of ether and alcohol, equal parts, will dry up the plug and often cause it to disintegrate, with a corresponding improvement in hearing. Swollen seeds, peas, or beans in the external canal, a frequent occurrence in children, can be treated similarly.

The Essentials of Asepsis. The essence of asepsis consists in avoiding, as far as possible, contact with everything, sterilised and unsterilised. Instruments and sponges that were sterile when handed to the surgeon may not be so after they have been in the wound; and the gloved hand of the nurse who removes soiled sponges from their handles at one stage of an operation should not be regarded as sufficiently clean for passing sponges and dressings at a later stage.

The Psychology of Health. In a recent lecture, Willard P. Hatch said:—"Our every thought and our every emotion has its effect not only on our character but also on our health. I am not a Christian Scientist, but I believe much in the psychology of health. Worry and anger cause chemical changes in the blood, as is now admitted, so that a change takes place in the anatomical organism, which is often shown in a change in facial expression. We should, for our own greater well being, endeavour to control our emotions.

Test of Degree of Anæsthesia. Avoid touching the cornea during the administration of an anæsthetic. The ocular reflex can be obtained just as well through the lids, and the pupils and motions of the globe offer the most definite indications of the degree of narcosis.

Appointments.

MATRONS.

Doncaster Infirmary and Dispensary.—Miss Alice M. Shaw has been appointed Matron. She was trained at the Royal Infirmary, Bristol, where she was promoted to be Sister. She has since been Assistant Matron at the Cumberland Infirmary, Carlisle.

Donbighshire Infirmary.—Miss M. Carruthers has been appointed Matron. She was trained at the General Infirmary, Huddersfield, and has held the following positions: Sister at West Ham and East London Hospital, Night Sister at Torbay Hospital, Torquay, and at the Royal South Hants Hospital, Southampton, Housekeeper at the Royal Infirmary, Bradford, Matron of the Kensington Dispensary, and Children's Hospital, and Assistant Matron *pro tem.* at the West London Hospital.

Leicester and Leicestershire Provident Dispensary and Cottage Hospital.—Miss A. C. M. Money has been appointed Matron. She was trained at the Radcliffe Infirmary, Oxford, and has been Staff Nurse at Heather Brow Convalescent Home, Hindhead, Sister of the Surgical Wards at Scarborough Hospital, Sister of Women and Children's Wards at Rochdale Infirmary, and Matron of Chesham Cottage Hospital.

Carlton Isolation Hospital, Notts.—Miss Annie T. Oldham has been appointed Matron. She was trained at the Victoria Infirmary, Glasgow, where she was promoted to be Charge Nurse. She has also been Night Sister at the Greenock Infirmary, and has had experience in district and private nursing.

Crewe Isolation Hospital.—Miss A. E. Clack has been appointed Matron. She was trained at the Royal Infirmary, Preston, and has held the following positions: Assistant Matron, Salop Infirmary, Shrewsbury; Sister at Preston Royal Infirmary, Hereford General Infirmary, Park Fever Hospital, Hither Green; and Matron of the Wortley Fever Hospital, Sheffield.

Kirkburton Joint Isolation Hospital.—Miss Lucy Acomb has been appointed Matron. She was trained at the General Infirmary, Leeds, and has been Staff Nurse at the Cumberland Infirmary, Carlisle; Charge Nurse at Brook Fever Hospital, London; Senior Charge Nurse and Deputy Matron at Huddersfield Sanatorium; and Matron of the Crossley Fever Hospital, Mirfield.

ASSISTANT MATRON.

Royal Infirmary, Manchester.—Miss Constance Mundy has been appointed Assistant Matron. She was trained at the Victoria Hospital for Children, Chelsea, and the Royal Derbyshire Infirmary, Derby, and has been Sister at the East London Children's Hospital, Shadwell, and at the Guest Hospital, Dudley.

SISTERS.

Bethnal Green Infirmary, E.—Miss Agnes May Welchman has been appointed Sister. She was trained at the Greenwich Infirmary, and has since been Ward Sister at St. George's Infirmary, Ful-

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