

Practical Points.

The Thesnor Chin Strap.

We have pleasure in drawing attention to the "Thesnor" chin strap, designed by Mrs. Helen Best, whose numerous and delightful toilet preparations are well known and widely appreciated. The "Thesnor" was produced by Mrs. Best as an aid to correct breathing, by keeping the mouth closed, and so preventing the entrance of atmospheric impurities to the lungs. It has been found, further, that it removes the feeling of physical fatigue which results from sleeping with the mouth open, and also



relieves the dryness of the throat and the parched condition of the tongue, due to the same habit, with the result that healthy, refreshing, and natural sleep is obtained. By its use the habit of snoring is also eradicated. The cost of the "Thesnor," which is made in two qualities, is 5s. 6d. and 7s. 6d., and those ordering this, or any other of Mrs. Best's preparations, should state whether these should be addressed Mrs. or Miss, and the permanent address should always be mentioned when writing from a temporary one. This is specially important in the case of nurses who move about so much.

Will our readers kindly note that Mrs. Best's address is now 524, not 526, Oxford Street, W.

Bed Pans and Bed Sores.

Every nurse knows that when a patient with a tender back has to use an old-fashioned bed pan of the circular pattern that the greatest care must be exercised, or tenderness and redness may quickly develop into a bed sore through pressure or rubbing of the tender spot. To such patients the "Perfection" bed pan, supplied by Meinecke and Co., U.S.A., and wholesale in this country through Grimwades, Ltd., Stoke-on-Trent, and through local agents, is a boon indeed, and never since it was first brought to our notice at the International Congress of Nurses in Buffalo, U.S.A., in 1901, have we seen one which can compete with it. It follows also that, if it is desirable for patients with threatened bed sores, it is also the right and most comfortable shape for ordinary patients, the reason being that the shape conforms to the body, which is not the case with bed pans of the ordinary type. Amongst the retail agents are Messrs. E. and R. Garrold, 150, Edgware Road, London, W., and Messrs. Southall, Bros. and Barclay, Birmingham.

London Homoeopathic Hospital.

MEDALS, BARS, AND PRIZES.

To commemorate the long and faithful service of the Sisters and nurses of the London Homoeopathic Hospital, and as a token of their appreciation of their sustained effort to maintain the standard of the nursing with due economy, the Nursing Committee decided to recommend the Board to award medals for six years' service and a bar for each additional five years' service. Eight Sisters and five nurses have received such medals.

Sister Mary Watkinson: 5 bars; Oct. 10th, 1882-1888; 1888-1893; 1893-1898; 1898-1903; 1903-1908.

Sister Margaret Sarll: 4 bars; Jan. 10th, 1886-1892; 1892-1897; 1897-1902; 1902-1907.

Sister Mary Edgar: 3 bars; July 10th, 1889-1895; 1895-1900; 1900-1905.

Sister Jessie Wallis: 2 bars; July 10th, 1895-1901; 1901-1906.

Sister Ada Rayner: 2 bars; Oct. 10th, 1895-1901; 1901-1906.

Sister Frances Hicks: 2 bars; May 10th, 1897-1903; 1903-1908.

Nurse Lillian Niemann: 2 bars; July 10th, 1897-1903; 1903-1908.

Sister Juliet Dickin: 2 bars; April 10th, 1898-1904; 1904-1909.

Sister Violet Cousins: 1 bar; May 10th, 1900-1905.

Nurse Eliza Wade: 1 bar; April 10th, 1900-1906.

Nurse Ethel Darley: 1 bar; Jan. 10th, 1901-1907.

Nurse Annie Breeze: 1 bar; Sept. 10th, 1901-1907.

Nurse Elsie Nicholas: 1 bar; Feb. 10th, 1902-1908.

The Board has also awarded a Gold Medal to the nurse in training obtaining the highest number of marks in her three years' examinations; also prizes for the Nurses' Examinations in the first and second year.

The prize winners for 1909 were as follows:—

GOLD MEDAL.

	Marks obtained.	Maximum possible.
Nurse Charter	1,129	1,300

MATRON'S PRIZES.

For next two Nurses with Highest Marks.

Nurse Sangar Nurse Collins.

2ND YEAR NURSES' PRIZES.

1st—Nurse Ward	503	600
2nd—Nurse Haile	497	600

1ST YEAR NURSES' PRIZES.

1st—Nurse Baron	512	600
2nd—Nurse Upton	486	600

THE DEFENCE OF THE NATIONAL HEALTH.

Mr. Stephen Paget, speaking at the annual Court of Governors of the Middlesex Hospital, referred to the proposal made by the London County Council that the hospital should provide, under a subsidiary agreement, medical treatment in the out-patient department for children attending public elementary schools, and said that he looked forward to the time when everybody should be made to pay for the defence of the national health just as they paid for the defence of the national peace and trade.

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