

The St. Margaret Invalid Lifter.

One of the most interesting exhibits at the recent Exhibition at the Imperial Institute, during the annual meeting of the British Medical Association, was the "St. Margaret Invalid Lifter," as used at the Johns Hopkins Hospital, Baltimore, and which has just been introduced into this country by Messrs. Allen and Hanburys, Ltd. The Lifter is made on the principle of a crane, and it is claimed that by its means the patient may be handled without discomfort, and nurses are saved physical strain. In addition to being a lifter, it is also a means of conveyance, enabling the patient to be moved with ease and comfort to any part of the hospital or home. It can also be used to raise a helpless patient from the bed while the mattress is being turned, to lower a typhoid patient into a bath, to move a patient from his bed to a couch, and for other purposes.

The stretcher upon which the patient rests is made of bands of webbing crossed at right angles to one another, and is attached to cross bars fastened to the upper arm of the lifter. It is easily manipulated, and should be of special service in incurable homes, where the nursing of heavy and helpless patients is a constant strain upon the nurses. In hospitals and infirmaries this lifter should certainly be stocked where it would soon be known as the nurse's friend. In private houses its cost, unless it can be hired, would probably prohibit its use in cases of short duration, except for the rich.

HOSPITAL FOR THE MIDDLE CLASS.

Miss R. V. Gill, secretary of the Women's Imperial Health Association of Great Britain, states that the association have for some time been considering the advisability of erecting a Hospital for the Middle Classes who are unable to pay the ordinary fees charged at private nursing institutions.

Foods as Medicines.

Mr. Andrew Wilson, writing in the *Illustrated London News*, says that it is a very quaint and charming study which takes us by the hand and leads us into the green pastures of the folk lore of plants. Things interesting and instructive are found on every hand, and the wisdom of ancient and mediæval science is distilled forth from every page devoted to the history of plant fare regarded from a medicinal point of view. Very powerful principles lie stored up in plant cells, ranging from the grateful lavender to the virulent atropin and digitalin.

Many of the plants we eat really represent agents of medicinal value. Most of us swallow things by faith, use, and wont, and not according to knowledge of what we eat, and hence arise the many groanings and lamentations over disordered interiors. Not that we know much about the medicinal action of plants consumed as food. On the contrary, it is a topic, this, which can bear much research and exploitation. Thus asparagus is said to be a kidney stimulant, and to exercise a soothing influence on the heart; in Russia it is taken to arrest bleeding, and in France a syrup of the plant is given as a remedy for rheumatism. Onions boiled and taken at night are commended for sleeplessness, and also,



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as they contain sulphur, they are commended as an article of diet in skin troubles. The cabbage and cress tribes are anti-scorbutic, the lettuce contains opium, and one professor claims that fresh lemon juice taken daily will prolong life.

AN INTERNATIONAL HOSPITAL.

An International Hospital is now open in Adana, Turkey—the only one (except a hospital for Turkish soldiers) in a district having a population of 70,000. The nurses are mainly English, and it will be a great relief to the friends of young men working there to have them well cared for in sickness.

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