

Girls nowadays are taught all athletic games, but very few of them are ever taught anything in the way of looking after the sick—unless they go into some hospital specially to be trained—and after all, nursing is much more useful to girls than some of the extra subjects they take.

H. E. B.

## Practical Points.

### Remedy for the Pain of Insect Bites.

Dr. Patrick Maloney writes in the *Journal of the American Medical Association*: "The bites of mosquitoes and various gnats, the stings of wasps, bees, etc., have often produced a considerable amount of pain and discomfort, and even death has resulted as a consequence of such stings in human beings. For some time past I have used iodine crystals in saponated petrolatum, 30 to 40 grains to an ounce. A few drops of this is rubbed over a mosquito bite with magical effects. I have also rubbed it over parts stung by wasps of various sorts and sizes. The pain of the sting was very quickly relieved."

Horace Walpole, writing on the progress of aviation in his day, says: "If there were no air sickness, and I were to go to Paris again, I would prefer a balloon to the packet boat, and had as lief roost in an oak as sleep in a French inn, though I were to caw for my breakfast like the young ravens." And, says the *Globe*, as might be expected, the progress of aviation is developing its own peculiar sickness. Already this has come under the notice of the medical profession, and Dr. Dastre has been discoursing on the subject of air sickness before the French Academy. Aviators who fly high or come down quickly are specially subject to it. The symptoms are more severe than those experienced in balloons, and more or less resemble mountain sickness. On rising to a height of 5,000 feet the breath is shorter and the heart beats faster, though generally there is no palpitation. Above 6,000 feet there is buzzing in the ears. A serious symptom is a tendency to sleep.

Lemons make an irresistible appeal in hot weather, and it is pleasant to find that they are not only refreshing, but beneficial. The great value of the acid salts of lemons lies in their solvent properties of the lime salts of the blood and of the precipitated calcareous deposits in the mouth and through the tissues of the organism. Electricity, says Mr. J. C. Richardson, in *Health Record*, has the property in many cases of throwing these excesses of lime out of the blood, but the cure is never permanent, and can only be satisfactorily treated by a system of positive removal through the kidneys or skin. And for this purpose lemons, judiciously used so as not to upset the mouth or digestive functions of the stomach and intestines, are an ideal fruit.

## Appointments.

### MATRONS.

**St. John's Hospital for Diseases of the Skin, Uxbridge Rd., London.**—Miss Annie Wolfram Gooding has been appointed Matron. She was trained at the Poplar Hospital, and has held the position of Night Superintendent and Assistant Matron at the Lewisham Infirmary.

**East Sussex Hospital, Hastings.**—Miss Constance Roseby has been appointed Matron. She was trained at the London Hospital.

### SUPERINTENDENT.

**Derbyshire County Nursing Association.**—Miss Adelaide Nina Morson has been appointed Superintendent. She was trained at St. George's Hospital, London, and at the General Lying-in Hospital, York Road, Lambeth, and has held the position of Queen's Nurse at Cleobury Mortimer; St. John's, Kidderminster; and Malvern Link. She is a certified midwife.

### ASSISTANT MATRON.

**London Homeopathic Hospital.**—Mrs. Firth has been appointed Assistant to the Matron. She was trained at the Stanley Hospital, Liverpool, and has held the positions of Sister and Matron at the Southern Hospital, Manchester, and of Night Sister at the London Homeopathic Hospital. She has had experience of private nursing, and is a certified midwife.

### HOME SISTER.

**North Staffordshire Infirmary, Hartshill, Stoke-on-Trent.**—Miss Agnes C. Snowden has been appointed Home Sister. She was trained at the Royal Portsmouth Hospital, and has been Sister at the Royal Infirmary, Bradford, and Night Superintendent at Stockport Infirmary. She is a certified midwife.

### NIGHT SUPERINTENDENT.

**Kingston Union Infirmary, Kingston Hill, Surrey.**—Miss Martha Spooner has been appointed Night Superintendent. She was trained at the West Bromwich Infirmary, and has held the position of Massage Sister at the Fulham Infirmary. She is a certified midwife, and holds the certificate of the Incorporated Society of Trained Masseuses.

### NIGHT SISTER.

**London Homeopathic Hospital.**—Miss Margaret E. Atkinson has been appointed Night Sister. She was trained at the Cumberland Infirmary, Carlisle, and at the Plaistow Fever Hospital, and has held the position of Theatre Sister, Acting Ward Sister, and Acting Night Sister at the Cumberland Infirmary.

**Victoria Hospital for Sick Children, Hull.**—Miss Edith Rickard has been appointed Night Sister. She was trained at the General Infirmary, Chichester, and has been Sister of the Women and Children's Wards at the Victoria Hospital, Keighley.

**Maternity Hospital, Birmingham.**—Miss Saville has been appointed Night Sister. She was trained for three years at the Royal Infirmary, Halifax, where she temporarily did Sister's duties. She trained in midwifery at the Royal Infirmary, Dundee, and has been Sister in the Labour Ward at the Maternity Hospital, Aberdeen. She is a certified midwife.

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