

At 5.15 all gathered together again to have a photograph taken. Supper was served at 6.40, at which over 70 sat down, and several of the foundation members and old friends of Miss Rogers stayed the night.

It was a never-to-be-forgotten meeting, and one that will live in the memory of those that were present for many a long day.

JESSIE W. DAVIES, *Hon. Sec.*

We have great pleasure in publishing the portrait of Miss Watherstone, the first Gold Medallist at the Leicester Infirmary. It must add not a little to her pleasure at the honour conferred upon her that the medal is given by Miss Rogers, and is the only one awarded during her term of office as Lady Superintendent.

### THE KING'S BIRTHDAY HONOURS.

#### KAISAR-I-HIND MEDAL.

Amongst the large number of honours conferred by the King on the occasion of his birthday, he has been graciously pleased to make the following awards of the "Kaisar-i-Hind Medal for Public Service in India" of the First Class:—

Miss Catharine Frances Ling, a member of the Church of England Zenana Mission, Madras Presidency; Sister Mary of St. Paula, Lady Superior of the College of the Sacred Heart and of the Convent of the Good Shepherd at Bangalore.

#### ROYAL RED CROSS.

The King has been graciously pleased to confer the Decoration of the Royal Red Cross upon: Miss Amy Nixon, Matron, Queen Alexandra's Imperial Military Nursing Service; and Miss Mary Wilson, Matron, Queen Alexandra's Imperial Military Nursing Service.

### EXAMINATIONS.

*The Royal Free Hospital Nurses' League Journal* announces that in the Nurses' Examinations just concluded the first Gold Medal awarded by the Cordwainers' Company to the Nurse attaining the highest marks in her third year's examination has been gained by Miss Emma Mary Read.

*Third Year Nurses.*—Miss Read, *Gold Medallist*, Misses Noakes, Sadd, Hurley, Ross, Carrol, Instrell, Hart, Cordwell, Hughes and Brand.

*First Year Nurses.*—Misses Drewitt, Kirby, Brown, Morgan, Maitland, Fowler, Bliss, Sutherland, E. M. Williams, Gould, Grew, Boyd, Fryer and Holmes.

### THE HEALTH CONFERENCE AND EXHIBITION.

"If a man is wise and knows the value of good health, he will do everything in his power to prevent disease"—so wrote Hippocrates, and it is to instil this wise axiom into the public mind that the Health Conference and Exhibition, 1912, will open on Monday next at the Royal Horticultural Hall, Westminster. Nurses should visit it without fail—they will come away the wiser.

### PRACTICAL POINTS.

Dr. Edward Anderson, in *A Means of Emptying the Bladder*, the *Charlotte Medical Journal*, emphasises the fact that the bladder, when partially paralysed from parturition, or any other cause, can always be made to empty itself perfectly by throwing a large amount of very warm water into the bowel, thereby doing away with the necessity of using a catheter—a most important consideration, particularly when the patient lives at a distance from the doctor. After difficult and protracted labours I have been obliged to use the catheter every day, for weeks at a time, which was annoying to the patient and inconvenient to myself. Since using the above recommended plan I have had no trouble in this direction, the bowel and the bladder emptying themselves at the same time.

Dr. H. M. King, in *The Over-Feeding in Tuberculosis*, the *Medical Record*, sounds a note of warning on the over-feeding of the tuberculous.

He writes: "The tuberculous patient with a quiescent lesion and good digestion, like the healthy individual, undoubtedly eats more than his body actually requires, but here Nature takes care of the unused residue, and no harm ensues. Not so, however, in the consumptive with an active lesion and a tendency to digestive disturbance. Here unabsorbed food products and such as have been incompletely broken up become an actual menace in the alimentary canal, and too often are responsible for the most serious complications."

Under the above title, a paragraph from a German medical journal has been going the round of the newspapers, drawing attention to a possible factor in the spread of infectious conditions of the mouth, nose and pharynx that is insufficiently recognised in many households. It points out that common table utensils, such as forks, spoons and glasses, which come into contact with the mouth, are usually washed all together, often with little care, and dried on the same cloth. This gives great opportunity for the distribution of infective agencies. For this reason particular care should be exercised in families where any member may be suffering from an infectious disease to sterilise the table utensils used in boiling water. The infectious germ is so minute that the eye does not detect its presence. It is necessary, therefore, to keep up a constant effort for the destruction of hurtful germs and germ carriers, by introducing as far as possible the precautionary practices of sanitary science into domestic use. Already it is the rule in many hospitals, sanatoria, and school sick wards to immerse the knives, forks, plates, dishes, &c., used by patients in a pail containing a 1 in 200 solution of Izal, and a similar safeguard might be adopted with advantage by careful housewives.

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