

the subject. Dr. Menzies then explained how a decision could be arrived at by a medical expert. No real help could be gained at present by height and weight. The blood test was helpful, but unreliable. One had to go for general appearance. The skin was loose and lacked smoothness, owing to the loss of subcutaneous fat. The presence of unhealthy eruptions was another symptom. Slight inflammation of eyelids, roughness of the hair, facial expression and lack of animal spirits to be noted. Ignorance of the right kind of food and how to prepare it was largely the cause of malnutrition, but there were many others. Want of assimilation, due to bad teeth; hurried meals, excess of liquid taken with meals; the consumption of strong tea or coffee and alcohol. Organic disease. Deficiency of fresh air, or insufficiency, owing to adenoids or rickets; tight clothing, bad posture. Extreme anæmia. Defective oxidation, late hours, congenital disorders, excessive breaking down of tissue, overwork, want of sleep, deliberate starvation. Dr. Menzies mentioned a case of the latter, where a fat schoolboy, through being teased, bought two bottles of Antipon, and refused food to the extent that he lost two stone in weight. In dealing with malnutrition, due to improper feeding, one had to remember how difficult it was to get fresh milk, eggs, vegetables, meat and fish in the poorer parts, especially in the summer; also to remember the cost. A certain amount of instruction on cooking and feeding was given in the schools, but Dr. Menzies did not consider it sufficient. He spoke of the overworked mother, often the bread-winner, and out all day, which, of course, resulted in irregular and badly prepared meals. Dr. Menzies gave details of an ideal dietary. He mentioned the strides made since public health questions had aroused interest, *e.g.*, the passing of the Midwives Act of 1902, followed by the Notification of Births Act of 1907, the Children's Act of 1908. Later, the Acts dealing with the employment of children and provision of meals. Dr. Menzies received hearty applause at the close of the lecture.

EUGENICS.

We are glad to know that the lectures on "Eugenics," given by the Rev. Mrs. Macroy Irwin, at 45, Brook Street, W., have been well attended, and pronounced to be highly instructive. On the 30th and 31st inst., the subjects will be "The Bar of Isis and Inviolable Motherhood"; and "The Mystery of the Circle and the Cross (Interpretation of Sex and Marriage)."

APPOINTMENTS.

MATRON.

Victoria Hospital and Private Nurses' Institution, Deal. —Miss Mabel Vivian has been appointed Matron. She was trained at Guy's Hospital, and had experience in infectious nursing at the Western Hospital, Fulham, M.A.B., and has held the position of Sister at St. Mary's Infirmary, Islington. For the last five years she has worked on the staff of the Registered Nurses' Society. She holds the massage certificate of the I.S.T.M.

Anglo-American Hospital, Cairo. —Miss Carter has been appointed Matron. She at present holds the position of Assistant Matron at Westminster Hospital.

NURSE MATRON.

Victoria Cottage Hospital, Wimborne. —Miss Ida M. King has been appointed Nurse-Matron. She was trained at the London Hospital, and has been Ward Sister and Assistant Matron at the Borough Hospital, East Ham, and Night Superintendent at the General Infirmary, Salisbury.

HOME SISTER.

City Hospital for Infectious Diseases, Newcastle-on-Tyne. —Miss Aeileen G. E. Stallwood has been appointed Home Sister. She was trained at the Royal Infirmary, Hull, and has been Sister at the Chesterfield and North Derbyshire General Hospital, Holiday Sister at the Royal Waterloo Hospital, S.W., and the Royal Albert Edward Infirmary, Wigan, and Night Superintendent at the Swansea General and Eye Hospital. She has also had experience in infectious nursing.

SISTER.

Charing Cross Hospital, Strand, W.C. —Miss Margery Willis has been appointed Sister in the Electrical and X-Ray Departments. She was trained at the Bolton Infirmary, Bolton, and from May to August, 1910, held the position of Holiday Staff Nurse at Charing Cross Hospital. She was also Sister to the Electrical Department at Bolton from September, 1910 to August, 1911, and Night Sister from September 1911 to the present time.

General Hospital, Birmingham. —Miss C. Bailey has been appointed Sister. She was trained at the same institution and has since been sister at the Victoria Cottage Hospital, Guernsey.

MASSAGE SISTER.

Guest Hospital, Dudley. —Miss C. L. Martin has been appointed Massage Sister. She was trained at the Kensington Infirmary and has since worked at St. Peter's Hospital, Henrietta Street, Covent Garden, W.C., and the National Hospital, Queen Square, Bloomsbury, and has been Masseuse, and Assistant in the X-Ray Department at the Swansea General and Eye Hospital.

NIGHT SISTER.

Royal Isle of Wight Hospital, Ryde. —Miss Ethel Cliften has been appointed Night Sister. She was trained at the General Hospital, Tunbridge Wells, and has done Sister's holiday duty there.

[previous page](#)

[next page](#)