

## FROM OUR EXCHANGES.

*The American Journal of Surgery* says that "irrigating the throat with ice water from a fountain syringe will relieve the congestion of acute follicular tonsillitis."

*The Medical Record* says that "the investigations of German physicians have proved that in about one third of all cases of diphtheria, virulent bacilli reach the urine and are often in position to propagate the infection, it should be carefully disinfected so long as the disease lasts."

*The Journal of the American Medical Association* has a recommendation by Dr. L. S. Hine of the use of a salt solution to relieve constipation. Two teaspoonfuls of table-salt in a pint of sterilized water should be taken in the morning before breakfast. The patient should sip the solution slowly, and at the same time breathe deeply, as a stimulus to peristalsis. The dose is followed by an evacuation in a short time, from half-an-hour to an hour. Unlike other saline cathartics, the salt carries off scybalous matter.

Dr. William F. Doolittle reports a case of hiccup, following an operation for appendicitis, which was relieved, and after four applications overcome, by the passage of the stomach-tube. Various remedial agents had been tried first—oil of amber, Hoffman's anodyne, ether sprayed on the epigastrium, inhalation of nitrate of amyl, counter-irritation over the diaphragm, holding the breath, psychic effect of fright, &c.—without apparent result.

Diseased teeth and gums are a constant menace to health. If the mucous membrane of the mouth and gums is in a healthy condition, it is almost impervious to infection, otherwise it becomes an avenue of infection. The germ of tuberculosis may enter through decayed teeth or infected pulp-canals. Primary tuberculosis of the mouth is not a rare disease. The septic mouth is a centre for the spread of the disease to others.

"A Western Nurse" writes in the *American Journal of Nursing* on the "Care of a Baby's Navel." "I keep the cord clean and disinfected by using twice a day a solution of alcohol and sterile water, equal parts of each. For a dressing, I use sterile cotton and stearate of zinc powder. I have never had any difficulty with a cord being slow to heal, and there has been no odour in any of my cases."

#### A SIMPLE METHOD OF FEEDING INFANTS.

Nurses and midwives should send a postcard to Messrs. Burroughs Wellcome & Co., 6, Snow Hill Buildings, London, E.C., asking for their booklet entitled "A Simple method of Feeding Infants." It describes the method of humanising cow's milk with "Kepler Malt Extract," which must be a boon in many households where more complicated methods are impracticable.

## APPOINTMENTS.

**MATRON.**

**The Cottage Hospital, Moreton-in-Marsh.**—Miss Jemima Pickering has been appointed Matron. She was trained at the General Infirmary, Harrogate, and has held the positions of Charge Nurse, Sister and now Senior Sister-in-Charge of Male and Female Wards and Theatre at the Eston Hospital.

**Infectious Diseases Hospital, Sutton, near Hull.**—Miss Rachel Mason has been appointed Matron. She was trained at the Infirmary, Beckett Street, Leeds, and held positions at the Hull Sanatorium and Hull Garrison Hospital for 4½ years. She has also been Charge Nurse at the Cambridge Fever Hospital, the Bolton Union Infirmary, and the Newcastle-on-Tyne Union Infirmary, and has had experience of private nursing. She is at present Matron of the Carlton Hospital, Worksop.

**SUPERINTENDENT.**

**Leicestershire Nursing Association.**—Miss Lucy Snape has been appointed Superintendent. She was trained at the Northern Hospital, Liverpool, and received her district training in the same city. She has also held the position of health visitor, school nurse, tuberculosis visitor, and of inspector of midwives for the Leicestershire County Council.

**HOME SISTER.**

**Hospital for Consumption, Brompton.**—Miss M. E. Barr has been appointed Home Sister. She was trained at St. Thomas's Hospital, and has been Sister at the Bristol General Hospital, and at the Kasr-el-Aini Hospital, Cairo.

**NURSE-MATRON.**

**Infectious Diseases Hospital, near Dunstable.**—Miss Theresa F. Sephton has been appointed Nurse Matron. She was trained at the Borough Sanatorium, St. Helens, and at the Blackburn and East Lancashire Infirmary, and has been Sister at West Bromwich Hospital, Stafford General Infirmary, Bradford Children's Hospital, and since 1909 Assistant Matron at the Borough Sanatorium, St. Helens.

**SISTER.**

**Rochdale Infirmary.**—Miss Dora Clarke has been appointed Sister. She was trained at the Norfolk and Norwich Hospital; and has been Sister at the Peterborough Infirmary; Sister at Whitehaven Infirmary; Staff Nurse at Wellingborough Cottage Hospital; and Sister-Matron of the Research Hospital, Cambridge.

**Infectious Diseases Hospital, Skipton.**—Miss Alice Duggan, who has recently been appointed Sister at the above hospital, was trained at the Monsall Fever Hospital, and the West Didsbury Hospital, Manchester, not at the Fever Hospital, Great Yarmouth.

**SCHOOL NURSE AND SANITARY INSPECTOR.**

**Edmonton Urban District Council.**—Miss Nora Playne has been appointed School Nurse and Junior Woman Sanitary Inspector. She was trained at the Chelsea Infirmary, and was a teacher at Caversham Secondary School, Reading, before

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