

## THE NEW MATRON OF MIDDLESEX.

Miss Montgomery, the Matron of Addenbrooke's, left Cambridge on Wednesday, 17th inst., to take up her new duties at the Middlesex Hospital and was given a hearty send-off by members of the Hospital staff, who assembled outside the building. Before leaving she received a number of handsome presents from members of the General Committee of the Hospital, the Ladies' Needlework Guild, and the staff.

Miss Montgomery, during her stay at Addenbrooke's Hospital as Matron, endeared herself to the hearts of all with whom she came in contact, and was extremely popular with the members of the various staffs; and the news of her departure was received with great regret. Everyone was willing and anxious to subscribe to the various testimonials, tangible evidence of the esteem and goodwill felt for her. The members of the General Committee presented her with an old oak dresser, and the members of the Ladies' Needlework Guild gave her a gold and pearl star pendant. The past and present sisters and nurses subscribed for a half-hunter gold watch, inscribed, "To Matron, with love from her sisters and nurses, 1908-13, Addenbrooke's," and a silver gilt-fitted handbag; the members of the Domestic Staff gave her a silver photo-frame, upon which was the inscription: "To Matron, from Domestic Staff, Addenbrooke's Hospital, 1913"; and the members of the Office Staff presented her with an attaché case, with the initials "M.G.M." engraved upon it.

## PRACTICAL POINTS.

### How to Keep Fresh.

A clear skin is a sure sign of good health; as we grow older, of course the bloom of youth must go, but much may be done to retain the beauty of health. Some people dislike lines and wrinkles—although they have a beauty of their own, when they denote deep thought and hard work. What all do not realise is that the complexion which adds so much to the charm of appearance is often a matter of diet. Wholesome food—that is the secret—not too much tea or coffee, and no alcohol or tobacco. Begin the day well—fortified by a good breakfast—and make its first course a portion of porridge made of equal parts of Robinson's Patent Groats and Robinson's Barley and milk; each plate-full to contain one-sixth of an ounce of table salt and sufficient sugar to render the porridge palatable. Also never stint liquids; the system requires them—the quantity consumed (and nothing is more wholesome than barley water with a squeeze of lemon) should bear the proportion of three-and-a-half pints to a weight of eleven stone. It is claimed that by following out this regimen a surprising improvement in the appearance of the skin will result.

## APPOINTMENTS.

### MATRON.

**Western Hospital for Incipient Consumption, Torquay.**—Mrs. A. M. Simons has been appointed Matron. She was trained at the Royal Devon and Exeter Hospital. She was promoted to be Sister and Assistant Matron at the same institution, and has also been Assistant Matron at the Royal Berkshire Hospital, Reading.

**Longton Cottage Hospital, Staffs.**—Miss J. M. Taylor has been appointed Matron. She was trained at the General Infirmary, Chester; Monsall Fever Hospital, Manchester; and has held the positions of Ward and Night Sister at the Hospital St. Cross, Rugby; and Ward, Theatre and Out-patient Sister at the Longton Cottage Hospital.

### NURSE MATRON.

**Isolation Hospital, Borough of Richmond, Yorks.**—Miss Bella Mitchell has been appointed Nurse-Matron. She was trained at King's Cross Hospital, Dundee, and has for the past eleven years been attached to the Bromley and Beckenham Joint Isolation Hospital.

### SISTER.

**St. Mary, Islington Infirmary, Highgate Hill, N.**—Miss Rachel Ferguson and Miss Anna Weibkin have been appointed Sisters. The former was trained at St. Mary, Islington Infirmary; and was Staff Nurse at the Royal National Hospital, Queen Square; and holds massage and electrical certificates. Miss Weibkin was trained at Lewisham Infirmary; has worked at the British Home for Incurables, Streatham; and holds the C.M.B. certificate.

**Essex County Hospital, Colchester.**—Miss E. M. Hall has been appointed Sister. She was trained at the Beckett Hospital, Barnsley, and Swallow-nest Isolation Hospital; and she has since been Sister at Isolation Hospital, Norwich, and Clifton Hospital, Brighouse.

**Union Hospital, Bradford.**—Miss Johnson, Miss L. M. Baird, and Miss A. Pollitt have been appointed Sisters. Miss Johnson was trained at Holborn Infirmary, London, where she was also Sister. Miss Baird was trained at West Derby Infirmary, and has been Charge Nurse at the Union Infirmary, Hull. Miss Pollitt was trained at the Union Hospital, Bradford, and has also had experience of private nursing.

**Rotunda Hospital, Dublin.**—Miss A. E. White has been appointed Sister of the Gynaecological Wing. She was trained at the Meath Hospital, and County Dublin Infirmary, and has held the following positions: Sister, Massage Department, Royal Victoria Hospital, Belfast; Night Superintendent and Massage Instructress, Addenbrooke's Hospital, Cambridge, and Sister of Women's floor, Hospital for Epilepsy and Paralysis, Maida Vale, London. Miss White holds the certificates of the Central Midwives Board, and of the Incorporated Society of Trained Masseuses.

[previous page](#)

[next page](#)