

Self-reliance, resourcefulness, and an unquenchable faith in her mission, are the factors which make for the success that Sister Arendt has already achieved. She relies upon her own efforts entirely. She has written several books, one or two of which are known in this country to some of us, at least by name—

1. "Travellers Who Have Lost the Way."
2. "Experiences of a Police Assistant."
3. "Children Traffickers."
4. "The Thorny Path of Mercy."

Upon the sale of these books and her lectures in European countries, she relies for support of her work. Sister Arendt has come to England to study the social institutions and conditions, especially Dr. Barnardo's Homes, the Salvation Army and the Society for the Prevention of Cruelty to Children. We feel honoured by her visit, and extend a hearty welcome to her, and we are proud to think that one of our sex and profession has achieved so much for the good of mankind.

BEATRICE KENT.

### PRACTICAL POINTS.

#### Tubercle Bacillus in the Fæces.

A contemporary believes it to be as important to disinfect the stools of tubercular patients as to disinfect the sputum. The danger of contaminating water supplies is really greater than in the case of the typhoid bacillus because of the greater resistance of the tubercle germ. The swallowed sputum is the most probable origin of these organisms, though ulcers are often found in the intestines at autopsies.

#### Tobacco Smoking and Mental Efficiency.

In a test reported by the *New York Medical Journal*, it was found that tobacco smoking produced a decrease in mental efficiency of 10.5 per cent. The three greatest losses were imagery, perception, and association. Cigarettes were the most injurious. Pyridine seemed to be the principal toxic factor in tobacco smoke.

#### Sponge Poultices.

The late Dr. W. Richardson recommended the use of a sponge for mustard poultices. He said: "A sponge makes the best of mustard carriers. The nurse mixes the mustard in a basin with water until the mass is smooth and of even consistency. Then she takes the soft mass all up with a clean sponge, lays the sponge in the centre of a soft white handkerchief, ties up the corners of the handkerchief neatly, to form a hold, and applies the smooth convex surface to the skin.

"This mustard sponge, warmed again by the fire and slightly moistened, can be applied three or four times, is good for several hours, and saves the trouble of making a new poultice for re-application, often a matter of importance during the weariness of night watching. The sponge can be washed clean in warm water."

### PRIZES FOR NURSES.

The Annual Prize-giving to Nurses took place at the Mount Vernon Hospital, Northwood, on Tuesday, May 26th, 1914.

The Committee of Management assembled in the Board Room, and a report of the year's work was given by the Medical Superintendent (Dr. W. G. Kinton). He stated that the examinations had been very searching, and the results were highly satisfactory. The Examiner (Dr. George Johnston, Senior Physician to the Hospital), had written, expressing great pleasure at the high standard attained. In the Senior Section, Nurse M. Vant gained 80 per cent. in advanced anatomy and physiology, and 78 per cent. in theory of nursing; and Nurse Blackburn, 71 per cent.

In the Junior Section, Nurse E. Vant gained 84 per cent.; and Nurses Thomas and Simpson, 83 per cent.

The Chairman of the Committee of Management (Mr. Charles Johnston), in a very telling address to the assembled nurses, congratulated them on the splendid results of their work. He pointed out how great a future lay before each of them, if they continued to work as earnestly as they had begun. "No profession open to man or woman is so fraught with opportunities for love and service as yours, and I would urge upon you to work with the highest motive, and to remember how Christ-like is your life, if fulfilled in this spirit." He urged them especially to be loyal and faithful to the powers that be, and to be proud of their hospital and of each other. The prize list was then read by the Matron; and the prizes, exquisitely bound in green morocco (kindly given by Mr. H. Stedall, late Chairman of the Hospital), were handed to the successful nurses. Nurse Vant thanked the Committee for their kind interest in coming so far to take part in the festivities, and spoke with much gratitude of the trouble taken by the Matron and the Medical Superintendent in lectures and classes.

A delightful tea was provided, to which the nursing staff were invited to meet the Committee; and after much pleasant talk and an inspection of the hospital, a very happy afternoon was ended.

#### PRIZE LIST.

Advanced Anatomy and Physiology.—1st Prize, Nurse M. Vant; 2nd Prize, Nurse Blackburn.

Theory of Nursing.—1st Prize, Nurse M. Vant.

Practical Nursing.—1st Prize, Nurse M. Vant; 2nd Prize, Nurse Birch; 3rd Prize, Nurse Blackburn.

Junior Anatomy and Physiology.—1st Prize, Nurse E. Vant; 2nd Prize, Nurse Simpson and Nurse Thomas (bracketed).

### NEW BRITISH PHARMACOPŒIA.

The General Medical Council has taken steps for the publication of the new Pharmacopœia which has been under preparation for many years.

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