five to ten milliampères are passing, gives a decided shock, and with twenty milliampères on upwurds the shock might be serious.

Diets and sick-room cookery are dealt with and a number of useful recipes given.

The last chapter deals with "Nursing as a Profession," or more accurately, with the various openings for training and post-graduate work, as the organization of the profession is not touched upon. In connection with midwifery, we read that "many training schools give certificates

in addition to preparing the candidate for the Central Midwives Board examination, which is the best diploma." It should be stated that it is a penal offence to practise midwifery without holding the certificate of the Central Midwives Board in England and Wales, or of the Board for Scotland in that country.

Also, Malta fever should be attributed to drinking infected goats' milk, and the definition of a heinia on page 424 is not strictly accurate; but these are minor blemishes in a most useful book, upon which a great amount of care has been expended.

## HONOURS FOR NURSES,

## THE ROYAL RED CROSS. BAR TO DECORATION.

A bar to the Red Cross (recently instituted by the King) is conferred upon the following Matrons, in recognition of their valuable services during the war :-

Miss Ethel Hope Becher, R.R.C., Matron-in-Chief, Q.A.I.M.N.S.; Miss Sidney Jane Browne, R.R.C., Matron-in-Chief, T.F.N.S. (ret., (ret., Q.A.I.M.N.S.); Miss Jane Hoadley, R.R.C., Matron, Q.A.I.M.N.S.; Miss Beatrice Isabel Jones, R.R.C., Matron, Q.A.I.M.N.S.; Miss Emma Maud McCarthy, R.R.C., Matron-in-Q.A.I.M.N.S.; Miss Sarah Elizabeth Chief, Oram, R.R.C., Principal Matron' (T./Matron-in-Chief), Q.A.I.M.N.S.; Miss Annie Beadsmore Smith, R.R.C., Principal Matron, Q.A.I.M.N.S.; Miss Mary Wilson, R.R.C., Principal Matron, Q.A.I.M.N.S.

The King has been pleased to award the Royal Red Cross Decoration to the undermentioned ladies of the Nuising Services, in recognition of their valuable services with the Armies in the Field.

## FIRST CLASS.

Misses Millicent Acton, Matron (A./Principal Matron), T.F.N.S.; Margaret Anderson, Head Sister, Aus. A.N.S.; Edith Elizabeth Appleton, A./Sister, Civil Hpl. Res., St. Bartholomew's.

Misses Ellen Elizabeth Baldrey, Sister, Q.A.I.M.N.S.R.; Marian Winfield Bannister, Marian Winfield Bannister, Sister, Q.A.I.M.N.S.R.

Misses F1 edei ickke Wilhelmina Christopheison, Asst. Mation, Q.A.I.M.N.S.R.; Grace Sister (A./Mation), Q.A.I.M.N.S.R.; Coi der. Elizabeth Joan Cumming, Matron, A.N.S.R.

Mrs. Nora Dalrymple, Sister, Q.A.I.M.N.S.R.;

Misses Maud Alice Dunn, Sister, T.F.N.S.; Ethel Sarah Davidson, Matron, A.A.N.S.; Annie Blackley Denton, A./Matron, Q.A.I.M.N.S.R.; Helen Dey, A./Sister, Q.A.I.M.N.S.; Clarice Clarice Molyneux Dickson, Sister, A.A.N.S.

Misses Nora Easby, A./Sister, Civil Hpl. Res., St. Thomas's Hpl.; Lily Agnes Ephgrave, Staff Nurse (A./Matron), Q.A.I.M.N.S (ret.).

Misses Mary Gladys Connie Foley, Sister, Q.A.I.M.N.S.; Dorothy Penrose Foster, Sister, I.F.N.S.

Miss Myra Goodeve, Matron, C.A.M.C. Misses Frances Mary Hall, Actg Matron, A.J.M.N.S. (ret.); Jane Anne Hannah, Sister (A./Matron), T.F.N.S.; Elsie Emma Harlow, Sister (A./Matron), Q.A.I.M.N.S.R; Ethel Har-wood, Sister (A./Matron), Q.A.I.M.N.S.R.; Minnie Holmes, Sister (A./Matron), T.F.N.S. Misses Ethel Julia Marion Keene (A/Matron,) O.A.I.M.N.S.; Estelle Venner Keorh, Staff

Q.A.I.M.N.S. ; Estelle Venner Keogh, Staff Nurse, Q.A.I.M.N.S.R. Aus.

Misses Mary Walker Langlands, Sister, T.F.N.S.; Dorothy Ann Laughton, Sister, T.F.N.S.; Gertrude Lulham, Sister, T.F.N.S.; Margaret Joan Leonara Lyons, A./Sister, Q.A.J.M.N.S.R.

Misses Elizabeth Lusk Macaulay, A./Sister, Civil Hpl. Res., R. Edinburgh Mental Hpl. ; Cordelia MacKay, A./Matron, Q.A.I.M.N.S.; Janet McGregor McDonald, Nursing Sister, C.A.M.C.; Katherine Violet Sarle Merriman, Sister, T.F.N.S.; Isabel Muirhead Muir, Sister, T.F.N.S.

Misses Gertrude Napper, Staff Nurse, Q.A.I.M.N.S.R.; Alice Nye, Matron, Nursing Service.

Misses Mildred Alice Oakley, Sister, A./Matron, T.F.N.S.; Ida O'Dwyer, Head Sister, A.A.N.S.; Elizabeth Orr, Asst. Matron, Q.A.I.M.N.S.R.

Misses Rachel Patterson Matron, Nyasaland Nursing Serv.; Katie Payne-Hodge, Sister, Q.A.J.M.N.S.R. Aus.; Kathleen Agnes Prender-gast, A./Matron, Q.A.I.M.N.S.R.; Minnie Farqu-harson Proctor, Sister, A.A.N.S.

Misses Elizabeth Rogers, A./Sister, Q.A.I.M.N.S.R.; Violet Rogers, Sister, T.F.N.S; Alice Rowe, Sister, Q.A.I.M.N.S. Misses Eva Owen Schofield, A./Sister, Civil

Hpl. Res., Edinburgh R. Infirmary; Helen Donaldson Shearer, Nursing Sister, Can. A.M.C.; Margaret Helen Smyth, Sister, Q.A.I.M.N.S.; Alice Violet Stewart, Senior Nursing Sister, E.A.N.S.; Mrs. Louisa Stobo, Head Sister, Aus. A.N.S.

Misses Marky Minto Tait, A./Sister, Civil Hpl. Res., Glasgow Western Infirmary.

Miss Jean Urquhart, Matron, C.A.M.C.

Misses Margaret Whitson, Matron, B.R.C.S.; Maude Willes, A.R.R.C., Sister (A./Matron), QA.I.M.N.S.; Eva Florence Wilson, Staff Nurse. Q.A.I.M.N.S.R.; Nella Myrtle Wilson, Asst. Matron, C.A.M.C.; Adelaide Anne Wood, Sister, Q.A.I.M.N.S.R.

A large number of nurses have also been awarded the Royal Red Cross, 2nd class.



