

APPOINTMENTS.

MATRON.

New End Hospital, Hampstead, N.W.3.—Miss Esther Fisher has been appointed Matron. She was trained at the Northampton General Hospital, where she subsequently held the position of Ward Sister, and has been Night Sister at the Lincoln County Hospital, Night Superintendent and Class Sister at the Fulham Infirmary, Hammersmith, Night Superintendent at Whipps Cross Hospital, Leytonstone, and Assistant Matron at the Mill Road Infirmary, Liverpool.

HOME SISTER.

Isolation Hospital, Norwich.—Miss R. Menzies has been appointed Home Sister. She was trained at the Royal Alexandra Hospital, Paisley, and has been Matron of the Turriff Red Cross Hospital, and Staff Nurse and Ward Sister at the Norwich Isolation Hospital.

SISTER-IN-CHARGE.

Southampton Naval Training Ship "Mercury."—Miss M. C. Harris has been appointed Sister-in-Charge. She was trained at the West Kent General Hospital, Maidstone, and has been Staff Nurse and Sister at the Royal Infirmary, Leicester, Sister at St. Anne's Convalescent Home, Bridlington Quay, and at Desford Convalescent Home, Leicester, and Assistant Matron at the Nurses' Institution, Stoke-on-Trent. She was housekeeping pupil at Lord Mayor Treloar's Hospital, Alton, and has since been Assistant Matron at the City of Westminster Infirmary, Fulham Road, S.W. During the war she served as a member of the Territorial Force Nursing Service.

QUEEN VICTORIA'S JUBILEE INSTITUTE FOR NURSES.

Her Majesty Queen Alexandra has been graciously pleased to approve the appointment of the following to be Queen's Nurses to date July 1st, 1921, and also of Sarah Coggin Burd and Margaret Jane Jones to date April 1st, 1921.

ENGLAND.

S. C. Burd (to date April 1st, 1921), M. A. Jones (to date April 1st, 1921), M. Butcher, M. J. Clarke, M. Davies, H. M. McFarlane, B. Radford, E. C. Holt, A. L. Lord, E. M. Pinyon, E. Adams, V. M. Crow, P. Gaunt, M. N. Allsop, A. Goffe, F. Staines, H. R. Beaumont, C. Pell, M. C. Mullin, A. S. Oldfield, M. M. Sheehan, A. Lewis, D. Hoggarth, D. Pateman, N. Dickinson, F. M. Stanton, H. M. Astbury, C. K. Gudgeon, M. Kennedy, B. L. Pope, E. M. Garnett, A. H. Gallo-way, F. Greenhalgh, B. K. Whitehouse, D. M. Pack, C. E. Pike, D. M. Lodge, A. K. Graham, M. H. Hudson, J. Beswick, K. S. Martin, A. E. Rapson, J. Ferguson, S. Jones, A. Bratt, V. A. Brownlow, A. E. Friend, E. N. Newcourt, A. Jenkinson, E. A. Hardy, F. E. Hardy, E. A. Thomas.

WALES.

M. Edwards, R. G. Miller, N. O'Donoghue.

IRELAND.

D. Timlin, E. Hickie, M. Lynch, S. O'Reilly.

SCOTLAND.

G. Anderson, E. Burgess, M. J. Carrick, M. Collins, V. Griffin, M. Griffin, A. M. Linklater, M. F. McCallum, M. McCammon, S. J. Magill, S. A. Park, E. C. Thomson, J. M. Watt, I. T. Wilson, A. M. Sneddon, L. M. Cameron, M. A. Cameron, I. Clarke, M. Cruickshank, E. M. Layton, M. McBeath, C. M. Macewing, M. B. Munro, E. Roscoe, E. Brown, J. P. Esplin, B. R. F. Young, J. B. Locke.

THE IDEAL HOT-WEATHER DRINK.

The subject of food-values is often too much neglected in general education. During hot weather the tendency is towards the use of smaller quantities of flesh food, but if this deficiency is not in some way made good, the end of the summer finds one with lowered vitality. An ideal drink—which is in fact meat and drink in one, because it contains all the nutritive elements in the correct quantities required by Nature to support life and maintain health—is HORLICK'S MALTED MILK. Composed of an extract of selected wheat and barley malt, combined with pure, pasteurised cow's milk, it is perfectly digestible, the starch of the grain having been converted into soluble dextrin and maltose, and the casein of the milk so changed by the process of manufacture that it does not coagulate, as is often the case with ordinary milk, while Vitamines, those growth promoting essentials, are supplied by both the milk and the grain. It is served in all Cafés and Restaurants of standing, and for home use is sold by all Chemists and Stores, but it is important always to ask for and insist on having HORLICK'S—the original. Ready for use in a moment by simply stirring briskly in water, it is a delicious and sustaining food-drink.

YOU ASK ME WHO I AM, AND I SHALL TELL YOU.

I am the cheapest thing in the world.

With me, men have felt within them the power to move mountains—to fly the air as birds—to gain the wealth of Croesus.

I am the Secret of Happiness; without me the years are but a menace; old age a tragedy.

I offer myself to you and you do not heed. I bide my time. To-morrow you will come begging, but I shall turn aside. I cannot—I will not—be ignored.

I am the sunlight of the day; the star-dotted heaven of the night.

I hold your future in the hollow of my hand.

I can make of you what I will. I am the Door of Opportunity—the Open Road to the Fairyland of Dreams.

I am the most important thing in the world—the one thing without which all else is impossible.

You ask me who I am and I shall tell you:

I am GOOD HEALTH.

From the *Iowa Nurses' Bulletin*.

L.C.C. DECISION UPHELD.

At Bow Street Police Court, on July 23rd, Sir Chartres Biron dismissed the appeal of Miss Lucie Hitchens, a certified masseuse, against the cancellation of her licence by the London County Council on various grounds, and allowed the Council 18 guineas costs.

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