

## A NOTABLE HOSPITAL SISTER.

NORAH WINIFRED POWELL, S.R.N.

Miss N. W. Powell, Sister Hope of St. Bartholomew's Hospital, has resigned after twenty-four years of devoted service at St. Bartholomew's Hospital, and *St. Bartholomew's Hospital Journal* places on record a short history of her true character and work.

Miss Powell entered the hospital in 1908, and in 1911 won the Gold Medal (instituted during Miss Manson's Matronship), and she became successively Sister Luke, Mark, and Hope. We learn that:—

"Miss Powell meant a lot to all those who came in contact with her, and there are hundreds who have reason to be grateful for her interest in their personal welfare. There are many others who learnt as much from her as from any member of the Staff at Bart.'s. Nursing was her vocation. Not only did she supervise every detail herself, but she built up a system of nursing of which there is some record, in tabloid form, in her little book called 'Practical Preparations,' published by Faber and Faber, Ltd., in 1931. This invaluable book for nurses and doctors gives an insight into Sister Hope's expert knowledge of nursing and her interest in medicine.

"It was in Luke Ward in 1913 that temperature charts were first used with rulings for plotting the pulse- and respiration-rates. Within a month of these new charts being in use Sister Luke was plotting the record in green and violet ink of the 24-hourly intake of fluid and the output of urine in those cases in which this information was of value. Her charts, in a small neat writing, contained, too, a record of the patient's treatment, and saved many a reference to the Blue Board. Such accuracy and wealth of record led to a better control of treatment and even to improved treatment. It brought out, for instance, the importance of an adequate supply of fluid to febrile patients. These charts of fluid intake and output called attention to water shortage, and I have no doubt that many lives have been saved by supplementing fluid taken by mouth by giving salines *per rectum* to patients desiccated by high fever or profuse sweating. Her patients and her house physician gained much from her knowledge of food and food values. Lenhartz diet became 'modified' and is still in use as such after nineteen years. The unsuitability of milk for many patients on a fluid diet led her to evolve a diet without milk for typhoid patients.

"House physicians will remember her interest in medicinal treatment. Sister Hope knew the value of drugs, and she carried her experience and the experience of others from one house physician to the next, and from one chief to another. Omnopon, intravenous strophanthin and adalin were given their first systematic trial in Luke Ward.

"So much for nursing treatment. But there was also medicine. If her house physician read a German weekly journal, she read the *Presse Medicale*. And so it happened one afternoon that Prof. Chauffard and Prof. Falta, who had come to see the

Hospital, were not to be found. Going into Luke Ward, with Sir Archibald Garrod, we found them listening to a demonstration on tests of pancreatic function given by the Sister of the Ward, a bit of French for the one and German for the other. Behind this knowledge of medicine was a keen understanding and common sense. Many a house physician, after going over a new case, has taken a hint as to the diagnosis from Sister Hope."

Truth to tell, Sister Hope is a brilliantly intellectual woman, and very modest withal.

Everyone at Bart.'s wishes her many happy years of leisure in which to enjoy her love of travel and this beautiful world at home and abroad.

## THE NATIONAL COUNCIL FOR MENTAL HYGIENE.

A Series of Lecture-Discussion on "Mental Hygiene in Everyday Life," will be delivered in the Lecture Room of the Medical Society of London, 11, Chandos Street, Cavendish Square, W.1.

On Wednesday,  
at 5.30 p.m.

October 12th.—The Inferiority Complex, Dr. Henry Yellowlees, O.B.E.

October 19th.—Guilt, Dr. Mary R. Barkas.

October 26th.—Rationalisation, Dr. William Brown.

November 9th.—Conflict and Character, Dr. E. Graham Howe.

November 16th.—Day Dreams, Dr. Isabel G. H. Wilson.

November 30th.—Envy, Hatred and Malice, Dr. R. G. Gordon.

TICKETS, price 1s. 6d. each, or 7s. 6d. for the course, may be obtained from The Secretary, The National Council for Mental Hygiene, 78, Chandos House, Palmer Street, S.W.1, or AT THE DOORS.

We advise those nurses who can spare time to attend this series of Lectures; they deal with subjects which are open to useful discussion. Happily we are learning to resent

the attitude of the inferiority complex, if we ever suffered from it, which we doubt.

## LONDON SCHOOL OF HYGIENE.

Sir Austen Chamberlain has received an offer from the chairman and directors of the Prudential Assurance Company to contribute £1,500 a year for a term of seven years to the funds of the London School of Hygiene and Tropical Medicine.

The directors of the Prudential Company are profoundly impressed by the importance of the teaching and research in all branches of preventive medicine in which the London School is engaged, and have suggested that the contribution shall be directly associated with the University Chair of Public Health.



MISS N. W. POWELL  
SISTER HOPE.

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