

SISTER.

London Temperance Hospital.—Miss F. G. Vanstone, S.R.N., has been appointed Sister. She was trained at the London Homœopathic Hospital, Great Ormond Street, W.C., where she has held the position of Staff Nurse.

NIGHT SISTER.

The Putney Hospital (Chester Bequest), Putney, S.W.—Miss K. R. Palmer, S.R.N., F.B.C.N., has been appointed Night Sister. She was trained at the Royal Free Hospital, Gray's Inn Road, London, and holds the Certificate of the Tropical Diseases Hospital, London. Miss Palmer has had experience of private nursing, and is a Certified Midwife.

LEGACIES TO NURSES.

Mrs. Annie Gertrude Jones, of Hyde Park Gate, W., left £150 to Hospital Nurse Isabel Hannah Rider.

Mr. William Charles Tetley, of Wavendon, Bucks, left certain furniture and his wearing apparel to Nurse Susan Adams if still in his service at his decease, and subject to the life interest of his wife £1,000 to the said Susan Adams if still in the service of his wife at her decease.

Miss Sarah Jane Gorell, Coltishall, Norfolk, left £200 and £5 in respect of each complete year spent in her service to her nurse, Eunice Brown, if still in her service.

Mrs. Ethel Harwood, R.R.C., of Gledhow Gardens, S.W., widow of Colonel John Gasson Harwood, R.A.M.C., left £100 to the Officers Families Housing Association, 13, Arlington Street, London; £100 to the Elderly Nurses' Fund; and the remainder to the R.A.M.C. Officers, Aldershot, Trust Fund for Q.A.I.M.N.S. for annuities of £20 or £25 to nurses and sisters of Q.A.I.M.N.S., India, Q.A.I.M.N.S. and its Reserve whose retired pay does not exceed £100 per annum, preference to be given to those who have rendered War service and who are incapacitated through illness and age, these annuities to be called the John Gasson and Ethel Harwood Bequest.

THE PASSING BELL.

Her many friends will learn with regret of the death on January 6, from chronic trench nephritis of Mrs. Frith (*née* Cameron), Roselawn, Littleham Cross, Exmouth.

Trained at Plaistow and St. Marylebone Hospital, after a period of private nursing, Mrs. Frith joined the Q.A.I.M.N.S., at the outbreak of the Great War. She was first stationed at Shorncliffe, in charge of the Spotted Fever Section of the hospital, and later joined the Hospital Ship "Delta." Letters from Mrs. Frith describing events at Gallipoli are in the South Kensington War Museum. Unhappily she contracted trench nephritis, and was eventually invalided out of the Army. A Fellow of the British College of Nurses, and of the Society of Woman Journalists, she was for many years a contributor to this, and other papers, and is well known for her successful efforts to secure adequate pensions and treatment for war-disabled nurses, to which cause she devoted herself, when unable actively to follow her profession any longer.

The death of Sister Catherine O'Rorke in a Nursing Home at Territet, Switzerland, brings to mind memories of the Great War, for Sister Catherine underwent the alarming experience of being arrested with Miss Edith Cavell (in whose home she was working) by the Germans in Brussels.

She subsequently served as a nurse in France, at the Scottish Women's Hospital at Royaumont, and through a typhus epidemic at Vranja, Serbia, after which she spent eight years at the Children's Hospital in Belgrade.

Miss O'Rorke was awarded by the French Government the *Médaille Militaire*, and by the Serbian Government the Order of St. Sava. She also received the *Croix de Guerre* of France, and the Cross of the Red Cross Society, Belgrade.

SPA TREATMENT AT BATH.

By MISS A. E. HOGG, S.R.N.

It may, I think, be of some interest to those members of my Profession engaged in specialised work on rheumatism, also I hope to many others, to hear of the Spa treatment given at Bath for this disease, for arthritis, fibrositis as well as other ailments.

The mineral waters of Bath well up unceasingly, and have done so from, one may almost say time immemorial, at any rate the springs were quite possibly flowing before the formation of the Avon River valley itself, at a consistent temperature of 120 deg. Fahrenheit, from an enormous depth; at least 5,000 feet. The fact that they have a saline character and contain a very large percentage of radio active substances is proof of their deep source.

The actual figures are:—

Radium in the King's spring, 0.1387 mmgrams per million litres.

Radon (radium emanation) in the King's Spring, 1.73 mmgrams, per million litres.

Radon (radium emanation) in natural gas from King's Spring, 33.65 mmgrams per million litres.

"The Mineral Waters of Bath (I quote by permission) flow from three springs yielding a half million gallons daily. The late Sir William Ramsay, F.R.S., proved that the Bath Mineral Water is saturated with radium emanation and that the gas coming from the water contains even more radon than the water itself."

The modern treatment establishment is very large, and consists of three separate buildings, containing eight "deep" baths, eight reclining baths, seven (double and single) Aix massage rooms, three (double and single) Vichy massage rooms, one whirlpool large bath, one "local" for hands, one "foam" bath, two vapour general and local, one electric water bath, reclining type, two Dowsing light and radiant heat baths, and two "Greville" or hot coil system. A deep pool for remedial exercises and for paralysis cases, two large swimming baths of mineral water open to the public, as well as to patients, and a smaller pool suitable for children, being only 3 ft. 11 in. in depth.

The children from the Orthopaedic Hospital arrive bi-weekly for treatment such as congenital dislocation of hip, post-infantile paralysis, spastic trouble, etc., etc. They come in an ambulance and for the hour they are with us, the pool rings to their mirth. Two experienced men massage and manipulate their limbs and obtain extremely good results with time and patience.

In addition to all this, there is the department of electrical massage, diathermy, artificial sunlight and an ultra-violet ray installation and the Bergonic chair for reducing obesity—all under expert supervision. There is also a large department for the administration of Plombières treatment (high colonic wash-out) the work here having increased so in the past few years it was found necessary to devote an entire building to this highly specialised work.

Each treatment room contains a large reclining bath with hose attachment and detachable "Tivoli" douche nozzle, for the purpose of giving water massage under controlled pressure. (The "Tivoli" douche nozzle resembles the "rose" of an ordinary garden watering-can.)

The full reclining bath is given (where ordered) at the conclusion of the Plombières treatment. The hose is then turned on under the water and the abdomen sprayed, thus procuring gentle "undercurrent" abdominal massage, soothing and highly beneficial in most forms of intestinal disturbances.

On conclusion of the bath (Plombières treatment and bath occupy about one hour) the patients are wrapped in hot towels and a hot sheet, and then rest in the adjoining dressing-rooms for about twenty minutes. That they are

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