

possible, and this is what is done when relatively high carbohydrate allowance is given. In normal diet the carbohydrate consumed is much in excess of the protein and fat, the bulk of our energy being obtained from the starchy element, so it is not to be wondered at that diabetics do so well when given an adequate amount of carbohydrate."

The book is one to study and to ponder over. Its arguments commend themselves to our reason, and its recipes should do much to make the diabetic life both easier and pleasanter.

THE PASSING BELL.

We regret to report the death of Miss Florence Smedley, at 31, Chester Terrace, S.W.

Miss Smedley was trained at St. Bartholomew's Hospital, London, from 1887 to 1890, and was bracketed for the Gold Medal in the examinations of that year. She was later Lady Superintendent of the Hospital for Sick Children, Great Ormond Street, W.C., and of St. George's Hospital, W.

Owing to serious illness her professional career was overshadowed, and she has been an invalid for many years.

A Requiem took place, at St. Mary's, Graham Street, S.W., on March 3rd, at which many friends were present, followed by the funeral at Brookwood Cemetery.

We much regret to record the death of Mrs. Freer Spreckley (*née* Farnsworth) of Wood End, Victoria, Australia. Mrs. Spreckley was trained at St. Thomas's Hospital, and was for a number of years a member of the Registered Nurses' Association, London, during which time she was selected to serve in the Græco-Turkish War in 1897, at the request of the then Crown Princess Sophia, and was appointed Superintendent Sister of the *École Militaire* at Athens, and for her very valuable services was awarded the Commemorative Medal and Diploma of the Greek Red Cross. Later, her marriage to Mr. E. Freer Spreckley took place, and they emigrated to Australia, where as a devoted wife and mother she enjoyed many years of happy married life.

LEGACIES TO NURSES.

Mr. John Milward Wand of Halam, near Southwell, Notts, left £250 to Mary French, formerly one of the Southwell Town nurses "who also nursed my brother."

The Rev. John Dixon Dyke, of Buxton, left £4,500 and certain furniture to his nurse and friend, Winifred Combes.

Miss Frances Cross, of Torquay, bequeathed £500 and furniture to her "kind nurse and companion," Sarah Nkington.

Mr. Romer George Simmons, Canonbury, N., left £3,000, his residence and effects (if still residing at his house), to Elizabeth Letitia Pearson, "as a mark of respect and appreciation for her kindness and attention to my aunt, Theresa, during her illness, and her unflinching good will to the other members of the family."

Mr. William R. Young, Galgorm Castle, Co. Antrim, left £600 to his nurse, Miss Helen Neilson.

NURSE FINED AFTER COLLISION.

Miss J. F. Henry, a district nurse, of Church Street, Amersham, was fined £2 at Amersham for driving carelessly. Charges of dangerous driving and of failing to stop after an accident were dismissed.

It was alleged that she came out of a side road at nearly 40 miles an hour and hit a bus.

Surely nurses who drive cars should do so with the greatest care, and not rush around to the danger of the public at 40 miles an hour.

APPOINTMENTS.

MATRON.

Bethnal Green Hospital, London, E.2.—Miss R. Dreyer, S.R.N., has been appointed Matron. She was trained at Guy's Hospital, London, where she was later Ward Sister and Assistant Matron.

Banstead Mental Hospital, Sutton, Surrey.—Miss S. E. Jones, S.R.N., has been appointed Matron. She was trained at the Shirley Warren Infirmary, Southampton, and at the Maudsley Hospital, London, where she was later Sister. Miss Jones has also been Night Sister, Hackney Infirmary, London; Second Assistant Matron at Claybury Mental Hospital, Woodford Bridge, and First Assistant Matron at Colney Hatch Mental Hospital, New Southgate, N.11.

Minehead and West Somerset Hospital, Minehead.—Miss E. D. Gray, S.R.N., has been appointed Matron. She was trained at Guy's Hospital, London, where she was later Theatre Staff Nurse, and has been Theatre Sister at the City of Dublin Skin and Cancer Hospital, Theatre Sister at the Westminster Hospital, London, Senior Night Sister and Assistant Home Sister at the Royal Infirmary, Bristol, and Assistant Matron at the Royal West Sussex Hospital, Chichester.

ASSISTANT MATRON.

Blackburn and East Lancashire Royal Infirmary, Blackburn.—Miss L. M. Thomas, S.R.N., has been appointed Assistant Matron. She was trained at the Kent and Canterbury Hospital, Canterbury, and has been Staff Nurse at the Victoria Hospital for Children, Chelsea, Staff Midwife at the Royal Free Hospital, London; Private Wards Maternity Ward Sister, at the County Hospital, Hertford, and Housekeeping Sister at the South Devon and East Cornwall Hospital, Plymouth.

ASSISTANT SUPERINTENDENT NURSE AND SISTER-TUTOR.

Jericho Hospital, Bury.—Miss A. M. Brownlow, S.R.N., has been appointed Assistant Superintendent Nurse and Sister Tutor. She was trained at the Fulham Hospital, Hammersmith, where she was later Pupil Midwife. Miss Brownlow has also been Ward Sister at the Oldchurch Hospital, Romford; Night Sister at the North Middlesex Hospital, Edmonton; Night Superintendent at the Brighton Infirmary, Sister Tutor at the New Cross Hospital, Wolverhampton, and Home Sister and Sister Tutor at the Municipal Hospital, Hastings.

ASSISTANT MATRON AND SISTER TUTOR.

Mid-Wales Counties Mental Hospital, Talgarth.—Miss O. N. Williams, S.R.N., has been appointed Assistant Matron and Sister Tutor. She was trained at the City General Hospital, Leicester, where she was later Ward Sister, and has also been Nursing Sister at the Maudsley Hospital, Denmark Hill, London, and Night Sister at the Bethlem Royal Hospital, Beckenham.

SISTER TUTOR.

Royal Infirmary, Leicester.—Miss A. A. Creber, S.R.N., has been appointed Sister Tutor. She was trained at the City Hospital, Plymouth, and has been Staff Nurse at the Royal Free Hospital, London, Ward Sister at the Central London Throat and Ear Hospital, Ward Sister and later Assistant Sister Tutor at the North Staffs Royal Infirmary, Stoke-on-Trent. Miss Creber is a Certified Midwife, holds the Sister Tutor's Certificate of Battersea Polytechnic, and the Diploma of Nursing, London University.

West Ham Mental Hospital, Goodmayes, Essex.—Miss I. Black, S.R.N., has been appointed Sister Tutor. She was trained at the Derbyshire Royal Infirmary, Derby, and at Saughton Hall, Midlothian, and has been Working Matron at the Cottage Hospital, Halstead.

ADMINISTRATIVE SISTER.

Joyce Green Hospital, Dartford, Kent.—Miss M. I. Revill, S.R.N., M.B.C.N., has been appointed Administrative Sister. She was trained at St. Mary Islington Hospital, Highgate, and has been Staff Nurse at the North Western Hospital, Hampstead, Ward Sister at the Willesden Municipal Hospital, Neasden, and Assistant Home Sister at St. Stephen's Hospital, Fulham Road, S.W.10.

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