

not be content with vague phrases, with timid affirmations. He must be eloquent, whilst also sincere, like the lawyer who is convinced of his client's innocence, and is determined to snatch him from condemnation."

The doctor must be careful not to affirm the psychical nature of the illness "in terms which wound the patient, which cause him to feel he is considered a feeble creature incapable of enduring pain, or a *malade imaginaire*." On the contrary, the doctor "must believe in the reality of his sufferings, must show his entire sympathy, and must prove their psychical origin in a long friendly conversation."

"During the course of the treatment, whilst continuing to inculcate the fixed idea of being cured, and enforcing it always by imperative reasons, the doctor must study the mentality of the patient, must surprise his illogicality, his exaggerated suggestibility, and, in daily conversation, must modify his innate mentality, for it is there that the original cause of his malady must be sought."

The Professor expects the mockery of many of his confrères at this pretension, and adds that twenty years ago he himself would have smiled with them at the idea of changing anyone's mentality in a few weeks or months. But he now—after twenty years' experience—asserts that it is "easier than one imagines to change the state of mind of a patient, to inculcate in him healthy maxims of medical philosophy, and if his weak point returns at times, it is easy to again turn it out—*chasser le naturel*."

In the majority of cases the patient and doctor must remain in contact some little time, though the Professor occasionally carries through his psychotherapeutic work in one or two conversations! But where the evil is of long duration, the cure also must be prolonged, and carried out in a clinique where the Weir Mitchell rest cure is added to that of moral influence.

(To be continued.)

Sanitas=Okol.

This valuable disinfectant, which is prepared by the Sanitas Company, has been investigated by Dr. E. Klein, F.R.S., the eminent bacteriologist. He has specially tested its effects upon the bacillus of typhoid fever, as compared with the effects produced on the same germs by carbolic acid. The tests were made both on the bacillus in watery solutions, and on the bacillus in nutrient broth; and, in brief, they proved conclusively that the new preparation is a very valuable and powerful germicide.

The Effect of Thought on Character.

"A woman may possess all the qualities which go to make a good nurse, but until she has developed and strengthened them by experience and discipline, and by hard work has mastered the technicalities and difficulties of her profession, she cannot in any sense be considered a good nurse." So wrote one of our ablest matrons concerning "Nursing as a Profession." It is on the difficulties that I wish to lay stress; I think I am safe in saying that every girl goes in for training with her mind made up to do her best, and with bright hopes for the future, but unfortunately many girls who enter for training—especially those of 21 and under—miss their home influence, and are like a ship without a rudder, once they are launched on the sea of life. The awfulness of it comes home to them when the last good-byes have been said, and they find themselves in totally new surroundings and amongst strangers. There appears to be a law which rules our circumstances, different characters seem to be specially adapted to fit into their respective environments. In hospital it seems to be the accepted thing to look for the most virtuous, and to live up to this ideal. Nurses as a whole have a hard task before them, and since character plays such an important part in our destiny, it is the purpose of this short article to show that there is an intimate connection between our present thoughts and our character. We are constantly building character, good, bad, or indifferent. We may be doing this consciously or unconsciously, but whether the building operations are the effects of direct mental effort or not, the building proceeds. The materials we use in the building are our thoughts. And it rests entirely with each one of us whether the complete building will be one that will stand firm when the storm beats upon it, or whether it falls a wreck under the first attack of adversity. A noble character is not the effect of chance, a woman is not virtuous because she could not be otherwise, but because of a continued and determined effort in right thinking; "take care of the thoughts, and the character will take care of itself" is a truism which we should keep in the focus of our consciousness.

Thoughts are very much like seed, which each one of us sows day by day. We cast them away from us, not heeding that at some future date we shall find upon our paths the flowers and fruit of the seeds which we have sown; every grain has brought forth fruit; none has fallen on bad ground, and to-day

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