

juices; destruction of waste material, the rendering of toxins innocuous; the rejuvenation and cleansing of tissue of such a nature as to, in a physiological sense, cause the individual within his tissue to be "born again." These results are brought about by the influences above noted, through the action largely of the nervous and circulatory system.

The Nervous System has its outposts distributed to every atom of the cutaneous surface. These terminals are connected intimately with one another, with the spinal cord, the great basal ganglia and brain, so that any impression travelling from the periphery influences each one of these so-called "levels." This is literally "a harp of a million strings" upon which may be played the harmonies of health. By means of these nerve terminations the master may play upon a gamut of sensory impressions and secure almost any physiological and therapeutic result imaginable, provided the integrity of the tissue has not been completely destroyed.

Upon it we depend for all the distant influences in organs and tissues remote from the surface; and by hydrotherapy, as has been aptly expressed, we may make the overseers, the nerves, guide and direct the cells which are the artisans in the organic workshop. The nervous system in its response to thermic and mechanical stimuli responds by acting upon the circulation, through the vasomotor system; upon secretion, through the secretory nerves; upon trophic action, through the trophic nerve and inhibits through its inhibitory nerves. It must not be forgotten that the sympathetic system, with its many ganglia, with its abdominal brain, and many other plexuses may be controlled and manipulated so that the vital activities are rearranged and brought in harmony with the rest of the system for sympathetic nerves, presiding as they do especially over the so-called "vegetative processes" of the body, and may be made to contribute its quota of physiological response.

Neutral Temperatures 94 to 96 deg. shut out impressions upon the cutaneous surface, and by increasing the retention of water within the skin, produce a succulency of nerve endings that result in sedation, a lessened irritability, and a lack of stimulation. Heat relaxes the tissues, relieves pain due to spasm, and increases the sensitiveness of a part when locally applied. The influence of a general hot application upon the nervous system is to produce oppression, excitation, and a lack of vitality, which, when carried too far, may approach prostration.

Cold generally applied and where graded properly to the individual is in its action upon the nervous system, above everything else, a tonic. Its action is enhanced by mechanical effects, and after proper application there is not alone increased physical vigour but mental as well which, when repeated, will result in overcoming nerve exhaustion, irritability, weakness, and a long train of psycho-somatic symptoms generally termed neurasthenia. It is to be regretted that the busy, overworked, nerve-strained, mentally worried and oppressed individuals of this strenuous age, do not turn with more frequency to the beneficial and restorative properties of cold water, rather than to the brain-obstructing, nerve-destroying, and health-dissipating drugs and opiates, that simply anesthetise the nervous system rather than remove the products of waste, and which, where they are the result of fatigue, may become in turn the cause of disease.

*(To be continued.)*

### The Entente Cordiale.

Mlle. Chaptal, one of the kind hostesses of the Paris Nursing Conference, has been in London for a few days' visit, and on Friday last a few of those who retain most pleasant memories of her hospitality at the Rue Vercingétorix, and the charming entertainment she arranged for their pleasure at Chantilly, had the pleasure of renewing acquaintance with her at a little gathering at 20, Upper Wimpole Street, W.

Mlle. Chaptal, whose useful dispensary work in Paris is having far reaching results, has lately extended district nurses' work in connection with the dispensary patients, and now a tuberculosis nurse is added to the number. Private nursing is also now a feature of the school in the Rue Vercingétorix—quite on an up-to-date co-operative system—the nurses paying 10 per cent. for the first three years, and 8 per cent. after that term. As higher fees are paid for trained nurses in Paris than in London, from eight to ten francs a day being the usual fee, co-operation nurses in Paris can easily earn an income of £120 a year, against the average £90 in London. Mlle. Chaptal paid a visit to St. Bartholomew's Hospital last Saturday morning, and took tea at and inspected the offices of the Registered Nurses' Society in the afternoon.

Such professional international intercourse is not only a mutual pleasure but a mutual benefit.

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