

McCarthy, G.B.E. became Matron-in-Chief British Expeditionary Force, an amazing record of adventure and devotion to duty, in which over 10,000 trained nurses served.

During the 1939-45 War, Dame Katharine Jones, D.B.E., then Matron-in-Chief, after a flying visit to the B.L.A. said: "I saw patients of all kinds; it was a grim sight, but in all my tour I only saw one man in acute pain. It is a blessed thing that there are in these days means of controlling the pain of body injury, both in peace and war. These means are always at hand in our casualty clearing stations and hospitals."

Of those who faced the perils of the deep, the hardships encountered in the Middle East, Far East and beyond, where conditions of climate were a drain upon human energy, and dysentery and malaria were rife, from which the Nurses themselves suffered severely, the pest of flies "the wards were black with them," dust-storms and floods—such hazards frequently borne under the perpetual noise of enemy fire—is indeed a story of heroism.

Yet the spirit of adventure, so British, underlying their devotion to serve the sick and wounded, is evident in all the Sisters' diaries—as instanced after a graphic description of the sinking of the Hospital Ship *Anglia*, which struck a mine, of the struggle to save the sick and wounded and her own unpleasant experience of coming near death by drowning. The Sister concludes: "The past is being forgotten and we are ready to begin again."

It is learned that in each of the two Great Wars 220 members of the Nursing Services paid the supreme sacrifice.

Turning to the beginning of the book there is inscribed a touching Foreword from Her late Majesty Queen Mary:

"MARLBOROUGH HOUSE,
S.W.1.

"'One Hundred Years of Army Nursing' is a memorial to the work achieved since the leadership of Florence Nightingale.

"This book should be a source of pride to Queen Alexandra's Imperial Military Nursing Service and an inspiration to Queen Alexandra's Royal Army Nursing Corps.

"I send them all my good wishes and the assurance of my confidence that they will uphold the traditions of the Corps of which I am proud to be Colonel-in-Chief.

MARY R."

October, 1952.

Maps and many charming illustrations complete this scholarly work of "One Hundred Years of Army Nursing"—a grand memorial which should be especially treasured by Nurses, as an inspiration of the fortitude and devotion to duty rendered by the British Army Nursing Services over the century.

We are indebted to the courtesy of Dame Louisa Wilkinson, D.B.E., and to the publishers for the loan of the block which appears in these columns.

A.S.B.

Mortals, who sought and found, by dangerous roads,
A path of perpetuity of fame.—BYRON.

History of Mental Nursing.

By L. Goddard, S.R.N.

(Concluded from page 119.)

Bacterial streptococcal infections, influenza, typhoid, pneumonia and puerperal states.

Local brain infections, syphilis, general paralysis, cerebral syphilis and tabes, meningitis and encephalitis, including epidemic encephalitis.

Some cases of congenital syphilis are complicated by cerebral lesion and by gross syphilitic brain disease (gumma).

Mental disorders are not infrequent in cerebro-spinal syphilis and in tabes dorsalis.

The knowledge of syphilitic infection may result in a psychosis.

Chronic infections may also be a cause; pyorrhoea, pyelitis and chronic sinusitis, and infection from roots of teeth, tonsils and stomach, the teeth and tonsils being the commonest site, accounting for about 70 per cent. of mental cases where infection is supposed to be the cause. The toxins are absorbed by the bloodstream and may affect all the cells of the body to a certain degree. The damage they cause will be according to the particular toxin and the length of time it takes to act upon the cortex cells of the brain, causing toxic confusional psychoses. The infection may be eliminated by free drainage, the removal of the offending member.

Vaccines and other forms of treatment are given, and recovery is certain in the majority of cases.

It was Louis Pasteur (1822-1895), a French chemist, who discovered the existence of germs, and Lord Lister (1827-1912), whose teachings led to the adoption of antiseptic and aseptic methods in surgery.

One of the greatest figures in bacteriology was a German scientist, Robert Koch, who in 1880 isolated the bacillus of tuberculosis.

Sera and vaccines are now given in the prevention and treatment of infectious diseases, and their efficiency is dependent upon their ability to heighten the resistance of the tissues of the patients to the harmful products of the casual micro-organism.

Therapeutic sera are of three kinds, anti-toxins such as diphtheria and tetanus and anti-toxin, anti-bacterial sera and antiviral sera, of which anti-poliomyelitis serum is an example.

The control of all serum preparations in this country is vested in the Minister of Health in co-operation with the Medical Research Council.

Sex and Age also have a bearing on the incidence of mental disorder, for the types of stress differ in the male and female.

Stress may be direct or indirect; the former occurs in males more than in females. It affects the cerebral neurons directly by interference with their metabolism through a toxic state of the blood; by injury to the brain, and also by alcohol, syphilis and lack of nutrition.

Women face the stresses of pregnancy, the puerperium and the menopause.

Indirect may be due to strain of bodily disease, sexual excess or to a harassing environment, including the moral causes of insanity.

There are certain periods and ages in life when there is a greater liability to mental breakdown. During the period of puberty and adolescence, when sexual functions become active, there is an immense change in mental outlook and habits. The characteristic disorder of this period is dementia praecox. The stress of adolescence affects young men rather more than girls and weeds out a large number of cases with a bad heritage.

With climacteric, sexual powers wane; in men and women there is a marked tendency to mental instability, of which melancholia is chiefly characteristic. The change of life

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