

laboratory attached to the hospital. One of them, Les Rives des Prangins, is situated on the shores of Lake Geneva. It has an international reputation, people going there from all parts of Europe for treatment. In appearance, it is similar to a hotel-de-luxe; the furniture and furnishings are of the most luxurious, and occupational-therapy and insulin-therapy are carried out there.

In some private mental hospitals in Switzerland the patients are divided into two groups, those with parole, and those not on parole. They are not very large and hold about 18 patients, with a staff of two doctors and 12 nurses, 10 female and two male.

At the University of Geneva there is a surgical clinic where tumours of the brain are removed.

Mental defectives are treated and a special unit is set aside for child guidance. There is no special classroom and each child is given individual instruction.

It is at Nyon La Metairie.

Finland.

In Finland, the Nurse's training is held in the state schools. The theoretical part of the basic training includes nursing of infectious diseases, nursing of venereal diseases and skin diseases, tuberculosis, and psychiatric nursing; also first aid. The study of psychiatric nursing there takes much longer than other diseases.

Public health nursing and the survey of the nursing field are also studied, and lectures given by doctors and nurses and instructors. The practical experience in the basic course includes work in psychiatry, obstetrics, fevers, skin diseases, venereal diseases and tuberculosis, and public health nursing.

In the Central Preliminary Training schools there is a four months' course which includes nutrition and dietetics, the elements of massage, the ethics of nursing, occupational therapy, and also the history of nursing.

The complete training takes three years.

Belgium.

In Belgium, also, the training takes three years, and in the University School of Nursing in Brussels, the preliminary course includes in the first years, domestic economy, preventive medicine, ethical standards and their application, and also the history of nursing. Later, massage or orthopaedics and preventive medicine are taken, whilst in the third year mental hygiene, preventive medicine and hospital administration are included, as well as dietetics.

Sweden.

In North Sweden it is the law that the head of the family report the presence of any mentally defective or mental person in his family group to the rector, who in turn must inscribe the name of that person in the parish register, which shows the duty that is expected from the public in recognising the early symptoms of mental trouble.

The problem of mental suffering has interested mankind through all the ages, regardless of country, and its causes and means of relief will continue to concern philosophers and medical practitioners alike.

And so, whatever country you may turn to, mental diseases are much alike in their treatment. In some countries (such as America and Germany) castration and sterilization are practised, but there are no satisfactory statements regarding the effect upon the psychic outlook. In fact, under the recent German law whereby individuals are punished by castration, a sense of inferiority develops. Some are castrated voluntarily, others demand it, but they are usually insane or perverted. Otherwise, treatment is the same the world over.

Also, every country has contributed something toward the treatment and has put forward its knowledge to the help of the mental patient.

Regarding drug addicts, the League of Nations has now established a special method to deal with the problem of dangerous drugs, so that the drug trafficker is deprived of his illicit traffic in such drugs as morphia, heroin and cocaine. In the United States heroin is now forbidden to be used. In this country it is noticed that the drug state is more readily induced than by morphia. The former is much more difficult to cure.

It was Sir Gowland Hopkins who initiated in this country the knowledge of vitamins or the accessory food factors. A claim has since been made by Edward Mellanby that lack of Vitamin A is a factor in producing nerve degeneration, and Goldberger discovered that the lack of Vitamin B₂, as well as being the cause of pellagra, may also produce dementia.

Another claim of recent years was a theory by Starling in 1905, advancing the knowledge of hormones and the chemical regulation of the body. This was investigated by other prominent doctors, when it was realised that the glands, especially the pituitary gland, had some connection with the emotional centre, and that the emotions could affect the endocrines. It is well known that mental deficiency is due to the under-development of the thyroid gland and its treatment by the administration of thyroid gland presents one of the miracles of medicine.

Among the percentage of patients admitted to mental hospitals a large number may be associated with bodily illness producing, due to stress, mental symptoms, and the mental condition which gives rise to sickness requiring medical attention.

Crile showed that overwork, endogenous and exogenous toxins, infection and emotion, work through an identical mechanism, either operating separately or two or three together.

The presence of almost any form of toxæmia causes arterial disease, which is found in many patients in the mental hospitals, especially in mental defectives, maniacal dementia præcox and in the depressive states. Or the disease may be just small localised condition, often chronic, such as infections of the sinuses of the ear, nose and mouth, or a lesion in the adenoid tissues, giving rise to mental symptoms such as fear and delusions.

Nasal discharges, dental decay or pyorrhoea, or halitosis, are bases for delusion of being gassed. One of the complications of influenza has for some time been known to be one of the causes of mental trouble. Colitis and Asthma also are often seen before the start of mental disturbances in the patient, and during their mental illness.

Diseases of the middle ear give rise to tinnitus aurium which may form a basis of hallucination of voices of men, women or children, according to the pitch of sound.

Patients suffering from heart disease sometimes show symptoms of delusions and hallucinations.

The changes now made and used in mental hospitals regarding methods of investigation and physical treatment are, in themselves, a very favourable factor.

THE ROYAL SANITARY INSTITUTE announces that it is prepared to make awards for essays:—

1. Fifty guineas will be paid for the best essay on "How the Health Visitor can help the family towards its full development."

2. Twenty guineas for the best essay on "The day-time care of the 'under five' whose mother is at work." This competition is open to all nursery nurses.

Full details of these competitions can be obtained from the Secretary, Royal Sanitary Institute, 90 Buckingham Palace Road, London, S.W.1.

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