

Council. Turning, however, in more serious vein, Sir Harry thought that Mrs. Bedford Fenwick's work in the foundation of the International Council of Nurses and the National Council of Nurses most remarkable, and her ideal was to bring together the nurses of the world; he considered British Nursing at that time led the world. In paying tribute to the work of the Council, Sir Harry spoke of the honour bestowed upon the President, Miss Duff Grant, the degree of Hon. M.A. of Manchester University.

Dame Ellen Musson, Hon. President, responded, and said that she was the only member alive of those pioneer times who knew personally the founders, Mrs. Bedford Fenwick and Miss Isla Stewart, both Matrons of St. Bartholomew's Hospital. These two women had realised that an International Council could not work without a national association of nurses so they formed the Nurses' League of St. Bartholomew's Hospital in order to create such an association. Now the International Council of Nurses had member associations in nearly all countries of the world, and they were honoured that the President, Mlle Bihet, of Belgium, had come to the banquet. Dame Ellen felt very strongly that Mrs. Fenwick had not received due recognition in her own country, because Miss Nightingale still living, overshadowed all others. She felt strongly that we should remember that the work done by Mrs. Bedford Fenwick is more realised in other countries than her own. Dame Ellen concluded with a challenge to nurses and particularly matrons, to solve the many and great problems facing them today.

A pleasant and unusual surprise transpired when a Jubilee Cake, specially made by the chef, was presented to the President and accepted by Princess Marie Louise, and the Toast to the Chef, waiters and all who had helped with the banquet was drunk by all present.

Lady Mann then gave the Toast of Welcome to the Guests, to which Sir Walter Monckton replied.

So ended a delightful evening in celebration of the Fiftieth Birthday of the National Council of Nurses of Great Britain and Northern Ireland.

The British College of Nurses, Ltd.

THIS IS to notify that the Thirteenth Ordinary General Meeting of Fellows and Members of the British College of Nurses, Ltd., will be held on Tuesday, 5th July, 1955, at 19, Queen's Gate, London, S.W.7, at 3 p.m.

Agenda.

1. Prayers.
2. To call on the Hon. Secretary to read the notice convening the Meeting.
3. Minutes.
4. To receive the Annual Report.
5. To receive the Financial Statement.
6. Appointment of Auditors.
7. Welcome to new Councillors by the President.
8. Votes of Thanks.
9. Other Business.

ALICE STEWART BRYSON, *Hon. Secretary.*

Owing to unforeseen circumstances the Council have decided to postpone the Bring and Buy Sale until September; it will take place in the form of a Garden Party to be held by the kind invitation of the Matron, Miss A. A. Ward, and the Management Committee at Neasden Hospital. The date to be announced later.

History of Mental Nursing.

By L. Goddard, S.R.N.

ACCORDING TO MEYER, further types of mental disorders are now spoken of as different types of reactions, such as:—

1. (a) Manic depressive. (b) Involutional melancholia.
2. Schizophrenic reaction types.
3. Paranoid states, with or without hallucinations.
4. Organic reaction types, acute or chronic.
5. Epilepsy.
6. Mental deficiency, emotional or intellectual defect.
7. Psychoneuroses, neurasthenia, hysteria, anxiety states, obsessive and compulsive states.

The war of 1914-1918 gave rise to the occurrence of many types of nervous disorder due to the result of war service; the instinct of self-preservation, the capacity to retain complete control under adverse conditions, were found the most likely to produce mental or nervous disorders.

War naturally interferes with these instincts, and as the whole training of a soldier tends towards repression, it was found that these types were commonly referred to as neurasthenia, which again had many varieties.

Doctor Maurice Wright defined these various troubles as being to a "lowering of the amount of nervous potential available for the use of the organism." In other words, we are all born into the world with a certain amount of what we commonly speak of as "reserve force." Some people are born with so little reserve force that they can just eat, drink and keep the heart going; these are imbeciles.

Those with a little more reserve can carry on for a few years with the usual wear and tear of life, but if later the strain becomes heavier they break down and become insane.

There are those that can stand the ordinary wear and tear of life to a certain point, break down and become hysterics.

People with more reserve stand the strain of ordinary life quite well till they suffer some abnormal catastrophe sufficient to break them down, and then they also become hysterics these may be shell shock cases.

Then there are those who are endowed with so much reserve that nothing can upset the balance.

According to Freudian followers, hysteria is due to mental traumata of a sexual nature. A man may be repressed to such an extent that he cannot be convinced that he ever suffered from mental traumata, but they may recommence activity at a later stage and cause the symptoms of hysteria.

Cases of shell shock during the last war where hysterical paralysis was present, affecting a limb, were found, on examination, to have no real damage to the affected part. The hysterically paralysed arm is as much shut off from the patient as if it has been amputated; the power to move it is outside the field of personal consciousness, and personal consciousness cannot produce any effort in the limb; the patient is quite unconscious of the mental process he is undergoing. This is now supposed to be due to the conflict in the unconscious mind between the soldier wanting to save his life and the instinct to continue fighting. The instinct of self-preservation forms a compromise in the form of some illness in which both instincts are satisfied.

Another type is called "anxiety neurosis," one of the most common of the psychoneuroses, and the symptom is one of fear.

"Phobias" are common, such as claustrophobia and agoraphobia; the mental state becomes one of apprehension and a fear that something terrible is about to happen, the patient becomes depressed and there is restlessness in mind and body.

In neurasthenia you may get many of the symptoms that are found in the hysteric, particularly mental symptoms, but the cause is different. Many causes have been advanced for this illness. It may be due to a congenital weakness of the neurons, or prolonged mental stress and also excessive

[previous page](#)

[next page](#)