



## Letters to the Editor.

Notes, Queries, &c.

*Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.*

### QUALIFICATION FOR REGISTRATION.

*To the Editor of "The Nursing Record."*

DEAR MADAM,—A question asked by "A Lady Superintendent" in your issue of the 11th inst., is one of the utmost importance to the pupils of Hospitals which train for three years, and which award a certificate of efficiency. It is inevitable that the whole discipline of such schools will be undermined if the Registration Board of the Royal British Nurses' Association arrogates to itself the right to place the names of Nurses on the roll before they have completed the three years' course and been guaranteed as efficient by the Hospital authorities—counting for this purpose time spent in other Institutions. For instance, a Nurse fails from some cause to satisfy the Committee of the Hospital where she is in training—or fails in her examinations—and leaves before the completion of her three years. She applies to the Registration Board, making up her three years' service by counting time spent in more than one Hospital, and the Board accepts her, and places her upon the roll of trained Nurses. By this action the Board accepts a lower standard of efficiency than the authorities of the Training School, and does not their action in virtually guaranteeing the Nurse as trained, lower the standard aimed at by a leading school which exacts a complete three years' curriculum and certification. I am quite in sympathy with "A Lady Superintendent," and go further in expressing the opinion that a Voluntary Registration Board has no right to register any woman excepting upon the certificate of the School in which she has entered for training.

Of course, a Board formed under an Act of Parliament would probably insist upon a central and unbiased examination by a central body, whose certificate alone would be recognised.

I am, Yours truly,  
MATRON, M.R.B.N.A.

### SUGGESTIVE THERAPEUTICS.

*To the Editor of "The Nursing Record."*

MADAM,—The letter on the above subject in last week's RECORD was full of interest to me and to many of the readers of your excellent paper who have been discussing the subject and wishing for more information. It always seems to me that one of the chiefest values of the NURSING RECORD is that it teaches the Nurses to think, and then to discuss matters of ethical and professional importance, and so lifts them out of the rut, and the groove, and the narrowness of localism and small gossip.

I know that hypnotism has been defined as "a particular mental state in which susceptibility to suggestion is heightened." But is not this equally a description of hysteria and hysterical manifestations? And does

hypnotism, used as a curative agent, substitute one exaggerated emotional condition for another? Please remember that, in asking this question, I am not throwing ridicule on the practice of hypnotism, nor am I questioning its value. We all know the value of counter-irritation physically, and I do not see why the same counter-irritation may not be applied beneficially to the mind and emotions. All those Nurses who have had the care of "nervous" and hysterical patients who have a localised pain—an ache in spine, head, or limb—will have realised what an immense improvement is wrought in the patient's condition when another pain is developed in another part. When the "ache" begins to shift, the patient mends marvellously. And it may be that by hypnotism we shift the emotional disturbance from one place to another. And when once it begins to be peripatetic, it may walk away once for all!

Dr. Voisin says of children he has hypnotised:—"I have been able absolutely and radically to transform the habit of thought, deed, or word of children and certain youths. I have made them take a delight in what was good, while formerly they only cared for what was evil. I have brought them to detest vices they were addicted to, and thus also have I cured them of all habits of lying and thieving."

Does not this seem to point at what I have somewhat imperfectly tried to suggest—that hypnotism may result in the shifting of the emotions into fresh and healthier channels.

Sincerely yours,  
A NURSE OF NERVOUS CASES.

### AN AMERICAN HOME OF REST FOR NURSES.

*To the Editor of "The Nursing Record."*

MADAM,—I am aware that both you and your readers take a great interest in American Nursing matters, and it has occurred to me to send you a few lines regarding a beautiful holiday resort which the managers of the Bellevue Training School place at the disposal—for a very small sum—of any Nurses who choose to take the advantages it offers. It is called the Edith Home, and is situated on Belle Island, near South Norwalk, Conn., a very easy and inexpensive run from New York City. The house is a very large one, and stands in its own grounds, where, under the shady trees, in easy chairs or hammocks, one may "laze away the summer days" and forget that such things as disease and suffering exist—which is a most healthful frame of mind for a Nurse to get into. In addition to these "pleasures of idleness," there are boats and canoes which the actively inclined may row or paddle till the muscles of one's arms are in fine trim for bed-making and patient-lifting when we return to work again. But the resources of this charming home do not end even at this point. The situation of the home allows of lovely salt-water bathing, which is, perhaps, one of the very best tonics for a tired-out Nurse. For the time, I always find sea-bathing rather tiring—but herein lies one of its chief benefits—for it forces one to rest, and sleep, and dream the summer days away. But what is there to pay for all this in such an expensive country? Well, of course, the home cannot be self-supporting; but, owing to the generosity of the managers of the Bellevue Hospital, Nurses have to contribute only four dollars (£1) a week.

Thinking this little sketch might interest your English readers,

I am, Sincerely yours,  
AN AMERICAN NURSE ON HOLIDAY.

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