

the question of heredity, there is a firm belief with both the profession and the laity that heredity is a great cause of insanity. Yet in Dr. Savage's experience, two-thirds of the insane have no trace of insanity in their ancestors or their immediate blood relations. Next, taking the family in which insanity occurs, a very small number of the family exhibit any nervousness. Although the potentialities of a breakdown might be transmitted, it is not an iron tyranny, and the dread of it should be put aside. In not a quarter of the patients admitted to the asylums in England can hereditary influence be ascertained. As to the effects of physical or moral shocks, it is almost impossible to differentiate one from the other. Dr. Savage has always contended that there is a difference between mental unsoundness and insanity. Very few people have absolutely sound minds, and the most reasonable man he ever met was in an asylum. In many cases the incapacity for forming a sound judgment has nothing to do with heredity, but is purely the result of outside influences, and could be cured by rest and proper nourishment. The causes which might bring on mental unsoundness are such things as the growth of morbid ideas, the excitement of the Stock Exchange, the worry and anxiety suffered by those who are continually struggling to keep up a position, the physical aspect of worry, and want of sleep. Overwork is another and highly important cause. In considering overwork, it is not the man who has several irons in the fire that suffers, but the individual who has to submit to the monotony of uninteresting labour. After dealing with religious excitement and alcohol as causes of insanity, Dr. Savage pointed out to his audience that the more the causes of insanity are studied and traced to their true source, the nearer will perfection in treatment be approached.

Such an address as this, in these days in which we are being so constantly told that insanity is enormously on the increase, cannot but be reassuring. The sooner the profession and the public have their minds disabused of the idea that heredity is the most potent cause of insanity the better. This is an age of vast improvements in sanitation and as regards diseases of the body; it should be noteworthy for an advance in the hygiene of the mind. The importance of the two questions is co-equal, and their progress should be coincident.

The Party at Princes'.

The following Nurse Delegates have accepted the kind invitation of the Society of the American Women in London to be present at their At Home on Friday 29th inst.: Mrs. Bedford Fenwick, Miss Isla Stewart, Miss C. J. Wood, Miss Amy Hughes, Miss Cartwright, Miss Waind, and Miss McGahey. Many ladies, members of the societies represented at the Buffalo Congress, also intend to be present, amongst them Miss Peter, Q.V.J.I., Miss Huxley, of Dublin, Miss Rogers, Leicester, and Miss M. Brey. The absence of Miss Mollett, Mrs. Strong, and Miss Louisa Stevenson, of Edinburgh, who are unable to attend will cause much regret.

Appointments.

LADY SUPERINTENDENT.

Miss Margaret Frances Tatham has been appointed Lady Superintendent of the Royal Hospital for Sick Children, Aberdeen. Miss Tatham received her training at the London Hospital and at Addenbrooke's Hospital, Cambridge, and has held the positions of Sister at the Dorset County Hospital and Matron of the Scottish Branch of the Queen Victoria Jubilee Institute for Nurses. She is at present Superintendent of the Nurses' Institute, Abbey Road, Torquay.

MATRON.

Miss Ethel J. Wilson has been appointed Matron of the Infirmary in connection with the training ship "Shaftesbury." Miss Wilson was trained at the London Hospital, where she was a staff nurse for nearly three years. She has recently had charge of the Infirmary attached to the St. Nicholas Industrial School, Manor Park, E.

SISTER.

Miss Daisy Garstang has been appointed Sister at the General Infirmary, Worcester. She received her training at the East Lancashire Infirmary, Blackburn, and has held the position of Charge Nurse at the South-Eastern Fever Hospital, London.

SUPERINTENDENT NURSE.

Miss May Lilian Williams has been appointed Superintendent Nurse at the Infirmary of the Swindon and Highworth Union, Swindon. Miss Williams was trained at the Southwark Union Infirmary. She has held appointments at the Chertsey and Swindon Infirmaries, and at the Hospital, Swindon, and is at present Superintendent Nurse at the Infirmary, Constance Road Workhouse, East Dulwich.

[previous page](#)

[next page](#)