

where, have obtained employment as attendants on the insane. The means by which the Society hopes to bring about a different state of things is by the education of the attendants; they require that those who wish to belong to the Asylum Workers' Association must pass the examination of the Medico-Psychological Society, which is one of the medical associations of England, especially devoting its attention to the consideration of this branch of medical science, which will improve the standard of those attendants who hold its certificate.

All Asylums whether in touch with the Medico-Psychological or not, are educating their nurses by giving them lectures, and practical instruction by teaching them the various phases in the life of the insane which Miss Laird has brought out before you. There is another step which has been taken; in infirmaries there is a properly equipped hospital for the patients. This was not always so. This is utilised for the training of nurses to a limited extent in the medical and surgical nursing. It is also hoped by the Asylum Workers Association, that the nurses in the asylum, and the head nurses and attendants, should be hospital trained nurses; also trained for the special treatment of the insane. You see that this is a distinct attempt to raise the standard. But of course with the raising of the standard of the work, must come improved conditions under which the nurses in the asylums should do their work. Of course when they had women of questionable character, their times of leave were very few and far between for obvious reasons, and they were also very much controlled by the regulations by which they were allowed to go out. The better class of women will not accept those conditions, and one of the objects of the Asylum Workers' Association is to bring about longer holidays in the year, shorter hours of work, and that the women shall be treated with respect. This work is a difficult one, because the public in England has not realized its own responsibility, and there is no encouragement for people to make themselves acquainted with the machinery of the asylum. In the selection of nurses the utmost care is taken that those put in charge shall be properly equipped for their work, because the best buildings in the world and the most complete appliances are of no good without the proper attendants. It is now the aim of the training that the individual nurse should not only understand the character of the patient with whom she has to deal, but that she should have a sense of individual responsibility, and should take some pride in her calling.

In the old days the "mad house" attendants, as they were called, were rather looked upon as persons to be cast aside, and not received into society of any kind. Now, if we can only bring about a feeling upon the part of everyone engaged in the care of the insane and the public, a feeling that we are all banded together only for good, the work of the Asylum Workers' Association will be a grand one, and will mark a great step forward in our work. If there are any persons here interested in the work, and there are any points which I have not covered, we have the literature of the Association here, and I will gladly give it to anybody who would like to see it, or to ask a question.

MISS LINDA RICHARDS: I am very glad to speak, even with the very little knowledge I have of this subject. I am very glad to welcome any advancement which tends to the better care of the insane in our

hospitals. I feel that I, for one, knew almost nothing about the nursing or caring for the insane until I became the superintendent of nurses in a Massachusetts State Hospital, where we have organized a training-school for the care of the insane. Miss Wood tells us something of the work in England. In our hospital we have a male and a female infirmary. The male side is very distinct from the female infirmary, and is taken care of by male attendants. In our hospital each nurse in the training-school must spend a certain amount of time in the infirmary. She learns there very many of the ways used in the general hospital. In taking care of a sick person she has to remember that she is not only taking care of a person's body, but also of a diseased mind, and must govern herself accordingly. Many of the orders given by the doctor can never be carried out. This the doctor knows, and he should try to regulate his treatment accordingly. We must remember that the first object is the recovery of the patient. We have in our hospital a plan for classifying patients as much as we can. We place the quiet patients by themselves. We put the excitable ones by themselves, and keep them in bed for days, if necessary. Remember, we do not bind them down with straps, as we used to do. They do not have on manacles. The sheet, with arm-holes for the arms, is the only restraint used. They are watched day by day as they become more and more quiet, and very soon they are up and walking about the ward. If they walk about the wards too much, they are put back to bed and are tried again in a few days. Many of the cases that seemed beyond recovery eventually, with their minds cleared up, go to their homes well and happy. We feel that we are making very slow strides, but please remember that in our first few years of training we may advance very slowly, but we stand ready to receive anything that will help us forward to better things. We want conscientious women for heads of training schools; we want women in our hospitals with exceedingly warm hearts.

Professional Philanthropy.

At the recent Quarterly Court of Governors of Addenbrooke's Hospital, Cambridge, when some radical changes were made in the government of the institution, Dr. Cooper remarked that "everybody was contented until in an evil day they called into their counsels Sir Henry Burdett. He ventured to say that the £100 they paid for Sir Henry's advice was the worst laid out money ever expended for the Hospital."

It would be interesting to know on what grounds Sir Henry Burdett extorts these large sums from charitable institutions. He is neither an architect, a sanitary inspector, nor an engineer, and his opinions are therefore merely those of an amateur. It is moreover to be hoped that the plan of account keeping suggested was not *à la Welsbach*. It is high time that hospital committees ceased to squander public money entrusted to their charge by encouraging professional philanthropy.

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