

Appointments.

MATRON.

Miss E. Keith has been appointed Matron of the Hospital for Epilepsy and Paralysis, and other Diseases of the Nervous System, Maida Vale. She was trained at the Western Infirmary, Glasgow, and has held the position of Assistant Matron at the City of London Hospital for Diseases of the Chest, and of Matron at the General Hospital, Tunbridge Wells. Miss Keith is a member of the Matrons' Council of Great Britain and Ireland.

LADY SUPERINTENDENT.

Miss Sarah Ellen Ada Kidson has been appointed Lady Superintendent at St. Luke's Hospital, Halifax. She was trained at St. Mary's Hospital, Paddington, and has held the positions of Sister and Night Superintendent at the East Dulwich Infirmary and of Senior Assistant Matron at the Infirmary, Camberwell. She is a member of the Society for the State Registration of Trained Nurses.

HOME SISTER.

Miss Laura Baker has been appointed Home Sister of the Howard de Walden Nurses' Club. She was trained for three years and certificated by St. John's House, at Charing Cross and the Metropolitan Hospitals. She also had experience of the nursing of diseases of women at the Hospital for Women, Soho, and of infectious nursing at the North-Eastern Fever Hospital. She was then Staff Nurse at University College Hospital, and for more than five years has been a member of the Nurses' Co-operation, 8, New Cavendish Street, during which time she nursed in the concentration camps in South Africa. She has also had considerable experience in housekeeping and bookkeeping. She is a member of the League of St. John's House Nurses. Miss Baker's appointment appears to have been received with great satisfaction by the nursing staff of the Co-operation.

Miss G. C. Henman has been appointed Home Sister at Charing Cross Hospital. She was trained and certificated at St. Bartholomew's Hospital, and has worked in Medical, Surgical, Gynaecological, and Ophthalmic Wards and in the Operating Theatre. She has also done Sister's duties in Medical Wards, and has held the post of Night Superintendent. Miss Henman holds good testimonials from the Matron and staff. She is a member of the League of St. Bartholomew's Hospital Nurses.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Miss H. W. Reid has been appointed to the position of Matron in the above Service and attached to the Connaught Hospital, Aldershot.

Miss K. M. Hewetson has been appointed Staff Nurse, and posted to the Royal Military College, Sandhurst.

Improvements in the Care of the Insane.*

By FREDERICK PETERSON, M.D.,

President of the New York State Commission in Lunacy.

My affiliations have been such during the past twenty-one years that I have been able to follow closely the changes that have taken place in the methods of caring for the insane in the past two decades. My first practical experience with the insane was acquired while an interne in the Buffalo General Hospital, in the late years of the seventies, at a time when there were but three or four hospitals for the insane in the State of New York, when the Utica Asylum was the nearest institution to Buffalo, and when, therefore, the general hospital at Buffalo often served as a place of temporary detention to cases of mental disorder.

In 1882 I was made pathologist to the State Insane Asylum at Buffalo, under Dr. Andrews, and two or three years later accepted the position of first assistant physician at the Hudson River State Hospital for the Insane at Poughkeepsie, where I remained for several years previously to establishing myself in New York, where for many years I was consulting pathologist to the Asylum for the Insane on Ward's Island. I feel impelled to state these few autobiographical facts in order to justify the statements about to be made as to the progress within the State during the period of my own observations. I have counted among my friends most of the asylum superintendents within the limits of the State who have held office in the period mentioned.

At the time of my first acquaintance with these asylums they were few in number, and scarcely modern in structure or equipment. Little or no scientific work was done or attempted. There was but one pathologist, who was attached to the State Hospital at Utica. There were no training-schools for nurses in asylums. Restraint was pretty generally in use. The "Utica crib" had acquired considerable renown. This crib was constructed much on the principle of the tiny wooden cages employed by bird peddlers.

The principle of the rest cure and overfeeding for nerve exhaustion were only dimly foreshadowed. The overcrowded State institutions were wholly inadequate, and the large majority of the insane of the State were in county asylums, where their condition was in the main indescribably distressing. Surgical operations were almost unknown, and there were no provisions for thorough medical, surgical, gynaecological, laboratory, or other professional work. There was no woman physician. Patients were often brought to the asylums by half-drunken police officials or deputy sheriffs, some-

* From the *Medical Brief*.

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