

yesterday had to carry him in and lift him on to the bed!"

This child was not discharged as a sham and a humbug. He was placed under systematic treatment for functional paralysis, and remained for many weeks in spite of his sturdy little legs being able to run round the ward every afternoon as he assisted in the distribution of tea and bread and butter.

No class of life, no occupation (or want of occupation), no kind of character is exempt from the scourge of neurotic disorders. If sought for, there is usually found some direct influence, of greater or less magnitude, that has apparently brought about the neurotic condition, but behind this immediate cause there is almost invariably a plainly recognisable hereditary history. Overwork, anxiety, excessive responsibility, exhausting illness, disordered nutrition, lack of occupation, depressing influences—any one of these may be answerable, apparently, for a lack of nervous balance, but if it proves to be a case that is obstinate under an approved treatment, it is seldom that on seeking one does not find a strong, inherited, predisposing tendency.

I suggest offering some few hints, founded on experience, on the nursing care of neurasthenia, as indications of a plan found successful with this class of case. Determination to set your shoulder to the wheel, and be content with nothing short of a permanent cure is the first essential. Success depends in almost as great a measure on your desire for its accomplishment as on that of the patient's. A dry, bracing climate (preferably in a high altitude) Isolation from friends without intercourse by correspondence. (There is a divided feeling arising about the wisdom of this point. From my experience I would say emphatically that it is impossible to get the condition of absolute rest of mind and emotions without it. It may entail a very trying two or three days at the beginning of the treatment, but a certain degree of philosophy comes with an acceptance of the inevitable, and the mind soon settles down to the condition of vegetating restfulness that one is aiming at. A short note, a five minutes' visit from a friend, even a box of flowers will often upset the equilibrium of these patients to such a degree that weeks of steady advance are thrown away.) Absolute rest of body and brain and nerves—a condition of simple reposeful existence, without emotion, "without mind," is the state which for the first month we aim at. Everything that would make a demand on the exhausted or irritable nervous system is prohibited.

Rest, in its most complete meaning, is the first aim. *Nutrition* is the second. This involves special attention to the digestive organs, which are usually enfeebled. They will require building up and strengthening; without their co-operation no success can be met with.

A. M. S.

(To be concluded.)

Progress of State Registration.

Warmest congratulations to the supporters of the movement for State Registration of Nurses have come across the Atlantic from Miss L. L. Dock, on the Report of the Select Committee of the House of Commons on Nursing. Miss Dock's ardent support of the Registration Cause is well known. Nor do we forget that she came from Berlin to London in order to lay before the Select Committee information in her possession as to the effect of Registration Acts in the United States.

Dealing with the "Medical Aspects of the Parliamentary Session," the *British Medical Journal* observes that the movement for the Registration of Nurses has made a distinct step forward this session. We do not, however, follow our contemporary in its remark that the movement is a direct outcome of the Midwives' Act, for the Midwives' Act was passed in 1902, whereas organisation with the definite object of obtaining the State Registration of Nurses was begun in 1887, just fifteen years previously.

The same journal refers to the provision made, under the Statute which created Sheffield University, for its representation on the General Medical Council. The point is of interest to nurses, inasmuch as the constitution of the Body which is to govern them, when that Body is created by Act of Parliament, is a matter of extreme moment. By an amendment inserted in the Commons the representative to be elected by Sheffield University will be paid by it, not by the Council. Our contemporary says:—

"This novel departure will, if we are not mistaken, have far-reaching effects. A member will now sit on the Council who is not paid from the funds of the profession. He will therefore be in a different position from that occupied by his colleagues. His honorarium as well as his election will come from the licensing body he represents, but he will have an equal voice with all the other members on questions affecting the whole profession. The amendment was, in our opinion, a very doubtful one. It has the merit of saving the finances of the General Medical Council, and suggests a way by which the funds taken in the shape of registration fees from the pockets of the profession might be still further saved for the costly work of inspecting the licensing bodies of the United Kingdom. The new departure may, however, have wider results than were foreseen when it was accepted, especially as the constitution of the General Medical Council has been the subject of more than one question in Parliament during the last few months."

The *Lancet*, avoiding the question of the registration of nurses, has a leading article on the Registration and Inspection of Nursing Homes:—

[previous page](#)

[next page](#)