

Reflections.

FROM A BOARD ROOM MIRROR.



The Dowager Empress of Russia, who in March last visited the London Hospital with her Majesty Queen Alexandra, has sent a donation of £400 to the general funds of the hospital.

Hospital Saturday has been fixed for October 12th. Collections will, as in previous years, be made by tradespeople and others in aid of the medical charities of London. The ordinary weekly collection in the workshops and business houses—the main source of the income—amounted up to Saturday, August 31st, to £11,881, being an increase of £400 upon the corresponding period in 1906. Last year's general collection reached £26,000, an average of £500 per week.

Princess Henry of Battenberg, who presided recently at an adjourned meeting of the Governors of the Frank James Hospital, East Cowes, suggested further accommodation in the interests of women patients, who, owing to insufficiency of beds had to be kept waiting for admission, and asked that the proposal might receive immediate attention. An undertaking was given that the proposal would be dealt with immediately.

His Highness Prince Henry zu Schönau-Carolath will be President of the Fourteenth International Congress of Hygiene and Demography.

The managers of the Hartlepool Hospital have recently had notified to them two welcome gifts; the first of a verandah, the estimated cost of which is £400, which it is proposed to erect along nearly the whole front of the building on a level with the first floor. The cost will be defrayed by Mrs. Burdon, wife of Colonel Burdon, J.R., President of the Hospital. The second gift is that of a new operating theatre by Mr. G. H. Baines, of West Hartlepool. It is to occupy a central position in the front of the hospital, being built out on the first floor on a level with the verandah, and the whole scheme will now be at once carried into effect. It will be 16 feet by 16 feet in size, and will be fitted with the most modern equipment.

It is reported that the fame of Professor Robert Koch, who has been studying sleeping sickness in Central Africa is so great that he is regarded as a wizard, and natives sometimes send messengers hundreds of miles to request him to come to their remote villages to cure their sick. In one large village near Lake Victoria, where Dr. Koch went with his assistants, the chief erected commodious huts, treated the white visitors as deities, and even paid reverence to the instruments. Hundreds of patients were injected with atoxyl for sleeping sickness, with excellent results.

Our Foreign Letter.

THE INTERNATIONAL CONGRESS OF PSYCHIATRY, NEUROLOGY, PSYCHOLOGY, AND MENTAL NURSING AT AMSTERDAM,



A large number of eminent professors and doctors from all European countries, from North and South

America, and even from Japan, assembled on Monday, September 2nd, at the Concertgebouw, in Amsterdam, to take part in the opening of the Congress of Psychiatry, Neurology, Psychology, and Mental Nursing. The Queen and the Prince Consort, under whose patronage this Congress is held, were present at the opening session. They arrived about two o'clock, and were received by Professor Jelgersma, the President, who spoke a few words of welcome, thanking them for the honour of their presence.

Then the Minister of Justice, one of the honorary Presidents, opened the Congress, saying that the great importance of this Congress was the fact that it is the synthetic representation of all the branches of science which study the human mind. For though at many previous international congresses, devoted to criminal anthropology, psychiatry, and nursing of the insane in families, topics have been discussed which are again on the programme of this Congress, still it is acknowledged for the first time that the professors of psychiatry, neurology, and psychology must unite, and work together and exchange their observations and researches, in order to obtain a solution of the difficult problems which they have to solve, not only by scientific research, but also in their daily work and by legislation.

NERVOUS TROUBLES.

Then Professor Jelgersma spoke on "Civilisation as a Predisposing Cause of Nervous Troubles." He said that the greatest difference between the modern life and the life of our ancestors could be told in a few words. Rest had disappeared. *Repos ailleurs* is the best device for modern life. It is not the corporal or intellectual work itself which undermines health. Certainly we can work too much, but that does not lead to overstraining in the real sense of the word. Those who are predisposed, whose minds have been weak from infancy, who have not much resistance, to them incessant work is harmful. Intellectual over-strain is not caused by work itself, but by the disappointments, fears, annoyances, which so often accompany intellectual work, and which are really the causes, why a well-balanced mind cannot battle against the hardships of life.

The intellectual over-straining of the adult begins at the present day during the education of the children. Children are sent to school, where

[previous page](#)

[next page](#)