

Many sufferers from gout find relief by sleeping with their feet wrapped in clay compresses, and they are recommended at night during the Cure for those suffering from weak throats.

DIET.

The diet at Broadlands is varied and comprehensive, but meat of all kinds is eliminated. For those who have not previously been accustomed to a diet from which meat is excluded every care is taken by the management to make the change as easy as possible. Our illustration of a fruit lunch shows that the diet is not only varied, but appetisingly served.

We should like to be able to give some illustrations showing the beauty of the shady grass grown Broads, with which Broadlands is en-

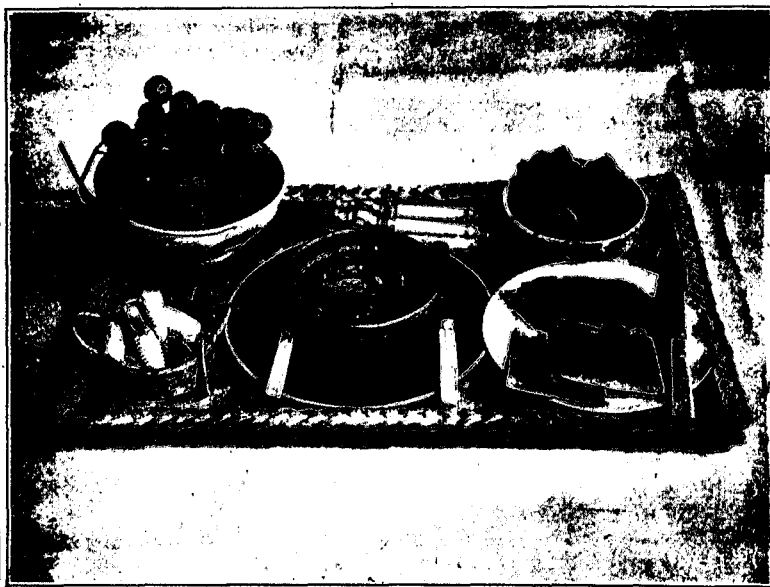
circled, and in which, under conditions of great privacy, it is possible to take barefoot walks. Wild flowers of every description abound in these Broads, and the walks are thus not only health giving, but keenly enjoyable. The proprietors of Broadlands are Miss K. E. Behnke, a member of a famous family of experts on the voice and the art of breathing, Miss E. Colin Henslowe, and Mr. Roy Horniman. The terms for the ordinary Cure are 2½ guineas per week.

The promoters of Broadlands say it is a popular error that the English climate is not suited to the Nature Cure, and that there could be no greater mistake. Some of the most successful of these establishments abroad are conducted under climatic conditions, infinitely more variable and severe than our own. It is obvious that the Nature Cure must, as a rule, be taken in the climate of the country in which the patient has to live, and the cause of relapse after such a cure is often that it is taken under climatic conditions too violently contrasting with those of the country in which the patient is ordinarily resident.

The Irish Matrons' Association.

THE TRAINING OF MENTAL NURSES.

At the April meeting of the Irish Matrons' Association there were eighteen members present to listen to a discussion led by Miss Hughes, Lady Superintendent, Portrane Asylum, and Miss Margaret Haughton, Killick House, Bray. In the course of her paper Miss Hughes said "circumstances of recent years have tended to a more enlightened and less narrow view being taken of mental nursing as a profession, which is only right, for it cannot be said, with any degree of truth, that suffering humanity reaps more benefit from our medical nursing than it does from the nursing of mental diseases." Miss Hughes went on to say that it would be a great benefit to the individual mental nurse if the three years she spends training



A FRUIT LUNCH.

in a hospital for mental diseases would be allowed to count for one year of the three she would have to spend in the wards of a general hospital to obtain a certificate for medical and surgical nursing. "During the process of mental training the nurse necessarily sees, and becomes acquainted with, many bodily ailments, and learns the proper method of treatment. At the termination of her three years she has had a large amount of experience of medical nursing, and much of the uphill work is already done. Coming with this experience to a general hospital her medical training becomes a comparatively easy process, and is in reality only a development and expanding of ideas already gained. The all important question of discipline has been settled, and all will readily concede the advantage this is when compared with the uninitiated novice to whom everything is new. Again, the mental nurse will have mastered many of the difficulties of the technical language inseparable from the study of anatomy, and comes to her sphere of labour with another distinct advantage."

Miss Margaret Haughton remarked on the need of more sympathy and co-operation between the different branches of the profession, and explained the examination of the "Medico-Psychological

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