

the abolition of restraint, and the care of male patients by women nurses.

Dr. JONES said he was sorry not to be able to answer the question as to the care of male insane patients by women nurses from personal experience, as this was not practised at Claybury Asylum, but in three of the London asylums it was done, and in Scotland, in some of the most up-to-date hospitals for the insane, women nurses were employed in the male wards. The drawback was that the patients had to be very carefully selected, as the insane were of many different characters, and some were unfit to be placed in the care of women.

In regard to restraint, there were at Claybury Asylum 2,500 patients, and 400 male and female nurses, and during the year 1908 there was not a single record of any method of restraint. Seclusion, which was technically locking a patient in a room during certain hours between seven in the morning and seven in the evening, had only been practised in two cases, and for a total of under one hour. The admission rate was 700 cases, and many of the patients were acutely maniacal and suicidal.

In regard to the use of drugs, they were employed at Claybury, but not to excess. Dr. Jones said he was very much against employing them except for the production of sleep, and there was mutual agreement amongst the medical staff at Claybury that sulphonal should not be prescribed except for chronic, noisy, and incurable cases.

The PRESIDENT OF THE SESSION then called on Mrs. Kinnicutte, who had a great knowledge of insane work in the United States, and was in close touch with what was being done for the insane there, to address the Congress.

Mrs. KINNICUTTE said she was a member of one of the State Boards in the Southern Department of the State of New York—which included New York City—for the care of the insane. The nurses in the State hospitals all appreciated the great difficulty with patients who remained in hospital for a long time, and who had a chance of recovery, of entrance again into ordinary life, and helped to put them in touch with the After Care Association before they left the hospital. The Association had been granted some pavilion buildings for a small industrial village colony, and there patients who were beginning to be troubled as to what they could do when they left the hospital were allowed a choice of preparation. In some of these pavilions classes were held in connection with domestic science, and cooking, ironing, and house work were taught, so that when women who had taken this course were passed over to the After Care Association it was hoped to give them a certificate that they had gone through a course of training in certain work. It had been arranged to have teachers from outside, so that a fresh element should be introduced. On certain days the teachers came in to the cooking classes, prepared the meals, and helped to eat them. This, it was hoped, would help in two ways. It would help the women by giving them knowledge and self-confidence, and it would help the persons with whom they sought employment to have confidence in them if they could show they had

recently done similar work to that for which they were applying.

Then they were to have a pavilion in which the women were to prepare their own clothing. It was hoped that every woman would go out in a gown of her own selection as far as colour went.

Then they were going to have work classes, and with a mixed population, including many Irish and Italian women, they were to be allowed to specialise, the Irish women would make Irish lace and Italians the Italian variety. They were also to be stimulated to take an interest in their appearance, and to be made to feel that when they left the hospital they looked like other people. It was also intended to help the patients to take an interest in others, and in order to develop that feeling, instead of letting them look at large beds of flowers carefully planted for their pleasure, and then cut the faded flowers, large tracts of flowers had been planted, and the women were to cut the fresh flowers. Everything would be done under supervision; some would cut the flowers, others make them into nosegays, and then, on visiting days, three times a week, when friends and relatives of the patients came to see them, the women were to give away the flowers and thus take an interest in their relations coming from poor districts, who would take these flowers home.

The State gave a small sum of money for the amusement of these women, and the Association was going to try to let every woman make something as a gift for her child or a member of her family. It could be done at very small cost, especially in the lace department. However, all this was at present in the experimental stage.

The speaker said that many years ago she learnt very valuable lessons from women who were called insane. One was as to introducing choice in the selection of little personal things. She had some money given her to fit out a patient who was leaving hospital, and she invited this woman to say what colour she would like for a gown and to select the material. The patient looked positively stunned, as though she had been struck, and said: "I have not chosen anything for twenty years. I have never had any chance to say what I liked." This patient was most helped by selecting her own gown, and did so very successfully, at the same time teaching her friend the valuable lesson that institution life robs a person of the great power and pleasure of selection which all enjoy.

Another lesson the speaker said she had learnt was the power of sympathy. In this connection the nurses in the State hospitals were wonderful, always trying to help and please those placed in their charge.

One very hot summer she went to New York to look up a patient, and told her how troubled she had been about her during the great heat. The woman said she had been very bad, and had suffered a great deal. She next visited this patient after a terribly hot spell of weather, and found her cheerful and bright. On saying to her that she was afraid to ask how she had stood the heat, Mrs. Kinnicutte received the reply: "Oh, I did not feel it at all." When she said that this month had

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