

bath; while the restoration of circulation and body heat is accomplished chiefly by brisk rubbing and exercise on the part of the patient, and I might say here that no warmth is so beneficial to the patient as that which is obtained by his or her own brisk physical movements. Besides these two means it is not infrequently necessary to have recourse to warm blankets and hot water bags, with a glass of hot milk internally, and these should always be used with a patient menstruating, after cold baths.

Cold baths, apart from their immediate physical efforts, are also a strong factor in developing mental tone, vigour, and effort as anyone will understand from the strong effort of will that it requires on the part of a healthy person to plunge into a tub of cold water when the thermometer is at freezing point, or lower.

In speaking of massage, it will only be necessary to say that the object of it is almost, if not exactly, identical with that of exercise; it is exercise in which the work is performed by the nurse instead of the patient, and this quite naturally suggests the desirability of encouraging in the patient himself, or herself, the habit of exercise, instead of depending upon the nurse for it; so while, like rubbing after cold baths, massage is good, personal exercise is still better, for it is always within the patient's reach, and an intelligent system of physical movement meets this need, which the patient should be trained to follow periodically, punctually, systematically, and persistently; and here again the physical overlaps the mental and moral, for when a neurasthenic can be constrained to follow an intelligent effort of any kind with method, system, and persistence, a most desirable object will have been attained.

As to the idea of the physical, mental, and moral overlapping, I might say that this will be found running throughout the whole course of treatment, and it is an idea that a nurse should constantly keep in mind and endeavour at every possible point to turn to the advantage of her patient.

In speaking as above of massage I do not wish to be understood as at all belittling the value of it or encouraging the nurse to neglect it; but rather of the desirability of developing the habit of exercise in the patient that will increase the good effects of the massage (which is in many, if not most, cases available only during the time of treatment) and tend to make them permanent after the patient has passed from the care of the nurse; and again because very often while the massage itself might be very desirable and available for patients who have returned to their ordinary course of life, the good effects of it might be

more than counterbalanced by the tendency that anything savouring of medical treatment has to produce in the mind of this class of patients a conviction and habit of invalidism.

In the matter of feeding, the first object of the nurse is to get the alimentary tract in the best possible state that conditions and circumstances will admit of. Until that is in a measure at least attained, feed with a view only to sustenance, for valuable time is sometimes wasted in attempting to force nutrition and building up beyond the patient's powers, and under such circumstances not only is the effort lost but the patient is very likely to be thrown back and recuperation retarded.

The desired condition of the alimentary tract having been secured, or as nearly so as possible, the nurse proceeds to work to their full capacity the process of digestion and assimilation, with the object always in view, not of securing weight and fat, which are always incidental and desirable to a certain extent, excepting in patients already of full average weight (as sometimes is found) or even excessive weight (as to these latter I might say that a nurse always approaches them with a certain degree of apprehension, for not infrequently they are an especially difficult class of cases in which to secure satisfactory results); but of building up all the tissues, fibre, and tone of the body, and developing fibre and "tone," which quickly manifests itself in improved function. The statement will be easily understood and, I think, incontrovertible, if I say that in nervous cases the chief object of feeding is fibre and tone, which are essential to healthy physical life, function, and activity, and the restoration of which in a physical sense makes a new man or a new woman. While fat and weight add nothing to the vital forces of nature, if we except the heat producing properties of the latter, so excessive increase in weight is to be carefully avoided, as it is not infrequently due only to an accumulation of fat with little or no improvement, possibly even deterioration, in the active tissues of the body.

Increased weight can be obtained in almost any nervous case by the combination of rest, cold baths, massage, exercise, and feeding, quite apart from other improvement; and when a nurse finds that her patient is not gaining weight after a reasonable time of judicious treatment on this line, she has good reason to consider the probability of some organic trouble that must be diagnosed and corrected before he or she can be a satisfactory subject for rest cure. Weight may be increased and physical functions to a greater or less extent improved, without any corresponding improve-

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