

patient will respond even a little to an appeal to his or her sensibilities as a gentleman or a lady.

And what the nurse dreads above all things is the apathy that responds to no appeal, the patient that cannot even be made angry.

After what has been said it will, I think, be understood why I have no confidence in "fighting" these patients; my conception is that the end of treatment should always be to arouse a patient to the very best in sensibility, aspiration, and effort that he or she is capable of, and I cannot believe that that can be done by a course that humiliates and degrades a patient in his or her own eyes, but rather by one that arouses a patient to a wholesome sense of shame for his or her misconduct, and a wholesome sense of shame is very likely to be followed by a wholesome sense of self-respect, and these frequently are the first putting forth of the "blade" that eventually becomes fruit in a recovered hold on, and stand in, life; and, to my mind, a nurse's effort should be so directed as to make the patient while he or she feels the dominant power of will of the nurse as an irresistible constraint in their lives, also feel that they have in the nurse a strong, firm, enlightened guide and counselor, and a kind, tried, helpful, and restful friend.

Personally I must say that I have never found it practicable in experience to secure any help in these cases by trying to interest or engage the mind of the patient in the perusal of literature bearing on his or her condition, because the mind of the patient who can be so approached is not in a condition to read and discriminate and digest for itself. Such knowledge, as is so often illustrated in bodily states, must be administered with the greatest discretion and at seasonable times in small quantities, predigested, and in the most appetising and assimilable form.

In summing up the subject of neurasthenia, as a nurse sees it, I would say that I have given my own conclusions and convictions from personal experience and knowledge of these cases, and thought on the subject; and, as it appears to my mind, the one thing that stands out before all others in importance as a factor in producing the neurasthenic state, and also as giving the most important indication for treatment, is to be found in the heart or soul of the patient, and is that subverted sense of right and wrong, and of positive and unevadable personal responsibility; and when you can arouse your patient to the active discernment of what he or she ought and ought not to do, and to fixed and persistent effort to do the one and not to do the other, the treatment becomes

simple and success assured, for then state and function of intellect and body are all under easy constraint, influence, and control.

These are my own conclusions, convictions, thought, and feeling on the subject, from which I am aware others may widely differ, but, with all respect for those who may differ, I shall still believe them to be the truth.

And in conclusion I would say that, while much is being done for the treatment of these cases, I believe more still remains to be done, and always will remain until neurasthenia with all other evils has passed away for ever; not, however, so much in the way of elaborating theories of treatment as in careful study and observation on the part of the individual nurse, and, more important still, of that conscientious and exacting self-cultivation that is in all respects the direct antithesis to neurasthenia, which together will enable her to do her duty by those stumbling and fallen travellers in life's path, whom she has undertaken to help up on to their feet again.

### International News.

*Kai Tiaki*, the journal of the nurses of New Zealand, is rapidly coming to the front, as one of our most admirable professional journals, and the October number deals sympathetically and at length with the Nurses' International Congress. We are pleased to note how much the New Zealand nurses present appreciated the papers, speakers, social functions, and the inspiration of this now historic meeting. Miss Palmer, the fraternal delegate, is all enthusiasm for the affiliation of the recently organised New Zealand Trained Nurses' Association with the International Council of Nurses, and we know its desire to strengthen the Federation by requesting affiliation will be warmly welcomed in due course—1912 will be here in no time.

### Reception to Miss Haughton.

We are glad to learn that so many members of the Matrons' Council and their friends intend to be present at the Reception to meet Miss L. V. Haughton, Matron of Guy's Hospital, which is to be held next Tuesday afternoon at St. Bartholomew's Hospital, E.C.. Such gatherings are always very enjoyable, and with so genial a President as Miss Isla Stewart, who has a right hospitable welcome for everyone, are informal and unconstrained. It will be a special pleasure to the members on Tuesday to welcome Miss Haughton on her return to London, to preside over the nursing school of one of its most famous hospitals.

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