

excessive flow of blood to the brain. The application of cold water or vinegar and water to the head is also helpful, the hands also being sponged if they are hot and dry, and wakefulness during the night may often be remedied by rising and taking a little light refreshment, *e.g.*, a biscuit and small glass of milk, which causes a flow of blood to the digestive organs, drawing it from the brain and thus predisposing the latter to rest. For the same reason a light supper is often beneficial, though, of course, a heavy meal at that time is never good. Pillows filled with hops have been found efficacious in some instances, both for ordinary insomnia and for soothing in cases of delirium, and everyone probably is familiar with another old remedy for sleeplessness, that of repeating monotonous poetry or counting up to a certain number over and over again, all of which may be useful at times, as also the reading of a restful book before trying to sleep, or in very bad cases a good-natured friend may be found who will read something monotonous aloud.

Deep breathing exercises represent a newer and often a very successful means of promoting healthy sleep, and sufferers from insomnia may be strongly recommended to persevere with them both before trying to sleep, and when wakefulness occurs during the night. Air must be breathed in slowly through the nostrils (mouth closed) and the lungs filled as completely as can be, so that every cell is inflated, which requires some effort. Then the lips must be opened and the air expelled slowly through the mouth until as much as possible is driven out.

Half-a-dozen or more such breaths may be taken at an open window just before getting into bed, the body being well protected from the chilly night air, and the same slow, regular, deep breathing continued consciously when in bed, the body lying perfectly at rest, a dead weight, every muscle relaxed, no strain anywhere, and the mind completely occupied with the thought of breathing deeply. The quiet monotonous conditions thus induced are altogether favourable to repose, and if attention has also been given to other details previously mentioned, sleeplessness may often be prevented without dangerous recourse to drugs.

B. L. AGNEW.

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The Nursing of Male Patients.

I have read Dr. Renshaw's remarks on nurses and other subjects, as reported in the press; if he is inaccurately reported and the impression I have received is a wrong one, I apologise, but as to his statements regarding the nursing of men by women as reported, I wish to make a few remarks. First, I should like to make a personal statement. During all the years I was actually nursing, I have never once been, even faintly, made to feel by any single male patient, however rough, however uncouth, however delirious, that my ministrations were objectionable to him on account of my sex. Never once have I met with the faintest taint of that pruriency which Dr. Renshaw suggests underlies the nursing of men by women. I have certainly been knocked down by a D.T. patient who was abjectly apologetic and ashamed when he recovered, but of that vile lewdness at which Dr. Renshaw hints, I, and thousands I am sure will endorse my experience, have met none. For the honour of the male sex I will say every man I have ever nursed, however inveterate an old grumbler he might be, has accepted my nursing of him in the spirit in which it was offered; he was sick, was helpless, and required assistance, and I gave it him; nor did I stop to sit down and consider and think out whether or not it was exactly agreeable to me; as a matter of fact, I never worried about the question at all. I had, like thousands of other English nurses, a healthy mind, and the fact that my patients were sometimes men affected me not at all; to judge by the patients' demeanour it worried them even less.

When at my anatomy lectures I was shown bones and specimens the idea that they were somebody's dry bones and "putrid flesh" never forced itself upon my feelings. I was simply filled with wonder and interest at the beautiful and wonderful mechanism and perfection of the human body, and tried to learn all I could, that my work might be more carefully and perfectly carried out. I was, as are millions of others, quite capable of sufficient mental detachment, not to allow morbid emotionalism to hinder me from gaining necessary knowledge. I do not, of course, say that all the things one does when nursing are pleasant, but they are necessary, and she would be a poor nurse who shirked her duty because it was disagreeable.

The average clean-minded normal human being is not hyper-sexual at all. If he or she were so, Dr. Renshaw would be quite right. It

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