

a bed sore amongst 2,400 patients, and the only one in the last year had been in the case of a patient who came in with one.

In regard to the qualification of an asylum nurse, good health, an orderly disposition, an obedient mind, and the subordination of self to others were requisite. In an asylum the staff lived under the law, and most things were regulated by law, therefore obedience both in a nurse and a doctor were essential.

Dr. Jones advocated an interchange of work between hospitals and asylums, and thought hospital authorities might reduce the period of training for pupils who had already had training as mental nurses. He urged the importance of post graduate work, nurses should not rest or rust. He also pointed out that recognition was due to nurses from the State, through a system of State Registration, and lastly pointed out that their professional journals should have an increasing number of contributors and readers. If the nursing profession did not progress it would go back.

Dr. G. E. SHUTTLEWORTH said that very early before the Christian era force was considered the right method of managing the insane, but even 100 years before Christ one authority had laid down that when the brain was excited it should not be more excited, that they should be surrounded with light and warmth, and hot fomentations should be used when necessary in the treatment of local conditions.

Dr. Shuttleworth then gave an interesting account of an asylum near Cairo, which he has recently visited, now in charge of an English Medical Superintendent, which is the direct descendant of a refuge for lunatics founded in the 11th century. A great difficulty was to obtain nurses and attendants of suitable type.

Dr. Pasmore, Medical Superintendent of the Croydon Mental Hospital, who proposed a vote of thanks to the Chairman and speakers, said that it was now recognised that a mental nurse should have medical and surgical training, and at Croydon one ward was fitted up as a hospital ward.

There was no discussion. The speeches were extremely interesting and instructive, but as no nurse opened her lips from start to finish, the meeting can hardly be described as a nursing conference.

#### LONGEVITY.

In the evening Dr. Tom Robinson gave an interesting lecture on longevity, and advised his hearers to cultivate cheerfulness, which, he said, was one of the chief aids to long life.

(Report of the Conference to be continued.)

#### RECEPTIONS AND HOSPITALITY.

##### AT THE GENERAL LYING-IN HOSPITAL.

From eighty to a hundred visitors to the Midwifery and Nursing Exhibition went to the General Lying-in Hospital, York Road, Lambeth, on Wednesday, April 5th. They were welcomed by the Matron and Sisters, and made a delightful round of the wards, the latest new babies, weighing respectively 8½, 9½, and over 10 lbs., were duly admired; the excellent charts, the milk cupboard, the incubator heated by electric lamps, and the

latest thing in scales were demonstrated to very appreciative audiences. The enthusiasm was, however, most marked in the Museum, which boasts of some unique specimens, and provides excellent material for teaching purposes.

York Road Hospital may be an old building, but the very best is made of it, and there is a go-ahead spirit about it that stamps it as one of the best training schools of Great Britain.

The urgent need now is a Nurses' Home; that secured, further development of the scope of the work will be assured.

##### AT GUY'S HOSPITAL.

Over 200 members of the Midwifery and Nursing Conference were shown over Guy's Hospital on Thursday, April 6th. Several of the Hospital Sisters took round parties of 20 or 30 each, and tried to show the visitors what they thought would be most interesting to them. The Actino-Therapeutic Department, with the Finsen Lamp and all the different electrical appliances was very popular, and the visitors were also much interested in the beautiful wax models in the Gordon Museum. Most of the wards were visited, and on the way out of the Hospital the Court Room and Chapel were not forgotten.

##### AT THE MIDWIVES' INSTITUTE.

On Friday, April 7th, Miss Amy Hughes, the President, Miss Rosalind Paget, the Treasurer, and Miss Fynes-Clinton, Organising Secretary of the Midwives' Institute, were at home to midwives and nurses at 12, Buckingham Street, Strand, when there was a most friendly and informal tea party. The guests were received by the President, whose appointment to this office is evidently a most popular one. The time passed very quickly, as most of those present returned to Vincent Square for the last session of the Nursing Conference.

## Our Prize Competition.

We have pleasure in awarding the 5s. prize this week to Miss M. K. Steele, Assistant Matron, St. Bartholomew's Hospital, Rochester, for her article printed below on

### IN WHAT WAYS MAY SLEEP BE INDUCED WITHOUT DRUGS?

Kindly Mother Nature bestowed upon mankind the great consoler Sleep, and from her, as far as we are able, we must borrow assistance to restore the broken slumbers produced by so many causes.

To enumerate a list of causes is a simple thing, but really very inadequate.

Trouble of the mind and body are the two great enveloping classes, and each may be subdivided into many headings.

Of the Mind.—Worry, unhappiness, loneliness, distress, morbid conditions from disease of the brain, are amongst the chief.

Of the Body.—Physical discomfort and pain will probably include all greater and lesser ills. Before drugs are resorted to a good and pains-

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