

And what about the overstrain of brain work; or that overstrain which we nurses understand probably better than anyone else? When our muscles refuse to act, when we fall back on reserves of nerve force to drive them, until the poor nervous system rebels, the joy of relieving suffering ceases, and the sight of pain makes us flinch and recoil.

We now laugh at Hippocrates when we understand his ideas on the heart and circulatory system. We shudder at the thought of the unnecessary sufferings of the battlefield, the amputated limbs, the boiling oil and the cautery with which wounds were formerly treated, the epidemics of small-pox and plague, we shrink at the thought of the past treatment of the insane, and smile at the faith concerning the recovery of doomed cases, the origin and course of which is now so clearly understood. But the medical profession is still groping concerning the best methods of dealing with the intricacies of the nervous system, and it follows that nurses have a great deal to learn.

We rapidly prepare for an operation, with all its special requirements, and nurse the patient subsequently, without a moment's hesitation. We have the nursing of a case of typhoid or pneumonia at our finger ends.

But what about our nerve cases? Are we so very sure that we are nursing them in the best way?

I have given much thought to the subject; I have studied the Continental and American

methods, as well as the English system; and now I have the personal experience, gained by eighteen months' supervision of a Home of my own, but, with each new patient, I am still perplexed, still uncertain how to give my instructions, how to cope with each fresh case and its various moods.

It may sound arrogant towards the medical profession, and perhaps unfriendly towards my colleagues who receive nerve cases in Nursing Homes in London, but the policy of the editor of THE BRITISH JOURNAL OF NURSING is truth, truth at all costs; and as I am writing this article by request, I feel that, whether I be right or wrong in my theories, I must be honest and upright in declaring them.

I therefore have no hesitation in saying that in my opinion, at all events, patients suffering from "nerves" should be dealt with in a Home devoted to their care. The reason seems to me obvious. A special equipment is essential to meet the requirements of these cases.

The present treatment of nerve cases includes medical, surgical and electrical

treatment, treatment by hydropathy, massage, electricity, the open air cure, sunshine, change, narcotics, darkness, rest, and special diet.

It stands to reason, therefore, that these cases, in order to be dealt with in the best way, should be admitted to a Home built for the purpose, in some health resort, either by the sea or in the country, amidst beautiful surroundings.



MISS E. R. WORTABET AND THE STAFF OF THE HINDHEAD NURSING HOME.

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