

Lucy C. Cooper, Miss F. Sheppard, Miss O'Brien, and Miss M. Punchard.

One paper was disqualified owing to no name or coupon being enclosed.

Miss Gilchrist writes:—Three principles a nurse has in mind on the advent of a newly born child are: (1) To give the infant a warm and comfortable reception; (2) by skilled attention and observation of details, to give the child a fair start in life by preventing and treating any untoward condition; and (3) by notifying any abnormality which might be rectified at once and avoid physical detriment in after life.

The first duty of the nurse is to see that everything required is in readiness. The cot or cradle should be well warmed with hot water bags, in case the child be feeble or prematurely born. The clothing should be soft and of warm material, and if possible of up-to-date pattern, which obviates the necessity of turning and handling the child unduly during dressing.

#### QUESTION FOR NEXT WEEK.

What are the characteristics of the urine in (a) fevers, (b) acute Bright's disease, (c) diabetes mellitus, (d) diabetes insipidus, (e) cystitis.

### LONDON NERVE CLINIC (PSYCHOTHERAPEUTIC).

#### (ABSTRACT OF LECTURES)

Lecturing to an audience of nurses at the London Nerve Clinic, 71, Baker Street, W., on Friday, February 27th, Dr. F. G. Scott dealt with the problems of "sub-conscious mind." Referring to the phenomena of ordinary consciousness, the lecturer pointed out that these have been aptly compared to the ripple on the surface of a great river. Our everyday thoughts represent but a tiny portion of the total mental work; whilst sub-conscious activities are steadily maintained, just as in the depths of a river the powerful stream moves on in a manner distinct from small superficial movements. Dr. Scott gave examples of the work done by the "sub-conscious mind" in observing and storing away memories of happenings that had never, or not for a long time, come to the full consciousness of the subject. As an illustration of the way in which the "sub-conscious" stores memories of this kind, the lecturer cited the instance of an officer who, when deeply hypnotised, spoke Welsh. An inquiry showed that this man had lived in Wales until the age of four, and soon after that time had forgotten everything of the language he had known. After the experiment

he had no recollection of what he had been saying, and was, moreover, unable to speak Welsh. From this the lecturer went on to describe how the processes of hypnotism have served us well in revealing the phenomena of sub-consciousness. When the conscious mind is placed in abeyance, as in the states of deep hypnosis, the "sub-conscious mind" is made clear to the investigator, who finds it possessed of remarkable suggestibility. It is this suggestible "sub-conscious mind" to which appeal is made when giving treatment by suggestion, either with or without hypnosis. Dr. Scott illustrated the principles of suggestion by inducing rigidity of muscles and anæsthesia without recourse to hypnosis in a man whose "sub-conscious mind" is particularly suggestible. These examples of the action of suggestion in the full waking state were very striking.

Tracing the development of psychotherapeutics based on suggestion and hypnotism, the lecturer emphasised the fact that nowadays the latter is being more and more discarded as regards its deep stages at any rate, treatment being now carried out by most scientific psychotherapists, either in the waking state, or in what are called hypnoidal states, the latter being conditions something like those which everybody passes through on going to sleep at night, and on waking up in the morning. Treatment in this way avoids all the disadvantages of the older methods of hypnotism, in which an endeavour was always made to send the patient into as deep a sleep as possible. Referring to the work of the London Nerve Clinic, Dr. Scott pointed out that a considerable number of patients had taken advantage of this institution, and that some interesting results are being obtained, the treatment there being mostly by suggestion in the waking state, or the combined psycho-electrical treatment, in which the tonic effects of static electricity are combined with the psychic advantages of suggestion, a method which has been found remarkably useful in dealing with neurasthenia.

#### THE LAW OF PSYCHOTHERAPY.

Lecturing at the London Nerve Clinic on Friday, March 6th, Dr. Edwin Ash pointed out that all healing, whether effected through mental or through physical agents, depends on the stimulation of natural powers of recovery. Up to the inevitable point at which the human system begins to fail in face of impending dissolution, each individual is possessed of a natural tendency towards recovery from ill-health—a natural resistance towards microbic invasion—and a natural tendency towards

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