

Hall, the Superintendent, has a service kitchen arranged on the top floor, and the stock of pretty trays, dainty crockery, and little teapots indicate that the tired nurses and pros. who use the club so much for their nights off duty will have a restful and enjoyable meal.

The Princess then returned to the Club where, in the lounge, further presentations were made to her, including two Spanish nurses, trained in this country, who are shortly returning to Spain to work in a sanatorium for children suffering from tuberculosis. Her Royal Highness questioned them about their work and promised to mention it to the Queen of Spain.

After the Princess had left, tea—always a very friendly meal—was served in the dining-room, the cakes being of a lightness to make one forget there is such a thing as war flour. Not the least of the attractions of the Club is the excellence of its cook, and the willing service rendered by the domestic staff, who take a personal interest in the welfare of the Club and its members.

At the end of the first year's work the following facts were placed before the Committee: 1,680 nurses had slept at the Club, and 5,591 meals had been served.

The visitors included nurses from Canada, Australia, New Zealand, S. Africa, America, France, Switzerland, Italy, Norway and Sweden.

The Bishop of London, who is one of the Vice-Presidents, sent a message to the Lady Superintendent to say how sorry he was that an important engagement, which he was obliged to keep, prevented his being present. He hoped they would have a nice gathering, and sent his blessing to the Imperial Nurses' Club.

The success of the Club, and its popularity amongst nurses, are undoubted. The larger problem, *i.e.*, that of the position of Clubs run for nurses on business lines, is an economic and difficult one. A club partially subsidised by the public is, of course, able to give nurses better value for their money than those which rely solely on their own efforts. The latter are already hard hit by the absence of their members abroad, and the hospitality offered to them when on leave. They depend therefore upon civilian nurses for their clientèle, and if these too are attracted by partially subsidised homes, then many which have no such backing must go under. Who will solve the problem?

TRUE TALE WITH A MORAL.

(Overheard by a Matron in Grocer's Shop.)

Old Lady: Have you any Monkey Brand in tins?

1st Assistant: Have we any tinned monkey, dear?

2nd Assistant: I don't think so, but any way you want a coupon for it!!!

When will the Education Bill become law, and fewer idiot asylums be required?

INSANITY AND THE WAR.

(Concluded from page 278.)

SHELL SHOCK AND WAR STRAIN.

Writing of shell shock and war strain, Dr. Robertson says:—

"One of the results of this unhappy war has been to throw a flood of light on disorders of the nervous system. Such cases have occurred in tens of thousands. In thus performing a medical experiment on a grand scale, it repeats the experience of the Napoleonic wars. As a result it is believed, of these, one of the greatest neurological discoveries of the last century was made. This was due to the asylums of Paris becoming crowded with cases of general paralysis of the insane. At all events, the symptoms of this disease were first noticed in 1805; they were closely studied, and the disease itself was accurately defined in 1822. Strange to say, its cause was conclusively determined only eighteen months before the outbreak of the present war—after an interval of 100 years. We have, unfortunately, not yet discovered how to cure it, but we now know how it can be avoided and prevented from developing.

"The insight gained by the present war has been most striking in relation to functional disorders of the nervous system. It has established the fact on impregnable foundations that the mind, especially when the highest functions of the will are exhausted and fatigued, not necessarily by shell shock, but also by war strain, is capable of automatically and involuntarily exerting almost unlimited powers over the actions of the individual and the functions of the body. Such a view is not exactly a revelation, for the ground had been prepared for its reception by many observations and speculations made during the last forty years. The importance of this factor, the range of its effects, and the certitude of its operation, can, however, no longer be doubted by any reasonable person.

"It is a striking fact that the most marked nervous disorders are least frequently met in the firing line. Emotional disturbances, and consequent states of confusion, may occur there, but these are evanescent. If these be followed by an interval of calm, known as the 'phase of contemplation,' or the 'period of meditation,' then the more marked disorders may develop. If taken in hand at once, close to the firing line, they readily vanish under the influence of suggestion. If allowed to become established as a habit, and the patient taken to the base, then the cure becomes a much more difficult task, but the same methods are ultimately successful. It would seem that in the incubation stage, owing to a morbid suggestibility following on the emotional disturbance, the mind instinctively and involuntarily fastens on to some idea which expresses itself in a nervous disorder. These may assume the form of loss of voice, or hearing, or of the power of speech, of difficulty of breathing, or standing, or walking, or of paralysis of many kinds.

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