

Royal British Nurses' Association.

(Incorporated by  Royal Charter.)

THIS SUPPLEMENT BEING THE OFFICIAL ORGAN OF THE CORPORATION.

A PRINCESS WHO LOVES NURSING.

The departure from England on October 29th of H.R.H. Prince Arthur of Connaught, to take up office as Governor-General and High Commissioner of the Union of South Africa, together with H.R.H. Princess Arthur, Duchess of Fife, and the Earl of Macduff, will be lamented in this country where they are very popular, but South Africa is waiting to extend a warm welcome to them. The Princess, who is a Vice-President of the Royal British Nurses' Association, and very interested in its work, will find that the nurses of South Africa, among whom are members of our Corporation, will deeply appreciate the fact that she has made a serious study of nursing, and does not believe that an effective knowledge of it can be acquired by any other method. That knowledge will be most useful to Her Royal Highness in South Africa, where her public duties will bring her into contact with many nursing organisations desiring her support and assistance, for which we are sure they will not look in vain.

MIND DEVELOPMENT AND ITS RELATION TO SLEEP.

Miss Cattell was unable to take the chair, as had been arranged, when Miss Good gave her Lecture, at 10, Orchard Street, on the 9th inst., and Miss Breay very kindly took her place. In calling upon Miss Good to commence her lecture, Miss Breay said she felt that the lecturer required no introduction from her, as she was known to many members of the R.B.N.A., and they looked forward to a very interesting lecture indeed.

Miss Good's lecture referred to the differences in the progress of healing, which the nurses often witnessed, between one case and another. Some appeared to make very swift progress, others, in spite of the greatest attention and care, took a long period to reach complete recovery and for no very apparent reason at times. Some time ago the lecturer had been very interested in an article by Sir Almroth Wright; in this he not only discussed the remedy for certain conditions but grasped another secret besides—the fact that in applying it we have to reckon with a certain ebb and flow in physical life and the necessity for considering this when applying treatment.

Throughout the whole bodily system this ebb and flow went on. It was less active in the bones, but very active in the glandular, nervous and circulatory systems. It was with the third of these, the brain and nervous systems, that Miss Good was concerned that afternoon. She passed a diagram round the room and drew attention to the Pineal Gland, which, she explained, was in process of evolution, and she discussed its probable functions when fully evolved. The best way in which to encourage the development of this organ was to cultivate habits of perception.

The lecturer explained how thought was actually the food of the brain and pointed out the necessity for far greater consideration of the quality and amount of this food in the mental development of the child. In this connection also she pointed out what she considered ought to be the course adopted in educating children, showing that the present methods are by no means those which are likely to improve the mental capacity. As to people in general, everyone is rather prone to avoid giving attention to subjects with which they are not in sympathy; rather they should try to understand the reasons for such lack of sympathy or, it may be, antipathy. To take up a difficult subject or one that has little attraction and to think it out has very much the same effect on the mind of a man as a good hard bone has on the jaws of a dog, *i.e.*, they become stronger and more useful.

Miss Good explained how thoughts were really living entities and discussed her theory that thoughts attract thoughts similar in character to themselves. She showed very ably indeed the connection between sleep and reflection—and gave her own grounds for holding that sleep is actually a reflective process and not a condition in which the mind is, so to say, in abeyance. Great thinkers had actually shown that thought could take the place of sleep and some philosophers had so perfected this power of reflection as to be able to live exceedingly useful lives on the maximum allowance of four hours' sleep out of the twenty-four.

In relation to the ebb and flow of life the lecturer pointed out that, in all branches of life at the present time, there were strong currents and cross currents and she pressed the necessity for individuals doing their best to bring some sort of organisation into the world of thought and ideas, the need for training the will, and for

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