

controlling the inner movements of the mind, if people and the world at large are to become happier.

Towards the close of her lecture, Miss Good entered into the kind of food (thought) which should be supplied to the brain, referred to the type of thought effective in producing sleep, and showed in very striking argument why she believed that wrong thought, and thought conducted on wrong lines, and without proper concentration and training was responsible for a vast amount of mental disease.

The prolonged applause which followed Miss Good's lecture indicated how much enjoyment it had given. Miss Breay in expressing to Miss Good the thanks of those present said that she had seldom listened to a more interesting address. Some words which fell from the lecturer at the commencement of the lecture had indicated that this was Miss Good's maiden speech. She sincerely hoped it would not be the last; she had spoken with remarkable fluency from mere scraps of notes and she had given a most able lecture in a very impressive way. Discussion having been invited Councillor Beatrice Kent said that she felt that very rarely had she been privileged to listen to such an address. Very profound subjects for thought had been touched upon and she had intensely enjoyed the whole address. She was glad that Miss Good had touched upon the education of children, for she (Miss Kent) considered that the present methods of education were entirely wrong. They did not foster the faculties of thought and imagination. An interesting interchange of remarks then arose between the lecturer and Councillor Beatrice Kent on this subject and upon the relation of wrongly directed thought to mental disease. Miss Wise asked how Miss Good could bring her views into line with the fact that an agricultural labourer, who usually does not think profoundly, sleeps very deeply indeed.

Miss Good said that Miss Wise's assertion was, if she might be allowed so to express it, rather "the other end of the stick." Sleep, in such mental conditions as Miss Wise suggested, was analogous to the condition of the mind of men who lived many thousands of years ago—men living in a sort of sleeping consciousness. Like them the farm labourer referred to used only his lower intelligence, he had not cultivated at all his higher intelligence and, deep as his sleep might be, it was sleep of a very different kind from that of the cultured man who used his intelligence—it was the sleep of primitive man.

Miss Macdonald said that Miss Good's method of drawing into evidence the close connection between reflection and sleep had been extremely interesting, but she would like to ask Miss Good by what methods she would advise the mind should be trained to habits of concentration which would lead to organised thought. Miss Good then referred to certain methods and exercises which might be used for this purpose.

Altogether the lecture was one of the most interesting of many very good addresses we have

listened to during the year. We greatly regret that space has only allowed us to deal very shortly with it and that much "food" in the sense in which Miss Good used the word has therefore had to be omitted.

#### STUDY GROUP.

After the lecture held on the 9th inst., a few of the Nurses present decided they would like to form a Study Group, and they asked us to intimate this and to receive the names of those who would like to join it.

#### SOUTH AUSTRALIAN BRANCH.

The last Annual Report from the South Australian Branch is highly satisfactory, both as regards the General and Financial point of view. There is a growing tendency on the part of the nurses to become Life Members, and the report of the private staff shows that 360 cases have been taken against 242 in the previous year. No less than 360 calls had to be refused, which speaks well for the efficiency and high standards maintained by our Branch Association. Congratulations are tendered to the following nurses who have married during the year: Misses Conigrave, Conston, Conway, De Laine, Gault, Goode, Higginbotham, Lemon, Morphett, Stanley, Trelagan, and Virgin. Congratulations are also offered to Miss Rinder on receiving the Royal Red Cross.

The Club has been greatly improved during the year, thanks very largely to the help of Mr. Martin, whose wife is a member of the Committee of the Branch Association. The Report closes with acknowledgements to the Chairman (Dr. Corbin) for his continued interest in the welfare of the Association.

#### NOTICE TO MEMBERS.

Will Members of the Association kindly note that all notices of meetings connected with the Association appear in THE BRITISH JOURNAL OF NURSING? Several of late have expressed regret that they have not attended the lectures, stating they did not receive notice. Such notice has and will always appear in the Supplement. It is impossible, with the limited staff at the office, to find time to send to each Member a personal notice and such a course would add immeasurably to the already exceedingly heavy costs which we have to meet annually for postage. We ask our Members, therefore, to co-operate with us by making a special note of all meetings announced in the Journal from time to time and to do their best to attend them; in accordance with the by-laws every Member will, of course, receive a personal notification of any general meetings of the whole Corporation.

ISABEL MACDONALD,

Secretary to the Corporation.

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