

. . . I knew of a case which was really hindered by the mental attitude of the nurse; in other words she was half-hearted in her work.

Nursing by suggestion so trains the observation that every glimpse of returning normality is noticed, and made a stepping stone to further effort. The process is slow, weeks, even months may elapse without much result, but all the while the patient is being influenced by your thought for him. Periods of concentration may be morning, midday and night, three to five minutes each time, and that is a long time to hold one thought poised in your mind to the exclusion of all others. Of course the length of treatment will be longer, according to the patient's needs. Concentration upon 'Sleep' at bedtime takes longer; or on "Rest' during the day. . . . I need scarcely say that the patient's physical needs must always have the most careful attention; morning bath, plenty of fresh air continuously, day and night, massage, exercise always, liberal lavage, strict attention to diet, etc., etc. The importance and benefit of massage to the mental invalid is scarcely appreciated as it ought to be. Co-ordinated with Suggestion it is invaluable." (Here the lecturer described several forms of massage, emphasising the importance of concentrating the mind on the results desired.)

"Another important factor is 'atmosphere.' Suggestion creates an atmosphere in which normal resolves and impulses can grow. It is needful, too, to surround the patient by quietness, beauty, harmony and serenity; to protect him, for a time at least, by complete isolation. His mind is so bruised it feels every jar, both in surroundings and people. Sometimes this is difficult in nursing privately; but it is usually overcome by tactful explanation. In this connection, however, let me say that the patient's own home (all things being equal) is the best place to nurse him, where one can get the privacy, concentration and atmosphere which is not possible in a busy nursing home or hospital. . . . Does suggestion make mental nursing easier? No! but it makes it intensely interesting and not the nebulous business we often found it in the old days. Still, we must admit, 'the road winds uphill all the way; yes! to the very end.' . . . May I give here just a word or two by way of advice to mental or other young nurses present to-day. There is no better antidote to the strain of nursing (specially nerve and mental cases) than to have another interest upon which you must concentrate your whole attention. Sewing and knitting and fancy work are all very well, but even the fascinating 'jumper' is not sufficient to keep your mind from straying to your work. Reading—the daily newspapers, a good book; keep abreast of the times. Nurses, don't get stale—talk about anything except your work.

"And now, friends, my last point gives the keystone of the bridge across which we travel in all our life and work, of whatever kind, viz., the Divinity controlling all—whatever our conceptions of the Divine in ourselves and in the

world those view points converge at some given point: 'Mankind comes to Me by many paths; and by whatsoever path he comes I welcome him—for all paths are Mine.' We agreed at the beginning of this lecture that man is a three-fold entity, and as mental nursing deals with that part of the entity so nearly akin to spirit, it follows, does it not, that our weapons should also be spiritual? I offer no criticism regarding other methods of healing on the material plane, but would suggest to my hearers that treating ethical ills by mere animal magnetism is illogical. Deep in the subconscious mind of the patient lie untapped sources of spiritual supply (for there is a spiritual being) and the spiritual or ethical in those who minister calls up the spiritual in the patient. As we said already: Give him back his lost ideals; re-educate him to realise that it is worth while, and you will 'iron out the creases of his soul'; and the only way I know of to do this effectually is to put self aside and let the Divine work; nor do I know any other way to conserve our energies and strengthen us for this work. The constant strain would discourage the stoutest heart, unless somewhere the voice of comfort was heard bidding us 'be strong and of a good courage,' and, harmonising with the call to service, was heard the clarion note of victory.

"Every mental invalid is a child of God; and, as such, has a right to his heritage; and we can help him in his quest, by enabling him to see the Divine in himself.

"There is nothing in the world we cannot achieve or become by steady, clear thought; by brave action founded on thought, in the service of God and man."

ASSOCIATION OF TRAINED NURSES IN PUBLIC HEALTH WORK.

LECTURE.

To-day (Saturday, April 1st), at 3 p.m., Dr. Sloan Chesser will lecture on Venereal Disease at 194, Queen's Gate. The subject is one of the greatest importance at the present time, and we trust that there will be a large attendance of nurses.

DONATIONS.

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ISABEL MACDONALD,
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