

5. The rates are much higher in England—£4 4s. per week for the private, quieter wards. The highest charge is \$7 (seven dollars) in the U.S.A. (or about £1 8s. per week). *All the patients get the same treatment and food. They are classified by their mental condition, not by the amount they pay.* There are no private wards or rooms; the separate rooms are used for the patients needing quiet most.

An operating room is being planned in the hospital I saw; most of the American mental hospitals have operating rooms and do a lot of operating. Surgeons come from towns in the neighbourhood and make regular and careful examinations of all the new patients, and operate when necessary.

In the Westborough State Hospital a lot of treatment is given for syphilis, and it is used for patients outside the hospital, and is given free.

In 1918 the Westborough State Hospital put in an X-ray apparatus, which is very useful in accidents. A dental room was fitted up, and a resident dental surgeon and nurse are on the staff. They are kept busy, as the staff as well as the patients can get treatment. The dental nurse cleans the patients' teeth regularly; the surgeon does the fillings, extractions, &c.

There is a fine laboratory, and a resident pathologist. Careful blood tests, &c., are made of all patients admitted, and annually as long as they are in hospital. The law requires that there are two women doctors on the staff at least.

The nurses' training consists of two years in the State hospital and one year's affiliation in a general hospital; the examinations are given by the State Board of Nurse Examiners for registration, and are the same as for general hospitals.

The patients can all "commit themselves to," or enter, a State hospital, and leave after giving three days' notice. Many go as voluntary patients, in time to avoid serious breakdowns.

Since prohibition has been enforced in America the hospitals' records show admissions owing to alcoholic conditions have dropped from 10 per cent. to  $\frac{1}{2}$  per cent.

I hope the prolonged warm bath treatment will be introduced into the mental hospitals here, if only for the ex-service men. It is not an expensive treatment, like electricity. I have seen wonderful recoveries in a short time by its use. I hope your readers will be interested in hearing how largely it has been used in America since 1908, for the poorest patients.

There are many other things I could mention, but must not take up more space.

All the doctors of America and the West Indies have a small green cross painted on the front of their cars. It has been found very valuable in cases of emergency and getting through traffic quickly. It is a good idea; I am surprised it is not used here.

Yours faithfully,

ALISON MAXWELL HALL,  
U.S.A. Army Nurse Corps.

Budleigh Salterton,  
S. Devon.

### SELF KNOWLEDGE.

To the Editor of THE BRITISH JOURNAL OF NURSING.

DEAR MADAM,—May I protest against the common fallacy that it is virtuous to avoid thinking about ourselves? Wise men have laid down the axiom that Self-Knowledge is the first step to moral and spiritual progress. It cannot be attained by refusing to study our own mentality. Too often those who take the latter standpoint are in reality absorbed in a sophisticated indulgence of the perishable self, while neglecting the Ego.

E. E. P. asks—regarding things worth thinking about—"Books, Pictures, Nature: what am I to come first?"

Until we realise that each of us is Nature, an agglomeration of living atoms to be cultivated by the higher principles within us, we are an instance of the blind leading the blind.

If the little garden plot we entrust to a child were covered by him with matting, receiving no culture but by those forces of Nature which might penetrate, because he believed it more modest to deny consideration to *his own*, how we should smile at him. Yet that is what many children of larger growth are doing instead of tilling, sowing and weeding their little plots. Critical faculty that is not turned to self is apt to be unduly occupied with others.

Only good can come from self-study if we remember that we are but a fraction of the whole—a Unit of Consciousness—and examine closely each experience that comes to us to find what lesson it holds for ourselves, and how to increase by it our usefulness to others—the systole and diastole of our lives.

The evil of self lies in *hoarding* our own gains—material, mental or spiritual.

I am, Dear Madam,

Yours faithfully,

M. M. G. BIELBY.

Cranford, Middlesex.

### WHERE TO REGISTER.

Apply for Application Form to the Registrar:—  
ENGLAND AND WALES—12, York Gate, Regent's  
Park, London, N.W.

SCOTLAND—13, Melville Street, Edinburgh.

IRELAND—33, St. Stephen's Green, Dublin.

Forms should be carefully filled in and the names given for references from persons who have agreed to supply them.

### PLEASE NOTICE.

Mrs. Bedford Fenwick will be in the Lobby of the House of Commons on Friday, February 16th, at 2.30 p.m., and hopes as many as possible of the Civic and Professional Rights Sub-Committee of the Registered Nurses' Parliamentary Council will meet her there at that hour.

### OUR PRIZE COMPETITION QUESTIONS.

March 3rd.—Describe the principal uses of baths, some of the varieties known to you, and the methods of administering them.

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