

FIXTURES FOR MARCH.

March 6th and following Tuesdays.—Continuation of a Course of ten Lectures on Psychology by Dr. T. Ronald Forsythe, M.B., Ch.B., D.P.M., of the Kent County Mental Hospital, Maidstone, at 39, Portland Place, London, W., at 7.30 p.m. The fee for the Course is 15s. for Fellows and Members, and 25s. for non-members, payable in advance. Single Lectures 3s. At the end of the Course there will be a written examination and a Certificate of Proficiency will be given to those who pass the prescribed standard.

March 24th.—Council Meeting. 3 p.m.

March 26th.—Obligation Day. 2.30 to 5 p.m.

FIXTURE FOR APRIL.

April 26th.—The first of a Course of six Lectures on Gynæcological Nursing by Miss Gertrude Dearnley, M.D., at 39, Portland Place, London, W., on Thursdays, at 6 p.m. The fee for the Course will be 7s. 6d. for Fellows and Members, and 10s. 6d. for non-members. Single Lectures 2s. There will be an Examination but no Certificate awarded after this short Course of Lectures. Miss Cochrane has, however, kindly offered a Prize to the student obtaining the highest number of marks.

CONFERENCE ON PRIVATE NURSING.**Important Notice.**

It has been decided to postpone the Conference on Private Nursing, to be held at 39, Portland Place, London, W.1, arranged for March 22nd until next month, at a date to be announced in our April issue, in order to give private nurses, who are at present very much occupied, a better opportunity of attending. We hope they will note this arrangement, and that many private nurses will make a point of attending to discuss their own special problems.

OBLIGATION DAY.

Obligation Day on March 27th was a specially interesting occasion inasmuch as the first Overseas Fellows to attend upon an Obligation Day, Miss Pearl L. Morrison, Superintendent of the Hospital and Training School at the McKellar General Hospital, Fort William, Ontario, and Miss Minnie E. Misner, Supervisor of School Nurses under the Ontario Government were present, and Miss Misner took the Obligation and signed the College Roll.

In honour of the occasion the President and Members of the Council who were present wore their Robes, and the President presented both Canadian ladies with a posy of pink carnations and welcomed them into the College.

LECTURES ON ELEMENTARY PSYCHOLOGY.

The members of the class attending the Lectures on Elementary Psychology by Dr. Forsythe now being held, are most interested and enthusiastic, and the success of the Course, financial and otherwise, is assured, upwards of 30 tickets for the Course having been sold. Those attending also appreciate meeting the President and Members of the Council, and Dr. Forsythe, over a friendly cup of tea after the class.

ELEMENTARY PSYCHOLOGY AND ITS APPLICATION TO NURSING.

A Course of Lectures to the British College of Nurses.

By **DR. T. R. FORSYTHE, Ch.B., D.P.M.**

LECTURE I (Abridged).

Foreword.

"We are living in an age of applied science. Electricity, chemistry and mathematics are being used in the practical work of everyday life. A short while ago they were merely the toys of the scientist. To-day they contribute to our modern efficiency. This change is more than an indication of modern progress—the sciences are in part a cause of the progressive element of our modern conditions of living.

As a science, Psychology is one of the youngest. It is scarcely able to walk alone. But the youngest child usually appears most promising to the parents and maiden aunts. So it is with Psychology; it is a field of science that has for some time been watched with expectant interest from all sides. Much has been expected from Psychology and much given by Psychology. It has not yet been found wanting in all justifiable expectations. Psychology may be young as a science, but it is, perhaps, the most ancient in interest. From time immemorial men have been interested in the behaviour of men. What other people do, say, and think has always occupied the centre of interest in human beings. The study of the mental aspects of life probably had its incentive in the desire to know how to deal with others. May we imagine Eve as the first psychologist when she suggested that Adam eat the forbidden fruit? Religions have been making heroic efforts, ever since then, to apply Psychology so that the mental life of those following their faiths will enable them to resist forbidden fruits."

I have chosen this extract, from one of the works of a well-known American psychologist, as an introduction to my theme in order to show you that real value is to be obtained from these studies you have been interested enough to pursue.

The Value of Observation.

I am going to attempt to present to you those facts that will be of most immediate aid to nurses in understanding the patient, themselves, and their fellowmen as organisms that act, think, and feel. I think the keyword is Observation. And for this reason, nurses, who must apply observation in every moment of their waking life, are perhaps unwittingly psychologists of no mean order. Besides this, the nurse has access to a unique and invaluable source of training either in county hospitals or private homes for mental patients. Here one can observe certain types of behaviour crystallised in extreme form.

In addition to this, one is given constant practice in the control and prediction of behaviour. It is a question if the nurse can be considered adequately trained for the nursing of mentally normal patients if her training has been devoid of this special preparation and experience. It has been suggested that the general nurse has more need for a special course in nervous and mental nursing than the mental nurse has for general medical and surgical training. In America it is proposed, one hears, to include training in mental diseases as well as courses in psychology, for nurses' registration.

Introductory and General.

There is no mysterious difference between the workings of the behaviour of an individual in health and disease. The strange ideas and behaviour of the mental patient are not due to a disturbed soul or the afflictions of a mind. Rather they are disorders of behaviour and can be understood to a considerable degree when one knows how the patient behaved in the past. That is why training with

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