

**Financial Report.**

The Chairman presented a satisfactory Financial Report.

**Nomination Papers for Election to the Council of Two Fellows and One Member.**

It was agreed that the Nomination Papers for Election of two Fellows and one Member to the Council should be available on May 1st, 1929. They must be returned to and received by the Secretary, 39, Portland Place, London, W.1, before the hour of noon on June 1st, 1929.

**Congratulations to Fellows and Members.**

The Secretary was directed to convey the congratulations of the Council to—

Miss Marion Welch, F.B.C.N., on the award of the R.R.C., first class.

Miss E. M. McQuade, F.B.C.N., on passing the Central Midwives Board Examination.

Miss K. Brown, M.B.C.N., on passing the Central Midwives Board Examination.

**Gifts.**

The President. Two vols., "Sidney Herbert, A Memoir," by Lord Stanmore. (Containing an historic correspondence with Miss Nightingale in the Crimea), to the Isla Stewart Memorial Bookcase.

Dr. Mitchell Bruce. "Materia Medica and Therapeutics."

Mr. E. V. Lucas. "First Lines in Dispensing."

The Misses Haswell. £8 8s. for Model of the Trunk.

Miss J. S. Niccol. 5s. for Flowers.

Miss Julia Hurlston. Flowers.

Miss Lottie Kemp. Flowers.

Miss Breay. Flowers.

Miss Allbutt. Flowers.

Miss Beatrice Treasure. Plants and Ferns.

The Council directed the Secretary to convey an expression of its gratitude to the Misses Haswell for their very generous gift.

**Next Meeting of the Council.**

It was agreed that the next Meeting of the Council should be held on April 27th at 2 p.m.

The Meeting then terminated.

**FIXTURES FOR APRIL.**

AT 39, PORTLAND PLACE, LONDON, W.1.

April 16th.—Mrs. Lancelot Andrews, F.B.C.N., and Miss S. A. Villiers, F.B.C.N., Councillors. "At Home" at the College, 4 to 6.30 p.m.

April 23rd.—Lecture by Miss K. M. Latham, R.R.C., M.B.C.N., on "Industrial Nursing Organisation." 8 p.m.

Will Fellows and Members, and others who desire to attend kindly notify the Secretary of the College at 39, Portland Place, London, W.1.

April 27th.—Council Meeting. 2 p.m.

**FIXTURES FOR MAY.**

May 7th.—Debate on "The Pre-War Nurse and the Nurse of To-day." 8 p.m.

May 14th.—Lecture by Dr. Saleeby on "Sunlight and Health." 8 p.m.

Will Fellows and Members, and other who desire to attend the Debate and Lecture, kindly notify the Secretary of the College at 39, Portland Place, London, W.1.

**THE MIND AND HOW IT WORKS.****AN ADDRESS TO THE BRITISH COLLEGE OF NURSES.\***

By Sir Robert Armstrong-Jones, M.D., C.B.E., D.L.

[ABRIDGED.]

(Concluded from page 63.)

**The Second Division of the Mind.**

Having dealt with Feeling, sensations, and emotions, we have now reached the second division of the Mind, viz., the Reason or the intellect, a stage also described as COGNITION or *Awareness*, described by Halliburton as "the electric force of the brain." We receive sensations, which means not only the stimulation of ideas, but the response of the Mind to them. In the exercise of the Reason we discriminate, we form judgments, we pass from one judgment to another, either deductively, or inductively, which is reasoning from the particular to the general, or inferring from the known to the unknown. It is the work of the Reason to compare, to judge, and to criticize. Therefore you should sit every night for half an hour to think over the events of the day, *i.e.*, to introspect, in order to discover the relation, the implication, the association, and the interpretation of what you have heard and seen and read during the day. You will find that practice in this will be invaluable to you as a mental exercise or mental gymnastics. It is well known that Reason is much influenced by the feeling, which is associated with every idea, *i.e.*, whether this be pleasurable or painful; in other words, by their "affective tone," and this so-called "affect" is a great help to remember, to recall and to revive our thoughts; and remembrance is necessary in order that Concepts or ideas may coalesce into larger and larger association masses and knowledge.

Memory, which is an element of reason, is the best friend of the student. "It is the Treasure-House of the Mind" (Thomas Fuller). It is well to trust the memory and to strengthen it by recalling the past events of each day. After learning a thing, physiology teaches us to rest for a while, so that Nature's repairs—which bring new material—may make the impression left upon the neurons more secure, for the process of learning does not cease with the actual impressions imparted; it goes on for a time, and so adds to our efforts. As Bain said, the memory depends on three things: (1) The plasticity, as it were, of each individual; (2) a certain amount of repetition, as the pathway is deepened each time; and, above all, (3) concentration of the attention. Sometimes reading aloud helps the memory, for it adds Sound to Sight, as also the remembrance of the action of the vocal muscles—what is described as the Kinesthetic memory, the muscular element of thought—a very important factor.

It is well known that many past experiences of our lives are forgotten. They drop out of the conscious mind, and remain in what is described as the subconscious mind, yet they can be recalled by an effort of the will. We can recall our first case after we left the hospital, or a long past admonition from the Matron, or the praise from the Surgeon, all from our subconscious mind. Ideas when remembered are said to be in consciousness—a new and very difficult word for us, but only meaning the state of the Mind at one moment, for consciousness may be described as the sum total of the mental processes now or at any particular time; in other words, my consciousness means the ideas that are in my mind at the present moment.

If we look on the Mind as a running stream, and if we could make a cross-section of this stream and then look into the divided parts, we should discover or be aware of (cognition) many sensations, also of pleasure or the reverse (Feeling), and lastly, a tendency to act or

\* Delivered at 39, Portland Place, London, W., February 10th, 1929

[previous page](#)

[next page](#)