

Examinations an Incentive to Hard Work.

Students and Nurses must pass examinations which are often a time of great anxiety, because valuable appointments and other important events in the life of a student depend upon the success in them. Examinations are often condemned because it is asserted they are not the best way to test a student's knowledge, but until some better method is invented they must remain the fairest test. To many persons examinations are an incentive to hard work. It is certain they are a help to self-expression and they are without doubt a valuable aid to link up new facts with old knowledge.

The Recognition of Nurses as Part of the State.

You Nurses have to do with the practical aspects of life and I see that instruction is given in the conduct and methods of business. You want to know what to do with your savings—if you ever have any? Also Civic work is one of your subjects. You are part of the State and you are so recognised by the State and it is necessary also that you should take an interest in public health and in your position in the society of men and women. All these are in the Syllabus of the British College of Nurses.

Method Absolutely Essential.

In conclusion, and in accordance with what has gone before, the first essential is to have a scheme, you must not be formless in your studies, draw a plan or time-table, and stick to it. Method is absolutely essential to your work. Some American Universities believe that method can be imparted by instruction, and they have accordingly appointed special supervisors of study. Clifford Allbutt wrote a treatise on the subject for the guidance of graduates. Having fixed a scheme, form "habits" of study. The whole of Education really consists in "habit" formation, and you know a habit is doing a thing again and again and time after time, until the impressions become fixed. When a habit has been formed, it is easier to acquire new thoughts, because in a habit you hand over to effortless automatism things that can be revived at convenience by the Memory and the Mind is thus free for fresh attainments. Don't be in a hurry, but learn to read quickly and to perceive swiftly so as to economise time. Learn to trust your Memory. I often think much time is wasted in making too many notes at lectures. The clinical lecturer, for instance, multiplies instances to show his meaning, he emphasises facts to stress his point, and he repeats what he says for the sake of impressiveness. I think it much better to look up the subject of the lecture afterwards in your text book—not one but many—as it is a great gain for your ideas to pass through many mediums, for you profit by the added impressions. As already stated, it is of the greatest importance to concentrate your attention. Don't dawdle! because the firm intention to remember helps to deepen the impression, psychologically speaking. Attention affects the firmness of Retention. Concentration is difficult but it is the core of mental activity, and it is well worth the trouble and cost. Serve the Mind faithfully and well and it will then serve you. It is not only a good servant but also a good master.

Seneca said that "as the soil, however rich, cannot be productive without cultivation, so also the Mind cannot produce good fruit without culture."

The Mind is Inseparable from the Body,

Let me remind you, in conclusion, that the Mind is inseparable from the body. The Mind is clearest when Health is best. Physical fitness is necessary for clear thinking. Sleep, food, exercise and rest are all points to be considered by the brain worker. If you make active and vigorous effort and take the trouble to use your Mind faithfully and wisely, you will not only become distinguished in your profession, but also one of the greatest persons of your generation.

NERVOUS DISEASES.

Three Lectures delivered to the British College of Nurses, by Miss Mary Chadwick, S.R.N., F.B.C.N.

PAST AND PRESENT VIEWS CONCERNING NERVOUS DISEASES.

The nervous diseases provide one of the most urgent problems of present-day nursing, since in many ways they require new knowledge, new methods and new interest to bring it abreast with the standard of nursing other important groups of human disease. Within the last hundred years have been established, first antiseptic and then aseptic surgery; the science of bacteriology; X-rays; radium; the Alkaloids and Glucosides have also been discovered, as well as the use of derivatives of animal glands for the conquest of disease. Yet another section of invalids, suffering with neurosis, have recently been given hope and assistance, and this new field of research offers to the nurse fresh impetus to undertake pioneer work in a branch of her profession that hitherto has lagged behind the times, repeating opinions and treatment many hundreds of years old.

Two nervous diseases, *Hysteria and Melancholia*, were known to the Greek physician *Galen*, 130-200 A.D. He described their origin and symptoms and prescribed treatment for them. Fourteen hundred years later, we find the same views appearing unchanged in a medical treatise, *The London Dispensary*, written by Nicholas Culpeper, Student of Astrology and Physick, in the year 1653, in which he transcribes into English all that was then known of medical science and treatment. *Hysteria and Melancholia* were still the only two recognised nervous diseases. The latter was distinguished by "signs of fear abounding" and known often to be accompanied with constipation, therefore strong purges were ordered to drive out the evil humours and potions known to raise men's spirits and to make glad their hearts. The cause of *Hysteria* was supposed to be the wandering of the uterus about the interior of the body, and the appropriate remedy was believed to be sweet or "stinking" odours applied to the exterior of the body, to coax or drive it home again. We may remember that *valerian*, an unpleasant smelling and tasting drug, is still used as a specific in hysteria, often with satisfactory results.

A short time after the publication of Culpeper's work, we find a new fashion set in the treatment of the Vapours of Melancholy, and patients of means were sent to drink the waters at Bath and Tunbridge Wells. The change of air, scene and daily events improved their health, but contemporary writers tell us they often relapsed after return to the old home conditions; as they still do when change of air only has been prescribed.

Some hundred years later, a fresh development of a method long familiar in the East, marked the first step towards modern *psychotherapy*. This was the work of Mesmer, who postulated cure through a mysterious fluid, emanating from the operator and passing to the patient, which took away the disease. Mesmerism, as such, is no longer practised, but we find its derivatives in *Suggestion*, as well as phrases familiar enough in connection with the nursing of nerve cases, "It takes such a lot out of you," or "One is giving out all the time!"

The teaching of Mesmer attracted attention from progressive members of the medical profession throughout Europe. Especially should we remember *John Elliotson*, born in London 1791, and appointed Professor of the Practice of Medicine at University College in 1831. He was, however, forbidden to use mesmerism on his patients in the new hospital he had founded there for the use of students, although it was successful as an anæsthetic in

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