

7th, the anniversary of the foundation of this Association. Perhaps she is right. Her own gifts are not so much to her followers as to the ages and her victory is a victory of the spirit over encumbrances constantly set across the path to progress. We cannot but wonder what the position would have been to-day if, earlier, those now converted to her ideas and which she transformed later into ideals, had listened to the message she had for the nurses, if the nurses had been permitted to organise in freedom without that most dangerous, wrong and even cowardly form that opposition can take—the damping down of thought, the suppression of thought into the unconscious whether by means of platitudes, prejudice or coercion in some form or another. Has a great message been pushed aside and will the whole "ideal" ever quite be regained to become an accomplished fact? It is good to look into, and learn from, the past and at least we can look forward to the future with the knowledge that legal status has been given to the nurses, a fine foundation on which to build with courage and forethought.

In this message of appreciation and retrospect we cannot omit a word of very sincere gratitude for the help of mind and heart that has been given to the nurses, in their aspirations for progress, by Dr. Bedford Fenwick. His gifts did not stop at the drafting of our Charter or the help he gave in advice and mental effort to the Registration movement. He gave generously, financially, to a movement which, from beginning to end, was an exceedingly costly one to its promoters.

And so, fifty years on, we offer greeting to the founders of the R.B.N.A. and wish them many happy returns. We do this with a good heart, for, in the words of one of the greatest poets of ancient times, a famous pre-Christian lawyer and rhetorician: "Courage conquers all things, it even gives health to the body."

LECTURE—PSYCHOLOGY.

By DR. SLOAN CHESSEY.

In commencing the lecture, Dr. Sloan Chesser defined psychology as the science of the mind or soul and the object of the study of psychology is to lead people to an understanding of themselves. Personality may be described as the mask which we show to the outside world. In one respect a human being may be compared with an iceberg of which about a tenth part only remains visible and nine-tenths invisible, so may it be said of the conscious and sub-conscious mind respectively. Memory to some extent lies in the sub-conscious and it is what inspires and sustains many of our sympathies and antipathies. To use a simple illustration, one may take a dislike to a woman because she is wearing a red tie, and the only reason for such an antipathy may be that, in childhood, one has stowed away a remembrance of a person who annoyed one and who was in the habit of wearing a red tie.

The doctor then gave a short description of the methods used to discover the presence of, for instance, a particular fear and methods of practice in endeavouring to get rid of this.

Some of the innate instincts were enumerated and the characteristics in which they are revealed. No instinct is good or bad in itself. It is the control of the instincts or lack of it that matters. For instance, the instinct of pugnacity may exist and the characteristic related to it, anger, when arising in a just cause and yet well controlled, is not bad. We have the instinct of curiosity and its corresponding characteristic, wonder; if curiosity leads to wonder it may give rise to all kinds of valuable research, scientific and otherwise. Other instincts are repulsion, with the corresponding characteristic, disgust, flight with its corresponding characteristic fear, the instinct of self regard with the characteristic of satisfaction, and so on.

Dr. Sloan Chesser said that temperament is largely dependent on the gland secretions and she described the action of several of the less well-known glands. For instance, under the influence of fear, a man may run as he never could otherwise, and this is due to the extra adrenalin secretion arising under the influence of fear and being poured into the blood stream. Thus one can imagine that a condition of chronic fear must be very inimical to the physical health, because of the excess of adrenalin entering the blood. After describing the action of some other glands, the lecturer passed on to the subject of will, which should be the servant of the self but is too often its master. In regard to the sentiments a child, said Dr. Chesser, should be trained to have good sentiments. Disposition is a sub-conscious blend of many traits. You may, through disposition, be compensating in the conscious mind for something that lies deep in the sub-conscious. Character is what we make of ourselves. Character is the quality of ourselves. For the ego we have a social as well as a physical and mental self. A holiday should satisfy the self in all three aspects. Many people foolishly stop developing their mental self when they leave school. The spiritual part is in some people on a high plane, in others not. You find people malicious sometimes and seeking to pass on scandal and this is often due to disappointment. We should make it a rule of life to pass on joy to others.

REVIEW.

"SALLY STRANGE," BY MISS MARGARET MORRISON, S.R.N.*

We have just received a copy of the second impression of the above-mentioned novel, which indicates that Miss Morrison's gift of imagination does not, as in the case of many writers of novels, fail in some degree after the first achievement. Within quite a short period she has published: "Written for Elizabeth," "The Lady of Justice," and "The Reverse be My Lot." Now come the adventures of this fascinating little lady named Sally Strange, and we learn that a fifth novel is well under way. The work has for its theme that intriguing problem and partially recognised aspect of psychology—the "second sight." The heroine's adventures, good and ill, are largely related to the faculty of clairvoyance. To follow the fortunes of this Cinderella makes very pleasant reading, and those who take up the book tell us that they cannot lay it down until Sally "arrives," and that with every prospect of living happy ever after. The characters get into many entanglements of circumstance, but the author shows as much adroitness in getting them out of their difficulties as in setting the nets for their adventures. In spite of the happy ending, one comes to the conclusion at last that the gift of clairvoyance is not without its drawbacks and that it may give rise to greater disasters than spoiling, for its possessor, the enjoyment of bridge. Yet, as in an elusive way it appears and reappears in the portrayal of the heroine of the novel, it opens up considerable food for thought. Altogether Miss Morrison has written a fascinating book that shows considerable originality. We are glad to hear that she has already signed contracts for others, that two of her books are likely to be filmed at no very distant date, and that one at least is being translated into another European language. Miss Morrison is the only novelist member of the Association, and, indeed, probably the only Registered Nurse who has entered this branch of literature.

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ISABEL MACDONALD,
Secretary to the Corporation.

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