

of eye, and the towering voice displayed in an ordinary fit of anger are pretty sufficient indications of the tumult within.

DOCTOR BODY: IMPORTANT POINTS IN MENTAL NURSING

The recovery of patients suffering from acute mental disorders is to a considerable degree dependent on food and sleep. The latter is often dependent on the former. Success in feeding the insane calls for perseverance, persuasion, tact, patience, good judgement, good humor, hopefulness, firmness. It depends on the nurse more than the doctor. The personality of each patient is a subject for special study, a more difficult task than the technique of general nursing allows. In the matter of delusions, be frank, but never try to argue with an insane patient. When an excited patient is breathing threats of slaughter and brandishing a weapon, it is well to remember that a mattress makes a very good shield.

DOCTOR BODY: FATIGUE

What fatigue is due to, I can't say. One thing seems certain: it resides in some affection of the blood. This was proved by keeping two hounds of a pack at rest. When the hunting hounds came in, blood was taken from one and injected into the hounds that had been resting, with the result that the rested hounds soon showed signs of profound exhaustion.

A man who has had a hard day of physical exercise finds it difficult to work with his brain, and the man who has had a hard day's work with his brain doesn't feel fit for much exercise. An intermingling of the two seems to be the best way to avoid fatigue.