

and this is the nursing of the insane. If fifty years ago the penitentiary woman, the most depraved character, who was fit for no occupation, respectable or otherwise, was considered the proper person to nurse the physically sick of our hospitals, it takes small imagination to picture the inside of an insane asylum. These women became in many cases the close companions of people who possess, as in many cases of melancholia, a sensitiveness more than normal, and senses and perceptions more than acute, and the latter were often left to the mercies of unfeeling creatures, who for the better patients proved unimproving companions and for the worse ones brutal, overbearing masters.

To see the great importance there is in having the best procurable class of people employed in an insane hospital one has but to think of the persons who find shelter within its walls. There are few of us who have not had some relative or, perhaps, friend, fated to spend some time within such a place. In general hospitals the majority of patients are uneducated and of the lower classes, yet insanity is near of kin to genius; it is no respecter of persons; why should it not require as careful, if not more careful, nursing than would physical illness?

Happily, the ignorant slattern is passing away, and the neat, trim, well-trained hospital nurse is taking her place, and it will not be predicting too much to say that a very few years will see every insane hospital with its training school for nurses. Some six or seven years ago the first training school for nervous diseases was opened at the McLean Asylum, near Boston. Now they have spread and are spreading, not only over the United States, but Great Britain. They constitute one of the requirements of the nineteenth century, and already many brave, earnest women are found in the ranks of these training schools. A well organized training school not only provides suitable nurses for the hospital to which it belongs, but it also sends out into the world a constant supply of well-educated, experienced nurses. These are intelligent women capable of managing patients in their own homes, and thereby not only in many instances avoiding the publicity of insanity, but relieving a family from that stigma which generally attaches itself to one which has had any of its members in an insane asylum. The profession of nursing the insane has not as yet reached that degree of popularity which has been arrived at in general nursing. This is somewhat due to the fact that in some, though not all, asylums the nurses are called upon to perform the manual work, which of course no nurse is called upon to perform in any general hospital. This should not be. It may be said, this is not hurtful. True, it would not hurt a member of the Royal College of Physicians to wash his own bottles, but would it not be considered a waste of intellect and education on his part? And so it is with a nurse. A woman who has sufficient intelligence and education to pass a creditable examination in psychology and physiology, who possesses the nicety of touch to manage successfully and to the satisfaction of the attending physician a difficult mental disease, will surely be wasting her intellect and education on the scrubbing brush. This alone will keep many from devoting themselves to this branch of nursing. The dignity of the profession of nursing is never required more to be upheld than it is in nursing the insane. As mechanical control disappears, moral control takes its place, and a patient should be taught to look up to her nurse instead of down on her keeper, and excellent worthy creatures though our scrubbing women may be, and indispensable members of society, in case of mental disease overtaking us, we should hardly be satisfied were we told to look to them as our guides, our counsellors and friends. Eventually the ministering to the mind diseased must be looked upon as the very highest form of nursing. The mental life is above the physical. The watching back to health of the diseased intellect must to the nurse be of as great if not of greater interest than the watching back to health of the diseased body. It is impossible to overvalue the importance of good nursing for the insane.

In any General Hospital where there is a high standard of nursing, although entrance into the training school is open to all classes, applicants are reminded that while only a certain amount of education is necessary for a member of the training school yet women of superior education and cultivation will be preferred. This requirement should be even more observed in an asylum. The calling of an insanity nurse is indeed one of great responsibility, a fact which should be fully realized before entering upon such a career. All that is expected of a general nurse is required of her and much more. Her requirements are indeed manifold and complex. She must be healthy in body as well as pure in mind, and here it may be well to mention that great muscle and physical strength are not so necessary as many suppose. Now-a-days most patients are managed without force, and if in an exceptional case force is required, a nurse in justice to her patient, even more than in defence of herself, should in any difficulty call for that assistance which in an hospital is always at hand. But pure in mind she must be, or she will find her nursing degrading instead of elevating her. She must also possess an intelligent conception of the normal and natural processes or functions through which life is sustained. Healthy surroundings, sleep, amusement take a great share in restoring mental vigour. She must be of a deeply sympathetic nature, yet judicious in showing her sympathy. She must be mistress of herself before she can expect to be mistress of her patient. She must be swift to hear, yet slow to speak, self-denying while self-respecting. Her patience must have no end, her temper be perfect, and she must have education, for what is tact but education? She

must feel her calling so high that she will cheerfully do it unto the least of these. "Be pitiful, be courteous" seems to have been written especially for her. "A Christian" (say Augustus and Julius Hare) "is God Almighty's gentleman; he ought therefore to be mild, calm, quiet, even, temperate." A nurse should be "God Almighty's lady."

In the history of the world no one writing on the subject of nursing has ever omitted an allusion to the sentimental young lady who imagines nursing to consist of bathing her patient's head with *eau de cologne*, as she gently fans the troublesome flies from the heated brow and whispers sympathetic platitudes into the fevered ear. Sarah Gamp also adorns the page, and well she may, for has not Sarah, in conjunction with Florence Nightingale, done much to help on the great nursing reform? Sarah and our sentimental young lady have time and again been held up in derision to the scoffing, jeering world; but perhaps we can draw some edification even from this incongruous pair. Perseverance in remaining so many years in one business is all that can be got out of poor, old Sarah: but our sentimental young lady requires more gentle treatment. Undoubtedly she cannot make a nurse with nothing but her sentimentality to back her up, but most certainly she will never make a successful insanity nurse without it; and she will find it a true friend, carrying her over many a weary hour which otherwise would be all but unendurable. Before undertaking any kind of nursing a woman should consider well and long, reflecting earnestly upon the importance of the step. To some characters a two years' training will be to them a life long training—to be put into use wherever their lot may be cast—the matrimonial life included—while to others, two years of discipline and restraint will be more than they can endure.

The ideal of married life held by some women is so high that they are far happier and more independent in a career of their own, while to others an inferior man will bring happiness and blessings in a way that no profession will. These latter we would advise not to try nursing. Think well before you bind yourselves for even the two years' training. In one hospital where Gamp and Betsy Prig reigned supreme it was decided to make the much-needed reform. Their reign was over, the mandate had gone forth, Gamp had to march. The board of governors empowered the medical staff to organize a training school. The women who had been acting as nurses were to be put through their facings. They had all been in the hospital some time. What would they do in certain emergencies? How would they act under certain circumstances? Alas, all was a blank. How to administer stimulants they knew by personal experience, and at that point their knowledge ended. Three months were given them. During this time books were to be at their disposal and lectures given for their benefit, at the end of which time the training school would open into which they would be expected to matriculate. This was asking too much. In a body they resigned. No, not in a body, for there was one righteous Gamp; one Lot wishing to save the hospital.

The physicians were encouraged. She was a bright, willing girl, the flower of the flock and a general favourite. A fortnight elapsed. One day the physician who was acting as the medium through whom the governing body conveyed their orders was sitting in his study ruminating on what steps he should take to supply the vacancies of the departing Gamps when the door opened and a blushing girl stood before him. It was the one on whom his hopes were fixed. "Please, sir," she began in a faltering voice, "indeed, sir, I have done my best, but its them terrible lessons. I cannot do them, sir. Its no use me trying, and so—I've took him." The moral to be drawn from this is that nursing is not made for all. There is much drudgery, many a heart ache, many an annoyance; but with all this it is an elevating, wholesome, useful life, of endless interest and of certain excitement. To many the best advice would be "take him," to others, take nursing by all means.

We hear a great deal about local colouring. This is the age of realities. A marine painter does not sit by his fireside and paint an imaginary storm, with dashing waves beating against a rockbound shore. He has to brave the storm before he can give it its true-to-life look. Perhaps it may enhance the value of these few words to know that they have the local colouring of personal experience as a student in a training school for nurses for the insane.

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#### WHY CANADIANS OPPOSE ANNEXATION.

SINCE the Declaration of Independence the United States has attained such wealth and power, and made such progress in art and science as to create a host of admirers in every land. Such a class there is in Canada. With them admiration has evolved into a desire for union.

Bewildered at the thought of the Republic's enormous wealth and rapid progress, thoughtless of the thorns while the rose enchants them, heedless of the reef while the surface entices them, they long for Annexation. But there are many in Canada to whom the proposal that the Dominion should join the Union presents an uninviting side. They see the rose and admire it, but they fear that making it their own implies many a prick from the thorns. The grounds for this apprehension are:—

1. If Annexation took place Canadians would be subject to all the dangers that threaten the Republic. In the Southern States there are millions of negroes. They

are multiplying with amazing rapidity. Their intelligence is below the average. The government of many States is falling into their power. The spirit of the Ku Klux fanatics still hovers in the lonely places of the South and inspire the rash of both races to bloody fray. In what relations will they live together? How will the long accumulated dislike for the Ethiopian be destroyed and the mutual racial distrust and hate be overcome? These are questions to which ever increasing sly assassinations and sanguinary struggles add a peculiar interest and demand an immediate consideration. Before a distant date the Negro question must break with all its long repressed fury upon the American Ship of State. Against a rifling force, transcending that of former storms, all the cables of common interest and bonds of national unity must be taut. Through these troublous times will the ship sail steadily on, or will the morrow break upon a surge-swashed hull upon the shore, or a twain-rent bark upon the sea? That this great problem threatens both peace and prosperity cannot be denied. Canadians may well look with apprehension upon proposals that would involve them in such unprovoked danger, costing them separation from their traditional institutions, possibly their sons and safety. The probability of civil dissension and the lack of a national spirit in Canada seem to have very little weight as an argument for Annexation when it follows that union with the States, while preventing dissension among Canadians (if it would do that), nevertheless would not separate them from but, rather introduce them to, racial wars of such formidable proportions as never could arise in Canada.

2. Among Canadians has grown up an idea that the laws of the United States are loosely enforced, and that influence and capital control the Bench. While the rampant lawlessness in the West may fill the Canadian with unreasonable horror, and the weird ideas he associates with the mention of White Caps, Judge Lynch and Kansas race feuds may be more fanciful than real; nevertheless, one thing remains certain, viz., that the laws of the Dominion are framed and enforced to much better advantage to the community than are those of the States. Indeed one large section of their laws is so injurious that the average Canadian considers it a good reason for opposing Annexation. The section of laws referred to is that of the

3. Marriage and divorce laws. Disregard for the marriage contract has always been found simultaneous with internal weakness, decay and corruption in a State. Passing from this truism to a consideration of American society, what a conclusion! The vigour of youth has and may for a time keep from the world's gaze the terrible effects of this growing evil; but so soon as the flush of national youth begins to blanch they will loom up with all their characteristic hideousness. Well might any country hesitate to join its lot with a people who have come to regard marriage as a mere concubinage and divorcement a happy convenience, in some cases determined upon by contracting couples previously joined in holy (!) matrimony. On this ground Canada's aversion to union may well be decided, though it is often said, that if the Dominion joined the States, she would, like all other States, retain the privilege of adjusting her own marriage laws. This statement in nowise militates against the present argument, because it loses sight of the fact that if Annexation took place, the influx of Americans into Canada would soon bring about a revision of our laws to suit their wishes, as it would not be long before they would hold the casting vote in our elections, and consequently control our legislation.

4. In the light of anticipated dangers from the negro question, loose enforcement of law, and low order of marital regulations, the Canadian seems to have good reasons for looking shyly at proposals for Annexation; but still another great national danger demands our notice. The danger this time is anticipated from the great and ever-increasing number of socialist, anarchist, and such like organizations in the States. That these societies, the mad boast of whose members is to destroy all peace and order and make security of person and property a recollection of the past, have a pretty strong footing in the "Land of the Free," is proven by the Haymarket and New York troubles, to say nothing of lesser disturbances. It is often remarked, however, that these characters are not of American production, but are the offcastings of oppressed and criminal European poor, who, having been suddenly thrown into the zenith of political freedom, fired with recollections of past tyranny, have used their new power in the pursuit of ill-advised schemes. Such statements do not invalidate this argument, because Canadians have nothing to do with the origin of Anarchist doctrines in the States, they have merely to ascertain if such destructive elements are there, and if they are, to govern themselves accordingly. Further, if the leaders and majority of this class are foreigners, nevertheless, it is beyond denial that they find much sympathy and support in native Americans, and this expression of sympathy is in no degree abating. Again even supposing the Republic has displayed such assimilating power as to convert the worst of foreign agitators into good citizens, yet it remains a fact that to-day sees that marvellous digesting power overstrained and no longer able to efficiently do its work.

5. The anglophobia, which has long been smouldering but has lately burst out into activity in some places in the Republic, has aroused in almost every Canadian heart a spirit of resentment, which renders Annexation for some time out of the question; for the people of Canada revolt against joining a country that delights to parade its hatred for England, or allows its political parties to rival one with