

FINE PROGRAMME

(Continued from Page 1)

of construction, is completed, we shall still be very far from the position in which we should be in this Province, so far as the proper care and treatment of our mental patients are concerned.

The speaker stressed the fact that the old idea of a stigma attaching to mental disease, was vanishing, and properly so; it had been an indefensible fallacy, going back to superstitious ages.

Falconwood Construction

Owing to financial stress and to a feeling prevalent throughout the Province and in the Government itself, it was considered unwise to attempt to finance more than the rebuilding of one wing of Falconwood Institution this year.

Reference was made by the speaker to the recent favourable report of the Grand Jury with regard to Falconwood. The conditions of overcrowding, referred to in the report, were unavoidable under present circumstances, but it is hoped, within a year at the outside, that this condition will have been solved to some extent at least.

Dr. MacMillan highly commended the services of Dr. McLaughlin as medical superintendent, also the Matron, Miss Nicholson, the nursing staff under her, as well as the male attendants and all concerned in the work of the institution. Their efficiency was a matter of great satisfaction to the Government, and, he believed, to the people of the Province generally.

The importance of the nursing training given at Falconwood was also emphasized by the speaker. The graduates had worked hard, had achieved high marks in their examinations, and had deservedly won the diplomas which they were about to receive.

The diplomas were then awarded to the graduates by His Honour Lieutenant Governor Dalton, who was introduced by the chairman as Prince Edward Island's greatest benefactor, His Honour having given to the people of this Province a Sanatorium, a University wing, and a school.

Superintendent's Report

Called upon after the oath to the graduates had been solemnly administered by Rev. Dr. Vincent, Dr. MacLaughlin said he was very pleased with the proceedings, and grateful to all who took part, including the singers. He continued:

"The few words I am going to say about the nurses include those who graduated last year, namely, Miss Moase, Miss Clark, Miss Cahill, Miss Jones and Miss Thomson, but owing to the fact that we had no reception room the usual exercises were not held. During each year we spent over fifty hours in the lecture room, where the following subjects were dealt with:

Anatomy, (12 hours)—Materia Medica—General Medicine—Psychiatry—Obstetrics—Bacteriology—Pathology—Pediatrics—Practical Nursing by the Matron.

"In my early days I taught school, like a number of others, and I was always most interested in preparing students for examinations, so that I naturally took considerable interest in the lecture room. These pupils worked hard, as their only object in view was that of passing their examinations, and the result is that out of a possibility of 900, Miss Pillman

made a total of 861, or 95.5 per cent, Miss Macdonald, 821 or 91.2 per cent, Miss Chalmers 819, or 91 per cent, Miss Yeo 765 or 85 per cent, Miss Hagarty 719 or 80 per cent.

In the wards I watched their work closely and never at any time did I see any of them treat a patient except with kindness and gentleness. You will understand, Sir, that there is a difference between your hospital patients and ours. Yours are ever grateful for any attention paid them. Ours in the first days do not show much gratitude for attention paid them, but rather are obstinate. The nurse may consider herself lucky if she escapes without a black eye or having a handful of hair torn out of her head. In fact I generally make it a rule while attending some of those to keep my glasses in my pocket presumably from an economic standpoint. The chairman may say that is because I am Scotch. Possibly so.

"However, we do receive thanks from them after they recover and go home as the number of letters I receive thanking the Matron, Nurses and your humble servant testify to.

"While our accommodations here are small for our reception we hope, Sir, if spared another year to be allowed to hold our graduation in the assembly hall of the new Prince of Wales College.

"In closing I may say I am proud of my graduating class tonight and wish them all success in life."

MAYOR STEWART

His Worship Mayor Stewart expressed his pleasure at being present on this important occasion. He commended the pleasing appearance of the auditorium and expressed surprise that with all the difficulties encountered since the Falconwood fire, the graduates had been able to do such splendid work. They had evidently tackled their problems with devotion and energy, and he congratulated them sincerely on the fact that they were now receiving the reward of their studies.

The importance of the qualities necessary to success in nursing were emphasized by His Worship, who concluded by wishing all success to the junior pupils as well as to those who were graduating this evening.

HON. G. SHELTON SHARP

Premier Stewart's regret at being absent was conveyed to the meeting by Hon. G. Shelton Sharp, Minister of Public Works, who had just returned from visiting the Premier at his summer cottage, where he is now recovering from a protracted illness. Mr. Sharp referred also to the difficulties caused by the Falconwood fire and to the loyal co-operation of the medical superintendent and staff, through whose efforts it had been possible to carry on.

A contract has now been awarded for the completion of the hospital wing, and it is hoped that shortly after Christmas the congestion at the Infirmary and the Simms building will be relieved to some extent. The wing, when rebuilt, will accommodate about eighty patients, in addition to the staff, Mr. Sharp said.

Mr. Sharp referred to the construction some time ago of the new refrigerator plant, and expressed satisfaction with the results achieved, which have meant decreased operating costs by elimination of food wastages. It is hoped with the extra accommodation now under construction to make conditions very much more comfortable for the patients as well as for the staff.

Mr. Sharp added to the chairman's remarks his own satisfaction with the work of the medical superintendent, the nurses and attendants. In congratulating the graduating nurses, he said he felt sure they would never regret the time spent in acquiring the training they had received, under such competent direction, in the care of the mentally deficient.

The chairman then warmly congratulated Miss Pillman on the excellence of her paper on Mental Hygiene; also the graduates of last year, for whom, unfortunately no graduation exercises could be held at the time owing to lack of accommodation. He drew attention also to the timely advice contained in Dr. Seaman's address to the graduates, and strongly endorsed Mr. Sharp's reference to the improvements effected during the past year in the matter of meat and food supply. He also congratulated Mrs. Garrick on the splendid supervision given to the infirmary.

ADDRESS TO GRADUATES

Following was the address delivered by Dr. Seaman: We are here tonight to greet another class of nurses, who have

completed their term of hospital training and are about to enter a new phase of their life's work. Our best wishes will always go with them.

If you read the history of nursing, you will find that it goes almost hand in hand with that of medicine. The nursing care of the sick is a very old practice. Until half a century ago little change had taken place in its method. The nurse endeavored, according to her light, to comfort the sick, and alleviate, as best she could, the suffering of their last days on earth.

Modern nursing is largely the development of the last fifty years. This is accounted for by the vast strides that have taken place in the science and practice of nursing during that time. Our whole conception of the care of the sick has changed. The old conception of a hospital, as a place where the poor or way-faring were taken to end their days, has passed. In its place we recognize the modern hospital as an institution where patients go to regain their health. It has become an essential part of community life. With the increasing use of hospitals has come an equally urgent demand for nursing service, and the whole problem of the nurse in her relationship to the hospital, the medical profession and the public at large.

The nurse of today is vastly different from the nurse of the time of Florence Nightingale and Jeanne Mance. And especially is this change noticeable since the Great War. Efforts are being made to raise nursing standards to higher and higher levels. We already see results from these efforts. Not only is the social standing of the nurse better today than ever before, but with higher standards of education and more rigid attention being paid to the physical health of those entering the profession, we now have nurses who are much more capable of caring for the sick and maintaining the health of those who are well.

As the modern specialist in medicine differs from the 19th Century family doctor, or as the pastor of the wealthy modern congregation differs from the missionary on the remote frontiers of civilization, in a somewhat similar fashion it may be said that the best type of present day nurse differs from the illustrious women immortalized in the early annals of nursing history. All honour and glory to these women who have left their stamp upon the world, but let us not forget those who are striving just as valiantly today to bring the nursing profession to the standard of efficiency at which they aim.

The Requirements

The successful nurse must possess a reasonable amount of tact and sanity of judgment in her dealings with patients; possess a reasonable degree of intelligence to enable her to analyze the factors in a social situation. The nurse is also frequently expected, by the laity at least, to possess the wisdom of the sages. She must be "wise as a serpent and harmless as a dove" in many situations. At certain times she has even been known to be made the smoke-screen for the blunders of a certain type of practitioner. At all times she must become the ostensibly willing depository for all the woes and misery of the sick room. No other profession has quite the same hours of labour—day or night duty for twelve or even twenty-four hours seven days a week, until she may become the victim of utter exhaustion. Furthermore, she is subject to dismissal by two masters, the physician and the patient. And yet she must be efficient and pleasing under the most trying circumstances. Fortunately, she has loyal friends in the majority of the medical profession, and fortunately too the majority of people are reasonable minded under ordinary health conditions; but exceptions to the rule are all too common. Under such circumstances intelligence alone will not safeguard the nurse from the pitfalls of her profession. She also needs an abounding sense of humor, as well as a sane humanitarianism. See must be "tolerant to the extent of even tolerating intolerance" when no vital principle is at stake. To attain success in her profession she must possess in a fair degree the main factors that constitute leadership.

A brief summary of the standards of efficiency of the modern nurse, as given by a large number of authorities, may be stated briefly as follows—to hasten recovery of the sick; to reduce suffering; relieve distress of mind as well as body, and be a beacon light of hope and encouragement to the sick; to promote knowledge of healthful ways of living by example and precept; to spread knowledge and prevention of disease; to be the finest weapon the doctor has in his armamentarium, and the most helpful

agent the state can have in its fight against disease; self realization of the nurse in a great field of service; earning a livelihood under conditions of good social standing. This seems to cover the ground with reasonable thoroughness, and rightly emphasizes the increasing importance of public health nursing.

A Fruitful Field

The problem of the public health nurse—or better called the public health teacher—is not merely to teach proper health habits in matters of diet, recreation, rest, clothing, elimination and similar matters, but rather to instill an attitude of mind and sanity of outlook that will enable the citizens of Canada to live rationally and nobly—to see life steadily and see it whole. In the present age of high pressure living, the tendencies and temptations, enticing young people to dissipate their energies in a hectic search for new thrills and sensational amusements, are legion. Over-indulgence, whether in intellectual, physical or emotional pursuits, causes an excessive depletion of nervous energy and points the way to nervous and mental ill-health. Fortunately scientific teaching of public health and the inculcation in the minds of youth of the simpler principles of health education, promises to provide an effective antidote for the orgies and other undesirable influences of the age. Only a beginning has been made as yet. A vast amount of work lies before the public health nurse in the years to come before the special conscience outlook will be elevated to an adequate appreciation of the blessings of preventive medicine.

The tendency in all professions today is towards specialism. Someone has defined a specialist as one who knows more and more about less and less. In the medical profession this has perhaps gone the farthest. The old family doctor, God bless him, is becoming almost extinct, and his place is being taken by a group of specialists. Whether this is for better or worse it may be hard to say. The same condition is gradually progressing among nurses.

Today, our graduating class, are leaving your school. You are not by any means through with your nursing education. Up to now you have only learned how to study your profession. Your success or failure in your work still depend largely on whether you continue your studies and steadily increase your knowledge, or are satisfied to remain where you are. The objective to which all nursing roads lead and from which all should radiate, is the patient—that complex mixture of harmonious and contradictory traits, that in their unification constitute the so-called human personality. You are caring for this strange and wonderful creature, rather than a case of measles, or rheumatism or pneumonia. True, you must master certain nursing techniques and acquire certain skills, conditioned by the shifting emphasis from one more or less specialized condition of the patient to another—for at different times, or even at the same time, he may have more than one disease, but the fact should not be overlooked that the patient is the core, the keystone in the arch of the nursing process. If you fail to know your patient, to understand his kinks and abnormalities—and no inferior woman is capable of such understanding—your success will be only partial. The tendency in this age of specialization appears to be that of looking through the wrong end of the telescope at the part rather than the entire structure—to limit the field of vision to some specialized condition that gives the observer only a partial, and, therefore, a faulty perspective of the whole nursing situation.

Tonight your hearts are full of ambition. You want to be efficient and successful nurses, and you want to rise in your profession. May you always feel the same. Remember always that a tired mind and a tired body prevent us from giving our best to our work. You must have your rest and you must have your recreation. When you are resting—rest. Never take your work with you during leisure hours. Give your patients your best while you are with them, but after that leave them behind. When you play see that you play. It takes a mixture of work and pleasure to keep the human body and mind in proper form. Do not mix work and play but give them their own appointed time. If you are healthy in mind and healthy in body, you should be able to do good work.

I trust you will always be students, reading what is helpful to your work and taking post-graduate courses when necessary. The knowledge you have gained during your training is only the beginning of what you should know. Often

you will be appalled at how little you have been taught. Do not let this discourage you but go more earnestly after the knowledge you should have. Even when this has been acquired you shall find that it makes more knowledge necessary. May you never weary in this pursuit. Pope said "a little knowledge is a dangerous thing," and followed it with these lines:

"These shallow draughts intoxicate the brain And drinking largely sobers us again. Fired at first sight with what the Muse imparts In fearless youth we tempt the heights of arts: While from the bounded level of our mind Short views we take, nor see the heights behind. But more advanced, behold with strange surprise, New distant scenes of endless science rise! So pleased at first the towering Alps we try, Mount o'er the vales, and seem To tread the sky, The eternal snows appear already past. And the first clouds and mountains seem the last; But those attained, we tremble to survey: The growing labours of the lengthened way, The increasing prospect tires our wandering eyes, Hills peep o'er hills and Alps on Alps arise!"

MENTAL NURSING

Read by Miss Evelyn Pillman Mental nursing was practically unknown before the nineteenth century, but during the last century, very rapid progress has been made in proper treatment and care of all mental disorders. Mental disorders are as old as the human race but ancient peoples had many curious superstitions and beliefs to account for them: evil spirits, supernatural visitations from Heaven or hell, according to the behaviour of patient. More than eight hundred years before Christ the early Egyptian and Grecian Priests received these sufferers at their temples where the principle treatment consisted of prayers and sacrifices, but in some instances it also seems to have somewhat resembled modern methods—kindness, music, recreations and occupation.

It was not until nearly five centuries later that Mental Disorders were recognized as such by the Greek physician, Hippocrates, who believed these disorders to be due to disturbances of the brain function.

The period following this was known as the "Period of Cruelty," during which time treatment was barbaric. Patients were tried as criminals and after being submitted to various forms of torture were executed, burning at the stake being a popular form of punishment. Or, they were thrown in prisons and dungeons, sometimes chained with heavy collars and anklets. Here they were whipped, maltreated, starved and tortured by the most horrible means devised for this purpose.

Here in the dirty, dark, slimy, poorly ventilated, often vermin infested prisons, these poor unfortunates were kept until they were released by the hand of Death. Only a century ago in London, England, at the Bethelheim Hospital for Insane, nicknamed Bedlam, were keepers of the Hospital allowed to increase their income by exhibiting to visitors the more boisterous of the patients at two pence a head.

A great change has gradually taken place during the last century. Of those responsible for this change the first of great importance is Dr. Philippe Pinel of Paris, France, who, in the last years of the eighteenth century, abolished all forms of restraint and abusive treatment, and instituting humane treatment. At about the same time Dr. William Tuke was performing the same service for Insane at York, England. A few years later Dr. Jean Itard conceived the idea that the Mental Defective, or so called "Idiot" might be taught. In America we have associated with this movement such names as Dr. Rush, Dr. Bond, Benjamin Franklin, and Miss Dorothea Lynde Dix.

Today our ideal modern mental hospital is as fully equipped as a general hospital, with beautiful surroundings, buildings, and rooms, including gymnasium, recreation room, work rooms. Since patients mentally sick are usually slow to recover, their environment should be made as pleasant and congenial as possible. No province then should be content to rest until they have attained at least as good as, or added some improvement, to it's neighbor.

Now since people have begun to realize more fully the importance of mental care, let us all do our part in making this century show as much advancement as the last one has shown. Is it not only fitting and right that the Human Mind, God's greatest gift to mankind, should receive the greater part of our attention?

GRATIFYING

(Continued from page 3)

les, the Queen Mary Guild, the individual collectors, the Press, Patriot, Guardian, Journal and Agriculturist, Drs. Tidmarsh, Ayers and Lantz, also our efficient Secretary.

Medical Report

The medical report which follows was presented by Dr. F. W. Tidmarsh:

There were 25 complete physical examinations made on children prior to admission. 36 children were immunized against diphtheria during the year and 23 vaccinated to prevent smallpox. It was found necessary to operate on six children; 3 for minor defects and 3 had diseased tonsils and adenoids removed by Dr. Lantz. The dental needs of the children were looked after by Dr. Ayers.

All children have shown normal gains in weight and I have not been called to attend a sick child during the year.

I regret to report that for the first time in nine years a death has occurred in the Orphanage. This was an infant who died suddenly during the night of congenital heart disease.

I would take this opportunity to protest against the continued admission of mentally defective children to this institution. This class of children should not associate with children of normal mentality. They require a great deal of extra care and attention on the part of the staff. Furthermore it is impossible to find people who are willing to adopt these children. The food supplied is of the best and the children have received the same excellent care as in former years.

Adoption Committee Report

The following report of the Adoption Committee was presented by Mrs. Arthur Henry:

During the year, twenty-five children were admitted and thirty discharged.

The daily average was forty-nine and the highest day's total reached fifty-eight.

Seventeen children were returned to parent or parents who provided homes for them.

Four went to relatives, two to custodial care, six went to foster homes and one child died.

The daily average is slightly lower than last year.

The nursery, with an average of thirty-five children all under five years is taxed to its capacity; so many young children require a

Man might have a sound body, perfect health physically, but without an intelligent mind, a sound mental state, he is a mere atom, more or less useless. But, on the other hand, he may be in very poor physical health and yet reach the highest heights of human endeavor. Past history will show as examples: Robert Browning, John Milton, Napoleon Bonaparte, Horatio Nelson, and nearer and dearer to our hearts those Canadian heroes, Charles Wolfe, or Watson Brooke. All of these suffered greatly from poor bodily health, but by the greatness of their minds triumphed over bodily ills and won honor, glory and fame. If we want to raise the standards of our people, then we must pay closer attention to the mental conditions.

What part must the nurse take in this great work? Shall she be content with helping to care for and relieve those who have already become mentally sick? No. She must take a forward part in the prevention of mental illnesses, for the old adage, "An ounce of prevention is worth a pound of cure," seems to be particularly true in this case. If we consider for a moment the causes of abnormal mental states, such as infectious diseases, heredity, alcohol, and other poisons, injuries, overwork, repressed desires, strain and worry, it may readily be seen how the nurse can help remove these causes by helping the public to recognize these as such, showing the importance of prophylactic treatment, or how any out of ordinary behaviour, especially of young, may progress to a serious mental condition if not given proper care.

Mental nursing is a profession which has not been aired much in the limelight and therefore very little of its vicissitude and trials are known to the laity. Every mental case calls for the nurse's greatest tact, judgement, and skill. Time and time again she will be forced to call up every reserve and by the very force of her personality carry the issue to a successful close. It may be a matter of health and illness, or even life and death. A lady with a lamp shall stand In the great history of the land, A noble type of good, Heroic womanhood.

great deal of personal care and attention.

In extreme cases a few children received temporary shelter.

Our mental defective problems are growing through no fault of ours and we solicit the co-operation of the public in endeavoring to provide care for those cases.

Foster homes are becoming more difficult to find, due, no doubt, to prevailing conditions.

For the benefit of those who do not already know our rules, no child can be admitted with a contagious disease, physical blemish or being such as may render him or her a permanent charge on the Institution.

Again we sincerely thank Dr. Tidmarsh for continued supervision of the Health Department, and the Nurse in Charge and her staff for careful attention to the health of the children. We also wish to thank the P. E. I. Hospital for free care of necessary cases, Dr. Ayers for dental work and Dr. Lantz for tonsil and adenoid operations.

We are proud to report that our little girl in the Halifax School for the Deaf continues to make satisfactory progress and shows promise of being a very clever student.

Home Committee

The report of the Home Committee was presented by Mrs. H. H. Home. It was as follows:

Another year of child care and welfare has passed and we are glad to report that the dependent, neglected and orphaned children of P. E. Island have been given the birthright denied them.

The Home has been a real Home to them—good food, sunshine and fresh air and their happy laughter in indicative of how care-free they are.

Children First is the slogan, and the staff has been faithful in their effort.

Their education has been carefully watched and our school is a credit to Prince Edward Preceptory, Charlottetown, who year by year provide the school with supplies so generously.

All festive days receive special attention and the Christmas season, despite the difficult and trying

ing times, was all that could be wished.

Two girls had the privilege of attending the girls camp at Cane Cove, through the generosity of the Gyro Club and many fraternal societies added to their sum total of happiness.

We are launched on another year with full confidence that a generous public will stand behind us in our effort on behalf of the children under our care.

The report of the orphanage farm presented by Capt. T. G. Taylor, dealt in detail with the activities on the farm, repairs to buildings and general maintenance work.

The following report of the School Committee presented by Mr. W. A. Stewart:

During the year 1932 the daily average attendance was twenty-four, being 100%.

The scholars made excellent progress under the continued direction of a capable teacher, whom, we regret to report, resigns at the close of the year to enter the nursing profession; however, a satisfactory successor has been secured.

Inspector McPhail visits the school at intervals and his reports are satisfactory.

We are greatly indebted to the Prince Edward Preceptory for school supplies and upkeep of the room.

The report of Inspector Edward McPhail was also presented.

Finance Report

The following report of the Finance Committee was presented by Mrs. H. S. Henderson:

We place before you the financial statements for the year 1932.

We are indeed grateful that in these days of stress and strain we again show a successful year in the financial department as well as in every other department of our work in connection with our home for destitute children.

We wish to take this opportunity to express our sincere thanks to all those who helped with their generous contributions and especially do we wish to extend our thanks to the members of the auxiliaries, to the collectors, to the fraternal societies and to the Women's Institutes for hearty co-operation.

Financial Statement

Following are the financial statements P. E. I. Protestant Orphanage, December 31st, 1932.

Assets: Home and Buildings \$78,000.00, Farm 108 Acres 2,000.00, Car, Sleigh, Machinery, etc. 180.00, Cash in Current Account 1,072.47, Cash in Savings Accounts, Endowment Acct. No. 8558 \$ 228.57, Oliver Account No. 9858 1.77, \$78,482.81

Liabilities: December Accounts Unpaid \$ 271.25, Depreciation Other Years \$6,000.00, Depreciation This Year 2,000.00, 8,000.00, NET WORTH DECEMBER 31, 1932 70,211.56, \$78,482.81

N. B.—Assets do not include Bonds and Debentures, having a Par Value of \$25,200.00, representing Endowment Funds.

Summary of Expenditures

Home and Buildings \$ 821.55, Maintenance Proper \$4,106.56, Maintenance Wages 7,920.56, Office Wages, Rent, etc. 684.25, Interest and Exchange 6.95, TOTAL EXPENDITURES 1932 AS ABOVE \$ 9,433.31

Summary of Receipts 1932

Ladies Auxiliaries \$ 4,046.02, Special Donations 574.47, P. E. I. Government Grant 1,600.00, City of Charlottetown Grant 400.00, Interest on Endowment 1,897.27, Children Board 446.00, Farm Rent 55.00, Sale of Articles 105.30, Telephone Private Refunds .75, TOTAL CASH RECEIPTS \$ 9,124.81

Special Collections Outside Charlottetown

Family of the late Neil McCannell \$ 10.00, Lady Patricia L. O. B. A. 10.00, Melville, L. O. B. A. 4.00, Bell, L. O. L. 5.40, King William L. O. L. 35.88, King Edward L. O. L. 22.71, Crapaud District L. O. L. 24.00, TOTAL \$ 111.97, Special Collections in Charlottetown 462.50, Total Special Donations as above 574.47

Endowment

Bequests prior to 1932 totalled \$25,592.68. Additions 1932: Estate John D. Goss, Summerside \$ 250.00, Estate Mrs. John Goodwill, City 100.00, Estate Thomas W. May 250.00, Estate Capt. John Gillis, City 200.00, \$ 800.00

TOTAL BEQUESTS IN CASH TO DECEMBER 31st, 1932 \$26,392.68 From the Estate of Henry Spears in 1932, Bonds to the value of \$5,000.00 were accepted and the following Estates are under Trustees other than the Orphanage and from whom the Interest is received: Estate Alex. Stewart, City \$16,588.04, Estate John Peacock, Bedeque 1,600.00, From the Estate of Geo. J. Rogers, City, the Trustees pay the interest of \$50.00 annually which is used as specified