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THE QUARTERLY BULLETIN

METROPOLITAN NURSES

Vol.6, No.3

July 1942

A GOOD VACATION FOR YOU !

Vacations, which are always important, seem to be of even greater moment this year. It is safe to predict that your vacation will be a quieter one than it has sometimes been, but we hope it will be as truly refreshing and re-creating as any you have ever had.

Marie L. Johnson

Acting Director of Nursing Bureau

THE BEST RECRUITER

The other day a Metropolitan Nurse in Illinois moved into the spotlight just long enough for her friends in the Home Office to smile as they recognized her. We think she should know what happened.

A nurse, 22 years old, a recent graduate of a good school of nursing, wrote one of the several letters of application which come to the Nursing Bureau every day. In her letter she gave the name of the town where she grew up - Belleville, Ill. Then she said "About nine years ago I became acquainted with one of your Nurses and she told me all about her work. It impressed me then and I have never forgotten about it."

NURSING BUREAU • WELFARE DIVISION • METROPOLITAN LIFE INSURANCE COMPANY

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Nine years ago the applicant must have been 13 years old. We can imagine the youngster following the Nurse's every move, questioning her, drinking in everything she says. We seem to see the Nurse talking as she works and though some of the naive questions make her smile, she does not let the child know. She answers her seriously, with interest and enthusiasm, because that is the way she feels about her work and the profession of nursing.

Who is this Nurse? we wondered, so we asked Irene McCullough, Area Supervisor, who has known Illinois and its Nurses for years. "That's Dee Nixon. She is our Gillespie-Litchfield Nurse now," replied Mrs. McCullough without a moment's hesitation. Then she read the letter and confirmed our intuition that Miss Nixon has the qualities which make natural-born recruiters for the nursing profession.

We are hearing and thinking a good deal about recruiting in terms of a planned campaign to attract promising young women into schools of nursing this year. But what about their younger sisters? We must think in terms of 1950's graduating class, too.

The profession's best recruiters are probably the least known. They are still, as they have always been, those nurses who out of their own love for their calling recruit unconsciously. Contact with such a nurse may open the eyes of the adolescent girl to a career in tune with her idealism and her shy, heroic dreams. She catches a glimpse of the lady with the lamp and follows her into the school of nursing. That is recruiting.

U. S. P. H. S. RESERVE OFFICERS

Dr. Armstrong, Dr. Shepard and Dr. Wheatley of the Welfare Division have been appointed officers in the Reserve Corps of the United States Public Health Service. The appointments were made by President Roosevelt on recommendation by Surgeon General Thomas Parran, of the Service, and Federal Security Administrator Paul V. McNutt, and are on a basis of inactive status, without compensation, barring major emergencies calling for additional and temporary aid of physicians with public health training.

Dr. Armstrong is a member of the National Health Council Committee on Defense and War Measures, and served on the Federal Security Agency Committee on Nutrition in War Industries. He is also a member of committees concerned with X-ray procedures for the detection of tuberculosis in draftees at induction centers, for the control of venereal disease in camp zones, and similar activities. Dr. Shepard and Dr. Wheatley are also serving on committees and engaging in other activities in their respective fields.

Accidents

"A careless man is just an accident going somewhere to happen."

-From Hygeia.

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METROPOLITAN NURSE WINS CITATION

"Miss Maurice Gwendolyn Wheeler, St. Louis nurse now serving with the United States Army in Alaska, has been commended, along with two other nurses, for unselfish devotion to duty in evacuating 724 mothers and children from an Alaska outpost to Seattle, Wash., last December." So we read in the St. Louis Post-Dispatch on March 27th, and we thought with pride of Gwen Wheeler as "our Metropolitan Nurse" though she went into the Army Nurse Corps a year ago from the St. Louis County, Mo., Metropolitan Staff.

"In citing the job done by Miss Wheeler and her two companions, Brigadier General Charles H. Corlett of Headquarters of the Western Defense Command, Fourth Army, said their accomplishment of this mission was a credit not only to the military service but to the nursing profession . . . He declared that reports had reached him from grateful mothers indicating that the three nurses not only carried out the routine duties of their assignment, but worked unselfishly during the long hours, to provide added comforts and sympathetic attention to the ill and frightened women, which helped make the trip an easier one."

The evacuation was by sea last December in a Pacific Ocean which was anything but pacific. Though the evacuees reached Seattle on Christmas Eve, all word of the exploit and of the part the nurses played in it was withheld until they had returned safely to their Alaskan posts.

NURSERY SCHOOL

About two years ago I became very conscious of the need for a nursery school for the colored children in my District. I discussed the need with the school nurse who said that many of the children entered the first grade 'way below par. She felt as I did that something should be done about it. My search for a solution continued through my many contacts with various officials. I always emphasized the privilege which was granted to the white children who had a nursery school and spoke of the colored children's need for such a school. Although many people agreed with me about the need, nobody saw any way to bring about the school.

Finally I met Mr. D. from the personnel department of the _____ Company. Most of the colored people work at this plant, and I could see that he took a real interest in the families of the employees. It seemed an opportune time to tell him that the babies are well cared for by the Infant Welfare Society until they are 2 years old, but that in many instances, as soon as the responsibility for their health and training rests wholly with the parents, the babies begin to go downhill.

I reminded him that in all probability many of these children were the future employees of the _____ Company. Naturally it would be to the company's advantage if they entered employment with sound teeth, strong bodies and good habits. I told him that a nursery school under good auspices and with an adequate program would help to conserve the gains these babies had made under the Infant Welfare Society's care.

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With this suggestion Mr. D. set to work - fixed up the basement of a church in the community with gas stove, heaters, tables, chairs, and cots. Money for hot lunches was provided through the Community Chest. The company furnished play equipment and all the coal needed. Teachers were supplied through the W.P.A. project.

We now have about 20 colored children enrolled between the ages of 2 and 5 years. It is a great satisfaction to have had a hand in bringing about this much needed nursery school.

Nan Buchner
Oak Park, Ill.

NOTE: This experience of Mrs. Buchner's is typical of what is happening all over the country today. With war conditions causing an increase in the number of children who need nursery school education, and with only questionable facilities available in many places, the problem is becoming acute. Those in the field of nursery education have been trying to help community agencies work together in the development of these projects, but it has taken war and the fears, anxieties, and uncertainties which go with it, to make our people aware of the strength of cooperative action.

Mrs. Buchner's experience illustrates how a project can be set up through the efforts of the visiting nurse, the school nurse, a large business corporation, the community chest, and the W.P.A. program. No doubt other groups were interested including the health department and the board of education.

The nursery school is one of the best examples of community living, for it is only through the active participation and cooperation of many different groups that such a school can be successful. The medical, nursing, and teaching professions, nutritionists and other specialists, parents and other lay groups, have contributions to make which, when lacking, affect the growth, development, and protection of the children themselves.

Many groups are at work today in an effort to establish adequate nursery education for all the "two to fives" who need it. If nursery schools are needed in your community be sure to tap all the local facilities which might contribute to their growth. The well-being of our young children must be considered as part of the total war effort if the things for which we are fighting are to be realities in the future.

Marjorie L. Craig
School Health Bureau

NOTES FOR NURSES IN WARTIME

In May a copy of To Parents in Wartime, issued by Children's Bureau, U. S. Department of Labor, was sent to every Metropolitan Nurse. The underlying theme of that valuable booklet is that children sense the feelings of those they love. No matter what parents may say, what they feel, about a situation, has far more effect upon their children. Therefore it is of the utmost importance, if chil-

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dren are to meet whatever may come in wartime with faith, courage and common sense, that their parents have these qualities on which morale depends.

To help air raid wardens in their task of maintaining civilian morale, to give them an understanding of the psychological side of their job, the New York City Committee on Mental Hygiene, 105 East 22nd Street, New York, N. Y., has made available mimeographed copies of an article "Notes for Air Raid Wardens."

We are reviewing this article and quoting from it liberally because the points of view presented are important for public health nurses to have. They meet the public daily and have the confidence of their clients. They teach as they nurse and, by and large, people believe that what they say is so. We believe this professional group can do much to reduce the anxieties of anxious people and to promote that attitude of alert cooperation which is necessary for sound national morale. But it is necessary for nurses themselves to have psychological insight first before they can give it to their patients. To quote from the article:

"Fascist attempts to destroy civilian morale by air raids have failed wherever the civilian population were fighting for something they believed in . . . The toughness and sturdiness of a civilian population in defense of its homes and its freedom should be made known to everybody in the nation. If all people recognize their own strength they will be made still stronger."

The author states that tension and over-anxiety among civilians before air raids is largely due to fear of an unknown danger, for risks are part of ordinary living.

"Certain dangers are always more or less present, such as the possibility of injury through automobile or airplane accidents, at street crossings, through attack by criminals, by drownings in summer, and slipping on ice in winter. These risks do not terrorize him in advance because he knows them and knows what to do about them. After the city has experienced air raids and the danger has become a known one, much of the preliminary anxiety and apprehension, which was so evident during the first week of the war, will disappear. It is possible to combat this accumulated 'fear in advance' by presenting these facts to the public."

The author advises air raid wardens to encourage people to talk out their fears to the wardens rather than to bottle them up. Nurses, too, can help anxious patients who need to "unburden," and the nurse who has something more constructive to offer than "Don't be nervous," or "You don't need to be afraid" will really help. Therefore, we say again, as we have been saying, know all you can know of the community's resources for air raid protection, and of the plans being made for the care and safety of civilians in case of an air raid.

The article stresses the psychological importance, in an air raid, of every member of the civilian population knowing where to go and what to do. "The knowledge that precautions are being taken will in itself rob the air raid of much of its ability to inspire fear."

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Should there be an air raid, the fortunate ones, psychologically speaking, will be those who have some definite task to perform. "Such tasks should be planned and allocated in advance in order that the natural drive to do something during emergency will produce really useful, intelligent and disciplined activity . . . Each person will behave more efficiently under stress when he feels that he is helping someone else."

The second part of the article deals with the air raid warden's responsibility for controlling the person who is hysterical, panicky, or wildly excited. The summary of this section follows:

- "1. Remember that he may be a danger to the community.
2. Demonstrate your leadership, your control of the situation, and your authority.
3. Isolate him from the crowd and prevent him from doing any immediate damage.
4. Put him in the immediate care of responsible persons.
5. See that he does not do any damage later. Obtain accurate identification of the individual, and arrange for appropriate medical care.
6. Do not treat him with contempt. Everyone has a breaking point. If treated correctly now, he will in the future be able to contribute his share to the total war effort."

The author makes one point which he thinks must be stressed over and over. "This point has been well expressed by a British medical officer, who has stated that ' . . . air raid precautions, activities of civil defense workers - indeed every disciplined act, are not merely measures of defense but methods of offense; that every practice, every drill, every bandage efficiently applied or message competently dealt with - even a thorough knowledge of such regulations as apply - constitutes an offensive act, a frustration of the enemy's purpose.'"

SHOULDERS TO THE WHEEL

In Kentucky, Julia Halpin, of the Newport, Ky. Metropolitan Staff, has taken the county's first group of 17 volunteer nurses' aides through the prescribed course to their Red Cross graduation. The group was organized by the Campbell County chapter of the American Red Cross. Miss Halpin was assisted by five married nurses who volunteered their time to supervise ward practice at the local hospital for three hours a day.

. . . .

In Rutland, Vt., Darthea Noyes has joined a unique organization - the Mounted Defense Unit. Defense work on horseback? Certainly, if your State is as rugged and rural as the Green Mountain State! In fact, the value of civilian

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mounted patrols in Vermont was proved in the flood of 1927. The Rutland unit is one of several sponsored by the Green Mountain Horse Association. These units have official status for they come under the Safety Council of the State of Vermont. British patrol groups are very active in England and the Green Mountain Horse Association has received helpful information from the English organization.

Miss Noyes wrote us: "There are about 30 in our group. The aim of the unit is to make its members proficient in first aid, messenger service, fire control, pack tripping, policing and guarding, and transportation. Naturally, those of us who have had training in medicine or nursing will be assigned to such work. On our practice trips we apply what we have learned in class about map and compass reading, the use of knots and methods of packing, and the choosing and conditioning of mounts for the work.

"The only standard equipment applicable to nursing is a small first-aid kit, but sterile goods and other medical and nursing supplies, as well as blankets, clothing, and food may be carried by pack saddle whenever indicated. As riding might very well be the only way that isolated areas in this section of the country could be reached in an emergency, I do feel that a nurse should know what to pack and how to pack properly should a journey on horseback be necessary."

DR. LANZA JOINS THE ARMY

Dr. Anthony J. Lanza, Assistant Medical Director and Chief of the Welfare Division under Dr. Armstrong, was called into government service recently and has been granted a leave of absence from the Company.

Commissioned as Lieutenant-Colonel in the Army Medical Corps, Dr. Lanza has gone to Washington, D. C., to the Surgeon General's office to take charge of Industrial Hygiene in the Bureau of Preventive Medicine. (Industrial hygiene has been aptly defined as "the epidemiology of occupational diseases." The aim of industrial hygiene is the maintenance and improvement of the health of the industrial worker.)

An authority on silicosis and an industrial hygienist of note, Dr. Lanza is serving his country in the field in which he is an expert, for the second time. He was in the United States Public Health Service during the first World War and reorganized the Office of Industrial Hygiene, establishing 10 branches in as many cities. He aided also in inaugurating the Division of Industrial Hygiene for the Commonwealth of Australia.

Dr. Lanza's friends in the Home Office - his fellow officers in the Company and his fellow workers in the Welfare Division - made his departure for Washington the occasion for many expressions of their genuinely friendly feeling for him.

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AT THE HEALTH OFFICERS' CLASS

You all know the exhilaration that comes of having a small audience at a home visit, some question-filled neighbors perhaps, or a wide-eyed father watching his baby's first bath.

Such experiences somewhat prepared us for the three demonstration visits we gave at Columbia University to the Health Officers' Class conducted by Miss Marie L. Johnson. The subject of the first two demonstrations was antepartal care in the fifth and seventh months. The fifth month visit included a discussion of nutrition for the prenatal patient (and for other members of the family as well), the gathering of necessary supplies, and suggestions as to ways to prepare the preschool age child for the coming of the new baby. The seventh month visit was concerned with the preparation of the room and furniture and other plans to be made for a home delivery. The third demonstration was an infant hygiene visit to a 5-week-old baby, really a review of baby care with emphasis upon health habits and medical supervision. One of us played the part of the mother in all three visits; the other interpreted public health nursing.

At the end of each demonstration, in order to help the class to understand the intricacies of supervision and especially the art of describing performance, Miss Johnson provided the Health Officers with special forms upon which to record their impression of the visits. After the records were completed, the class was thrown open for general discussion. In each case, the Health Officers fired a volley of questions. They covered such points as the method of carrying thermometers, the contents of the bag, and the question of cotton versus paper aprons. Their comments brought out current controversies such as that between the exponents of leniency and rigidity in the matter of the infant's feeding schedule.

This invitation to take part in these classes was a decided challenge. In retrospect we think of the experience as decidedly constructive and educational.

Helen Butler and Catherine Reilly
Hudson County, N. J.

ANNIVERSARIES AND MEDALS

Since our last published list in the January number of The Quarterly Bulletin, Mary Zana McGaughey of Chattanooga, Tenn., has celebrated a quarter of a century as a Metropolitan Nurse. She is the second Nurse to have rounded out 25 years in the nursing service; Virginia Summers of Huntington, W. Va., with almost 27 years in the service, was the first. The list of 20-year Nurses includes Irene McCullough, Area Supervisor, and Catherine Ebbitt, Professional Reviewer of the Home Office, and four Nurses in the Field.

Veterans all, they can look back with satisfaction upon a score or more of years in which they have made friends for themselves and for the Nursing Service. We congratulate these Nurses and the others listed on the following pages whose anniversaries occurred during the first six months of 1942.

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25 Years Service

Mary Zana McGaughy Chattanooga, Tenn.

20 Years Service

Esther L. Barkow	Winona, Minn.
Catherine C. Ebbitt	Home Office
Ivy C. Frost	Hudson County, N. J.
Ann L. Hawkins	Danville, Va.
Irene McCullough	Home Office
Emma Rocque	Montreal, Que.

15 Years Service

Isabelle E. Carruthers	Nashville, Tenn.
Jeanne Coutlee (clerk)	Montreal, Que.
Eglantine D'Aoust	Montreal, Que.
Dorothea Kappbahn	Tacoma, Wash.
Esther Lamb	Tacoma, Wash.
Lula A. McMahon	Bellaire, O.
Mary Montgomery	Jacksonville, Fla.
Genevieve E. Rafferty	Pensacola, Fla.
Hazel Robinson	Stockton, Calif.
Irene Slade	Tacoma, Wash.
Kathleen Smyth	Dover, N. J.
Mary C. Sullivan	Knoxville, Tenn.
Marguerite Taschereau	Quebec, Que.
Margaret E. Williams	Irvington, N. J.

10 Years Service

Elizabeth Ann Boyd	Malden, Mass.
Gabrielle Briand	Montreal, Que.
Grace Denman	Santa Ana, Calif.
Olga Komar	Camden, N. J.
Anna Frances Murray	Middletown, O.
Eleanor G. Newsom	Winston-Salem, N. C.
Judith E. Wallin	New Orleans, La.

5 Years Service

Elizabeth Sue Brown	Madisonville, Ky.
Eva Mae Campbell	Roanoke, Va.
Beatrice E. Carson	Asbury Park, N. J.
Maris Anne Chess	Quebec, Que.
Edna L. Flannery	Warren, O.
Jean Hamilton	Towson, Md.
Bivion L. Kimbrell	Memphis, Tenn.
Helen F. Lusch	Nashville, Tenn.
Bess T. MacGulloch	Cumberland, Md.
Irene E. McMullan	Belleville, Ill.

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Florence Menard	Cohoes, N. Y.
Jean Roberts	Pacific Coast Head Office
Anna B. White	Ottumwa, Ia.
Helen E. Wilson	Bristol, Pa.

LEAVES OF ABSENCE FOR STUDY

<u>Name</u>	<u>Center</u>	<u>College</u>
Grace Anderson	Territorial Supervisor	University of Pennsylvania
* Ethelyn Bennett	St. Louis County, Mo.	George Peabody College
* Claudia Crownover	Nashville, Tenn.	George Peabody College
Doris C. Karls	Jefferson City, Mo.	George Peabody College
* Dorothy Winters	Fulton, N. Y.	Syracuse University

* Nurses awarded scholarships.

JOINED UP!

Judith E. Wallin, Local Field Supervisor, New Orleans, La., June 22, 1942, as Chief Nurse, General Army Hospital 64, sponsored by Louisiana State University. Miss Wallin's appointment to this important post is a tribute to her energy and ability and indicates the high regard in which she is held in New Orleans.

. . . .

Mrs. Regula Thorston, Staff Nurse, Los Angeles, Calif., May 11, 1942, as Second Lieutenant, Camp Ord.

. . . .

Lieutenant Kathryn E. Portz, A.N.C., of our Oak Park, Ill. Staff, whose enlistment in Unit No. 12 (Northwestern University) we reported in the May number, has written us a vivid description of the life of a nurse in the Army.

"We live in three of the wards in the hospital with 40 beds to each ward - the beds 2 feet apart. Each gal has a homemade bedside table. At the foot of her bed sits her army trunk. A wire extends from one end of the ward to the other; each nurse hangs her wardrobe on the section of wire in front of her bed.

"Like all other members of this great Army, I'm very anxious to do all I can, and am eagerly awaiting our orders to proceed to parts unknown. We have some of the choice medical and surgical men of Northwestern University and we should all have some wonderful experiences in the theater of war when and wherever we may be in this world.

"I have no regrets in serving but will be happy to get into public health again after this experience. In such a unit as ours I am sure I shall not miss any advance in medicine or nursing."

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BOOK ENDS

DIARRHEAL DISEASES IN INFANTS

Dr. Edward Davens, Pediatric Consultant of the Bureau of Child Hygiene, Department of Health, State of Maryland, has prepared a concise statement, "Suggested Treatment of Diarrheal Diseases in Infants," for the public health nurses of Maryland. A copy of this can be furnished to any of our Nurses especially interested.

While we do not expect Metropolitan Nurses to take therapeutic responsibility for the treatment of diarrheal diseases in infants, still it may be helpful for certain of them to be reminded regarding the principal factors in the disease from the angles of etiology and therapy.

Dr. Armstrong reports that diarrhea and enteritis seem to be increasing in importance in certain sections at least. "Over the years there has been a great improvement in this cause of death - a decrease from 27.9 per 100,000 in 1911 to 5 in 1941 among Weekly Industrial policyholders. However, the figure for 1941 for the entire Company represented an increase over 1940 when the rate was 4.6. The increase in 1941 over 1940 for the Eastern Office was 11.4 percent. The Pacific Coast showed a very low rate - 1.9, which was a 45 percent improvement over 1940. On the other hand, in Canada the rate for 1941 was 19.7, representing an increase of 37.8 percent."

In addition to the causative factors of infantile diarrhea cited by Dr. Davens, it might be mentioned that "perhaps war conditions will tend to aggravate this situation, through the employment of many more mothers in industry with less time for home and infant supervision. There is no reason to suppose that our food or milk supplies are apt to deteriorate, from the sanitary point of view, so far as one can now foresee," Dr. Armstrong says.

POSTURE AND NURSING

When a group of West Point Cadets attended a dance given by a school of nursing, spectators were charmed with the appealing beauty of the scene. The contrast of the gay young cadets in their gold-braided blue uniforms and the pretty girls in their filmy bright dresses was good to see.

But some of those who watched the scene throughout the evening regretted that the years spent in learning to nurse do not apparently do anything for a girl's posture, in contrast to that resulting from a young man's attendance at West Point.

Here is a book called Posture and Nursing*, by Jessie L. Stevenson, R.N.,

* Published and distributed by the Joint Orthopedic Nursing Advisory Service of the National Organization for Public Health Nursing and the National League of Nursing Education, 1790 Broadway, New York, N. Y. 63 pages in length.

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Consultant in Orthopedic Nursing of the N.O.P.H.N. It has been prepared to assist nurses in all fields to apply the principles of posture and body mechanics in all their activities. Whether a nurse is carrying the black bag or showing an expectant mother how to rest with her feet elevated, this practical booklet with its wealth of illustrations will help the nurse to work with greater ease and satisfaction.

WAR BONDS → FROM THE HOME FRONT → TO THE FRONT LINE

Every active visiting nurse is contributing her services to the war effort in her role in the conservation of civilian health. A substantial means of contributing on the home front other than in a professional capacity is to subscribe for the purchase of War Bonds through the convenient salary deduction plan provided by the Company. In the recent letter addressed by Mr. Lincoln to Metropolitan Nurses and Nursing Office Clerks, you were informed of the friendly competition between Home Office divisions and the plan to publish in The Quarterly Bulletin the relative territorial standings among our Field Nursing personnel.

The objective of the United States Treasury Department is that every person subscribe, if possible, to the extent of 10 percent of his current earnings. For the Home Office clerical staffs this percentage has risen in the last few weeks from 3 percent to more than 8 percent with many sections more than 10 percent. At the time this Bulletin went to press, the preliminary quarterly standing of each Territory of the Eastern Area for Company Nurses in the salary deduction plan was as follows:

<u>Territory</u>	<u>Percent of Salary Subscribed</u>	<u>Territory</u>	<u>Percent of Salary Subscribed</u>
Metropolitan	3.0	Southwestern	2.3
Southern	2.5	New England	3.1
Great Eastern	2.7	Central	2.9
Great Lakes	2.6	Atlantic Coast	1.5

Average percentage, all Eastern Area Territories - 2.5

Each of us has individual personal and budgetary responsibilities and many adjustments may be necessary in personal finances before our individual maximum subscriptions can be effected. Each of us has to determine whether 10 percent, more or less, suits our individual situations. However, we feel certain, as returns come in from the Field Nursing Staff, that the above preliminary figure of 2.5 percent will increase substantially and finally compare favorably with the subscriptions made by other groups in the Company who have had a longer time to respond to this national appeal.

Additional payroll authorization forms will be sent to you promptly upon request. These may be used for initial purchases, purchase of additional bonds, or increase in the deduction which you have previously authorized. Please address these forms to the attention of our Welfare Accounting Bureau.