

THE QUARTERLY BULLETIN

METROPOLITAN NURSES

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PLAINTIFF'S EXHIBIT

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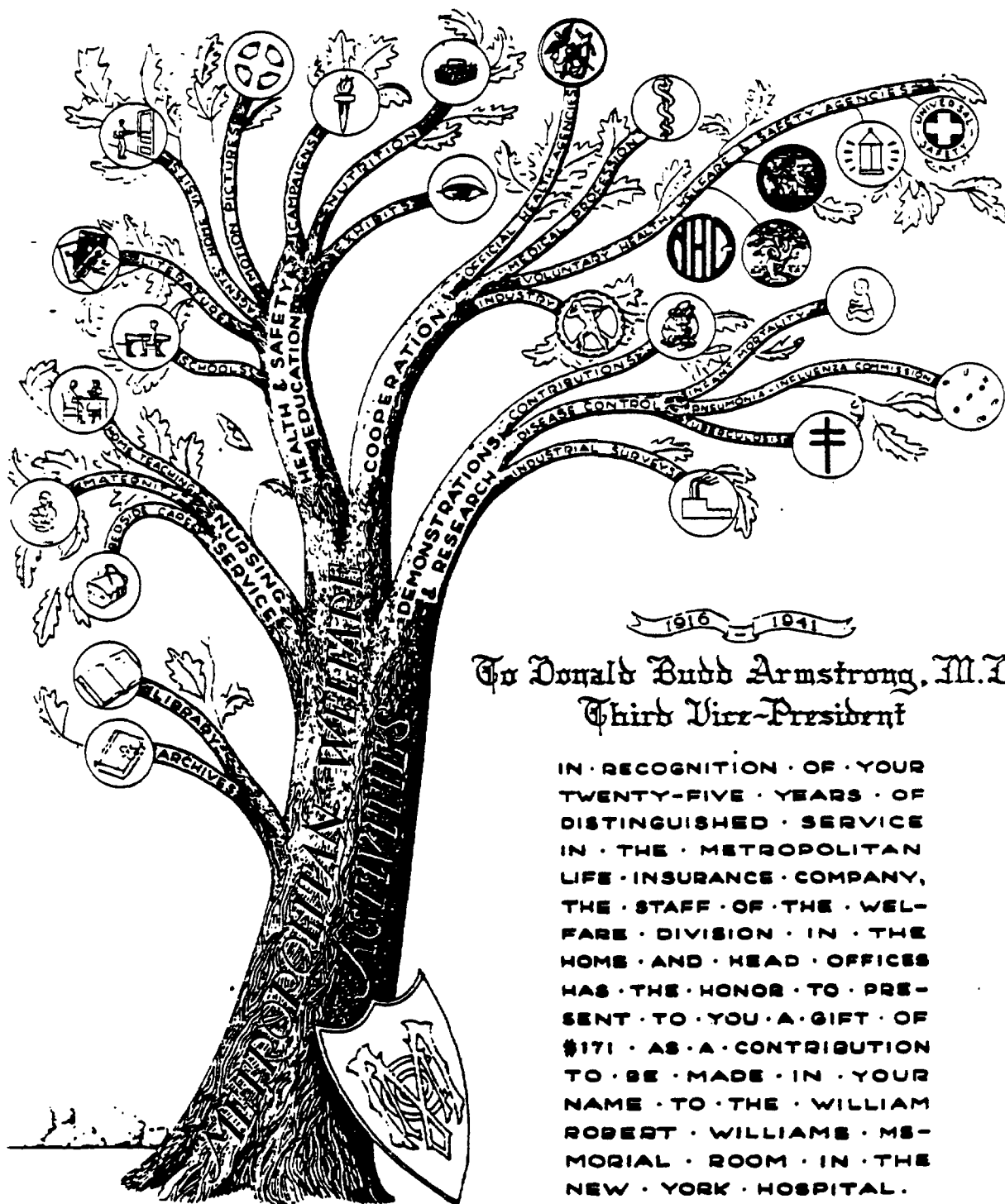
TWENTY-FIVE METROPOLITAN YEARS

Dr. Armstrong's 25th Metropolitan anniversary, which occurred on June 1st, was celebrated by the Welfare Division on May 27th. Dr. Lanza presented him with the scroll reproduced on page 2. This pictorial summary of Welfare Division activities was especially appropriate to the occasion, for Dr. Armstrong has had a part in all these developments.

His association with the Company began with his position as the Executive Officer of the Framingham, Mass. Community Health and Tuberculosis Demonstration in 1916, when the Company made funds available to the National Tuberculosis Association for this research project. The results of the work in Framingham are well known: In seven years there was a reduction of 9 percent in the general mortality, 40 percent in the infant mortality, and 68 percent in the tuberculosis mortality, and since then the tuberculosis death rate has declined to about one tenth of its pre-demonstration level. He was appointed Assistant Secretary of the Company under Dr. Frankel in 1924. In 1929, he was made Fourth Vice-President and following Dr. Frankel's death in 1931, he became Third Vice-President in charge of the Company's health and welfare activities for policyholders.

In accepting the Welfare Division's gift designed as a contribution to be forwarded by Dr. Armstrong to New York Hospital for the William Robert Williams Memorial Room, Dr. Armstrong expressed his pleasure in being enabled thereby to join in honoring Dr. Williams. He referred to Dr. Williams as an outstanding example of the perfect blend of skill and kindness - one who to a superb degree combined the cold science of diagnosis with the warm sympathetic art of the personal medical guide.

NURSING BUREAU • WELFARE DIVISION • METROPOLITAN LIFE INSURANCE COMPANY



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A NEW DAY FOR INDUSTRIAL NURSING

Of interest and importance to Metropolitan Nurses, because of their contacts with industries which have Metropolitan Group insurance, are two recent developments in the industrial nursing field.

The Industrial Hygiene Division of the National Institute of Health, United States Public Health Service, now has a public health nursing consultant. Miss Olive Whitlock, formerly the public health nursing consultant for District II, United States Public Health Service, was appointed to the new position on March 1, 1941, to assist in the promotion and development of industrial nursing in defense industries. A month later the National Organization for Public Health Nursing appointed as Assistant Director and Consultant on Industrial Nursing, Mrs. D. Irene Bigler of Beloit, Wis.

The United States Public Health Service, as a Federal defense agency, will promote industrial nursing through its own public health nursing consultants and the public health nursing services of State health departments, which in turn will work with local agencies. The week of April 14th an institute was held at the National Institute of Health, Bethesda, Md. for the eight public health nursing consultants of the Public Health Service, together with the four* recently appointed industrial nursing consultants in the Connecticut, Indiana, Michigan and Vermont State health departments, and a selected number of national and State representatives, to review the industrial health situation and get background information relating to industrial nursing.

The National Organization for Public Health Nursing is working on a three-year project which it considers particularly timely in view of the national defense program. One part of this project will be the development of a manual for industrial nurses. In addition, consultant and advisory services will be given to employers, industrial nurses, and community agencies interested in industrial health problems. Mrs. Bigler will also advise with colleges and universities concerned with the preparation of industrial nurses.

Particular attention is to be given to the large proportion of industrial workers who are engaged by plants too small to employ their own doctors and nurses. The effort will be to encourage local agencies - health departments and public health nursing associations - to offer part-time service to such plants.

This whole effort should mean increased opportunity for the Metropolitan Nursing Service to improve its nursing program for insured Groups, as emphasis will be given to the importance of prompt follow-up of the absent employee and the prompt referral of all sick employees for necessary home nursing care.

*

Miss Rowena Belden, Connecticut State Department of Health, Hartford, Conn.
Miss Ruth M. Scott, Indiana State Department of Health, Indianapolis, Ind.
Miss Mary Alton, Michigan Department of Health, Lansing, Mich.
Miss Esther Martinson, Vermont State Health Department, Burlington, Vt.
(Miss Elsie Handly and Miss Margaret Wilson have been more recently appointed to similar positions by the Missouri State Board of Health, Jefferson City, Mo.)

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THE NURSING BUREAU CONFERENCE

The annual conference of the Metropolitan Nursing Service took place in April and, according to custom, at the time of the Managers' Convention. It was probably both the liveliest and the most serious meeting in the history of the Nursing Service - lively because most of the meetings were discussions and serious because the group was gravely aware of the world war situation and conscious that the times demand of all of us the clearest thinking and the most thoughtful effort. "Nursing and National Defense" was the major theme of the first full conference day.

Dr. Armstrong presiding, called upon Miss Haupt to lead a discussion of "Metropolitan Nursing and the Defense Program." She briefly reviewed two articles from the April issue of Professional Nursing (a publication of the Nursing Information Bureau of the American Nurses' Association), one entitled, "Why More Nurses Are Needed" and the other, "Where Are Nurses Needed?"

It was recognized that we should consider the possible need for nursing service for policyholders who are newly settled in cantonment zones. The effect of industrial projects in causing sudden shifts of population to take care of defense orders is a similar problem which is being considered by the Nursing Bureau.

Miss Haupt summed up our responsibility thus: To take our place adequately in the defense program we must -

Do the job we are doing now as well as possible.
Observe trends and learn what is happening in the whole field
of public health.

Dr. Burnette, Assistant Secretary in charge of Welfare work in Canada, told of the efforts that are being made in the Canadian defense program to impress upon public health nurses the value of their work, and also of the preparations which are being made for keeping public health nursing up to standard in the event that a large number of this group may enter the military service.

Mrs. Elizabeth Vaughan, Assistant Director of the American Red Cross, spoke to the group about current nursing programs of the Red Cross, such as the home nursing classes, the plan for the development of nursing in emergencies, and the progress of enrollment.

Concerning enrollment, the group was interested to hear Mrs. Vaughan's report of assistance given by the Metropolitan through the Red Cross to the national defense program. Members of the Welfare Division and the Statistical Bureau were loaned to the American Red Cross to assist in the analysis of the system of enrolling nurses, and to help plan and put into action a method which would take care of the rapidly increasing enrollment. Applications have climbed from an average of 100 a month to a recent peak of 1,500. With the new system for handling enrollment, each completed application can be cleared and sent to the War Department within 48 hours of its receipt. The Army will require at least 5,000

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nurses by July 1st. With the increasing enrollment, the Red Cross hopes and expects to be able to meet this increased demand for Army nurses.

Dr. Lydia Giberson, Industrial Psychiatrist for the Metropolitan, interpreted her work as psychiatrist in the Home Office. As to nurses, Dr. Giberson said that their work is of tremendous importance and value in the industrial phase of the defense program. "Confusion about the issues of the present world conflict is part of the war or nerves. Conviction is the basis of morale. It is therefore important that doctors and nurses should be intelligent and thoughtful, should know what they think, and how they stand in this time of national crisis. Their clearness of conviction and their firmness will help the morale of those with whom they come in contact in the industrial group, and if we have a strong morale in that group we have a strong morale in America."

Dr. Giberson's inspiring talk led naturally into a discussion of industrial nursing and the Metropolitan's Group nursing. Miss Ruth Houlton, Associate Director of the National Organization for Public Health Nursing, introduced to the group Mrs. Irene Bigler, recently appointed Consultant on Industrial Nursing in the N.O.P.H.N.

Miss Waterbury gave a summary of the year's Group nursing experience, reported an increase in cases and visits, and expressed the hope that our local services would participate even more actively in efforts to keep Group certificate holders well as a real contribution to national defense. Dr. McConnell, Assistant Medical Director, was much concerned with the problem of the education of industries regarding the Nursing Service, and made some good suggestions.*

Naturally the conference considered many subjects other than those mentioned. The Welfare Division's Bureau Heads took part. Miss Guilford told us what is new in nutrition, and Miss Schawe reported upon her year of Field work with the staff. Miss Hannah spoke of the Nurses' part in literature distribution and in Metropolitan campaigns. Miss Crosby told how to cooperate most helpfully with the Bureau of Social Agencies and Mr. Cole gave an analysis of the home accident study. Administrative problems were presented briefly by Miss Johnson and Mr. Scott.

The educational program of the Metropolitan Nursing Service in its many ramifications was considered by the group with Miss Reid presiding and with Territorial Supervisors leading discussions on such subjects as "The Supervisor's Conference With the Nurse at the Conclusion of a Visit" and "How Can Supervisors Help Nurses to Promote Family Health?" Miss Mary Connor, Assistant Director and Secretary of the Education Committee of the N.O.P.H.N. was a guest at this session, and spoke briefly of her work. The suggested changes in nursing techniques were discussed fully and an excellent demonstration of the proposed change in the thermometer technique was given by Miss Gertrude Morris, Local Supervisor of the Queens, L. I. staff. These meetings and indeed the whole conference were a demonstration of our belief that discussion is a valuable educational method.

* Dr. McConnell will embody these suggestions in an article to appear in The Quarterly Bulletin this fall.

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Two delightful occasions always mark the annual conference. One is Dr. Armstrong's luncheon for Territorial Supervisors, attended also by the Welfare Division Bureau Heads and the Administrative Staff of the Nursing Bureau. The guest speaker was Mr. G. W. Fitzhugh, Assistant Actuary of the Metropolitan, who told the group about voluntary prepayment sickness insurance plans.

The other high light of Convention week is the annual tea given by the Welfare Division for the Metropolitan Managers and their wives. This year with much more floor space available than there has been in recent years, the exhibit display was especially satisfactory and included the new nursing exhibit; a demonstration of the effect of an adequate diet as compared with an inadequate one on the growth and health of several sets of white rats; an exhibit concerning the Company's new film, "Proof of the Pudding"; and a display of recent Welfare Division booklets.

ANNOUNCEMENT

Helen C. La Malle, known throughout the Company as well as in the public health field in the United States and Canada, will retire from the Company's Nursing Service on January 1, 1942. This announcement was made by Dr. Armstrong during the Nursing Bureau conference in April.

In a warm tribute to Mrs. La Malle, he said in part, "If it had not been for her, Dr. Frankel's difficulties and problems in getting the Welfare Division under way, and in getting the Nursing Service established on a firm footing, would have been very great indeed."

Dr. Armstrong retraced briefly the history of the Nursing Service and Mrs. La Malle's great contribution to it, first as a Supervisor, then as Superintendent of Nursing, and more recently as Superintendent of Nursing for the Pacific Coast.

"I know you will share with me my most earnest regrets that she comes to this conclusion and this step. At the same time I expect you will also share with me a feeling of comfort and satisfaction in that she is retiring 'under her own power,' retiring with vigor, health, and an opportunity to enjoy life," said Dr. Armstrong.

HOW TO KEEP POLICYHOLDERS AWARE OF THE METROPOLITAN NURSING SERVICE

I should like to emphasize the value to a Nurse of becoming an active member of the community in which she is stationed. Many of us know from sad experience the antagonistic attitude so often adopted towards newcomers in old, conservative communities. However, a Nurse who takes her place in the nursing and social world of the community she strives to serve has the best opportunity to keep the policyholders of that community interested and aware of her. To this end, I recommend faithful attendance at meetings, and service to the local nurs-

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ing organizations; membership in some patriotic, service, and social clubs, and, moreover, a spirit of readiness to render any reasonable service asked by her fellow citizens. In this way she will become known and will arouse the interest of men, women and older children of the community she makes her own. Following their interest will come the natural awareness of what she stands for - and finally a demand for her services among those entitled to her care.

Willa Ahern
Niagara Falls, Ont., Canada

We suggest that this also sounds like a good recipe for a contented life. (Ed.)

ENRICHED FLOUR AND BREAD

"Enriched flour" is a new product that is being offered to the American public. This is a first step in a plan for improving the nutrition of the population as a part of national defense. The formula for "enriched flour" was worked out jointly by government authorities, nutritionists, and the milling industry. It may be made by the addition to white flour of thiamin, nicotinic acid, and iron in amounts approximating those found in flour milled to use 85 percent of the wheat. It also may be made by improved processes of milling which retain the vitamins and minerals present in the wheat.

"Enriched bread" may be made from "enriched flour," by the addition of the required vitamins and iron to the bakers' formulas or by the use of special yeasts.

In order to carry the term "enriched" on the label, each pound of flour must contain thiamin 1.66 mg., nicotinic acid 6.15 mg., iron 6.15 mg. Enriched bread must contain in each pound of baked bread not less than 1 mg. nor more than 2 mg. thiamin (from 333-667 international units); not less than 4 mg. nor more than 8 mg. nicotinic acid, and not less than 4 mg. nor more than 16 mg. iron. Optional ingredients are riboflavin, vitamin D, and calcium.

For many years nutritionists and others interested in building health have urged that half of the cereal products eaten daily should be of a whole-grain variety. The purpose of this recommendation was to improve the diet in vitamins and minerals. While the use of whole grains by American families has increased, the majority still prefers the more refined products. Now this method has been found to improve white flour without changing its flavor or its appearance markedly and usually it is sold at no extra cost.

In our teaching, we should urge that all of the white flour used should be of the "enriched" variety. However, whole grains still contribute more nutrients than the "enriched flour" does and we should continue to stress the importance of using some whole-grain products.

Elizabeth Guilford, Director
Home Economics Bureau

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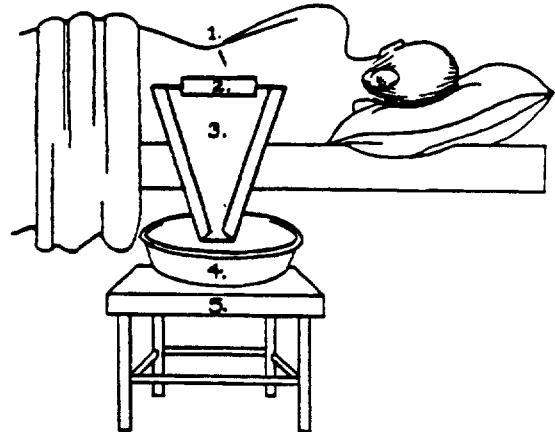
INGENUITIES

KELLY PAD

I recently had a patient with a draining incision following an operation for a renal abscess. The wound had to be irrigated daily. I took a large brown paper bag, cut off the bottom end, flattened out the bag, and slit one seam up the side. Then I folded the sides over once, then over again - to make the edges firm. (As you will see from the illustration, the finished product roughly resembled a Kelly pad.)

I used water-proof adhesive tape to attach the wider end to the patient's back, right under the incision. A fresh bag was used for each treatment.

Josephine Stinson
New Orleans, La.



- | | |
|-------------------|---------------------|
| 1. Wound. | 4. Basin for waste. |
| 2. Adhesive tape. | 5. Stool or chair. |
| 3. Paper bag. | |

NEW USE FOR A COOK BOOK

Alice M. Roberts, Metropolitan Nurse of Dover, Del., saw an automobile swerve from the road and hit a concrete bridge abutment. On investigation she found that the driver had fractured his wrist. She used two folded cook books for splints and bound them into place with the injured man's fishing line. Another passer-by took him to the hospital.

NEWS REEL

PUBLIC HEALTH NURSING IN PICTURES

Miss Haupt and Miss Hirsch, Territorial Supervisor for the Great Lakes Territory, attended sessions of the convention of the National League of Nursing Education in Detroit, the week of May 26th. The new nursing exhibit which was "previewed" at the Managers' Convention, was displayed in Detroit and aroused much interest.

This 10-foot exhibit, which is divided into three panels, has some beautifully planned and artistically photographed pictures of public health nursing in action. It is appropriate for use by any visiting nurse organization and is also available for State and District meetings.

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ANNIVERSARIES AND MEDALS

In this number of The Quarterly Bulletin we publish the names of a group of Nurses who have recently celebrated Metropolitan anniversaries and have received Service Medals.

Alice Ahern, Assistant Superintendent of Nursing in Canada, celebrated her 20th anniversary on March 1st. The success of the Thetford Mines demonstration which Miss Ahern organized, led to a position as Nursing Field Supervisor and in 1924 she was appointed Assistant Superintendent of Nursing in charge of the Canadian Territory. During the Nursing Bureau conference, Dr. Armstrong took the opportunity to pay Miss Ahern a well-deserved tribute for her 20 years of fine service.

20 Years Service

Alice Ahern	Canadian Head Office
Elizabeth Davis	Home Office

15 Years Service

Mary B. Brightwell	Lynchburg, Va.
Mabel Henningsen	Hudson County, N. J.
Rosanne Lalande	Montreal, Que.
Martha McEntire	Ogden, Ut.
Nells H. Myers	Hagerstown, Md.
Ruth N. Olson	Washington, Pa.
Hazel Southworth	New Castle, Pa.
Blanche Therrien	Montreal, Que.

10 Years Service

Hazel Allyn	Alexandria, Va.
Eudora Felix	Chicago, Ill.

5 Years Service

Emma Jane Breeden	Gastonia, N. C.
Rebecca M. Comings	Harvey, Ill.
Adrienne Ellison	Tampa, Fla.
Bessie Marshall	Knoxville, Tenn.
Bessie K. Massey	Roanoke, Va.

Elizabeth Davis, who celebrated her 20th anniversary in April, came to the Nursing Bureau on April 1, 1921. She has been a Staff Nurse, and a Professional Reviewer. She has had several years of experience in the Medical Division as one of the group of Nurses who visit sick employees. Since 1935 she has been a Correspondent in the Nursing Bureau. The title "Correspondent" will convey little idea of the range and high quality of her work. She handles work which must be done exactly right; she does it thoughtfully and quietly. She has been in charge, for instance, of the business of arranging for the transfer of the staff of Nurses in Cincinnati to other Centers.

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Eleanor Fair, Research Librarian in Medicine and Public Health, celebrated her 15th anniversary in May. Miss Fair not only sends Metropolitan Nurses the books they ask to borrow, orders those they wish to buy, and suggests material for talks they wish to give, but she also helps people, especially those in the Medical and Welfare Divisions, with bibliographies and material for papers and articles. She supplements their work and does it with rare good humor as well as professional skill.

To Miss Ahern, Mrs. Davis, and Miss Fair and to all who have celebrated anniversaries recently, The Quarterly Bulletin extends congratulations and best wishes.

STUDENTS FOR THE SUMMER

The following Nurses will soon be starting work in summer school. We hope each one will have a rich experience and will return to her Nursing Center with fresh enthusiasm and an increased store of knowledge.

<u>Name</u>	<u>Center</u>	<u>College</u>
Catherine Denning	Hudson County, N. J.	Western Reserve University
Grace H. Enders	Towson, Md.	Catholic University
Edna Flannery	Warren, O.	Western Reserve University
* Patricia McCoy	Peekskill, N. Y.	New York University
Eleanore Moore	Oklahoma City, Okla.	George Peabody College
Elizabeth Phillips	Kalamazoo, Mich.	Western Reserve University
Bernardine Striegel	Territorial Supervisor	Teachers College, Columbia
Dorothy Winters	Fulton, N. Y.	Syracuse University

* Nurse awarded a scholarship.

A NEW USE FOR AN OLD DEMONSTRATION

Recently the Los Angeles County Medical Society conducted a Health Defense Exposition in the Auditorium in Los Angeles. The Metropolitan exhibit consisted of a demonstration of nursing care in the home with special reference to the care of contagious disease given by teams of the Company's Nurses from the Los Angeles staff. The booth was furnished to look like two rooms in an ordinary home, one of which was a bedroom with a Chase doll in the bed as the patient. The Nurses demonstrated the bedside care of the patient, the establishment of the isolation area, the disposal of waste, and the proper use of the gown. A display of improvised equipment for the sickroom attracted much attention. There was also a display of literature, and many requests for copies of pamphlets were received.

Approximately 3,000 people visited the exhibit and demonstration and showed great interest. This project was under the direct supervision of Mrs. Roberts and Mrs. Hodgdon, and was planned and carried out by Miss Katherine Laux, Local Supervisor of the Los Angeles Metropolitan Nursing Service.

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FIELD TRIPS

Dr. George M. Wheatley, appointed Assistant Medical Director in the Welfare Division in January, has been observing Metropolitan Nursing in the Field. His first experience was with the Queens, L. I. staff when Angela de Costa took him visiting in her District. Then with Miss Mildred Lee, Territorial Supervisor, he visited the Newton District Nursing Association in the New England Territory, and the Metropolitan staff in Malden, Mass. All this was in preparation for a trip to the Pacific Coast where he will assist Dr. Shepard in promoting the campaign against diabetes, and have an opportunity at first hand to observe the admirable relationship which Dr. Shepard has developed and maintained, within and without the Company, in his territory.

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With the annual conference successfully concluded, Miss Margaret Reid, Educational Director, started her long anticipated Field trip which took her to St. Louis, Mo., Denver, Colo., and the Pacific Coast. She assisted with a series of Metropolitan institutes, and also attended the meetings of the western branch of the American Public Health Association in San Diego, Calif., the week of May 26th.

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In May and June Miss Ruth Waterbury, Group Nursing Supervisor, visited Nursing Centers in Georgia, Alabama, Missouri, Tennessee, and Texas in the interests of Group Nursing.

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Miss Marie Johnson, Assistant Director of the Nursing Bureau, recently spent a week in the Field with Miss Marjorie Adams, Territorial Supervisor, visiting Centers in Western New York.

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Mrs. Jean Roberts, Assistant to Mrs. La Malle in the Pacific Coast Head Office, spent six weeks in and around the Home Office in March and April, preparatory to Field work on the Coast. In the Home Office she was introduced to the intricacies of cost statements, learned some of the fine points of record reviewing, got acquainted with statistical analyses, and had many conferences about staff education and related matters.

In New York, she met leaders in the fields of nursing and of health, visited the offices of the national nursing organizations, the American Public Health Association, and the National Tuberculosis Association.

She went to Washington on April 16th to attend the Conference on Industrial Nursing and made contact with the American Red Cross, the United States Public Health Service, and the Children's Bureau.

The Nursing Bureau conference was the climax of a full six weeks for Mrs. Roberts. She has returned to the Pacific Coast Territory with our best wishes and our sincere regards.

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Miss Haupt was a guest of the Public Health Nurses of Nassau County, L. I. at their Silver Jubilee dinner on May 7th. This organization has a record of 25 years of working together for the health of Nassau County.

Monica Moore, Local Supervisor of the Eastern Long Island Metropolitan Nursing Service, managed to make this affair a double celebration for the staff by saving service medals for presentation by Miss Haupt. The Metropolitan group gathered at the home of Mrs. Helen Meyer, who has been ill

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for several months but is now slowly regaining her health. Ten-year medals were presented to Mrs. Meyer,

Miss Madeline Will, Miss Bridie Smyth, and Miss Clara Curran, and a five-year medal to Mrs. Harriet Maak.

On July 1, 1941, the Visiting Nurse Association of Cincinnati takes over the nursing care of Metropolitan policyholders in that city. The staff Nurses of the Metropolitan Salaried Service there have been transferred to other communities, with the exception of two Nurses who wished to make other plans.

A new Office is being set up in Newport, Ky. in charge of Miss Sara Rardon, who has been Head Nurse of the Cincinnati staff. Miss Rardon will have a staff of five Nurses from the Cincinnati Office just across the Ohio River, and Mrs. Catherine White will continue her work as the efficient Nursing Office Clerk.

BOOK ENDS

CANCER AND ITS CARE

To those who followed the suggestion in the January number of The Quarterly Bulletin and sent for a booklet called Answers to the Public's Questions on Cancer, we recommend another publication, Cancer and Its Care: A Handbook for Nurses. Previous editions of this little book have been used by many nurses. As the book has been revised recently it is more useful than ever.

We like its human tone. The nurse is reminded "that cancer nursing is much the same as the care of any medical or surgical case, with the exception that the terminal case requires more patient and tender care because of the long duration of the disease, the distressing disabilities, and the physical and mental suffering." The primary purpose of this handbook is the presentation to nurses of authoritative information on cancer.

Send a 3-cent stamp to The American Society for the Control of Cancer, 350 Madison Avenue, New York, N. Y. if you wish this booklet or the one previously suggested.