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FIRST ANNUAL REPORT,

*M. M. M.*  
—OF—

The St. Catherines Training School

AND NURSES' HOME,

IN CONNECTION WITH THE

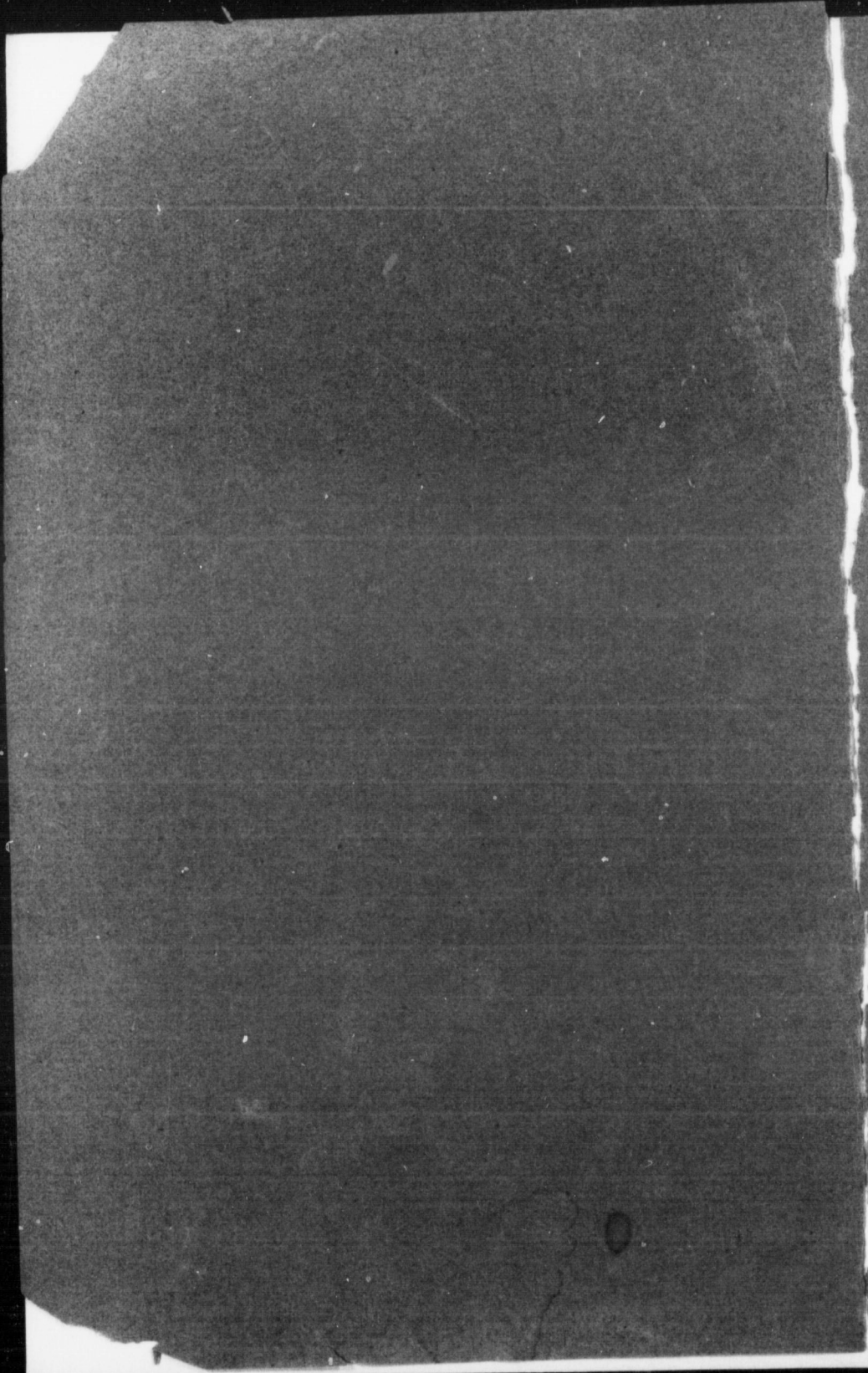
GENERAL & MARINE HOSPITAL.

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"UBI NON EST MULIER INGEMESCIT (EGER)."  
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St. Catherines, Ont.

W. MEEK, PRINTER, DAILY NEWS STEAM JOB OFFICE,  
30 King-st., nearly opposite Market.

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## REPORT.

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This report and prospectus of the Training School for Nurses at St. Catharines, in connection with the General and Marine Hospital, is submitted to subscribers to the work, and to the public generally, after one year's practical experience in the management,—firstly, because the projectors of the institution consider it to be a fulfilment of a duty to contributors to the enterprise; secondly, to make known generally the mode of conducting and the objects of the same.

In the early part of the winter of 1873 to 1874, after conferring with Dr. Mack, Miss Money left Canada for the purpose of bringing out from England two trained nurses, and others willing to be taught, to the number of five or six. During this lady's absence, by the kind assistance of benevolent friends, Dr. Mack was enabled to rent and furnish a suitable house, and to fund a sufficient sum of money for the maintenance of the whole party for at least one year. The preparations being not quite completed when they reached here, they (Miss Money and two nurses,) were received as free guests at Springbank for some weeks, until the "Home" could be opened. About June 10, active operations were commenced. One Canadian was added to the staff. Miss Money went upon duty at the General and Marine Hospital, with two nurses, and two were placed in attendance upon invalids at Springbank.

This service has continued uninterruptedly ever since, each institution paying \$20.00 per month to the Home,

The Nurses have been in good demand up to the present time; and in addition to their occupation here, have been sent away to neighboring villages, and to Woodstock, and have also gone out among the sick poor when required. There is now urgent necessity to increase the number to ten. The monthly nurses have been efficient, and have secured the most complimentary testimonials.

Every possible opportunity is seized to impart instruction of a practical nature in the art of nursing, while teachings will be given in Chemistry, Sanitary Science, Popular Physiology and Anatomy, Hygiene, and all such branches of the healing art as a nurse ought to be familiarized with.

The plan or prospectus adopted by the "Ladies' Aid Society of the St. Catharines General and Marine Hospital," is,

1st. The name shall be, "The St. Catharines Training School and Nurses' Home," in connection with the General and Marine Hospital.

3rd. The active management of the "Home" shall be entrusted to the Manager of the G. & M. Hospital, the Ladies' Hospital Aid Society, and a Patroness who shall be elected annually by said Society.

4th. The Lady Patroness and Manager of the Hospital shall conduct the institution, and shall, upon stated occasions, inspect the accounts and general arrangements for the comfort and government of the nurses.

5th. The accounts shall be annually audited, and a report shall be made to the Ladies' Aid Society.

6th. A certain number of nurses only will be received.

7th. The nurses must sign the by-laws and constitution, binding themselves to serve for three years, the first six months as probationers, free, after that period they receive, in addition to their board, when unemployed, a fixed stipend, payable monthly or quarterly, and a sufficient supply of uniform clothing each year.

8th. Every woman entering the service must give satisfac-

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tory evidence of purity of motive, of good character and Christian conduct, and of having received the elements of a plain English education.

9th. An implicit submission to the discipline of the Home and Hospital, and obedience to those in authority there, as well as a strict conformity to rules and regulations, will be exacted.

The "Home" it is expected will in the future be nearly self-supporting. It is, however, most desirable that the benefits should continue to be extended to the poor, and that a character of permanency shall be given to the undertaking by the formation of a fund for building and other purposes. It is therefore expected confidently that subscribers will continue to promote its utility and stability.

#### SCHEME OF SUBSCRIPTION.

Each subscriber of one hundred dollars shall be constituted a "benefactor" for life, entitled to preference upon application for a nurse, and to be charged at the minimum rate.

Subscribers at all times, when requiring nurses, shall be supplied before any other applicants.

Subscribers to the amount of \$5.00 or more annually, shall have the amount allowed upon their bills for nursing when such services are put in requisition.

Gratuitous services to the poor must be applied for on recommendation of one or more subscribers, to the Head Nurse.

The necessity for such institutions as this must be obvious to all who have either suffered from disease in their own families and persons, or who have had much experience in the care and management of the sick. The vocation of nursing goes hand in hand with that of the physician and surgeon, and are absolutely indispensable one to the other. Incompetency on the part of a nurse renders nugatory the best efforts of the doctor in the most critical moments, and has frequently resulted in loss of life. All the most brilliant achievements of

modern surgery are dependent to a great extent upon careful and intelligent nursing, and the Obstetrician knows only too well how fearful may be the consequences of ignorance and negligence on the part of attendants in the chamber of accouchement. The skilled nurse, by minutely watching the temperature, conditions of skin, pulse, respiration, the various functions of all the organs, and reporting faithfully to the attending physician, must increase the chances of recovery two-fold. By observing the known principles of hygiene, she will co-operate intelligently with him, also in placing the sufferer from disease in the best relations to the ground he is above, the surrounding heat, light, air, aliments he is sustained by, and the liquids he drinks. She will likewise, by the proper precautions well recognized in hygiene, avert the evils of contagion or infection, and the spread of disease by noxious miasma. Finally, she will inspire confidence, allay terror, sooth anxiety, and often quiet the mental state while taking care of the physical, and prevent injurious interference from officious by-standers.

#### FINANCIAL STATEMENT FOR THE YEAR 1875, UP TO MAY 1.

##### RECEIPTS.

Collected at Springbank by Mrs. Buckley.. .. .	\$151 17
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##### DONATIONS FROM BENEFACTORS.

P. P. Pratt, Esq., of Buffalo.. .. .	\$100 00
J. P. Merritt, Esq.,... .. .	100 00

##### DONATIONS.

Miss Beresford.. .. .	\$ 35 00
A grateful patient at Springbank.. .. .	50 00
Misses Campbell, of Montreal.. .. .	25 00
Mrs. C. E. Corning, of Albany,.. .. .	22 00
Misses Gibson, of Boston.. .. .	20 00
Mrs. Albert Brown.. .. .	17 60
Mrs. C. C. Trowbridge, of Detroit.. .. .	17 60
Mrs. Powell.. .. .	5 00
Mrs. J. R. Benson.. .. .	4 00
Collected at Springbank by Miss Williams.. .. .	44 00
Archdeacon Fuller.. .. .	20 00
Miss S. Dehon, of Boston.. .. .	10 00
Miss Neelon.. .. .	1 00

Carried forward.....	\$572 37
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Balance brought forward .. .. .	..	..	..	..	\$572 37
Mrs. Moloney, Springbank.. .. .	..	..	..	..	4 40
Revd. Dr. Lewis, Penna.,... .. .	..	..	..	..	8 25
The case of Fancy Articles at Springbank, per Mrs. Buckley..	186	27			
do do per Miss Williams.. .. .	..	..	..	..	155 07
Reading at Springbank, per H. Bawtree, Esq., .. .	..	..	..	..	34 32
Amateur Theatricals at Town Hall, Mrs. Morrison and guests at Springbank..... .. .				..	59 40
Amateur Theatricals, by Mr. H. Bawtree and guests of Spring- bank.... .. .	..	..	..	..	100 50
Estimated value of Furniture contributed by various parties, as per schedule..... .. .				.....	75 00
Gen. and Marine Hospital, for nurses' services....	..	..	..	..	365 00
Springbank, for nurses' services.... .. .	..	..	..	..	240 00
From all other sources, for nurses' services....	..	..	..	..	282 00
Total..... .. .	.....	.....	.....	.....	\$2082 58

## EXPENDITURE.

Paid travelling expenses of nurses.... .. .	.....	.....	.....	.....	\$147 33
Paid for Furniture at "The Home,"..... .. .	.....	.....	.....	.....	477 46
Cash value of Furniture, etc., presented.... .. .	.....	.....	.....	.....	75 00
Repairs and Fittings.... .. .	.....	.....	.....	.....	34 50
Rent..... .. .	.....	.....	.....	.....	200 00
Garden.... .. .	.....	.....	.....	.....	5 00
Nurses' salaries, paid up to date..... .. .	.....	.....	.....	.....	184 17
Fuel.... .. .	.....	.....	.....	.....	78 75
Printing, Insurance, etc.,..... .. .	.....	.....	.....	.....	15 65
Servants' Wages..... .. .	.....	.....	.....	.....	56 00
Nurses' Uniform Dresses..... .. .	.....	.....	.....	.....	134 52
Subsistence Account.... .. .	.....	.....	.....	.....	316 63
Total..... .. .	.....	.....	.....	.....	\$1725 01
Balance on hand.... .. .	.....	.....	.....	.....	\$357 57

## FURNITURE, &amp;C., PRESENTED TO THE NURSES HOME.

MRS. DAVEY.—May 15th, 1874.—A Lamp and fittings for Hall.

MRS. ROBINSON.—May 17.—One doz. cups and saucers, 1 doz. plates, tea-pot, 2 sugar basins and milk jug, slop basin, and 2 quart jugs.

MRS. POWELL.—May 18.—Round Mahogany table.

DR. MACK.—May 18.—Sideboard for dining-room.

DR. MACK, Springbank.—May 18.—Four dishes, 2 vegetable dishes, 2 sauce bowls, 1 metal tea-pot. May 24.—Dining room extension table, 2 wash-tubs, 2 pails, and 1 ink-stand, and water bottle, 1 stove, kitchen table, 1 book-case.

MRS. McCLIVE.—May 24.—Five window blinds, and 2 days work Mr. Crum.

MISS GIBSON.—May 24.—One new white quilt.

MR. CARLISLE.—May 24.—One pair of new blankets.

MR. TAIT.—May 24.—Six remnants of black alpacca.

MRS. McCALLUM.—One quilt and 2 sheets.

MRS. BUCKLEY, Springbank.—May 24.—Twelve cotton sheets, 3 linen pillow-slips, 3 bed-spreads, 1 single blanket, 6 huskaback towels, 10 coarse towels, 8 tea-cloths, 6 dinner napkins.

MRS. HELLIWELL.—May 24.—Two washing tubs, 2 jars, 2 crocks, 2 large jars, 1 milking pail, 1 small can, 1 pint measure, 4 iron spoons, 1 skimmer, 1 strainer (gravy,) 1 rolling pin, 1 callander, 4 covers, 1 looking-glass, 1 willow-covered bottle, 2 wooden chairs, 2 cane chairs, 1 clothes horse, 1 flour dredge

MRS. TAIT.—May 24.—Two feather pillows, 3 pairs blankets, 1 single blanket, 3 cotton sheets, 2 pillow-slips, 1 wooden bedstead, 1 spring mattress, 1 counterpane.

MRS. NEELON.—May 24.—Twelve plates, 8 cups and saucers, 4 egg cups, 4 tea-spoons.

MRS. FOWLIE.—May 24.—One large tin dish pan, 3 small tin pans, 1 dipper, 6 pie plates, 3 cake tins, 1 dust pan, 1 tea drawer, 1 nutmeg grater.

MRS. D. CURTISS HAYNES.—May 24.—One wooden bedstead, 1 water pail, 1 set of bed-room crockery.

MRS. TAYLOR.—May 24.—One wooden lounge, 1 mattress, 6 dinner plates, 6 soup plates, 1 butter tureen and dish.

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## BY-LAWS FOR NURSES.

The Nurses in the daily discharge of their duties must observe the strictest secrecy, and carefully avoid "gossip," their demeanour should be kind and respectful on all occasions, and when on duty at private houses, they are expected, in addition to taking the complete charge of their patients, to avoid giving unnecessary trouble, to wait upon themselves, and pay the closest attention to the preparation of aliments for the sick as well as to cheerfully assist in many matters not strictly within the limits of their duty,—to faithfully carry out the physician's directions, and in the event of emergencies to report any instance when the execution of his orders have been exceeded or omitted. To evince no bias to any favorite medical practitioner. To attend scrupulously to the special duties to the patient with the gentleness and exactitude taught by their superiors, and never to interfere with or criticise the treatment.

2. The routine taught at the Hospital, must be observed as far as possible in the management of cases when it does not directly clash with the orders of the practitioner in attendance.

3. Obedience to those in authority over them, under all circumstances, will be exacted, and any appeal from that authority must be made to the Ladies' Hospital Aid Society in writing, and will not be entertained unless deserving careful investigation and grave consideration.

4. The rules for the internal management of the Home, and Hospital, must be observed strictly.

5. All presents received must be reported to the Head Nurse. The Manager shall have the power to order them to be returned, if not considered right.

6. The duties of both day and night nurses at the hospital are a little more onerous than at ordinary hospitals, inasmuch as certain household offices are to be performed as well as

actual nursing. The first business of the nurse in the morning is to get up the patients who are permitted to rise, and who, after washing themselves, are to assist the others in their necessary ablutions, &c. The wards should then be put straight, and thorough ventilation effected. When windows are opened in cold and damp weather the patients should be protected by covering their heads, this duty performed, breakfast must be served, prayer offered up in each ward, and everything prepared for the medical visit, hot and cold water, lint, oakum, sponges, towels and bandages must be in readiness, and the unseemliness avoided of the nurse hurrying from the ward in quest of the usual necessaries for the surgical or medical attentions performed in the ward while going from bed to bed. After the visit, everything that cannot be again used, should be burned or destroyed, and things to be cleansed should be left soaking in carbolized water, the sponges need especial care. The slops and closets should then be carefully attended to. The directions of medical men punctually carried out. Absolute cleanliness must prevail, any unpleasant smell must be promptly removed, and, when necessary, disinfectants be freely used. The day and night nurses should work in perfect unison and the changes in the patients should be carefully reported to the surgeon, as well as any failure in the action of remedies.

7. The diet must be strictly adhered to, as ordered in the Doctor's daily rounds.

8. The night nurse at sunset, is to shut up all outside doors and windows, except those ordered to be kept open for ventilation at sunset. Every source of contamination to the air of the wards must be inspected, and if necessary, remedied, the fires damped down and all lights except night lights extinguished at 10 p. m. In the case of an accident, the surgeon on duty must be promptly notified, and in the meantime the patient is to be made comfortable and treated according to the nature of the case as taught in this Institution.

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Mrs. T. R.

July 1,

Applications from women desirous to enter this Institution must be made to the Head Nurse at the Hospital.

Applications from persons requiring the services of the Nurses, must be made to the Manager of the Hospital, or to the Head Nurse in cases of great emergency.

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**OFFICERS :**

DR. MACK, Manager of the General and Marine Hospital.  
MRS. T. R. MERRITT, Patroness. MRS. W. J. McCLIVE, Sec'y Ladies' Hospital Aid Society.

July 1, 1875.