

From F. M. Linnell Esq.  
13/8/96.

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FIFTEENTH ANNUAL REPORT

OF THE

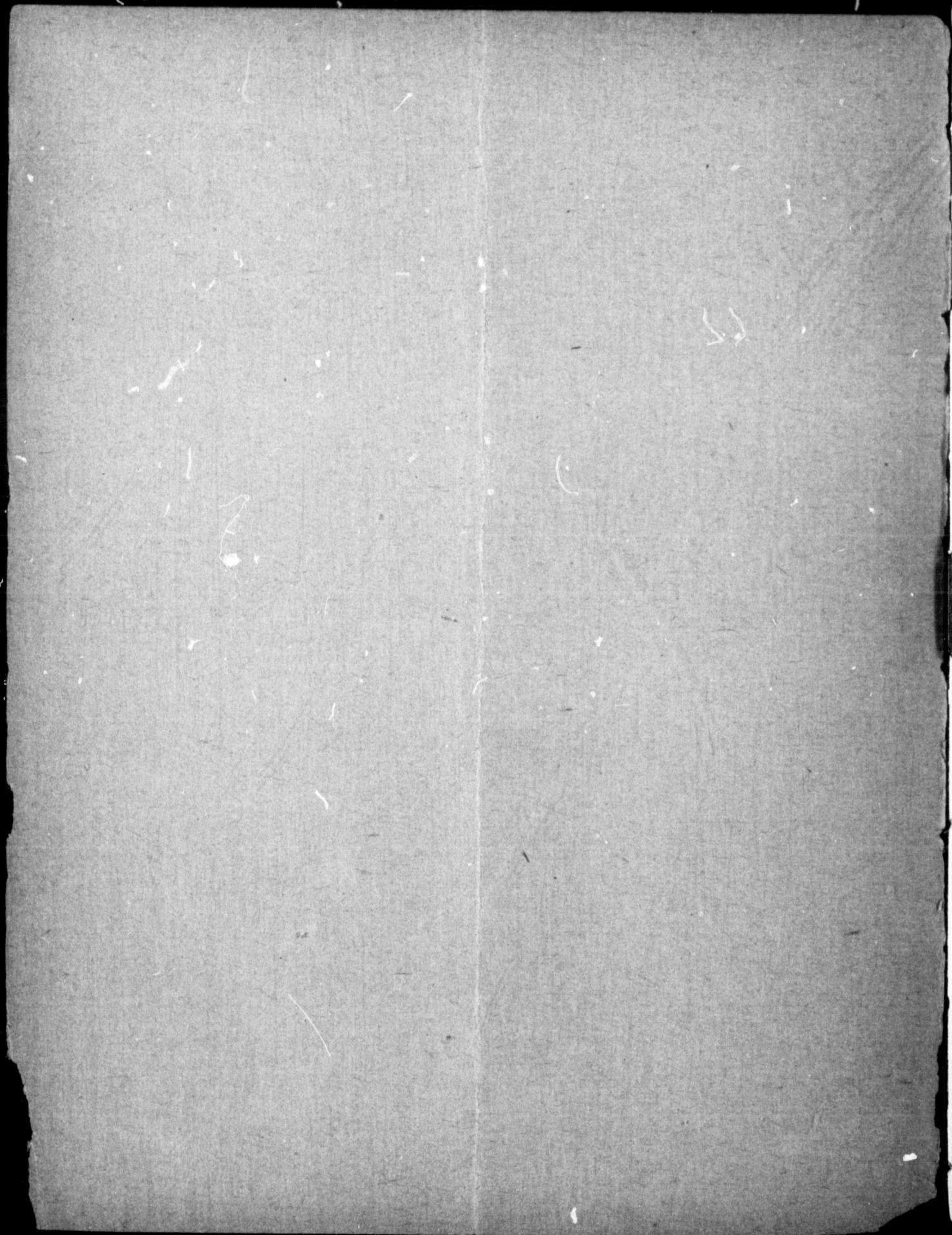
MONTREAL

❖ DIET DISPENSARY ❖

BASEMENT OF THE

AMERICAN PRESBYTERIAN CHURCH.

1894.



The Diet Dispensary—inaugurated by the Young Women's Christian Association in 1879—has, owing to financial and legal technicalities, been incorporated as an independent organization, under the name of

THE MONTREAL DIET DISPENSARY.

# DIET DISPENSARY.

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## President :

MISS DEWITT, 963 Dorchester Street.

## Executive Committee :

MISS DEWITT, *Chair*.

MRS. H. BIRKS, *Vice-Chair*, 299 University Street.

MISS ISABEL DARLING, *Secretary*, 99 Drummond Street.

MISS GOULD, *Treasurer*, 963 Dorchester Street.

MRS. E. N. HENEY.

“ A. D. NELSON.

MISS AMES.

MRS. J. A. PILLOW.

“ E. E. SHELTON.

MISS C. N. MACFARLAN.

MISS ROBERTSON.

## Associate Members :

MRS. F. LARMONTH.

“ F. S. BRUSH.

MRS. F. TORRANCE.

“ E. L. PEASE.

MISS MACPHERSON.

## Advisory Board :

HUGH McLENNAN, Esq.

DR. J. C. CAMERON.

CHARLES H. GOULD, Esq.

GEO. H. KEMP, Esq.

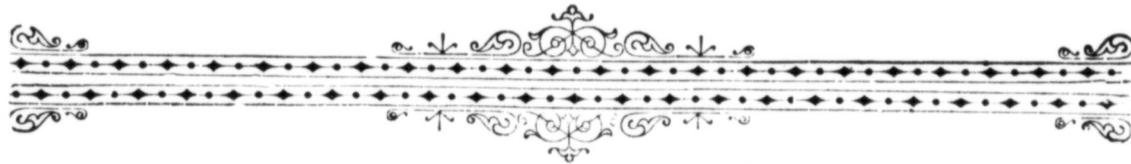
DR. A. LAPHORN SMITH.

A. D. NELSON, Esq.

REV. DEAN CARMICHAEL.

## Legal Adviser :

FRANCIS McLENNAN, Esq.



# ❁ DIET ❁ DISPENSARY ❁

## FIFTEENTH ANNUAL REPORT.

*MARCH, 1894.*

The work of this worthy Charitable Institution has always steadily increased, and now, at the end of a fifteenth year, it has proved a great boon to the poor, who are naturally the persons most interested, though the more prosperous avail themselves of its advantages. The severe climate of this city and the depression in business during the past winter have been felt even more than usual among the laboring classes, as the reports from the nurses will still further show; so that it cannot but be believed that the Diet Dispensary has done all, and perhaps more than was at first intended.

During the past year there have been a number of changes in the Committee of Management. For the first time in the records of the Institution, death has removed one of its members, the esteemed Secretary, Miss Isabel Macpherson, and the ladies all feel they have sustained a severe loss. She had filled that position for ten years, and by her untiring efforts and great interest in the work, had endeared herself to all its members, and it will be difficult indeed to find one able to fill the position as efficiently.

Mrs. Larmonth and Mrs. Torrance have retired from the positions of Active Members, but their names are enrolled upon the list of Associate Members, together with those of Mrs. Brush, Mrs. Pease and Miss Macpherson.

Mrs. Shelton, Miss Robertson and Miss Darling have joined as Active Members, which makes the Committee almost complete as regards the necessary number.

Owing to the death of Dr. Geo. Ross, who had been on the Advisory Board for some years, Dr. J. C. Cameron was asked and consented to fill the vacancy.

Some may not be aware of the object of the Diet Dispensary, viz.—to supply nourishing food to the sick among the poorer classes, and in that way try to relieve the suffering with which so many unfortunates are afflicted. Besides the help rendered in this way, two efficient nurses, Nurse Frizzell and Nurse Boyd, make daily house to house visits in the different quarters of the city, carrying delicacies to the invalids, and do all they can to help them regain health and strength. This is no easy task, for they do not restrict themselves to the week days, but are often on duty Sundays, while in some cases they remain at nights.

During the year Nurse Frizzell made 2,348 visits, Nurse Boyd 2,057, and among the patients there were, unfortunately, six deaths, five of consumption and one of cancer.

Nurse Frizzell mentions several sad cases, some requiring to be taken to the hospital. One little child, who was scalded, after being in the hospital for three weeks, was sent home, apparently to die. The mother did what she could, but was inexperienced; the nurse attended to the wants of the poor child, nourishment was supplied by the Dispensary, and through these means the child's life was spared.

Another poor woman, who died a few days ago, having been ill with consumption for about four years, seems to have appreciated the attention shown her by the nurse, and relished the jelly, etc., which came from the Dispensary, her last words being, "God bless the Diet Dispensary and the ladies that carry it on."

The King's Daughters have been very kind in helping the nurses, by giving supplies of clothing, etc.

During the year there were twenty-five births. In such cases much thought and time had to be given, as the houses were so cold and there was no fuel to make them habitable.

Nurse Boyd seems to have had almost the same experiences, the prevailing feature being the extreme poverty. In one house was a poor woman with a child five days old, two other children, the father out of work, and neither food nor clothing for the family.

Nurse Boyd desires to thank Dr. Lafleur for attending patients free of charge; also Mrs. W. J. Buchanan for donating new laid eggs and other dainties, which are hard to get in winter.

Both of these nurses seem to be very anxious to do all they can to alleviate suffering, consequently they are justly esteemed by those whom they help.

Mrs. Martin still continues to do the cooking and dispensing at the Dispensary.

She has managed this work for eleven years. Her kindly enquiries are always ready, both for applicants and patients at home.

The number of applicants during the year was 7,358, of these 6,229 free, 1,109 paid and 29 half-price. The articles dispensed:—

3,613½ pints of beef tea,	691½ pints chicken broth,
4,531¼ “ milk,	995¾ “ calf's foot and wine jelly,
265¼ “ blanc mange,	269 puddings,

chickens, lamb, mutton broth, eggs, arrowroot, prepared barley, prepared groats, gruel, fruit syrups, preserves, etc.

Probably on comparing the above figures with those of the previous year, a slight falling off will be noticed. This might go to prove that there has been less sickness than usual.

As one can readily understand, the current expenses of such an Institution as this are great; three-quarters or more of the applicants receive provisions free. Therefore, the small sums handed in from day to day, are far from sufficient to cover the necessary amount required to keep it in running order.

At certain seasons of the year, usually in the summer months, the receipts and donations are very small, so much so this season that the Committee thought they would have to devise means to raise extra funds. This led to an appeal through the press, to which the friends of the Institution heartily responded, and once more the work was allowed to go on as usual.

We must acknowledge that, in many ways, help has been rendered, both from outsiders and interested friends. Special mention must be made of the following thoughtful girls, Misses Olive Hosmer, Daisy Reinhardt, Wilma Kirk, Marjorie Heney, Emily Gould and Isabel Radford, who worked so hard during the summer, and on Saturday, November 4th, held the successful bazaar in Recital Hall, which added to the treasury \$229.74, quite a help toward the necessary running expenses.

Mr. Reed, organist of the American Presbyterian Church, was kind enough to give two organ recitals during the past year on behalf of this fund.

In addition, quite an unexpected offering was received from the Ministering Children's League of St James the Apostle Church, as a Christmas donation. Such thoughtfulness shown by all denominations is very much appreciated.

The Young Men's Association of St. Andrew's Church gave a successful concert on St. Andrew's Day, and handed in the proceeds, amounting to \$70. From such

sources as these will be seen how this charity is supported, apart from the regular yearly subscriptions, but we feel that many who are charitably inclined, only need to have the work of the Diet Dispensary brought under their notice, to insure their assistance to this Institution.

The Treasurer's Statement shows the total amount handled during the year to be \$2,003.43, disbursements \$1,826.64, leaving a balance on hand of \$176.79, which is an advance on that of the last report.

Some discussion was brought up regarding the advisability of securing larger rooms for the Dispensary, but it was decided to keep the same quarters at present, make some slight improvements, and renovate the rooms by tinting, painting, etc.

Before closing this Report, the ladies desire to thank the trustees of the American Presbyterian Church for the use of the rooms rent free; also the *Witness* for inserting appeals gratis, and Mr. Charters for the cartage of tables, etc., for the bazaar held in November; nor would the Committee omit any one who has been interested in this work.

Respectfully submitted,

M. ISABEL DARLING,

*Secretary.*

### CASH DONATIONS TO DIET DISPENSARY.

American Presbyterian Church		Mr. G. B. Cramp (two donations)	\$20 00
Benevolent Fund .....	\$150 00	" L. McL. Spackman (two	
St. Andrew's Church Young		donations) .....	20 00
Men's Association .....	70 00	Executive Committee of the Mills	
Anon. ....	50 00	Meetings, being part of a	
A Friend .....	50 00	special collection taken in	
Emmanuel Church Sunday		the American Presbyterian	
School (three dnations) ....	42 86	Church, per Mr. J. C.	
Mr. E. Rawlings (two donations)	30 00	Holden .....	20 00
Erskine Church Ladies' Aid		Mr. H. Speid (two donations) ..	17 00
Society .....	25 00	St. George's Church District	
American Presbyterian Church		Visiting Society .....	15 00
Sunday School .....	25 00	Mrs. A. D. Nelson .....	15 00
Miss Dow .....	25 00	Miss McLennan (two donations)	12 00
Miss Jessie Dow .....	25 00	St. Paul's Church Sunday School,	
Miss Orkney .....	25 00	per Mr. John Fair . . . .	10 00
A Friend (two donations) .....	20 00	Mrs. N. B. Corse .....	10 00
Mrs. B. Dawson .....	20 00	" M. G. Morgan .....	10 00
Mr. W. W. Robertson .....	20 00	" Henry Birks .....	10 00

Mrs. H. Lyman .. . . .	\$10 00	Miss Atwater .. . . .	\$5 00
Miss Dow (summer trips) .. . . .	10 00	Mrs. Müller .. . . .	5 00
"C" (two donations) .. . . .	10 00	" Reford .. . . .	5 00
Mrs. Theodore Bigelow (two		" Hugh Paton .. . . .	5 00
donations) .. . . .	10 00	" Hector Mackenzie .. . . .	5 00
" W. W. Ogilvie .. . . .	10 00	" W. S. Paterson .. . . .	5 00
" W. J. Whitehead .. . . .	10 00	" E. F. Ames .. . . .	5 00
" J. J. Redpath .. . . .	10 00	" Heney .. . . .	5 00
" John Greenshields .. . . .	10 00	" Heney (summer trips) .. . . .	5 00
Mr. and Mrs. J. B. Learmont .. . . .	10 00	" W. H. McDunnough .. . . .	5 00
" " F. Wolferstan		" S. Bell .. . . .	5 00
Thomas .. . . .	10 00	" G. W. Weaver .. . . .	5 00
" Walter Drake .. . . .	10 00	" Mackenzie Forbes .. . . .	5 00
Dr. G. E. Armstrong .. . . .	10 00	Miss S. Cairnes, Sawyerville .. . . .	5 00
Mr. J. B. Burland (two donations) .. . . .	10 00	Mrs. Hooper .. . . .	5 00
" R. R. Grindley .. . . .	10 00	" Andrew Robertson .. . . .	5 00
Messrs. Henry Birks & Sons .. . . .	10 00	" Charles Childs .. . . .	5 00
" William Dow & Co. .. . . .	10 00	" E. K. Greene .. . . .	5 00
St. Paul's Dorcas and Ladies'		" S. P. Warren .. . . .	5 00
Aid Society .. . . .	10 00	" George Benson .. . . .	5 00
A Friend from Victoria .. . . .	10 00	" Clements .. . . .	5 00
Mr E. F. Ames .. . . .	10 00	" Peter Laing .. . . .	5 00
Proceeds of two organ recitals		" J. A. MacMaster .. . . .	5 00
given by Mr. Wm. Reed .. . . .	9 50	" Edward Hatton .. . . .	5 00
Officers of the 6th Fusiliers, being		" James Haldane .. . . .	5 00
the collection taken at a ser-		" William Gardner .. . . .	5 00
vice held in the Cathedral .. . . .	8 19	" Carmichael .. . . .	5 00
Mrs. Shelton (two donations) .. . . .	8 00	Mr. F. H. Reynolds .. . . .	5 00
" Gilbert Hamilton (two		" John Gault .. . . .	5 00
donations) .. . . .	7 50	Dr. H. M. Patton .. . . .	5 00
Mr. J. J. Arnton (two donations)	7 00	Mr. G. A. Greene .. . . .	5 00
Mrs. C. Lyman .. . . .	6 00	" Smeaton White .. . . .	5 00
" J. A. Pillow .. . . .	5 00	" A. Macnider .. . . .	5 00
" E. Percival Heaton .. . . .	5 00	" Charles Alexander .. . . .	5 00
" William Yuile .. . . .	5 00	" J. Murray Smith .. . . .	5 00
" Canon Henderson .. . . .	5 00	" James Torrance .. . . .	5 00
Rev. Canon and Mrs. Mills .. . . .	5 00	" Moses Parker .. . . .	5 00
Mrs. J. A. Hutchison .. . . .	5 00	" Robert Archer .. . . .	5 00
" A. Kingman .. . . .	5 00	" M. W." (two donations) .. . . .	5 00
" J. Cassie Hatton .. . . .	5 00	A Friend .. . . .	5 00
Miss Isabella C. McLennan .. . . .	5 00	Arbitration Fee .. . . .	5 00
Mrs. G. A. Drummond .. . . .	5 00	In Memoriam .. . . .	5 00
" W. D. Sutherland .. . . .	5 00	" C. M." .. . . .	5 00
" Redpath .. . . .	5 00	In memory of the late Dame Ann	
Lady Hickson .. . . .	5 00	Bain, widow of C. Phillips,	
Lady Galt .. . . .	5 00	Esq., per Mr. H. S. Mussen	5 00
Mrs. John Aitken .. . . .	5 00	St. Andrew's Church Ladies' Aid	
" Charles McEachran .. . . .	5 00	Society .. . . .	5 00
" Wentworth Buchanan .. . . .	5 00	Mrs. A. D. Nelson .. . . .	4 00

Anon.....	\$4 00	Mrs. L.....	\$1 00
J. McK. R.....	3 00	Miss M. G. Durnford.....	1 00
Major Evans.....	3 00	“ Butler.....	1 00
Mrs. T. D. Bigelow.....	3 00	“ S. Anderson.....	1 00
“ J. R. Meeker.....	3 00	“ Ogden.....	1 00
Miss Wilson.....	3 00	“ Annie Ogden.....	1 00
“ Durnford (two donations).....	3 00	Dr. A. Laphorn Smith.....	1 00
In loving memory of Celia Marguerite.....	2 00	Anon.....	1 00
Mrs. P. S. Ross.....	2 00	Arcadia.....	75
“ Thomas.....	2 00	A Friend.....	75
“ Bagg.....	2 00	Anon.....	25
Miss Forsyth.....	2 00	Total.....	\$1,344 80
Mrs. Douglas.....	2 00	<i>Cash Donations received from March 15th to April 1st.</i>	
Mr. H. A. Budden.....	2 00	Erskine Church Ladies' Aid	
“ J. C. Baker.....	2 00	Society.....	\$25 00
A Friend.....	2 00	Mrs. T. C. Brainerd.....	20 00
Ministering Children's League,		“ John Macintosh.....	10 00
Church of St. James the		Rev. Canon Ellegood and the	
Apostle.....	2 00	Infant Class of the Church	
A Friend.....	2 00	of St. James the Apostle..	10 00
Mrs. Doran.....	1 00	Mrs. W. H. Hutton.....	2 00
“ E. L. Pease.....	1 00	“ Kohl.....	50
“ Stewart.....	1 00		
“ Nivin.....	1 00		

“C. M.,” Mrs. McLennan, Mrs. C. L. Shorey, Mrs. J. Theodore Bigelow, parcels of clothing, purchased at the Industrial Rooms' sale; I. H. N. Society, per Mrs. Hutton, American Church Mission Band, Mrs. Dunlop's Circle, Mrs. Learmont, Miss Dow, Mrs. T. D. Bigelow, Mrs. J. Theodore Bigelow, Emmanuel Church King's Daughters, per Mrs. J. B. Silcox, parcels of new clothing; Mrs. E. N. Heney, Mrs. E. Gould, Mrs. Dunlop, Anon, Mrs. Brown, Mrs. McLennan, Mrs. McMurtry, Miss G., Mrs. Capon, Mrs. Nelson, Miss Weaver, Miss DeWitt, Anon, Mrs. G. S. Brush, Mrs. Buchanan, Miss Brush, Mrs. R. C. Adams, Miss Baylis, Anon, one of the members of Mrs. Dunlop's Circle of King's Daughters, Miss Ramsay, Mrs. Learmont, Mrs. G. F. Hartt, Mrs. Brainerd, parcels of clothing; Mrs. J. Theodore Bigelow, Miss Cairnes, Miss Glass, sheets and bed-clothes; Mrs. Esdaile, Miss Kinloch bottles; Mrs. Williams, meat at various times; Miss Brush, raspberry juice; Mrs. E. Gould, cod liver oil; Flower Mission, flowers every week during the season, copies of the *London Illustrated News* and the *Graphic*; Miss Davis, miscellaneous parcel; St. Andrew's Church, fruit from thanksgiving service; Mr. Edward Hagar, large crock; Mrs. Elmenhorst, basket of apples; Mr. R. H. Bryson, six packages prepared barley, six packages prepared groats, two packages sheet gelatine; Mrs. Tucker, jar of preserves; Mr. Hosmer, (bought at sale) jar of plums, two jars of jelly; Mrs. W. H. Hutton, six bottles vaseline, six bottles zinc ointment; Miss Slater, pot of jelly; Mrs. David Morrice, 40 lbs. granulated sugar, 2 dozen lemons, 12 packages Cox's gelatine, 4 fowls; Miss Macfarlan, piece of beef, turkey; Mrs. Johnston, 12 packages of “Lactated Food”; Mrs. John Popham, sugar; Mrs. Butt, jars; Mr. R. A. Becket, reduction in ice bill.



TREASURER IN ACCOUNT WITH DIET DISPENSARY.  
SPECIAL DEPOSIT FUND.

DR.

CR.

<p>1893. March 16th. To Cash in Bank ..... \$1,000 00 Aug. 23rd. " " in Bank of Montreal. 921 06 Sept. 13th. " Five Shares C. Cable sold. 690 00 " " Bond, par value ..... 1,000 00 1894. Feb. 7th. " Interest accrued on \$1,000 to date ..... 32 80</p> <hr style="width: 100%;"/> <p style="text-align: right;">\$3,643 86</p>	<p>1893. Aug. 24th. By bought 5 Shares C. Cable.....\$ 590 00 " " Brokerage ..... 1 25 Sept. 13th. " " ..... 1 25 " " Bond.... ..... 900 00 -----\$1,492 50 1894. March 15th. " Balance on hand, as shown:— Cash ... ..... 1,032 80 " " ..... 118 56 Bond ..... 1,000 00 ----- 2,151 36 \$3,643 86</p>
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I have examined this statement and find it correct,  
C. H. GOULD, Auditor.  
Montreal, March 15th, 1894.

MARY C. GOULD,  
Treasurer.

**In Memoriam**

**ISABEL S. C. MACPHERSON,**

**DIED**

**JUNE 30<sup>TH</sup>, 1893.**



*The trusted counsellor, the efficient, untiring worker, the dearly loved friend and companion to whose energy and cheerful courage, through dark as well as bright days, so large a measure of the success of the Diet Dispensary is due. Only those who were for so many years associated with her in this labor of love can realize how truly appropriate to her are the words, "She hath done what she could."*



There seems a shadow on the day,  
Her smile no longer cheers ;  
A dimness on the stars of night,  
Like eyes that look through tears.

Alone unto our Father's will  
One thought hath reconciled ;  
That He whose love exceedeth ours  
Hath taken home His child.

## RULES.

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I.—The officers shall consist of Chairman, Vice-Chairman, Secretary and Treasurer ; to be elected by ballot annually.

II.—That a business meeting be held on the last Tuesday of each month, three members to constitute a quorum.

III.—That all free and half-priced orders be signed by a physician, clergyman or city missionary ; any other person desiring to recommend an applicant must obtain a written order from a member of Committee.

IV.—That it be optional with the Committee to refuse applicants who, on investigation, prove unsuitable.

V.—That in no case should the Nurse carry supplies where it is possible for the patient to send for them.

VI.—That the Dispensary be open daily, Sundays excepted, from 9 to 12 a.m., and from 1 to 5 p.m.

VII.—That the Dispensary be visited daily by a member of the Committee, to attend to the distribution of clothing, cash entries, and general business. Each member in turn visiting for a week at a time.

VIII.—That applicants provide their own dishes to carry away supplies. The Manager is required to exact from any person failing to do so a sum equal in value to cost of borrowed article ; said deposit to be refunded on return of borrowed article.

BY ORDER OF COMMITTEE.