

principles upon which future developments should be based. It is good for our students to have lived even one year in the College, to have mingled with students of many kinds preparing for many fields of work, and to have watched the preparation of teachers which is its distinguishing feature. And I think we may presently see a group of women emerging animated by quite similar ideals and standards, and establishing similar methods of work, and that Isabel Robb's belief in the value of these college courses in helping towards uniformity and solidarity in our work will be largely justified.

"Against the confusions and contradictions into which nursing has been thrown by the various institutions and individuals controlling or utilizing the educational system one fact stands out sharply—there is an imperative, increasing demand in every branch of nursing for better educated and more liberally trained women. If we cannot under the present system find strength to pull ourselves up to a higher plane of mental power and effort, and cease to look upon nursing as a purely practical work requiring hard apprenticeship, heroic devotion, and little or no foundations in science or principles, then our present system must pass, and a worthier and freer one must replace it. And while it is true that nursing must stand or fall by the strength of the average nurse, yet it is equally true that into the hands of the teachers and Superintendents of our Training Schools is largely committed the making of that nurse—the destiny, in fact, of the entire nursing bodies upon which our countries are coming to lean so heavily. For our encouragement in our difficult upward path stands the picture of Isabel Robb, bringing our problems to the university—asking merely for an opportunity—empty-handed, but with an idea and a vision—and also with a faith in nurses that they would make their own place, and shape their own course, and that training schools would discover their own extreme need.

#### HEALTH NURSING.

The paper prepared by the Committee of the American Nurses' Association dealt chiefly with the development of social or preventive work (Health Nursing) from that of district or visiting nurses. In this connection Professor Winslow, professor of biology in New York, said at a nurses' meeting in Boston in 1911: "In my judgment the visiting nurse is the most important figure in the modern movement for the protection of the public health"; and Miss Lent, Superintendent of the Baltimore Visiting Nurses, is of opinion that "the most valuable work of nurses to-day is to present facts to the public."

#### SOCIAL AND PREVENTIVE WORK.

The paper stated that the work of district or visiting nurses has had much to do with the development of varied special lines of work on social or preventive lines. The district nurses' work naturally embraced all the many varieties of such work, in an elemental form; and, as, in the United States, such nurses enjoyed a considerable

amount of freedom, both of speech and action, they have been able, themselves, to take independent steps often, and to urge new lines of work, instead of having to wait to be called upon by their managers or by physicians.

The lines of social or preventive work, "Health Nursing," might be summed up as follows:—

Source or Origin; Visiting or District Nursing. (Life Insurance Co. Extension.)

1. *Public School Nursing*.—This was sometimes under the Board of Health, sometimes under the Board of Education. It was started at the suggestion of a nurse, Miss Wald, of the Nurses' Settlement, in New York; and a Settlement nurse made a one-month's demonstration without cost to the city. District Nurses' Associations in other cities did the same thing in the beginning.

2. *Anti-Tuberculosis Work*.—This was sometimes under Health Departments, again under Dispensaries or Voluntary Associations. Much of it, as everywhere, was instructive work; but the most useful was in exposing bad living conditions, favourable to the bacillus; and in spying out weak individuals and saving them before they were actually infected.

3. *Social Service in Connection with Hospitals and Dispensaries*.—This was described in London three years ago, and was spreading enormously. Both nurses and laity co-operate in following the discharged patient, and making a favourable environment for him or her, until entirely able again to be self-supporting. Under this one head many specialties were developed, and prevention on many lines followed. The newest branch of this work was that of Mental Hygiene, taking charge of mental cases who were not yet hospital cases, or had been discharged from hospital care.

*Welfare Work*.—By this we meant the work of the nurse employed by a factory, mill, department store, or other business firm, to keep a general oversight over the health of all employees. Though the Welfare Nurse was ready to do nursing when required, her efficiency was best shown by her watchfulness and her success in building up the health and strength of the people in her care. The latest line of such work for her was in the public telephone companies.

5. *Child Welfare Work*.—This embraced Pure Milk Stations, with all the related details of the preparation of formulas, teaching of mothers, house-to-house visitation, to watch and attend infants, and supervise their diet; the special work required in connection with prevention of summer diarrhoea in children; the care of infants' eyes; the avoidance of contagions; and, in short, everything which might promote health in little children. Under this came work for the nurse in open-air schools, inspection of crèches and kindergartens, playgrounds, &c.

6. *The Care of Expectant Mothers; or, Prenatal Work*.—This was beginning to develop a large field. It meant the visiting, observation, and teaching of the mother before her accouchement.

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