

more opportunity she will have of introducing variety into her work. She will find, however, that a thorough knowledge of the crafts in the list below will provide all that is necessary:—Needlework of all kinds, including simple dress-making; knitting and crochet; rug-making of all kinds; weaving, hand and foot loom; basketry, raffia and cane work; leather work; block printing; painting (for Christmas cards, calendars, etc.); joinery; brush-making; coir mat-making; dyeing; use of waste materials.

The occupational therapist should also be able to take classes in country dancing, community singing and simple physical exercises.

Hints are given upon the occupation most suitable for patients suffering from Melancholia, Mania, Schizophrenia, Confusional or Toxic Insanity, Delusional Insanity, Epilepsy and Psycho-neuroses.

Non-Therapeutic Treatment.

The occupational therapy department is concerned not only with the recoverable case but also with the chronic patients—the imbeciles, the feeble-minded and the secondary and senile dementias. An attempt should be made to occupy these patients in some way because (1) they will be happier and healthier if they are useful members of the hospital community; (2) because, as is constantly found in the wards of a mental hospital, "Satan finds some mischief still for idle hands to do"; (3) as a duty to society; (4) because occupation retards regression and dementia.

Occupational Therapy.

Much care has been taken to suggest schemes for the guidance of the staff in introducing crafts to the patients most suitable to their particular form of illness. Details are tabulated and simple instructions and diagrams included for making a scrap book to contain small samples of various kinds of work, with details of materials and apparatus for reference, both for male and for female patients.

A chapter is devoted to the types of work suitable to patients suffering from Tuberculosis and Cardiac Disease; and another one in connection with hospitals for the treatment of Orthopaedic and Surgical Cases; and the book ends on the subjects of Finance, Equipment, Stocking, Storage and Use of Waste Materials; and also provides a list of suppliers of materials and apparatus.

This book should find its way to the bookcase of those persons undertaking the care and training of their fellow-men and women handicapped in this manner from leading normal and healthy lives.

We are indebted to Messrs. Baillière, Tindall & Cox for their courtesy in lending us the book to illustrate this article.

THE DEAR ANIMALS.

In a recent number of the *Revue Internationale de la Croix-Rouge*, which comes from Geneva, there is a picture of a most benevolent "chien sanitaire employé par la Croix-Rouge Canadienne" attached to a little sleigh. It is recorded: "Les chiens Saint-Bernard rendent au Canada d'immense services, et ils apportent, en particulier, une aide très efficace pour le transport des colis de la Croix-Rouge."

Pour en donner un exemple, le chien "Duc"—dont la photographie est reproduite en hors text—est si bien dressé qu'il se rend seul à la gare du chemin de fer, où l'on dépose sur son traîneau les boîtes qu'il rapporte fidèlement au dépôt principal de la campagne, connue sous le nom de Saint-Hilaire sur Richelieu."

THE MARCH OF TIME IN NURSING HISTORY.

Our reference to "The March of Time in Nursing History," quoting from *The Pacific Coast Journal* in our October issue, has aroused a demand to have it published *in extenso*. Writes one reader, "I should so much like to read the whole article, if it is permissible, as now it is impossible for me to call at the British College and read the Exchanges, always so interesting." The article is by Sister Elizabeth Clare, Director of Providence College of Nursing, Oakland, U.S.A., and her students.

To continue from page 271, in our October issue, we have pleasure in quoting at some length Sister Clare's explanatory references to the periods and persons to which she alludes:—

Pre-Christian Nursing.

Mothers. The art of nursing began when the first mother cared for and protected her children. She learned to create means of meeting emergencies as well as of preventing them.

Neighbours. The successful, kindly mother shared the results of her experience with her neighbour; in this way, simple procedures spread through communities.

Moses, the leader of the captive Hebrew people, conceived and enforced rules of personal hygiene and camp management for the protection of thousands of travellers on their journey from Egypt to Palestine about 1500 B.C. History has preserved these rules in the Old Testament, while it has honoured Moses as one of the great sanitarians of all time.

Hygeia, the Greek goddess of health. The Æsculapian serpent which she holds is looked upon as an embodiment of the delegated healing power of Apollo.

Hippocrates, a Greek physician, introduced scientific methods in medicine. He taught a system of observation and study which could be related with treatment. His students and helpers, women as well as men, used many procedures which we now associate with nursing.

Post-Christian Nursing.

The Christian era begins with the birth of Christ. Shortly before the beginning of this period, the aggressive policy of Rome ceased, and her riches made it possible for the greatest empire yet known to pander to the pleasure of a wealthy and corrupt minority. With the birth of Christ, pagan indifference to weakness, sickness, poverty, and slavery gave way as men and women felt the appeal of the teachings of Christ, the Son of God: "Whatsoever you shall do to the least of these, my brethren, you do it unto Me; not to be ministered unto, but to minister; I was sick and you visited Me." (Gospel of St. Matthew.) In the charity of the Christians, a changing attitude was seen.

The Christian era is divided into six periods:

1. Early Christian Period—First to Fourth Century.

Phoebe, a Greek convert to Christianity and a friend of St. Paul, became conspicuous for her work among the poor. Other women, and men also, were drawn into what developed into a system of friendly home visiting under church auspices. They were the forerunners of modern nurses, and Phoebe is honoured as the world's first deaconess and first visiting nurse. The nursing service so simply begun, grew steadily in importance through the centuries.

2. Monastic Period—Fourth to Eleventh Century.

Paula, a friend of Marcella, assisted the great St. Jerome in translating the Bible from Greek and Hebrew into the Latin spoken by common people in Roman territory. She

previous page

next page