



The *Great* Canadian  
Catholic Hospital History Project

Documenting the legacy and contribution of the  
Congregations of Religious Women in Canada,  
their mission in health care, and the founding and operation of Catholic hospitals.

---



Projet de la *Grande* Histoire  
des hôpitaux catholiques au Canada

Retracer l'héritage et la contribution des  
congrégations de religieuses au Canada,  
leur mission en matière de soins de santé ainsi que la fondation et l'exploitation des hôpitaux catholiques.

---

**St. Joseph's Hospital  
Port Arthur, Ontario  
School of Nursing  
50<sup>th</sup> Anniversary ~ 1954**

Source: Archives of the Congregation of the  
Sisters of St. Joseph of Sault Ste. Marie

Copyright: Public Domain

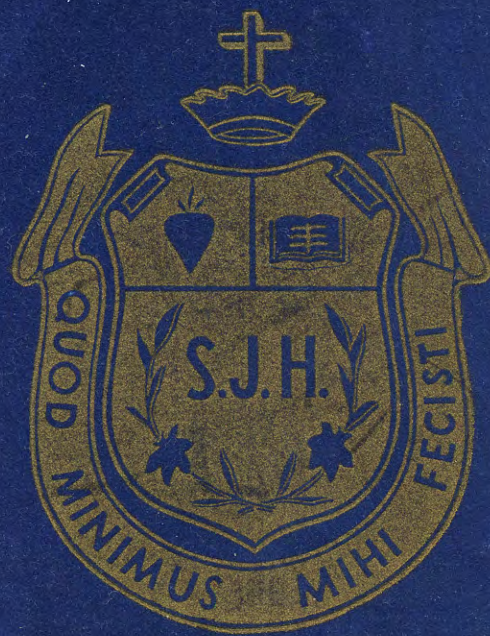
Digitized: January 2014

St. Joseph's Hospital

Port Arthur, Ont.

School of Nursing

50th  
Anniversary



*Sister Marie Gerard*

COMMEMORATING  
the  
**Golden Jubilee**

OF . . . .

**St. Joseph's School of Nursing**

**St. Joseph's General Hospital**

**Port Arthur, Ontario**

PRESENTED BY . . . .

**THE GRADUATING CLASS OF 1954.**

SISTERS' LIBRARY  
ST. JOSEPH'S MOTHERHOUSE  
NORTH BAY, ONTARIO



REVEREND MOTHER MONICA

To Whom This Book Is Lovingly Dedicated

Dear Mother Monica, could you have seen  
The mountain paths that waited for your feet,  
The long, long years of labor in between  
Would you have climbed the hill—or stayed to see  
A vista opened wide through peace complete,  
Where all your rich, young life might guarded be  
From weary hours beside the bed of pain,  
From souls all stained and broken in defeat  
That through your quiet strength found peace again?  
Ah, Mother Monica, you could not hide  
In deep seclusion where no one might guess,  
Or marvel at its regal loveliness  
The joy that sent you up the mountain side  
The joy to build for God that man might see  
A higher path unto Eternity!

## Reverend Mother Monica

Over one hundred years ago Thomas and Cecilia Reynolds Flynn, leaving their home in Ireland came to America and settled first in New York, afterwards moving from there to Canada and making a new home in Merrilton, Ontario. Mary (Mother Monica) was born on February 23, 1851 and was one of a family of nine children.

On May 6, 1857, Mary Flynn entered St. Joseph's Community in Toronto, receiving the name of Sister Monica.

After six years in Toronto, Sister Monica with five other religious workers volunteered to come to Prince Arthur's Landing and open up a mission and work at whatever was felt to be necessary in religious, educational and hospital work.

It would be hard to convey to the present citizen the discouraging outlook our now prosperous city presented to their eyes in the "eighties". To them it was an uninviting and desolate expanse of territory.

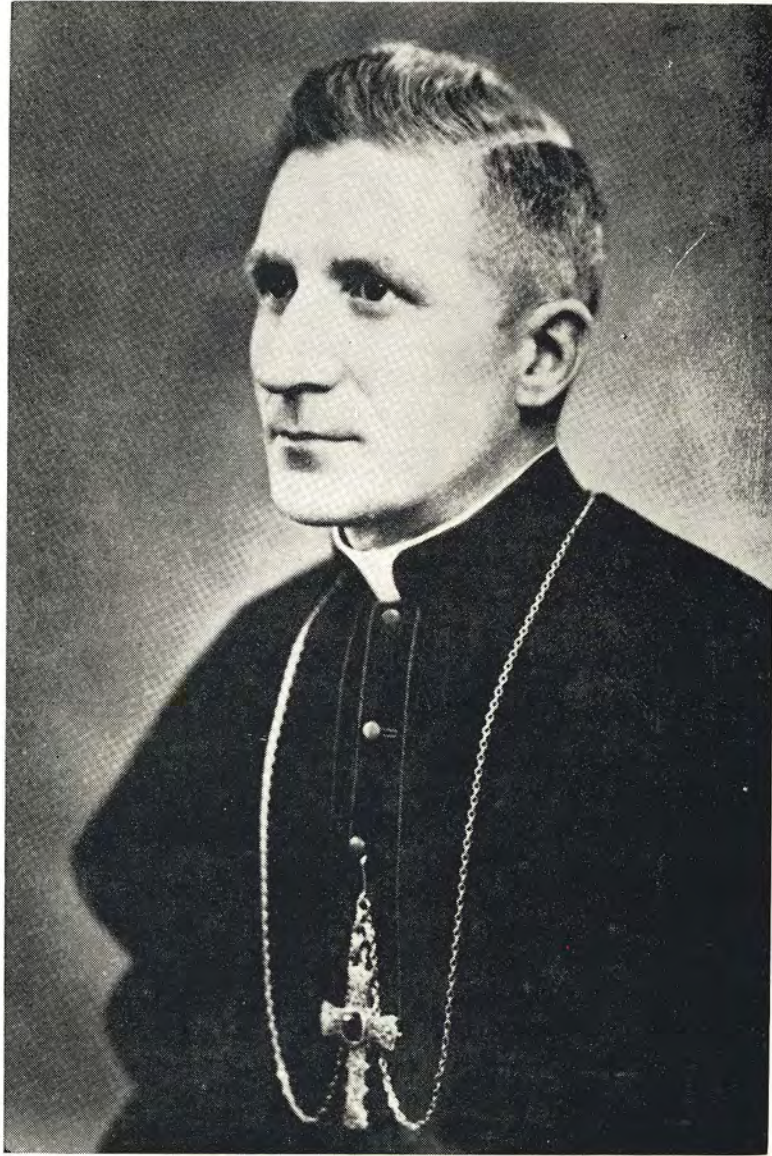
With the construction of the Canadian Pacific Railway and the employment of thousands of labourers, there was a great need for a place where injured and sick could receive proper care. Thus Mother Monica entered into the task of caring for the sick exclusively.

The first ward was opened in St. Joseph's convent. It consisted of two rooms and Mother Monica was placed in charge. Day by day the capacity of the two rooms was taxed to the limit and in the Spring of 1883 the present site of the hospital was procured from the Government. A two-storey building was constructed which was opened in 1884. Again the building outgrew its capacity and in both 1900 and 1905 an extra wing was added to the hospital.

The increasing responsibility of this hospital work was always the special charge of Mother Monica and her inspiration and zeal for the needs of the sick added to a life filled with the spirit of self sacrifice made great demands upon her strength and ability.

In the financing of this work, Mother Monica always took the heaviest burden. She personally conducted trips to the railway camps to collect money with which to carry on her work of mercy.

But as the years rolled on, the life of the beloved Foundress was drawing to a close. To the last day of her life, January 23, 1931, she paid her visit of love to every patient of her hospital and the Angel of Death surely found her ready to receive a well-merited reward from the Master she had served so long and so faithfully.



Most Reverend E. Q. Jennings, D.D.

## The Bishop's Message

"It is a pleasure to offer congratulations to St. Joseph's Hospital School of Nursing, on the completion of half a century of excellent work training those who choose as their profession the care of the sick. For all who know the School, this Jubilee year can well be a year of great satisfaction and happiness. The good it has done in its time is beyond calculation. May its future years be blessed and successful and continued endlessly."

E. Q. JENNINGS,



ST. JOSEPH'S GENERAL HOSPITAL

## "Quod Minimus Mihi Fecisti"

"In as much as you have done it unto one of the least of these,  
My brethren, you have done it unto Me."

By E. V. Anten, M.D.

Whatever thoughts the Sisters of St. Joseph's Convent had on February 2nd, 1884, when they opened a 50-bed hospital ward in their building, it is not likely that they dreamed of an institution expanding into big buildings, extensive grounds and enormous properties. Rather, the desire to serve the ailing of the small community of that time was the inspiration; and the increasing number of men involved in accidents while working on the construction of the Canadian Pacific Railway was the catalytic force that drove the Sisters into action and decision.

St. Joseph's Hospital was founded and inspired by ideals of faith, hope and charity. Its buildings grew as rewards for good works, so that today it is an institution of 232 beds, equipped with most modern technique and instruments and able to provide nursing medical and hospital care of the highest standard.

And, as the need for more hospital beds increased, the need for more nurses increased, also. Thus, it was in 1904, the St. Joseph's School of Nursing was founded, and through the years, 460 young men and women have availed themselves of the opportunity to train and graduate into the profession of Nursing. This year, there are 49 nurses in training, eager and inspired by their school and teachers — and very excited and happy, anticipating the spring when the new Nurses' Residence will be opened as "home" for them.

St. Joseph's Hospital has grown larger, more modern; ever majestic in its atmosphere of charity, an inspiration of faith and hope for the sick, a dedication for service to God and man. It is, as if through the corridors, the spirit of the original foundress, Reverend Mother Monica, has been transferred and nurtured through the many sisters, nurses, doctors, workers and helpers who have devoted themselves here to duties and sacrifices so that even the original old building though outmodeled in architectural design and old fashioned in appearance, still belongs to the hospital as it stands today.

We are proud to celebrate the 50th Anniversary of the School of Nursing, and we are humble in our association and recollection of a beautiful past, and recall with reverence Reverend Mother Monica and her associates who founded the School and inspired its ideals and growth.

To perpetuate all of this, the nurses dedicate themselves to the same ideals and sacrifices that will always prevail in the life and history of St. Joseph's Hospital and its School of Nursing.

Well may each one of us reminisce.

"Oft in the stilly night,  
Ere slumber's chain has bound me,  
Fond memory brings the light  
Of other days around me."

—(Thomas Moore) 1780-1852.



DEAR GRADUATES;

Through your Year Book may we offer a word of encouragement and of congratulations that you, as Nurses, have ranged yourselves under a banner so noble and so proud.

Let it carry, too, a reminder that today your heritage includes the worthy traditions of Fifty Years of service of our School of Nursing at the Lakehead.

In this blessed Marian Year, ours is a prayer of Faith that you will hold that banner high and that as we entrust to you our traditions they will be guarded well—as grateful bond between your Alma Mater and her children.

Sister Joan of Arc,  
Superior.





Sincerest congratulations to our newest graduates.

Whatever you do, or wherever you go, may you continue to "live most and serve best".

God bless you all.

Sister Mary Alice,  
Administrator.



My Dear Graduates:

It is your privilege to graduate in the year which marks the Golden Anniversary of our School of Nursing.

Most graduating classes are distinguished by and remembered for some special characteristic, and though small in number, the 1954 class is outstanding for its "School Spirit." It has been a pleasure to work with you for the past three years.

As you enter a world of new opportunities, always remember that your true greatness, strength and achievement will be found in performing the humble duties with quiet dignity and the greater ones with courage and fortitude.

As a parting thought I would ask you to keep in mind these words of Penn: "I shall pass this way but once—if therefore there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now and not defer it, as I shall not pass this way again."

May God bless you.

SISTER M. PATRICIA  
Director of Nurses.



Upon this 50th Anniversary of St. Joseph's School of Nursing, the members of the Nurses' Alumnae extend congratulations to the Sisters of St. Joseph's General Hospital, the staff, and 1954 graduating class.

We will continue in our endeavour to promote unity and goodwill among our graduates, and to aid in the advancement of the profession of nursing.

Mrs. Doris Comuzzi,  
President—Nurses' Alumnae.



The Ladies' Auxiliary to St. Joseph's Hospital, wish to congratulate the Nurses on the Fiftieth Anniversary of the Nursing School. Also to be congratulated are those responsible for this excellent Year Book, commemorating the Anniversary.

For the majority of these fifty years. the Ladies Auxiliary has been an active organization, working for the welfare of both the patients and the Nurses.

We hope to continue to do so for many years to come.

AUDREY A. POWELL,  
President.



A GROUP OF OUR MEDICAL STAFF

May I, on behalf of the Medical Staff, offer most sincere congratulations to the Sisters and nurses of St. Joseph's General Hospital on the 50th Anniversary of the founding of the School of Nursing. Although this year's graduating class is numerically small, it has, and I am sure will continue to uphold, the highest standards of St. Joseph's School of Nursing.

E. POWELL, M.D.  
President.

Upon the publication of your Golden Jubilee Year Book, friends, old and new, take joyful pleasure in tendering the School of Nursing of St. Joseph's General Hospital their warmest congratulations.

In looking back over the past half century, the School may take pardonable pride in the promptness and regularity with which it has assimilated, and incorporated into its curriculum, each effective development in nursing science. In contemplating the next half century, the School may confidently expect that, being guided by the same progressive spirit, it will expand in effectiveness and influence throughout the communities in which its graduates practice their profession.

With their usual vision, the Sisters of St. Joseph's have recently instituted an Advisory Board to the School of Nursing with its members being chosen from various walks of life. The personnel of the Advisory Board have such a range of diversified interests and experience that, when asked to give counsel upon matters relating to the scholastic and social well being of both graduate and student nurses and the general conduct of the School, sound solutions to referred questions might be expected.

One of the objectives of the Board is to encourage graduate nurses to undertake post-graduate courses so that they may return to this community better equipped to serve in our hospitals and, in this way, raise the standards of nursing to an unequalled status. The Board also desires to expand the social amenities of the student nurses without any sacrifice to their studies. Broadly speaking, these are the aims of the Advisory Board and the members fondly hope that they will be of service to the School during the future years.

As one of the newer friends of the School of Nursing, the members of the Advisory Board desire to join with your other friends in congratulating the School upon its past successes and in wishing you continued success in the future.

H. T. CUNNINGHAM,  
Chairman,  
School of Nursing Advisory Board.



# Editorial . . .



“When Time who steals our years away shall steal our pleasures too, the memory of the past will stay and half our joys renew.”

This, has been our task; to record and perpetuate. We have tried to select from the year just past — our last as undergraduates — those parts of life in our School of Nursing which are most worthy of remembrance. The task is one in which no one has ever wholly succeeded; it is one in which we have not, we know, wholly failed.

Although the co-operation of our staff was solicited at the busiest time of our curricular year, the response was both encouraging and gratifying. To them our thanks is most sincere. I should like to mention also, the '53 editorial staff who “blazed the trail”. We hope that we have done justice to your hopes and predictions.

Our dedication this year is to Mother Monica, the foundress of our hospital. The expansion of hospital facilities, the progress and general growth from the original building, is too great to leave the tradition unaffected. That these changes will continue to be beneficial, depends to a large extent on the members of each graduating class. As graduates, we must remember that we continue to be representatives of our Alma Mater even after receiving our diplomas. The profession may well prosper or suffer in accordance with the achievements or failures of its senior members.

And so the finality of graduation is upon us. The glow of enduring memories of the years we have spent here, go with us as we leave St. Joseph's, our home for three happy years. May this Year Book mirror those initial years on the road to the realization of our ambition and help us to recall the past.

We are proud and happy to present to you the Jubilee Edition of our Year Book. We are celebrating the 50th Anniversary of the School of Nursing, a fact that you will not be allowed to forget as you turn the following pages.

Noel Friday — Editor,  
Class of '54.



## SAINT JOSEPH

Apart he stands in the Church of God,  
No mind can conceive his glory,  
His life and merits to men appear,  
As a thread of a broken story.

Unkown, unsought, apart he lives  
From the glare of the noon-day splendor,  
But his soul was bright in the angels sight,  
For he was their God's defender.

With simple love his life was crowned,  
No tongue can proclaim its beauty.  
In the lowly labors of ancient days  
Was fulfilled a sacred duty.

Dear Saint, may our lives be like to thine  
And our way, though obscure and lowly,  
Be traced by noble and kindly deeds,  
By thoughts that are pure and holy.

May we seek for a life that is hidden in God  
With the simplest earnest endeavor  
To do the will of the Master here  
And share in His joy forever.

September 5, 1954.

Dear Daughter,

To-day, you graduate, and I feel that I also graduate. To-day, I look back over the last three years—years during which I have spent many anxious, yes, heartsick hours. Hours when I have wondered if it was all worthwhile. Those were the times when I, powerless to help, have seen actual misery reflected in your face. Times when tiredness and discouragement looked out of your eyes. Conversations which told, unknown to you, of heart-rendering homesickness. Oh, no! A girl who chooses to be a nurse is not choosing any easy way of life. More than a few times your cheerfulness has been too exaggerated—a trifle off-key as it were.

Yes, I look back over three years. Bright times, too, they were. The day when you girls got your caps! Weren't you "swish"—and wasn't I proud! Times when patients coming home from the hospital told me of your kindness to them. Such nice things they said! Oh, yes, you denied it all and laughed at me! I grant you, some of it was flattery, but I swallowed it all, glad of any crumbs.

Came "quals"! Your saying, "I'll never make it this time. I did the best I could. I don't know another thing I'd want to do if they put me out of here." Then came your phone call, "I made it!"

As time went on, a shield seemed to grow around you. I was afraid, at first, that it was hardness or callousness, but I was learning too, all the while. I saw your special friends—how loyal to you they were and you to them—loyalty and love grown from seeing down into each others' souls and appreciating the real worth of friendship.

You graduate to-day and what have you gained? You are no longer "my little girl" of three years ago, but a woman. You now have a profession, honoured and respected by all. A profession which demands the best that you have to give. I know you have learned the joy which comes with the giving. You have unlimited opportunities for service. I've heard it said that no atheist ever wore a nurse's uniform. You've seen sickness, pain, death, sorrow and joy. You've been enriched by each experience. You have seen people at their worst and at their best. You've met and talked with men and women from every walk of life. You've endured criticism, sometimes unjust, and learned self-control.

To-day, I, your mother, with mixed feelings of pride, humility, and gratitude, knowing it has all been worthwhile, go to see you graduate. I see the fulfilment of your girlhood dreams shining in your classmates' eyes, and in yours!!!

Oh yes, I've been learning, too! I've been Probie, Junior, Intermediate, and Senior along with you, and to-day—why, to-day, I also graduate.

All my love, Dear,

Mother.



## GRADUATES 1954



REVEREND SISTER MIRIAM  
NAKINA, ONTARIO.

Interest—Operating Room

---

---



MARY PAULINE CRABBE  
FORT WILLIAM, ONTARIO.

Activities—Bowling League, Class Representative '54.

Interest—Night Duty.

---

---



BETTY ANNE CURRIE  
FORT WILLIAM, ONTARIO.

Activities—Vice-President of Student Association '53.  
Sports Convener, Basketball and Badminton.

Interest—Medical Nursing.

---

---

## GRADUATES 1954



MARY THERESA DELPINO

PORT ARTHUR, ONTARIO.

Activities—Sports Committee, Basketball and Badminton.

Interest—Psychiatric Nursing.



NOEL RUTH FRIDAY

PORT ARTHUR, ONTARIO

Activities—President of Student Association '54.  
Editor of Year Book '54.  
Sodality.

Interest—Paediatrics.



LILLIAN GERTRUDE LOWRY

PORT ARTHUR, ONTARIO

Activities—Glee, Club, Valedictorian.

Interest—Public Health.

## GRADUATES 1954



MARY VELMA LUPTAK

FORT WILLIAM, ONTARIO

Activities—Class Representative '52.  
Treasurer of Student Association '54.  
Bowling and Basketball.

Interest—Obstetrics.



DOROTHY ROSE SANTUCCI

FORT WILLIAM, ONTARIO

Activities—Captain of Bowling Team, Class Representative '54.  
Basketball. Decorating Convener for Social Events.

Interest—Geriatrics.



DOREEN FRANCES WITZELL

FORT WILLIAM, ONTARIO

Activities—Vice-President of Student Association '54.  
Advertising Convener for Year Book '53-'54.

Interest—Surgical Nursing.

# VALEDICTORY

Mr. Chairman, Your Excellency, Your Worship,  
Reverend Fathers, Reverend Sisters,  
Dear Parents and Friends,

September 5th, 1954. To-day we graduate from St. Joseph's Hospital School of Nursing. It is fifty years ago this month, since the first students were accepted into this school. Time marches on, and much more quickly than we realize.

How vividly we recall our first day in training; of suddenly being one of a group who were strangers to each other; our hastily formed "first impressions"; new friendships, and lasting ones.

Three long years ahead, to live, work, play and study together. Three long years? It seems but yesterday. Graduation was something vague in the dim future, a goal we had set, knowing not too well the price of its attainment. Now that awe-inspiring goal has been reached. Only those who have passed on similar paths can appreciate the joy and satisfaction that is ours, and the bittersweet emotions we experience at leaving student days behind to become graduate nurses.

## Student days—

The familiar expressions heard around Residence—"My feet are killing me" — "Oh, my aching back" — "This too will pass" — and about 5 p.m. every day — "What's for supper?"

We will always remember the night one of the students tripped over the Sister's bell, knocking it down the stairs—all two flights of stairs.

Our pre-clinical days in the Demonstration Room, practising intramuscular injections on Mary Chase, and our consternation on suddenly finding ourselves holding aloft a portion of her anatomy which had become detached due to rough handling.

... trying to make the 7 a.m. deadline for Roll Call, and the penalties for being late.

Just when things seemed darkest, and the future bleak indeed, with its early risings, long periods of duty, and never ending assignments, an understanding supervisor or grateful patient would pass on a word of praise or encouragement, and we knew nursing was worth-while, and soul satisfying.

All the experiences, both happy and sad, of our three years, would fill pages. They tell of Life as we have lived it from day to day.

We, the immature, scared little pre-clinicals of September 1951, have to-day received our diplomas as Graduate Nurses. May we always uphold the high standards of our profession!

To our Alma Mater, we owe a debt of gratitude for the help we have received in realizing our ambitions; for the training that will stand us in good stead throughout life. We are grateful, too, for the many intangible benefits; for guidance in attaining maturity, in acquiring an ability to get along with others, in learning to maintain emotional control, and the gradual building of character.

To Sister Superior, to our Director of Nurses, and to the Reverend Fathers who guided us in the truths of religion and ethics; to the Doctors for their inspiring lectures; to our Instructresses who suffered the mono-

tony of repetition; to our Supervisors and other Staff members, a very sincere "Thank You." If I may quote Emerson, "The reward of a thing well done, is to have done it." Our teachers have indeed earned this reward, a reward which will be even greater throughout the years to come. Whatever success we may achieve, whatever accomplishments may become ours, they too will share.

A very special vote of thanks is due our parents. Your many sacrifices have made possible this memorable occasion. You were our first and best teachers. Your love and prayers have enabled us to carry on.

We wish to mention our appreciation for Affiliations which have given us a broader concept of the nursing field of to-day.

— Six glorious weeks at the Fort William Sanatorium.  
— Three enlightening months at the Ontario Hospital, London. — A delightful day each with the Department of Public Health, the Cancer Society, and the Victorian Order of Nurses.

Yes, our memories are many and varied.

To the Intermediate students, who to-day take our places as Seniors; to the Junior students, who in turn take their places as Intermediates; to the Pre-clinicals, who we know are just as eager as we were, just as anxious, and just as determined to succeed, it is our sincere wish that all the delightful and valuable experiences which have been ours, will in due course be yours. When your turn comes, may you be as sorry to leave as we are to-day.

It is our enjoyable duty and enviable privilege to look to the future with optimism, with courage, and with determination. Wherever duty may lead us, whatever responsibilities we may assume, we shall profit by the principles and precepts acquired during our association with St. Joseph's School of Nursing.

Our School Motto is

**"Quod Minimus Mihi Fecisti"**

"In as much as you have done it unto one of the least of these My brethren, you have done it unto Me."

These sentiments are aptly expressed in the poem by Helen Hunt Jackson.

"If I can live

To make some pale face brighter, and to give  
A second lustre to some tear-dimmed eye,

Or e'en impart

One throb of comfort to an aching heart,  
Or cheer some way-worn soul in passing by;

If I can lend

A strong hand to the fallen, or defend  
The right against a single envious stain,  
My life though bare

Perhaps, of much that seemeth dear and fair  
To us of earth, will not have been in vain.

The purest joy

Most near to Heaven, far from earth's alloy,  
Is bidding cloud give way to sun and shine;

And 'twill be well

If on that day of days the angels tell  
Of me—she did her best for one of Thine".

Lillian Lowry.

## The Jeanne Mance Pledge

That I may be strengthened in my resolve to model my life of duty after that of Jeanne Mance, the first lay-nurse of my beloved Canada. I place myself in the presence of God and I pledge myself with the help of His Grace to be faithful to the following ideals: I will be true to the practice of religion, which is the inspiration of my noble vocation and while administering to the body will serve the soul by observing the principles of right ethics and nursing honour.

I will be devoted to the profession that is mine by obeying the physician within the sphere of his authority and I will make my work a labour of love rather than of profit whenever the service of God or country requires it of me.



### The Chapel

A little chapel chaste and sweet,  
Where weary hearts were wont to meet;  
Far from a world full of woe,  
To this retreat did our footsteps go.

Deep in the heart of the sanctuary bright,  
There hung a red and burning light,  
It told us that God was very near  
To comfort us in time of fear.

Each morning at the break of day,  
Black robed nuns did go to pray.  
Nurses garbed in white and blue  
Did offer Him their homage too.

When the echoes of our voices are heard no more  
And our places filled many times o'er,  
Deep in our hearts in a special place,  
Shall be our Hospital Chapel of grace.

### The Nurse's Prayer

I offer to Thee, O Heavenly Father, all the services which I may render this day to the sick and the dying. That my actions may be more pleasing to Thee, I unite them to Thine infinite merits. I humbly implore Thy assistance to overcome every obstacle such as self love, vanity, disgust and sloth, which may oppose the fulfilment of my duties. I wish to renew my consecration to serve the sick and the dying, with the same love and faith as if I saw Thee really present. Give me, O Lord, strength and courage to accomplish my desire. Amen.

## CLASS OF 1954 HOROSCOPE

NAME	KNOWN AS APPEARANCE	FAVOURITE SONG	FAVOURITE EXPRESSION	AMBITION	COMMONLY SEEN	HOBBY	DESTINY
PAULINE CRABBE	<i>Crabbeapple</i> Determined	White Cliffs of Dover	Cliff . . .	Marriage	Locking doors and shutting windows	Bingo	Current River
BETTY ANNE CURRIE	<i>Betsy</i> Mysterious	Maybe It's Because	Oh, no!	To raise her own hockey team	Making history	Dancing	Domestic Bliss
MARY DELPINO	<i>Del</i> Strong and Silent	Stranger in Paradise	I'll slug you	To persuade St. Anne to find her a man	Carting silver from the Colonial Theatre	Knitting unmatchable socks	Psychiatric Ward Westminster
NOEL FRIDAY	<i>Nollie</i> Enthusiastic	Deep Purple	Why doesn't somebody learn to play bridge?	Europe	Posting notices on the bulletin board	Year Book	"Collective Bargaining"
LILLIAN LOWRY	<i>Bud</i> Efficient	My Task	Brian and Gary . . .	Public Health	Studying	Driving	Rocking Chair and Knitting
MARY LUPTAK	<i>Luppy</i> Slim	Blue Tango	Let's polka!	"U"	at Arthur Murray's	Pen Pals	Power's Model
SISTER MIRIAM	<i>Sister</i> Angelic	When Irish Eyes Are Smiling	Shhhh!	To crochet as well as Sister Dorothy	In Chapel	Scrubbing	Pediatrics
DOROTHY SANTUCCI	<i>Tooche</i> Dimpled	Secret Love	It's regular \$1.25, I'll sell it to you for \$1.00!	To spread a bit of sunshine in the big dorm	Furthering public relations in the big dorm	Planning trips	Bambinos
DOREEN WITZELL	<i>Wits</i> Preoccupied	There's No Tomorrow	I'd love to but . . .	Undetermined	Teasing her sister, Anne	Long conversations	Clinical Supervisor

## Case Histories of the Class of '54

### PAULINE CRABBE—

Admitted from Fort William—ambulant—unaccompanied.

**History**—apart from four year term at Vocational School—unknown.

**Symptoms**—numerous, varied.

**Prognosis**—doubtful as yet but we're all hoping.

**Recommendation**—O. T. in the form of locking all doors through which she passes. Prophylactic treatment should prevent black-banditis.

**Dedication**—I'll Walk Alone.

**Remarks**—Undoubtedly will emerge an R.N. providing Cliffitis doesn't set in.

### BETTY ANN CURRIE—

Admitted September 4, 1954 after a strenuous trip from Westfort.

**History**—An old timer from St. Pat's High and a rabid hockey fan.

**Symptoms**—runs, never walks; likes to get there first.

**Prognosis**—Will undoubtedly emerge an exemplary S. J. H. grad.

**Recommendations**—Large doses of classes mixed with hard work and an occasional dancing date for a stimulant. Not too many evening terms please ! ! ! ! !

**Dedication**—Ricochette Love.

**Remarks**—The "I want to see the World" phase will pass, and we feel she will settle down right here at the Lakehead.

### MARY DELPINO—

Admitted to S. J. H. Training School equipped with boxing gloves and looking quite apprehensive.

**History**—"Port Arthur stuff"—once practised art of fisticuffs.

**Symptoms**—The usual Florence Nightingale obsession.

**Prognosis**—Slow and steady wins the race. You're almost there Del.

**Recommendations**—A year in a big city—small time gal, but big town dreams.

**Dedication**—"Sleepy Time Gal."

**Remarks**—Don't take us seriously, Del. We all acknowledge your nursing ability.

### NOEL FRIDAY—

Just "dropped in," unexpectedly, accompanied by music and fanfare, supplied by big sister Anne—assisted by sports celebrity.

**Symptoms**—Vague in first stage, but a definite medical family history, prompted by "I wanted to be a nurse since I was a little girl" complex, eventually led to S. J. H.

**Prognosis**—Will parallel that of sisters Monnie and Anne; and picture will be added to the hall of fame of our Alma Mater.

**Recommendation**—That Arthur Murray teach her dancing in a hurry, preceeded by a few injections of Curare.

**Dedication**—Five foot two.

**Remarks**—We feel that the experience of "championing" the students' rights, plus a highly flexible right arm will inevitably lead to success in future enterprises.

### MARY LUPTAK—

Admitted with Tooche, to big dorm.

**History**—Hails from East End in Fort William.

**Symptoms**—"Laugh and the World Laughs With You" complex. Suffers from too generous a heart.

**Prognosis**—Will make the sheepskin and red roses lineup.

**Recommendations**—Less haloptchie and more celery stalks at midnight.

**Dedication**—Huggin' and a Chalkin'

**Remarks**—We're all with ya, Luppy!

## Case Histories of the Class of '54

### LILLIAN LOWERY—

Admitted to S. J. H. Training School, accompanied by sons—Brian and Gary.

**History**—A native of the west.

**Symptoms**—A born perfectionist with a do or die "I want to be a nurse" attitude.

**Prognosis**—Couldn't be better. We feel that this classmate is true scholarship material.

**Recommendations**—No recommendations, you're doing fine.

**Dedication**—I believe.

**Remarks**—We all cheer a terrific grad who will be an asset to any branch of the profession.

### DOROTHY SANTUCCI—

Admitted staggering under portable cosmetic display, but ably assisted by our Luppy—Set up business in the big dorm.

**History**—No past "upsets" recorded during Home Economic course at Vocational. Had always remained unruffled until stricken by acute nursitis.

**Symptoms**—None whatsoever — easy come—easy go!

**Prognosis**—Very favourable. Promotes original type of nursing care—face-liftings, given free and without charge (competition for plastic surgery).

**Recommendations**—A little grey home in the west.

**Dedication**—We love the sunshine of your smile.

**Remarks**—Sees no evil, hears no evil, speaks no evil.

### DOREEN WITZELL—

Admitted floating on a cloud—alone and enthusiastic from Fort William.

**History**—St. Pat's Grad who forsook banking at Dominion for training at St. Joe's.

**Symptoms**—Euphoria — which doesn't seem to interfere with normal everyday activities.

**Prognosis**—We feel this condition is chronic; however, graduation's smash might break the spell.

**Recommendation**—Wine-Men-Song!

**Dedication**—Keep on the sunny side.

**Remarks**—We feel that this classmate is well-equipped to plunge into the professional fields and always be a credit to her Alma Mater.

### SISTER MIRIAM—

Led unsuspectingly to the ranks of our class of '54.

**History**—Took basic training at St. Joseph's College, North Bay.

**Symptoms**—Sweet, bland, innocent.

**Prognosis**—Excellent—Will emerge unchanged, but with a halo in place of our black bands.

**Recommendation**—Half a dozen novices from her class for the St. Joseph's Order.

**Dedication**—Keys to the Kingdom.

**Remarks**—We feel that Sister deserves the top rung on the ladder of success.





MISS C. CONNELLY  
Assistant Director of Nurses



MRS. R. CUNNINGHAM  
Hospital Health Nurse



OUR SUPERVISORS

Left to Right: Miss M. McEwen, Surgery; Miss P. McBride, Medical; Mrs. M. McElroy, Paediatrics; Sister Dorothy, Operating Room; Sister Martha Mary, Surgery.

Left: Mrs. H. Kaleta, Central Supply; Mrs. R. A. Adams, Surgery; Mrs. G. Phillips, Night Supervisor; Miss C. Kelly, Medical; Sister M. Eileen, Obstetrics. Absent: Sister Louis Joseph, Evening Supervisor.



OUR TEACHING STAFF

Left to Right: Miss M. Overholt, Nursing Arts Instructor; Miss N. Clayton, Clinical Instructor Medical-Surgical Nursing; Miss R. Petrone, Clinical Instructor Paediatrics; Miss C. Wallace, Clinical Instructor Obstetrics.

## Student Council 1953-54



STUDENT COUNCIL 1953-54

Left to Right Back Row: Advisory Committee: Miss C. Wallace, Rev. Sister Patricia, Miss M. Overholt. Front Row: Executive: Miss W. Palka, Miss N. Friday, Miss M. Love.

### EXECUTIVE

Honorary President—Reverend Sister Patricia.

President—Noel Friday.

Vice-President—Moirra Love.

Secretary-Treasurer—Wanda Palka.

Faculty Advisers—Miss C. Wallace, Miss M. Overholt.

Our Students' Association was inaugurated in 1952. At this time the constitutions were established and the groundwork laid for student government. It is felt that in this association the student is helped in achieving maturity, through the acceptance of responsibility for her own actions. A challenge to make fair judgments is placed before her too, when she is required to discipline fellow students. It also gives her an opportunity to voice her opinions.

These are the objectives of the Students' Association:

1. To uphold the highest standard of honour and integrity in all matters of personal and professional conduct.
2. To promote good understanding and to have co-operation between students and staff.
3. To make recommendations concerning student life in residence, and to impose penalties for infractions of rules.

We are especially fortunate in having Reverend Sister Patricia, Director of Nurses, as our Honorary President. Sister has co-operated in every way to make our association run smoothly, and has taken a personal interest in making our various projects a success.

Many valuable lessons have been learned while working with the Student Association this year, but I think the most important lesson we learned is, "There is no substitute for co-operation." Our curricular, social, and recreational activities are discussed in detail elsewhere in this book. You will realize that the students have spent many happy hours together.

We publish this Jubilee Edition of the year book, suitable, we hope, to commemorate the fiftieth anniversary of the School of Nursing.

All in all, we feel that '54 has been a banner year, and we wish to extend to your association of '55, our best wishes. Just keep in mind that our Student Association is like a child—still growing.

Noel Friday,  
President.

## Affiliation at the Fort William Sanatorium

### AFFILIATION AT THE FORT WILLIAM SAN

On the Bulletin Board at St. Joseph's Hospital, a notice went up:

"B. A. Currie

M. Delpino"

Report for X-rays today."

Then the following day, another notice:

"B. A. Currie

M. Delpino"

Report to Sanatorium by 10:00 p.m. Sunday."

Loaded down with suitcases and parcels (food), we managed to find our way to "God's Country" — The Fort William Sanatorium. We more or less expected a brass band to be there to greet us at Willow Lodge (our new home), but NO — a stunning silence met us. Then like an avalanche, dressed in robes and pyjamas and what-nots, bounding down the stairs came our competitors, who later became our friends. After hurried hellos and introductions, we sallied forth to our room at the head of the stairs to begin a new chapter in our nursing education.

As Willow Lodge was to be our new home for awhile, there was no time like the present to find out what it held in store for us. Built like an apartment house, it contained bedrooms, a living room and most important of all — a kitchen, stocked full of what nurses love best — coffee, bread, butter, peanut butter and jam, and, of course, a toaster which actually worked. (Just like home).

We awoke bright and early to begin our first day which consisted of preliminary welcomes, introductions and orientation to our new environment. After the tour of the Sanatorium, where we learned to go outside to get inside and upstairs to get downstairs, we fell into the routine of classes and ward duties.

We were required to master the art of "Isolation gown and mask technique", and were introduced to Bronchoscopy, Pneumo, Flor-Ascopsy, Lob-Ectomy, Seg-Mental Resection, Thoraco-Plasty, Strep., P.A.S., Dinacrin, and, of course, "Huber the Tuber." At last we found Oscar's lungs. They were suspended in a little case in the class room! We changed floors every two weeks; Naturally, we had classes too, with the expectancy of severe examination at the closing of our term.

After wading through assignments and the examination, we emerged with shining diplomas presented at a farewell tea by Mrs. Dowler. We then scurried to make hurried and sad good-byes.

We closed the book on another important chapter of our chosen profession and left behind our appreciation and gratitude of those who were so patient, understanding, co-operative, thoughtful, and helpful to us as we stumbled over another mile-stone in our training.

Once again we give our heartfelt and sincere thanks to the entire staff of the Fort William Sanatorium, and a special "hello" and "best wishes" to the patients.

MARY DELPINO, Class of '54

## Psychiatric Affiliation at Ontario Hospital — London

They sent us to these learned halls

Psychiatry to view,

Important knowledge to absorb,

On how to Think and Do,

We hope we've learned our lessons well

From observations made.

Neuroses and psychoses and Addictions we'll evade.

Neurotics we all tend to be With numerous complaint.

Keep on the Sunny Side of Life

Away with ills that ain't!

Psychoses will creep up on you

It's a matter of 'Degree'

Tho' you may have Schizoid tendencies

Just face Reality.

Manics are mischievous—

Depressives are so sad!

A combination of these two Is someone really mad!

Drugs and pills are not for us;

It's dangerous and pathetic; And if that SECOND drink you take

Believe us, you'll regret it.

An Introvert is anti-social

She'd never, never flirt;

But if you dance, or sing, or play

You're called an Extrovert.

We never use the terms

"Insane"—

"Asylum" — "Crazy" — "Nutty";

The more we learn, we're more convinced

We're all a little batty.

Now if good mental health you'd have

Don't indulge in self-pity—

Don't delude or hallucinate—

Don't day-dream, brood or worry!

Prevention is the treatment folks!

Your life is what you make it!

For trouble comes to each of us,

It's all in how we take it!

We'll always try to react well,

And adjust to situations,

To avoid being Certified

To a Mental Institution.

Doreen Witzell—'54.

Lillian Lowry—'54.

## Christmas at the O.H.

'Twas the night before Christmas, when all thru the Residence,

All good little nurses were tucked in their beds, For quiet with lights out they knew they should be,

Yet two little imps were still down at the tree.

Their hearts were so wistful, their eyes shining bright!

They were thinking of good old Port Arthur that night.

Of home, and St. Joseph's, and the ones they held dear

And missing their usual Christmas cheer.

They gazed at the Christmas tree, so beautiful there

Then turned to the manger and whispered a prayer

And remembered — were not Mary and Jesus, her Son

Many miles from home the night He was born?

So with spirits uplifted they rose from their chairs,

Dashed through the parlour, then ran up the stairs

And since the housekeeper on duty was nowhere in sight

Havoc was raised in the Residence that night.

Sleepy heads roused, soon joined in the fun

There were nuts, fruit, and chocolates for everyone.

Songs, jokes, and laughter came from all 'round

When Mrs. Pond entered we heard not a sound.

In the midst of the gaiety came her voice loud and clear

"Girls, what in the world's going on up here?"

Then with twinkling eye she put us to flight

With a "Merry Christmas to all, and to all a good night."

P.S.—With some exaggeration, but the setting is correct.

DOREEN WITZELL, '54.



THE INTERMEDIATES

FRONT ROW: L. King, N. Goriak, E. Goyman, M. Love, F. Kawazoye, N. Weir, H. Birch, D. Morrow. SECOND ROW: T. Meyer, W. Palka, B. MacCallum, C. Cowan, C. Aalto, J. Slivinski, R. Johnson. BACK ROW: A. Coghlan, M. O'Rourke, E. Tremblay, P. Kennelly, A. Mills.

## MEET OUR INTERMEDIATES

### CODE

AMB.—Ambition  
 App.—Appearance  
 N.N.—Nick name  
 F.E.—Favourite Expression  
 F.P.—Favourite Pastime  
 N.F.—Noted for

### CAROL AALTO

App. Self-confident  
 N.N. C.A  
 F.E. It's a great life if you don't weaken  
 F.P. Jack  
 N.F. Her Wink  
 AMB. To be supervisor of an obstetrical floor.

### BERNADETTE McCALLUM

App. Depends when you meet her  
 N.N. Bunny  
 F.E. My mother won't let me  
 F.P. Being sarcastic  
 N.F. Mysterious dates  
 AMB. To look glamorous in an O.R. Turban

### HELEN BIRCH

App. Trim  
 N.N. Birch the Smirch  
 F.E. I'm going to Schreiber  
 F.P. Being efficient  
 N.F. Spontaneous laughter  
 AMB. To convert Lorne

### THERESA MEYER

App. Satisfied  
 N.N. Terry  
 F.E. What do you want—a medal?  
 F.P. Red convertibles  
 N.F. Her walk  
 AMB. To teach at Arthur Murray's

### AGNES COGHLAN

App. Stately  
 N.N. Gus  
 F.E. What about elimination?  
 F.P. Acting intelligent.  
 N.F. Imitating  
 AMB. To travel

### ANN MARIE MILLS

App. Bushed  
 N.N. Annie  
 F.E. Got a fag?  
 F.P. Car-riding  
 N. F. Her ulcer  
 AMB. To pour enough milk on that ulcer

# MEET OUR INTERMEDIATES

## DOLORES MORROW

App. Friendly  
N.N. Morrow  
F.E. Strictly  
F.P. Being a clown  
N.F. Kindness  
AMB. To be able to go up the tow line  
at Baldy

## MARY O'ROURKE

App. Chronic, it wears on you.  
N.N. O'Rourke  
F.E. Gee, O'Rourke you're good looking.  
F.P. Being happy  
N.F. Pingles  
AMB. To model maternity clothes

## WANDA PALKA

App. Merry  
N.N. Vanja  
F.E. Vanja, we go hockey game?  
F.P. Sports  
N.F. Testing mattresses  
AMB. To play for Globetrotters

## JANET SLIVINSKI

App. Pleased with herself.,  
N.N. Sliver.  
F.E. Who won the hockey game?  
F.P. Going to hockey games  
N.F. Her wardrobe  
A.M.B. To raise a hockey team.

## ELEANOR TREMBLAY

App. Lanky  
N.N. Norie  
F.E. Well, now, dear  
F.P. Bringing stray cats to the residence  
N.F. Her love for cats  
AMB. To find a cat as nice as Timothy

## CHERIE COWAN

App. Beaming  
N.N. Chee-Che  
F.E. I'm bugged  
F.P. Seppy  
N.F. Her laugh  
AMB. To get married.

## NELL GORIAK

App. Bewildered  
N.N. Ellie  
F.E. Honestly  
F.P. Sleeping  
N.F. Iron pills  
AMB. Lights out at 9 o'clock

## ELSIE GOYMAN

App. Sweet  
N.N. Elkie babe  
F.E. If anyone phones for me, I'm out.  
F.P. Writing letters  
N.F. Dimples  
AMB. To weight 120 lbs.

## ROSEMARY JOHNSTON

App. Neat  
N.N. Rosy  
F.EE. You're kidding  
F.P. Skiing  
N.F. Acquiring more than two dates in  
one night  
AMB. T.C.A.

## FRANCES KAWAZOYE

App. Cute  
N.N. Frankie  
F.E. Did anyone phone for me?  
F.P. Tommy  
N.F. Smile  
AMB. To have enough to eat

## PATRICIA KENNELLY

App. Energetic  
N.N. Patrush  
F.E. Rowdy Dowdy  
F.P. Talking  
N.F. Talking  
AMB. To get to the next dance

## LORRAINE KING

App. Rushed  
N.N. Lanie  
F.E. Lanie's just a little kid  
F.P. Teaching new dances  
N.F. The Bunny-Hop  
AMB. Organized Sodality

## MOIRA LOVE

App. Angelic  
N.N. Mossy  
F.E. Hey, Elykie!  
F.P. Trying not to be angelic  
N.F. Her ballet  
AMB. To join the mounties

## NORMA WEIR

App. Baffled  
N.N. Normie  
F.E. No?  
F.P. Doing homework  
N.F. Her hair  
AMB. To be on time.



THE JUNIORS

FIRST ROW—Seated: M. Cooney, J. Koval, B. Randa, A. Rybar, B. A. Scott, H. Tanaka, M. Gollat.  
 SECOND ROW—Standing: S. Vierriko, M. Gordon, G. Owen, E. Kolody, H. Kerr, L. Gover, V. Doe, A. Lapchinski, J. Coski, P. McGuire, R. Toffan, C. Hutcheon.

## Class of 1956 Juniors

### COONEY:

Miss Cooney is our Irish lass,  
 The only red head in our class.  
 Loves to laugh and loves to ski,  
 A competent nurse she hopes to be.

### COSKI:

Our Joanne's serene and sweet,  
 Any problem she'll bravely meet,  
 The quietest lady in our class,  
 A frequent attendant at daily mass.

### DOE

Miss Valerie Doe has big blue eyes,  
 She likes the girls, but not the "guys."  
 The one thing that she's bound to do,  
 Is lose that extra pound or two.

### GOLLAT:

Monica's from the "other" town  
 Her tiny face ne'er bears a frown.  
 Frequent high marks are her fame,  
 To be a nurse—her greatest aim.

### GORDON:

Myrna is from Terrace Bay  
 Which isn't very far away;  
 To follow her mother Myrna strives,  
 By treating the sick and saving lives.

### GOVER:

Lorenzo's of the weaker kind,  
 Has nineteen girls to rule his mind.  
 Piano tunes he loves to play  
 And hopes to be a nurse some day.

### HUTCHEON:

From Winnipeg does Christine come,  
 Her voice is like a little hum.  
 At oil painting she's just divine,  
 By designing clothes she passes time.

### KERR:

Our youngest is Miss Helen E.  
 She is as clever as can be.  
 For greater knowledge she often hoards  
 And has a weakness for light green Fords.

### KOLOGY:

Evelyn is our girl from Sioux,  
 She needs a private phone or two;  
 "Holy horse bots" her favourite expression;  
 Letter-writing her main obsession.

### KOVAL:

Bunny's our girl from Pickle Crow,  
 Five foot two and fun to know.  
 Twinkling eyes and short, black hair  
 Ambition—to trap a millionaire.

### LAPCHINSKI:

Ann's a lady from Longlac bold,  
 Has a **silent** laugh so we've been told.  
 To our class she's quite a prize  
 For she can read with two closed eyes.

### McGUIRE:

Our Pat is gay, so full of life,  
 She hopes someday to be a wife.  
 Pastime's eating cake and pie,  
 At present dodging a "private eye."

## Class of 1956 Juniors

### OWEN:

Kenny is Gail's only dream,  
He plays on the Bomber's Hockey team  
This girl knows no grief or sorrow,  
Lives for to-day—Heck with to-morrow.

### SCOTT:

Anatomy—100 we hear,  
For Barb this mark is nothing queer;  
At the Scott's we often eat,  
Strawberry short-cake for a treat.

### RANDA:

A new friend at last has Beverly found,  
His name is Roger, he's small and round,  
Sometimes painful, but bright as a berry,  
He's second best—don't worry Jerry.

### TANAKA:

"Hats" as we call her, is from the "Port,"  
Good for a laugh and is a fine sport.  
Badminton is her favourite game,  
"Itchy" is her latest name.

### RYAN:

Pat came here from Chapleau town  
Her hair is short and eyes are brown.  
She often smiles and will only scour,  
At a meal with diet fruit so sour.

### TOFFAN:

Our class "Pres" in "probie" days  
Our class clown in many ways  
From hockey games she's often hoarse,  
Her favourite quip is, "Yes, of course."

### RYBAR:

Anne is dark with hazel eyes  
To make high marks so hard she tries.  
To a certain someone she's "sugar and  
spice"  
Her favourite expression—"Is that ever  
nice."

### VIERIKKO:

Light blonde hair and little feet  
A steambath is her favourite treat  
That's our Sylvia—who is she?  
A nurse from St. Joseph's—Who else  
would she be?

---

## Congratulations to Our 1954 Graduates

The big day has at last arrived, and we, as the Juniors, congratulate you and wish you every success in your chosen profession.

You have been an inspiration to us in the residence and on the wards. Your yellow band has made us look to you for help and knowledge that we are, as yet, lacking. Never have you disappointed us with your example. We look forward to taking your place and hope we shall be as capable.

You have been both friendly and helpful to us, and we shall always try to follow in the footsteps of our Seniors, the Graduating Class of '54.

R. Toffan,  
Class President '56.

## JUBILEE GREETINGS

● It is a pleasure and an honour for me, as representative of the First Graduating Class, to send greetings at this time to our Alma Mater and the Graduating class of 1954.

(Mrs.) Archie McIver,  
Class of 1907.

● One of the most interesting experiences of anyone who graduated in the earlier days of nursing, is that of looking back upon the many changes that have taken place among both students and graduate nurses. We, who have seen these changes, send greetings, with the hope that our nurses will continue to go forward in life, true and finished women of character.

Mrs. Gracie I. O'Rourke,  
Class of 1910.

● On the occasion of the 50th Anniversary of St. Joseph's Hospital School of Nursing, on behalf of the class of 1917, I wish to extend congratulations to Our School, and to the Graduating Class of 1954. We wish you continued success and happiness in your chosen profession.

Gertrude (O'Connor) Phillips,  
Class of 1917.

● Greetings and Best Wishes to our Alma Mater on this auspicious occasion. Congratulations also to the Graduates of 1954.

If you have caused someone to smile,  
And soothed somebody's pain,  
You'll know that Life has been worthwhile,  
And you have not lived in vain.

Mrs. Olive McCallum,  
Class of 1918.

● It is a pleasure on this memorable occasion, to recall our training days and Graduation, and what our Alma Mater means to each of us.

I wish to take this opportunity to convey greetings to all, on behalf of the 1920 Graduation Class.

Noella McGeagh, (Mrs. Norman Eady),  
Class of 1920.

● On the Fiftieth Anniversary of our Alma Mater, we extend our congratulations and appreciation to our School of Nursing, and to those who have played a part in helping us accomplish our goal. Best wishes for the future, from the Class of 1921.

Anne Colleran,  
Class of 1921.

● On this memorable occasion, it gives me great pleasure to extend congratulations to our Alma Mater.

We, the class of nineteen hundred and twenty-two, are proud of your record of great development and progress, and of our association with St. Joseph's Hospital.

Christine Ferring,  
Class of 1922.

● On the reception of your most kind invitation to forward my words of greeting on this auspicious occasion, the Golden Jubilee of the inauguration of our Alma Mater's Training School for Nurses, varied feelings surged through my mind. Honour, pride, loyalty, gratitude, possessiveness, all strove for the mastery. Gradually these sentiments crystallized into a dominant one — the realization of the inspirational guidance accorded our Alma Mater by the late reverend and saintly Mother Monica. May her kindly spirit of guidance continue to direct us from her happy eternal Home!

Sister M. Dympa,  
Class of 1923.

● Thank you for the honour you have conferred on me by asking me to represent the class of 1924 in your Year Book, on the occasion of the Golden Anniversary of St. Joseph's School of Nursing.

We, who graduated so long ago, have watched with envy the tremendous progress made in Nursing Education, and the great changes and advancement in the use of new medicines and procedures in the care of the sick.

The gap in years, however, has been bridged by the teachings of the fundamental principles laid down by the Sisters of the Hospital.

I speak also for the other members of my class when I say that the lessons we received in humility, tolerance, self-sacrifice and patience in our daily life, are the ties that bind us together as graduates of this Hospital. These teachings are still being given to you as they were to us.

We wish you every success with your Year Book.

(Mrs.) Ethel Geddes,  
Class of 1924.



## JUBILEE GREETINGS

- We, the Class of 1925, wish to extend congratulations to our Alma Mater on its 50th Anniversary.

I assure you on behalf of the Graduates of 1925, that you will ever be remembered with feelings of the highest regard and esteem, as we look back over the period during which we received nursing education.

Dorothy Frankish,  
Class of 1925.

● I am pleased to extend the greetings of the Class of 1926 to our Alma Mater, on the occasion of the celebration of her Golden Anniversary. We consider ourselves privileged and honoured to be graduates of this institution. May we continue to exemplify the confidence and trust reposed in us by the sick, by striving to keep our standards high and by sparing no effort in the undertaking of our duties.

Ellen M. Best (Mrs. N. A. Ost),  
Class of 1926.

● Our class of eight had the honour of graduating on the 25th Anniversary of our School. Over the intervening years, we look with pride as we have seen our School advance, not only in magnitude and scope, but with trained personnel in all departments, improved and modern equipment and greatly increased student membership.

To our Alma Mater we extend our sincere wishes for continued progress and greater achievement.

Dorothea J. Page,  
Class of 1929.

- It is a pleasure to extend greetings on behalf of the 1930 Graduating Class.

Methods of teaching and procedures of nursing have changed, but the aims and traditions of St. Joseph's remain the same.

Long may they continue.

Flora Chapman,  
Class of 1930.

● The Class of 1931 welcomes this opportunity to pledge anew its loyalty to the School in which we trained as students. With each year, we appreciate and understand more fully how much our Alma Mater means to us.

Congratulations on her 50th Anniversary.

Nellie Wright,  
Class of 1931.

● It is with great pleasure that I, on behalf of the Class of 1933, extend heartiest congratulations to our Alma Mater on her Fiftieth Anniversary.

We rejoice with you on this happy occasion, and hope the future years of St. Joseph's will progress successfully as in the past.

Vera Carty,  
Class of 1933.

● The Class of 1935 sends heartiest congratulations to the St. Joseph's Hospital School of Nursing, on the occasion of its Fiftieth Anniversary.

It is with pride and gratitude that we look back over the years, during which our Alma Mater has progressed under the leadership of loyal administrators, instructors and students all devoted to the best principles and practices of the nursing profession.

May we offer our sincere best wishes for continued success.

Mrs. Frances Tourigny,  
Class of 1935.

● She has achieved success who has lived well, laughed often, and loved much; who has gained the respect of those around her, and the love of little children; who has never lacked appreciation of the earth's beauty, who has always looked for the best in others and given the best she had—God Bless our Alma Mater.

Audrey Holdridge,  
Class of 1936.

● The members of the 1937 Graduating Class are scattered far and wide to-day but still cherish fond memories of their training days.

We are grateful for the high standards of efficiency and moral ideals which have always been maintained by our School of Nursing, and we offer our best wishes for the continued success of our Alma Mater on its Fiftieth Anniversary.

Mary McEwen,  
Class of 1937.

## JUBILEE GREETINGS

● On behalf of my Graduating Class of 1938, I extend a warm welcome to each new graduate to our Alma Mater. I am proud to have you join with us in this gratifying and noble profession.

Mrs. G. Woods,  
Class of 1938.

● Representing the Class of 1939, I bring greetings from those who graduated in that eventful year. An "Old Boys' Re-Union" was held, and there were three inspirational days of graduation celebration. May the Fifty Years of progress help us all to remember, "A good nurse is a woman at her best."

Isabel Misener,  
Class of 1939.

● Greetings to our Alma Mater from the class of 1940!  
On behalf of our Class of 1940, I send greetings to our Alma Mater on the occasion of her Golden Jubilee.

The ideals and skills which St. Joseph's instilled in us as student nurses, guide us in the practice of our profession—whether near or far.

May you continue to advance as you have done in the past, is my sincere wish.

Lucy Miocich,  
Class of 1940.

● As a member of the 1941 Graduating Class of St. Joseph's General Hospital, it gives me great pleasure on behalf of my class to extend congratulations to our Alma Mater on this, its Fiftieth Anniversary. With the great expansion taking place at the hospital, we look forward to even fuller and busier years ahead—may we wish it every success.

Audrey (Hanna) Dalzell,  
Class of 1941.

● Sincere congratulations to our Alma Mater on this memorable occasion.  
Our smiles and tears, mingled with laughter and hard work, give wings to the years spent within your walls.

May your future students and graduates have as many happy memories to carry through the years, as have the Class of 1942.

Mary McLeod,  
Class of 1942.

● I am honored to have the privilege of representing the Class of 1943, in conveying to our Alma Mater in this, the year of its Fiftieth Anniversary, our very best wishes. Our sincere interest follows your growth and progress.

May you have every success in future publications and endeavours.

Ina Lankinen,  
Class of 1943.

● Greetings in this, the Golden Anniversary year of our Alma Mater.  
To the students who are graduating in this memorable year, may we wish you every success. We are confident that you will be a credit to your school, and will always adhere to the ideals for which it stands.

Patricia Flaherty,  
Class of 1944.

● On behalf of the Class of 1945, it is my privilege to extend greetings and good wishes.  
The world of today looks to Christian womanhood, and in a very special way, to the nursing profession, to offset the influence of modern paganism. In being true to the high ideals of our Alma Mater, we can best fulfil this trust. God bless you.

Sister Margaret Anne,  
Class of 1945.

● The Graduating Class of 1946 extends congratulations to our Alma Mater, on the celebration of its Golden Anniversary.

Fifty years of training nurses for one of the highest set goals in our world today, is no small achievement.

May you have continued success in your undertakings and achievements in the years to come.

Audrey Allan,  
Class of 1946.

## JUBILEE GREETINGS

● The Graduates of 1947 would like to offer congratulations to our Alma Mater, on the occasion of its Golden Jubilee. Our sentiments, at this time, are well expressed in these words of Samuel Gilman:

Thou wert our Parent, the nurse of our souls,  
We were moulded to manhood by thee,  
'Til freighted with treasure thoughts, friendships and hopes,  
Thou didst launch us on Destiny's Sea.

We would like also to express our congratulations and best wishes to the Graduates of 1954, and to the Editorial Staff of the Year Book.

Frances (Dennis) Black, Class of 1947.

● From the Class of 1948, I extend to our Alma Mater and you, the Graduating Class, a wealth of good wishes on this, the Golden Anniversary of the School of Nursing.

The past six years have shown many worthwhile advances. May your success continue as in the past.

Congratulations, and may we meet again in fifty more years!!

Catherine M. Wallace,  
Class of 1948.

● It is my privilege on behalf of the Members of the Class of 1949, to extend sincere congratulations to our Alma Mater, on this the occasion of her Fiftieth Jubilee.

It is with fond memories we recall our association with St. Joseph's School of Nursing.

May continued success be hers.

C. Connelly,  
Class of 1949.

● It is with a deep feeling of love and gratitude that I, on behalf of the Class of 1950, congratulate you, our dear Alma Mater, on this your Fiftieth Anniversary.

St. Joseph's School of Nursing shall always be remembered by the Class of 1950, for the inspiration and guidance she gave us. For every nurse who treads your sacred precincts our motto, "Whatever you have done to the least of these My brethren you have done it unto Me", keeps echoing in the heart wherever life's toils may take her.

Rita Petrone,  
Class of 1950.

● We, the class of 1951, wish to extend our warmest congratulations on this memorable occasion, the Fiftieth Anniversary of our Alma Mater.

Regina Piccolo,  
Class of 1951.

● Congratulations from the Class of 1952, to our Alma Mater on her Golden Anniversary.

We remember our many dates with Oscar; the cheery cups of coffee in the residence; how un-cooperative Mrs. Chase was during treatments; the nostalgia of formal dances; the rows of well-made white beds (with casters turned in); the hurried but sweet good-nights at the elevator entrance to meet the curfew; and the hustle and bustle of the sterile operating rooms. Yes we remember, and misty-eyed rejoice and feel very privileged that we can call St Joseph's School of Nursing — Alma Mater.

B. Zorzes,  
Class of 1952.

● Congratulations to the Graduates of 1954. How strange those words seem to us, the Class of '53. The keen anticipation which pervades every graduating class, seems scarcely to have faded from our minds, and now your names have loomed on the horizon of the future to be added to those of our ever growing alumnae. It was our privilege to watch your progress from enthusiastic little "probies," to "those awful intermediates," and finally we surveyed your beaming faces from our position on the stage, that memorable day when we graduated. Now your turn has come, and we feel sure that you too will feel as proud and grateful on that occasion as we did.

May each one of you, Sister Miriam, Tooch, Del, Cur, Witz, Luppy, Lil, Crabapple and Nolly, fulfil every dream of success.

Anne Friday,  
Class of 1953.

## PATRONS

The Graduating Class wish to thank the patrons whose generosity and encouragement have made this Golden Jubilee Year Book possible.

### ANDRE'S

12 S. Cumberland St., Port Arthur.

### ANDREW INSURANCE AGENCY, LTD.

Port Arthur, Ontario.

### A. E. ANGUS

Port Arthur, Ontario.

### ARTHUR CAFE

253 North Cumberland Street, Port Arthur.

### ARMSTRONG CARTAGE CO.,

Port Arthur, Ontario.

### ATKINSON'S JEWELLERS, LTD.,

8 South Cumberland Street, Port Arthur.

### BIRD'S RESTAURANT,

12 South Court Street, Port Arthur.

### HENRY BIRKS & SONS, LTD.,

Yonge Street (At Temperance), Toronto, Ontario.

### BIRKS STITT, CREDIT JEWELLERS, LTD.

256½ Arthur Street, Port Arthur.

### THE BOOTERY

Fort William and Port Arthur.

### BOURKE'S DRUG STORES, LTD.

Fort William and Port Arthur.

### S. BRAUNSTEIN, MANUFACTURING FURRIER

141 Simpson Street, Fort William.

### BRYANS LIMITED

Fort William.

### GEORGE H. BURKE, JEWELLER,

Corner Arthur and Cumberland Streets, Port Arthur.

### BOARD OF EDUCATION FOR THE CITY OF PORT ARTHUR

### CANADA BREAD COMPANY, LIMITED,

402 North May Street, Fort William.

### CENTRAL NEWS COMPANY

510 Cameron Street, Fort William.

### CHAPPLES LIMITED,

Fort William.

### THE CORPORATION OF THE CITY OF PORT ARTHUR

### COCHRANE HARDWARE (PORT ARTHUR) LTD.,

Port Arthur.

### COGHLAN INSURANCE AGENCY

Port Arthur.

### J. W. CROOKS CO. LIMITED,

Fort William and Port Arthur.

### H. T. CUNNINGHAM,

Barrister and Solicitor—5-6 Lowry Building, Port Arthur.

### CURWAIN JEWELLERS

10 South Court Street, Port Arthur.

### DELMAR'S LADIES WEAR

205 Arthur Street, Port Arthur.

### DELUXE FLOWER SHOP

Fort William.

### W. DESIMONE,

Barrister and Solicitor, 311-242 Arthur St., Port Arthur.

### ALEX J. DEVON,

Optometrist, South Cumberland Street, Port Arthur.

### I. MURRAY DODICK,

Optometrist, Fort William and Port Arthur.

### MAC DOLCETTI & SON,

38 South Court Street, Port Arthur.

### THE T. EATON CO., LIMITED,

Port Arthur.

### ELLARD & SON LTD.,

Fort William and Port Arthur.

### EVEREST & SON,

Funeral Director, Port Arthur.

### FARRANT & GORDON

Fort William and Port Arthur.

### FITZSIMMONS FRUIT CO., LTD.,

Fort William and Port Arthur.

### FOODCRAFT LABORATORIES LIMITED,

Toronto, Ontario.

### FREEMAN FINE FOOTWEAR

809 Victoria Avenue, Fort William.

### CHARLES E. FROSST & COMPANY

P.O. Box, 47, Montreal, Quebec.

### GAMBLE ROBINSON LTD.,

Fort William.

### GREAT LAKES CABS

209 Pearl Street, Port Arthur.

### THE GREAT LAKES PAPER CO., LTD.,

Fort William.

### C. D. HOWE CO., LTD.,

Port Arthur.

### JOY SHOP

20 South Court Street, Port Arthur.

### THE KAKABEKA FALLS BREWING CO., LTD.,

Fort William.

KELLOUGH BROS. DAIRY LTD.,  
Fort William.

D. J. KELLY  
111 South May Street, Fort William.

KING'S BUSINESS COLLEGE,  
40 South Court Street, Port Arthur.

LAC-MAC LIMITED,  
London, Ontario.

LANGILA HARDWARE,  
10 North Cumberland Street, Port Arthur.

LECOQC, THE FLORIST,  
Fort William and Port Arthur.

DON LOVELADY, PHOTOGRAPHER,  
268 Arthur Street, Port Arthur.

LOWERY'S LIMITED,  
30 S. Cumberland St., Port Arthur

LADIES' AUXILIARY OF ST. JOSEPH'S GENERAL  
HOSPITAL

MARSHALL-WELLS CO. LIMITED,  
37-39 S. Cumberland St., Port Arthur

MASTER CLEANERS & TAILORS,  
Fort William

JAMES MURPHY COAL CO.,  
Fort William

McFARLANE'S MEN'S WEAR LTD.,  
32-34 S. Cumberland St., Port Arthur

McGOLRICK'S  
Fort William and Port Arthur

McNULTYS LIMITED  
Port Arthur

THE MEDICAL STAFF OF ST. JOSEPH'S GENERAL  
HOSPITAL

NEW IDEA SHEET METAL WORKS  
189 S. Algoma St., Port Arthur

NEW YORK LUNCH,  
117-9 Simpson St., Fort William

OIKONEN TAXI,  
191 Lorne St., Port Arthur

PICKER X-RAY OF CANADA LTD.,  
1047 Laurier Ave. West, Montreal, Que.

PALM DAIRIES LTD.,  
Fort William

PARK ELECTRIC SERVICE CO.,  
Park at Court St., Port Arthur

PERSONALITY BEAUTY CLINIC,  
265 Lincoln St., Port Arthur

ALFRED A. PETRONE,  
Barrister, Solicitor and Notary, Port Arthur

R. K. PIPER LTD.,  
16 St. Paul St., Port Arthur

PORT ARTHUR BEVERAGE CO.,  
Port Arthur

BEV. PORTER'S FASHION SHOP.,  
26 S. Court St., Port Arthur

PETERSON ELECTRIC CO.,  
226 Van Norman St., Port Arthur

POUNCEY'S PORTRAIT STUDIO,  
58 N. Algoma St., Port Arthur

RUDILS BAR B-Q.,  
264 Arthur St., Port Arthur

RUTLEDGE STATIONERY LTD.,  
512 Victoria Ave., Fort William

RUTTAN-BOLDUC-ADDERLEY LTD.,  
4 S. Court St., Port Arthur

SARGENT & SON,  
Funeral Directors, Port Arthur, Ontario

SAVE-WAY CLEANERS LTD.,  
Fort William and Port Arthur

OSCAR STYFFE LTD.,  
Port Arthur

SUPERIOR CARTAGE (LAKEHEAD) LTD.,  
Fort William and Port Arthur

SUPERIOR LUMBER CO.,  
25 Front St., Port Arthur

ST. JOSEPH'S HOSPITAL NURSES' ALUMNAE,

TAYLOR'S MEN'S WEAR,  
40 S. Cumberland St., Port Arthur

THUNDER BAY LUMBER CO., LTD.,  
Fort William and Port Arthur

TOURTELLOT HARDWARE CO. LTD.,  
235 Arthur St., Port Arthur

THE THUNDER BAY AUTOMOBILE DEALER'S  
ASSOCIATION,

TRANS-CANADA HOTEL,  
Long Lac, Ontario

VOGUE MILLINERY,  
2 S. Court St., Port Arthur

WAGHORN'S DRUG STORE,  
Terrace Bay, Ontario

THE WILLSON STATIONERY CO., LTD.,  
Fort William and Port Arthur

## "And Then Came Dawn"

The dawn was breaking through the scattered puffs of clouds. Birds began to chirp. The earth soaked in the bright strips of early morning light, and awakened to a new day.

High up in a quiet, but busy dwelling, in a small city known as Port Arthur, something more than earth stirred—the Senior class of St. Joseph's Hospital Student Nurses, had awakened to another beautiful day of classes!!!

Music blared, feet stomped, voices rang loud and clear; shouts of laughter, moans and groans, pierced the almost still air. Yes, it was the resurrection of the girls in the "big dorm" and the "Birth of the Blues!" In a never to be forgotten sight, all twisted, whirling and piouretting, eyes ablaze with delight, lips pursed in sweet song, concentrating in their inspired gaiety, polkaed Luptak and Friday, gratefully cheered on by their onlooking room-mates.

Now the tune shifted—Currie began her movements and contortions; Delpino tossed aside her labour (knitting) and eagerly joined in. Crabbe emerged from her den of covers and a little sleepy-eyed, slithered her way to the floor. Lowry entered upon the scene full of joyous "hellos" and news of the weather, and to show that she was no "Schmoe" waltzed to a tune sweet and low—surely now all the "hep-cats" were together.

But wait! Where's Witzell? Oh! you know—"always late." Here she comes, humming and prancing to and fro waiting for the word—"go." The picture is now complete—a dorm full of jumping feet.

No?—A count of noses brings to the group's attention, that one of their playmates is missing—but for shame—"Tooche, get in the game!" But she is far ahead of them all—she's really "charging" up "the crawl."

The circuit's complete, the dawn has broken, time draws near; the face on the clock sneers "it's here." Away troop the pranksters, faces full of glee, ready to start afresh the coming day's toil.

In a room below, Sister Miriam gracefully bows her head and whispered, "Amen," hoping that dawn breaks again—but not the ceiling above her head!!!

Dorothy Santucci,  
Class of 1954.

## T.L.C. — A Nurse on Pediatric Ward

*"Suffer little children to come unto me, and forbid them not, for of such is the kingdom of Heaven"*

### A Frightened Child—

He wakens with a scream  
As from some horrid dream;  
And clings to me, arms tight;  
—Then sleeps throughout the night.

### A Crying Child

This unfamiliar place—  
To THEM I'm just a case—  
Do THEY not know  
'Tis home I want to go?

### A Child in Pain

Their suffering plainly shown  
By cry or muffled moan.  
Entreating eyes implore  
Your help to ease the sore.

### A Trusting Child

Big blue eyes, or black ones maybe,  
Ten years old, or just a baby,  
He'll do anything you say.  
He has such a winning way.

### A Quiet Child

While all about is noise  
A cry, a laugh, a shout,  
He watches all the goings-on  
A frequent smile, or little frown.

### A Happy Child

With busy hands, and busy mind,  
To other children always kind,  
Very satisfied it seems  
With her dolls, and books, and dreams.

### A Fevered Child

Tossing and turning  
Fretful cheeks burning,  
Muttering in delirium,  
A sponge, a pill, and cool again.

### A Loving Child

Soft moist warm kisses,  
Not a thing she misses.  
Oh, she is so sweet.  
She's really quite a treat.

### A Crippled Child

The withered limbs of babes  
Stricken with dread disease,  
Helpless, courageous, brave,  
Their's not a life of ease.

### A Dying Child

Hurrying feet and busy hands,  
A silent prayer as there you stand,  
Vain is the knowledge and the skill.  
Death is the victor. 'Tis God's will.

LILLIAN LOWRY, '54



SODALITY GROUP

M. Love, N. Friday, M. Gollat, A. Rybar, A. Coghlan, D. Morrow—(seated)—Rev. R. E. Kennedy, Sodality Director, E. Goyman, A. Mills, J. Coski, M. O'Rourke, L. King, N. Weir.

## A Message From the Director

In the midst of the world-wide celebrations and rejoicing of "Marian Year", it is the duty and privilege of Sodalists to mingle their voices with the chorus of praise that goes up to our Heavenly Mother.

Loyal and grateful children of Mary know full well that only words not prompted a deep heart-felt love for our Queen, would not ring true.

May our tribute of praises coming, as it does from so few, be magnificent beyond measure by the genuine sentiments that spiritualize all our every day actions.

Many are the choice blessings She offers us during this year. May we be worthy to receive them by our fidelity to Her in the service of Her Divine Son.

R. E. Kennedy, S.J.  
Sodality Director.

## All in a Year's Work

**OCTOBER 29**—Marked the occasion of a visit from Reverend R. A. Carroll, Pastor of St. Elizabeth's Church, of Fort William. Father Carroll spoke on Sodality, its foundation, establishment and ideals. This occasion gave us an opportunity to use our beautiful new banner.

**NOVEMBER 12**—We held a very successful "Chatter Party" for the Student Body, using the new system "Group Dynamics" to discuss the popular subject "money" and its influence on Christmas. After the discussion, the students were entertained by a group of fashionable young ladies (a bit overdressed, I might say), in a mock "Fashion Show" followed by a bit of quick tapping by our Miss King under the disguise of a drunken sailor. I think we all had a "better than good" time.

**NOVEMBER 28**—Scene: The Local Supermart. Under the direction of Miss Weir, a successful bake sale was held. The proceeds were used for a Christmas hamper. Special thanks to Miss Connelly for all her help and, of course, to all the mothers who donated the food so generously.

**DECEMBER 8**—The Feast of the Immaculate Conception marked our Spiritual Meeting in the Chapel. Together, we recited the Little Office of the Blessed Virgin Mary and then listened to an inspiring address by our Director, Father Kennedy.

—All through December, the Sodalists worked to "Bring Christ back into Christmas" by selling and sending religious Christmas cards.

—The Apostolic Committee prepared lovely hampers for two needy families for Christmas.

—We purchased "the Handmaid of the Divine Physician" (a book every Catholic nurse should read).

We also procured many pamphlets which will add interest to our Retreat.

—Our thanks to Sister Basila, the Sacristan, for teaching us how to prepare the altar and vestments for Mass.

—The Sodality has its own Bulletin Board which is both inspiring and informative.

—We co-operated with St. Andrew's Young Peoples in selling tickets, from which part of the proceeds will be used for a scholarship.

—Stamps were collected and sent to the Scarborough Mission Bureau. For this same organization, we put a "Mite box" in the Dining Room during Lent. We are grateful to all who made contributions.

—During Lent the Sodalists made a supreme effort to attend daily Mass. This was an excellent preparation for Easter, as well as for our annual retreat which was given by Rev. Cyril McGuire, C.P.

**MARCH 25**—A "Bridge Night" was held at the Nurses' Residence. Co-conveners were Misses Noel Friday and Joanne Coski. Fourteen tables attended.

—Plans were made for a Rummage Sale and a Raffle to raise funds to send two Sodalists to the Summer School of Catholic Action in Chicago in August. Miss Norma Weir and Miss Monica Gollat were chosen to represent our Sodality.

**APRIL 27th**—The Sodalists met in Chapel for the Installation of New Officers, followed by Benediction of the Blessed Sacrament. Newly installed officers were:

Prefect—Miss Moira Love.  
Vice-Prefect—Miss Lorraine King.  
Secretary—Miss Norma Weir.

(Continued on next Page)

## All in a Year's Work (continued)

**MAY 9th**—World Sodality Day was observed. On this occasion, two new students, Miss Helen Kerr and Miss Joanne Coski were formally accepted into the Sodality at an impressive ceremony held in the hospital Chapel. Leading a procession into Chapel was Miss Moira Love, carrying the Sodality banner, accompanied by the flower girls, Susan and Maureen Montemuro, carrying nosegays of red roses. Following with Our Lady's Crown was Mary Kay Leismer. The ceremony opened with "Mary's Day Hymn," sung by the Student Nurses' Choir, accompanied by Mrs. Rosemary Liesmer. Father Kennedy gave a most inspiring address in which he pointed out the obligations of a Sodalist. Since it was also Mother's Day, Father spoke of the devotion we should have for our Heavenly Mother, as well as our earthly mother.

The Crowning of Our Lady by Miss Joanne Coski preceded Benediction, which brought our ceremony to a close.

—A Mother's Day Tea held in the Dining Room was very well attended by the students and their Mothers. During the tea hour, Mr. Lorenzo Gover entertained us with some piano selections.

**MAY 27th**—At our regular meeting, Miss Lorraine King was presented with a "bracelet," a small gift from the Sodalists in appreciation of the excellent work she did with the Sodality, during the past year. At this time, we wish to sincerely thank Rev. Father Kennedy, our Director, and Rev. Sister Patricia, our Moderator, for their guidance during the year.

## "Not Another Meeting"

Meetings can make or break the interest of the members in an organization. They take careful planning and a little psychology. From the convention in Chicago last August, the students learned a system of discussion, "group dynamics," which allows everyone to present their views. The Sodalists adopted this technique to study the rules of the Sodality in order to become better informed of the responsibilities of a Sodalist.

Besides learning about the organization, we formed committees which endeavoured to improve the life amongst the students; for example, when the students agreed that morning prayers were not being well-said, the Sodality led by the Eucharistic Committee, submitted a new form of morning prayers which was approved by Sister Patricia and introduced to the Student Body.

For variety at our meetings, we have had quizzes on "Titles of Our Lady's Apparitions." The Sodalists at another meeting gave practical demonstrations on the correct performance of such daily Catholic acts as the sign of the cross, and genuflecting. We made a self-examination on our "Personality for Leadership."

Our "get-togethers" each Thursday evening at the Nurses' Residence seldom lasts more than an hour, but from that hour come many suggestions for the moulding of a better individual. Under the direction of Reverend Father Kennedy, we plan our prayers, our work and our fun.

LORRAINE KING

## One Friday On Calvary

One Friday on Calvary, as in a hospital ward,  
Three men lay dying—among them, our Lord.  
'Twas the worst case of neglect that was ever recorded;  
These patients whose pain Pilate had ordered.  
On three hard beds, in the shape of a Cross,  
Without pillow or blanket, no nurse would endorse.  
Now the One in the center our attention should claim;  
Jesus of Nazareth, the chart gave His name.  
A cardiac condition, examiners find—  
Excessive love for the whole of mankind.  
Now you who are nurses, just listen to this;  
Unsterilized nails pierced His feet and His wrists,  
And what about this for cruel medication?  
Vinegar and gall were His lips' alleviation.  
His back men wounded by blows and welts,  
Yet no soothing ointment relieved the hurts.  
No cold compress was applied to His eyes;  
The world's greatest lover just hangs there and dies.  
Not a grain of morphine, not a tourniquet set  
As Mary's Son slowly bleeds to death.

The chart then concluded, as further we see;  
"The sad Man from Nazareth died about three."  
His loved ones mournfully went their way—  
His Mother, Magdalene, and John so they say.  
No don't blame the Jews for this frightful neglect;  
Our sins did it all; our sins do it yet.  
This treatment of Christ demands reparation,  
It falls to you Nurses, of this generation.  
Whenever you see anyone in pain  
Just make believe it is Calvary again.  
And do for the patient what you wish they had done  
For the Man in the center—the Innocent One.  
It will thrill His angels, it will please Him, too;  
Just keep at it girls, 'till life's work is through.  
And when a'ter death your soul mourns on high  
God will "cap" you again in His home in the sky.  
And on Judgment Day, then Heaven you'll win  
Because nursing your patient, you really nursed Him.

Father Michigan





CROWNING OF OUR LADY



WORLD SODALITY DAY

## Sodality Summary

- ITS LIFE**—The Eucharist.
- ITS IDEAL**—To form Christ in its member and to give Him to others.
- ITS SLOGAN**—"To Jesus through Mary."
- ITS FORCE**—Grace.
- ITS GUIDING PRINCIPLE**—Quality—then quantity.
- ITS SOURCE OF ZEAL**—The sacraments, prayers, the apostolate.
- ITS PROGRAM**—Self sanctification and the apostolate through devotion to Our Lady.
- ITS METHOD**—Selection and Formation.
- ITS SURETY**—Christ conquers; Christ reigns; Christ commands.
- ITS HAPPINESS**—Service.

## Miss King's Message

Dear Sodalists:

To do great work two things are necessary—a definite plan and not quite enough time. We have both. Our plan is to aspire to perfection and in doing so to influence others and to bring friends and acquaintances nearer to Jesus. For me, the Sodality is a life of its own—a medium between the ordinary Catholic and a religious vocation, the way of life by which I shall live until God summons me in death. Our work has been on a small scale and perhaps the human eye is not aware of the little acts of kindness and prayer which form our lay apostolate. Sodalists, it has been good to work with you. You give excellent example in the Student Body, and are responsive to each other's suggestions. I am proud of each of you. May Jesus and His Blessed Mother bless your efforts and The Holy Ghost inspire you to perfection.

Lorraine King—'55.  
Prefect. 1953.

# SPORTS

## SWIMMING

Water, water, everywhere,  
And ne'er a drop to drink!

Everyone contributed to the success of our "Splash Party" at the "Y", and had tubfuls of fun. Later, the enthusiastic mermaids consumed quantities of hot dogs and coffee, and then gyrated gracefully in the Bunny Hop. Miss Overholt was tops as life preserver and swimming instructor but, somehow failed to moderate the roars of the gals of S.J.H.

## BADMINTON

"It flew through the air with the greatest  
of ease

That poor little birdie—scotch tape,  
please!"

Although no tournaments were played, many enthusiastic beginners trotted to St. Andrew's Parish Hall, to swing and sway. After profusely perspiring, the gals would crawl home in a state of muscular exhaustion, barely able to hold each others' chins up. Keep plodding kids — maybe next year we can venture a challenge.

## BOWLING

"They roll down the aisle with the greatest  
of ease,

Those little black balls—not the players,  
please!"

Our annual Bowling League raised much enthusiasm among the girls. The blue ribbon girls for '54 were captained by Dorothy Santucci and included Miss Clayton.

High bowlers in the tournament were Dorothy Santucci and Joanne Coski.

## BOWLING BANQUET

On Wednesday, April 7, 1954, the Student Nurses' Association of St. Joseph's General Hospital held a Spaghetti Supper in the nurses' dining room. The occasion was to honour the winners of the Bowling League at the completion of their annual schedule. Forty students attended. Conveners were: Betty Ann Currie, Mary Luptak, and Mary Delpino. Servitors were: Helen Kerr, Evelyn Kolody, Monica Gollat, Ann Lapchinski and Anne Rybar.

Members of the champion team were seated at the head table. Each member received a miniature rose bowl.

Preceding the supper, Miss Norma Clayton was pianist for a sing-song. Miss Noel Friday, President of the Students' Association, presented a trophy donated by the Association. Miss Dorothy Santucci, captain, accepted the trophy on behalf of her team . . . Norma Clayton, Beverley Randa, Jacqueline Koval, Carole Aalto and Nellie Goriak.

Gifts were presented to high scorers, Dorothy Santucci and Joanne Coski (tied) and Miss Catherine Wallace, low score.

## BASKETBALL

"If I had the wings of an angel

It would make the game a lot easier,  
wouldn't it?"

Although in the early stages of development, basketball sessions were held weekly at the Naval Barracks. A senior and intermediate team, captained by Wanda Palka and coached by Miss R. Petrone, and junior team with Rose Toffan as captain and Miss M. Overholt coach, tussled with our prize possession—a new basketball, purchased for us by the Students' Association.

On May 13th, the Junior Squad from McKellar School of Nursing met our team, coming out on the top end of a 9-8 score. However, the future is full of surprises. The following week we redeemed ourselves when our Senior team defeated the team from the Port Arthur General Hospital School of Nursing.

## SKIING

We really have had a successful winter as far as skiing is concerned. Mount Baldy is in, the full meaning of the term, "a winter wonderland", when it comes to skiing.

The Club executives and committees concerned, have put endless work into the improvements of the hill and club-house for the enjoyment of all hickory lovers.

For the past years, we, as student nurses have enjoyed free membership, allowing us to take part in this popular winter sport here at the Lakehead.

We both appreciate and enjoy this advantage, which allows us to be participants as well as admirers.

From the day of our first snowfall, 'till the grass appears in spring, we find ourselves eagerly following the "fame column" in the local paper for the recent conditions of the slopes and the up and coming events to follow.

The Central Zone and Dominion Meets were really something, and so was "Cupid's Ball," if you remember!

So thanks a million, club officials, for your thoughtfulness toward us. We really have appreciated it and also the many times you have provided us with transportation to the club.

As our tall boards rest in the corner, we shall also relax until another winter rolls around and we can resume our "get-togethers" around the old wood stove at Mount Baldy.

Betty Anne Currie, '54

Rosemary Johnston, '55



SENIOR BASKETBALL TEAM



JUNIOR BASKETBALL TEAM



SKIING



SWIMMING



BOWLING



BOWLING TROPHY

# Report of the Social Committee

Chairman - Miss Norma Weir - Class of '55

September 1953, marked the arrival of twenty-two new and ambitious students. With their arrival, a "Welcome" party was given by Intermediate and Senior students, in the form of a **Bowling Party**. For those who felt the game was a little strenuous, table tennis was also available. For an added surprise, a Bean Supper, convened by Miss R. Johnston, was held at the Nurses' Residence. Following the supper, the "Bunny Hop," a new dance, was introduced to the students. Miss C. Connelly and Miss M. Overholt joined the students in their party.

Weird sounds, hushed voices, squeaky doors and masked hoodlums became the background for the **Hallowe'en Party**. Counting traffic lights, entertaining the firemen, practicing the "Bunny Hop" in public, were some of the penalties enforced by the newly formed F.B.I. "Stalag 17," Miss Beverley Randa, took all honours in her white underwear. We were pleasantly surprised by a visit from two Martians, who were honestly puzzled about the whole affair. After all had unmasked, the F.B.I. turned out to be none other than our twenty-two new students and the puzzled visitors revealed themselves as our own Miss Connelly and Miss Overholt. The evening's fun was topped off by coffee and do-nuts.

Our second Annual "**Uniform Dance**" was held at the Nurses' Residence where decorations — streamers and balloons, gave an atmosphere of gaiety and friendliness. Students, dressed in crisp white uniforms, introduced their escorts to "Bunny Hop" and "Hutchie Cutchie." Chaperones were Miss C. Connelly, Miss M. Overholt and their escorts.

Melodious sounds coming from the far corner, assured us that Hugh Morrow with his "Stalag 5" were still with us. During the evening, novelty prizes were awarded to Valerie Doe, Dan Gaudino, Elsie Goyman, Dick Baxter, Helen Birch and Lorne McBride.

Refreshments were served.

The social whirl continued throughout the Christmas Season, when many of the students attended the **Doctor's Dance** held at the Prince Arthur Hotel. It was a gay festive evening enjoyed by all.

In January, a **Theatre Party**—a Christmas gift to the students from the Nurses' Alumnae—was held, followed by a Spaghetti and Meat Ball Supper at Angelo's Spaghetti House. Speeches, songs and jokes were included. Miss M. Overholt and Miss C. Wallace were invited guests.

Working during the day didn't hinder the students from enjoying a brisk "**Snow Tramp**" during the latter part of January. Bundled up in the Eskimo style, the brave ones ventured forth into the wilds of Boulevard Lake. Around the dark bends we trudged, the stillness of the night disturbed by our enthusiasm. Through Cherry Lane we forced our way and finally emerged out of the wilderness into a lonely bus terminal.

Exhausted and hungry, we staggered into the bus and slightly dishevelled, arrived at the residence. Hot coffee and doughnuts, however, along with the added attraction of "Gus" and "Rosie," doing their now famous "Snake Dance" made the evening a success.

The Sports Committee held a **Splash Party** at the Fort William YMCA early in February. Pictures taken showed it was enjoyed by all.

February marked the social event of the year, when the **Second Annual Cupid's Ball** was held at the Current River Casino. The event, with approximately 500 young people attending, was a gay affair.

Each guest received a souvenir programme and the escorts were each presented with Valentine lapel corsages.

Receiving were patrons and patronesses: Dr. and Mrs. E. Powell, Mr. and Mrs. William Geddes, Miss Noel Friday, president of the Student Association and Mr. Jeff Brett.

The dance, which was cabaret style was from 9 'til 1 o'clock, with Mr. W. Geddes as Master of Ceremonies. Couples danced to the music of Stan Onski and his seven-piece orchestra. We danced to favourites such as That's Amore, Let Me Call You Sweetheart, I'll See You in My Dreams and many others.

The soft pastel colours of the many gowns produced a rainbow effect on the dance floor.

During the evening, a grand march was led by Dr. and Mrs. E. Powell, Miss R. Johnston and Lorne Deacon led the Bunny Hop.

During intermission, a floor show was presented. Valentine punch was served during the evening.

After the general March meeting of the Students' Association, a "**Platter Party**" was held in the residence, convened by Miss Dolores Morrow and Miss Betty Anne Currie.

On March 17 fresh spring flowers, shamrocks and Irish shillelaghs made an attractive and colorful background for the **St. Patrick's Day Tea** held in the Nurses' Dining Room of St. Joseph's Hospital. Co-conveners were Misses Doreen Witzell and Helen Birch.

Misses Betty Ann Currie, Helen Birch and Rose Toffan, student nurses, received. Mrs. F. Main was dining room hostess.

The tea table was attractively draped with a white Irish linen cloth decorated with green shamrocks and offset with a centerpiece of fresh spring flowers in a cut glass bowl.

Miss Cherie Cowan was in charge of the cash bowl and student nurses Miss Doreen Witzell and Miss Noel Friday, assisted by nursing assistants Mrs. R. Greer and Mrs. G. Lightfoot, poured.

Junior and intermediate students served under the direction of Miss Norma Clayton and Miss Carmel Connelly. Misses Dorothy Santucci and Mary Luptak were in charge of kitchen arrangements. Decorations were planned by Mrs. Lillian Lowry.

During the tea, Irish airs were played by Mrs. J. Harrison on the violin, accompanied on the piano by Mr. L. Gover.

Shamrocks were made by the student nurses and sold in the hospital during the day. Proceeds from the tea were used to send two student nurses, Misses Helen Birch and Patricia Kennelly, to the Canadian Nurses' Convention held in Banff in June.



GLEE CLUB

FIRST ROW: D. Morrow, M. Gollat, A. Rybar, B. Scott, P. Ryan, P. McGuire, M. Love, N. Weir. SECOND ROW: L. King, B. Randa, P. Kennelly, A. Lapchinski, H. Kerr, Mrs. L. Liesmer, A. Mills, M. O'Rourke, G. Owen, M. Gordon.

## Glee Club

The Student Nurses of St. Joseph's Hospital have many and varied activities. The one which concerns me primarily is the Student Nurses' Glee Club.

The Student Nurses' Glee Club has two reasons for existing: to provide an outlet for musically inclined nurses; and to provide a select group of trained singers for the various functions which occur during the year.

The Glee Club has given distinguished service at Graduation and Capping Ceremonies; at the Nurses' Memorial Day and Sodality Day Services; has given yearly Christmas pleasure with choral singing throughout the hospital and has entertained at the Home for the Aged; besides its regular duties in the Hospital Chapel.

While the reading of these lines takes but a minute, any reader at all familiar with Hospital routine for Student Nurses will be amazed not only that such a group exists, but that it should also be available for so many and varied duties.

That it does is indicative of the intelligence and spirit of self-sacrifice of nurses themselves and the vigorous and enlightened leadership of their superiors.

The Glee Club, pronounced an impractical dream, was founded in the autumn of 1949 and has flourished ever since.

It is a matter of professional pride and personal satisfaction to be associated with this truly unique group of singers.

Mrs. Leo Liesmer

## C.Y.P.S.

St. Andrew's Catholic Young Peoples Society was first organized in February, 1950, and since then, has progressed steadily towards achieving its aim — to keep our Catholic Young People together, both socially and spiritually. Many student nurses have the opportunity to become members. Unlike less fortunate organizations, the C.Y.P.S. has always had with it, an interested Moderator, Father Bathurst; a capable president, who, this year, is Wilf Felteau; and a convenient and modern club room. The meetings, which are held at 8:30 p.m. on every first and third Sunday of the month, are well attended by the members of the association.

Foremost in importance is their well - directed spiritual group which sponsors and encourages such activities as a yearly Retreat, Communion Breakfasts and the Living Rosary.

Ranking next in importance is an ever active social committee. This popular group is responsible for the Annual Christmas Formal, the Blossom Ball, arranged in conjunction with the Knights of Columbus, a Sadie Hawkins Dance, a sleigh ride, a skating party, picnics, and talent night.

Other committees within the club are the sports entertainment, publicity, "Log," which is the club's paper, ways and means, membership, welfare and bridge. The endeavors of these groups, coupled with the friendly atmosphere of the club, affords to us many pleasant hours with most enjoyable company.

## St. Andrew's Centre

—We are fortunate to have the use of the "centre" for our recreational purposes. Facilities include bowling, ping-pong, bridge, cribbage and even pool!

We have spent many happy hours at the centre, and wish to thank everyone who has been so courteous and friendly to us on our many visits there.

Dolores Morrow, Class of '55



## Capping Ceremony

Sunday afternoon, January twenty-fourth, St. Andrew's Church was the scene of an impressive "Capping Ceremony," where a large audience witnessed nineteen young ladies and one gentleman being officially accepted into the School of Nursing.

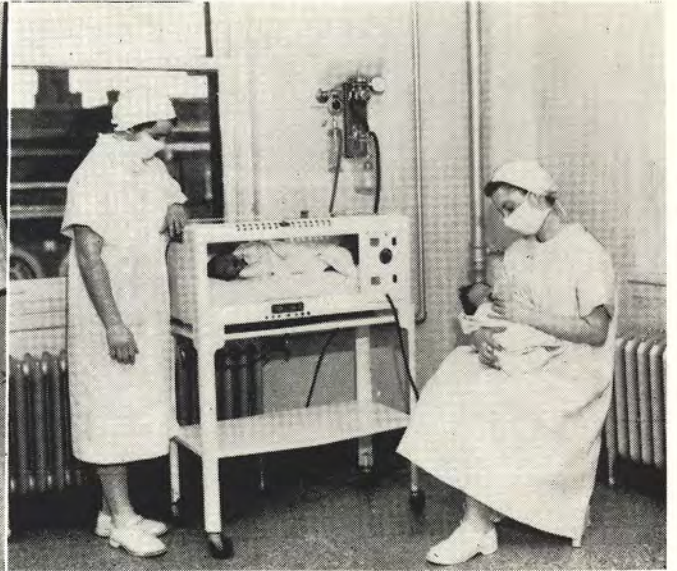
Caps were presented by Miss Carmel Connelly, Assistant Director of Nurses and Miss Marilyn Ovrholt, Nursing Arts Instructor.

Following the ceremony, a reception was given in the Nurses' Residence, by the Ladies' Aid of St. Joseph's Hospital.





MATERNITY SCENE



NURSERY SCENE



CENTRAL SUPPLY



MEDICAL FLOOR



PEDIATRICS

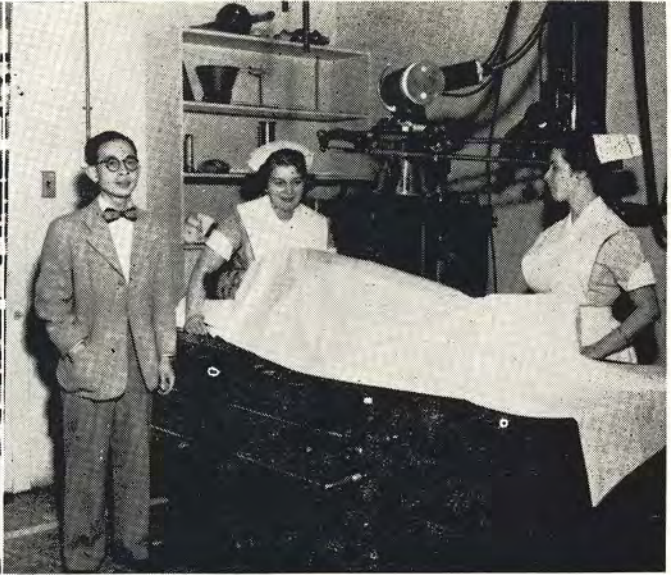


OPERATING ROOM





PHARMACY



X-RAY



PHYSIOTHERAPY



LABORATORY



EMERGENCY



KITCHEN



**GRADUATES—1953**

FIRST ROW: M. Petrone, C. Miller, J. A. Anderson, J. Payetta. SECOND ROW: A. Friday, L. Guerard, Sister St. Catherine, L. DeLorenzi. THIRD ROW B. George, J. Taylor, J. Coliatti, J. Morrow.



**GRADUATING CLASS—1952**

FRONT ROW: W. Harpell, J. Guerard, R. Anderson, F. Cataford, J. Ouelette, G. Morrow. SECOND ROW: G. Colton, J. Larose, D. Pothier, J. Randa, P. O'Rourke, B. Zorzes, M. Levesque. THIRD ROW: M. Smith, M. Facca, A. Otto, P. Anderson, T. Coates, J. Boutotte.



Graduation Exercises begin with Benediction of Blessed Sacrament in Chapel.



ON THEIR WAY



GRADUATION CEREMONY



HIS WORSHIP MAYOR ROBINSON PRESENTS AWARDS



RECEPTION



GRADUATION DANCE

## The Laying of the Corner Stone



The corner stone for the new Nurses' Residence and School of Nursing, was laid by the Honourable MacKinnon Phillips, Ontario Minister of Health, on June twenty-ninth, 1954, at a ceremony attended by nearly one hundred people.

Monsignor P. J. McGuire, Rector of St. Patrick's Cathedral, Fort William, blessed the stone, and, assisted by Reverend C. S. Bathurst, Rector of St. Andrew's Church, Port Arthur, placed behind it, a box of sacred relics of the Church.

Mr. B. Farmer, Chairman of the Hospital Board, said that St. Joseph's had looked forward for many years to the time when an up-to-date residence would be erected on this site. He added, that when completed, the residence would be furnished with the most modern equipment and facilities.

The residence will contain 80 single bedrooms with running water, and 15 double bedrooms. On each bedroom floor is a small sitting room and kitchenette. On the Main floor are the Nursing School offices, two lecture rooms, and a demonstration room, a library, small and large reception rooms.

In the semi-basement are the dietetic and chemistry laboratories, trunk room, sewing and laundry rooms, storage rooms plus a combined auditorium and gymnasium.

Greetings from the City were presented by Mayor F. O. Robinson, who said: "The City is proud of St. Joseph's." "It has made a tremendous contribution to the welfare of Port Arthur."

Dr. MacKinnon Phillips, in his closing words said, that women entering the nursing profession which ranked second only to the Church, were entitled to a home away from home, and that whenever possible, there should be individual rooms, with recreation rooms and reception rooms for use during off-duty hours.

His final words were quoted from Rhenhold Neibuhr's prayer:

*"God grant me the serenity to accept  
The things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference."*

After the ceremony, a banquet, was held in the Nurses' Dining Room.

## Lecturers

SCHOOL OF NURSING—1953 - 1954

Nursing Ethics .....	}	Sister M. Patricia
Trends in Nursing .....		
Anatomy and Physiology .....		
Operating Room Technique .....		
Health and Associated Subjects .....		Sister M. Dorothy
		Mrs. H. Cunningham
		Miss G. Downey (P.A.G.H.)
Nursing Arts .....	}	Miss M. Overholt
History of Nursing .....		
Charting .....		Miss C. Connelly
Bacteriology .....		Dr. A. Kirschner
Dental Health .....		Dr. R. Kelly
Chemistry .....		Sister M. Alicia
Nutrition and Diet Therapy .....		Mrs. E. Kerr
Religion .....		Rev. R. E. Kennedy, S.J.
Moral Ethics .....	}	Rev. S. C. Bathurst, S.J.
Psychology .....		
Paediatric Nursing .....		Miss R. Petrone
Urological Nursing .....	}	Miss N. Clayton
Gynaecological Nursing .....		
Medical Nursing .....		
Orthopaedic Nursing .....		
Obstetrical Nursing .....		Miss M. O'Rourke (P.A.G.H.)
Surgical Nursing .....		Miss C. Wallace
First Aid .....	}	Miss H. Yamashita (P.A.G.H.)
Civil Defence .....		
Pharmacology and Therapeutics .....		Miss K. Feisel (P.A.G.H.)
		Mr. G. Smith
		Mr. A. Crowe (P.A.G.H.)
Gynaecology .....		Dr. H. Chapman
Eye, Ear, Nose and Throat .....		Dr. E. N. Wright
Obstetrics .....		Dr. C. Johnston
Dermatology .....		Dr. S. N. Schiewe
		Dr. T. J. Montemuro
Medicine .....	}	Dr. A. Macrae
		Dr. J. Colquhoun
		Dr. K. D. Kemper
		Dr. F. F. P. Thompson
Surgery .....	}	Dr. A. Ostrander
		Dr. J. V. Riches
Paediatrics .....		Dr. D. W. Burnford
Urology .....		Dr. C. Baker
Communicable Diseases .....		Dr. E. V. Anten

## A Vote of Thanks

With the conclusion of another curricular year, we see each senior changing her gold band for the coveted black band, the time honoured symbol of a graduate nurse. Our intermediates are relinquishing their blue bands to accept gold bands and to accept along with them an increasing amount of responsibility. The juniors will add blue bands to their caps. These changes are important milestones in the training of each nurse, milestones which bring her closer to the sought-after goal.

We remember those who persevered with us that we might be adequately prepared to take our places in this respected profession and we appreciate the curriculum which has been planned in such a way that subjects were correlated and theory and practice carefully integrated.

At this time we would thank the doctors who so willingly gave the time during their busy daily schedules to prepare and give lectures which have been both interesting and beneficial. Our nursing instructors and supervisors, through their guidance and explanation have assisted us to apply our learning the actual nursing of patients.

We are grateful for the opportunity afforded

us to affiliate at the Ontario Hospital, London, and the Fort William Sanatorium. These experiences have done much to broaden our nursing knowledge and help us achieve maturity in our professional life.

The curriculum would be incomplete without the inclusion of those subjects which are not nursing but which form an integral part of all medical knowledge.

Religion, Moral Ethics, Dietetics, Pharmacology and Physiotherapy are a few of these. To Father Bathurst, Father Kennedy, Mrs. Kerr, our dietitian, Mr. Smith, our pharmacist and Mr. Tatlow, our physiotherapist, we would express our appreciation for giving us the benefit of their specialized knowledge.

During the past year it has been arranged that classes be taken with the students from Port Arthur General Hospital. This has proved very interesting and has given us an excellent opportunity to become better acquainted with students and instructors from this hospital.

In closing we would like to express our gratitude to the Sisters of St. Joseph who have made our nursing education possible and whose tireless efforts and kindly counselling have been an unending source of inspiration.

## What to Do When You See Certain Doctors Coming

- DR. HOGARTH—Begin a Mosenthal Test.
- DR. KEMPER—Sharpen your wits.
- DR. E. POWELL—Get **his** eye tray, warm boracic solution, and measured adhesive strips.  
Oh, Yes !!! Put **all** medications on ice.
- DR. DENNIS—Hide all the chocolates.
- DR. EAKINS—Check the laxative list.
- DR. MONTEMURO—Open the windows, girls, here comes Montie with the pipe.
- DR. RITCHIE—Quit pushing, kids, it's my turn to make rounds to-day.
- DR. FERGUSON—Let's tidy the linen closet. Here comes Fergie.
- DR. CHAPMAN—Try to figure out what frame of mind he is in to-day.
- DR. BURNFORD—Run, do not walk, to the nearest exit.
- DR. BALLANTYNE—Smile!
- DR. MUTRIE—Don't ask, just **check** his routine orders.
- AN INTERNE—Get a chair.

## The Class of '54 Wish to Bequeath to

- DR. DENNIS—Time to publish "Adventures of an Anesthetist".
- DR. KIRSHNER—Interesting and cultured microbes.
- CLASS OF '55—Our enviable rank of Seniors, and the S.J.H. Torch (wherever it is).
- CLASS OF '56—Our good name.
- CLASS OF '57—Our regrets we didn't get to know you better.
- FUTURE STUDENTS—Health, Happiness, Success.
- DR. RICHES—Well-behaved plaster.
- DR. PARKS—Less soulful eyes.
- DR. FRYER—A brother about 24.
- DR. DUFF—Complete autobiographies of everyone.
- DR. RITCHIE—Less susceptible nurses.
- SISTER EILEEN—Everything done thoroughly.
- SISTER PATRICIA—Another class like '54, but more of them.
- SISTER DOROTHY—Nurses that won't act stupid; Sunday as a day of rest, not operations.
- SISTER MARTHA MARY—A few more night operations and cases.
- SISTER RAPHAEL—A trip to Ireland.
- MISS WALLACE—A bottle warmer for 400 Nursery.
- DR. McINTOSH—Body guards for the gas machine.
- DR. MUTRIE—An electrical scrub nurse in high gear.
- DR. HAROLD—An octopus with an R.N.
- DR. KNIPF—Someone who answers "HI"!!
- DR. KEMPER—Our best wishes.
- MRS. CUNNINGHAM—An infirmary with "piped-in steam."
- J. A. ANDERSON—Biennial trip to Kingston
- CLARICE MILLER }  
BETTY GEORGE } Our congratulations.  
JEANINE TAYLOR }
- LOIS GUERARD—Success in her U.S.A. adventures.
- SISTER ST. CATHERINE—All her classmates on "general duty" in St. Joseph's in North Bay.
- JOAN MORROW—Subway service to Murillo.
- ANNE FRIDAY—A day term.
- LORRAINE DELORENZIE—A four day week.
- MARY PETRONE—Plenty of "excitement" in Saskatoon.
- JACQUELINE COLIATTI—Continued success.
- JEAN PAYETTA—A "California tan".

## I Shall Not Live in Vain

If only I could make one burden easier to bear,  
Or teach one little child to play, the game he cheats at, fair  
Or help one guilty man admit that he should take the blame  
For his wrong-doing or mistakes; I shall not live in vain.  
If only I could lift the weight that holds a heavy heart  
Or aid an erring soul to want to make a brand new start  
Or show ambitious folk that there is more to win than fame  
In this delightful world of ours; I shall not live in vain.  
If only I could help to brighten someone's lonely day  
Or comfort one in sorrow, by what I do or say  
Or save a dying man, or even just to ease a pain  
Or bring hope to a suffering soul; I shall not live in vain.  
If it be within my power to help my fellow man  
Or help myself to do God's will, I'll do the best I can.  
To give is to receive, and so, on life I make a claim—  
To live in peace, to laugh, and love; I will not live in vain.

Doreen Witzell,  
Class of '54.

## How to Modify Moods

Friendliness initiates warmth;  
Kindness softens rough manners;  
Graciousness fosters agreement;  
Just praise quickens joy;  
Dependability provides strength;  
Honesty promotes candor;  
Fairness promotes assurance;  
Good humor contributes lightness;  
Attention generates feelings of warmth;  
Personal interest stimulates alertness and  
good feeling, and is a source of inspiration  
and courage.

Nurses should use spare time to discover  
new worlds, whether one listens to a lecture  
or some good music, reads a worth-while  
book, cultivates a hobby, enjoys a baseball  
game, or falls in love.

The more contacts you make, the better  
you are able to enter into the life of the pa-  
tient. Personal development provides the  
basic background for psychiatric aspects of  
nursing.

The basis of all nursing is kindness, and  
the final goal of psychiatric nursing is forti-  
tude and satisfaction through a balanced pro-  
gramme of work, rest, play, and increasing  
Faith.

The nurse should maintain a lofty sim-  
plicity, equally remote from emotional sen-  
timentality and cool indifference.

Courtesy of Miss Jones,  
Nursing School Staff,  
Ontario Hospital, London.

## Nurses' Dedication

Patient in hours woefully toilsome,  
Joyful the smile on lips ever winsome,  
Silent in movement, gentle of touch  
Hurt never showing, though paining you  
much.  
Eyes sweetly lucid and evermore clear  
Inspiring trust and banishing fear.  
Voice softly soothing as danger draws near  
That's what your profession demands of you  
dear.  
But still—there is more—

Think for a moment of Christ's holy frame  
The model example of gross, torturing pain.  
Think of His suffering then think of your own  
And see Who's is greater—self pity has flown.  
Now look at your patient with eyes different  
lit  
And give him loved comfort just one more  
wee bit  
For 'tis Christ in His body for whom you now  
toil,  
Whose coin is eternal not subject to spoil.





REVEREND SISTER M. RAPHAEL

*May the joy of loving service  
Be truly yours today  
May you find God's richest blessings  
Along your chosen way  
May your cross be ever lightened  
By each victory you have won  
And may you hear His voice today  
Whispering — "Well Done."*

## Sister Raphael Celebrates Her Diamond Jubilee

July 1, 1954, marked the diamond jubilee of Sister Raphael—a pioneer member of the Community of the Sisters of St. Joseph in Port Arthur.

Sister Raphael who was born in the Parry Sound district entered the novitiate at Lindsay, Ontario, in 1893. After the reception of the Holy Habit, she came to Port Arthur in 1894 when the hospital consisted of one small building with accommodation for twenty-five or thirty patients.

From that time Sister Raphael served the sick — until an accident forced her to retire from active duty. For the past thirty years, she has been confined to a wheelchair, but this devoted religious person has carried on her apostolic work with an untiring zeal, and stimulating interest which never flagged.

During the years that Sister Raphael has watched the hospital grow from a small nucleus to the present efficient establishment, her resignation to invalidism and bright optimistic spirit have been an inspiration to those about her. The sisters who, whenever possible, drop into her room for a moment's chat, and the nurses who deem it a privilege to care for her needs—all recognize in Sister Raphael the deep spirit of prayer which permeates her life.

The many hours which Sister spends in Chapel in the Presence of her Eucharistic Lord complete the round of her day in which the Apostolate of suffering is so exquisitely exemplified.

To Sister Raphael on the occasion of her Diamond Jubilee, St. Joseph's Hospital School of Nursing extends deepest felicitations.

## Along the Way

That we could come to accept the necessity of strict adherence to rules and regulations, submit to the rigidity of Nursing School discipline, and be happy about it all, is perhaps inconceivable as we now look back to that September date in 1951. Yet yield to it all, we certainly did. At some sharp turn in the road, perhaps, our submission may have been more gradual as on some gentle slope along the way.

Our teachers and doctors, may know the answer for they, most of all have helped us hurdle the rougher spots. Friendships too have cushioned the journey, as did the patient acceptance of our parents, that this was to be our way of life.

As the days of probie life pass in review, none is so dearly remembered as that Sunday of our first capping ceremony. No Queen could surely feel greater pride in a jewel-studded crown, than we in those plain white caps. On our first day of ward duty, menial chores though they were, was born the feel-

ing of coming "alive" and playing a more vigorous role in life at St. Joseph's.

Social life was to play no small part in our activities, and events promoted through collective effort to reap their own reward.

Pediatrics—Obstetrics—Operating Room—stepping stones of progress. As our special training programme broadened, psychiatric affiliation at London, Ontario, and tuberculosis affiliation at the Fort William Sanatorium followed.

So much that is knowable we were taught. May we now humbly turn, with joyous heart, towards our day of graduation, and with His help keep lit the candle flame.

"Taste well this hour  
Ye graduate of '54,  
Savor each sweet moment,  
And know,  
Life ne'er will offer more."

Betty Anne Currie,  
Class of '54.

## We Are Grateful To . . .

SISTER SUPERIOR—Whose kindness, thoughtfulness and many privileges given to us, shall not soon be forgotten.

SISTER PATRICIA—Our Director, who guided us in our work and to whom we have had recourse in our difficulties, both professional and otherwise.

THE DOCTORS—Who were kind and courteous to us; a special "thank you" to our lecturers.

OUR SUPERVISORS—Under whose guiding hands we have worked, and who have, in a kindly manner, taught us the rudiments of our profession.

THE NURSING SCHOOL STAFF—Who, during three year's training, and also during R.N. review, were most patient, and with whom we spent many pleasant hours.

THE NURSES' ALUMNAE—For favours received, and for the dances they sponsored.

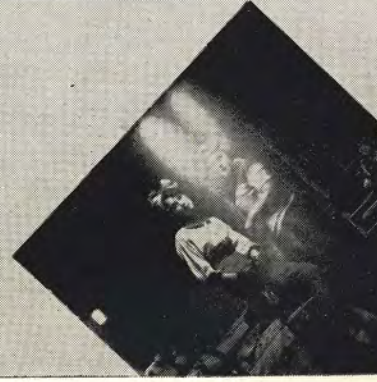
THE LADIES' AUXILIARY—For generosity to all of us.

SCHOOL OF NURSING ADVISORY BOARD—Who took such an interest in us, and who obtained for us many privileges.

OUR PATRONS—Whose generosity made this book possible.

THE KITCHEN STAFF—Under the capable direction of Sister Bernadette, kept us well fed for three years.

POUNCY'S STUDIO—Mr. Todd, Miss Overholt and Dr. Dennis for their excellent co-operation in obtaining pictures for our Year Book.



## Our Dedication . . . Class of '54

- DR. MURPHY—Little Man, You've Had a Busy Day.  
DR. RICHES—Dear John!  
DR. C. POWELL—You're My Weakness Now.  
DR. WRIGHT—Rushing to and Fro.  
DR. EAKINS—Among My Souvenirs.  
DR. HAROLD—Singing in the Rain.  
DR. HENRY—Cocktails for Two.  
DR. SCHIEWE—Honey!  
DR. E. POWELL—I Only Have Eyes for You.  
DR. FERGUSON—Heart Aches.  
DR. MUTRIE—Dry Bones.  
DR. CHAPMAN—I'm Just Wild About Harry.  
DR. K. RITCHIE—Someone to Watch Over Me.  
DR. KNIPF—Kid Named Joe.  
DR. WILSON—You'll Never Walk Alone.  
DR. THOMPSON—Don't Be That Way.  
DR. BURNFORD—If You Only Knew.  
DR. ANTEN—I Get a Kick Out of You.  
DR. BAKER—Stay As Sweet As You Are.  
DR. BRYAN—Grandfather's Clock.
- DR. COLQUHOUN—"Jim"  
DR. McRAE—An Apple For the Teacher.  
DR. DENNIS—I Love the Sunshine of Your Smile.  
DR. DUFF—C'est Si Bon.  
DR. GWOZDECKY—Oh, You Must Have Been a Beautiful Baby.  
DR. JOHNSTON—Charlie, My Boy.  
DR. MILLER—On a Picnic We Will Go.  
DR. MONTEMURO—Daddy's Little Boy.  
DR. HARGAN—How's the World Treating You.  
DR. WEISSTUB—You Do Something to Me.  
DR. COULSON—Cup of Joy.  
DR. KIRSHNER—Sheik of Araby.  
DR. BALLANTYNE—Hands, Knees and Whoops-a-Daisey!!  
DR. PIETALAINEN—Nature Boy.  
DR. GOYO—Silent Night.  
DR. LECHOW—A Thousand Violins.  
DR. KEMPER—Our Best to You.  
DR. TAN—Six Lessons from Madame La Zonga.  
PORT ARTHUR CLINIC—God Rest Ye Merry Gentlemen.

---

## Rx Laughter

### PROBIE'S SONG

The senior stood on the railway track,  
The train was coming fast,  
The train got off that railroad track,  
To let the senior past.

### SENIORS

Here's to those who love us,  
Here's to those who don't,  
A smile for those who are willing to,  
And a tear for those who won't.

---

M. DELPINO—Where do you come from?

E. KOLODY—Sioux Lookout.

DELPINO—Oh, that's one of those places  
where everybody goes down to meet the  
train at night.

KOLODY—What train?

### INTERMEDIATES

Illness of nurse occurring any time be-  
tween probie days and graduation hours.

Etiology—Unknown.

Prognosis—Fatal to Juniors, but Seniors  
finally become immune.

### IDEAL DETECTIVE STORY—

A loud shot rang out  
The great detective fell dead,  
The End.

## From Crimea to Korea

She traded her lamp for a flashlight—she has marched to the battlefields and explored the frontiers; her way is literally one of life and death . . . she belongs to Florence's flock . . . her sisters have travelled far on the road from "Crimea to Korea."

The lamp is now a flashlight—the road from Crimea, a hundred odd years ago, to the skyways of Korea is a long one. The lamp is heavy—it still burns brightly in dark places, but there is something wrong. The nurse knows that Florence's Flock is not increasing as fast as it should. In the dark days when Florence Nightingale called upon her sex to pick up the lamp of mercy and move among the sick, young women saw for themselves a new profession, a new kind of career in which their ancient inherited arts of kindness and patience and sacrifice would relieve the suffering of men in war. Crimea is the landmark in the birth of nursing as a formal profession. In the Crimean War, Florence Nightingale and her little flock brought the casualties down from 315 per thousand to 22—a remarkable feat in the wonders of medicine. Today, in Korea, young women—this time in trim uniform and the rank of commissioned officers, are helping medicine to write miracles in the arts of healing.

Women in white—we have 33,000 of them in Canada. But, say the experts, we are 8,200 short, and must find some way to increase the size of Florence's Flock. If we don't hospital beds will go empty, whole wings will shut down. The shortage of nurses is acute. Tomorrow, it will be worse, they say. What is wrong? Why aren't we getting more nurses?

Today, with her stiff white uniform, her snappy service clothes, her helpers who appear as electric switches, miracle drugs, telephones and clean pastel colored rooms—with all that she is turning away from the profession of healing. Why? Is it money? Or are we fighting a new disease in society—that people simply don't want to work like they once did?

This problem of the nursing shortage goes right to the root of the whole problem of security. It concerns the bigger questions of state versus free enterprise balance. It brings up the question of voluntary community contributions to hospitals, hospital and sickness insurance and government help. It is the concern of all of us. We should be talking about it and groping for the right answer. We know that the business of hospital administration is highly complex and costly. Hospitals have a desperate struggle to keep going. The patient is howling with protest at the size of his sick bills. Many patients mortgage their whole lives to pay for sickness. The nurse has added her high pitched voice to the chorus. Nurses have threatened to go on strike if something isn't done to help them.

Our schools are turning out nurses at the rate of 4,000 a year, but that's not enough. At this rate we will never catch up. That is, if Canada con-

tinues to grow and build more hospital beds. It means in fifteen years or so we are going to be in one awful mess. We need more nurses graduating each year, because nurses like the rest of us get old or die or take sick or get married or go to the United States. Not so many go to the States now, but down there are thousands of Canadian Nurses.

Canada as a nation is young. In fact our nursing tradition goes far beyond the Crimea War and the struggle on the Plains of Abraham. More than 200 years before Florence Nightingale picked up her lamp, another brave woman set sail across the Atlantic to start an errand of mercy in a new world. Canada's first nurse was Jeanne Mance—a young woman who sailed from France in 1641.

The nurse — her lamp, as Sheila Russell of Edmonton says, is heavy. The words R.N. stand for years of study, hard study, intimate knowledge of anatomy, physiology, medicine, surgery, biology, nutrition, psychology—hours of lectures, study, examinations,—of fun and heart-breaks and stress. The word Registered Nurse—well, behind them are a hundred thousand beds made, and equal number of bedpans emptied, acres and acres of backs rubbed, a mile of thermometers read and charted. The mind, works for the R.N., and the body and the heart too, and often the soul. For the nurse sees the sweet glory and joy of birth, new life and laughter she sees. She also knows the cold, solemn sorrow of death and its dreadful silence. Human pains and suffering are her constant shadow, broken bodies, mangled minds—all these she knows. And oh yes, the other side of the coin—the recovery, the relief from pain, the mended bodies, the farewells at hospital doors.

It would be easy to break into emotional praise of the nurse, but nurses, I discovered, do not like to be called heroines. They hate it, because they really love their work. Once I thought I would be smart and rave to nurses about their self-sacrifice and humanity. One of them turned to me and said: "Phooey, my feet hurt." Nurses, I have discovered, have a wonderful sense of humor. They must develop one. They like to talk about the broad comedies of the bedpan and the mad often macabre humor of hospital jokes. Nurses don't like sugary words of praise, for most of them are fascinated by the new and growing wonders of medical science—the thrill of recovery, the ever changing pattern of personalities, the study of fear and courage, intrigue most nurses. Once they get into the stride of nursing they wouldn't change for anything. All they ask is that society recognizes that even though sickness is associated with humanity, still nurses have to eat and dress and relax.

No, she is not hardboiled. A true nurse never is. But she, by her closeness to the great realities of birth and death has learned that real emotions are too deep, too big, too intimate to be even

## From Crimea to Korea (continued)

spoken of. They are there, but they are within. Florence Nightingale's lamp is more than a light in the darkness of the ward, or the modern flashlight flickering down the corridor as the night supervisor makes her rounds. It is the light in the darkness of the spirit. It is something so intrinsically personal that it must be lived, not talked about. No, the nurse is not hard-boiled, but she has a core of steel. She needs it, for if she lets the suffering about her become a personal matter she would be useless. She foregoes herself the luxury of sentiment.

The Nurse—Florence's Flock—the Nightingales of nearness—for they are always there. You've seen her, haven't you—seen her as a hazy white blur standing there in the anesthetic fog, coming closer now! You've seen her strength too, as she gave that quick, trained tug on the sheets, seen her too, standing immaculate, white starched. You've seen her as the hope. She's not always in white, though. You'll meet these R.N.'s as hostesses high in the clouds you'll meet her poking through rat infested tenements where lice and

scabies, impetigo and tuberculosis are commonplace. The R.N. is also dressed in the uniform of the public nurse. You'll see her with elastic patience as the school nurse, helping improve standards. You'll see her as the industrial nurse in factories—a little haven of white, quiet, away from the grease and noise. Yes, the nurse is also a woman with a black bag stepping into her automobile—the V.O.N.—the Victorian Order of Nurses. They go into the difficult places where the convenience of hospitals are lacking. The nurse—the healers of Florence's Flock. Sometimes they swap white veils for khaki ones and go to war as men do. Sometimes they take sacred vows, but they are always there. They serve—so therefore they deserve.

Right now on the road from Crimea to Korea more and more of the Jeannes and Florences are standing by the roadside. Any suggestions friends how we can brighten the road and lighten the lamp and attract more to the flock?

"Tis a problem this, the road from "Crimea to Korea."

(A summary of broadcast made by Mr. John Fisher over the Canada network of the Canadian Broadcasting Corporation, Nov. 12, 1950, by kind permission of Mr. Fisher).

---

## Famous Quotes

SISTER MARTHA MARY — Things are pretty grim, but we'll get by somehow.

MR. SMITH—You just thrill me to death.

DR. CHAPMAN—Chapman speaking.

DR. MUTRIE—See here, Nursie, let's get organized!!!

MISS CONNELLY—See me to-day. C.C.

MISS CLAYTON—And, as Dr. Kemper would say . . .

DR. BALLANTYNE—Where did you get these quilts? !!! I want a lap sponge.

DR. C. POWELL—By Jove !!!

DR. BRYAN—Nurse, you're the best looking girl on the floor !!!

DR. EAKINS—Just let nature take its course.

DR. WRIGHT—What did I say my name was?

DR. RITCHIE—Don't tell me you've got the itch, too !!!

DR. FERGUSON—Why hasn't this been done?

DR. RICHES—And don't knot that wire !!

DR. McGRADY—Comme si, comme ca.

DR. BURNFORD—To Student: "Get me a nurse."

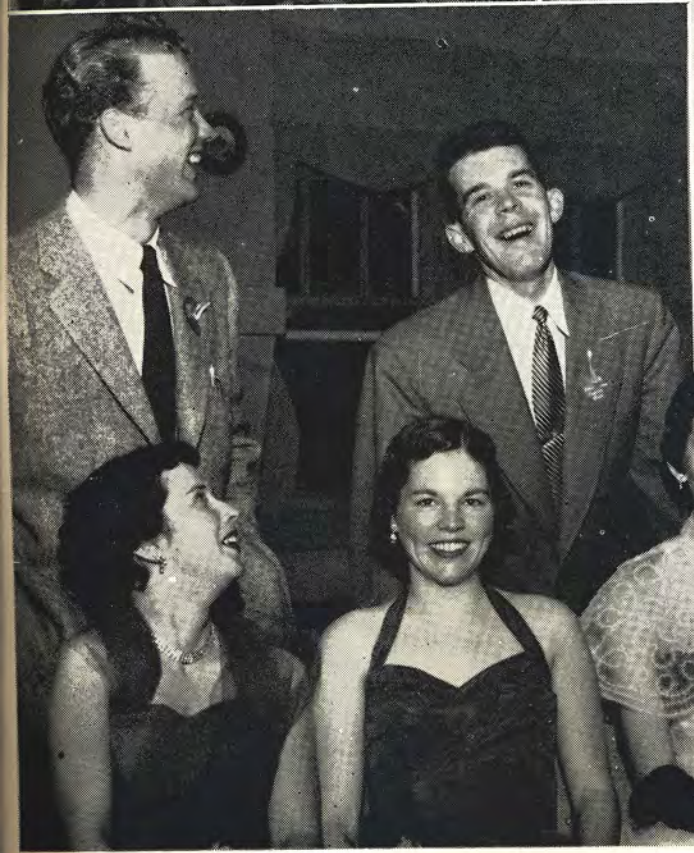
MRS. CUNNINGHAM—To student with a cold: "I think you need a little steam."

MISS OVERHOLT—This is "most disquilibrating."

SISTER PATRICIA—Life can be difficult, can't it?

SISTER EILEEN—They are not pains, they are contractions."

MISS WALLACE—Let's check the D.R. together.



## Tips to Those Who Follow

Clinical thermometers should be used far oftener than is necessary, especially on complaining or querulous patients. This creates the illusion that the crisis is near, which is always a pleasing sensation for the patient who has nothing much the matter with him.

The temperature of a glass of cold water, demanded at an inconvenient time, should be between 60 and 65 degrees.

Refrain from disturbing a patient who is half awake, to find out if he is asleep. Wait until he is fast asleep.

Always answer your bell after it has rung a second time, but if you are really unavoidably delayed and the bell has rung five times, enter the room leisurely and say: "Did you ring?"

Patients should have plenty of fresh air, especially if they do not like it.

Be diplomatic and deferential towards official visitors, semi-official, investigators, conductor of surveys, and other pests.

Adjust your professional face carefully before going in to see a new patient. Later on, if advisable, you may relax and look natural.

Suppress any desire to tell the doctor a funny story when he is cutting out an appendix. You might put him off his stroke.

Handle the truth with discretion. It is better to promise the impossible than to disappoint a

sick person too frankly. The recording angel writes down the fibs of nurses in vanishing ink.

Always treat your patients so that none of them will require your immediate services when you are having afternoon tea.

See that your patient has an ample supply of magazines and books of the kind you like to read.

Agree implicitly with the doctor in the presence of the patient. The doctor will approve your reticence, the patient will not know any better, and the nurses will appreciate your frank opinions later on.

Bear in mind that head nurses know best and what is more, they know they know best.

Chocolates are sometimes bad for patients, but they're always good for nurses. **DON'T LET ANY BE WASTED.**

If you want an extra chair in a private ward, tell the orderly about it. Wait for awhile, then tell him again. Wait another hour and get it yourself.

Say "Yes" when an interne suggests stepping out after business hours. No nurse ever got fallen arches by dancing on her night off.

Never reveal your professional secrets to other nurses, unless other conversational subjects run dry. Even then exact a vow of secrecy from your hearers. If some of them suffer from poor memory they may not repeat what you have told them.

And finally; **BE GOOD.**

---

## "Side by Side"

Oh, we ain't got a barrel of money,  
Maybe we're ragged and funny,  
But we'll travel along, singing a song,  
side by side.

Oh, we don't know what's coming tomorrow,  
Maybe it's trouble and sorrow,  
But we'll travel the road, sharing the load,  
side by side.

Through all kinds of weather,  
What if the sky should fall,  
Just as long as we're together, it doesn't  
matter at all.

When we've had our quarrels and parted,  
We'll be the same as we started,  
Just travelling along, singing a song,  
side by side.



## Ode to the O.R.

In the dusk and dreary night,  
When all are quiet and sleeping,  
Light footsteps followed by a knock are heard  
And from our beds we come leaping.

Out of bed and quickly dressed  
We grope our tired way  
Up the stairs with a heavy heart  
To scrub in a frightened way.

As we groan, a clear voice is heard,  
Asking, "Where is that crazy bird?"  
What will it be—perforated ulcer,  
gastrectomy,  
Or open reduction!!! No, only a D. & C.

All is over and we return to bed,  
Only to get up again—half dead,  
We come on duty in the morn  
Regretting the day that we were born.

The day goes fast 'til the afternoon,  
Looking for airways and carbolizing rooms,  
Being "on call" for eight weeks straight,  
Is enough to give us a splitting headache.

Sister D, Bridget, Joan and Rosie too,  
Along with three students make up the  
happy crew,  
Who prove that scrubbing, when the day  
is done,  
That working in the O.R. can be fun.

Ether fights, late nights, sleep as a treat,  
Friendly bets, sterile preps, doctors whom  
we meet,  
Spinal trays, busy days, reprimands that  
we take,  
Mayo stands, upset plans, syringes that we  
break.

All these are added to our doom,  
When posted for the Operating Room.

Carol Aalto  
Theresa Meyer

## Our Alma Mater

Cold stone I stand,  
And yet within  
My heart is warm.

Cold walls there be,  
And yet within  
Is Love and Hope  
And Charity.

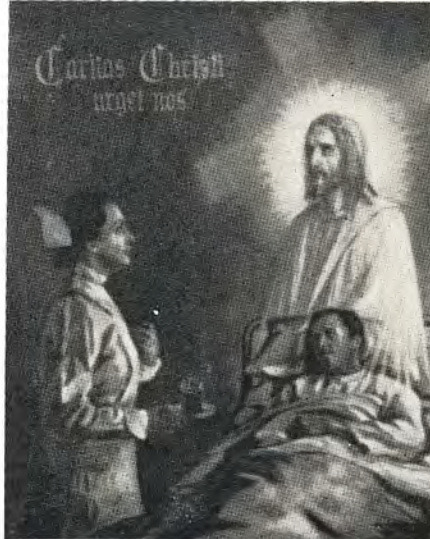
And there is Life  
Yet also Death  
For death is destiny.

BETTY ANNE CURRIE,  
Class of '54.

## Why an Obstetrician?

They say that cancer specialists of carcinoma  
die;  
And all the ophthalmologists have lesions  
of the eye;  
Urologists get kidney stones, the skin men  
get chloasma;  
And Doctor Jones, the allergist, each fall  
comes down with asthma.  
Now tell me if I'm wrong, or is this idea  
hazy,  
It seems that most psychiatrists eventually  
get crazy.

The children's men get whooping cough,  
I cannot tell you why;  
No matter what your specialty, of that dis-  
ease you die.  
I've pondered all these quirks of fate until  
I'm fairly dizzy,  
And to assure a lengthy life, I've kept my  
mind quite busy.  
I've thought of every specialty, excluded  
every maybe,  
And ended up an O.B. man—I'll never have  
a baby.



## Jesus My Patient

*(A Nurse's Prayer)*

Dearest Lord, may I see Thee to-day and every day, in the person of Thy sick, and while nursing them minister unto Thee.

Though Thou hidest Thyself behind the unattractive disguises of the irritable, the exacting, the unreasonable, may I still recognize Thee and say—JESUS, My Patient, how sweet it is to serve Thee !

Lord, give me this seeing faith, then my work will never be monotonous. I will even find a new joy in humoring the fancies and gratifying the wishes of all poor sufferers.

Oh, beloved sick, how doubly dear you are to me when you personify Christ, and what a privilege is mine to be allowed to serve you. Dearest Lord, make me appreciate the dignity of my high vocation and its many responsibilities.

Never permit me to disgrace it by giving away to coldness, unkindness or impatience; and my God, while Thou are Jesus, my Patient, deign also, to be my patient Jesus; bearing with my many faults, looking only to my intention which is always to love and serve Thee in the person of each and every one of Thy sick.

Lord, increase my faith, bless my efforts and sanctify my work now and forever.

Amen.

## To An Ideal Nurse

As nine graduating students look back on training days, we recall our Director saying, in one of her early chats with us: "You will, in a short time, while carrying out your duties on the ward, find one nurse whom you consider your ideal, one, after whom you would wish to pattern your life as a nurse.

It is true we have found the nurse who has fulfilled our expectations.

We see in her a nurse who appreciates the patient as the most important person in the hospital and by her example has shown us the way to meet his physical, emotional and spiritual needs.

We remember her as a teacher, who in her own quiet way, used every opportunity to give us the benefit of her experience and knowledge.

These are but few of the reasons why she has been chosen as our ideal nurse. It is with deep gratitude that we pay this tribute to you, Miss Kelly.

---

## Today

Let me today do something that shall take  
A little sadness from the world's vast store;  
And may I be so favored as to make  
Of joy's too scanty sum a little more.  
Let me not hurt by any selfish deed  
Or thoughtless word, the heart of foe or friend,  
Nor would I pass, unseeing, worthy need,  
Or sin by silence when I should defend.  
However meager be my worldly wealth,  
Let me give something that shall add my kind—  
A word of courage, or a thought of health,  
Dropped as I pass for troubled hearts to find.  
Let me tonight look back across the span  
"Twixt dawn and dark, and to my conscience say,  
Because of some good act to beast or man:  
"The world is better that I lived today."

## It Happened Here

It was a student's first day in the O.R. She had done nothing but push stretchers all day. A well-known Anaesthetist thrust out his hand and said, "Stethoscope."

The student smiled amiably, stretched forth her hand and said, "Luptak."

Miss Overholt, during a "History of Nursing" lecture, very emphatically told the senior class that an ancient physician, had instigated the art of percussion, palpation, and osculation!

Currie — What will we do tonight, Nollie?

Friday — Let's flip a coin.

Currie — O.K.! If it's heads, we go to the show. If it's tails, we play bridge, and if it stands on edge, we study!

Miss Cush asked Miss Whelan if she had seen Dr. Kirshner, Miss Whelan answered, "Yes, he just took the trolley to the theatre."

A young rugby player on surgical floor was overly concerned about his condition. Several times a day he would ask the nurses, "How am I today?" Mary O'Rourke, one a.m. answered his question by bringing him a consent slip to sign.

It was an autopsy consent!

Dr. Johnston, on entering 307, was looking for a certain patient who had frozen extremities. He asked, "Where is the man with the feet?"

McCallum — "They all have feet in here!"

Rosemary Johnston to escort: It was a wonderful evening Roy; please don't spoil it by asking me out again.

The evening nurse on 400 remarked to Carole Aal'o, who had just alighted from the elevator (after midnight).

"Your lipstick is smeared!"

Carole — "You mean I have any left?"

Doctor, after catheterizing a patient prior to an operation, "What did you give this patient for a pre-operative sedative, beer?"

"I don't like Bill," confided Rose To'fan to Pat McGuire.

"He knows too many naughty songs."

Pat — "Does he sing them to you?"

Rose — "Well, no — but he whistles them!"

Chris Hutcheson to Jerry: "Randa will be right down. Do you care for a game of chess?"

Dorothy Santucci was frequently quoted as saying,

"Gentlemen prefer Blondes only when they prefer not to be gentlemen.

It was then Noel applied the "Light and Bright."

Frances to Tremblay — "I just love charge accounts — they sure go further than money."

## How to Win at Bridge

1. Bid high, your partner may have a good hand.
2. When you have a poor hand, signal immediately by saying: "Who the heck dealt this mess?"
3. Claim all the honors—you may get away with it.
4. If you get a good partner, keep score yourself—you've got to have some advantage.
5. Lead from your hand or dummy as convenient.
6. Trump your partner's ace—and cinch the trick.
7. If your partner doubles a one bid, pass and be glad he has such a good hand.
8. Redouble on general principles—confidence is a great thing—even without tricks.
9. Always ask what the trump is two or three times—this refreshes everybody's memory.
10. If nobody bids—bid against your partner. You must keep interest in the game at any cost.
11. Third hand plays low.
12. Always ask your partner why he didn't return your lead. That will remind him to lead it next time.
13. When you are out of suit, re-arrange your cards. This tells the world that you are out of it.
14. If two cards are turned up in dealing and you have a rotten hand it is a misdeal.
15. After the third round, lay your hand on the table and claim the rest of the tricks. You may not have them, but it's much easier to play with all cards on the table.
16. If you have but one card of a suit, save it to play on your opponent's ace so you will not have to waste a trump.
17. In the best of circles thirteen cards of one suit is considered a good bidding hand—a handy little thing to remember.
18. And when you lose by twenty-five hundred points, be nonchalant and write a check (they can always be cancelled before the bank opens in the morning.)

## The End of a Nurse's Day

Seven o'clock — and the nurse's work  
Was done for another day!  
She heaved a sort of tired sigh  
And put the charts away.  
Then sat for a moment and bowed her head  
Over the little white desk.  
"I wonder," said she to herself, "after all,  
Am I really doing my best?  
"Perhaps I could have begun the day  
With a brighter, cheerier smile,  
And answered the bells with — 'Right away'  
Instead of 'After a while.'  
"And I might have listened with sweeter grace  
To the story of Six's woes;  
She may be suffering more, perhaps,  
Than anybody knows.  
"And I might have refrained from the halfway  
frown,  
Although I was busy then,  
When the frail little girl with sad blue eyes  
Kept ringing again and again.  
"And I might have spoken a kindlier word  
To the heart of that restless boy,  
And stopped a moment to help him find  
The missing part of his toy.  
"Or perhaps the patient in Eighteen A  
Just needed a gentler touch;  
There are a lot of things I might have done  
And it wouldn't have taken much."  
She sighed again and brushed a tear,  
Then whispered, praying low,  
"My God, how can You accept this day,  
When it has been lacking so?"  
And God looked down. He heard the sigh,  
He saw that shining tear;  
Then sent His angel messenger  
To whisper in her ear:  
"Yes, you could have done better today,  
But, oh! the Omniscient One,  
Seeing your faults, does not forget  
The beautiful things you have done.  
"He knows, little nurse, that you love your work  
In this house of pain and sorrow.  
So He gladly forgives the lack of today,  
For you will do better tomorrow."  
The nurse looked up with a grateful smile:  
"Tomorrow I'll make it right!"  
Then added a note in the order book,  
"Be good to them tonight."

CLASS OF '54

## Lest We Forget

Our training days . . . .

Our probie days . . . .

The Student Association . . . .

The Year Book . . . .

Our affiliation in London . . . .

THAT LIL LOWERY could ask questions;

THAT B. A. CURRIE came to chapel New Year's morning, after a night "out"

THAT D. WITZELL liked to day-dream;

THAT P. CRABBE had a boy-friend named "Cliff";

THAT D. SANTUCCI had a sweet disposition;

THAT M. LUPTAK made life one glorious round of calories;

THAT M. DELPINO had a terrific right punch;

THAT N. FRIDAY got a charge out of organizing things—Bureau for Better Dating, etc.

THAT SISTER MIRIAM tried hard to make us all behave;

THAT it was impossible to get the class all together at one time, and we are only nine;

THAT we studied for R.N.'s;

THAT WE GRADUATED!!!

---

## "Farewell to the Class of '54"

We would like to stop for a moment to glance with an eye of admiration on nine happy young nurses. Three years have swiftly passed, so swiftly it is hard to believe.

They are happy in the thought of the new life they are just beginning—that of registered nurses.

There is a touch of sadness in our hearts and undoubtedly in theirs, as they take with them the countless experiences and memories which their training has presented to them.

Stored in their scrapbooks of these three years are the memories of life with their classmates who are now their very dear friends. They worked together, studied together, played together and perhaps shed a tear together. Very often they shared their clothes, boxes from home, and many times they even shared their best beau.

Gone forever is this friendly, intimate atmosphere, perhaps leaving them a trifle lonely—but for a short time at most. They must put these treasures away and take on the responsibility which they have accepted with graduation—Service, to God and Man.

We hope they will continue to apply their knowledge and skill, their accuracy and technique as well as they have done.

We hope they will answer the bedside call with love and understanding and that they continue to respect each patient as an individual with a soul as well as a body.

We hope they will practise these virtues whether that man be black or white, wealthy or poor, Jew or Gentile.

Rich is their reward for being good nurses. A deep inner satisfaction will be theirs when the sick becomes well, when a new life is born, when they remain strong in the time of trouble.

Lastly, we the undergraduates, would like to thank them from the bottom of our hearts for all their patience with us, their kindness and guidance when we worked with them.

Congratulations, Graduates of '54!

You have successfully achieved your goal. May God bless your future work work with peace and happiness.

WANDA PALKA,  
Class of '55.

