

Value of School Nurse In Secondary Schools

Another Article in the Series on National Fitness Sponsored by the Ontario Secondary School Teachers' Federation. Teaching of Health in Secondary Schools of Community Importance.

Readers of The Advance have expressed much interest in the series of articles appearing in these columns in connection with the National Fitness Campaign sponsored by the Ontario Secondary Teachers' Federation. The following is the third article in the series:

The Value of School Nursing in Secondary Schools and Teaching of Health

(By Miss H. M. Carley, B.A., Windsor-Walkerville, Vocational School)

No doubt, by this date, parents of adolescent children are aware that the Department of Education in Toronto, through course initiated this year, is stressing the need of an extensive and intensive health programme. The general public may not be so familiar with this development. The general public

should be made aware of it, as their taxes are providing the newer type of education.

At last, Mr. Public Citizen is stressing the value of life in the right place. What does it avail a man to accomplish great things if he is handicapped by a weak, inadequate physique which retards him at every turn. Education now says a man must have the implements to gain health, wealth and the pursuit of happiness.

Having then established in our minds the need of the study of health in our secondary schools, let us see how a full-time school nurse is an asset and, indeed, a necessity according to our modern standards of living and education.

Let us at eight-thirty in the morning find ourselves in the office of the nurse

at the Windsor-Walkerville Vocational School, the only school in Ontario with a full-time nurse-teacher on the staff. We are met by a smartly-uniformed nurse, who greets us with a smile and asks us to be seated while she continues her work.

In a student body of nearly 2,000 boys and girls of adolescent age there are always some pupils who need attention such as examination of throats or noses for colds; need temperatures taken to detect serious illness; need dressings changed on cuts and wounds. All students who have been absent because of illness have to present a note from home and have to be questioned, and examined if necessary, before they are admitted to their classes. Because of this examination a contagious disease is noted at once and an epidemic avoided. There is never a widespread disease in this school—thanks to the nurse.

Just recently it was suspected and later confirmed by tests that one pupil had tuberculosis. The next day the parents of all the pupils of the class in which this student attended, were sent a letter asking their permission to have their children tested to learn if any had become infected. With such a system it is easy to see how infection cannot spread.

The care of the ill is not confined to the half-hour before nine o'clock; but all day long patients may be sent to the infirmary, students who are ill, or who have had an accident in a shop. In any emergency, first aid is rendered. Sometimes a life is saved by First Aid.

If the illness or accident needs the attention of a doctor the nurse makes the appointment with the doctor. If the doctor finds upon examination that the teeth need attention, the nurse makes the contact with the dentist for the pupil. At times a pupil wants to be excused from the Physical Training class. Only the nurse is competent to give permission for such absence.

The nurse only gives a temporary slip. Pupils must be examined by the School Doctor before they are permanently excused from Physical Training classes.

The nurse needs to be a kindly, sympathetic, friendly personality, as frequently a pupil wishes to discuss his or her mental or physical health with some one. The tactful nurse becomes the confident and friend of the puzzled boy or girl.

One of the most valuable aspects of the question of the efficiency of a school nurse is the responsibility of the nurse to see that an ill pupil who needs to be sent home to bed arrives safely.

Several years ago a girl, who was ill, was sent home by a school official in another city. The student had to ride on a street car. When she got off, she fainted and fell in a ditch by the side of the road. Unfortunately the ditch was full of water and the student drowned. Since that time, the school nurse takes very great care to see that an ill pupil is sent home in a taxi, or is taken by the nurse herself.

The Board of Health of Windsor is a very efficient organization. But to be efficient it needs the co-operation of all school nurses and doctors. Thus epidemics can be prevented from spreading. It is only natural that a nurse who is in close touch with the pupils all day long can do a more efficient job.

You will remember the serious epidemic of Infantile Paralysis last September. Many of the schools in the Province of Ontario were closed from one to six weeks because of the "scare." Windsor schools were so well protected by their nurses that the school did not lose one day and only a few cases were reported in the city. Constant vigilance—that is the secret.

But the nurse needs to be in close touch with the Board of Health in all departments; in the baby clinic, the social hygiene department—all departments in fact that have to do with the child from birth up to the age for leaving school, because much of the good health of later life depends on the good start in the early days and months of the child's life.

Taking care of the sick pupils is only part of the school nurse's job. Every pupil must be examined by the school doctor and an accurate and detailed record kept by the nurse.

A school nurse not only has to be a graduate nurse, but also one qualified to teach, to do social service work and to have a wide knowledge of humanity, personality and safe living standards. Now let us accompany the nurse into the classroom. What do we see her doing here?

Every Grade IX Commercial class has a regular course in hygiene, physiology and anatomy, personal cleanliness, smart grooming, home nursing, correct shoe fitting and all the other aspects of health so that they may present, in a few years, a pleasing appearance before the business man, their future employer. The school nurse conducts a Red Cross course which is recognized by the Ontario Red Cross Society to the extent that certificates are given at the conclusion of the course. The Red Cross Society is very proud of this course given by the Windsor-Walkerville Vocational School and has worked hard to have the course extended to all secondary schools in the Province of Ontario. In addition to the Grade IX of the Commercial Department, the Grades IX, X and XI of the Technical Department receive this course, and have more detailed work on the above-mentioned items of health education and hygiene.

From this brief account you can see that throughout the school day the nurse in the Windsor-Walkerville Vocational School is kept busy helping sick people to get well and keeping well people healthy by teaching habits of living that are conducive to continued good health.

Did you think that that was the end of the day for the nurse? Not at all. An enthusiastic group of boys and girls come in several afternoons a week for a course in First Aid as an extra-curricular activity.

And after this full day, frequently the nurse must visit the homes of some of the students to inquire about sick pupils and to learn of home conditions and to become acquainted with the parents so that they will learn to know that the nurse is one of their best friends.

By the time the pupils leave the school they have had a thorough knowledge of the construction of their bodies and how to keep them healthy. Any defects which they had when they came into the school, and which could be corrected have been attended to, and they are ready to start life with a clean, healthy body. As a result they are likely to be regular at their work, and not waste the employer's money and time and are thus good citizens of the community. It may cost the country a great sum of money to prepare these boys and girls for life, but the medical profession and the teachers of the Province believe that it is money well spent, the results of which will mean health and happiness to our coming generations.

With the aid of an enthusiastic, competent, trained school nurse this aim can be more fully realized.

T. N. O. Building for Phone Equipment

New Brick Building Erected at Swastika.

Swastika, June 11.—(Special to The Advance)—Travelers on the Temiskaming and Northern Ontario Railway, particularly those going to or from the Kirkland Lake area, will have noticed a fire-proof brick building recently constructed at Swastika, and may have been curious to know what it was for. The explanation is that this building is for the accommodation of equipment in use in connection with the long distance telephone, telegraph and radio programme transmission operated by the railway at that point.

Most northerners are aware of the fact that the local telephone exchanges are operated by the Northern Telephone Co. Ltd., while the long distance business is handled over wires of the railway, connecting with the Bell Telephone Co. To handle this business, long distance offices have been established at Cobalt, Swastika, Porquis and Cosh-rane. In the same manner, broadcasting programmes are brought in over the railway's wires and carried to the local broadcasting stations.

In recent years great improvements

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have been made possible in long distance telephone services due to research by telephone engineers in supplying the most up-to-date telephone service together with modern broadcasting service, which has brought for much more complex and expensive equipment than was formerly thought necessary. A visit to such a plant as the one at Swastika would be a revelation to anyone who is not familiar with the practical working of such equipment.

The building is 25' 8" by 45' 8". On the ground floor at street level will be found the heating plant and the power plant. The floor on the level of the station platform houses the "repeater" station; while the top floor is occupied by the long distance switchboards, accounting office, rest rooms and toilets. The "repeater" station is a device which operates on much the same principle as the volume control on a radio. Conversations coming from long distances may be quite weak, but by increasing the current the message is brought back to full strength and goes on its way as though transmitted locally. The same principle is used to boost telegraph messages up to the required point, and thus the signals are heard clearly by the operator receiving the message. To provide for these facilities a complicated maze of equipment is necessary.

The telephone plant at Swastika is connected directly with a similar station owned by the Bell Telephone Co. and located at Oshawa, Ont.

To the uninitiated, one of the most amazing of modern telegraph and telephone developments, is the method whereby several messages can be transmitted over one pair of wires, without interfering with each other. To illustrate, over four wires running from Swastika Telephone Station, it is possible to transmit six telephone conversations and four telegraph messages simultaneously. Again the principle involved is similar to radio, which permits many programmes to be on the air at the same moment without interference.

With installation of the most modern equipment available, the T. & N. O. Railway has made it possible to give Northern Ontario and Quebec very fast and dependable telegraph and long distance telephone service to all parts of the world reached by the trunk lines, and has also made possible up-to-date radio service throughout the entire territory served.

A new service just recently made effective by the Railway Telegraph Department is in connection with the coming Trans-Canada Airways. One telegraphic circuit has been assigned exclusively to a printing telegraph service, connecting all the air ports between Winnipeg and Montreal. This

will be used primarily for the transmission of weather reports so that pilots will always know the conditions likely to be encountered.

The various brokerage firms with branch offices in Northern Ontario make extensive use of the commercial telegraph services of the railway, largely by leasing circuits for their exclusive use.

All these various services which have become so familiar to the public, require constant supervision and many instruments are necessary to bring the slightest interruption to the immediate attention of those whose duty it is to supervise the operations. Thus by the use of the most modern equipment known to science, and the constant attention of the personnel, rapid and efficient service has been made available to the section of the country served by the railway, at most reasonable rates.

"Don't Go to North Just on Chance of Getting Work"

(Acton Free Press)

We learned, during a recent trip to Northern Ontario and the mining section, that it is felt much undesirable publicity has been given this section of the country and great harm done in advising young men to flock there with the expectation of securing employment. True, the mining centres are giving profitable employment to many and towns are growing by leaps and bounds in this progressive section of Ontario.

But we also learned that Timmins alone has from 1000 to 2000 able-bodied men seeking employment and the same figures will hold true in Kirkland Lake. A relief problem that is difficult to cope with arises from this situation. Speakers on every occasion urged that these in other parts of the province be made aware of this fact before going to the mining section. It would appear that the stories told have been read too literally. But we pass on the message from the north: "Don't go unless you have made arrangements before for assurance of a job." It will only be necessary to join the multitude of those already seeking employment and who cannot find it.

Ottawa Journal.—Speaking in St. Thomas the other day Mr. Eric Cross, Ontario Minister of Municipal Affairs, said in his province 60,000 persons were receiving old age pensions, 3,000 women were getting the mother's allowance, the children's aid society had 10,000 wards and the number of unemployed on official relief varied from 160,000 to 300,000.

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THURSDAY, JUNE 16th, 1938

Tickets to U.S. Destinations sold subject to Passengers meeting Immigration Requirements of U.S.A.—Going and Canada—Returning.

Tickets valid for travel Train No. 2 from Timmins, Thursday, June 16th, connecting at North Bay, C.P. Train No. 857 and at Sudbury with C. P. Train No. 28.

All tickets valid to return so as to leave Toronto not later than C.P. Train No. 27, 11.05 p.m., Sunday, June 19th, arriving North Bay and connecting with T. & N. O. Train No. 1, 12.45 p.m., Monday, June 20th.

Tickets on Sale from Regular Stations ONLY.

Tickets Good in Coaches ONLY. No Baggage Checked

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For Fares, Departure Time and Further Information Apply to Local Agent.

Temiskaming and Northern Ontario Railway

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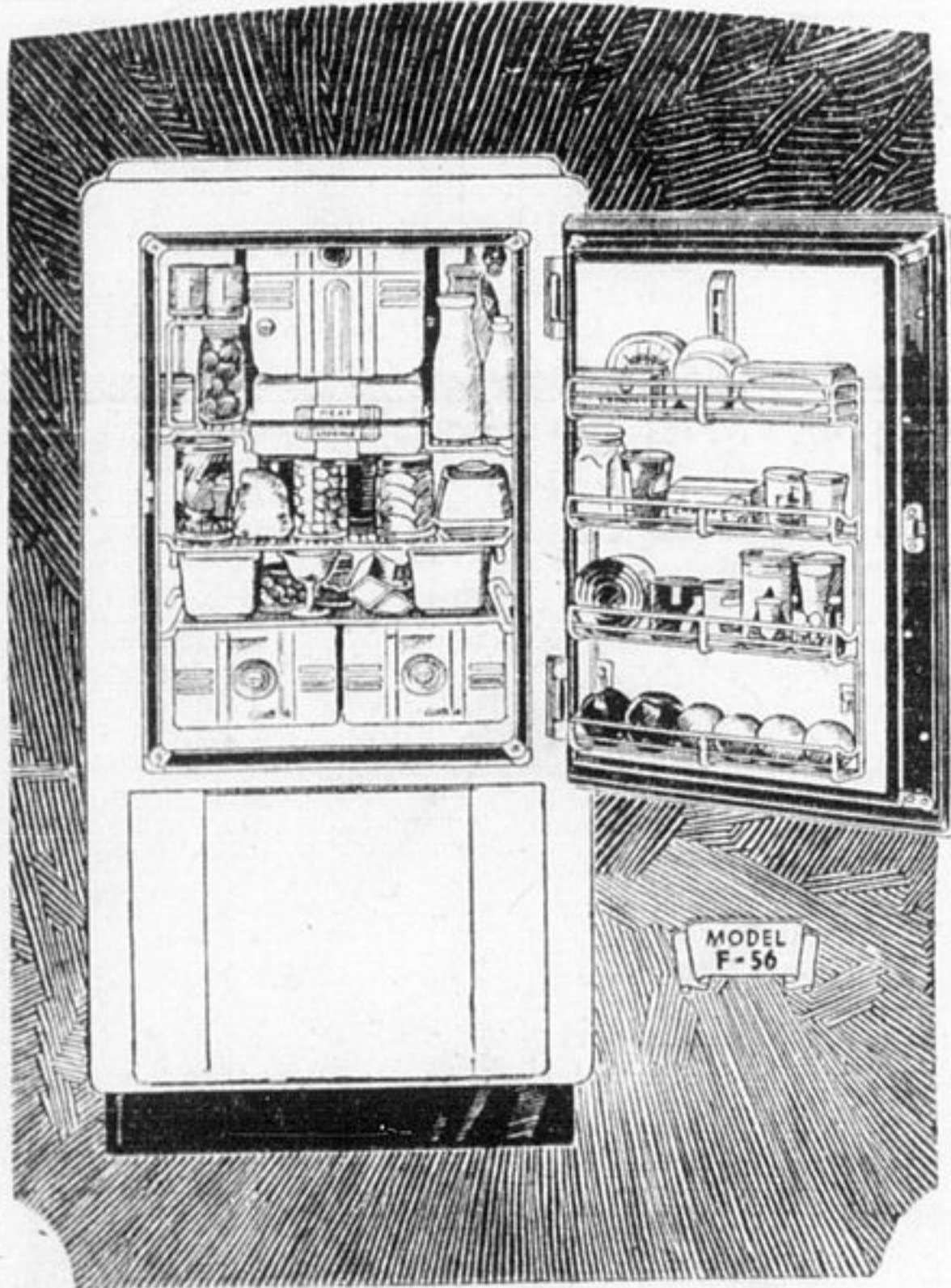
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In order to make The Advance Subscription Campaign of even more interest to our readers, we offer this model F-56 Westinghouse Refrigerator as a free prize to the subscriber who estimates the correct or nearest correct total number of subscriptions (new and renewals) turned in by all the candidates during the LAST THREE WEEKS of the campaign (June 6th to 25th inclusive).

Read These Simple RULES and REGULATIONS

Each subscriber to The Porcupine Advance is entitled to submit one estimate of the total number of subscriptions (new and renewals) turned in by all the candidates combined during the last three weeks of The Advance Subscription Campaign (June 6th to 25th inclusive).

Only one estimate can be submitted by each subscriber.

Each entry form properly filled in with estimate, name and address must be in The Advance office not later than 7 p.m. on Saturday, June 25th or if mailed must bear a post mark not later than 7 p.m., June 25.

In case of a tie the first of the tying entry forms received will be declared the winner.

In all matters the judges' decision will be final. No employee of The Advance nor members of their families are eligible.

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The Porcupine Advance Refrigerator Contest

ENTRY FORM

I estimate the total number of subscriptions (new and renewals) turned in by all the candidates during the last three weeks of The Advance Subscription Campaign (June 6th to 25th inclusive) to be

I am a subscriber to The Advance and agree to abide by the rules and regulations of this contest and accept the judges' decision as final.

NAME _____
ADDRESS _____
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This must be in The Advance office not later than 7 p.m., June 25th, 1938.

CONTEST CLOSES JUNE 25, 7 p.m.

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