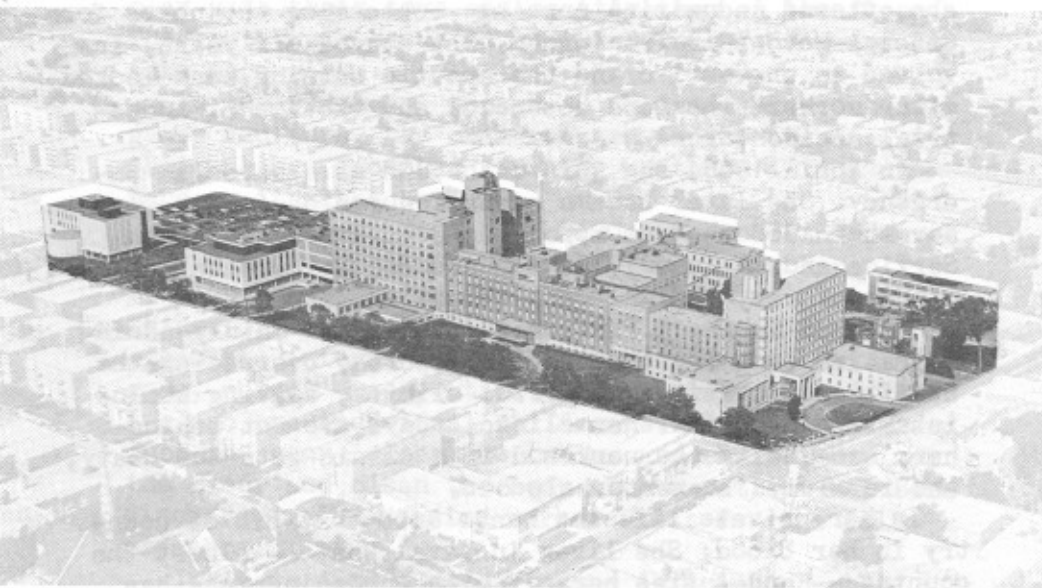


# JGH Pulse

PUBLISHED BI-MONTHLY BY AND FOR  
THE STAFF OF THE JEWISH GENERAL HOSPITAL



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## PULSE PROFILE

Miss Sarah Sperry  
Head Nurse, Medical O.P.D.

Sarah Sperry is a country girl in the big city. Born in Hartford, Connecticut, she was raised on a small farm. After completing her elementary school education, she moved to Vermont where she studied Nursing at the Mary Fletcher Hospital, graduating with her RN in 1952.

Miss Sperry never wanted to be anything but a nurse. After receiving her RN, she worked as a Public Health Nurse for the State of Vermont and then took her B.Sc. at Simmons College in Boston. Moving to Brookline, Mass., she entered industrial nursing -- becoming the nurse for General Motors in Framingham. She stayed six years, involved in preventive and therapeutic nursing, and looked after workers who were both sick and victims of industrial accidents.

In April 1968, she joined the JGH as a nurse in Emergency. She later became a staff nurse on 4 Main. In November 1968 she was appointed Head Nurse of Health Service and in June 1973, she assumed her present role of Head Nurse, Medical Out Patient Department.

As Head Nurse, O.P.D., her work is now mainly administrative -- going through lab reports, overseeing the staffing of the various O.P.D. clinics, solving administrative problems. Her clinical days are not behind her, because if the workload in a clinic gets too heavy, she is always there to help out.

In her private life she hangs onto that bit of country in her blood. She lives in Laval West -- almost the country -- and busies herself with gardening (she has both fruit and vegetable gardens) and carpentry. She enjoys travel, and in the past has covered Canada and the U.S.A. An upcoming trip to Russia will be her first step off the North American continent.

Miss Sperry's job remains a challenge to her. Because of the recent health bills, she foresees many changes. With more space available, clinics are moving, staff is changing, and she must help coordinate it all.

My name is Mary Daley and I have been working at the Jewish General Hospital as a floor maid for almost two years now. At first I worked temporarily in different parts of the Hospital, but since March 1972 I have been working on the children's floor.

I'm used to cleaning for children and picking up after them because I have four of my own. I prefer working on the children's floor even though it is often more difficult to clean for children. They play with their toys and scatter them on the floor. They put their hands on the windows -- and generally make more work.

In the playroom, though, with its tables, chairs, games and toys, the children are taught to put away their things, so that cleaning up there is not as hard as it might be.

My day always begins at 7:00 a.m. and finishes at 3:20 p.m. My routine is usually the same. First I fill up the cleaning pails and collect my cleaning things. I start with the nurses' station. Then I clean the interns' office, treatment room, waiting room, nurses' room, utility room, playroom and last I clean the individual children's rooms. I clean and dust the room, clean the tables and chairs, dry mop the floor and clean the beds when a patient has been discharged. The heavier work is left for the male cleaners.

I always find some surprises left behind when the children have gone home -- like toys or clothes or toothbrushes lying under the beds and chairs.

Children are usually friendly and they sometimes tease. One four-year-old boy was always watching me work, saying "Did you finish your work?" and "Do your work." You have to laugh and play along.

I'll miss the children's floor when it's closed.

A tour of Greece and her islands is the ultimate vacation experience.

Touring Athens in 100° heat, we saw the many wonders of Greece -- the Parthenon, the ruins of ancient temples, gardens in the heart of the city and the Benaki Museum which houses a collection of Greek regional costumes and objects of Byzantine and Islamic art.

Motoring to the coast of Cape Sounion we saw the Temple of Poseidon which dominates the coastline. At Plaka, the picturesque old Athenian quarter, we became acquainted with the Greek tavernas -- with their soft guitars and modern Greek songs.

We climbed the Acropolis, saw the Arch of Hadrian, the Temple of Olympian Zeus and the Stadium.

Delphi rises from the ruins of famous ancient temples. From there we took a ferry to the canal of Corinth and followed the Arc of the Peloponnese; then to Olympia where some of the most beautiful Greek temples were built. Along the coast of Nauplia and on to Epidaurus with its ancient outdoor amphitheatre, perfect in its construction. With its 55 tiers of seats, it can accomodate 14,000 spectators, and it is used for theatrical performances during the summer festivals.

In the Museum of Epidaurus is a case containing medical instruments of perfection, fineness and variety. They date back to the 4th Century B.C. and are recognizable as surgical instruments used today.

We travelled then to the sea and the Cyclades. According to legend, these islands owe their existence to Poseidon who, in a fit of rage, "planted them firmly in the abyss of the deep so that they would forget the land." Their name derives from the Greek word meaning "circle" because they form a ring around the tiny island of Dilos -- sacred birthplace of Appollo and Artemis.

In Santorini, we travelled by mule up 500 terraced cobbled steps to the small town of Thera, high on a cliff. Some 3,500 years ago, the island was ripped

apart by a titanic eruption that caused part of it to sink into the sea, forming the present-day bay there. The descent from Thera was made on foot, and at the end of the breathtaking adventure we sampled the delicious Santorini wine and cheese.

Next was Crete, the historic island on a high ridge of mountains dominated by Mount Ida, where Zeus was born.

From there we visited the Palace of Minos at Knossos and toured the throne room, the Queen's megaron and the store room filled with ancient jars still in place and the most ancient sanitary system in the world.

The Archeological Museum at Heraclion is one of the finest in the world, containing beautiful Minoan pottery, jewellery and sculpture.

We anchored at Rhodes, the old town of the crusaders of the Order of St. John of Jerusalem, who made Rhodes their home for 200 years. We walked the Street of the Knight, saw the Palace of the Grand Master with its dry moat and high walls, and the Knights' Hospital.

We travelled then to Kusadasi and up the valley to one of the most important religious and trade centres in the ancient world -- Ephesus. Ephesus has the remains of temples and buildings and is the site of the Temple of Artemis -- one of the Seven Wonders of the World.

We stopped at Istanbul, toured the Sultan's Palace, Topkapi Museum, the Blue Mosque and the Grand Bazaar. We watched an exotic Turkish floor show with colorful dancers and folk singers.

Then we left for Patmos. We visited the Monastery of St. John overlooking the whitewashed houses of the town and saw the cave in which St. John was said to have written the Book of Revelations.

Mykonos was the last island we visited, with its windmills blowing in the winds from the Aegean Sea. Then on to the port of Pireus and back to the island of Montreal.

NEWS FROM THE WOMEN'S AUXILIARY ... Several members of the Auxiliary presented fresh flowers to the patients in the Hospital in celebration of Rosh Hashanah ...

A Health Education Series has been started. On Oct. 17, DR. HOWARD COHEN spoke on "Skin Care" and on Oct. 31, DR. JEAN-PAUL DECHENE discussed "Acupuncture" using a film to illustrate his talk ...

DR. ISAAC TANNENBAUM, director of the Family Practice Centre, spoke to an Open Board Meeting of the Auxiliary on Oct. 31 ...

DR. J. PORTNOY, division of Infectious Diseases, Department of Medicine, participated in a discussion on CJAD recently, which centred around venereal disease ...

DR. H. BLUMER, division of Allergy, Department of Medicine, recently spoke on CJAD. His discussion concerned allergies ...

DR. H.J. ROSEN, neurosurgeon-in-chief, wrote an article entitled "The Nature and Management of the Lumbosciatic Syndrome" which recently appeared in Modern Medicine of Canada magazine ...

MRS. PEGGY LAHAIE, patient relations representative, prepared a speech for delivery before a meeting of the Association of Nursing Administrators of Quebec Health and Social Services ...

MARTHA KILFOIL, CAROL CARD AND PIERRE-YVES WALKER recently joined the X-Ray Department as technicians ...

CHARLES REED, Ph.D., has joined the Department of Speech and Audiology ...

WILLIAM EATON, Ph.D., recently joined the research staff of the Institute of Community & Family Psychiatry ...

THE ASSOCIATE NURSES of the Hospital held a Bazaar on Nov. 14. Goods of all kinds were sold and some of the nearly new merchandise received was distributed to various missions throughout the city ... The organization, during the year, donated a unipuncture machine to the Haemodialysis Unit as well as providing for five scholar-

ships for five children in Israel. The remainder of their collected funds goes into the Benevolent Fund which, among other things, provides loans to nurses and private duty nursing care for nurses sick in the hospital ...

Several members of the Department of Physiotherapy are taking a three-day course in Sports Medicine, given at the University of Montreal. They study all aspects of sports -- training, fitness, injuries -- especially the treatment of injuries ...

MRS. JANE JOHNSON has joined the Department of Physiotherapy as a physiotherapist ...

NEWS FROM THE INSTITUTE OF COMMUNITY AND FAMILY PSYCHIATRY ... The Golden Age Association is holding a series of four lectures at the Institute as part of a program entitled the "Wisdom Institute" ... The Department of Psychiatry of McGill University is presenting three sessions in the field of "current psychiatric thinking and clinical practice" at the Institute ...

As part of the recent Clinical Days program held at the Hospital, DR. MICHAEL GOLD spoke on Pulse News on Channel 12 and DR. ROBERT A. NELSON, JR. spoke on Radio McGill ...

MISS MICHELLE AUMAIS has joined the Medical Records Department as a registered record librarian. Miss Aumais recently completed a three-year course at CEGEP Ahuntsic and received her Canadian accreditation ...

DR. MICHAEL USHER, director of the Department of Nuclear Medicine, wrote an article on nuclear medicine for the Year Book of the Cancer Research Society ...

DR. ROBERT A. NELSON, Lady Davis Institute, recently spoke on the complement system (part of his research on organ rejection) at the Hospital for Sick Children in Toronto ...

DRS. I. SHRAGOVITCH, N. SHEINER, R. MARGOLESE and H.H. SIGMAN were among the Hospital doctors attending the annual meeting of the American College of Surgeons ...

A recent Pulse article described the Medic Alert Foundation. Application forms may be obtained by writing:

Medic Alert Foundation  
Toronto, Ontario.

The telephone number is #416-923-5393.

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For the non-smoker, there is some sympathy at last. In an article in World magazine, July 17, 1973, the following was noted: "One breakthrough (for the non-smoker) has come in a decision by the Marriott Motel Chain to designate special smoke-free floors in three of its Washington, D.C. hostelries. Ashtrays and matches have been removed from the rooms, and curtains, rugs and bedding have been thoroughly cleaned to eliminate any lingering tobacco odors. The halls are posted: "Cigarette, cigar and pipe smoking are not permitted." Even hotel personnel are forbidden to smoke on the special floors. The intention is to make sure nothing remains that would offend even the most sensitive tobaccophobe or that would tempt those seeking sanctuary in the smokeless precincts while they try to kick the habit."

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An article in The Gazette of July 27, 1973 described Petplan, a form of medicare for pets recently introduced in Ontario.

"Petplan has just been introduced by the Ontario Veterinary Association in conjunction with the CNA Assurance Company. The plan offers such benefits as examinations, drugs, x-rays, surgery, dental procedures and emergency calls.

"Petplan is on a six-month trial in clinics in Scarborough, a borough of Toronto. After this period, it will be re-evaluated, and if response is favorable it will be extended throughout Toronto and other Ontario centres."

## FAITS INTERESSANTS

Dans un article récemment publié dans "Pulse", nous référons à la Fondation Medic Alert. Les formules d'inscriptions peuvent être obtenues en écrivant à:

Medic Alert Foundation

Toronto, Ontario.

Téléphone: (416) - 923-5393

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Un brin de compréhension envers les non-fumeurs. Dans un article du "World Magazine" en date du 17 juillet 1973 nous signalions que les autorités de la chaîne de Motels Marriott avaient pris la décision de consacrer aux non-fumeurs des étages particuliers dans trois de leurs Hôtels à Washington, D.C. Les cendriers et les allumettes ont été enlevés des chambres. Les rideaux, les tapis et la literie ont été soigneusement lavés afin d'éliminer toute odeur de tabac. Des affiches indiquant "Veuillez ne pas fumer. L'usage de la cigarette, du cigare et de la pipe n'est pas permis" sont placées sur ces étages. Il est même défendu pour le personnel de fumer sur les étages réservés aux non-fumeurs. Le but de ces mesures est d'assurer qu'aucune odeur de tabac pourrait sensibiliser les anciennes adeptes et les inciter à reprendre l'habitude de fumer.

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Le "Petplan" mis en fonction dans la Province de l'Ontario est un service récemment établi pour soins des animaux par l'Association des Vétérinaires et la Compagnie d'Assurance CNA. Le plan offre certains bénéfices, tels que: examens, radiographies, médicaments, chirurgie, soins dentaires et les visites d'urgence.

Ce service est à l'essai pour 6 mois dans quelques cliniques de Scarborough, une banlieue de Toronto. Après cette période, le plan des services sera évalué et si la demande est favorable, plusieurs cliniques pour soins de vétérinaires seront ouvertes dans la ville de Toronto et dans d'autres grands centres de l'Ontario.

Information extraite du quotidien "La Gazette" en date du 27 juillet, 1973.

## NEW TELEPHONE LOCALS TO NOTE

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Please take note of the following new telephone locals:

DR. M. BLACK	-	654
DR. C. REED	-	587
DR. M. ROSS	-	433
DR. H. ROTTENBERG	-	732
DR. H. SALTZMAN	-	434
DR. I. SHANFIELD	-	731

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Miss Margaret Chisholm, RN, holds a bouquet of flowers presented to her on the occasion of her retirement from the Hospital after 31 years of service. A party in her honour was held on August 31 in the Drawing Room of the former Nurses' Residence. Standing with her are, from left to right, Mr. Fred Goldstein, assistant executive director; Dr. W.R. Slatkoff, executive director; Miss Helen Taylor, director of Nursing; and Mr. S.S. Cohen, consultant to the Board.

TO THE DEPARTMENT OF VOLUNTEERS

The following letter is one of many received by Mrs. Herbert Parker, director of the Department of Volunteers:

August 16, 1973

Dear Mrs. Parker:

This is a short note to thank you for giving me the opportunity to encounter the rewards of being a volunteer during this summer season. I found that being a volunteer meant being industrious, organized and patient. I could listen, experience and understand.

Next year, my education will take me to Carlton University in Ottawa. There I will enter into a Science program and eventually into a career in medicine. I found that this interval of hospital life gave me a more realistic view of what my future life entails, and I am now becoming more certain of my hopes in my future profession.

I am afraid, however, that I will be unable to continue working at the hospital as I shall be moving to Ottawa shortly. I shall be in Ottawa for the duration of this school year and shall return to Montreal in May 1974. At that time I shall seek employment at the hospital once again.

Honestly, I can admit that there were some trying moments, but as time, they passed only too quickly. I will often look back at these days of hospital life with gratification for the emotional rewards, friendships and respect others showed me throughout this term.

Sincerely,

Glenda Steinberg

WHAT OUR PATIENTS SAY

Dear Sirs;

The family of the late Isidore Gerber wishes to express sincere thanks to all the concerned doctors and nurses of the Jewish General Hospital for their endless efforts in trying to keep our beloved husband, father and grandfather alive as long as it was possible during his lengthy illness.

Stephanie Gerber  
Outremont, Quebec.

\* \* \*

The following is an open letter to the staff from Mrs. Sharon Bronstein, formerly of the Department of Surgery:

I would like to express my sincere thanks and appreciation to the JGH staff who showed such kindness and generosity during my stay at the Hospital for the birth of my daughter, Tracy.

Your thoughtfulness was greatly appreciated.

\* \* \*

To the Head Nurse - 7 West:

I would like to express my appreciation for the treatment my husband received during his lengthy stay at the Jewish General Hospital.

He enjoyed the best possible care provided by all of your staff. The service, treatment, cleanliness and courtesy given by your personnel was more than excellent.

We can all be proud of the Hospital and its staff.

Thank you for everything.

Yours very truly,  
Maria Juer