

# JGH NURSE

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THE STAFF OF THE JEWISH GENERAL HOSPITAL

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**PRIZEWINNERS:** Four of the forty student nurses who graduated from the Hospital's School of Nursing September 4th won prizes. From the left, they are: Miss Hynda Dorfman, who won the Annie Goldbloom Award established by the Women's Auxiliary for the highest aggregate marks in examinations; Miss Marsha Cohen, who won the Rachel Moses Block Memorial Prize for the application of psychiatric nursing concepts in all areas of nursing, and the Hirshberg Memorial Prize for general proficiency in obstetrical nursing; Miss Susan Lubarksy, who won the Mrs. Allan Bronfman Prize for general proficiency, and the Associate Nurses of the Jewish General Hospital Award for bedside nursing; and Miss Sharron Duplantis, who won the Michael Hirsch Honour Award for consistent personal and professional progress.

Within the next month, Miss Dorfman will begin her nursing career in a kibbutz in Israel; Miss Cohen will do similarly in London, England; Miss Lubarsky will enter McGill University to work toward her B.N. Degree; and Miss Duplantis will begin her career at the Lakeshore General.

## A FRESH REPORT ON ISRAEL

If I wanted to do a psychological study on a country, Israel would be the number one country to do it on even if I were not a Jew. For Israel's human experiment of blending different languages, backward and progressive cultures, rich and poor strata, etc., into a one-purpose, one-people, one-culture nation is dynamic and fascinating. Unlike other cultures, and in spite of all the persecutions through the ages, plus the almost insurmountable difficulties now, it's almost mystical to me how Israel does this. How does a little nation of 2.3 million people do such a tremendous job, and blend so much into one peoplehood? To my knowledge, no culture in history has been up-dated in such a more-or-less uninterrupted way. The Greek spoken today, for example, is a different Greek from that spoken 2,000 years ago. But Hebrew never ceased to be Biblical.

I've visited Israel twice before this summer: in 1951 and 1966. Emotionally I was very impressed then. But those impressions are pale compared to the impact this last visit made on me. Walking down Israel's streets today, you can't help but be impressed by its dynamism, its determination. You can't help but believe its people will overcome, whatever the impediment. Imagine what would happen if Israel didn't have to spend 80% of its budget on defence! But this new impression is so strong that I've decided to settle there in the near future. Although I'm very attached to Canada for what it is and what it has done for me, an immigrant from Poland, I feel that, as a Jew, I am compelled by conviction and by emotion to cast my lot with Israel, its present and its destiny.

Like me, all levels of Israel's social strata are terribly hurt to think that the great bulk of organized nationhood (the United Nations) fail to see the convincing case for Israel. How can anyone who is not deliberately antagonistic toward that country and the Jews, fail to see that Israel's aim is not expansionistic? There isn't a day when the ring of Arab forces around Israel does not do damage to it. But when Israel retaliates in self defence, the UN objects so that what is permitted to the Arabs is prohibited to the Jews. How dare these oppressed, persecuted Jews claim equality? How dare they overcome such hostile odds? Who ever heard of a people who, in self defence, overcame its enemies, and then had to beg for peace to justify its existence before the world?

After the 1948 armistice, Jews were to have free access to the West Wall (no longer the Wailing Wall), but never was a Jew allowed to go there. Jordan destroyed many old Jewish shrines and synagogues... while the ancient cemetery on the Mt. of Olives was destroyed and its tombstones used for sidewalks and other building materials. Yet neither the UN, the Christian world, nor other countries reacted to that injustice. Now that Israel has taken back from Jordan the portion of old Jerusalem which was taken away in the War of 1948, everybody seems concerned about what may happen to Christian and Moslem shrines. Anyone who wishes to find out for himself how Israel takes care of holy places of all religions within its boundaries will realize on whose side the truth is. Through UNESCO, the United Nations supported the educational system among the Arabs, Jordan and the Gaza Strip, in which arithmetic texts taught such gems as: "When you kill three Jews, and then you kill two more, how many Jews have you killed?" This kind of thing has been known but tolerated until, finally, it was looked into. Then, under strong protest, most or all (?) of the books were withdrawn -- after the psychological and pedagogical damage had been done.

In the face of the UN's unjustified fifteen condemnations of Israel since its statehood began in 1948, the country has understandably come to the conclusion that, rather than become the subject of pity and compassion again, she'd stand condemned before a biased and un-understanding world, and survive. Israel has shown -- and is determined to continue to show -- that she is not ready to die as a result of political football and fanatical hatred. The history of the Jewish people is that of constant struggle for survival. Unfortunately, that struggle has not come to an end. And if the Jewish people must continue to struggle for the survival of their ancient-new homeland where Jewish life can bloom, they will do so, come what may. The Jewish people have outlived ancient Babylon, Assyria, the Greek and Roman Empires, and Hitler. They will outlive those who seek to destroy her now. There shall never again be another Massada or Auschwitz.



Dr. Mordecai Etziony,  
Honorary Attending Staff,  
Department of Medicine.

COMMERCIAL COURSES IN FRENCH CONVERSATION  
TO BE MADE AVAILABLE TO ALL JGH STAFFERS THIS OCTOBER

Beginning early October, courses in elementary, intermediate, advanced, and "high advanced" levels of French conversation will be made available to all members of the JGH staff who wish to take them, Mr. Fred Goldstein, Assistant Director, told Pulse recently.

To be held at the Hospital from 5.45 pm to 8.30 pm one evening a week (either Mondays or Wednesdays -- whichever the majority prefers), each one of the courses will be 50-hours long and last 20 weeks.

The courses are presented by l'Institut Culturel et Linguistique, 5715 Cote des Neiges Road, Montreal -- just across the street from the "JGH Nurses' Residence.

Approximately 65 members of the Royal Victoria Hospital's staff -- many of them physicians -- enrolled in identical courses last March while about 75 have signed up for the same program to begin there this month. Says Miss H. MacCallum, Supervisor in Inservice Education at the RVH who supervised the courses there: "Reaction was fairly favourable. Some of the ones who took the Spring course have re-enrolled to take the Fall course at a higher level."

The Institut's special rate for hospital personnel is \$65 plus \$10 which covers text books, tests, final examinations and study testimonials, said Mr. Goldstein, whereas its regular, non-hospital fee is \$135. Deductible from income tax, the fee is payable in installments although the first one must be made before the courses begin.

For further information and registration forms, contact Miss Margaret Masters, Assistant Director, In-Service Education, local 649, who will oversee the courses at the JGH.

## VACATION AT A YOGA CAMP

Vacation at a yoga camp is vastly different from the usual summer resort. Instead of idle relaxation, one gets a vigorous workout and feels better for it.

The camp I went to this summer is situated in a very picturesque spot in Val Morin in the Laurentians, and is run by Swami Vishnu-Devananda, a great exponent of hatha yoga, who trained thousands of students in India and the West. He founded yoga centers in all parts of this continent.

The two hundred campers I saw came from all parts of the U. S. and Canada. They ranged in age from teens to 82, and came from all walks of life including many professionals.

The day began at 5.30 am. We had to be in the yoga hall to meditate (clear our minds) and chant. Swami then gave a lecture on health followed by eye exercises, after which we went outdoors on a huge platform to do the yoga exercises. There we were divided into three groups: beginners, intermediates, and advanced students. At first I found it quite difficult to bend and touch the floor, but after a few days there was a marked improvement, and with the help of an advanced student, I was able to do the headstand. There was a two minute rest between each exercise, and the session ended with a ten-minute complete relaxation period when I almost fell asleep and later arose feeling very refreshed. Unlike physical culture exercises, one does not get breathless as yoga exercises are based mainly on stretching, twisting and bending combined with deep breathing. We spent at least one-and-a-half hours in the morning and an hour before supper on these exercises.

We were taught the importance of emptying our lungs completely and breathing deeply. One camper, an emphysema patient, claimed these exercises improved her condition so that her doctor began teaching other patients the breathing exercises.

The first meal was at 11 am and the other at six. Being on a vegetarian diet, we had no meat, fish, poultry, eggs, and no coffee or tea either. Smoking and liquor were also forbidden. Many campers were advised to fast for three days to rid their bodies of poisons accumulated by meat, pills, etc.

There was a weekly hike or mountain-climb, a bonfire, a picnic at beautiful Mt. Tremblant where some campers showered under the falls. Saturday night some talented campers put on a very enjoyable show.

Unlike the usual vacation I returned home to resume my multiple duties quite energetically.

Mrs. Minnie Strauss,  
Dietary Department.



PEOPLE IN THE NEWS

CONGRATULATIONS to Mrs. Dorinda Ruivo, Housekeeping, who had a baby girl in July... to Mrs. Marion Brown, Social Service, who, on August 5th, gave birth to a daughter -- the first sister for her two sons...

BON VOYAGE to Mr. Thomas Boudjaklian, Mail Room, and his young family who flew to Lebanon August 29th for three weeks ... to Miss Judy Phillipson, Social Service, who flew to England and Copenhagen recently for a visit... to Miss Carol Parker and Miss Donna Buchanan, both of Biochemistry, who are enjoying a three-week vacation in Mexico right now...

BEST WISHES to Miss Lydia Beck, RN, formerly of the JGH, and Mr. Maurice Ghazal, Pharmacy, who married August 17th and then honeymooned in Miami and the Bahamas... to Miss Gertrude Chorlton, Administration, who celebrated a birthday August 29th... to Miss Leah Diamant, Biochemistry, who will wed Mr. Jacob Wexler next May after becoming engaged this August...

WELCOME BACK to Miss Miriam Levcovitch, Personnel, who visited Moncton, New Brunswick, in June... to Dr. David Halperin, ENT, who went to Israel, Italy, and England in July... to Egypt-born Miss Vivian Schoueka, Personnel, who spent two weeks in Miami this summer... to Mrs. Effie Sergis, Laundry, who was in Chicago the last three weeks of July... to Mrs. Sheila Mackay, Social Service, who recently returned from Bermuda... to Mrs. B. And Judy Mosse, Volunteer Service, who vacationed in Cape Cod in July... to Miss S. Sperry, RN, Health Service, who spent a month in Maine and Vermont "tanning RED!"... to Mrs. Olwen Brown, Biochemistry, who visited her family in Jamaica this summer... to Miss Rhona Singer, Cardio-Thoracic Surgery, who spent an August vacation in London, Paris, Barcelona and Madrid... to Mrs. Paula Antonopoulos and Mrs. Elizabeth Lederberger, both of Housekeeping, who had JGH operations this summer... to Mrs. Olga Steiner, who spent three August weeks visiting relatives in England ... to Dr. M. Solomon, Health Service, who spent his holiday this summer in Cape Cod... to Miss Katy Karavas, Laundry, who returned September 10th from visiting her family in Greece...

## MORE PEOPLE IN MORE NEWS

DID YOU KNOW that the U. S. Department of Health, Education and Welfare estimates that Medicare, the government health program for those over 65, and Medicaid, a federal-state program providing medical care for the needy of all ages, have added from 30 to 40 million persons to the patient load of American hospitals and physicians in the last four years? that Miss Elizabeth Torunian, Pediatrics, daughter of Mr. Anton Torunian, Finance, joined the Pediatric staff in July as a half-time school teacher? that Miss Sema Weiner, Administration, who has been a very sick patient at the Montreal Neurological Institute for several months, is now recovering well and will return home soon? that the name of Dr. Robert Levine's "Special Clinic" was changed to "Tumour Clinic" in July? that Mme. Yvette Meunier returned from Toronto to resume her duties as Switchboard Operator in July? that two one-act plays by the JGH's former Public Relations officer, Mr. Tevia Abrams, were produced in the Israel Pavilion at Man and His World late August and early September? that since the last issue of Pulse, various Hospital softball teams have played about six games?

AND DID YOU KNOW that amendments to Canada's Food and Drug Act, Narcotic Control Act, and the Criminal Code became effective August 18th, 1969, so that now, the possession of hallucinogenic drugs like LSD is a criminal offence? that the Hospital will hold its third annual Arts, Crafts and Photo Exhibition this coming winter? that Dr. J. L. Shugar, Orthopedics, will act as Chairman of this Exhibition's committee? that the Women's Auxiliary's Forget-Me-Not Shop will present its newest Look Ahead Show of fashions, antiques, and gourmet foods at the Nurses' Residence November 4th-5th? that the Jewish General Hospital celebrates its 35th birthday October 8th? that Miss Mary Barrett, formerly Director of the JGH's School of Nursing, was recently appointed Director of Nursing at Dawson College, English Quebec's only CEGEP? that in this new capacity, she will pioneer a new teaching concept in the field of nursing? that the JGH staff now numbers some 1800 plus about 350 doctors on the Attending Staff?

## Today's troubles in Northern Ireland

Having been born and brought up in Belfast, people ask me nowadays what the trouble there is all about. For me, this is a novelty because, many times before, I've tried to tell people what Northern Ireland is like only to be greeted by incredulous stares and other signs of disbelief. But now, as a Catholic who left Northern Ireland 18 years ago, I'd like to bring your attention to some of the undercurrents of Ulster's distress.

One of the basic problems is poverty which is due to under-employment in the country's basic industries: ship-building and textiles — industries which are in little demand in the modern world. It is no accident that the largest previous upheaval in Northern Ireland occurred in 1935, in the middle of the Depression, at a time of high unemployment. Then Northern Ireland's conservative government -- now in power for nearly half a century -- urged through the prime minister's speeches and the Orange Order, discrimination and worse against the Catholic minority. The result was a pogrom not much different from that which has just occurred. An investigating committee of British MPs reported back to Westminster that nothing could be done about the matter because Northern Ireland had autonomy in local affairs. Fortunately, the recent disturbance has jolted that concept into oblivion.

A second poisonous undercurrent today is sectarian education. Protestants are taught that Catholics are disloyal to the Crown, and only too ready to engage in a Papist Plot to subvert the Union Jack. Catholics, on the other hand, are taught all the aspects of Irish history which put the English in the wrong moral postures. You will forgive my bias if I remind you that that has been the traditional British condition vis-a-vis the Irish. The Irish suffered all the trials of the colonially oppressed, in spades. Genocide is not too strong a word to use.

The third proposition I would like to pose is that, as the late Tom Mboya pointed out, Northern Ireland presents a basically colonial situation. The people of power and influence own everything and, dedicated to maintaining the British Connection, they keep their own police force including the B Specials, and the population, in a state of religious antagonism. Such people do not relinquish power easily. That is why the present civil rights movement which is basic-

ally a non-sectarian demand for equal rights for all citizens, is such a threat to the system that it has brought out the most flamboyant opposition seen for some time.

What will happen now? I am not very optimistic, but the one possible ray of hope is an aroused British public opinion. Already the disarming or attempted disarming of the Ulster counterpart of Hitler's Brownshirts -- the B Specials -- by the British Army has given some hope to the Catholic minority that British justice might have some meaning after all. But until now, it has not existed for Catholics in Northern Ireland who, on making any protest against their lot, were branded as disloyal by the government of Northern Ireland and ignored by the government at Westminster.

Dr. Sean Moore,  
Pathology.



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#### MONTREAL FIRE DEPARTMENT TO SPONSOR LECTURES HERE

"Hospital fires are such an important subject that the Montreal Fire Department will sponsor a series of fire drill lectures here from November 10th to the 21st," said Mr. Archie Deskin, JGH Assistant Director, in a recent interview. "Department heads will ask staff members to attend one lecture per the schedule on the outside back cover of this issue of Pulse. We'll have more than the usual number of fire drills then."

But until then, here are some pointers all JGH staffers should know:

° The fire alarm system is installed in all areas of the Hospital so that alarm boxes and alarm bells are located in all corridors of the Hospital and at certain other strategic points. Look around your area of the building to find the alarm box nearest you. When you

(continued)

find it, check the code next to it to see what code ring applies to your area (for example, for the 1st floor West and Northwest, the code ring is two rings, a pause, another ring, another pause, and a final ring), and MEMORIZE it. Memorizing that code ring may save your life.

◦ To set off the fire alarm, pull the lever on the fire alarm box down as far as it will go to break the glass or glass rod. Each alarm box in the Hospital is already set to give the code ring for its own area. Whenever a code ring is sounded, it is given four times.

◦ Every department in the Hospital holds one fire drill a month for each of its shifts. So when the alarm sounds in your area, quickly help your department colleagues to (1) locate the "fire", (2) close all windows and doors, (3) close all doors through which smoke might pour, (4) check the location of fire extinguishers and oxygen shut-off points, (5) review the instructions on the fire extinguishers to make sure how to use them, (6) prepare to evacuate patients and equipment, (7) calmly explain to patients and visitors that this is a fire drill, and (8) ask visitors to wait quietly out of the way.

◦ So much for fire drills. Now for fires themselves. Should you discover a small fire one day (such as a fire in a waste basket, for example), advise the person in charge of the area about it immediately, then help him to extinguish the fire without fuss. But should you discover a bigger fire, sound the alarm in the nearest fire alarm box immediately, close the windows, doors and smoke doors nearby, secure the appropriate extinguisher -- carbon dioxide (CO<sub>2</sub>) extinguishers for chemical and electrical fires; water extinguishers for all other fires -- and try to put the fire out.

◦ For additional pointers, ask your department head, or ask to read either his copy of the JGH's January, 1969, copy of "Fire Regulations", or a nurse's copy of "The Nurses' Manual". Meantime, please note that for evacuation and other special duties pertaining to fire and fire drills, Mr. Deskin has issued special instructions to the fire marshall, duty enginemen, elevator operators, telephone operators, doormen, security officers and orderlies.



## PULSE PROFILE

Like her seven brothers and six sisters, pretty Aline Mary Dion of the Dietary Department was born in Notre Dame de la Paix, a small village near Montebello, Quebec, the daughter of a lumberjack. "I had wanted to be a secretary when I grew up," she says. "But with such a large family, I couldn't do that." So after completing her schooling in Notre Dame de la Paix, Aline left for Montreal at sixteen years of age to work as a domestic in a home with two children. "I came for just one month to see the city," she says, "but apart from visits home to see my parents, I've stayed here ever since!"

After three years at that first home, Aline worked at another for five, and then spent a year at a dress-making factory. But not liking the last job, she moved, in 1951, to the JGH where she first worked as a nurses' aide, and then as a dietary aide in the Dietary Department where she prepared, checked and served regular diets to patients on 2 Main and 3 Main. "Soon I began to prepare special diets for diabetics and others... and I enjoyed that," says Aline, with obvious relish. So now she visits patients on 3 West and 3 Northwest to help them decide on their menus, and afterwards writes out their diets in the Hospital kitchen. "I learn new things about special diets every day," she says, but I mastered the bulk of them in about two years."

A shy, conscientious, even-tempered person, Aline admits she would like to talk to friends more than she does but feels she can't speak English well enough. "I didn't know one word of English when I came to Montreal," she says. "I learned all I know of it since I came here."

Aline's nieces and nephews numbered "about thirty-one the last time we counted," she laughed. So they are a big interest in her life while her hobbies are reading, sewing, typing letters at home, and travelling... and this summer she completed a month-long tour of the Gaspé. As for the Hospital, Aline says: "It's like my home now. The people I work with are nice, and the nurses on the floor I work on are very understanding. I'm happy here."

JEWISH GENERAL HOSPITALSchedule  
for Fire Drill Lectures

<u>Date</u>	<u>Hour</u>	<u>Place</u>
Mon., Nov. 10th	10.30 am - 11.30am	Auditorium
"	2.00 pm - 3.00pm	"
Wed., Nov. 12th	10.30 am - 11.30am	Auditorium
	3.00 pm - 4.00pm	"
Thurs., Nov. 13th	10.30 am - 11.30am	Auditorium
	2.00 pm - 3.00pm	"
Fri., Nov. 14th	7.30 am - 8.30am	Lecture Room
	10.31 am - 11.30am	Auditorium
	2.00 pm - 3.00pm	Auditorium
Mon., Nov. 17th	10.30 am - 11.30am	Auditorium
	2.00 pm - 3.00pm	"
Wed., Nov. 19th	10.30 am - 11.30 am	Auditorium
	2.00 pm - 3.00 pm	"
Thurs., Nov. 20th	10.30 am - 11.30am	Auditorium
	2.00 pm - 3.00pm	"
Fri., Nov. 21st	7.30 am - 8.30 am	Lecture Room
	10.30 am - 11.30 am	Auditorium
	2.00 pm - 3.00 pm	"

Note: The schedule for special classes for different language groups (to be held during this same period) will be announced later.