

### DCCW Units To Meet Tuesday

Members and affiliates of the Rochester Diocesan Council of Catholic Women will meet Tuesday evening, Apr. 19 at 8:15 p. m. in Parlor A of Columbus Civic Center.

Addressing the group will be the Rev. John T. Callahan, deanery moderator. Mrs. Leo Muekle, deanery president and Mrs. Richard L. Kalb, diocesan president. Hostesses for the evening will be the Ladies Auxiliary No. 1 and Auxiliary No. 43, Knights of St. John, and the Knights of Columbus Ladies Auxiliary.

### DCCW Board Meets At Elmira Sunday Apr. 24

The city of Elmira will be the scene of the quarterly meeting of Rochester Diocesan Council, National Council of Catholic Women Sunday, Apr. 24.

Sessions will open at 2:30 p. m. in the lounge of Dunn Memorial Hospital. Mrs. Richard Leo Kalb, diocesan president, and the Rev. Albert Shamon, will preside.

All board members and directors are expected to attend this meeting and will register upon entering the session room. Directors are requested to send in excuses if unable to attend.

Rev. Joseph McNamara, Elmira Deanery Moderator, D. C. C. W., will open the meeting with prayer. A talk on "The Dynamic Council," will be given by Father Shamon, who will review the aims, of the organization and its proposed new objectives.

In the afternoon from 3:30 to 3:45, the presidents of the seven deaneries will give their reports covering development within their districts from the October 1948 convention held in Rochester. The meeting will close with Benediction in the chapel at 4 p. m. Refreshments will be served later.

### Seneca Falls Pupils Enter Spelling Bee

Seneca Falls — Four St. Patrick's School eighth grade students, Kevin Bove, Beverly Taber, Anne Nugent and Josephine Ferrara, and two seventh grade students, Karen Bove and Gertrude De Santo, will represent St. Patrick in the district finals in the National Spelling Bee, sponsored by the Syracuse Herald-Journal, to be held in Waterloo April 23 at St. Mary's School.

The winner at that time will then go to Syracuse to take part in the finals.

### Physical Therapy At St. Joseph's Hospital



Expansion of the Physical Therapy Department at St. Joseph's Hospital, Elmira is demonstrated in the photos above and explained in the accompanying article. Top photo shows the gymnasium for restoring muscle power. Center picture is of short wave diathermy treatment and bottom photo shows the whirlpool bath treatment for arthritis. The hospital is conducted by the Sisters of St. Joseph.

By STAFF CORRESPONDENT

In keeping with its long standing policy to make available to the community the most improved medical facilities, St. Joseph's Hospital has recently expanded its Physical Therapy Department. This department now includes a fully equipped gymnasium for the restoration of muscle power by heavy resistance exercises.

The principle of this method is that it develops power in the muscle which has been weakened by prolonged inactivity due to fracture or other injury. Most injuries of the thigh and knee result in the atrophy (decrease in size) of the thigh muscle. The type of apparatus used in restoring power to this muscle is shown in the accompanying picture to which the iron boot is applied.

Resistance to the weak muscle is offered in the form of iron plates graded from one to fifteen pounds. These plates are attached to the boot by means of a short pipe which fits into the boot.

OTHER APPARATUS is available in the gymnasium for other muscles of the body. In the picture it is shown how a weak muscle of the shoulder has power gradually restored to it by exercising the shoulder on the pulley which also may have the iron plates used for resistance. This system first restores muscle power to normal, and then endurance is built up by means of further exercise. A weekly record is kept on each patient treated in the gymnasium, and the weight of the iron plates is gradually increased.

Other interesting restorative equipment in the gymnasium includes a shoulder wheel for exercising stiff joints of the shoulder, girdle and arm, and also a wall bar used for exercise of stiff fingers, arms, and other parts of the body.

A mirror, five by eight feet provides an excellent opportunity for the patient to check on himself in doing his remedial exercises, to make certain he is carrying them out as instructed. This is the only gymnasium of its kind in this area.

In a room adjoining the gymnasium, there are four compartments where patients are treated by short wave diathermy when deep penetrating heat is required. The type of heat affects the deep tissues, and even penetrates through a plaster cast.

THE INFRARED LAMP provides considerable heat and is used in treating arthritis, rheumatic conditions, fractures, dislocations, and sprains. In the center of photo above the patient has the light applied to her leg.

The Sinusoidal is used as a muscle stimulant, and is indicated in the treatment of post-polyomyelitis and other conditions in which muscle stimulation is needed. In the photograph (extreme right) the patient is being prepared for a Sinusoidal treatment to the muscles of the face by an assistant. Various therapy lamps are used in treating the arms and legs as well as an electric cabinet bath which supplies dry heat to the entire body.

An ultraviolet lamp furnishes a good source of Vitamin D in cases of rickets, tuberculosis, and susceptibility to infections.

Local and general massage is given in the department, and a patient may be treated on a cart or in a wheel chair as well as on one of the tables shown in the picture. Most of the equipment is portable and may be

taken to the patient's bedside if he is not able to be brought to the treatment room.

(Continued on Page 2-S)

### Mark Twain Smorgasbord

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# Happy Easter To Everyone



"He has risen, he is not here.  
Behold the place where they laid him."

Mark Twain



The prayers of a troubled world in search of lasting peace are answered on each succeeding Easter morning when in reverent adoration all hearts await the glad news "He is Risen... truly a happy message for this Happy Easter Day."



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