

# School Of Nursing

## St. Mary's Trains 'Women In White'

"You'll need no rocking to get to sleep tonight, young lady!"

The little nurse looked up from her instrument table at the doctor watching her, and her eyes smiled above her mask. Her hands kept busy with the suture she was threading, anticipating the surgeon's need.

"No rocking," she agreed; then, straightening a weary back and momentarily resting her gloved hands on the table, she added with justifiable pride, "but I'm helping!"

She was a very tired little nurse with lines of fatigue about her eyes. With her surgical team-mates, she had fought side by side with a skilled surgeon for long hours that afternoon, vainly trying to save the life of a two-days-old "preemie" whose wind-pipe led to stomach instead of lung. Then she had "scrubbed" for an embolectomy, a rare operation to remove an arterial clot which threatened a middle-aged man's entire leg.

Now, she had "set up" her third major case of the day, and while another nurse was scrubbing to relieve her, she was speeding the efforts of still a third surgeon as he worked to remove an abscessed pelvic organ which otherwise might cost a young mother's life.

The spectator-doctor continued to watch her. He noted drooping shoulders and the way she shifted from one tired foot to another; but he also noted flying fingers, eyes alert to the operator's every move to have sutures and instruments ready. Tired, but completely poised and aware she was doing an important job well.

### Student Nurses

He turned to another observer. "They really have to love it to 'take' three years of training . . . but, God bless 'em, we'd be lost without them!"

Something out of a novel? No, indeed! It really happened one Sunday during the last month, right here in Rochester's St. Mary's Hospital.

The little nurse? She'd be embarrassed if her name were mentioned — just one of 40-odd juniors in St. Mary's Hospital School of Nursing who are learning a highly skilled profession. They, their Senior sisters and the underclass Freshmen and "Pre-clinicals" ("Probies") comprise a highly realistic student body. Nursing training, they know, is not for the faint-hearted or the lazy; a

girl must love it to survive it; but its rewards are manifold . . . to the community as well as to the individual nurse.

In St. Mary's Hospital School of Nursing, the would-be Women in White study in the light of nearly 80 years' tradition. Their school was founded in 1883 by the Sisters of Charity of St. Vincent de Paul and, through its graduates, has gained stature with each passing decade. It is fully accredited by the Board of Regents of the University of the State of New York, and by the National Nursing Accrediting Service.

A modern Nurses' Residence on the hospital grounds is "home away from home" for the St. Mary's student, who must be at least in her 18th year and not over 30. The Old Hospital is the scene of her formal class-room training and laboratory experience in science, nutrition and nursing arts. The "big stage" is the new hospital, opened in January 1943, where, capped and caped, she gains her sought-for clinical bedside experience.

### Spiritual Health

Training in St. Mary's is a "far cry from Nightingale and helpers in the Crimea; as elsewhere, it demands mental aptitude, of high caliber and exceptional technical skill. But it is proudly predicated on the philosophy of St. Vincent de Paul and St. Louise de Marillac: To give Christ-like care to the sick, to love the poor and to promote the patient's spiritual health while caring for his physical needs.

While the purpose of training at St. Mary's, in the long view, is to aid the student in attainment of eternal happiness, nursing education under the Daughters of Charity's guidance has many proximate objectives. The student nurse is trained to develop all her potentialities — spiritual, mental, moral, cultural, social and



Photos by Robert Johnston and Floyd Allson, RIT.

WHEN A FELLA NEEDS A FRIEND—The little lad (photo left) did not mind being a patient in St. Mary's Hospital Pediatric Department when he learned that friend nurse was around with a helping hand at meal time. A GIRL MUST BE ABLE TO THINK (photo right) is what St. Mary's Hospital tells its nurse trainees. Surgery is one of the many hospital departments in which students must serve during the three-year training period.

physical. And she learns to use these potentialities to the fullest for her patient, family, community and self. She learns the sacredness of human life, and how to safeguard it with skill, full, conscientious and efficient nursing care.

And by no means the least of her lessons, she learns to earn her living as a professional nurse.

At St. Mary's, a girl must be able to think . . . and do! Training is not for Wall-flowers nor Weeping Willows, and before she undertakes it, the student must demonstrate she is physically able to stand its stress and strain. On the academic level, she must be in the upper half of her high school class.

Once in training, she has no time to waste. She'll find time for proms and dances, "late leaves" and "overnights" — but her days will be full with the serious business of becoming a nurse. Before she is capped, she will spend eight months of study in biological and social sciences and basic nursing procedures. From then until she has earned her pin and graduate's black band, she will spend her time chiefly on four major services — medical, surgical, obstetrical and pediatrics. And in addition to her scheduled 12 weeks' vacationing over the three-year course, she'll spend another fascinating, instructive three months away from St. Mary's for her affiliation in psychiatric nursing.

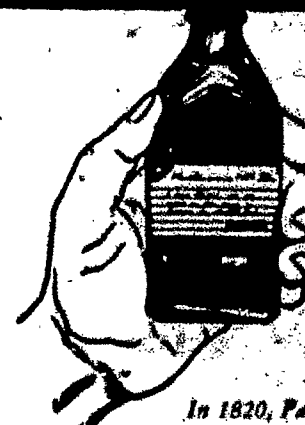
In Surgery Every department of the hospital — from the Diet Kitchen to Surgery, from the Out-Patient Clinic to the Delivery Room will open its secrets to her. Her spiritual and physical health will be fostered, her cultural and social life expanded far beyond her expectations. And when training is completed, more than a score of interesting careers in nursing will lie before her.

If she wishes to teach nursing to others, the finest colleges in the land will welcome her and help her to degrees in nursing education. She may do institutional, visiting, private-duty, clinical or home nursing. She may find her place in obstetrics, pediatrics, orthopedics, surgery or psychiatry; in Public Health, the Veterans Service, the Indian Service. She may prefer medical social service, hospital administration, insurance, or research, public nursing or Red Cross Disaster Service. And if distant places call her nursing talents as an air stewardess or an Army or Navy nurse, she may travel and follow her profession, too.

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