

## The "Registered Nurse"

The New Title, Recognized By The State, Of The Trained Women Whose Services Are In Constant Demand In Sickness—Length And Course Of Study In Representative Baltimore Schools.

By EMILY EMERSON LANTZ.  
The reason firm, the temperate will,  
Endurance, foresight, strength and skill;  
A perfect woman, nobly planned,  
To win, to comfort, and to command;  
And yet a Spirit still, and bright,  
With something of an angel light.  
—William Wordsworth.

The month of June is pre-eminently the season for the changing or bestowal of titles and the conferring of academic degrees indicative of proficiency in some art or science. It is due to the multiplicity of June weddings that one has to suddenly adjust their mental faculties to the unaccustomed addressing of some Lady Kitty Bristol as Mrs. William Ashe, and to the conferring of scholastic degrees that one must remember to introduce a college chum by the august title of doctor of philosophy or medicine.

Such titles to be legal must be sanctioned by the authority of the State, and the present season of June marks in Baltimore the State's recognition of a professional title that has been adopted by only four States in the Union and for which the same professional class in England is still asking recognition of the British Government. This is the title "registered nurse," expressed by the abbreviations R. N., which carries with it assurance to the professional world and the public that the woman privileged to bear this title has pursued a course of professional training in the care of the sick for a specified length of time in a nurses' training school qualified to give an intellectual course of study and a practical course of nursing adapted to the most successful ministrations to the sick. The appellation "registered nurse" indicates that those bearing it have attained, by proficiency in the care of the sick, a diploma of graduation from one or more recognized training schools and have stood the final test of examination by a board of examiners appointed by the State. Thus persons so registered enter upon their public service of nursing bearing, like the coin of the realm, the Government stamp and guarantee of professional fitness for the duties they assume.

Hitherto the term trained nurse has indicated that the person calling herself such has had some training under training-school auspices in attendance upon the sick, but the degree of excellence of that training was known only to professional medical circles acquainted with the standing of the training school where the instruction was received.

State registration and the establishment of a standard of fitness gives a definite legal status to the professional nurse and effectually prevents incompetent and unskillful persons from occupying this status or pretending to have it. Such registration in no wise interferes with anyone pursuing the profession of nursing, but it effectually distinguishes between those who have given several years of their life to preparatory training, intellectual and practical, and others who have not done so.

New York, New Jersey, Virginia and North Carolina have adopted State registration of nurses on the principle that both nurse and invalid benefit thereby. State registration, to whatever profession applied, stands for the safeguarding of the public interest. Both lawyer and public receive by State registration protection against the shyster; the physician and public benefit by protection against the charlatan; the clergyman is officially ordained that church and public may be protected from frauds practiced under a cloak of sanctity. Thus wherever vital interests are concerned the Government should, and generally does, guard against inexperienced, careless or fraudulent methods.

One writer has said in regard to trained nursing: "It is unique in being perhaps the only profession unreservedly assigned to women—in which their pre-eminence is not disputed, and in which they occupy all the higher positions. In other lines of life women either struggle in ineffectual competition with men or occupy the subordinate or less well-paid posts."

Through the American Federation of Nurses the nursing profession of the United States is admitted to the National Council of Women.

Since the establishment, 30 years ago, of a system of trained nursing in the United States the field of usefulness for experienced nurses has constantly broadened until at the present time the trained nurse is one of the most important factors in municipal life and her sphere has been extended along lines that a few years ago were wholly undreamed of.

When the first training schools were established, beyond a few positions in hospitals, private nursing was the only career open to the nurse who had spent two years at a hospital. Until about 12 years ago, according to the best authorities, private nursing continued to occupy more than three-fourths of the nurses. Fifteen years ago there were 35 training schools for nurses organized where there are now 807. A remarkable increase in the number of hospitals in the United States—the latest reports show about 1,500 hospitals—together with these training schools, opened a large and important province for nurses in institutions.

### Supply And Demand.

In this case the supply has created a demand. Here is offered a body of disciplined women, women educated in head and hand whose motto, like that of the Prince of Wales, is, "I serve." The world has always need of the helpful man or woman, and the helpfulness of the trained nurse has become quickly apparent. Experimental district nursing has rapidly grown to be a municipal necessity, and the one or two district nursing associations established have increased in number to 220, employing between 500 and 600 nurses. The trend of modern development in medicine and surgery and the keen and complicated warfare of science against disease have opened up long protracted battles between the powers of life and death where physicians are the commanding officers and nurses the soldiers on vigilant watch and in active fight.

The visiting nurse has become an almost indispensable factor in the administration of a large city in that she can discover and report to health boards unsanitary conditions of living unknown to official inspectors who lack her opportunity for daily observation in the very heart of things. "As a server of the community rather than the individual her work has expanded from the narrow limits of private charity into the broad lines of public service."

In large hospitals the supervision and control of all nursing is vested in the high percentage of nurses, and frequently the supervision and control of domestic affairs as well. In smaller hospitals a nurse is often the chief executive officer of the entire institution, and not the least of her duties is that of instruction by lecture and in classrooms. The complexity and variety of these demands upon her capabilities have produced in the trained nurse the demand for the highly qualified woman with some gift for imparting knowledge—one who is not only mistress in the art of nursing, but can transmit her knowledge to others.

Instructors of nursing are now a recognized feature of some of the best training schools for nursing, and this has opened still another province in training-school work. Statistics show for the past year about 2,200 pupils in training in the nursing schools of this country, and the high ideals of the woman guiding and directing this great educational and instructing work is shown in the report of one superintendent of nurses, who says concerning this instructive branch:

"Every one of these pupils should be from the time she enters the school under the teaching and guidance of the most able, experienced and successful instructors which we can produce, just as truly as they should be under the influence and inspiration of women of intellect, of education and culture and of the noblest personal character."

The hospital and training school for nurses are interdependent upon one another. Hospital experience is indispensable as supplying the field for the practical instruction of the nurses' training, and the establishment of a training school for nurses in connection with the hospital is proved to be the least expensive method of caring for the sick. In the most representative schools the nurses neither receive wages nor pay any tuition fees, the services rendered being regarded as equal to the value of their education, while the hospital gains in the fact that a group of scholars feel greater enthusiasm in their work than paid servants and also in the fact that the class of young women presenting themselves as candidates for instruction in nursing is higher when financial re-

muneration is not an incentive to their undertaking the work.

The demand for nurses in private cases or for special attendance upon patients during hospital treatment has also greatly increased, due probably to the advanced prosperity of the country and individual ability to pay for such a luxury and due, most of all, to the real satisfaction and comfort afforded by the attendance during sickness of a nurse conscientious and capable in the discharge of her duties. Protracted cases,

the feminine heritage from her battlefield experiences which is especially treasured by graduates of the school. This is the nurses' cap they wear, which is a duplicate of the cap worn by Florence Nightingale in her ministry to wounded and dying soldiers. Trained nurses were for the first time officially engaged by the United States Government during the recent Spanish-American War, and the nurses of the Maryland University Hospital Training School were among the first to volunteer their services and to go forth, wearing the white emblem of their battlefield nursing ancestors, to the same mission of healing.

The length and course of study and practical instruction in the representative training schools of Baltimore are practically the same and render their graduates equally eligible for the degree of registered nurse.

The Johns Hopkins Training School is an integral part of the Johns Hopkins Hospital and under the same government. The school buildings are within the hospital,

### MARYLAND UNIVERSITY HOSPITAL TRAINING SCHOOL FOR NURSES



GRADUATING CLASS FOR 1906

[Photo by Jeffries.]

of nervous or mental disorder are largely dependent upon intelligent nursing for the recovery of the patient. Saving of valuable time to the physician is another important result of securing experience and judgment in a nurse, since the physician knows such a one can be depended upon either to notify him if a serious change in the condition of his patient occurs or to act intelligently herself in an emergency.

The trained nurse is now found in the social settlement, the public schools, the inspection of tenements, the control and relief of tuberculosis, the army corps, in district nursing in rural communities, in the nursing of Pasteur patients, and such a trust reposed in the individual requires some guarantee that the latter has been proved both in character and attainments worthy of the confidence she inspires.

It was felt that a nurse to represent worthily the profession of nursing must have been instructed not merely in one, but every department of surgery and medicine. If a patient suffering from a broken limb develops pneumonia or typhoid fever, the nurse must be as well qualified to attend one class of illness as the other. This determination to bring the standard of nursing instruction to a definite status of proved ability led to the successful effort of the Maryland State Association of Graduate Nurses to have a bill providing for the State registration of nurses passed by the General Assembly of Maryland.

### Sets A Definite Standard.

The bill is regarded as peculiarly happy in its framing, since it sets a definite standard for registered nurses without in the smallest way interfering with either voluntary or paid nursing by others.

The bill provides that the Maryland State Association of Graduate Nurses, which includes nurses from all of the most representative training schools of the State, shall nominate for examination 12 of its members of not less than five years' experience in their profession. From among these the Governor of the State shall appoint five members for differing terms of service, upon whom shall rest the responsibility of deciding the acceptance or otherwise of candidates for the degree of registered nurse. This board of examiners shall meet at specified times, and it will include in its duties the presentation of any persons violating the provisions of the act. The requirements for securing registration after the first of the present month are that the applicant shall furnish satisfactory evidence that he or she is 23 years of age, is of good moral character, has received the equivalent of a high-school education and has been graduated from the training school connected with a general hospital where three years of training with a systematic course of instruction is given in the hospital or has been graduated from the training school in connection with a hospital of good standing supplying a systematic three years' training corresponding to the above standard, which training may be obtained in two or more hospitals. Special provision for registration is made in the act for nurses who were graduated before a three years' course was introduced and who have been pursuing their vocation since that time in private or public capacity. Beginning with this month, it is unlawful for any person to practice professional nursing in this State. A nurse who has received his or her certificate according to the provisions of this act shall be styled and known as a "registered nurse." No other person shall assume such title or use the abbreviation "R. N." or any other letters or figures to indicate registration. It is, however, definitely stated that the act shall not be construed to affect or apply to the gratuitous nursing by friends or members of the family nor to any person nursing the sick for hire who does not in any way assume to be a registered nurse.

Baltimore as a center for training in professional nursing has been in the lead in almost every progressive development of this advanced line of woman's work. The Johns Hopkins Hospital, starting with a magnificent hospital endowment, established in 1889 its training school for nurses with exceptionally gifted women at the helm and a board of trustees wise in stimulating and supporting progressive work intellectually evolved and practically carried out. The training school started upon a exceedingly high plane of excellence—far in advance of its day and generation—and beginning with a group of 40 or 50 pupils the training school has increased to the number of 140. The school was organized by Miss Isabel Hampton (now Mrs. Hunter Robb, of Cleveland,) as superintendent. Miss Hampton came from the Bellevue Hospital, New York, which had opened a training school in May, 1873. The department of the Hopkins training school were admirably organized, its standard of work high, and it became from the first one of the leading schools of the country. Upon the marriage of Miss Hampton the duties of superintendent devolved in 1894 upon the latter's assistant, Miss M. Adelaide Nutting, who has by her unusual ability guided the school to its present enviable position among the educational institutions of the world. Miss Nutting resigned her position as superintendent of nurses and principal of the Johns Hopkins training school for nurses within the past few days to accept the chair of institutional management at Columbia Teachers' College, New York. Her resignation is a distinct loss not only to the institution with which she has been so long associated, but to the State of Maryland as well.

### Baltimore Training Schools.

The University of Maryland Hospital Infirmary, under the supervision of the Sisters of Mercy, had organized a system of nurses' training in connection with the infirmary as early as 1838, but their present admirable training school for nurses was organized December 14, 1880, by Miss Laura Parsons. The latter was a graduate of St. Thomas' Hospital, London, England, where, after the Crimean War, Miss Florence Nightingale organized the first English training school. Miss Parsons had also served as head nurse for six months at the Johns Hopkins Hospital. The mantle of Florence Nightingale, angel of the European battlefields, had fallen in some measure upon Miss Parsons' shoulders, since she also had seen nursing service in foreign wars, and she brought to the training school of the Maryland University Hospital a lit-

grounds, but separate from the hospital buildings. They are large, comfortable, well heated, lighted and ventilated, supplied with class and lecture rooms equipped with facilities for teaching and with access to an excellent reference library.

The 380 beds of the hospital offer great opportunity for thorough and varied practical experience in surgical, medical, gynecological and obstetrical wards. Teaching is also given in the operating room, the dispensary and at orthopedic and other clinics. Instruction in the properties and preparations of food and in their application to the needs of the sick is given in a model kitchen equipped for teaching purposes.

Applicants for admission to the training school must not be under 23 years of age nor over 35, and of good health and moral character. They must have graduated from a high school or received the equivalent for such a degree of education, and women of superior education and cultivation receive preference for the spring term in February and March and for the autumn term in Au-

under conditions approved by the highest authorities upon professional nursing, and the social relations between the nurses of the training school and the ladies who compose the woman's board of the hospital are peculiarly intimate and pleasant. The latter have been untiring in providing for the nursing staff comforts of surroundings and diversion of mind as well. Miss Flanagan is at present superintendent of nurses, and the student nurses are 54 in number. The training in orthopedic surgery for the hospital course is given at the Hospital for Crippled Children.

The Maryland Homeopathic Hospital is "a house set upon a hill"—a breezy hill, with terraced lawns sloping downward, and the administration building is a hospitable, roomy, old-fashioned mansion, overshadowed with trees. Other buildings are erected upon the lawn. The training school, established in 1891, gives the full course of instruction required for the Maryland State registration of nurses, and is also registered in New York State. Its nurses have

### MARYLAND HOMEOPATHIC NURSES' TRAINING SCHOOL



MISS M. J. PUTTS, SUPERINTENDENT OF NURSES, AND GRADUATING CLASS OF 1906

[Photo by Jeffries.]

gust and September. The full course of instruction occupies three years, and students are not accepted for a shorter period.

An entrance fee of \$50 is required from all students to cover the additional cost of preparatory instruction, but no other charges are made for tuition, and they receive board, lodging and a reasonable amount of laundry work from date of entrance. During the period of probation they provide their own dresses, but on entering the wards are required when on duty to wear the uniform supplied by the hospital. They are also provided with text-books.

Eight scholarships of the value of \$100 each have been established that are awarded by the authorities of the hospital annually to such members of the junior and intermediate classes as have shown exceptional merit and are in need of pecuniary assistance to enable them to continue their studies. A single scholarship of the value of \$480 is awarded at the graduating exercises at the close of the third year to the student whose work has been of the highest excellence and who desires to pursue post-graduate study and special work in the school.

Before entering upon definite instruction in nursing, applicants of the Johns Hopkins training school must pass through a probationary period of instruction in a school of dietetics and household economy. This includes theoretical and practical instruction in everything that pertains to food, to marketing, to the care, preservation and cooking of foods, to the care of kitchens, pantries, refrigerators and the attractive serving of foods both for the sick and well. Especial attention is given to the relation existing between general cookery and cooking for the sick and convalescent. In the household economy department instruction is given the student in the maintenance and administration of the household, the relative values of materials and their care, furnishing of bedrooms, ventilation, plumbing, drainage, laundries and linen rooms. Here the student receives also instruction in the preparation of all surgical supplies, sterilization, disinfection, and in the outside clinic in the preparation of patients for examination, treatment and application of surgical appliances; also, of solutions, their preparation and use.

This department of the school is a most valuable one, not only in the profession of nursing, but in any department of life for women. It has been adopted by all the representative schools to a greater or less degree in connection with the probationary period of their student instruction. Such department of housekeeping and domestic and institutional administration is very similar to the housekeeping schools of Switzerland, except that it is conducted upon a scientific basis, with the general trend of every detail tending to the comfort of the invalid and the prevention or cure of disease. The leading training schools throughout the United States are in constant receipt of applications for trained administrative women not only in connection with hospitals, but in large schools and institutions of every sort, and this housekeeping training is invaluable in connection with such work.

### A Dream Of The Future.

It is a future dream of the superintend-

is removed from the hospital building, thereby insuring quiet and restful environment. The school has an alumnae association, and 60 graduates have completed the course of instruction. Miss Mary J. Putts, the present superintendent of nurses, is a graduate of the school; one of the graduates in the United States Army Nursing Corps, and a number have been called to responsible positions in other hospitals.

### Thorough System Of Instruction.

The Baltimore City Hospital Training School for Nurses was organized during the Spanish-American War, when many of the religious of the institution, whose special mission was nursing, were called from their hospital duties to minister to the sick of the army. The school is nonsectarian, Sisters of Mercy and young women of the outside world of whatever religion receiving the same course of instruction. The requirements for admission are the highest moral standing, intelligence, good education and health, and pupils are admitted from the age of 22 to 35 years. The course comprises three years of theory and practice. After two months' probation candidates, if they possess the necessary qualifications, are admitted to the training school proper. A small allowance is made them to procure uniforms, text-books, etc., and laundry is provided by the institution. The education received is regarded as compensation for the services rendered. The hours of duty are from 7 A. M. to 7 P. M. and the free time one hour daily, one afternoon from 2 P. M. each week and two weeks' annual vacation. The school is under the supervision of one of the Sisters of the order. The course of instruction includes lectures by members of the faculty of the hospital upon anatomy, hygiene, physiology, medicine, surgery, obstetrics, fevers, contagious, nervous and mental diseases, gynecology, diseases of children, orthopedics and other lines of medical work.

The 300 beds of the City Hospital and the fact of its location in the heart of Baltimore and near the railroads give to the nurses in training there an especially wide field of experience in accident and emergency cases. The Pasteur department of the City Hospital also gives to the nurses associated with it an opportunity for instruction in this department of nursing not included in the other training school courses of the city. The City Hospital department for the preventive treatment of hydrophobia is modeled after the Institut Pasteur, of Paris, and identical with the latter.

The Union Protestant Infirmary School for Nurses was established in 1891 and is in connection with that admirable hospital. The superintendent of nurses is Miss Susan Shrive and the student staff of the training school numbers 30 nurses. The course of training is three years, which includes a full course of obstetrical training at the Johns Hopkins Hospital. The age for the admission of nurses is from 23 to 35 years, and the requirements, privileges and course of instruction of the school are the same as in other institutions whose graduate nurses are eligible for the degree of registered nurse. The infirmary has one of the most beautiful children's wards in the city, and the hospital itself is an attractive one, with pleasant nurses' apartments.

The above-mentioned training schools are only a few of the many excellent ones in the city too numerous to include in a short sketch. A great many of them have equally high standards of nurses' training, but the necessity of this all-around training of a nurse if an official degree is desired cannot help but have an immediate effect in raising the instructive standards of smaller schools. It will also conduce to the co-operation of hospitals in sharing one with another any special facilities for training which may be lacking in individual schools, and it is hoped by many who are deeply interested in nursing as one of the higher professions open to women that some of the philanthropists who so generously endow hospitals will in future re-

### TRAINING SCHOOL FOR NURSES OF THE BALTIMORE CITY HOSPITAL



PARTIAL GROUP OF THE CLASS OF 1906

[Photo by Jeffries.]