

P.A.M.

Winning Through

From
War
to
Peace

New Zealand

This illustrated book, edited by L. S. FANNING, shows the wide range of help given to discharged soldiers by the New Zealand Government in the re-establishment of the men in civilian life.

• 1919 •

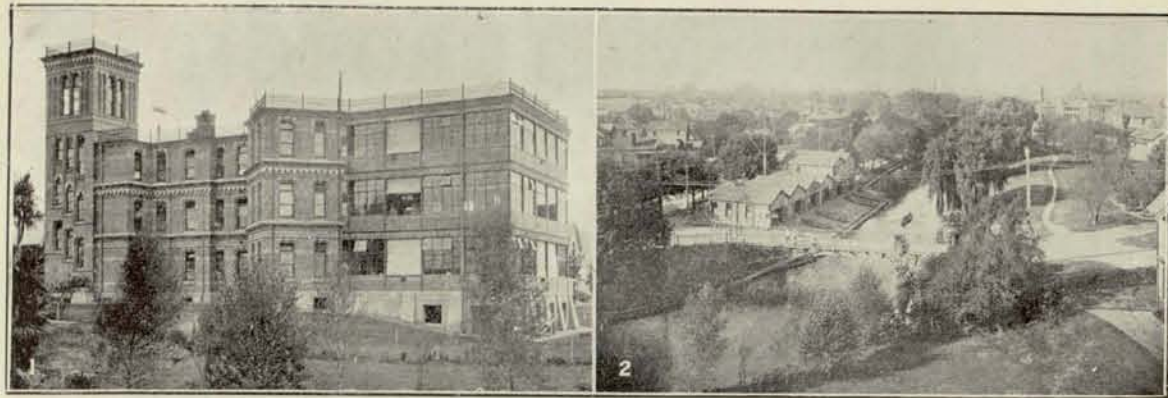
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WINNING THROUGH
FROM
WAR TO PEACE.



TO-DAY a world saved from Germany's plot of brutal domination has to grapple with the stupendous tasks of reconstruction—material and moral—tasks which demand the best statesmanship in all continents. The first duty in this stage of recovery from the most far-reaching war havoc in history is a just and generous proof of gratitude to the brave men who broke the Prussian power. In the early days of the war it was said, and it was written, that the defended would act in a manner worthy of their defenders. An indication of the fulfilment of this promise in New Zealand is given in this illustrated book. It is a hurried survey of the field. The record does not include everything done here for returned soldiers and their dependants, but the pictures and the letterpress show clearly that much has been done—and more is being done—to prove New Zealand's gratitude to the men who helped well to win the war. The book gives evidence that the New Zealand authorities are taking pains to restore as far as possible the physical and mental strength of men broken by wounds or sickness, and to enable them to re-establish themselves efficiently and comfortably in civilian life. For many men the Repatriation Department, in co-operation with other Departments of State, is opening up new opportunities better than any that had come to them in the years before the war. Men of energy, with such a will to win in peace as they had in war, have now the encouragement and reasonable facilities to assure for themselves and their dependants a prosperous and happy future.

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CHALMERS ORTHOPÆDIC HOSPITAL, Christchurch, adjoining the River Avon.



TRENTHAM ORTHOPÆDIC HOSPITAL (an evolution from camp buildings).
These two pictures join in a panorama.

Help for Body and Mind.



Wonderful Work in Hospitals.

A HIGHLY specialized organization of hospitals and convalescent homes under the control of the Defence Department has been gradually evolved to a degree of efficiency which has been praised by many impartial observers. Soldiers disabled by wounds or sickness have the benefit of the best skill available to strengthen them for suitable tasks in civilian life. Even political opponents of the Minister of Defence have placed on record in Parliament their belief that Sir James Allen has exerted himself to assure the right treatment of soldiers.

Some men grievously smitten by the war may have to go through several hospitals for various treatments before they are strong enough to re-enter the workaday world. The final stage of recovery and restoration is in one of the well-equipped orthopaedic hospitals. The word "orthopaedic" is much misunderstood among the public. The Greek roots are *orthos* (right) and *pais* (a child), for orthopaedia was originally the art of curing or remedying the deformities of children (making them right). In time the scope of the word was extended to cover the treatment of any human body for the correction of defects. Thus a military orthopaedic hospital is one for the restoration of functional activities, with or without artificial appliances, of disabled soldiers. It is a human-repairing place.

The publication of some remarkable results—almost miraculous, in the popular view—in the treatment of some soldiers has led to an expectation of similar marvels in other cases. It is believed that scientific men can outwit Mother Nature—do things masterfully behind her back, and chuckle at the clever-

ness. Yet the plain truth is that Nature retains her pride of place in the medical profession. The physicians and surgeons coax Nature, they encourage her, but they do not try to beat her—if they knew their business, as they do in New Zealand's hospitals.

There is a simple explanation of some of the cures that have seemed so amazing to the lay mind. For example, Major A. F. Hearst, R.A.M.C., has quoted these cases in England:—

An officer was badly gassed. He could not open his eyes; he screwed the left side of the face when he made the attempt, and he regarded himself as permanently blind. He could only whisper a few unintelligible sounds. He had been blown up, as well as gassed, and could not walk or move his right arm. At the end of two months no improvement had occurred, and he believed his condition hopeless. He was then taken in an ambulance to a special hospital twenty miles away. He was cured in one afternoon. It was found that all his symptoms were functional; treatment by persuasion and re-education quickly restored his sight, his speech, and his muscular power, and the same evening he was able to telegraph to his parents, "I can see, I can talk, I can write, I can walk."

There have been numerous cases of total paralysis of both legs, after burial, in which complete recovery has resulted through psychotherapy, even after eighteen months, though all the typical signs of organic disease were present. This does not mean that the signs are after all of no significance, for structural changes are certainly present at first and cause the initial paralysis. But they gradually disappear to such an extent that little or no incapacity remains, the organic paralysis being replaced by functional paralysis, yet the signs are so delicate that the minute changes still present in the nervous system are sufficient to explain their persistence.

Similar results have been achieved in New Zealand in similar circumstances. When the medical examination shows that the soldier's trouble is due rather to a mental attitude than to real functional disability he is usually soon cured. It is seen that the saying of Paget applies: "He says 'I cannot'; it looks like 'I will not'; but it is 'I cannot will.'" The will-power is restored.

Another fact stated by Major Hearst is also well understood in New Zealand. Here it is:—

The war has taught the physician many things: taught him to realize as never before how enormous is the influence of the mind upon the body. He has learnt that the mind is not merely at work in those diseases which have always been regarded as functional and independent of structural change, but that many conditions which are undoubtedly organic and due to actual injury or disease of some part of the body may be profoundly influenced by the mind. A symptom caused by obvious injury or disease may in this way be unconsciously exaggerated, so that the resulting condition is partly organic and partly functional; or it may be perpetuated after the original organic condition has disappeared, so that it ends by being entirely functional, is curable by persuasion, re-education, and suggestion—the three chief methods of psychotherapy. In these cases the flesh is willing but the spirit is weak. For the weak in spirit, psychotherapy—mental treatment—is the only cure.

One simple sentence, stated by a New Zealand medical officer, crystallizes the purpose of every kind of military hospital. "The main object," he says, "is to increase the functional activity of an individual." That may look like a platitude to some critical readers; but the words "increase," "functional," "activity," and "individual" have a very wide range. It takes a large organization of physicians, surgeons, nurses, massage experts, and other skilled workers, and a great variety of equipment to achieve that "main object." The different injuries that a man can suffer in modern war would

require a book of this size for adequate description, even for a summary. When the differences of individual temperament are taken with the injuries, and necessary consideration is given to the prospective occupation of the patient, it is plain that the hospital staffs have plenty to do in "increasing the functional activity of an individual."

A visit to the orthopaedic hospitals shows a pleasant absence of cold official formality. The aim is the "big family" feeling. It is recognized that every possible care has to be taken to keep the men in the best possible state of mind to help their bodies. They are encouraged to look outward brightly in hope, not inward darkly in despair. Always they are led to exercise of mind and body, but not worried about it. A co-operation of the patient with the staff in the curative process is established in an atmosphere of good-fellowship.

"We cut out the frills," was another terse remark in an orthopaedic hospital. The speaker said that there was no waste of time in vague experiments with equipment in the expectation that if one thing did not help another would. Every care was taken to obtain as quickly as possible a thorough knowledge of a patient's condition and to eliminate any treatment which was not likely to be beneficial. This was a valuable saving of time for staff and patients alike. In short, straight-out common-sense was the working-rule.

Again, common-sense is the guiding principle in the provision of artificial equipment for men who have lost limbs. In each case proper consideration is given to the past and prospective occupations. For example, a movable joint on a hand may be desirable for a man who intends to use it lightly as a clerk, and a much stronger, comparatively, stiff joint may be preferable for a farm worker.

Facilities for play as well as for work are ample at the hospitals and homes. They have rooms for reading and writing and popular indoor games, music, and other good cheer. There is also provision for field sports. Altogether the equipment is on a scale to meet the mood of any patient not hopelessly eccentric.



Making Plaster Casts at Chalmers Hospital.



The Massage-room at Chalmers Hospital.

(Electrical apparatus is used in the re-education of muscles. The current is a good stimulant.)

Hospitals and Homes.

THE following summary from the fourth edition of the "Soldier's Guide" shows the great variety of hospitals and convalescent homes for soldiers.

AUCKLAND MILITARY DISTRICT.

General and Orthopædic: The military annexe to Auckland Hospital has a very pleasant setting in the Domain. It has accommodation for about two hundred cases, and is provided with very complete orthopædic, massage, and electrical department.

General: The special military ward at Whangarei Hospital has a good massage and electrical department.

General: There is a military ward for general cases attached to Hamilton Hospital.

Kamo Springs: The well-known springs at Kamo, near Whangarei, are extremely efficacious in the cure of nervous and neurasthenic cases. Accommodation for about twenty soldiers is provided here.

Orthopædic: King George V Orthopædic Hospital, Rotorua, takes cases requiring special orthopædic treatment, and accommodates about 160. Extensions will enable a total of 300 beds to be provided. Patients at these Rotorua institutions are able to take full advantage of the facilities for baths, douches, air massage, electrical treatment, and X rays.

Convalescent Home, Epsom, near the City of Auckland, is controlled by the Auckland Hospital Board, and is under the St. John Ambulance Association. It is used for suitable cases transferred from Auckland Hospital only.

Convalescent Home for Nurses, near Fort Cautley, at Devonport, Auckland. This is in charge of a matron and is staffed by V.A.D.s. There is accommodation for about twenty-four convalescent cases.

WELLINGTON MILITARY DISTRICT.

General: There is a military annexe to Napier Hospital, almost in the grounds of that institution, capable of accommodating forty general cases.

General: A special ward for general military cases is being built at the Masterton Hospital.

Chest Cases, &c.: Featherston Military Hospital is being devoted to cases of chest trouble, and will also be utilized for suitable neurasthenic and heart cases. It has a separate department for infectious diseases. The wards accommodate 400 patients, but are capable of large extension by the use of hutments.

Orthopædic and General: Trentham Military Hospital is a large centre for orthopædic treatment and general, accommodating about five hundred patients.

Consumptive Sanatorium: Pukeora Sanatorium, near Waipukurau, Hawke's Bay, is a sanatorium for consumptives, with accommodation for 150 patients. It is on an elevated site, surrounded by 326 acres of land, which affords opportunities of useful open-air occupation under skilled instructors.

Convalescent Home, Gonville, Wanganui, adjoining the public hospital. This is controlled by the Patriotic Association, and has accommodation for about twenty. A matron is in charge.

Convalescent Home, Miramar, Wellington, formerly the Lahmann Home. This is being mainly used as a hostel for artificial-limb cases. The accommodation is for about forty. A matron is in charge. The home is managed by the Defence Department.

CANTERBURY MILITARY DISTRICT.

General: The St. Saviour's Orphanage, about a mile and a half from Timaru, has been converted into a general military hospital, where some classes of orthopædic cases may also be treated. It is staffed with Nursing Sisters, V.A.D.s, and orderlies, under the control of a military Medical Officer, and has accommodation for seventy cases. The building is up to date, and has an adequate area of land.

Orthopædic: Chalmers Orthopædic Hospital, Christchurch, comprises a block built as a home for incurables by Miss Chalmers, of Ashburton, and now made available for the treatment of soldiers, 120 of whom can be accommodated in three fine wards. An extension to take eighty patients is being built. This institution is conducted by a complete orthopædic unit trained in England. It provides electrical and massage treatment, physiotherapeutics, and undertakes the manufacture of splint and surgical appliances required for special cases. The Defence Department has arranged to pay for the board of fifty out-patients with the Y.M.C.A., who receive treatment at this hospital.

Consumptive Sanatorium, Cashmere Hills, an extension of the Canterbury Hospital Board's sanatorium (where consumptive soldiers are treated), provides additional accommodation for 100 patients.

Shell-shock, Gas, and Convalescent Cases: Queen Mary Hospital, situated at Hanmer Springs, is conducted by the Defence Department. The accommodation is for about 160 patients, who may obtain hot baths and massage treatment. This institution is particularly suitable for shell-shock cases and some classes of patients suffering from the effects of poisonous gas.

OTAGO MILITARY DISTRICT.

Orthopædic: Dunedin Public Hospital provides special orthopædic treatment for soldiers; a specialist in this branch is attached to the staff. There is an up-to-date massage and electrical department, physiotherapy department, and a gymnasium for medical gymnastics.

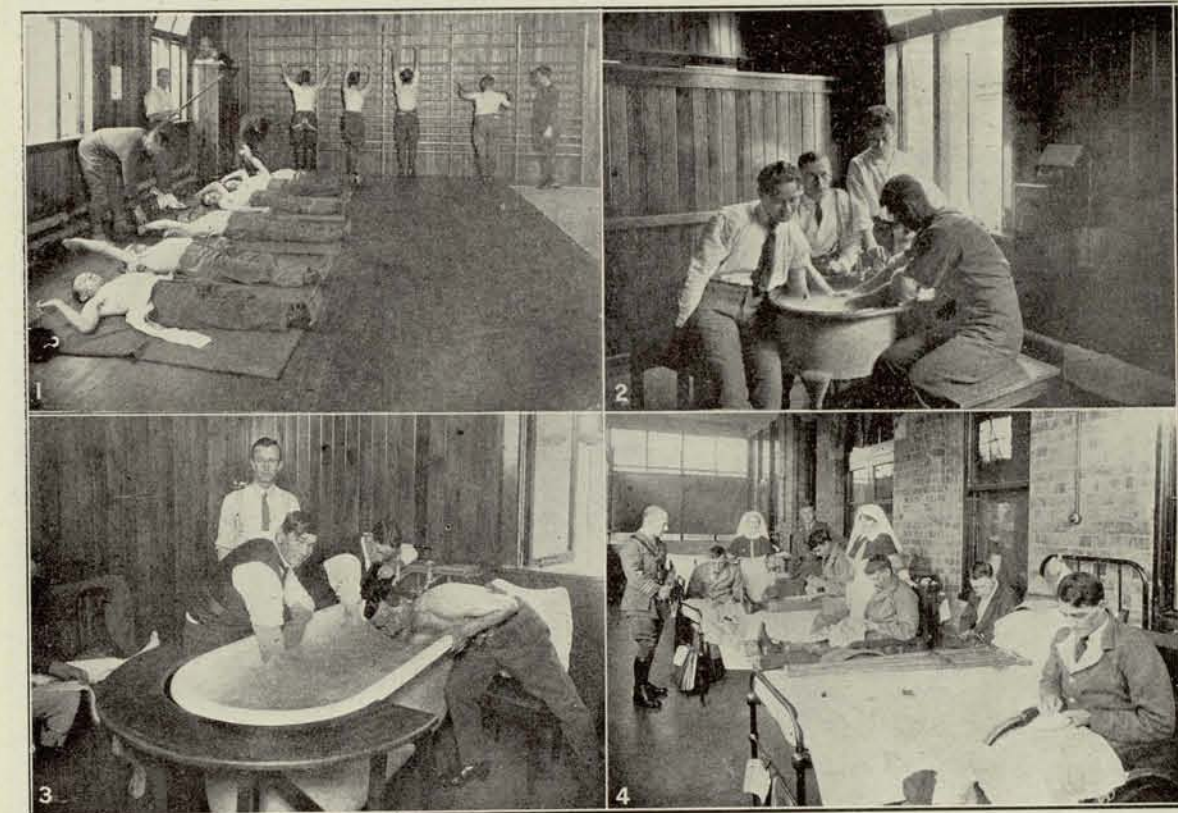
Jaw and Facial Injuries: A special hospital for the treatment of jaw and facial injuries has been established near the General Hospital, Dunedin. The staff has been trained at the New Zealand Jaw Hospital in England, and about forty patients can be accommodated.

Nervous Cases: Karitane, near Puketeraki, is designed to provide a pleasant open-air life for

soldiers who are suffering from nervous breakdown as a result of shell-shock. The patients live in boarded tents, and have a central dining and sitting room. A specialist in nervous diseases has charge of the medical arrangements.

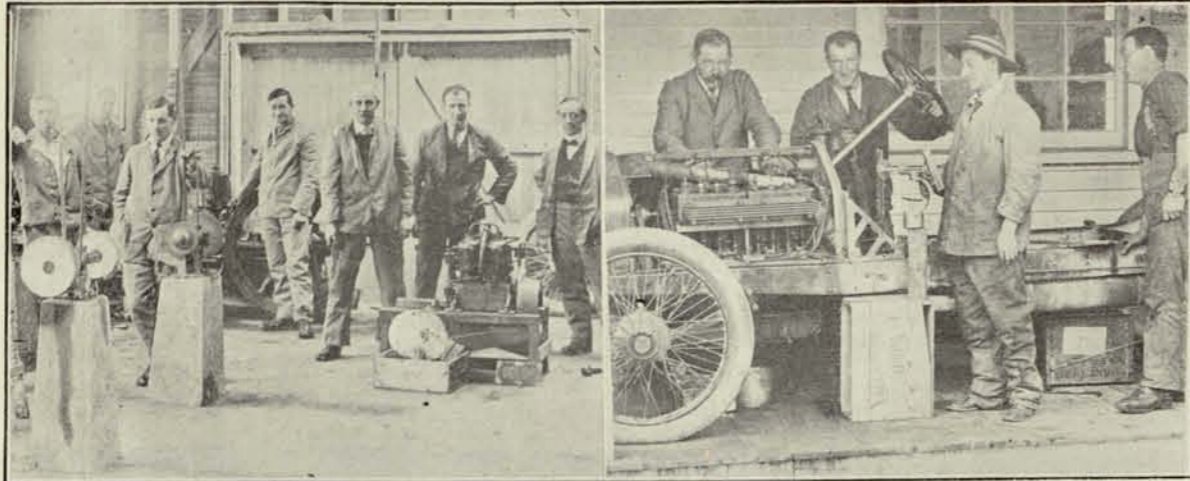
Convalescent Home, Montecillo, situated at Eglington Road, Dunedin, is conducted by the Red Cross Society with V.A.D. workers. There is accommodation for about twenty-four. A matron is in charge.

Convalescent Home: Invercargill Convalescent Home, at North Invercargill, is conducted by Patriotic and Red Cross Associations. There is accommodation for about twenty-five.



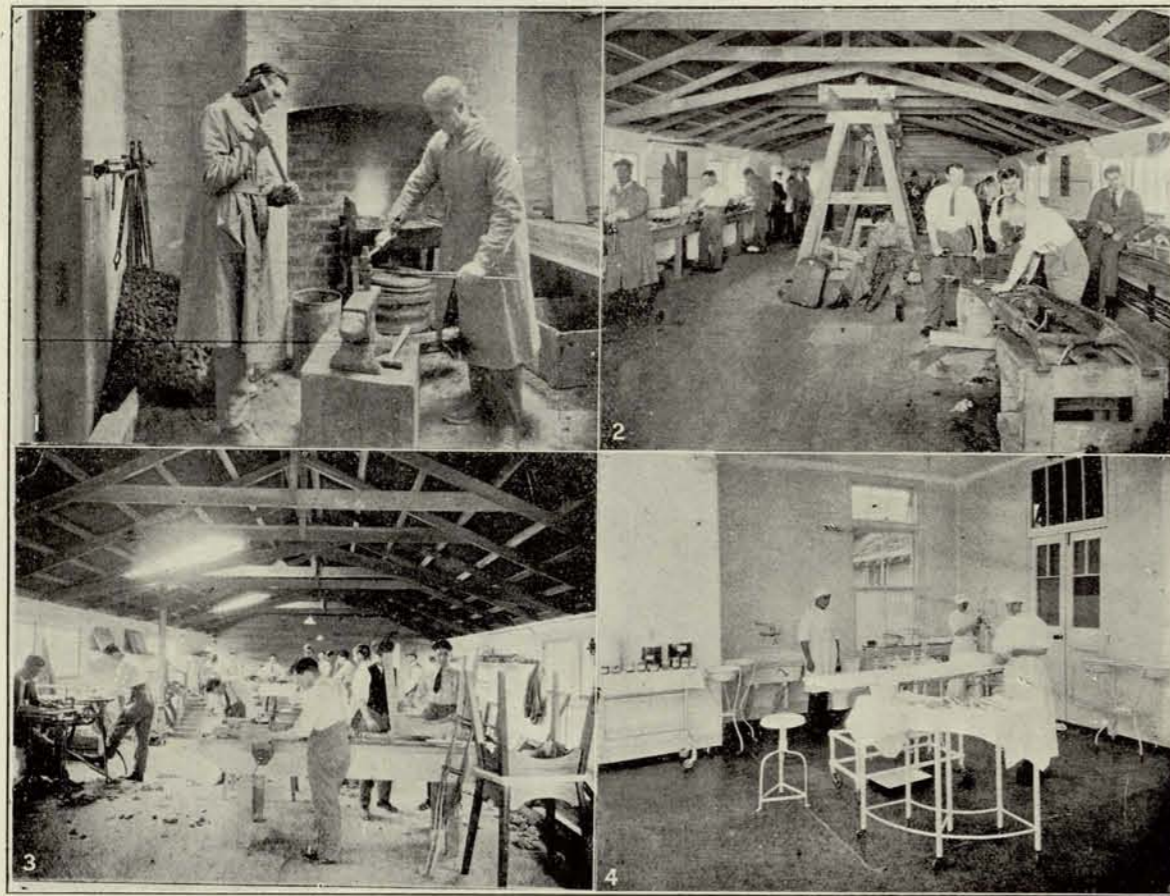
LIFE AT CHALMERS HOSPITAL.

1. Curative Exercises in a Corner of the Gymnasium. 2. The Whirlpool Bath, in which the water is stirred by an electrically driven fan at the bottom. This is a helpful preliminary to massage. 3. The Aerated Bath. 4. Patients doing Needlework in Bed. Similar things are being done in other hospitals.



Engineering at Rotorua.

Motor Mechanics at Rotorua.



VIEWS AT TRENTHAM.

1. The Forge (everybody likes to hit things here). 2. The Engineering Workshop (the undergear of a motor-car is in the foreground).
3. The Carpentering Shop. 4. The New Operating Theatre.

Curative and Vocational Work.



Training of Soldier Patients.

BY the aid of the New Zealand Red Cross many of the institutions for soldier patients have well-equipped workshops, in which the men have curative and vocational exercises. The main purpose is curative, but the soldiers have good encouragement and facilities to prepare well for new occupations in civilian life. The instructors state that they are well pleased with the men's intelligent interest in the work and their eagerness to become skilled.

Soldiers who pass through New Zealand's military hospitals promise to be handy-men about a house. Many of them will be able to take a turn at darning, or mending children's clothes, or repairing boots, or making cushion-covers for the drawing-room, as well as building the fowl-house, or anything else that calls for carpentry and joinery. The patients are encouraged to specialize, but numbers have necessarily a remarkable variety of training, for the curative exercises require attendance in different shops. For example, one man at Trentham divides his working-time among tailoring, type-writing, and leather arts. He intends to do tailoring in civilian life, but meanwhile he has become a proficient at typing.

The thoroughness of the instruction in these hospital workshops can be gauged from one typical syllabus (architecture and wood-work, at Trentham). Here it is:—

Building-construction.—Materials of construction; theory of building trades; sanitation; estimating quantities; specifications; elementary mathematics.

Architectural Drawing.—Plane and solid geometry; instrumental drawing; use of scales; orthographic projection; delineation of shadows; perspective drawing; contract drawings; details; tracings; blue-prints; uses of colour washes; lettering and dimensioning.

Theory of Carpentry.—Description of building-timbers; levels; foundations; setting out work; frame and roof construction; uses of braces; ascertaining lengths and bevels both by direct measurement and from drawings; trimmings for doors, windows, stairs, &c.

Theory of Joinery.—Seasoning of timber; setting out work; uses of template and setting out rods for doors, windows, sashes, stairs, &c.; description of joints; veneering and circular work; description of stairs, setting out of pitch-boards, strings, newels, winders, balustrading headroom; uses of glue; description of woodworking-machines.

Workshop Practice.—The use and care of tools, saw-sharpening; the making of mortised and tenoned, dowelled, scarfed, mitred, screwed, dove-tailed, and glued joints; preparation of glue; the setting-out, cutting, truing, preparation, fitting, assembling, gluing, and finishing off of all descriptions of joinery-work, including useful articles of furniture; practice in splayed work, veneers, and wood-bending; construction of stairs, roofs, &c.; application of ironmongery.

Class or individual instruction is given according to requirements.

The other workshops at Trentham are for boot-repairing, weaving, tailoring (pressing, cleaning, and repairs), motor-engineering,

