

Rep. John E. Fogarty, Rhode Island
League for Nursing and Rhode Island
State Nurses Association, Banquet
Metacomet Country Club, Providence,
10-20-60

Miss Healy, other officers and members of the Rhode Island League for Nursing and the Rhode Island State Nurses Association, and special guests, I thank you for the honor you have given me in inviting me to your Convention banquet. I had the pleasure of seeing many of you when I addressed you four years ago and some of you at the Commencement Communion breakfast at the Saint Joseph's Hospital School of Nursing last June. It is good to see you again. I am sure that your views have been modified somewhat by the four, forty-eight, or two-hundred and forty months you have been engaged in nursing.

My thinking has also changed some during my 20 years in the House of Representatives, and my knowledge of the health needs of our land has grown; but my interest in doing what I can as a lawmaker to help meet these needs has neither swerved nor diminished. Indeed, this interest in our country's health is greater than ever before.

Because I am concerned about improving the health of our Nation I am eager to meet with dedicated groups such as yours at conventions such as this, where professional people pool their ideas. I am confident that this Convention will yield new and valuable approaches to your careers. I have always liked to see friends from home and at home, and especially when these friends are nurses; for there is no group serving the causes and needs of our State better than you are.

Some of you may remember Peter Finley Dunne's Mr. Dooley. "I think," said Mr. Dooley, "that if the Christian Scientists had some science and the doctors more Christianity it wuddn't make anny diff'rence which ye called in -- if ye had a good nurse."

You must have felt often that others believed this to be true -- especially your patients -- as they have called you in the night. You must have longed for an extra pair of hands as you responded to the flashing of the night light or the ringing of the bell; the call for help from the emergency room, the sudden resurgence of old illnesses, the discomfort, distress, and deterioration brought about by disease.

How often have you yearned for another set of feet as you made your rounds, giving comfort where you could, alleviating pain, reporting the progress of those you were attending! And you must have been saddened when you have thought of how many illnesses might have been prevented.

Just as you have been saddened to witness the ravages of preventable disease, so you must be gladdened by the discoveries that have made health easier to achieve. You share the pride and joy of the research scientists who are helping find ways to prevent some of the destroyers of man's health and happiness. I share with you the legislator's pride and joy in helping make these new discoveries possible by working for new and expanded programs for health and medical research.

Many changes have taken place during the 20 years that I have been serving in Washington. Two of the most important changes from my vantage point as Chairman of the House Committee responsible for the appropriation levels and Federal programs for health and related activities are these: First, program growth and second, a steadily decreasing incidence of diseases that have plagued mankind for centuries. In 1946, for example, at the National Institutes of Health, the research arm of the Public Health Service, we were investing less than \$20 million in medical research and related activities per year. In the intervening 15 years,

appropriations have been expanded for the support of existing programs and the creation of new programs to meet new needs. As a result the 1961 appropriations for the National Institutes of Health total \$590 million for research projects, research training, and the construction of health research facilities.

One of the encouraging parallels to the increased investment in medical research is the accompanying decrease of deaths from contagious and infectious diseases The death rate from tuberculosis has dropped from 45.9 per 100,000 in 1940 to 8.4 per 100,000 in 1956. During the same time, the death rate from influenza has dropped from 70.3 to 28.2. Deaths from typhoid have been reduced from 1.1 per 100,000 to none. I could tell of other reductions in the death rate, but I think of these only as types of many achievements that have been accomplished during the two decades we have just completed.

Now I am not assuming credit for these heartwarming statistics.

I know that a great number of professional medical personnel have helped to improve our Nation's health record and to increase our life span.

I know that knowledge about drugs and vaccines and better methods of surgery have contributed to the decreasing number of lives lost.

I know also that better nutrition, more comfortable housing, and a higher standard of living have helped to make longer lives possible.

And I know too that these shining statistics are tangible testimony of teamwork. Included in the dwindling epidemics are the efforts of the people. I believe that these efforts are combined in a giant partnership -- a partnership of all our people, working at the Federal, State, and local levels and including

the voluntary health organizations and professional organizations such as yours. Under today's steadily improving body of knowledge, everyone can take part in our steadily improving health picture.

When I first went down to Washington 20 years ago, the late President Roosevelt set forth four great freedoms which spurred our thinking and inspired us a Nation to action. Perhaps these freedoms need reiteration today as we meet still challenging threats to our freedom. I refer to the freedom of speech and expression, freedom of worship, freedom from want, and freedom from fear. In our daily lives -- both private and public -- we continue to champion these freedoms.

Now I should like to add another freedom to this group -- one that you and I are also eager to attain and to preserve a fifth freedom if you will, freedom from pain and disease. For the shackles of physical suffering can incarcerate a human being just as fast as prison bars. Activities can be curbed completely by crippling ailments. Suffering can exact its special brand of servitude. There are, therefore, those of us who are devoting our legislative efforts toward freeing people from the deleterious influences of disease. We share the belief that human beings are entitled to this fifth freedom and we are going to see that they have it wherever it is humanly possible.

We read and hear the expression, serving time, most often in its most unfortunate connotation -- a prison or jail sentence. The thought of not being permitted to go and come at will is a powerful deterrent against crime, for all of us cherish the freedom to go about our work, making choices. Because we cherish the right to choose, we wish to make time serve us. We are anxious to time our service in terms of the people we serve and the needs of the hour.

Timing service is an important aspect of medical progress; for just as solutions to ponderous problems do not come easily, neither do they come spontaneously. Careful thought must be given to planning the separate parts and phases, or solutions may not come at all. There must be maintained a necessary balance between manpower and materiel. Splendid hospitals, medical centers, and clinics for the treatment and care of our ill persons have been built, yet even as the cornerstones of these buildings were being laid some of us were aware that when the buildings were completed additional trained physicians and nurses would be needed to staff them. With this awareness, I have been working for legislation to help the necessary physicians secure the appropriate training.

A year ago I introduced a bill for increased health education facilities construction and last February I introduced a measure to provide funds for medical scholarships. Hearings have been held on both of these and I shall continue to work to see that they are passed. I believe that the passing of these and other measures is necessary if we are to have the needed numbers of nurses, doctors, and scientists to deal with the expanding problems in the health field.

Anticipation of the need and acting to meet that need are included in my concept of timing service ... and I have been following that concept ever since I began my legislative career. With the support of the people I shall continue to do this, for I know that as contagion and infection are curbed and lives are lengthened, we shall need to continue our quest for cures for the chronic diseases.

...There is a need for continuing research in cancer chemotherapy.

...The discovery of certain cancer-causing viruses and the development of vaccines that have proved effective against them in animals suggest the possibility of still more valuable implications for human beings.

...The progress made thus far in the use of blood-pressure-lowering drugs must be accelerated.

...Additional evaluation must be made of synthetic hormones for the treatment of rheumatoid arthritis.

...A pain-relieving drug, phenazocine, apparently more effective and less addicting than morphine, points the possibility of still other discoveries in the field of relieving suffering.

...The development of new and improved anticoagulants challenges further study.

...And as responsible citizens and lawmakers we must push forward the research that is being done. We cannot afford to delay the possible discovery of the causes of cystic fibrosis or muscular dystrophy because we do not make available the necessary manpower or materiel.

I am indeed proud that in this forward push against disease, the schools, the hospitals, and other institutions in Rhode Island are making up a collective medical research effort that has caught the attention of the entire nation. One research project, for example, is the Nation-wide collaborative perinatal study of mothers and babies wherein doctors and nurses are trying to find the causes of cerebral palsy and other neurological disorders. In this enormous venture, which includes 15 hospitals or medical centers, 50,000 mothers and

10 years of time and records, six Rhode Island hospitals or centers are cooperating with Brown University and the staff of Dr. Glidden Brooks. Many of you are helping with this project at Providence Lying-In, Providence District Nursing Association, The Emma Pendleton Bradley Hospital, the Meeting Street School, the Miriam Hospital, and the Rhode Island Hospital. All of these institutions are working with medical centers throughout the country as well as with the National Institutes of Health. And you and I and our children and grandchildren will share in its findings when this study is finished.

Last month I helped to dedicate the Emma Pendleton Bradley Recreation Therapy Building at Riverside. That new building with its modern equipment will help nurses and doctors do their work in restoring disturbed children to normal, happy, free lives. Earlier in the month, I helped dedicate the new surgical pavillion of Our Lady of Fatima Hospital here in Providence. This up-to-date institution -- offering the latest in facilities and equipment -- is also helping the doctor and nurse do his or her work more effectively. These new buildings are visible proof of what can be done when citizens, legislators, and professional personnel are fully aroused.

I have mentioned the new hospitals and equipment that are helping the nurses use their time more advantageously. But I think the greatest time savers of all are the discoveries that prevent diseases from striking.

One of the areas where you are able today to nourish more and more people back to normal happy lives is in the group of mentally ill. Amazing discoveries in psychopharmacology are helping doctors achieve rewarding rewarding results.

Four years ago marked the first year in our country when numbers of patients in mental institutions began to decrease at the same time when numbers of admissions were increasing.

The so-called tranquillizing drugs are helping improve the environment in mental hospitals so that other treatment can be administered. With the anticipation of release and the possibility that patients will return to the world of happy, active, useful citizens, an emerging hopefulness is lifting up patients and staff. Hopeful research projects at both the Emma Pendleton Bradley Hospital and the Butler Health Center are seeking to advance the knowledge about emotionally disturbed children and older patients. Still another tragic disease being probed today is cystic fibrosis. A number of hopeful findings have emerged since cystic fibrosis was recognized as a separate, identifiable malady less than 25 years ago; and now -- through early diagnosis and better methods of treatment -- the lives of the victims of cystic fibrosis are being lengthened. With prolonged life there is always hope; and with hope comes the inner strength all of us need to carry on against such great odds.

This most challenging and thrilling of all ages which has brought so much hope has also brought its own problems. For as the answers have emerged that allowed us to control ills that plagued mankind for centuries -- such as smallpox, yellow fever, and malaria -- at the same time we find this and future generations threatened with pollutions that will bring on new devastating illnesses unless they are dealt with promptly and intelligently. The impending perils of air and water pollution, food contamination, and radiation call for

the most careful planning and foresight and the closest kind of partnership.

Another emerging problem in which I have become increasingly interested is that of the special needs of the Aging. With the promise of longer lives for all of us, our Nation will have more senior citizens as time goes on. For example, our experts tell us that the unprecedented number of people over 65 -- 14 million -- will increase to 18 million by 1970. I do not mean to boast, but I have genuine pride in reporting to you that I succeeded in getting passed legislation to make possible the White House Conference on Problems of the Aging. I am glad I was able to awaken interest and arouse an attitude of acceptance for this conference. And I am grateful that others share this interest and see that life without liberation from anxiety is not really living. States have been holding their individual conferences, making plans, and these plans will be put together next January at the White House. I am looking forward to the results, for I think they will have a special meaning not only for our parents and grandparents but also for all of us; this First National-scale conference on problems of the aging is another attempt to time service to the needs of the time.

Now I could go on and on talking to you about plans and programs I have been pushing for greater progress for our Nation's Health. The so-called Independent Living Bills, H. R. 3465 and H. R. 1119 and H. J. Resolutions 488 and 484, to assist the deaf and hard of hearing, will be a great gift to large numbers of our country's citizens. Passing of these bills will provide the required training for greater numbers of audiologists, teachers of the deaf

and hard of hearing, and speech therapists to meet the needs of between one and a half and two million school-age children with hearing and speech impairments severe enough to interfere with their emotional, social, and intellectual development. These measures are timed to the needs of the hour.

In conclusion, I would like to offer this final thought at the risk of overemphasizing the importance of partnership in our Nation's Health. As nurses, you are concerned with timing service to the needs of your patients... You do not count your work as serving time, for you never have time enough for the demands that are made upon you. I hope that I have given you some encouragement about the programs that are being developed on a national level to give you more time.....time that will count more -- for you and your patients -- as we apply the knowledge we already have and as we gain new knowledge for even better control of the killers and cripplers of our time.

Ladies, I do not think there is any danger of our going to extremes where the health of the Nation's people is at stake. I ask for the privilege of continuing to work for the fifth freedom..... the freedom from disease and pain so that the life being extended may be a time for service instead of merely serving time.