

RUTH KAJANDER

CURRICULUM VITAE

Dr. Ruth Kajander
Bio File - C.V., 1991.

Ruth E. Kajander, M.D., D.Psych., F.R.C.P.(C)

Born August 15, 1924 in Gottingen, Germany; only daughter of Hanskurt Koeppe, Dr. phil., physicist, and Elisabeth nee Cormann. Brothers: Hans-Hermann, Dipl. Ing., Munich; and Prof. Dr. Inq. Peter Koeppe, Director, Radiation Institute Freie Universitat West Berlin.

Abitur (sen. matric.) 1942 Berlin.

1942-43 farm and factory labour - prerequisite for university entrance

1943-45 Humboldt University, Berlin, cand. med.

1945-48 Gottingen University, Dr. med. (M.D.)

1949 - 3 months Public Health then post graduate studies in psychiatry at Gottingen University Psychiatric Hospital.

1951 - further psychiatric training Helsinki University psychiatric Hospital (Lapinlahden Sairaala) and Provincial Mental Hospitals

1952 - Lääk. Lis. Helsinki University (licencing exam.)

August, 1952 Canada; 2 months O.H. New Toronto, rotating internship at Oshawa General Hospital.

1954 - Basic Sciences and L.L.M.C. O.H. London

1954-56 Psychiatric Diploma Course, U. of T: Residencies at Toronto Western Hospital, Toronto Mental Clinic (now Hincks Centre) and Toronto Psychiatric Hospital (now Clarke Institute)

1956 - D. Psych. (U. of T.) and specialist examination Royal College of Physicians and Surgeons. O.H. Queen St.

Jan. 1957 Director Mental Health Clinic O.H. Port Arthur, which I opened. I was the first psychiatrist to build up psychiatric community services at the Lakehead. Dec. 1958 I quit the clinic and became the first private psychiatrist to practise in northwestern Ontario. I also worked as a consultant for the Port Arthur Board of Education, and since 1970 the Lakehead Board of Education, as Consultant for Addiction Research Foundation, 1965-67 Cons. CAS Port Arthur.

1966-71 Director Regional Children's Centre (part time). Lectured psychology and sociology for nursing students at L.U., 1958-60.

Past President of the University Women's Club, past president Thunder Bay Medical Society, 1977, past president Ontario Psychiatric Association, 1982. Member of a large and Director of the Board of the Canadian Psychiatric Association 1978 to 1984. 1977-1988 on Board of Governors, Lakehead University

At present: Chief, Psychiatric Services Port Arthur General Hospital; Chief, Department of Psychiatry St. Joseph's General Hospital; member of the Board of Governors L.U.; Chairman of the Credentials Committee Ontario Psychiatric Association; Chairman of the executive committee of the Ontario Medical Association section of Psychiatry.

Married to A. A. Kajander, O.C., Consul of Finland, one daughter Ann, born 1960.

Ruth E. Kajander, M.D.

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1991 01 13

Dr. Susan Abbey
Department of Psychiatry
Toronto General Hospital
200 Elizabeth Street
TORONTO, Ontario
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Dear Susan:

Jack Griffin asked me to send you my C.V. and enclosed find the bare outlines.

In terms of psychiatry, I and life in general I thought some anecdotal material might be of interest to you.

When I started studying medicine in Berlin in 1943 being female meant nothing. Supported by my grandfather, a noted pediatrician and chairman of the Department at Giessen University, my aunt had studied medicine in 1912 pre World War I and had become a specialist in both pediatrics and internal medicine and practiced til her death in 1975.

In my time between 25 and 33% of the medical students were female and we had a numerus clausus. When I went to Finland in 1949 matters were no different, professional women were long since a fait accomplis in Finland. Imagine my dismay and total surprise when I came to Canada in 1952! In that year the legendary Lillian Oliver arranged for me to meet the equally legendary Dr. Edna Guest who did me the honour to personally show me around Women's College Hospital and then served me tea at her apartment. I still recall with horror the paranoid attitude of "we must show the men",^a thinking that was so foreign to me. The same occurred when Marian Hillyard invited the incoming female medical students of U of T to a picnic to her beautiful residence in Scarborough in 1956 and then gave them a pep talk of "we must impress the men". Being young, I was disgusted, today I'd smile.

When I came to Port Arthur (now Thunder Bay) in 1957 I was of course an apparition. Young, enthusiastic, full of energy I organized the Mental Health Clinic. I had no office; that is, I shared a small room with my secretary during the first year of the Mental Health Clinic at the Ontario Hospital Port Arthur and since I saw 500 new patients per year she needed every minute to type reports and organize files and I saw patients wherever I could, in any of the three general hospitals, the health unit, the schools, the juvenile and family court, or the library or hallway. Finally the Mental Health Clinic could move into renovated quarters in the basement of the

To: Dr. S. Abbey
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Administration building of the Ontario Hospital and I shocked Public Works wanting and getting a light blue carpet for my office and having all walls a light pink. I made the painter start in the waiting room to get the colour just right by the time he reached my office.

During the second year we finally attracted a psychologist and a social worker and we continued our hectic pace; that is, I visited patients in all three general hospitals every morning, saw patients in the office, spent time with the agencies and schools.

In the meantime Queen's Park argued my salary. Til June 1956 I had got a bursary of \$3,500.00 a year and when I attained the diploma in Psychiatry it went up to \$6,500.00. When I passed my certification in December of 1956 it became automatically \$8,000.00 and the salary for a director of a Mental Health Clinic was \$10,000.00. At this Queen's Park balked, no civil servant could triple his income in six months -- I won.

In the meantime I had been wondering what to do next. As far as I had been concerned the Mental Health Clinic in Port Arthur was a way station and experience and the University of British Columbia and the University of Minnesota were beckoning when my future husband suggested I stay in Port Arthur. Cross roads of life! It was clearly understood that marrying ^{him} would mean staying in Port Arthur forever and that if I ever wanted to leave, it would be a divorce since he would never move. Port Arthur is Art's home town where he was born, where he had built up his legal practice, here was Consul of Finland, he is fluently bilingual, his parents had immigrated from Finland in 1902 and 1906. Art had hated Toronto when he had been a student at U of T and then Osgoode Hall.

Well here I still am. I quit the Clinic because Queen's Park and I couldn't get along and I went into private practice which was pretty scary in those days. My almost illiterate mother-in-law had a point when she said "if they are crazy, how are they going to pay?" Well, 35 to 40% never did. It was for this reason that I reopened the Mental Health Clinic on a part-time basis in 1967, there were too many children that I saw in the schools for which no treatment could be arranged elsewhere. OMSIP and later OHIP eventually made this unnecessary. I continued in private practice except for contract work with the Lakehead Board of Education and Kinark and lately have come full circle working two mornings a week at the Outpatient Department of the Lakehead Psychiatric Hospital.

My relations to the local medical group is another story. A fair number greeted me with delight that psychiatry was finally available beyond quoting the Bible and giving Bplex to homosexuals. I was the first female specialist of any description in town. There were other physicians that had problems. When I left the Mental Health Clinic some of the physicians would have liked me to join the Port Arthur Clinic and when I decided against it, a friend told me that he was much relieved because the chairman had decreed that if a woman physician would join the Clinic he could never set foot in the library again.

I went as a matter of course in my mind to the medical Christmas dinner in 1957 not realizing that that dinner was considered for men only and that some of the senior people would have liked to have me thrown out. The only thing that saved me and of course all this I only learned later, was when the secretary of the medical society reminded the others that it might be hard to tell me to leave since I had paid my dues.

[This deletion via "X" is in the original by the author.]

People have asked me whether I ever felt discriminated against. Well yes, for not being Jewish, for being German, for being a physician, for being a psychiatrist. Being a woman was the least of my problems, after all 50% of all people are.

As to medical politics it was in the early seventies that Stan Greben asked me whether I would consider to serve on the Ontario Psychiatric Association Council. Yes, I was delighted to do so and in those days I paid my own air ticket to council meetings.

Miracle of miracles, the Thunder Bay Medical Society asked me if I would serve on the executive and when I became president of the Thunder Bay Medical Society I was particularly delighted that no one made a silly crack about having the first woman as president. My colleagues were well aware that I am a firm believer that at night all cats are grey and that I consider divisions along sex, sexual orientation, colour, land or origin, etc. unnecessary and divisive. Let's just all try to be the best physicians we know how.

It was during that time that I became much more aware of the OMA, how it functions, how it is organized and when I served as president of OPA in 1982 I became very concerned about OPA and OMA working more closely together and for instance invited the president of the OMA to OPA's annual dinners. While I am still involved with OPA of course, I then became active in the executive of the Section of Psychiatry of the OMA and at present serve as Chairman and there is no doubt that over the years OPA and OMA have worked much more closely together and we now have overlapping committees.

My only claim to medical fame is my having appreciated what CPZ would do for psychiatry when I came across this drug in anesthesia in 1952 and 1953 and it was with great excitement that I tried it in October, 1953 at the Ontario Hospital London and reported about it to the Ontario Psychiatric Association in February, 1954 or more correctly speaking to the forerunner of the OPA, the Ontario Neuro-psychiatric Society. This report actually preceded Lehman's paper, he of course went on to greater things while I did my LLMC and certification - such is life.

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It has been an exciting time in Psychiatry, from bromides for epileptics, morphine, barbiturates, cardiogol and electroconvulsive treatment and insulin coma treatment in the huge, big mental hospitals run in some places in a humane fashion and in others in a terrible way where no plant, bird, fish or cat was allowed; from the beginnings of psychodynamic thinking, existential psychology, and psychoanalysis running itself into the ground over the decades to today's mixture of bad laws, too much "either/or thinking"; by this I mean drugs versus psychotherapy instead of a judicious mixture of both. Well, we'll never get it right, but shall continue trying -- what more can anybody do?

Yours truly,

Sincerely,

Ruth E. Kajander

Ruth E. Kajander, M.D., D.Psych., F.R.C.P.(C)

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