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Health Rays



HEALTH RAYS

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Sanatorium Visiting Hours

NOVA SCOTIA SANATORIUM

DAILY: 10:15 — 11:45 A.M. Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.
DAILY: 3:15 — 4:45 P.M. Sunday and Holidays: 3:00-4:30; 7:00-8:30 P.M.
DAILY: 7:30 — 8:30 P.M.

POINT EDWARD HOSPITAL

Absolutely NO VISITORS permitted during

QUIET REST PERIOD 1:00 P.M. - 3:00 P.M.

Patients are asked to notify friends and relatives to this effect.

Creed For The Tuberculosis Patient

(To be read and reread whenever faith wavers, hope seems useless, or your temper gets too unsteady.)

I Believe that my main job, here and now, is to get well,

I Believe that whatever is required, I can do,

I Believe that no matter how much I yearn to be outside, I will get well quicker by remaining in a sanatorium.

I Believe — since I believe in democracy — that each person in the sanatorium, whether patient or staff, has a right to his or her opinions — no matter how wrong or foolish they may appear to me,

I Believe that since I must rest in order to get well, that rest is more important than worrying over small irritations or planning petty revenges.

I Shall try, whenever community living jars my ego, to remember the Golden Rule, to keep my temper, and to exercise my sense of humor instead.

I Shall remember when the demands of fellow patients tire me, of the many times when their courage and endurance have inspired me, when their friendly help has kept me from despair, and often made living, even in a tuberculosis sanatorium, a gay and worthwhile adventure,

I Shall remember, when poor or reluctant service irritates me, of the many, many other times when service "beyond the call of duty" has been freely offered;

I Shall recall that before I had known illness. I myself was not always actively sympathetic toward sick people, and that it would be unrealistic to expect from all, the morale-building understanding, wonderful help that the very best give so unstintingly.

These things I shall do, and shall do, and shall help others to do likewise, God helping me.

— The Ex-Ray Via San Life

Experience

I learn as the years roll onward
And leave the past behind
That much I have counted sorrow
But proves our God is kind;
That many a flower I longed for
Had a hidden thorn of pain,
And many a rugged bypath
Led to fields of ripened grain.

The clouds but cover the sunshine,
They cannot banish the sun.
And the earth shines out the brighter
When the dreary rain is done,
We must stand in the deepest sorrow
To see the clearest light,
And often from wrong's own darkness
Comes the very strength of right.

We must live through the weary winter
If we could but value the spring,
And the woods must be cold and silent
Before the robins sing.

The flowers must be buried in darkness
Before they could bud and bloom,
And the sweetest and warmest sunshine
Comes after the storm and gloom.

So the heart from the hardest trial
Gains the purest joy of all,
And from the lips that have tasted sadness
The sweetest songs will fall.
For as peace comes after suffering.
And love is reward of pain,
So after earth comes Heaven
And out of our loss the gain.

— Selected

No man can be much of a success unless he can stand disappointment without breaking and success without getting a swelled head.

A man could retire comfortably in his old age if he could sell his experience for what it cost him.

* * * *

Usually tuberculosis in the early stages shows no symptoms, but can be discovered by X-ray.

Early discovery means early recovery, as the disease responds readily to treatment.

Treatment of tuberculosis is provided free by the Department of Public Health for residents of the province.

—The Valley Echo

Why Have A Tuberculin Test?

Tuberculosis starts with a tiny infection, usually in the lungs. If infection develops into active disease and spreads, it destroys body cells. This process can go on until whole sections of the lungs are made useless. Of course, present day drugs are very effective in halting the spread of tuberculosis, but still it is a serious disease. It can be fatal if allowed to progress unchecked.

The cause of tuberculosis is a microbe called the tubercle bacillus, which can be carried from a sick person to one who is well on the droplets of a cough or sneeze, or on dishes or other things a person with tuberculosis handles. When the bacilli enter the body they cause an infection that may last for many years.

This infection can fool us. It sets in without our knowing it, and in most cases never causes any trouble. But, at any time, often for no apparent reason, and at first without any obvious symptoms, it can begin to grow into active disease.

Tuberculosis infection is not rare — an estimated 40 million Americans have been infected at some time. Fortunately, most of these people never develop the disease. The trouble is that there is no way to tell which of these 40 million people are the ones that will become ill. That is why it is important for the people who are infected to know it, so they can watch out for their own health and so their families and friends can be protected.

The tuberculin test is an easy, simple way to find out whether or not a person is infected with tuberculosis. In this test, a small amount of tuberculin is applied to an area of the skin on the arm. If there is no reaction when the doctor or nurse "reads" the test in a few days, there has not been any infection. If there is a reaction, the person has picked up a tuberculosis infection at some time, and a chest X-ray is necessary to see whether it has developed into disease.

It is important to remember that only a few of all the people who are infected with tuberculosis ever get the disease in its serious form. Therefore a reaction to the tuberculin test is not something to be feared, but it is a signal to have a chest X-ray.

On the other hand, a tuberculin reaction should not be shrugged off. A person can have active tuberculosis for quite a while and not know it because he has not yet developed obvious symptoms. Taking chances with tuberculosis does not pay. It is

better to have a chest X-ray and, if necessary, other tests to find out whether you are well or not. If the disease is diagnosed before it has had a chance to spread, the patients will get well a lot faster.

It's important to find tuberculosis in its early stages, not only for your own health but also to protect your family and associates. Those who are not infected should have periodic tuberculin tests to make sure that they have not picked up the infection. Those who already have been infected should have periodic chest X-rays to make sure their infection has not started to progress into disease. These tests only take a few minutes. But finding tuberculosis early may save months or even years of illness.

— U.S.P.H.S. Pamphlet OM1244

— via Sanatorium Outlook

Planigrams

Planigraphy was invented and developed in Germany prior to World War II. Some Phthisiologists have long agreed that major surgery for pulmonary tuberculosis should be preceded by planigrams (if possible).

The principal idea of planigraphy is to throw the overlying and underlying tissue structures out of focus and bring into sharp detail only that portion (plane or thickness) wanted. Another way of putting this is to say that we are taking pictures of layers or sections of your lung. By sectioning the lung into several layers, doctors are better able to determine more quickly whether or not certain suspect spots in the lung are or are not cavities. Doctors are also able to see more clearly what is hidden behind the heart, clavicle, and certain ribs.

Sectioning the lung is accomplished through

(Continued on Page 3)

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The Fight Before Us

— Albert W. Dent, LL. D., President, National Tuberculosis Association.

WE WHO WORK AGAINST TUBERCULOSIS and other respiratory diseases face a disturbing and paradoxical situation today.

This is a period of increasing success over disease. More and more, official agencies are accepting responsibility for the nation's health. Yet, indeed, because of this progress, the danger exists that many people will sit back complacently and let the professionals — the public health workers, the scientists, the physicians — try to shoulder the whole job. Even now, many of our fellow citizens tend to let "them" do it.

The concept of "them" can have no place in our thinking. The task is ours. It is we who must ceaselessly lead the battle against respiratory diseases.

Much of our strategy remains the same.

We must continue to convey the knowledge we have of tuberculosis and other respiratory diseases to physicians, nurses, and other medical and public health workers.

We must continue to keep every American aware of and concerned about these diseases.

We must continue to combat smoking and air pollution, for research increasingly exposes their undeniable ties to respiratory diseases.

But while many of our programs will remain the same, we must place increased emphasis on certain aspects.

In our activities against TB, we must increasingly come to terms with the social and human aspects of patients' problems. We must see that clinics are established so that patients may be followed up in a continuous manner. These clinics should follow up not only everyone who has had or is suspected of having tuberculosis, but also anyone who has had close contact with a TB patient.

In our major struggle, against the debilitating effects of chronic respiratory diseases, we must encourage further research. We need to know much more. At the same time, we should use the information we already have to help those people today who are suffering from an obstructive lung disease.

We can win battles — and, eventually, the whole war — against tuberculosis and respiratory disease. But we must guard against apathy. We must stay in the front

lines. We must enroll every citizen, every possible voluntary and official organization, in the fight.

— Sanatorium Outlook

PLANIGRAMS—

(Continued from Page 2)

ough a coordinated movement of an x-ray tube which is firmly attached at one end of a bar or shaft and a film carrier at the other end. The fulcrum or pivot upon which this shaft is rotated is opposite the plane in the patient's body to be x-rayed and is therefore in focus. The patient usually lies horizontally on a table and the shaft is in a vertical position. The x-ray tube is above the patient and the film is under the patient and as previously stated, the pivot point is opposite the plane in the patient's body to be x-rayed. In taking the picture the vertical shaft turns on the pivot. The x-ray tube moves in one direction and the film in the opposite direction.

Therefore, by using your imagination it can be seen that all tissue structures above and below the pivot will be out of focus or blurred. The layer of tissue opposite the pivot point will be in focus and by changing the height of the pivot it is readily seen that it is possible to obtain pictures of many layers or sections of the lung. The pivot is moved up from the table usually in centimeter levels to get the desired planes. It is common practice to count centimeter levels through the body from this point. This method enables one to duplications or follow up of just certain levels of interest, thereby saving many films.

— via Lamp Post and SoCaSan Piper

Things are pretty well evened up in this world. Other people's troubles are not as bad as yours, but their children are a lot worse.

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MAYFLOWER MOTEL

It Takes Brains . . .

Now what have brains in the head to do with lungs in the thorax? Although it is not commonly discussed, yet there is good reason for investigating what is in the head of every person who has tuberculosis of the lungs. It is not usually talked about, but there is a direct relationship, for to a large extent "the cure of tuberculosis depends more on what the patient has in his head, than what he has in his chest", this being the statement of the renowned Sir William Osler — a statement made many years ago but still as true as ever.

The cure of tuberculosis demands strength of character; those who do not exhibit this characteristic but yet get better of their tuberculosis are fortunate. As ever, the individual must plan and work out the real cure, which modern medicine and surgery can only aid and abet. In the great majority of cases, when lungs have made physical improvement and the disease becomes arrested, that person has exhibited certain moral strength and habits of life.

Unless disease is early, and even then unless it is of the type which will resolve in spite of all sorts of indiscretion (and no doctor can foretell that type), discipline becomes necessary, and the more intelligently discipline is imposed the more likely and the more quickly recovery is likely to occur. The man or woman who has schooled himself or herself in the degree of self control where he or she can rise above the circumstances of life, will have a far greater chance to get well than the "shilly-shally" type of patient who constantly looks upon life merely as a succession of predestined events about which nothing can be done. It takes more than ordinary mastery of the will to stay in bed when one's physical condition is seemingly such that he could be up and about.

To be labeled "seriously ill" when you may feel better than you ever did in your life seems unreasonable — but the common-sense patient will understand.

Discipline is a grace in itself, one that ranks high in the category of human virtues. The brains which produce mastery of self and surroundings play an essential part in our tuberculosis life. Such mastery is a medicine. Some medicines have a cumulative effect. If in the first place the medicine was a poison, accumulation will end in death. But the effects of a disciplined life are beneficial and fortunately the accumu-

(Continued on Page 6)

He Needs You

Have you a new patient on your floor who neither listens to nor is willing to follow his doctor's advice, yet he expects overnight to become as well as older patients, who have been at this fight for months before reaching their degree of health?

Have you a new patient on your ward who makes no effort to read, listen to the radio, or entertain himself in any way, but hour by hour he persists in relating a long string of worries?

Have you a new patient on your ward who is homesick . . . No one writes to him . . . He feels that he worse off than anyone else . . . No company for several days . . . Over and over he tells you of his troubles?

If you have a new patient on your ward like this, do you make an effort to help him? Do you tell him that you get homesick, also, but that you realize it is neither best for you nor fair to the others around you to give way to it?

Do you tell this new patient that you feel bad quite often but have learned that thinking and talking about your feelings only makes you feel worse — that it does not help you to get well?

Do you explain that he must accept with good grace and courage the fact that when the "newness" of his illness has worn off and his family and friends have become accustomed to his being in a sanatorium that his letters will be less frequent — perhaps a letter once a week instead of every day or two?

Do you tell this new patient that he will do well to follow strictly his doctor's advice if he expects to get well? Do you tell him that the sanatorium is the best place in the world for him; that home cannot give him what he is receiving in the way of rest and treatment?

If you have a new patient on your ward please give him good advice. Be careful what you say and do. Be kind and gentle with him. Don't play practical jokes. Give him a helping hand. He needs you.

Via Exchange

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"Criticism"

No one should take lightly criticism that might prove helpful; no one should take to heart criticism that could be unwarranted. The opinions of others ought never discourage anyone from doing something which he feels in his heart he can do and should do. In such things, each person's decision should be his own.

When the great Polish pianist, Ignace Paderewski, first chose the piano, he was told by a music teacher that his hands were too small to master the keyboard.

When the great Italian tenor, Enrico Caruso, first applied for instruction, the teacher told him his voice was like "wind whistling through a window".

When the great statesman of Victorian England, Benjamin Disraeli, attempted to speak in Parliament for the first time, the members hissed him into silence and laughed when he said, "Though I sit down now, the time will come when you will hear me!"

When the great electrical engineer, Guglielmo Marconi said that the discoveries of the German Scientist, Henrich Hertz, could be applied to worldwide wireless communication, he was told his ideas were contrary to the laws of physics.

All of these men knew what they wanted to do, or what they wanted to be. Criticism did not discourage them; it proved to be a challenge. They simply worked harder until they achieved success.

— The Link

St. John Class Graduates

St. John Ambulance certificates were awarded in Miller Hall, N. S. Sanatorium, on the evening of December 14. Certificates were awarded to some 29 senior recipients; 30 emergency certificates were awarded.

Officers of the Kings County Branch are Dr. J. J. Quinlan, Adi Jagosh, Co-Chairman; Dr. Helen Holden, Medical Advisor; Mrs. Doris Glavine, Vice-Chairman; Hector McKean, Secretary-Treasurer.

Among the members of the sub-executive is Mrs. Catherine Boyle, N. S. Sanatorium.

Mr. Adi Jagosh, Department of Physical Medicine, N. S. Sanatorium, is instructor and chairman and presented the recipients. Dr. Helen Holden, Medical Director, N. S. Sanatorium, presented the certificates.

Dalhousie University Students Visit Sanatorium

On December 9, 10 and 11, eleven students from the Dalhousie University School of Nursing were guests of the Sanatorium for lectures and observation. Miss Jo-Anne Fox was the instructor with the group, and the students were: Jane Coade, Halifax; Louise McLauchlan, Ottawa; Cathy McCullum, Halifax; Linda Millett, Mount Uniacke; Laura Mitchell, Waterville; Jane Sinclair, Saint John; Dorothee A. Campbell, Halifax; Heather Freeman, Halifax; Lucille Conrod, Dartmouth; Barb Anderson, Halifax; Rosalee Dyer, Halifax.

Lectures were by members of the medical staff, and other professional staff, and a discussion period rounded up the three day visit.

Patients' Christmas Party

On December 16, the patients' annual Christmas party, sponsored by the United Church Men's Club, was held. The beautifully decorated dining room was filled to capacity, and the party soon got underway with some lively bingo playing.

Present to see that all went well were Rex Boertjes, president; Rev. K. G. Sullivan, Bing Millar, Al Martin, Bob Middleton, Frank Burns and Sandy Anderson.

Prize winners were as follows: Robert Fisher, Colin Zinc, Mrs. Constance Young, Lester Gratto, Sister Christene Forbes, Marguerite Comeau, Ada Martell, John Pye, Penny Archibald, Claudia Putnam, Judy MacKenzie, Randy Crossman, Annie Moulaison.

While refreshments were being served a group of girls from 3 West sang Christmas carols. The carollers were: Linda Murphy, Claudia Putnam, Joan MacKay, Linda Phillips, Ann Dube, Judy Bennet, Dorothy Anderson, and Daisy Mah.

Mrs. Marguerite Comeau thanked the Dietary staff for serving such a delicious lunch. Mary MacKinnon represented the Rehab Department.

To the members of the United Church Men's Club, who so generously provided entertainment, prizes, and refreshments, a heartfelt "Thank you."

Question Box



Q. What are rales? Is the word pronounced as spelled?

A. First of all with the letter "a" sounded as in "catch," the word is pronounced as spelled. It is French and its English equivalent is "rattle."

Rales are abnormal sounds heard with the stethoscope on a person's chest. These sounds signify the presence of moisture in excessive quantities in the lungs and so they may heard in a multiplicity of lung diseases including tuberculosis.

Q. Does climbing stairs have any effect on tuberculosis patients?

A. In the patient whose tuberculosis is coming under control with effective chemotherapy and in whom there are no signs of constitutional activity such as fever or rapid pulse, climbing of stairs has no deleterious affect. As a matter of fact it can be a very valuable form of graduated exercise, besides increasing the ability of the lungs to function properly and increasing the efficiency of heart action.

Q. Can a person have pleurisy and yet have so little pain that he is actually unaware of having had the pleurisy.

A. While the pain usually accompanies the early stages of pleurisy, it disappears once fluid forms between the two layers of pleura. However, this initial pain may be so transient that the patient may not even notice it and it is not unusual to open the chest for the purpose of carrying out a lung resection and find that the entire pleural cavity is completely obliterated by adhesions. This fact indicates the presence of a rather extensive pleurisy at sometime in the past and yet the patient gives no history of having had any pain in the chest.

Q. Should one afflicted with tuberculosis smoke?

A. While the tuberculosis disease in the patient's lung is little affected by smoking, it certainly would be better if the patient with the disease gave up cigarettes. Smoking cigarettes produces a chronic bronchitis and eventual emphysema in many cases. This is serious enough when no other disease is present

By J. J. Quinlan, M.D.

in the lung and the hazard is much greater when a destructive process such as tuberculosis is present.

In the presence of tuberculous bronchitis and tuberculous laryngitis, smoking is absolutely contraindicated.

Q. Can any significance be attached to the time it takes a culture to show growth?

A. The person's whose sputum is positive for tubercle bacilli on culture has active tuberculosis whether it takes three weeks or twelve weeks for the typical growth to appear on culture media. There are various factors that affect the rapidity of the appearance of the culture but the single important factor is that the culture does or does not appear.

(Reprinted from April 1969 issue)

Emphysema

Emphysema is a Greek word for "inflation." It is the enlargement or stretching of all or part of the lung due to loss of its elasticity or certain areas of it. Forerunners: Allergic asthma, chronic infectious bronchitis, tuberculosis, histoplasmosis, recurrent pneumonitis, cystic fibrosis of pancreas, and cigarette smoking over a long period of time.

* * * * *

Convalescing from a heart attack, the father wondered at the awesome silence of the usually boisterous children. Had they been told something that he didn't know about his own condition? Finally he asked the reason. They had been told about his nitroglycerin pills, and they didn't dare jar anything!

IT TAKES BRAINS—

(Continued from Page 4)

lated result is recovery of health.

YES — IT TAKES BRAINS TO CURE TUBERCULOSIS!

— The Valley Echo via
The Battian (Georgia).

Editorial Comment

Another Christmas is behind us and things are a bit quiet for a few days with so many patients still home on pass. This gives us time to get caught up, following a couple of weeks of increased activity just before Christmas.

Once again, it is our pleasure at this time of the year to acknowledge, with our sincere thanks, the special attention given to us by Church Organizations, Service Clubs, and the many other groups and individuals who expressed in so many tangible ways their continuing interest in the Sanatorium.

We also wish to thank the individuals and groups who provided entertainment for the patients during the month of December. Some of the events were:

Tuesday, the 15th: Carol singing on the wards by members of the Christian Reformed Church, under the leadership of Reverend H. Vander Plaats.

Wednesday, the 16th: A Christmas Party in the Patient's Dining Room, sponsored by the AOTS. Men of the United Church of St. Stephen and St. Paul.

Thursday, the 17th: Members of the Kentville Rotary Club delivered gifts to patients.

Monday, the 21st: Members of the Salvation Army Band and Carol Singers visited the wards and distributed "Sunshine Packages", as well as providing Christmas music.

Tuesday, the 22nd: Members of the ACTION Group (Active Christian Teenagers In Our Neighbourhood) visited, under the leadership of Reverend Freeman Fenerty, Hartley Foote and Donald Burns.

On the afternoon of the same day the student Nursing Assistants sang carols on the wards.

Wednesday, the 23rd: Christmas music was provided by a Young People's Group from St. John's Anglican Church, Wolfville, under the leadership of Rod Grant.

This year the only Carolers who were unable to attend were the group from the Margaretsville United and Baptist Churches who, for the third consecutive year, had intended to visit us.

It is with pleasure that we thank the above groups for adding so much to the spirit of Christmas at the Sanatorium. We are grateful, too, to the many others who have expended time and effort in making Christmas happier for us at the Sanatorium.

Our congratulations are extended to the following who were among thirty Provincial Civil Servants receiving awards at a Ceremony at Government House on Friday, November 27, in recognition of 25 or more years of service: Donald Walter Rogers, Sanatorium Power House, Dr. Wilfred I. Bent, Health Unit Director at Bridgewater; and Dr. G. M. Smith, Health Unit Director at Windsor.

HEALTH RAYS GOLDEN JUBILEE FUND

Contributions to this fund may be addressed to:

*Health Rays Jubilee Fund
Nova Scotia Sanatorium
Kentville, N. S.*

An official receipt will be sent to all contributors. Your donation will help Health Rays to survive.

The standing of this fund as of December 30, 1970:

Previously acknowledged	\$3,291.86
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Stephen Mullen	
Miscellaneous	
Total	9.00
Grand Total	<u>\$3,300.86</u>

Six Mistakes Of Man

Some 2,000 years ago, the Roman philosopher and statesman Cicero said the six mistakes of man are:

1. The delusion that personal gain is made by crushing others.
2. The tendency to worry about things that cannot be corrected.
3. Insisting that a thing is impossible because we cannot accomplish it.
4. Refusing to set aside trivial preferences.
5. Neglecting development and refinement of mind, and not acquiring the habit of reading and study.
6. Attempting to compel others to believe and live as we do.

Notes And News

On Monday, December 14, the Kentville Rotary Club had a luncheon in the patient's Room of the Sanatorium. There was a very good attendance of Rotarians and each brought a gift for a patient — for distribution on Thursday, December 17.

Dr. J. J. Quinlan was chairman of the meeting and introduced Dr. Helen Holden, Medical Director, who was the guest speaker. Dr. Holden spoke on the present role of the N. S. Sanatorium, with its treatment facilities for tuberculosis patients as well as care of patients with non-tuberculosis chest conditions. The Rotarians were told that some of the housing at the Sanatorium has been used since 1904 and that there is a pressing need for a new building to replace outdated facilities.

Dr. Holden spoke also on the role of the Sanatorium in taking part in a country-wide research program on the use of newer drugs.

Peter Mosher, Administrator of the N. S. Sanatorium, spoke to the Rotarians on the important part that the Sanatorium plays in the local economy. They were told that there has been a reduction in staff from 440 to 310 in the past 3 years, that in the next fiscal year the institution will spend over two million dollars, and that in the past year the Sanatorium was the only hospital in Nova Scotia to show a decrease in per diem costs per patient — the decrease having been in the amount of \$2.00.

* * * * *

On Monday, December 21, the annual taped program was made of Christmas at the Sanatorium, for broadcast over Station CKEN, and its affiliating channels, on Christmas Day. The announcer from Station CKEN was Don Hill and he was accompanied on his rounds through the Sanatorium by Mrs. Mary MacKinnon, Teacher with the Rehab Department. The introductory remarks were made by Peter Mosher, Administrator, and included in the

program was a musical selection by the Salvation Army, who were visiting the Sanatorium on the same evening.

* * * * *

Many former patients will be interested in hearing that Warren Furlong, our barber at the Sanatorium since 1954, retired from work on December 15 and has gone to his family home at Quoddy, Halifax County. Warren had been a patient, off and on, since 1941, the longest period being from 1948 to 1951, and from 1952 to 1954. Our best wishes to you, Warren, upon your retirement.

As a part time replacement we have Maurice (Buck) Pigeau who works full-time at one of the barber shops in the Kentville area.

* * * * *

We had a message from Jane (Brown) Cummings, former Handcrafts teacher with the Rehabilitation Department, telling of their new arrival, Heather, who was born November 16, 1970. The other children are Cathy and Brian.

A steel worker on the Woodmen Tower was strolling on a beam high above the street when a brisk gust of wind suddenly hit the structure. When he came down, a man who had been watching him, tapped his shoulder. "I was amazed at your calmness up there. How did you happen to go to work on a job like this?"

"Well," said the other, "I used to drive a school bus, but my nerves gave out."

* * * * *

"A canoe is like a young boy. It behaves best when paddled from the rear."

* * * * *

Tired after a hard day, a distinguished congressman in Washington handed the menu back to the waiter and said: "Just bring me a good meal."

A good meal was served and the Congressman gave the waiter a generous tip.

"Thank you, sir," the waiter said, "If you got any more friends what can't read, you just send them to me."

* * * * *

Our little four-year-old neighbor was visiting us one afternoon. When asked how far she could count, she paused a second and replied, "Clear to the other end!"

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BROOKFIELD CREAMERY

J. M. DUGUID, JEWELLERS



Christmas Party: Sister Christine Forbes, Mrs. Violet Joudrey, and Mrs. Mary MacKinnon, Rehab. Teacher.



Christmas Party: Clockwise, Randy Crossman (back to camera), Daisy Mah, Anne Dube, Claudia Putnam, Linda Phillips, Henry Saulnier, Dorothy Anderson.



Chaplain's Corner

Rev. Dale MacTavish
Co-ordinating Protestant Chaplain

Looking back over 1970 and the years that preceded it, one is reminded of Charles Dickens' description of an age that was even more revolutionary than ours. "It was the best of times, it was the worst of times," he wrote. "It was the age of wisdom, it was the age of foolishness, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair. We had everything before us, we had nothing before us. We were all going direct to heaven, we were all going direct the other way."

When a new and powerful drug arrived on the scene for the treatment of T.B., it was the spring of hope. When helpless children died of starvation in Biafra, it was the winter of despair. When man made his conquest of the moon, it was the season of Light. When Pierre Laporte, "a good and decent man, was wantonly murdered by people who had nothing to gain from his death," it was the season of Darkness. The Time magazine concludes "In that ghastly instant—the moment of his death—Canada changed."

This seems characteristic of our age—the unexpected happens and things irreversibly change. In fact, things are changing so fast that a scholar, Alvin Toffler, claims we all suffer from "Future Shock" which he states is "the disease of the future."

One might question whether it is quite this drastic but no one would deny that change is having a pervasive influence on our lives.

In the midst of such complexity, we might well give heed to the words of a popular song which asks about life: "What's It All About, Alfie?" Is it just for the moment we live? What's it all about when you sort it out, Alfie? And if life belongs only to the strong, Alfie, what will you lend on an old Golden Rule."

In sorting things out as we move on into 1971, we are reminded of Abraham who "went out, not knowing where he was to go." Certainly we can never be sure what will confront us in our pilgrimage throughout the days ahead. Yet, like Abraham, we can go out in faith looking forward ultimately to reaching "the city which has foundations whose builder and

maker is God."

Many of the familiar land marks have been removed in the blizzard of change. It is important, then, that our faith serve us as a solid center to give us direction as we try to find out what it is all about.

Rear Admiral Richard E. Byrd had a dangerous experience on his first expedition to the South Pole that illustrates the importance of having a center in a world that is constantly in a state of flux. "He left his isolated hut for a brief exploration trip and got lost in a blizzard. Nothing about him gave him a sense of direction. If he should strike out blindly and fail in the first attempt to get back to his hut, he would be lost, and likely freeze to death.

"I had a long pole," states Admiral Byrd, which I always carried with me to feel for holes in the ice. I drove it into the snow and tied a scarf to its top, which blew in the terrific winds. That was my center. If I failed to find the hut, I could at least return to that pole.

"Three times I struck out in search of my hut, each time failing to find it. However, each time I returned to my center, without which I would have been irrevocably lost, and perhaps have died. In the fourth attempt I finally stumbled upon my hut."

It is essential then that we have a center if we are to make sense of life and dare to lend anything on the Golden Rule. That center must be found in firm personal commitment to God in Christ who remains the same yesterday, today and forever.

The nonbeliever was having a friendly argument with a minister, a very devout man who took the Scripture literally.

"You don't actually believe everything in the Bible, do you?" scoffed the man. "I mean all the nonsense, like Jonah being swallowed by the whale?"

"When I get to Heaven," said the Reverend, "I'll ask him."

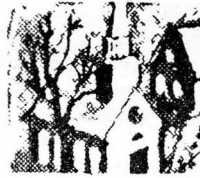
"Suppose Jonah didn't go to Heaven?" asked the man.

"Then when you die, you can ask him," said the preacher.

Passport To Happiness

We permit too many opportunities for happiness to slip by because we labor under two major delusions. One of these is that we shall be happy—When we arrive at a certain destination; When we get a better job; When we can be with a certain person; When we arrive at a certain income; When we are married; When the baby is born; When we recover from our illness; When our bills are paid; When we own a new car; When we move into a new home; When some disagreeable task is finished; When we are free from some encumbrance.

The second delusion is that we can buy a ticket, or pay admission to happiness. We never seem to learn that wherever we go we take our happiness or unhappiness with us; and that whatever we do, it is how much of ourselves we put into the doing which influences our happiness—far more than what the outside world contributes. The only way we can insure happiness is to train ourselves to be happy in spite of, not because of what life does to us. When we can succeed in doing this, we become wise and useful adults.



RELIGIOUS SERVICES AT THE NOVA SCOTIA SANATORIUM

PROTESTANT

Worship Service (Chapel)
Sunday: 10:00 a.m.

Vesper Service (Station San)
Monday through Saturday: 6:25 p.m.
Sunday: 5:45 p.m.

This Is My Story (Station San)
Tuesday 7:00 p.m.

Communion is served quarterly in the East and West Infirmaries.

ROMAN CATHOLIC

The Sacrifice of The Mass (Chapel)
Sunday: 7:00 a.m.

The Rosary (Station San)
Monday through Saturday: 6:45 p.m.
Sunday: 6:15 p.m.

The Hour of the Crucified (Station San)
Sunday: 6:30 p.m.



Christmas Party: left to right Chisholm Little, John L. Mosher, Lauchlan MacKinnon.

OLD TIMERS

We have been pleased to receive cards and messages from a number of old friends during the Holiday Season, here are some from Anne Marie:

I had a nice long letter from Mildred Salter of Hantsport, who was at the San in 1949. Mildred keeps well and is secretary to Mr. Scott at Minas Basin Pulp and Power Company in Hantsport.

I had a lot of stamps from Dorothy MacDonal of Fairview, Alberta. Dorothy, formerly of Tatamagouche, cured with me in 1940, and is now post-mistress in Fairview.

I had a note from Wilfred Fraser of Waternish, Guysborough County. He feels fine and wished to be remembered to all of his friends at the San.

I had a long letter from Marilyn MacLeod, former patient and Physiotherapist, who is working at the Aberdeen Hospital in New Glasgow. She obtained a Bachelor's Degree in Physiotherapy from McGill University last May and still takes time out to go to evening classes in New Glasgow.

I also heard from Mrs. Marie E. Surette of Belleville South, Yarmouth County. Mrs. Surette was here in 1970 and is happy to be home.

Bobby Melanson, from Belleville North, sent a note saying that he would be spending the Holiday Season with an aunt in the States. Bobby works in the Post Office at Belleville and also sells Rawleigh products.

Edith MacSween, a patient here in 1949, works at the switchboard at the Izaak Walton Killam Hospital, Halifax, and keeps well. She attends art classes in the evenings.

We will likely have some more from Anne Marie before this goes to press.

Here are some others from whom we have recently had messages: Raymond MacKinnon who was here a couple of years ago, in renewing his subscription to Health Rays writes, from North Grant, "I am working every day and taking a Physical Fitness Course two nights a week. I feel as good, or better, than I ever felt in my life, thanks to the San."

John Andrew Googoo, Whycocomagh, discharged in 1970, sent money for some Christmas Seals and writes that he has been feeling pretty well since he went home and sends his best wishes to all of us at the Sanatorium.

A card and Greetings were received from Ardena Lewis, who was on East 1 a couple of years ago. She gives her new address as: 30A Dahlia Street, Dartmouth.

A note to Eleanor Chase from Mrs. Samantha Palepu indicates that they were doing well. Baby Robby, who was a patient here at the same time is now trying to walk. The little daughter, who goes to kindergarten, is jealous of Robby and says, "Give Robby to the Kentville people!"

Ralph Doherty wrote earlier in December that he has been transferred to the G. B. Murphy store in down-town Dartmouth. He is back in his apartment: 44 Brule Street, Apt. 7, Dartmouth, and has the three older daughters with him.

From Marguerite MacLeod we hear that everything is going well in Milton. She is enjoying housekeeping, and had Rev. Alton Alexander as a regular dinner guest during the absence of his housekeeper. Marguerite has promised some items for this column after the holidays.

We will be reporting on further news in our February column. Until then, Happy New Year to all of you from all of us.

Nervous Patient

A patient awaiting an operation was very nervous. The surgeon came in to see the patient before the operation. "Doctor," said the patient, "I am sorry, but I can't help being nervous about this operation. I have never had surgery before."

"I know how you feel," said the doctor, "You see, this will be my first operation, too."

* * * * *

Horse sense, naturally, dwells in a stable mind.

* * * * *

It has been stated that the computer is the greatest machine developed by man, only exceeded by the human brain — which can be produced by the millions with unskilled labor.

* * * * *

You can still buy most things at the old figures. It's the decimal point that has shifted.

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At Wit's End

All my life I've been trying to be 'just another pretty face.'

Heaven knows I've tried to follow the advice of ladies' magazines that tell me how to put excitement in my marriage, but the fact is, I'm too germ conscious to nibble on ears. (Besides, you never known where they've been).

With some regularity, however, I go the intimate dinner route. I get the candles out of the attic (which have melted all over the Hallowe'en masks) feed the kids early and slip into something that I wear under a coat until I hear my husband in the driveway.

It is my unworthy opinion that someone ought to tell men how to put excitement in their marriage. It's getting tougher and tougher.

The other night I met my husband at the door with his favorite drink. He set down his attache case and started to sip.

"What's that I smell?"

"It could be my new perfume, 'Intimidation.' The Avon lady said it brought a lot of her customers in off the ledge."

"It's not that" he said sniffing.

"The incense then. I rubbed a little garlic on each light bulb. You know how the scent of garlic drives you crazy with desire."

"No," he hesitated, "It's the glass. I know what it is. This is the glass the kids use for the creme rinse. I saw it in the bathroom not two days ago. Where are the kids?"

"I fed them and sent them to a basketball game," I said softly.

"Hey, that's the game I wanted to see," he said. "What time does it begin?"

"Forget the basketball game," I shouted, "We are having an intimate dinner together."

"What are we having?" he asked.

"Beef a la ground," I said.

"That's as intimate to hamburger as I want to get tonight," he said.

"Have you no imagination?" I stormed.

"Look," he said, "I come home and you're wandering around in your pajamas with garlic all over the light bulbs, giving me a drink in a bathroom glass and doing everything to hamburger but dressing it in a tutu, and you say I have no imagination. Let's go up to the high school and catch the last half."

I have the feeling Joey Heatherton would have cried.

—Erma Bombeck
Evening Telegram.
St. John's, Nfld.

Understanding

A big-league umpire once remarked that he could never understand how crowds in the grandstand, hundreds of feet from the plate, could see better and judge more accurately than he, when he was only seven feet away.

Another man commented that in life, too, we call strikes on a chap when we are too far away to understand. Perhaps, if we had a closer view of the man and his problems, we would reverse our decisions.

—The Link

* * * * *

A man wearing a beret-smock and a long, flowing beard consulted a psychiatrist. "Are you an artist?" asked the psychiatrist. "No," said the man. "Then why the beret, smock and beard," asked the psychiatrist. "That," said the man, "is what I'm here to find out."

* * * * *

CUES TO CULTIVATE

On quiet power: All noise is waste, so cultivate quietness in your speech, in your thoughts, in your emotions. Speak habitually low. Wait for attention and then your low words will be charged with dynamite.

—Elbert Hubbard

* * * * *

"In your sermon," the young father said to the minister after services, "you spoke of a baby's being a new wave in the ocean of life."

The pastor nodded and asked, "Do you have any comments?"

"Instead of a new wave," observed the sleepy-eyed father, "shouldn't you have said a fresh squall?"

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NURSING NEWS

Well, Christmas is all over, and so is the snow (all over Kentville, at any rate), and Santa, in spite of high winds and all that nasty white stuff on Christmas Eve, visited the Sanatorium in fine style. He not only remembered the patients, but he also put glee and good cheer into the hearts of all staff members. He must have returned to the North Pole filled with pride in, and appreciation for, the Sanatorium nursing staff, through whose concerted efforts Christmas was made a joyous occasion for all patients. The excellent cooperation and assistance received is much appreciated by Nursing Administration.

The staff Christmas party was held on December 23rd, and this year took place in the staff dining room. The huge tree in the center of the room, the gay decorations, the fabulous food (of which the Dietary department can be justly proud) all combined to create a very real "Christmassy" atmosphere. Good fellowship was enjoyed by all, with Dr. Quinlan playing the piano for Carol singing.

On December 21st, Miss J. Dobson and Mrs. K. Dakin entertained members of the Nursing Office and the Teaching Department with an enjoyable party held at the home of Mrs. Dakin, New Minas. Santa made an appearance and presented gifts. Carols were sung and a joyous evening was spent by all who attended.

Christmas was made the merrier by the many good wishes from former staff members and students. A card and note was received from Miss Faye Veinot, C.N.A., a former student, who also was a staff member from October 1st, 1969, to February 28, 1970. Miss Veinot is now resident in Alberta and informs us that on January 9th, 1971, she will become Mrs. Lewis Kyreakokios. We wish her much future happiness.

Miss Dobson also heard from Mrs. Flora Brothers, R.N., a former staff member, now residing in New Jersey with her hubby and two children. Greetings were received from Mrs. Hope Mack, R.N., former Director of Nursing, Miss Spence, R.N., Mrs. Spicer, R.N., Mr. "Buddy" Boudreau, R.N., Mrs. Ethel Misner, C.N.A., and Mrs. Anne Selfridge, C.N.A., who, incidentally, is now the

mother of a baby boy, David.

Before dispensing with the subject of Christmas, perhaps we should mention that Santa's bag must have been pretty well filled with pants suits this year, as many of our nursing staff have switched to this more comfortable and very attractive attire . . . and, before getting away from the subject of Appreciation . . . we very much want to say a word of thanks to our Mrs. Durno, R.N., for the splendid work she has done in teaching "Child Care For Adults" with the St. John Ambulance course. Twelve students participated and certificates were presented by Dr. Holden in Miller Hall on December 8th.

On December 14th, the Rotarians honored us by accepting the invitation of Mr. Peter Mosher to hold their weekly luncheon meeting here at the Sanatorium. More than sixty members attended, and the meeting was chaired by Dr. Quinlan. The meeting was addressed by Dr. Holden, Mr. Mosher and Miss Jean Dobson, Director of Nursing. Miss Dobson dealt with Nursing at the Sanatorium. She mentioned that there are of forty-four R.N.'s on the staff, four of whom have Bachelor of Nursing degrees, two hold Diplomas in Teaching and Supervision, and two have Diplomas in Public Health. Also, four R.N.'s have courses in Nursing Unit Extension, and another nurse is presently engaged in taking this latter course. In addition, there are forty-seven C.N.A.'s on staff.

Miss Dobson outlined the course given in our School for Nursing Assistants, briefly told the history of the school, and informed the group that due to phasing out of three-year basic courses for nurses, our Affiliate School will no longer be in existence after January, 1971.

Miss Dobson also mentioned that in Canada, 6% of nurses hold Bachelor of Nursing degrees. The percentage of nurses with Bachelor of Nursing degrees is 2.8%. The nursing staff at the Sanatorium can proudly boast that there are 10% with degrees.

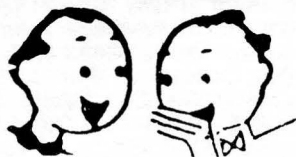
Student Nursing Assistants will be affiliating at Blanchard Fraser Memorial Hospital beginning in February, 1971, Miss Dobson said.

A letter has been received from Mr. K. N. James, President of Kentville Rotary Club, expressing thanks and appreciation for the informative and enjoyable meeting.

And so, Farewell to 1970! May the in-

(Continued on Page 15)

Just Jesting



Mother and daughter were in the kitchen washing dishes while father and 7-year old Johnny were in the living room. Suddenly father and son heard a crash of falling dishes. They listened expectantly.

"It was Mom," said Johnny at last.

"How do you know?" asked his father.

"Because," answered Johnny, "she isn't saying anything."

* * * * *

On the first of the month, with the bills pouring in,
I'm hounded and harried and haunted,
But I have to admit that I'm cheered quite a bit
By the feeling that somehow I'm wanted.

* * * * *

The best attitude toward one's work is a keep-at-it-attitude.

* * * * *

Every teacher should own a basset hound. Then when you come home at night, your dog will always look like he has more problems than you have.

* * * * *

"Dad, what is heredity?"

"Heredity, my son, is what a man believes in until his son begins to act like a fool."

* * * * *

A henpecked husband told his lawyer that he wanted everything left to his wife, provided she remarried. That way he could be sure someone would be sorry he died.

* * * * *

We're always being urged to tell the truth, but nobody wants to hear it.

* * * * *

Angry parent: "I'd like to see someone with a little authority."

Teacher: "Well, I have as little as anyone around here."

"Hello! Is this the welfare department?"

"Yes, what can I do for you?"

"I need a new crib for my baby."

"What's he sleeping in now?"

"The box my color TV came in."

* * * * *

The bored professor, being catechized by a lady who asked him whether he had ever encountered any fact of nature that really puzzled him, replied: "Yes, madam, one thing has puzzled me exceedingly. I cannot understand why, if exercise reduces flesh, so many women have double chins."

An old gent was passing a busy intersection when a large St. Bernard brushed against him and knocked him down. An instant later a foreign sports car skidded around the corner and inflicted more damage.

A bystander helped him up and asked him if the dog had hurt him. "Well," he answered "the dog didn't hurt so much, but that tin can tied to his tail nearly killed me."

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NURSING NEWS—

(Continued from Page 14)

coming year see the Nursing profession continue to grow, and advance in wisdom and status, and may nurses remember always that their honored profession sprang from a love of humanity.

"Our love of mankind makes us strong. It helps us sort out right from wrong. It tells us that all men are brothers . . . To forget ourselves, and think of others.

It shows us what we ought to be . . .

One wholesome, happy family.

The meaning then, should be quite clear.

Keep Christmas in our hearts all year!"

Happy New Year!!!

Ins And Outs



NOVA SCOTIA SANATORIUM

ADMISSIONS:

NOVEMBER 16 TO DECEMBER 15, 1970

GEORGE LAING, 2720 Gottingen St., Halifax; ALLISTER JOHN DUGIE, Upper South River, Antigonish Co.; DONALD HUGH MacEACHERN, Queensville, R.R. 1, Inverness Co.; EDMOND JOSEPH THIMOT, Tiverton, Digby Co.; RICHARD OLDFORD, Curry's Corner, Windsor, Hants Co.; CHARLES MALCOLM WILKIE, Elmsdale, Hants Co.; MRS. EVA LUCY (LEE) ROCKWELL, Waterville, Kings Co.; OSCAR HENRY GRADY, Port Shoreham, R.R. 1 Mulgrave, Guysborough Co.; HAROLD RAYMOND GREEK, Mersey Point, Queens Co.; DEAN HARDING VAUGHAN, Greenwich, Kings Co.; GEORGE McCALLUM, Bible Hill, Colchester Co.; HAROLD STEWART JARVIS, R.R. 1, Aylesford, Kings Co.; MRS. ISABELLE MARY DOUCETTE, Hubbards Point, Yarmouth Co.; HAROLD AUSTIN WEBSTER, Cambridge Station, Kings Co.; MRS. THELMA DORIS MILLS, 37½ West Pleasant St., Amherst, Cumberland Co.; JASPER PROSPER, Afton, Antigonish Co.; CHARLES HENRY HOPPE, Aylesford, N. S.; LEONARD STANLEY CORBIN, 81 Tupper Rd., Kentville.

DISCHARGES:

NOVEMBER 16 TO DECEMBER 15, 1970

WILFRED JAMES SLAUNWHITE, Terence Bay, Halifax Co.; (Expired); GORDON JOSEPH LEVY, New Ross, RR 2, Lunenburg Co.; MICHAEL ISAAC SACK, Micmac, Hants Co.; FRANCIS XAVIER MacCORMACK, Tantallon, Halifax Co., (Expired); RUSSELL GORDON CROMWELL, Home for the Disabled, Bridgetown, Annapolis Co., (Expired); WARREN POOLE, Arcadia, Yarmouth Co., (Expired); ORLIN PERCY JOUDREY, Barss Corner, R.R. 1, New

Germany, Lunenburg Co.; AMEDEE JOSEPH DUGAS, Grosse Coques, R.R. 1, Church Point, Digby Co.; MRS. EUPHEMIA JOLLIMORE, Cape John, R.R. 4, River John, Pictou Co.; LEE ALBERT MELVIN, Cambridge, R.R. 1, Kings Co.; ZENO MacDONALD, Arisaig, Antigonish Co.; EARLE FRANCIS GRACE, R.R. 2, Middle Sackville, Halifax Co.; HUBERT RAYMOND SURETTE, Pinkney Point, Yar. Co.; MRS. CHRISTINE BROWN TANNER, R.R. 1, Maitland, Hants Co.; CRYSTAL JOY SWEENEY, Sarnia, Ont.; CLARENCE WILLIAM MARSH, 4 Clevis Street, Spryfield, Halifax County; DEAN HARDING VAUGHAN, Greenwich, Kings Co., (Expired); AMBROSE BELLEFONTAINE, Scotia Nursing Home, Beaverbank, Halifax Co., (Expired).

POINT EDWARD HOSPITAL

ADMISSIONS:

NOVEMBER 16 TO DECEMBER 15, 1970

ELMER WILLIAM BENNETT, Havre Boucher; BABY LINDA ANN RANSON, Port Morien; MRS. BLANCHE CLOTHILDA BROWNER, 24 King St., Dominion; LLOYD KING, Lorway St., Louisbourg; MRS. LINDA LOUISE BROWNER, 24 King St., Dominion; JAMES JOSEPH MacDONALD, 10 Pond St., Sydney Mines; LAUHLIN ALEXANDER BROWN, Dingwall; HUGHENA CECILIA GILLIS, S. W. Margaree; MRS. DAISY DELL SNOW, 9 Church St., Dominion.

DISCHARGES:

NOVEMBER 16 TO DECEMBER 15, 1970

JOHN JOSEPH CAMPBELL, 75 North St., Glace Bay; MRS. VERONICA LEE, 26 David St., River Ryan; THOMAS JAMES ROGERS, New Haven; CLARENCE PERCIVAL SMITH, 47 Commercial St., Glace Bay; MARY DAVIS, 16 Currie St., Glace Bay; MRS. SOPHIA PIERRO, Nyanza; ANTHONY MacKENZIE, Sydney Forks; WILLIAM MELVIN LEFORT, Cheticamp; BABY LINDA ANN RANSON, Port Morien.

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PETER'S LUNCH

Nova Scotia Sanatorium

H. M. HOLDEN, M.D., C.R.C.P. (C), F.C.C.P.	Medical Director
PETER S. MOSHER, B.Sc., D.H.A.	Administrator
J. J. QUINLAN, M.D., C.R.C.S. (C) F.C.C.P.	Surgeon
F. J. MISENER, M.D., F.C.C.P.	Radiologist
A. LARETEI, M.D.	Physician
MARIA ROSTOCKA, M.D.	Physician
G. A. KLOSS, M.D., F.C.C.P.	Physician
E. W. CROSSON, M.D.	Physician
V. D. SCHAFFNER, M.D., C.R.C.S. (C), F.A.C.S.	Consultant Surgeon
D. M. MacRAE, M.D., C.R.C.P., (C), F.C.C.P.	Consultant Bronchoscopist
B. F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C)	Consult. Ortho. Surg.
P. GEORGE, M.D., C.R.C.P. (C)	Consultant Psychiatrist
D. H. KIRKPATRICK, M.D.	Consultant in Anaesthesia
C. E. JEBSON, M.D., C.R.C.S. (C)	Consultant Urologist
MISS E. JEAN DOBSON, R.N., B.Sc.N.	Director of Nursing
MISS EILEEN QUINLAN, B.Sc. P.Dt.	Senior Dietitian
DONALD M. BROWN, B.A., B.Ed., M.S.W.	Director of Rehabilitation

Point Edward Hospital

D. S. ROBB, M.D.	Medical Superintendent
T. K. KRZYSKI, M.D.	Physician
W. MacISAAC, M.D.	Consultant Bronchoscopist
D. B. ARCHIBALD, M.D.	Consultant Urologist
MISS KATHERINE MacKENZIE, R.N.	Director of Nursing
MISS JOYCE LEWIS	Dietitian
MRS. ELIZABETH REID, R.N.	Supervisor of Rehabilitation

Church Affiliation

NOVA SCOTIA SANATORIUM

Co-ordinating Protestant Chaplain

Rev. Dale MacTavish

PENTECOSTAL

Minister—Rev. Robert Cross

ANGLICAN

Rector—Archdeacon L. W. Mosher
San. Chaplain—Rev. W. A. Trueman

ROMAN CATHOLIC

Parish Priest—Rt. Rev. J. N. Theriault
San. Chaplain—Rev. G. E. Saulnier

BAPTIST

Minister—Rev. A. E. Griffin
Lay Visitor—Mrs. H. J. Mosher

SALVATION ARMY

Capt. Charles Broughton

CHRISTIAN REFORMED

Minister—Rev H. Vander Plaats

UNITED CHURCH

Minister—Dr. K. G. Sullivan
San. Chaplain—Dr. Douglas Archibald

The above clergy are constant visitors at The Sanatorium. Patients wishing a special visit from their clergyman should request it through the nurse-in-charge.

POINT EDWARD HOSPITAL

ANGLICAN

Rev. Weldon Smith

UNITED CHURCH

Rev. Robert Hutcheson

ROMAN CATHOLIC

Parish Priest — Msgr. W. J. Gallivan

PRESBYTERIAN

Rev. E. H. Bean

SALVATION ARMY

Mr. William Brewer

The above clergy are visitors at this hospital. Besides the above named many other protestant clergy from the surrounding areas alternate in having weekly services for our patients.



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- Clocks, Watches, and Costume Jewellery
- A wide variety of grocery items
- Ladies' and Men's wear — Nylons