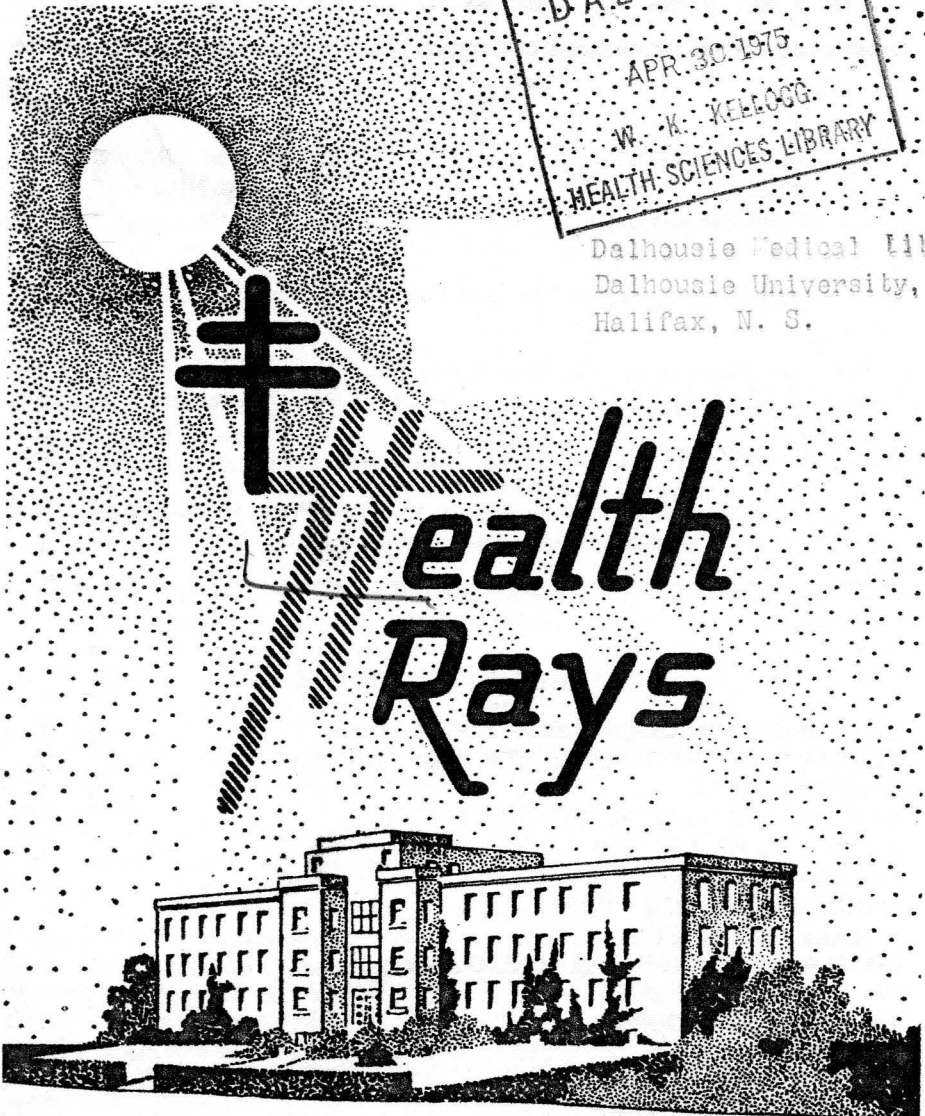


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# Health Rays

**THE NOVA SCOTIA SANATORIUM**  
 Vol. 56    April 1975    No. 4



# HEALTH RAYS

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## Sanatorium Visiting Hours

DAILY: 1100 — 2030 (11:00 a.m. — 8:30 p.m.)

# SEASON OF OUR DISCONTENT

by Jackie Loohaus

*Take ashes from three corners of the chimney, put in a goatskin pouch and tie around the patient's neck saying, "The wicked god, the wicked demon, Spirit of the earth, conjure it!" — medieval spell to cure the "grippe".*

"Life is a germ", said Pasteur.

And in winter you come to believe it.

There's a sort of Damocles' virus hanging over the population as whatever bug is in vogue spreads cross-country. In recent years, Americans spent almost 410 million days in bed because of cold and influenza, with peak periods occurring in late fall and winter. During cold weather, people tend to congregate indoors where heat and low humidity decrease the mortality of cold and flu germs. The result may be an ailment ranging from sniffles to pneumonia.

If there is such a thing as genetic memory, then the mark of the common cold and flu on man's subconscious must be deep. It's likely these ailments have troubled humans since cave days. Our nearest biological cousins, the modern day apes, are particularly susceptible to upper respiratory infections. Ancient literature is filled with references to "ague" and "grippe" and with surefire cures that came highly recommended. But despite centuries of human effort, colds and flus remain the "ubiquitous bugs."

## COMMON COLD

The common cold is just that — the most common of human ailments, a brief infection of the upper respiratory tract. It's not unusual for a person to have 50 or more colds in a lifetime. With these odds, the American Cold has become something of an institution, triggering \$500 million spent annually on home remedies.

For most people, the realization they've caught cold comes with the appearance of the first symptoms, although infection occurs from one to three days before the familiar scratchy throat and runny nose. It's believed the cold is communicable only during this onset and for the first two or three days of symptoms.

The cold itself is caused by any of more than a hundred different types of viruses, disease agents so small they cannot be seen under a microscope. Viruses are spread from cold victim to victim on droplets expelled in coughing, sneezing or talking.

Just why people catch cold is still a question. Answers include one theory that eating candy unsticks the throat's natural mucus defenses, exposing the tissue to viruses. Another notion speculates that sudden changes in temperature upset physiology and resistance to colds.

More generally accepted ideas blame fatigue and poor nutrition for lowering a person's resistance and making him more susceptible to cold viruses.

Just cold weather alone, however, doesn't make for an increase in colds. They don't occur at all in expeditions to the arctic.

To the cold sufferer, theories about why he caught cold usually are forgotten in the first onslaught of symptoms. Sore throat, sneezes, coughs and aches combine to make the "misery" of a cold and are dangerously close to the early symptoms of more serious diseases such as whooping cough or meningitis. The duration of a cold usually is brief and many people are over theirs in a week or 10 days. During those 10 days there's little that can be done to fight back.

Because there is no cure for the common cold, there have been many

(continued on Page 2)

## SEASON OF OUR DISCONTENT

attempts to invent one. Some cold remedies are a lot more fun to take than others — hanging your hat on a bedpost and drinking whisky until two hats appear is popular in some areas — but most deal only with cold symptoms and not with the cold itself.

Modern patent medicines advertised for cold relief are as useless for curing a cold as are patently ridiculous folk medicines. Antihistamines will relieve the stuffy nose and watery eyes of a cold only if the symptoms are caused by an allergic reaction which accompanies some colds. They have little or no effect on the symptoms of a non-allergic cold. Antihistamines, in fact, tend to make you drowsy and cloud your judgment. Some cold remedies contain caffeine, no to help the cold but to counteract effects of the antihistamines.

Nasal decongestants may help un-stuff a clogged nose but may also be harmful if used for long periods. The value of large doses of vitamin C has yet to be decided.

The best medicine for the common cold seems to be common sense. Bed rest may be necessary if the cold becomes bad enough, aspirin can help ease aches and pains and a vaporizer may relieve congestion. If the cold seems to be hanging on for an unusual length of time, then a doctor should be consulted. Otherwise, the cold just must run its irritating course.

## INFLUENZA

In 1918, one of the worst epidemics on record, second only to the Black Death in the 14th century, struck every country in the world and took more lives than were lost in World War I. The killer was influenza, the plague that medieval physicians thought was governed by the influence of the stars.

The real cause of influenza, however, is a virus with an affinity for the respiratory tract. There are four

distinct types of influenza viruses, A, B, C and D, with dozens of different varieties occurring within each type.

Like cold germs, influenza viruses are spread by virus-laden droplets expelled in sneezes or coughs. But the flu is unlike the common cold in its rapid spread. The flu usually occurs in epidemic form, lasting from four to six weeks and infecting large numbers of people in a relatively small area. About every 20 years influenza appears in a pandemic form, a series of epidemics that take place in various countries.

In influenza pandemics, 20 - 40 percent of the population of a country may become ill. Great pandemics, like that of 1918, seem to return once every generation, an interval of about 30 to 40 years. Epidemics occur at regular intervals, type A every two to three years, type B every four to five years.

Fortunately, most adults seem to have acquired immunity to influenza to some degree. Antibodies found in the blood stream show that a low level of immunity persists years after an influenza attack. But there is little cross immunity between types or among the families within a type and flu remains particularly dangerous for pregnant women and people with histories of lung or heart trouble. The incidence of influenza is highest among ages five to nine and 25 to 35 but mortality is low in these age groups.

For those people whose immunity to the flu bug fails, the onset of influenza is sudden. After an incubation period of 18 to 36 hours, there may be chills, headache, muscular pain and a fever that goes up quickly to 101 to 104. Frequently, the patient has a rasping cough, unproductive of much sputum, a sore throat and a runny nose. The virus can damage the lining membrane of the breathing tubes and spread to the air cells, but the body usually can repair his damage after nine to 15 days, provided no other germ takes over. Prognosis for the flu victim is good, except if there are complications.

As with colds, there is no specific treatment for influenza because

anti-bacterial drugs do not affect viruses. But flu vaccines (today's are about 70 percent effective) do raise the odds of never catching flu at all.

Few physicians recommend that everyone have flu "shots" — some people are allergic to them — but a number of specific groups can benefit from the vaccine. The elderly have a high rate of mortality from influenza and should receive vaccinations. So should people of all ages with chronic health conditions such as heart disease, diabetes and other disorders and with chronic pulmonary disease such as asthma, emphysema and chronic bronchitis.

Flu vaccination used to be a series of two doses but more potent vaccines have made the second dose unnecessary. Vaccination usually is scheduled for completion by mid-November to avoid the flu's "rush" season.

## PNEUMONIA

More serious than colds and influenza themselves are the complications that can arise out of an apparently harmless case of the sniffles. Complications can range from fever sores to ear infections but the most common serious after-effect is pneumonia.

Pneumonia, unfortunately, is a disease which many people tend to ignore or consider old-fashioned. But pneumonia is one of the 10 leading causes of death in the country and the death rate from some types of the disease is on the rise. Each year in Wisconsin, pneumonia claims approximately 1000 lives, with more than 300 deaths annually in Milwaukee County alone. It is a frightening disease whose victims range from infants to the elderly, from patients recovering after operations to those with comparatively minor virus infections.

The three main causes of pneumonia are mycoplasmas, bacteria and viruses, with the latter responsible for about one-half of all pneumonias. Most viral pneumonias are acute and follow

seasonal and often epidemic patterns in the country. Bacteria which can cause pneumonia may be present in a healthy throat and only multiply and do serious damage when the body's defenses have been weakened because of illness or some other factor. Mycoplasma pneumonia is caused by the smallest free-living agents of disease in man, unclassified as to whether bacteria or viruses but having characteristics of both.

The onset of bacterial pneumonia can vary from sudden to gradual. The patient may begin to feel chilled and shaky, have severe chest pain and a cough that produces rust colored or glary white sputum. Often initial flu symptoms simply worsen, with a fever that can climb as high as 105. With bacterial pneumonia, the air sacs of the lungs can become packed with blood cells, bacteria and fibrin. As blood circulates through these airless areas of the lungs, breathing becomes increasingly difficult. Chest pains and pleurisy can make breathing even more agonizing and the patient's skin may turn bluish from lack of oxygen.

In untreated cases, the battle against pneumonia can become a dramatic one. With bacterial pneumonia, the patient sometimes reaches a "crisis", in which there is an abrupt change in the progress of the disease; the patient either gets suddenly better, the fever falling off in less than an hour, or he worsens, in which case the disease can be fatal. Today, however, the patient seldom reaches a crisis because antibiotics usually bring the disease under control before that point is reached.

(continued on Page 7)

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# MOTHER'S DAY IN OTHER LANDS

by Lilah Smith Bird

Mother's Day is considered a very important and special day to children and parents. This is the day children arrive home and bring gifts to their mothers or, if they cannot come, they send flowers or gifts which they think Mother would like.

In North America we all know Mother's Day is the second Sunday in May. In Great Britain and some parts of Europe Mother's Day is two Sundays before Easter Sunday, and is called Mothering Sunday. This name has a homey sound, but it is a day to honour Mother, as queen of the home.

In those parts of the country, they who work, or go to school, or young men and women who have made homes of their own generally make a special effort to get home on Mothering Sunday, and bring with them flowers and special gifts for Mother. All that week mother is preparing for this Sunday, to have her loved ones with her for a day. Among the baking she does is to make a Simnel Cake. The word simnel is the old Anglo-Saxon word for springtime or summer. This is all kinds of fruit and nuts from the Far East, and has almond paste for the icing.

On Mothering Sunday, the family goes to church together and sits together in the family pew. After church they have dinner of roast lamb or goose, with all the trimmings - a welcome break for those who keep the Lenten fast; and for dessert they have simnel cake.

Mothering Sunday is considered a great event, almost like Christmas, and in those parts of the country parks are green, daffodils, tulips, and all kinds of flowers, are in bloom.

One Mothering Sunday, we visited the Lake District in England and saw the daffodils William Wordsworth wrote about:

"I wandered lonely as a cloud  
That floats on high, o'er vale and hill;  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze."

On the morning of Mothering Sunday, we all attended the Anglican church in which William Wordsworth had worshipped, then went back to my husband's mother's home for dinner with all the children, grand-children and other relatives. Everyone helped with the feast and, for dessert, Simnel Cake.

In the afternoon we all visited Wordsworth's birthplace, now it is a museum. This day was bright and sunny, around the first of April. Many excursion boats were on the lake, with their red sails, and hulls painted white. It was a sight to behold!

We look back with fond memories to this beautiful lake, and spending Mothering Sunday many miles from home.

To each and every one of you who are mothers, "Happy Mother's Day!"

"O! happy home, where each one serves thee lowly,

Whatever his appointed work may be,

'Til every common task seems great and holy,

When it is done, O Lord, as unto Thee."

—————  
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## FACE-THE-FACTS

Cigarette smoking is the chief cause of long-term lung disease. In one puff of smoke there are 500 different kinds of solid particles and 250 different types of gases. Formaldehyde and cyanide are among the residuals found in a smoker's lung.

More than 300,000 people die prematurely each year from smoking related diseases such as bronchitis, emphysema, lung cancer and throat disease.

A smoker's lungs retain more than 85 percent of the volatile chemicals and particulate matter he inhales, more than half of the carbon monoxide. Since pipe and cigar smokers inhale less than cigarette smokers, they contribute relatively unfiltered smoke into the air.

The more an expectant mother smokes, the more carbon monoxide she absorbs into her blood stream. One study indicates that when a pregnant woman smokes two packs of cigarettes a day, it is the equivalent of blocking off 40 per cent of the baby's oxygen supply.

Smoke from an idling cigarette contains almost twice the tar and nicotine of an inhaled cigarette, and thus may be twice as toxic as smoke inhaled by the smoker.

In the mid-17th century, the Russian government decreed that anyone caught smoking was to have his nose cut off. Not only would it stop smoking but it might cut down on colds too.

**CIGARETTE TOBACCO . . .** Has smoke to get your eyes . . . Nicotine and carbon monoxide, two harmful ingredients in tobacco smoke, can reduce your night vision, your eyes' adaption to the dark, reports Executive Fitness Newsletter. Studies also show that some smokers have a narrower field of view than non-smokers and impaired peripheral vision, said the newsletter.

From the Challenge

**HARD TO BREAK . . . BEST NOT BEGIN . . .** Prevention, rather than trying to break the habit once it is started, is the most effective way to motivate young boys and girls not to smoke. Greatest chance of success comes through an educational program based on scientific evidence that reaches young people before they begin. This type of approach, allowing for a decision-making process to take place, lets them look at the facts and draw conclusions. It is estimated that, if present lung cancer fatality trends continue, about 1,000,000 young people now in school will die of lung cancer before age 70.

The Link

**COLD WEATHER MASK:** Useful for many people with respiratory problems . . . and for others who would like to be more comfortable while walking or working outdoors or watching spectator sports in biting cold weather - an inexpensive new mask protects the nose, cheeks, mouth and chin from wind and cold and can raise the temperature of inhaled air from 20 degrees Fahrenheit to an average of 60 degrees.

From Hotline

Every cigarette that you smoke cuts off three minutes of your life span, but for every ten pounds that you are overweight a year is cut off your life.

The sulphur that goes up in smoke from factories and power plants would be worth \$300 million a year if salvaged. Instead, as an air pollutant sulphur rusts metals, kills plants, limits visibility, and damages people's lungs.

Some experts predict that asbestos fibers in the lungs of city dwellers will one day overtake cigarettes as the major cause of lung cancer.

From clippings of American Lung Assc.

Via Missouri San-O-Zark

# RENAISSANCE REVITALIZATION CENTER

Cable Beach, Nassau, Bahamas

by Joan McCoy

About this time of year, some folks come down with post holiday blues, the latest strain of the flu or just an overall rotten feeling seemingly aggravated by the cold weather.

Ah, for a week in the tropics, they might think. But is that really the answer? If your system's out of whack, is a short stay on a palm-lined beach going to be the answer to your problems? How are you going to feel a couple weeks after you return to the grind? Will you be jumping back into that bottle of cold capsules at the first sign of sniffles . . . popping other pills when you need to calm down, pep up or fall asleep?

What's a person to do? Well, some men and women with the money (\$800 to \$1500 for 10 days) and the desire to clean up their act have been combining vacations with revitalization at a physician-staffed center in the Bahamas called Renaissance. About 20 Denverites have been clients at the three and a half years old facility which caters to only 20 persons at any one time.

Dr. Elliott Goldwag, a clinical psychologist who is executive director of the center, was in Denver this week to talk with some physicians who are interested in the biological and natural methods of treatment used at Renaissance.

The director said there is a small, but growing network of doctors who are really involved in preventive medicine and in taking the time to find out all about a patient and to treat the whole body rather than just parts and symptoms.

CALLING THE UNITED STATES "the most overdrugged society in the world" and pointing out that people are

constantly looking for pharmaceutical answers to their problems, Dr. Goldwag said that many individuals who come to his spa are "toxic from all the chemicals they have taken", adding "they are given so many things that they never have a chance to really heal from anything".

This man concerned about people who are "so bent on achieving that they never waste time, never just sit, fantasize, dream and recharge their battery."

At Renaissance, clients are forced to do nothing for several days while they are involved in cell therapy which, Dr. Goldwag explained, improves the metabolism and detoxifies the system. He said that chronic pains and disorders may not completely disappear after this, but that they are greatly diminished.

Cell therapy has not been approved by the Food and Drug Administration for use in this country, although it is practiced by 4000 doctors in Germany (where it was developed) and cells are available in nearly every pharmacy there, according to the Renaissance director.

He added "it is a biological method that cannot be patented and no American pharmaceutical firm is going to spend \$500,000 to \$750,000 to prove to the FDA that it works when they can make millions off of developing another powerful tranquilizing drug."

However, the director has confidence in cell therapy acceptance, pointing out that the method has been praised under other names in university experiments and that the acceptance of many things of this type often takes decades.

"We take a multi-therapeutic approach at Renaissance (including diet, emphasis on coping with stress, daily meetings with physicians,



exercise, seawater baths and massages, facials and sea mud packs) because there is no one answer. We concentrate on good health and what we offer does not have the immediate reaction of drugs.

"When people get out of balance, their organs may be either overworked or underworked. If your brain cells are not fed you can develop regular headaches and even suffer depression.

"If your body is not healthy, subtle signs will be reflected in your face. But, before you go out and have plastic surgery, you'd better fix what is going on inside", he remarked.

Since many folks can't afford the program at Renaissance (those fees stated earlier do not include accommodations at a Cable Beach hotel in Nassau), Dr. Goldwag offered some suggestions for at-home care.

He recommended a high protein diet (eliminating white sugar and white flour), eating more "livefood" (lettuce, tomatoes, radishes, celery, yogurt), steaming vegetables instead of boiling, eating fresh seeds, fish and soy bean sprouts, taking a brisk 15 minute walk daily, breaking up your routine (very important) and developing second and third careers so you never have to retire.

"This constant search to find drugs to cure everything is never going to stop and people continue to get a new strain of flu every year. Why not work on making the body strong so it can better resist all these germs?

"I think what bothers me most is the number of people who are hung up on worrying about the past or having anxiety about the future. They never see what is happening day to day. I believe in concentrating on 24 hours at a time. That's the philosophy of AA (Alcoholics Anonymous) and I think it's a great philosophy. That's where the beauties of living are."

Reprinted from "Rocky Mountain News".

## SEASON OF OUR DISCONTENT

(continued from Page 3)

Viral pneumonia usually is less severe than bacterial, which is fortunate because of the lack of medication that can be used against viruses. Influenza virus pneumonia, however, can be a rapid killer. Initial signs are those of influenza — fever, dry cough — but within 12 to 36 hours the cough worsens into desperate air hunger. As the pneumonia reaches its terminal phases, the patient's breathlessness may become so pronounced he cannot tolerate even an oxygen mask.

If pneumonia is itself a complication, there are complications which can result from pneumonia. Atelectasis is a temporary partial collapse of a lung which sometimes occurs. Although the condition is frightening — the patient may turn a deep blue color and suffer chest pain and drastic shortness of breath, — the lung usually re-expands after a few days. Among children, acute middle ear infections may result from pneumonia. Among adults there is danger of pericarditis, a serious inflammation of the covering of the heart. The convalescing pneumonia patient also must beware of relapses which can be far more serious than the original attack.

A virus here, a bacterium there. Those who must tiptoe through the obstacle course of seasonal ailments can meet the pitfalls of infections with bravado, contempt or paranoia. But chances are all of us, sooner or later, will be bugged by the winter germ.

From the Crusader  
Via Missouri San-O-Zark

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RON ILLSLEY  
ESSO SERVICE STATION

## ACTIVITIES AT THE SAN

On March 17 a St. Patrick's Day party was held in the cafeteria and there was a good turn-out of patients, together with a number of staff members. The main entertainment was bingo, with Jack Bowser as Caller. Prizes were provided by the Olympic Chapter of the I.O.D.E., who were the sponsors of this very successful party.

Decorations were attractively arranged, with the help of number of patients.

Delicious refreshments were provided by the Dietary Department.

Patients and staff of the Nova Scotia Sanatorium enjoyed a "fun evening" on April 9, when Father Benny D'Entremont and others from Saint Anthony's Church in Berwick led in singing and story telling.

Arrangements for the occasion were co-ordinated by John Thwaites and decorations, consisting of brightly hued flower centre-pieces and wall hangings were fashioned on the Children's Unit under the artistic direction of Marion Downey.

The evening concluded with refreshments being served by the Dietary Department under the supervision of Miss Eileen Quinlan with assistance from other staff members.

Miss Jean Dobson, Director of Nursing, thanked Father D'Entremont and his group for the wonderful evening which was enjoyed by all.



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In the above photos two of our younger patients are shown as they enjoy the special treats at a children's party, held on Valentine's Day in the Patients' Lounge. The event also served to celebrate the birthdate, February 14, of Jason Thwaites, age 5, and he is shown with his brother, Ian, who is approaching his 4th birthday. They are

the children of John and Barbara Thwaites, who are also patients at this time.

The Valentine Party followed the puppet show, described in the March issue.

Photos by Dr. M. Rostocka

## NOTES AND NEWS

Born to Sharon and Gary Boyd, March 29, a son, Sean Gary, 8 pounds, 13½ ounces. Sharon had been instructing in handcrafts from July 1974 to the end of February 1975.

Also, to Sharon and Robert Trefry, Kelly Lee, born March 21, 7 pounds, 12 ounces. Sharon is a member of the Steno Pool.

Our congratulations to both couples, and our best wishes to the little ones.

Thelma Chute, Social Worker, returned Easter from a winter holiday in Nassau. She looks rested up, following her winter break, and showed us some information on the Renaissance Revitalization Centre, a small part of which we are printing in this issue. Perhaps some of our readers have tried this program of revitalization and will tell us of the results.

We were all very sorry to learn of the sudden death of Eleanor Corkum, in a hospital in Halifax, about March 18. The former Eleanor Coldwell, she had worked for a number of years as Occupational Therapist at the Sanatorium. She left here about 14 years ago and, since that time, had worked at Camp Hill Hospital in the same capacity. She was married to Byron Corkum who is known to many of our readers as a former patient and, later, as Canteen Manager. They lived at 6397 Berlin St., Halifax. Our deepest sympathy is extended to Byron and to other members of Eleanor's family.

## SPRINGTIME IN YOUR HEART

If you can feel the beauty of a tree  
Bereft of leaves that wave or birds  
that sing;  
If you can close your eyes and clearly  
see  
Not branches cold but sleeping signs  
of spring;  
If you can look beyond the windswept  
scenes  
Of barren trees and lonely wintry art;  
If you can view the browns and see the  
greens,  
Then you are holding springtime in  
your heart!

-William Arthur Ward.

## IT TAKES COURAGE

by Garnett Ann Schultz

Nothing is more valuable to a man than courage.  
-Terence.

It takes courage to smile when the world is dark  
And the sun just refuses to shine,  
When you've lost your way and your heart is sad  
And the path is an upward climb.

It takes courage to hope when your hope is gone  
And nothing just seems to be right,  
Today just an echo of yesterdays gone  
With naught but the darkness of night.

It takes courage to dream when your mind is  
adrift.

And a weariness enters your soul . . .  
When you long for contentment and peace in your  
heart.  
But can't seem to conquer your goal.

It takes courage to smile, it takes courage to hope  
A courage when all else is gone,  
When clouds overshadow the sun in your sky,  
It takes courage to smile and go on.

The four-year-old was absolutely fascinated with his grandfather's false teeth. After staring transfixed while they were removed for brushing and replaced, he asked to have the process repeated. The obliging grandfather did it several times for the youngster, then asked, "Now what?"

The child's eyes shifted momentarily and he said, "Take off your nose."



## Chaplain's Corner

Msgr. J. H. Durney  
in The Veteran

### THE VALUE OF LITTLE THINGS!

The great truths of salvation must be brought into operation in little things. Practical religion is to be carried into the lowly duties of daily life. Many people feel that, because they are not directly associated with or engaged in religious work of large proportions, their lives are quite useless. But this is by no means true. The act of charity shown by the Good Samaritan at Jericho was nothing more than what ordinary decency requires; yet, no service has had a greater effect on the hearts of men than this good deed, performed by a man whose name we do not even know.

The humble duties of life are so great a power for good that we should not neglect them. Any honest work is a blessing, and faithfulness to it may prove a training for higher duties and service. Wherever you may be, Christ bids you take up the duty that presents itself. If this is in the home, you should take hold willingly and earnestly in order to make that home a haven of industry and contentment. If it is your work to till the soil, or to engage in any other trade or occupation, perform it with the personality of Christ.

God works by whom He will. He sometimes selects the humblest instrument to do His greatest work. His power is revealed through the weakness of men. When we give ourselves wholly to God and in our work follow His directions, He makes Himself responsible for its accomplishment. He would not have us conjecture as to the success of our honest endeavors. We have our standards, and by them we pronounce one thing great and another small; but God does not estimate according to our rule. We are not to suppose that what is great to us must be great to God, or that what is

small to us must be small to Him. It does not rest with us to pass judgment on our talents or to choose our work. We are to take up the burdens that are necessary and unavoidably a part of the life we have chosen, bearing them for His sake. Whatever our work, God is honored by wholehearted, cheerful service. He is pleased when we take up our duties with thankfulness, rejoicing that we are accounted worthy to be co-laborers with Him. By so doing we merit the praise of Christ who said: "Well done, good and faithful servant; because you have been faithful over a few things, I will set you over many; enter into the joy of the Lord."

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## THE AMISH

In 1693 a clergyman, Jacob Amman, withdrew from the Mennonite religion because he believed in a more rigid code of church discipline. He gave his name to a religion and a way of life that flourishes to this day among the 'Plain People', the Amish.

The Amish migrated from Europe, mostly from Krefeld, Germany, in the early eighteenth century, to the area which is now Germantown, Pennsylvania. Because this region was originally settled by the Dutch, the Amish are often referred to as "Pennsylvania Dutch".

Binding all Amish people together is their religion, one that demands much and returns to them a life rich with religious fulfillment. Church for them is home. They do not believe in building churches as we know them. Instead, they alternate services in homes of the members of the congregation.

For the Amish, home is still the center, the framework and the

foundation of their lives. Generations may go by without a member of the family travelling farther than fifty miles from home. The Amish children would delight anybody with their carefree games, charming mannerisms and rosy-cheeked faces. To see a group of these children is to see their parents in miniature, for they dress from childhood through the adult years in the same simple style of clothing. A distinguishing mark of the Amish woman is her white prayer cap, worn all the time according to the Biblical admonition that a woman "that prayeth or prophesieth with her head uncovered dishonoreth her head," (Corinthians 11:5)

Throughout the country of the Pennsylvania Dutch a traveler may discover a dramatic and flourishing array of painted symbols, most often on the sides of barns. These signs and symbols are merely a visual extension of the beliefs of the Amish. For example: scallops mean smooth sailing through life; a heart, love; a triple star, good luck, success and happiness.

The Amish want nothing more than to lead a humble and holy life.

They ask nothing more than what they can produce themselves, so they have kept to the farm and live a simple life of the soil.

Copied from "The Pine Log"

## THINKING OUT LOUD

Character is when you have the same ailments as the other person but refrain from mentioning it.

Wind up a gossip and she runs somebody down.

One way to learn manners is from those who have none.

A woman never knows how much she can do until she cries.

Folks who seem to know the very least seem to know it fluently.

When a speech is boiled down, it isn't so dry.

The human race seems to have gone to a lot of trouble to improve everything but people.

It's a wise man who knows if silence is really golden or just plain yellow.

Class reunions are going to be real confusing twenty-five years from now when everybody has a haircut.

Keeping up appearances and keeping down expenses are seldom done by the same keepers.

Historians tell us about the past and economists tell us about the future. Thus, only the present is confusing.

The way most fishermen catch fish is by the tale.

We get bent from hard work and broke without it.

Everybody produces something - good, trouble, or excuses.

Political candidates are well enough informed on the questions of the day - it's the answers that stump them.

A bore is someone who is "me-deep" in conversation with no twinkle in his "I".

Old truck drivers never die - they just can't make the grade.

Many of earth's troubles are man-made.

If you believe that nothing is impossible, try yawning with your mouth closed.

The quickest thirst aid is water.

Most folks would be getting ahead if they could just manage to stay even.

Optimist: a bridegroom who thinks he has no bad habits.

A fanatic is one who can't change his mind and won't change the subject.

Everyone pays - either attention or dearly.

Politicians are like old trousers: they only come clean in hot water.

When you kill a little time you may be murdering opportunity.

Sin would have few takers if its consequences always occurred immediately.

From Sunshine Magazine

## OLD TIMERS

Let us begin with several notes from Anne-Marie:

We were happy to have a visit from Marguerite (MacNamara) Parker during the first week in April. She was spending a few days in New Minas, visiting her brother, Vincent Young and his family, and dropped in to see her friends at the San. She looks as lovely as ever, and says that she enjoys her work as secretary at the Chemical Institute of Canada in Ottawa.

Mrs. Eileen Hiltz tells me that Betty (Logan) MacAusland has returned to live in Nova Scotia, and lives with her father in Little Harbour. Betty left the San in 1954 and for the last few years had been living in Lincoln, Mass. We hope that she will enjoy being back in her native province.

Viola Jess of Halls Harbour was in for her check-up recently. She was a patient here in 1950 and has kept well since.

Thank you, Anne-Marie, and next we have an item from Stan Robichaud who was recently talking with Basil S. Lewis, while both were shopping at Towers. Basil is well and is still living in this area. Formerly from Culloden, Digby County, he was at Roseway 1952-53 and at the San 1953-55. While a patient he worked diligently at his studies in commercial subjects, and became competent in this field by the time he was discharged.

We have been advised of the death of several of our readers, who were also patients at the San, and we will pass this information along to you: Louis P. Thibault, R.R. 1 Saulnierville, who was here and at Camp Hill Hospital in 1954, and here again in 1969-70; Angus D. Rankin, R.R. 2 Mabou, who was at Point Edward 1964-65 and at the San 1965-66, and 1968-69; Stanley F. Brown, Caribou Mines, who had a number of admissions for assessment and treatment, beginning in 1951; Bert K. Lundgren, formerly of Halifax, who was at the San in 1969-70 and 1971-72,

when he moved to Milton; and Mrs. Mabel E. Higgins, Shubenacadie, who was here for several months in 1973.

We have a note from Mrs. Kathleen Spicer, Canning, saying that she enjoys reading Health Rays. She writes: "This has been a long winter for me; I had the misfortune to fall and break my hip in October. Thank the good Lord I'm coming along well, but it's slow. I use my cane some, but I'm anxious to get out, and I guess it takes a long time."

Mrs. Sadie MacKenzie writes that she enjoys Health Rays, and so does her father, George MacKay, Westville who was at the San in 1971-72. He is enjoying good health, and both send their best wishes to friends whom they met at the San.

Mrs. Elsie M. Slade, 27 School Ave., Fairview, writes that she is feeling fairly well now but was quite awhile getting over the shock of losing her sister a number of months ago. She sends greetings to the nurses whom she knew in 1972, with special greetings to Dr. Holden and Dr. Rostocka.

We have a renewal from Tommy Doucet on the eve of his re-admission, which we hope will be only a re-check. Tommy is from St. Bernard, and is known to many amateur radio operators.

Lawson J. Myra, Lower Sackville, sends us a note with his renewal and says that he enjoys Health Rays, and reads the Ins and Outs first, but likes all of it. He has just been re-admitted, doesn't expect to be here long, and wishes to say a special thank-you to the nurses and doctors on Second Floor for their kindness and wonderful care.

We have a renewal for two years from Mrs. W.B. (Althea E.) Elliott, 1122 MacKenzie St., Victoria, B.C., with her best wishes to all of the staff at the San.

From Harris, Sask., comes a note from Beatrice (Mrs. Robert) Zinck. They enjoy reading Health Rays, and express their sorrow upon learning of Dr. Crosson's death. "We plan to return to N.S. in July. My husband has

received a call to the Elmsdale Pastoral Charge. We enjoy the West, but I guess we are Nova Scotians at heart. All best wishes to friends I met at the San."

We have a note from Mrs. Roderick Briggs saying that she enjoys reading our publication, and advises of a change in address from 11 Fairview Ave., to 50 Mechanic Street, still in Amherst.

Renewals have been received from Lewis F. Palmer, Berwick; Fred S. Dickson, R.R. 3 Truro; Leslie Asbell, Oxford; Howard J. Cross, Wolfville; and Miss Helen P. Wolfe, River Hebert, who writes "I enjoy reading the news, and was so sorry to read of Dr. Crosson's death. I was treated so well while a patient there. I have been feeling well and spent a nice winter at home."

Miss Madeline Spence, R.N., Ellershouse, sends her best wishes to patients and staff; and Grace Adams, formerly secretary in the Nursing Office, whose home address is R.R. 1 Debert, sends a contribution to the "Fund" and her best wishes to all. She hopes to get to Kentville sometime this spring.

We have a renewal from Miss June Damery of Amherst, who was at the Highland View in 1955, and at the San in 1955-56; Russell Bigney, River John, who was here in 1967-69; Mrs. Frank (Anna C. H.) MacLean, Shelburne; and J.B. Gustave Comeau, R.R. 1 Saulnierville, who sends his greetings to all at the San, and says that he has had the 'flu and then pneumonia, but is feeling pretty well now.

We must mention renewals from staff members Mrs. Grace Nickerson, and Mrs. Barbara Taylor, both on Second Floor; Doug Hallamore, San carpenter; and retired nursing staff members Miss Mary Spinney, 504 Main St., Kentville, and Loran W. Geitzler, R.R. 1 Port Williams.

Mrs. Mary E. Corbin, North Street, Pictou, sends a note with her renewal, "I enjoy this book to the fullest. I am in very good health, except I am on my

way to the Halifax Infirmary for surgery on varicose veins. Best regards to all the staff. They are wonderful!" Thank you, Mrs. Corbin, good luck with your surgery, and we wish you a speedy and complete recovery.

We have renewals from Miss Hazel Carleton, Box 533, Pictou; and Hector A. MacKay, 42 Cedar St., Pictou. And to round off our column, here is a good part of a letter from Mary A. (Mrs. Alvin L.) Perry, Ingomar, Shelburne Co., which I hope she won't mind us publishing:

"I had to go to P.E.I. the last two weeks in February, as my brother was critically ill. He passed away eighteen days after I had returned home. There was so much snow there when we left -- just like driving through tunnels, and I had watched the boat try to get in around the ice and snow. We have had practically no snow, but had a terrific wind and rain storm last Thursday night and Friday. (Letter written April 6).

"I look forward to the 'Rays'; so much nice reading, and keeps one in touch. I read in Health Rays about them planting kelp and seaweed. Did you ever plant potatoes in kelp? We call them lazy beds; had one last year. Spread kelp on the ground quite thick, plant potatoes, then cover with more kelp. I put fertilizer on also, and the nicest potatoes; so nice and white. The kelp should be pitched up from the water on the bank and dried some. I have all my vegetables seeds from Vessey's in P.E.I.; I had a very good vegetable garden last year.

"I hear from Mrs. Marguerite Clark, Mahone Bay, Adeline Jordan (at the San), also Eva Downey (Amherst). I feel just lovely, and had my x-ray last

(continued on Page 15)

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## Ins And Outs



### NOVA SCOTIA SANATORIUM ADMISSIONS

MARCH 1 TO MARCH 31, 1975

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MARCH 1 TO MARCH 31, 1975

MRS. ELVA JEAN DEMONE, Box 102, New Germany; LEWIS STANLEY DILL, Sheffield Mills (Expired); DONALD EDWARD BARDSLEY, Sunrise Manor, 2406 Gottingen St., Halifax (Expired); PERCY STAMFORD WENTZELL, 91 Exhibition St., Kentville; PAUL LESLIE HAKE, R.R. 3 Lawrencetown; FRANCIS JOSEPH DHOOG, 9 Shamrock Acres, Antigonish; HARVEY LeRoy CONNORS, R.R. 1 Waterville; MRS. ANNE VERONICA CLEYLE, 30 Church Ave., Kentville; MISS ANN ELIZABETH DICKIE, 118 Lorne St., Truro; HARRY COTTERS, North Alton, Kings Co.; JOHN McNEIL, R.R. 1 Sydney Forks; MRS. MARION GERTRUDE WITHERS, 23 Forrest Hill Drive, Halifax; MRS. JUDITH IRENE LEEMAN, Great Village; MRS. HATTIE ALICE ROSE, Port Williams; HENRY GORDON ELLS, 5 Isnor Road, Kentville; ALLAN GRAHAM VYE, 14 Goucher Ave., Middleton (Expired); MRS. MARGARET IRENE KARAMITSOS, 158 McKittrick Rd., Kentville; HARRY STANAGE REID, R.R. 3 Kentville; IVAN RUSSELL DAVIDSON, R.R. 1 Wolfville; MRS. MAMIE MAUDE SCHOFIELD, R.R. 1 Wolfville; JOHN WILLIAM LONERGAN, Fairview Villa



Nursing Home, Fairview (Admitted from New Glasgow); ROBERT REGINALD CHASE, North Alton, Kings Co.; MRS. GERTRUDE AILEEN WAMBOLDT, Clementsport, Anna. Co.; PETER ALEXANDER WATT, River John, Pictou Co (Expired); JOHN HUGH DOWLING, 49 Lakefront Road, Dartmouth (Expired); ASTRID MAUREEN LYON, Barrington Passage, Shel. Co.; GEORGE ALONZO REDDICK, Lincolnville, Guys. Co.; MRS. ELEANOR MAUDE HICKS, 102 E. Victoria St., Amherst; MARSHALL DOUGLAS MOSHER, Dublin Shore, Lun. Co.; MRS. DORIS MARIE SEARLE, 33 Hawthorne St., Dartmouth; COLIN ODIAM ZINCK, Riverport, Lun. Co.; MICHAEL ISAAC SACK, Micmac, Shubenacadie; JOSEPH BERNABE LeBLANC, Grosse Coques, Digby Co. (Expired); ROBERT LEWIS KILCUP, 371 Main St., Kentville (Expired); WALDO FRANK BURGESS, 240 Cornwallis St., Kentville; LLOYD WILLIAM PINEO, Lovett Rd. Coldbrook, Kings Co. (Expired); ALFRED LAURIER KING, Kolbeck, R.R. 1 Oxford; ELAINE WHYNDER, North Preston; ELIZABETH ANNE WHYNDER, North Preston; ROBERT ANTHONY WHYNDER, North Preston BEVERLY EVELYN BENT, R.R. 3 Wolfville; CARLETON ALONZO ANTHONY, Kennetcook, Hants Co.; LAWRENCE EARL WOODWORTH, R.R. 1 Berwick; ANDRE LOUIS ADOLPHE JAMES, R.R. 1 Saulnierville, Digby Co.; LEONARD WILLIAM WILE, Hemford, R.R. 4 New Germany; MRS. EILEEN MAY SABINE, Melvern Square, R.R. 2 Kingston; NORMAN JOSEPH LAURETTE, 37 Park St., Amherst.

## HEALTH RAYS GOLDEN JUBILEE FUND

Contributions to this Fund may be addressed to:

HEALTH RAYS GOLDEN JUBILEE FUND,  
Nova Scotia Sanatorium,  
Kentville, N.S.

An official receipt will be sent to all contributors, and all contributions are tax deductible. Your contributions will help "Health Rays" to remain healthy.

The standing of this Fund as of April 11, 1975.

Previously acknowledged:	\$5,321.20
Recent contributors:	
Elizabeth Rushton	
Lawson J. Myra	
Grace A. Adams	
Miscellaneous	
Total	17.00
Grand Total	\$5,338.20

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## OLD TIMERS

(continued from Page 13)

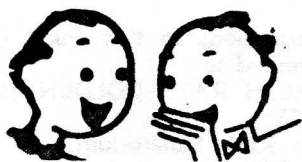
week and it was o.k. I am a real lazy gal these days. They have me on the Board of Directors for the Senior Citizens, but I just have to use my tongue. I am sure that won't give out. (Ha!) Say "Hi" to all for me. The doctors, nurses and other staff were all so kind.

"This poem I have had a long, long time, and I thought you might be able to use it:"

"If your life is unselfish  
If for others you live,  
For not what you get  
But how much you can give;  
If you live close to God  
In his infinite Grace  
You don't have to tell it,  
It shows in your face."

—————  
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## Just Jesting



The politician who was running for re-election called upon a Quaker family and asked the woman who came to the door if he could see her husband.

"Have a seat and my husband will see thee," the lady responded.

The politician waited about half an hour but the husband did not show up.

"I thought you said you husband would see me," he said.

"He has seen thee", replied the lady, "but he didn't like thy looks so he went back to work".

An American tourist in a Madrid restaurant wanted to order steak and mushrooms. He spoke no Spanish, the waiter knew no English.

The diner drew a picture of a mushroom and a cow. The waiter brought him an umbrella and a ticket to the bullfight.

"You say you've driven a car for ten years and never had a back seat driver?"

"Right", said the long-faced man. "I drive a hearse."

Did you hear about the girl hippy who was getting married? Instead of giving her a shower, they made her take one.

The editor of a country newspaper was very explicit in his instructions. He insisted that names be emphasized in all articles.

A young cub reporter turned in the following story: "Last night during the thunderstorm, lightning killed three cows on the Jones' farm west of town. The cow's names were Bessie, Bossie, and Florence."

"I'm bored about my complexion, doctor. Just look at my poor face".

"My dear girl, you'll have to diet".

"Oh, I never thought of that! What color do you think would suit me best?"

"Say, that was quite a storm last night. The hail was as big as quarters".

"That's nothing", scoffed the man from South Dakota. "I've seen hailstones that varied in size from a dollar to a dollar and a half".

"What is your name sir?" the bank clerk asked politely.

"Don't you see my signature?" snapped the indignant customer.

"Yes, sir, that's what aroused my curiosity".

Cocker Boy, a pet cockatoo of a family in Sydney, Australia for 15 years, finally laid an egg. Someone in the family suggested changing his name to Himalaya.

The Ancient Greeks asserted that trousers were a sign of slavery, and only servants wore them.

You say that if a millionaire should happen to propose to you, you'd turn him down for love of me? You'd be that true?

I'm sorry dear, this is the end; I hate to cause you pain, but I can't love a woman who admits that she's insane.

### THEY'RE BEATING A PATH TO MY DOOR

I have no wealth to brag about, no antiques or costly gems, but I have some unpaid bills that seem to be collector's items. -Vera Koppler.

### SMILE AWAY!

Although your smiles go many miles, you need not lose their track. So smile away, and every day you'll meet them coming back. Mary Hamlett Goodman.

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## KNOW YOUR HEART

### BODY LANGUAGE: LISTEN AND LIVE

Children are put through endless fire drills at school so they will instinctively know what to do in case of fire. Adults are conditioned to respond to certain sights and sounds - a red flashing light, traffic signals, stop signs, the wail of a siren and the clang of a fire alarm.

Our bodies also give signals which stimulate certain responses. When we have a headache, we reach, almost without thinking, for the aspirin bottle. A toothache conjures up thoughts of the dentist. An itch provokes a desire to scratch. Other pains and discomforts send messages and trigger responses. Without a signal that something is going wrong, our lives would often be in danger.

The Canadian Heart Foundation have great respect for this "body language", particularly in relation to Canada's major killers - heart attack and stroke.

The body often transmits symptoms which are aptly called "early warning signs". These symptoms usually precede a heart attack or stroke, sometimes by weeks or months, often by mere minutes. Knowing them, and acting quickly when they occur, can mean the differences between life and death.

Look at the statistics. More than 2½ million Canadians suffer from some form of heart and blood vessel disease, which also causes more than 80,000 deaths each year in Canada. Some 50,000 Canadians will die from heart attack and over 16,000 will die as a result of stroke. How many of these people would be healthy and alive today if they had taken the trouble to know and act on the early warning signs?

The symptoms of heart attack are: prolonged, heavy pressure or squeezing pain in the centre of the chest, behind the breastbone; pain may spread

to the shoulder, arm, neck or jaw; pain or discomfort, often accompanied by sweating; nausea, vomiting or shortness of breath may also occur; symptoms may subside and then return.

The symptoms of stroke are: sudden, temporary weakness or numbness of face, arm, or leg; temporary loss of speech, or trouble in speaking or understanding speech; temporary dimness or loss of vision, particularly in one eye; an episode of double vision; unexplained dizziness or unsteadiness; change in personality, mental ability or the pattern of headaches may also occur.

It must be stressed that these are only what the name implies - warning signs or symptoms. They are not always true signals of heart attack and stroke. But acting on them immediately is important. Get to a hospital emergency room at once if your doctor is not immediately available. Cliche or not, it's better to be safe than sorry!

Your Heart Foundation has free information available about heart attack and stroke and other things you can do to safeguard your heart-health. It's yours for the asking.

From the Chronicle-Herald



A puffer for the nonpuffer . . . Political columnist John P. Roche applauds a New York City ordinance forbidding smoking in many public places and slapping a \$1,000 fine on offenders. Roche, a longtime pipe and cigar smoker, relates that he has always found smoke-filled rooms "thoroughly squalid".

As a teacher, he has made it a practice to set off a non-smoking section in large classes and ban it completely in small classes if but one nonsmoker objected. "I see no grounds for complaint by smokers when their ability to stink up other people's environment is limited," Roche writes.

## NOVA SCOTIA SANATORIUM

### ACTIVE STAFF

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J.J. QUINLAN, M.D., F.R.C.S. (C), F.C.C.P. . . . . .	Surgeon
F.J. MISENER, M.D., F.C.C.P. . . . . .	Radiologist
MARIA ROSTOCKA, M.D. . . . . .	Physician
*G.A. KLOSS M.D., F.C.C.P. . . . . .	Physician
BARBARA LEITCH, M.D. . . . . .	Physician

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D.W. ARCHIBALD, M.D., F.R.C.P. (C) . . . . .	Psychiatry
S.F. BEDWELL, M.D., F.R.C.P. (C) . . . . .	Neurology
J.C. CROSBIE, M.D., F.R.C.P. (C) . . . . .	Pediatrics
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G.M. SMITH, M.D., D.P.H. . . . . .	Preventive Medicine
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\* Certified by P.M.B.

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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

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T.K. KRZYSKI, M.D., ChB. . . . .	Assistant Medical Superintendent
D.B. ARCHIBALD, M.D. . . . . .	Consultant Urologist
R.G. CHOKSHI, M.D. . . . . .	Consultant Bronchoscopist
E.C. McDONAGH, M.D. . . . . .	Consultant Psychiatrist
H.R. CORBETT, M.D. . . . . .	Courtesy Consultant, radiology
R. MATHIESON, M.D. . . . . .	Courtesy Consultant, pathology
H.M. HOLDEN, M.D. . . . . .	Courtesy Consultant, cardiology
MISS KATHERINE MacKENZIE, R.N. . . . . .	Director of Nursing
MRS. JOAN CHIASSON. . . . .	Dietitian

## Church Affiliation

### NOVA SCOTIA SANATORIUM

#### ANGLICAN

Rector — Archdeacon Dr. L.W. Mosher  
San. Chaplain — Rev. William Martell

#### BAPTIST

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

#### CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

#### PENTECOSTAL

Minister — Rev. T. Kenna

#### ROMAN CATHOLIC

Parish Priest — Rev. J.A. Comeau  
Asst. Priest — Rev. J.C. Thibreau

#### SALVATION ARMY

Capt. Sidney Brace

#### UNITED CHURCH

Minister — Dr. K.G. Sullivan  
San. Chaplain — Dr. J. 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

#### ROMAN CATHOLIC

Parish Priest — Father Angus MacLeod

#### UNITED CHURCH

Rev. Allan MacIntosh

#### PRESBYTERIAN

Rev. E.H. Bean

#### SALVATION ARMY

Capt. Alex Swan