

THE NOVA SCOTIA SANATORIUM

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# Health Rays



# HEALTH RAYS

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## Sanatorium Visiting Hours

### NOVA SCOTIA SANATORIUM

### POINT EDWARD HOSPITAL

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.  
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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.

## Health Rays Through The Years (Continued)

EILEEN M. HILTZ

January 1950. The Editorial Comment points up the interesting fact that this year half the twentieth century has come and gone. We offer this pertinent quote from that mid-century editorial: "A leading periodical of the U.S.A. is greatly exercised over the selection of a Man of the First Half Century, and it is safe to prophesy that no matter who is named to represent that strenuous fifty year period there will be long and loud cries of disagreement with the choice. Were Health Rays to conduct a similar contest and name its own Man of the Sanatorium First Half Century we would experience no difficulty in making our selection, and we could not conceivably encounter any opposition to our choice. The man would be Dr. A. F. Miller, Medical Superintendent from 1910 to 1947, to whose life-work the present Nova Scotia Sanatorium stands in proud testimony".

From the "Sanatorium Activities" we note that Christmas had been the usual great scene at the San. The famous Christmas Dinner is reported in full, including the remarks of the Medical Superintendent, Dr. Hiltz, in the course of which he made what was for that time a bold statement: "The future is bright for the tuberculous patients of this Province. Indeed, I think that I can see into the not too distant future when tuberculosis will be a very minor cause of disability".

There is a report, too, of a gala Christmas Eve party held in the Nurses' Home. This, with reports of a bridge party and the Music Appreciation Club meeting, makes one realize what an active social life went on at the San. in those days of old. But, of course, the poor dears had no TV, so must make their own fun. Which, believe me! it was.

Still in the anniversary mood, Health Rays salutes the Canadian Tuberculosis Association, then celebrating its 50th birthday, at the annual meeting in Vancouver.

February 1950 brings memories with a note of deep sadness — a leading article introduces a new San doctor, Dr. Aksel Laretei. Dr. Laretei remained to become a popular, concerned and warm-hearted member of the Sanatorium Medical Staff until his untimely death in 1973.

"Sanatorium Activities" records the

arrival of another San staff member, whom, we rejoice to say, is still among us: Miss Helen Morse, head of our busy Sanatorium Laboratory staff.

March 1950 introduces eight young ladies who came to the San to take the Nurses' Aide course, and constituted the third training class at the San. This course had been inaugurated by Miss Adelaide Munro, Superintendent of Nurses, and through the years turned out a wealth of nursing talent to serve in hospitals near and far.

Health Rays staff gets a boost by having a Business Manager appointed. John Robson was the man, who, when his health improved, took over the charge of the laundry. John possessed a sweet tenor voice, and was a decided asset to the San choral group.

To spark the enduring search for local writers for the pages of Health Rays, the editors had decided to run a contest for the best original poem and the best original story or article. In the May issue the winners are announced, and the winning poem and article are printed. Top poet was Miss Robbie Metcalfe, (later to be a Health Rays editor), with her poem entitled "Today", while the prose winner was Mr. Jean Marie Comeau, who wrote about the Tracadie Leper Colony.

The June-July cover features a picture of the San Float in the Apple Blossom parade of that year. Called "Gateway to Health", it shows an archway leading into a lovely garden. A nurse stands by the arch, while two radiantly healthy-looking girls pose amid the flowers. All three were patients: Jean Helgard, Phoebe Wellwood and Gladys Eldridge. The latter young lady we still have with us, serving valiantly in Medical Section, and we now call her Mrs. MacKean.

From time to time Health Rays featured "Personality Charts", which gave the lowdown on the patients of some Floor or Section — like Pavilion 1, Section 2, where we find the name of our Anne-Marie Belliveau and learn that among other traits her "Pet Hate" is "Torn stamps", and her "Interest" is "Stamp collecting". We can understand them because they still go on, but why was her

(Continued on Page 2)

## HEALTH RAYS THROUGH—

(Continued from Page 1)

"Weakness" listed as "Blue eyes" — H-m-m-?

The Editorial Comment for September announces the opening of The Dormitory, which for the next 23 years served as residence for many female members of the San staffs, and whose large recreation rooms were the scene of happy and auspicious gatherings on innumerable occasions. It now stands silent, and its fate is a question mark.

Again with the "Personality Chart", we find that "Bessie A.", besides being "bashful", has an "Interest", "On the Hill", and "Looks Forward" to "Sunday Visitors". We would hazard a guess that the Sunday visitor from the Hill was John Akin, Health Rays' present esteemed Business Manager.

In November we learn of a real highlight at the San, when "Rawhide" made a broadcast from Station S.A.N. "Rawhide" was the name under which Max Ferguson, now a Canadian celebrity, began his famous radio comedy show in Halifax.

And that was 1950 at the San.

—:o:—

## OUR EMOTIONS

Much of the success or failure of our lives depends on how we use our emotions. Everyone has emotional problems. Many of the problems people have at work are brought with them from home and vice versa.

Emotions are the portion of our inner selves which determine the way we feel toward things. The personality makeup that we have inherited and the chemical and glandular substances in our bodies have much to do with emotional expression.

How we express our emotions depends upon our early life experiences and memories, and how we learn to get along with people.

The control of our emotions depends largely upon our maturity. A person should grow emotionally as well as intellectually. The pressures of life contribute to the emotional health picture. There are many types of emotional ex-

pressions—happiness, sadness, excitement, depression, anxiety, calmness, courage, fear, and most important, love and hate. Most emotional expressions are automatic and sometimes uncontrollable.

Many of our attitudes and actions are based more on our emotional feelings than good judgement. Often emotions are expressed as symptoms. Pressures and tensions can cause headaches, heart pain, stomach trouble, and numbness and tingling of the extremities.

One of the strongest emotions is hate. If we could learn to control our own hostility we would be healthier, physically and mentally. We may turn our hate on ourselves by self-depreciation, feelings of inadequacy, uncertainty, loss of self-confidence, and even suicide. Sometimes we turn our hate toward our families. Maladjustment and unhappiness may result. Emotionally handicapped children, delinquency and crime can occur.

Hostility toward our families can be expressed as thoughtlessness, inconsiderateness, jealousy, stubbornness and forgetfulness. Many of us are so zealous about our jobs that we neglect our families.

You should like your job and the company you work for. One of the chief causes of absenteeism from work is emotional upsets. Alcoholism, a by-product of emotional illness, is harming many people. 70-80% of all accidents have major emotional factors in their cause.

Some people are selfish and want to know "what's in it for me?" before doing anything. Many have no sense of responsibility to their community or others. They never give of themselves and they seem to hate everybody and everything.

Everyone needs an emotional first-aid station where he can release and replenish his own emotions. An important part of the work of ministers, physicians, personnel counselors, etc., is offering a listening ear to their clients' troubles. One should try to understand his own emotional maturity.

Everyone should find an outlet for his emotional energy. This means planned recreation and hobbies. You should find ways to eliminate tensions. Increase your constructive drive in life, and your personal investment in your family and community. Pamper your most important emotion—the capacity to love—and see how it multiplies and comes back to you from everywhere. —Health

## Transfer Factor — A Promising New Weapon

Studies of the transfer factor, a substance extracted from white blood cells of normal blood donors, have brought medical science to the threshold of effective new treatments for a wide range of diseases. Diseases caused by certain bacteria, viruses and fungi, as well as disorders resulting from inherited deficiencies of cellular immunity, are now being treated in medical centres. The remarkable substance is a small molecule extracted from circulating lymphocytes (white blood cells) and separated from the constituents of cells by passage through a cellophane membrane. This substance is present in the circulating blood cells of healthy individuals all the time, going into action against invading forces. Just as it works to reject organ transplants, the hope is that it can be directed toward rejecting cancer cells, tubercule bacillus, as well as a host of other invaders. Researchers have learned that transfer factor has specific activities for certain mycobacteria, viruses, fungi, and foreign tissues and acts to cause a general boost in cellular immunity as well. It is known now that transfer factor specific for some diseases can aid in the treatment of others; for example, it is known that relatives of patients with cancer have transfer factor specific against that cancer, while the patient himself may not.

Finding in research on transfer factor was reported in a lecture delivered at the American Lung Association Annual Meeting by Dr. H. Sherwood Lawrence, Director of Immunology, New York University School of Medicine. Transfer factor research began 25 years ago when Dr. Lawrence noted that cutaneous hypersensitivity to tuberculin was transferred from one person to another with the TB skin test.

"It's one of life's little ironies that after some investigative findings are almost destined to appear obscure of esoteric value initially and then to resurface and either provide lucid insights into the pathogenesis of disease or potent means of restoring of health," Dr. Lawrence said. "This has been the recent happy fate of transfer factor."

He who thinks an inch but talks a yard needs a kick of the foot.

—Chinese Proverb

## The Vital Need For Exercise

Do you think you are either too young or too old to need exercise? There is now such age, according to experts on physical fitness. Everyone needs 10 to 15 minutes of regular and daily exercise. Here are some of the commonly-held misconceptions:

1. Middle age begins at 40.  
False: Middle age begins at 26.
2. Hardening of the arteries is a condition of aging.  
False: it is a result of inactivity at any age.
3. Older people need less exercise.  
False: Everyone needs progressive conditioning.
4. Best antidote for fatigue is rest or sleep.  
Not always. Often exercise is the refreshing solution.
5. Emotional fitness has no relation to physical condition.  
False: Exercise circulates blood and affects the endocrine glands.
6. Diet alone will take off pounds and provide proper conditioning.  
False: Diet can cause loss of fitness if not accompanied by exercise.
7. Do not exercise when you have a cold.  
False: Moderate exercise will improve circulation.
8. Popular sports such as swimming, tennis or golf are enough exercise.  
False: Generally, these are not sufficiently regular or disciplined.

There is no short cut to fitness. Figure control, mental and physical well-being are results of a continuing personal exercise plan.

—:o:—

"Of all paths a man could strike into, there is, at any given moment, a best path for every man. This path, to find this path, and walk in it, is the one thing needful for him." — Thomas Carlyle.

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## "Drugs And The Law"

### VIGOROUS PROTEST GET RESULTS

By Larry Henderson  
Editor, The Catholic Register

On July 16, 1974, Larry Henderson presented this personal commentary on Radio CHFI-FM, Toronto:

A listener wrote me the other day and I quote: "People listen to you, like your information, discuss the matter among friends, advise other people to listen to your comments, get into arguments, sometimes get mad, but continue to do nothing. That is all very fine but here comes the but—do your comments improve the situation?"

Well, I am glad today to be able to give you a concrete instance of what these comments can do. On June 25, I broadcast a commentary on a film made by the Ontario Government Educational Authority, entitled "Drugs and the Law." This film I said, was an open invitation to youth to try cannabis or marijuana. "Cannabis," said the film, "is a drug which causes miniscule harm and smoking it is a crime without victims."

I showed that this film concealed a

gigantic mass of evidence to the contrary. All the weight of evidence now shows that marijuana accumulates in the brain and the gonads like DDT, produces fetal deformities, in addition to abortions and still births, and causes long-range genetic defects.

I concluded by asking everyone who saw this film on ETV to write the Minister of Education, Mr. Wells, and protest. Several others also protested, including Bob Holiday on CFTR and Norman Panzica on CITY-TV.

Well, it worked. Yesterday, I learned from the Ontario Educational Authority that the film "Drugs and the Law" had been withdrawn from public viewing and was not to be released to schools either. So much for what comments can do to improve the situation.

—Health

## Sound Waves As Diagnostic Tool

Diagnostic ultrasound is a noninvasive process that uses harmless sound waves to give anatomical information that often can be obtained in no other way. Unlike conventional diagnostic procedures, it involves no exposure to radiation, no injections, no enemas, and no swallowing of substances. Patients neither hear the sound nor feel the pulsation of the sound waves. Reflections of the sound waves are monitored by special scanning equipment, displayed on an oscilloscope screen, and then recorded by either Polaroid pictures or on printed paper records. It is especially suited for physician evaluation of size, shape, and location of soft tissue masses as well as differentiating tumors and other solid masses from fluid-filled cysts. Some other applications include detecting acquired and congenital heart disease, diagnosing varied abdominal conditions, such as aortic aneurysms, tumors and abscesses; determining the number, size and position of fetuses, and evaluating a broad range of obstetrical conditions.

—Health

## VACATION VAGARY ...

I envy the wonderful instinct  
Possessed by the birds of the air  
That instructs them to fly  
Through a heatening sky  
And to pleasanter climates repair;  
A pang of resentment assails me  
As I watch them with single accord  
Make the annual trip  
At a blistering clip  
To the places I cannot afford!

## ATTENTION, WOMEN'S LIB!

A six year old was looking at photographs of her parents' wedding.

Her father described the ceremony and tried to explain its meaning. Suddenly light dawned. "Oh!" exclaimed little Mary, "Is that when you got mother to come to work for us?"

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## Crawley Speaks To Howe, 1973

By WATSON KIRKCONNELL

The author is a former President of Acadia University. His poem, commissioned by the Joseph Howe Festival Committee, was delivered to Province House in the evening by special pony express messenger as part of a parcel which left Victoria Beach, Digby County, Thursday morning, October 3, 1974.

From ancient hills of Horton, where the tides of Minas flow,  
And settlers from Connecticut were "planted" long ago,

Across the shifting veils of time, with bright and happy brow,  
The ghost of Edmund Crawley greets the ghost of Joseph Howe:

"Congratulations, Joe, my lad, on your Centennial!

The Valley is most happy now your record to recall.

Old animosities are lost, in Time's benign perspective,

And on the outcome of the years our spirits grow reflective.

The College you deplored, dear Joe, has justified our hopes;

Acadia as of old still stands, high upon Wolfville's slopes.

Like Jonah's gourd the place now grows, fed by provincial dollars,

And shelters, to the praise of God, well nigh three thousand scholars.

The Baptists here no longer strive to soothe its infant ills,

No mittens in its cause are knit along the Wilmot hills,

No tubs of butter, for its sake, are made along the Valley,

No calves are killed, no trees are felled, to make its budget tally.

Three starved professors taught its lads, when you made war on me;

Two hundred scholars, all well fed, are now its faculty.

Only two buildings could it claim, when you and I once feuded;

Now forty mansions crown the Hill, a high-rise tower included.

To enrich the world these halls have sent ten thousand graduates—

Tupper and Illsley, Rogers, Rhodes, have shone among our "greats."

A Nobel scientist we boast as stately Chancellor,

Who as a student walked our halls some fifty years before.

In short, dear Joe, I'm sure you'll grant the wisdom of my case

When Halifax can hardly hold Dalhousie's teeming race,

And both our ghosts can rest content to see old issues ended

And all the bitterness of strife in amity transcended."

### You Lose

Tax his cow, tax his goat,  
Tax his pants, tax his coat,  
Tax his crop, tax his work,  
Tax his ties, tax his shirt,  
Tax his chew, tax his smoke,  
Teach him taxes are no joke.  
Tax his tractor, tax his mule,  
Teach him taxes are the rule.  
Tax his oil, tax his gas,  
Tax his notes, tax his cash,  
Tax him good and let him know  
That after taxes he has no dough.

If he hollers, tax him more;  
Tax him 'til he's good and sore;  
Tax his coffin, tax his grave:  
Tax the sod in which he lays.  
Put these words upon his tomb:  
"Taxes drove me to my doom."  
Even then they won't relax;  
They'll still be after inheritance tax.

### ATTENTION, MEN'S LIB

The tall dignified man joined the crowd in front of a bargain counter in an attempt to get a very special pair of hose for his wife. He inched his way patiently, but was buffeted here and there by the women, and made little progress.

Suddenly he lowered his head, stretched out his arms, and then barged through the crowd.

"Can't you act like a gentleman?" inquired a cold feminine voice at his elbow.

"I've been acting like a gentleman for the past hour," replied the man, "From now on I'm going to act like a lady."

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## Lifetime Followup For TB?

In the U. S. many federal and other medical experts are recommending that an end be made to the traditional lifetime followup for TB patients who successfully complete their drug treatment. For physicians, discontinuing lifetime followup means releasing medical personnel and clinic time to provide better care for the 30,000 Americans with new, active tuberculosis discovered each year, and for other badly needed TB services. Reports based upon followup show a very low percentage of reactivation; mainly among those who had not received adequate drug treatment. The cooperative patient who takes his medication for two years and reports for followup examination is generally not the patient whose disease will reactivate, was the opinion given.

Approximately 176,000 recovered TB patients are being followed in the U. S. - at an average cost of \$26. for each annual followup. In February, the U. S. Public Health Service Center for disease Control (CDC) recommended discharging from followup those patients who had completed adequate drug therapy. This recommendation was under discussion at the Annual Meeting of the American Lung Association in Cincinnati. The CDC recommendation comes at the end of a 20-year period of steady decline in the TB case rate. Health departments have been finding it difficult to obtain funds for TB control in the face of increasing competition from other medical problems.

The recommendations have, of course, been received with mixed reactions. Physicians who object to the new recommendations fear a resurgence of TB among the general population if safeguards against reactivation are relaxed.

## How To Finish Everything

While we don't vouch for the accuracy of this story from a recent issue of the School Board News, it's interesting.

Apparently, a department of advanced education (unidentified) sent an efficiency expert to check up on a particular university. On his arrival at the president's office, he was offered a spare ticket to a symphony concert to be held that evening, at which Schuberts Unfinished Symphony was to be played.

The next day, much to his surprise, the president received a report from the expert dealing with the concert.

Among other things, it was noted that the orchestra contained six oboists who remained silent for long periods. This was stated to be an obvious example of overstaffing, and the expert recommended reduction to one oboist, with peak loads distributed evenly over the rest of the orchestra.

Cited as needless duplication was the fact that no less than twelve violinists were all observed to be playing the same note. One would be quite sufficient, observed the expert, with electronic aids to provide extra volume if and when required.

The expert was further incensed to observe that certain passages were first played by the strings and then repeated by the brass — a needless repetition.

Rectifying this obvious inefficiency and cutting out a few unnecessary refinements such as quarter notes and half notes would, he calculated, reduce the playing time from two hours to twenty minutes.

Finally, if Schubert had observed these elementary and obvious principles, the expert calculated that he would have had time to finish his symphony.

—Kentville Advertiser

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## Osteoporosis And Fluoride

Recent findings that fluoride is effective in the retardation of osteoporosis (when the bone becomes weakened) prompted Dr. Ralph P. Feller and Dr. Ira L. Shannon to stress the importance of physicians and dentists joining forces to work for fluoridation (Journal of the American Society of Preventive Dentistry, January-February 1973).

"Careful studies, involving examination of many people, indicate that it may

well be considered the physicians responsibility to assure that fluoride ingestion is maintained at an appropriate level to ensure skeletal well-being," they said.

Drs. Feller and Shannon based their statement on a review of the studies on the effect of fluoride on osteoporosis. Numerous studies have shown fluoride therapy to be effective in retarding this bone condition.



## Editorial Comment

We have just returned from a very enjoyable outing, and were favored by fine, autumn weather. One of the Walter Callow coaches took a group of our patients for a drive to see the autumn scenery - and to dine at the Boscawen Manor in Lunenburg. It is often difficult to estimate the number of patients who will be available on any given day, but we were just about four short of a full load. We were prepared to take a car or two rather than have anyone left out, anyway. Driver Jim Lasko also took us for a tour of Oak Island and proved to be quite knowledgeable regarding the progress in the quest for the treasure - having taken a number of groups there for the guided tour. The more one hears about the discoveries the more one is impressed by the magnitude of the project. If pirates were, indeed, burying treasure it is a marvel that they would wear their picks and shovels to a nub constructing such an underground masterpiece. No offense intended, but it has been alleged that many who pursued the occupation of piracy were more inclined to pillage and burn than to build.

Our thanks to the doctors and nurses who rearranged appointments in order to get a group of patients ready on short notice; and our thanks to the Callow Veterans and Invalids Welfare League, and to our Administrator who will, hopefully, be paying the bill.

I often think that it would be most pleasant at this season to visit some of the federal and provincial parks and just let the beauty and peacefulness seep in. Some are remaining open for extended seasons, and this is good. Frequently, in the summer months, one's own backyard is ever so much more peaceful than the camping areas. It is interesting to ponder on what it is that draws us to the crowded camping sites, with the car radios, complete collections of taped singers who are 'way down on your list of favorites, and the popular folks in the nearby sites who attract great numbers of friends and neighbors from home who liven up the night with their revelry. There is something about it, however, that makes it all worth the while.

Speaking of the simple pleasures of

life, I have been reading lately that authorities on healthful living have added coffee to the ever-lengthening list of life shorteners. And the traditional coffee and cigarette together . . . well! Need one say more? The coffee is not the two-edged sword, however, for there is no mention of its aroma affecting the non-drinker! Anyone for a spot of tea?

It has been some time since we have mentioned on these pages the progress on the new building. No date has been made public as to the official opening, although I think that it is expected to be early in 1975. The sodding on the east side has given it quite a finished appearance, despite the lack of a few windows. On the west side the sods are today being rolled down. There being few windows on that side, it looks as finished as it is likely to.

"What goes up must come down", should be a popular quotation at the Sanatorium. The latest appears to be our smoke stack, for I see workmen nibbling away at the top of it now. It is said that a tall stack is not needed by an oil-burning plant. 'Tis a pity, for the workmen did a fine job of adding to its height a very few years ago. We printed a picture of the workmen putting on the finishing touches, I recall. And this is all for now, Folks!

—:o:—

Extended use of saccharin may produce ill-effects in humans, including bladder cancer, say researchers at the National Institute of Environmental Health Sciences, in Research Triangle Park, North Carolina. The researchers suggest that it might benefit saccharin users if they would occasionally substitute something for the sugar substitute or discontinue using it for several days to allow tissue clearance.

The Illinois Department of Public Health warns consumers not to use either of two products that are sold primarily in health food stores as special dietary supplements. The products, Aprikern and Bee-Seventeen, are derived from apricot kernels and contain potentially dangerous levels of hydrogen cyanide, the federal Food and Drug Administration reported. — From Journal of Breathing.

## Hypoxia And Hypoxemia

Hypoxia is an often serious condition that responds most specifically to precisely measure doses of oxygen.

The basic simplicity of this statement belies the many difficulties involved in assessing hypoxia and in selecting the best means of therapy. In reality, clinical situations involving inadequate oxygenation are often complex, requiring treatment of many pulmonary and circulatory derangements.

Because of widespread application of newer techniques, such as cardiac catheterization and blood-gas measurements, there has been in recent years an exciting growth in basic knowledge of cardiopulmonary physiology. Technology has also spawned new methods of oxygen therapy such as the Venturi mask, positive end-expiratory pressure (PEEP), and long-term home therapy from a liquid oxygen "walker" system. However, this proliferation of new knowledge, techniques, and equipment is often confusing to the clinician not intimately involved with respiratory care. This article provides a basic understanding of the physiologic causes of hypoxia, and on page 10 also reviews some of the newer, more useful techniques for administering oxygen.

\* Hypoxia is the inadequate delivery of oxygen to satisfy the metabolic requirements of the organs and tissues of the body.

\* Hypoxemia is a reduced level of oxygen in the blood.

The goal of therapy is to provide enough oxygen for metabolic function, thereby correcting both hypoxemia and hypoxia. — Selected

—:—

Do not assume that I do not know what I am doing. All items are misplaced exactly where I can find them. Everything is in a well regulated and systematic state of confusion.

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## Face-The-Facts

From Tuberculosis Facts in the United States — More than 1,100 persons whose death certificates listed active tuberculosis as a primary or contributory cause of death in 1972 had never been reported as TB cases.

Tuberculosis continues to rank as the principal cause of death among reportable infectious diseases.

The Public Health Service estimates that expenditures for the prevention and control of tuberculosis amount to \$250 million a year. Income lost due to illness is estimated at \$55 million annually.

Warnings going up in smoke . . . despite reports linking smoking to cancer and other diseases, Americans over the age of 18 are smoking, on the average, 202.5 packs of cigarettes a year. This is 2 packs more than in 1971, according to the Agriculture Department. The department expects the level to increase again this year. — from the Journal of Breathing.

A large-scale study confirms the link between peptic ulcers and smoking. The study, done on subscribers to the Kaiser-Permanente Medical Care Program in the San Francisco area, shows adult male smokers having twice the incidence of peptic ulcers of nonsmokers; more than 12 percent of the smokers had ulcer disorders as against less than 6 percent of the nonsmokers. Adult women suffered lower ulcer incidence, yet more than 6 percent of the smokers had ulcer problems compared to less than 4 percent of the nonsmokers. The exact reason for the link was left unanswered.

Loss of teeth is accelerated by smoking, a Harvard University study shows. The study found degeneration of bone tissue which supports teeth to be 43 percent greater in smokers than in nonsmokers; the number of loosened teeth was 61 percent higher for smokers than for nonsmokers. Puffers of cigarettes, cigars and pipes were left unseparated in the study.

Smoking is no good for your body bottoms, a New York podiatrist maintains. Smoking narrows the blood vessels, impeding the flow of blood to the feet, the doctor says. The constriction can cause problems for the smoker with circulatory problems and boost his susceptibility to infection and infection-induced gangrene, explains the physician. It also slows healing of wounds on the feet, he says.

— from The Challenge

## The Quiet Power Of Listening

Norman Vincent Peale

I once heard a story about a small-town newspaper editor who was working late one night when a knock came on his office door. Opening it, he saw the haunted face of a neighbor who a few days earlier had been involved in a heartbreaking tragedy. The man had taken his wife and small child out in a canoe. Somehow it had overturned. The child had drowned.

"I saw your light", the man told the editor hesitantly. "I've been walking the streets . . ."

The editor said almost nothing. He gave the man some coffee and a comfortable chair. Then he went back to his desk, and resumed working. After an hour the man muttered, "I still can't talk about it, Jim. Maybe I'll come back . . ."

"Any time," the editor said quietly.

The next night the man did come back—and the next and the next. Slowly, falteringly, he began to talk, blaming himself bitterly for what had happened. But gradually, as he talked, the nightmare became endurable. Long afterward he said to the editor, "The guilt and the remorse were terrible, but they were at their worst when they were unexpressed. I needed somebody to give me sympathy, silence and some unselfish listening. You did. I'll never forget it."

The quiet power of unselfish listening—how many of us understand it and use it properly? Time and again I've heard unhappy people say, "I try—I really try—but I can't get through to my husband (or wife or children or parents) because they won't listen to me. They hear what I say, but they don't listen!"

Can the average person learn to be a good listener? Yes. It's simply a matter of realizing how healing and helpful a sympathetic listener can be and then applying some common-sense rules. Let me suggest half a dozen that over the years have been helpful to me.

**1. Be concerned.** The best listener is one who cares. If you love people, you'll be interested in their problems, attentive to what they say. Even if what they say seems disjointed or confused, remind yourself that there is no such thing as a completely worthless conversation. Many people have thanked me fervently for my good advice when all I did was listen.

Some years ago a beauty queen at a big university was asked to account for her popularity. Why did her fellow students seem to like her so much? "I don't know why," she said, "unless it's the habit I have of looking someone right in the eye when he or she is talking to me." "What if they bore you?" the interviewer asked. "If I look into their eyes," she said, "and really listen to what they're saying, they never bore me!"

**2. Try to be at peace with yourself.** Over and over again I have noticed that people with inner conflicts are often poor listeners. They are so dominated by their own problems that they can't focus on what another person is saying. So when someone is trying to talk to you seriously, make an effort to clear your own mind and listen—calmly, attentively. Otherwise they may feel that you are so full of you that there is no room for them.

**3. Be patient.** Very often a person with a weight on his mind cannot express his difficulty right away. You have to be willing—as that small-town newspaper editor was—to wait things out. It may take time, but giving time is really a form of giving affection. The other person will sense your giving spirit and respond to it. It also helps to leave the door open for a resumption of the conversation. "There will be lots of things you've forgotten to say," you can tell your friend. "Just remember, I'm always available."

**4. Be helpful.** Not everyone can talk easily and clearly and logically. Sometimes it's necessary for a listener to get the conversation back on the track with a quiet question or sympathetic comment. Don't be *too* quick, though, to jump in with what seems the right phrase or the right word. The talker's silence or his groping may be part of the curative process.

**5. Don't judge.** Quite often the thing that is troubling the talker may be morally dubious or even shocking. Yet the good listener should try to be shockproof. "Judge not," the Bible says. If the talker feels that he is being silently condemned by the listener, he certainly will not be able to express himself freely.

**6. Don't violate confidences.** Some people find it very hard to refrain from

(Continued on Page 17)



## Chaplain's Corner

MSGR. J. H. DURNEY  
IN THE VETERAN

### FAITH: ENRICHMENT OF INTELLIGENCE

When St. John wrote his gospel he did not attempt to recount the story of Our Lord's earthly life. This had been done already, and the first three evangelists' writings were widely known. His purpose was an apologetic one. Even at this early period it was necessary to defend the dogma of Christ's divinity. In the conclusion of his gospel he informs us that his purpose in recounting these "signs" was to promote, or to increase, our faith in Jesus as the Christ, for this faith will surely lead us to eternal life. Faith and life everlasting! These two things go together; the one leads to the other, rather, life everlasting is but the final flowering of faith. "Without faith it is impossible to please God" (Heb. 11, 6), and "the just man liveth by faith" (Rom. 1, 17).

In the supernatural sphere faith plays a role comparable to that of reason in the natural sphere. Reason, or intelligence, enables us to take cognizance not only of the world around us, but it even enables us to rise to knowledge of beauty, goodness, and so forth. Knowledge is the proper function of the intellect, and truth is its object. To love that which is good is the function of the will. But the will

can only love, desire and delight in good after good has been pointed out to it by the intelligence. In other words, we cannot love what we do not know.

This holds good in the supernatural order also. Just as the intelligence enlightens and guides the will, so does faith open before the soul's eye vistas that otherwise would remain forever hid from it. Faith is a divinely-bestowed energy or habit that enables us to know and to give a firm assent to facts or truths of which we have no evidence. We accept them on the authority of God who has revealed them. Faith is not derogatory to reason; on the contrary, it is an enrichment of our intelligence. It opens before us a vast, luminous world of beauty and truth whose existence, left to ourselves, we could never so much as guess at. Thus do the telescope and the microscope make it possible for us to behold marvels which the unaided eye would never discover. But there is this immense difference between natural knowledge and knowledge acquired by faith. It is possible for our senses to deceive us, and reason itself is by no means infallible. There is no possibility of error in what faith teaches us, because its truth is guaranteed by God who cannot err or lead into error.

Ere, in the northern gale,  
The summer tresses of the trees are gone,  
The woods of Autumn, all around our  
vale,

Have put their glory on.

From "Autumn Woods" by  
Wm. Cullen Bryant

Mistakes are made by all of us,  
It isn't any crime,  
And we can be excused for once,  
But not the second time.  
So we must profit by the first,  
And when we pay the price,  
Resolve to shun that same mistake  
And never make it twice.

—Anon.

Soon the leaves will have fallen,  
Soon the branches bare will stand,  
Soon the trees will cast no shadow  
But a lengthy lacy band.

All the harvest will be gathered,  
Ripened nuts and fruit and grain;  
Flowers will die and bloom no longer,  
Frost will coat the window pane.

Then will come the north wind's tumult  
Loud and boisterous, sharp and cold,  
Winging in from distant spaces—  
Heartless, haughty, rugged bold.  
So before this ruffian Winter  
Takes possession of our land,  
Clutching with his icy fingers  
Rivers, highways, forests stand,  
Piling high with snow the landscape,  
Turning loose the blizzards blast,  
Driving from the sky the sunshine  
With dark storm clouds racing past.  
Let us pause before he gets here—  
Pause and ponder what to say  
When we bow to make Thanksgiving  
Truly — on Thanksgiving Day.

—Anon.

## Personal Encounters With TB

Reference is often made to prominent persons whose lives have been altered by tuberculosis. George Orwell, author of the best seller, "Nineteen Eighty Four"; D. H. Lawrence, well-known author of the 1930's; and Thomas Wolfe, author of "The Web and the Rock", "Of Time and the River", and "You Can't Go Home Again", suffered from tuberculosis.

There are also authors who are believed to have died of tuberculosis but there is no reliable record of this disease having been established, examples being Jane Austen, Nathaniel Hawthorne and, probably, Samuel Johnson.

Ralph Waldo Emerson recovered from tuberculosis, and the family record shows that this had been passed along in his family from generation to generation.

Sir Walter Scott's lameness was attributed by some to bone tuberculosis in childhood. Robert Louis Stevenson's illness, believed during his life time to be tuberculosis, has been said to have had the symptoms of bronchiectasis rather than TB.

Somerset Maugham, one of the great story tellers of our time, came home from Russia following World War I very ill indeed. He was treated at a Sanatorium in Scotland, and lived to be over 90. His reaction to treatment was more appreciative than most patients of that time. In "The Summing Up" he wrote:

"I had a grand time. I discovered for the first time in my life how delightful it is to lie in bed. It is astonishing how varied life can be when you stay in bed all day and how much you find to do. I delighted in the privacy of my room with the immense window wide open to the starry winter night. It gave me a delicious sense of security, aloofness and freedom. The silence was enchanting. Infinite space seemed to enter it and my spirit, alone with the stars, seemed capable of any adventure. My imagination was never more nimble, it was like a barque under press of sail, scudding before the breeze. The monotonous days, whose only excitement was the books I read and my reflections, passed with inconceivable rapidity. I left my bed with a pang."

A good patient — and he certainly had a long and profitable recovery. He was one author who has made more than a million dollars from his work. Some of his observations of his fellow patients he used in short stories which later were used as film scripts.

Great artists like Watteau and Beardsley, actor-playwrights such as Moliere, inventors like Alexander Graham Bell, and kings such as young Edward VI have been TB victims.

**ALEXANDER GRAHAM BELL:** His father had earned a considerable reputation as a teacher of deaf people. He was the inventor of the phonetic alphabet which was used by George Bernard Shaw in the play "Pygmalion" — later to become the stage and screen version, "My Fair Lady". Father, mother, and son, Alexander, came to Canada from Edinburgh in the hope that the climate would be of benefit to Aleck's health. His illness had been diagnosed as pulmonary tuberculosis, and he was given but six months to live — this at the age of 20. His two brothers had already died of the disease, Charles Edward in 1867, and James Melville about two years later; just before the family came to Canada.

Doctors would not now prescribe such a long trip, but it did get the family away from the work that occupied so much of their time and energies; working on better methods for communicating with the deaf. Eventually, rest worked the cure, and Aleck continued his work for those who could not hear. It was in experimenting with apparatus which might convey vibration to them that he invented the telephone.

His daughter was to recount, in later years, how her father used to work into the early hours of the morning, and would then often play the piano to calm himself before retiring. The sound would not be heard by his wife who was deaf, and whom he had met when he was teaching deaf students in Boston.

The telephone has meant so much to our civilization that we can scarcely help thinking that it is fortunate that it was Aleck who was saved. It should not blind us to the fact that tuberculosis cut off in their youth two young men who, had they lived, might have accomplished great things for the handicapped, since they belonged to a family which combined unusual ability and unusual sympathy to an extraordinary degree. Had their disease been recognized early and proper treatment given, it might have made a great difference to thousands of afflicted people.

From: "Grist for the Teacher's Mill"

## OLD TIMERS

Someone, I think it was Steve Mullen, remarked recently that there should be more mention of the **old** Old Timers, so feed me some news and I'll pass it along. In the meantime, here is a news item regarding a former staff member from 1921-22 which does, indeed, put him in the proper category of an "Old Timer". He is Ernest A. Lawrence, formerly on the nursing staff, who visited us in September. He continued in the nursing profession until compulsory retirement age and has been specializing since then. His home address is 12 Mitchell Court, Norwich, Conn., 06360.

Also, here is a note from Earle F. Matheson, R.R. 2 Scotsburn, who reminds us that October 2 marks the anniversary of his admission to the San, in 1940. He says that he was going to take a trip to the Sanatorium this past summer, but was laid up with sciatica neuritis. He says that he will plan to visit next summer, and wishes good health to all at the San.

Mrs. Margaret Hurley, 9 Ottawa Ave., Amherst, writes that she and her son, Roderick, who was also a patient, visited on July 20 for their yearly checkup. She says, "We found a great many changes there, but it was on a Saturday and we didn't see many people that we know. We did see Wally Burgess and were talking with him. I was so sorry to hear of Dr. Crosson's death. He was my first doctor when I was admitted there in 1966. Please give my regards to all at the Sanatorium - and the wonderful Medical Team they have there."

Raymond Thibeau, RR 1 Barton, renewed on the eve of his readmission for a checkup; Mrs. Lois Kitson, 90 North Foord St., Stellarton, renewed for two years and says that she enjoys Health Rays and "I am enjoying perfect health, thanks to Dr. Quinlan and staff of the Sanatorium."

And here is a note from Mrs. Joan Chamberlain, 37 Pioneer Ave., Rockingham, saying that she enjoys our publication.

Sandy Flynn, 12 Tobermory Rd., Dartmouth, visited the Switchboard one Sunday in mid-September, and looks fine and feels the same. And Curtis Gaul visited us in September and is looking very well.

Mrs. Theodore S. Muise of East Quinan, writes that she enjoys reading our magazine and "I am also looking to see Dr.

Maria Rostocka's picture, but so far no luck." I fear that the last picture of Dr. Rostocka was in the November 1970 issue: "Women Physicians at the N. S. Sanatorium", by Dr. Holden. Time we found an excuse for another photo!

Renewals have been received from Mrs. Frances M. Snow, Wolfville; David MacIntosh, Hopewell; Douglas Rossong, 2581 Beech St., Halifax; Mrs. Mildred Schofield, R. R. 1 Centreville, former Canteen Manager (sorry that we sent you a reminder in error, Millie); Mrs. Sarah Zirkel, R.N., whom we don't see as often as when she was Charge Nurse in the upper realms of the West; Mrs. Mable E. Higgins, Shubenacadie; Mrs. Walter Munroe, 42 Winston Ave., Amherst; Mrs. Emelia Maillet, RR 1 Saulnierville Station; Robert Rankin, 80 View St., New Glasgow; Wilburt Marsters, Hantsport; Mrs. Bliss Carter, RR 3 Amherst; Mrs. Keith Morton, RR 2 Stewiacke; Mrs. George Lombard, RR 1 Weymouth; J. Murray Romkey, 216 Empire St., Bridgewater; Mrs. J. B. Holden, (Dr. Holden's Mother), Willowdale, Ontario; and my sister Bonnie and my brother Laurence.

We will close for this month with some notes received from Anne-Marie:

Mrs. Beth Harris of Kentville took a trip to Newfoundland recently and, while there, visited Dr. Humbert "Joe" Giovannette in St. John's. Joe was a patient here way back in 1928 and has just retired from dentistry. He enjoys fine health and fishing is one of his hobbies.

\* \* \* \*

Another old-timer to visit Mrs. Harris in Kentville was Hannah "Hannie" Morris (now Mrs. Aitken) of Toronto. Hannie was here in 1930 and enjoyed seeing her many friends in the Valley during the summer. Her son, Robert Aitken, who was born in Kentville in 1939 is a well-known flutist, being a member of the Toronto Symphony and having appeared on stage and television programs in many parts of the world.

\* \* \* \*

The former Vivian MacDonald (now Mrs. Lester Smith) of Sydney was in Kentville recently. Vivian left here in 1952 and has been employed as a telephone operator ever since.

\* \* \* \*

Mary, Percy, and I went to see Kay and John O'Leary in Spryfield not long ago. Kay and John have a lovely home and enjoy many hobbies. John learned upholstery at night school, and Kay is busy doing needle point. Speaking of

needle point, Grace Adams has master-pieces in needle point. Her work is very professional. Grace feels well again after having undergone surgery in July at the Colchester Hospital.

\* \* \* \*

Steven Mullen was telling me that he had a visit from Leo Peters and his wife recently. Leo who was here in 1950 now lives in Dartmouth and has been working for Hermes Electronics for the past 10 years.

Another visitor from Dartmouth to visit Steve was Murray MacQueen, formerly of Sydney. Murray works in the post office in Dartmouth. He has kept well.

Yet another old-timer to visit Steve was Delbert Muise who was here in the 1940's. Delbert now lives in Salmon River, Digby County.

Steve, of course, is also visited by his brother, Tom Mullen, and Tom's wife Ellen (formerly Mossman), both of whom were patients here some 20 years ago. Tom works with Munroe's Furniture Ltd., Yarmouth.

\* \* \* \*

Carl Wagner, our Storekeeper, saw Sandy Flynn recently. Sandy was here in the 1940's and works for the Postal Department in Dartmouth. In case any old timers are wondering what his twin girls are doing, they are both lab technicians and working in Toronto. Sandy says that they are not married yet. Sandy, himself, has kept well.

—————:o:—————

Confession is good for the soul, it's said,  
And when told in the right amount  
And sold to a popular magazine,  
It's good for the bank account!

### HAIR

I don't mind its graying  
As long as it's staying.

Thanksgiving is a time for reflection—a reflection on our vast resources. It is a time for renewal—a renewal of our lives to a wise use of these resources.

Thanksgiving is better translated "Thanks-living". For one cannot truly give thanks unless he lives it.

"Never bear more than one trouble at a time. Some people bear three kinds—all they have ever had, all they have now, and all they expect to have."

—Edward Everett Hale

## That Boy!

"That boy will be the death of me yet."  
I heard a mother say,  
As we sat chatting on the lawn  
Near her little son at play.  
"He is into this, and into that,  
And climbing here and there,  
His clothes are in an awful state,  
And scarcely fit to wear."

I listened as she aired her woes,  
"My Goodness, boys are bad!  
A million times a day, or more,  
That fellow makes me mad,  
His room; It's always such a mess  
I can never keep it clean.  
I really think that little boys  
Delight in being mean!

Just look at him now ... there, on the  
fence;  
Oh, where did I put the stick?  
When he comes in the house tonight,  
He's going to get a lick!  
How I hate to think of grading time,  
And the marks he must have made!  
Just wasting time the whole year thro-  
ugh;  
Him! He'll never grade!"

I left her then. My eyes were moist  
With pity for the lad,  
And profound sympathy for her,  
The mother who was mad.  
How gladly would I change with her,  
Could I but know the joy!  
She had pierced the heart of a mother  
Who had lost her only boy.

—Winnifred Mitchell Protheroe

—————:O:—————

The young student was being taken to task for having exceeded his leave by two days. Professor: "Well, what have you to say for yourself?" Student: "I am awfully sorry. I really couldn't get back before. I was detained by most important business." Professor: "So you wanted two more days of grace, did you?" Student: "No sir—of Gladys."

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—:0:—

"Gentlemen prefer blondes," he cooed. "But I'm not really a blonde," she whispered.

"I don't mind. I'm not really a gentleman."

\* \* \*

Do not assume that I do not know what I am doing. All items are misplaced exactly where I can find them. Everything is in a well regulated and systematic state of confusion.

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## At Wits End

By Erma Bombeck

An avid television viewer from Sarasota, Fla., named Doris, has noted some rather interesting observations regarding the daytime "suds" circuit.

"Clara Shea died on *As The World Turns*", she writes, "but a few weeks later turned up with a new hairdo on *Guiding Light*. At one time Robert Hughes was looking for his wife, Sandy, who had left him. If he had hung around for the soap opera following his, he would have found her there. Despite the fact that I've seen Tom Hughes played by three different men, the wives never appear to notice when they run in a new one.

"Sometimes I think soap operas are worth watching just to see where the characters will pop up next."

Well, Doris, that should tell you something about the stamina of everyday people. My husband and I have been the key figures in our own personal soap opera for 25 years, seven days a week (with options to renew yearly) and not once has either of us been written out of the script. (A substitute, I'd notice!)

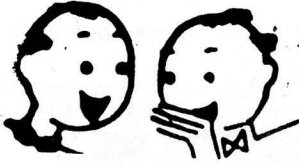
I think one of the reasons for our obvious long run is that my husband works steady. As I have often said, "I married him for better or for worse, but not for lunch." Soap opera husbands never seem to "keep hours." And this business of pussyfooting around the house all day drinking coffee and discussing abortions, incest, divorce, runaways, murder, embezzlement, identity crisis, amnesia, custody of the kids, and what car to drive to the funeral is enough to drive anyone off to another series.

I can't help but compare one of the old radio serials to the present day. Remember Vic and Sade and their son Rush? And Uncle Fletcher? Why, sometimes they'd sit around for a week and listen to the screen door squeak. The high spot in their day was when Rush would rock on his own foot. No social ills, no earth-shattering decisions, no pressures of living . . . only the sometimes boring, sometimes reassuring slice of life.

Yes, Doris, life on TV is not only demanding and confusing, it's downright exhausting. I saw one girl on a commercial who made rotten coffee, appeared

(Continued on Page 17)

## Just Jesting



A woman passenger on a bus kept bothering the driver every few minutes to remind him where she wanted to get off.

"How will I know when we get to my stop?" she finally asked.

The driver couldn't resist. He replied "By the big smile on my face, lady."

Little Junior, who hadn't spoken a word in all of six years, finally blurted at breakfast one day: "Mom, my toast is burnt."

His amazed mother shrieked joyfully, hugged him and said, "Junior, why haven't you spoken to us before this?"

"Well, replied Junior, "up to now everything's been OK."

Judge: "You are charged with trying to kiss every woman on the bus. What have you got to say for yourself?"

Student: "Well, Your Honor, when I read 'bus' means to kiss, and 'omni' means all—I figured 'omnibus' meant to kiss everybody."

"I shall now illustrate what I have on my mind," said the professor as he erased the blackboard.

Many a man thinks he's being cultivated when he's only being trimmed.

1st. Golfer: "Why don't you play golf with Pete any more?"

2nd. Golfer: "Would you play with a man who takes strokes off his score, moves his ball for a better lie when he thinks his opponent isn't looking, and kicks his ball from the rough into the fairway?"

1st. Golfer: "I should say not!"

2nd Golfer: "Neither will Pete."

The woman barged into the reception room. Since no one seemed to be waiting, she walked right past the office girl and entered the private office where she addressed the man behind the desk.

"I want to know exactly what is wrong with me," she said.

The man, somewhat surprised, surveyed her coolly, and then replied: "Madam, you are too fat. You use too much lipstick. Your hair is bleached horribly. You evidently smoke too much. You. . ."

"Well, doctor," she interrupted him icily, "Is there anything else?"

"Yes, just one more thing," answered the man, rising to his feet. "You are in the wrong office. The doctor is across the hall."

### FIVE SIGNS OF OLD AGE

1. When you look at the menu before you look at the waitress.
2. When you wait for a crowded escalator rather than walk up the empty stairs.
3. When an 8 looks a 3 and a 3 like an 8.
4. When you would rather sit on the beach than go into the water.
5. When you leave a good party early because you do not want to feel badly the next day.

Bill Jones may well be called the champion optimist. He was sitting on the roof of his house during a flood, watching the water flow past, when the neighbor who owned a boat rowed across to him.

"Hello, Bill!" said the man.

"Hello, Sam!" replied Bill, pleasantly.

"All your fowls washed away this morning?"

"Yes, but the ducks can swim."

"Orange trees gone, too?"

"Yes, but everybody said the crop would be a failure."

"I see the river's reached above your window, Bill".

"That's all right, Sam," was the reply. "Those windows needed washing."

—:O:—

The wife of a prominent business man decided to take her grandson to a movie. It was winter so she bundled him up in those long-legged pants that slip over other garments. At one time, without the grandmother noticing, the lad moved away from her and took another seat. Shortly after, the grandmother said softly: "Dear, don't you think you had better take off your pants now??"

A man who had taken the seat next to her rose and moved away without a word.

When folks have operations  
Performed on their vitals,  
Their future conversations  
Are organ recitals.

## 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 and all contributions are tax deductible. Your contributions will help Health Rays to remain healthy.

The standing of this Fund as of September 30, 1974.

Previously acknowledged:	\$5,069.61
Less transfer to operating expenses	150.00
	4,919.61

Recent contributors:

Michael Merlin  
Mrs. Earl G. Young  
Miscellaneous  
John T. Peye

Total	71.00
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Grand Total	\$4,990.61
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### THE QUIET POWER OF—

(Continued from Page 9)

passing along information given in confidence. This is unpardonable. As someone has said, listening is a sacrament. Do not profane it.

The greatest reward of being a good listener is the knowledge that you are helping others. But there are lesser compensations too.

Humorist Wilson Mizner once remarked, "A good listener is not only popular everywhere, but after a while he gets to know something." A highly successful industrialist who never finished high school once told me how he developed his own form of education. "I learned," he said, "to be a kind of sponge. I made it a point to get acquainted with people who knew more than I did and to listen to them thirstily. That's where I got the know-how I needed—through my ears."

"The first duty of love," a wise man once said, "is to listen." Try putting that principle into practice in your own life. You'll find it tremendously rewarding when someone says to you, with relief and gratitude, "Thanks so much for listening."

## Try Walking

There is much to be said for old-fashioned walking.

Mentally, a peaceful long walk taken alone can be a perfect medium for meditating, thinking over a problem, or organizing a plan. And it is a rare opportunity to see birds nesting, flowers blooming, nature at her best.

Physically, a walk invigorates the entire body and is helpful in aiding the functioning of the heart and circulation. It is a gentle enough exercise for almost anyone, and on a regular basis, can contribute greatly to one's overall physical well-being.

Regular exercise has been shown to be a factor which helps reduce the risk of heart attack; beyond that, regular exercise will enable one to "feel good." Walking is one of the best of exercises because one can pace one's self for speed and distance according to one's own preference and bodily condition.

Try walking before breakfast; you'll find your neighbourhood a place you never knew before. Walk briskly for 15 or 20 minutes before lunch; you'll find you'll shake off the morning's fatigue and be ready for the afternoon ahead. Go for a walk before the evening meal; you'll find the day's cares will fade away, and you'll be ready for a good dinner and a relaxing evening.

Develop a habit of walking a good distance regularly, at least three times a week, and preferably every day. Pick a time and stick to it, and you'll find the good feeling and invigoration will "pick up" your day.

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### AT WITS END—

(Continued from Page 15)

three days later with irregularities, a week later had a metal drain in her face showing her sinuses were congested, and last night she was thanking her momma for putting her on pills so she could sleep in the city at nights.

I hope she finds a nice soap opera and settles down to a nice illicit relationship-custody suit-major surgery-etc.

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**THE REGISTER, BERWICK**

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# NOVA SCOTIA SANATORIUM

## ACTIVE STAFF

H. M. HOLDEN, M.D., F.R.C.P. (C) F.C.C.P. .... Medical Director  
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

## CONSULTANTS

S. V. ANAND, M.D., F.R.C.S. (E & C) F.A.C.S. .... General Surgery  
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  
T. DOK, M.D., D.O.M.S., D.L.O. (Eng.) Ophthalmology & Otolaryngology  
P. P. GEORGE, M.D., F.R.C.P. (C) .... Psychiatry  
J. A. HYNES, M.D., F.R.C.P. (C) .... Internal Medicine  
C. E. JEBSON, M.D., F.R.C.S. (C) .... Urology  
\*D. H. KIRKPATRICK, M.D. .... Anaesthesiology  
B. F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C) .... Orthopedic Surgery  
D. M. MacRAE, M.D., F.R.C.S. (C), F.C.C.P. .... Bronchoscopy  
G. M. SMITH, M.D., D.P.H. .... Preventive Medicine  
P. W. S. WATTS, M.D., M.R.C.O.G., F.R.C.S. (C) Obstetrics & Gynaecology

\*Certified by P.M.B.

## ADMINISTRATIVE

J. T. BETIK .... Administrator  
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., Ch.B. .... Assistant Medical Superintendent  
D. B. ARCHIBALD, M.D. .... Consultant Urologist  
R. G. CHOKSHI, M.D. .... Consultant Bronchoscopist  
E. C. McDONAGH, M.D. .... Consultant Psychiatrist  
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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

#### PENTECOSTAL

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

#### BAPTIST

#### ROMAN CATHOLIC

Minister—Rev. A. E. Griffin      Parish Priest — Rev. J. A. Comeau  
Lay Visitor—Mrs. H. J. Mosher      Asst. Priest—Rev. J. C. Thibeau

#### CHRISTIAN REFORMED

#### SALVATION ARMY

Minister—Rev. H. Kuperus      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

#### UNITED CHURCH

Rev. Weldon Smith      Rev. Allan MacIntosh

#### ROMAN CATHOLIC

#### PRESBYTERIAN

Pariest Priest—Father Angus MacLeod      Rev. E. H. Bean

#### SALVATION ARMY

Capt. Alex Swan