

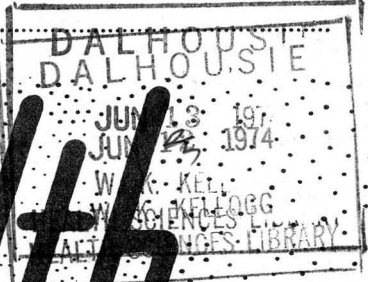
THE NOVA SCOTIA SANATORIUM

VOL. 55

MAY, 1974

No. 5

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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.
DAILY: 7:30 — 8:30 P.M.

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.

DIRECTOR OF NURSING ADDRESSES KENTVILLE ROTARY

Kentville Rotarians were told Monday that the Registered Nurse is now assuming the role for which she is educated.

Miss Jean Dobson, director of nursing at the Nova Scotia Sanatorium in Kentville, told this week's Rotary Club luncheon that it has taken nearly a century "to rid ourselves of the housekeeping duties."

She noted that the duties of a floor nurse in the 1880's included mopping the floor, dusting the window sills, bringing in the coal, filling the oil lamps, on a 7 a.m. to 8 p.m. working day. But times have changed radically, she said, and slowly but gradually there has been serious thinking on the duties of a nurse.

Miss Dobson told the Rotarians that three year training programs have been eliminated and replaced with two year courses and "the entire course is a learning experience." The student is prepared in depth on theory, she said, and gains practical experience when she becomes a

member of the work force.

A transfer of functions is taking place all the time in the medical services field, she said, and the nurse is a co-ordinator of patient care working closely with the doctor and others in the field.

Miss Dobson said she would want to see the registered nurse involved in any future medical care planning as the nurse "continues to shed her passive role and play a more active role in health care programs."

There is no reason why medical students and nursing students couldn't take some courses together at university, she said, and achieve greater team work.

Although the Camp Hill Hospital has had to close units, and other units are being closed at the Halifax Infirmary due to a shortage of nurses. Miss Dobson said she is optimistic that the short supply of registered nurses will show improvement.

—Kentville "Advertiser"

To Mom On Mother's Day

"For services rendered" is a line often seen,

But no one knows better than Mom what they mean:

For clothes washed and ironed, for trouser seats mended;

For hair combed and curled, and for school plays attended;

For sick children watched in the still of the night;

For pale cheeks grown ruddy; for a sorrow made right.

Oh, no one knows better than Mom, I expect,

And if she should bill us, how she could collect!

—Dorothy Waugh Henry

:o:

The dove laid some little sticks,

Then began to coo;

The gnat took his trumpet up

To play the day through.

The magpie chattered soft and long—

But that she always does;

The bee did all he had to do,

And only said, "Buzz".

—Jean Ingelov

THE FIRST DANDELION

Simple and fresh and fair from winter's close emerging,

As if no artifice of fashion, business, politics, had ever been,

Forth from its sunny nook of shelter'd grass — innocent, golden, calm as the dawn,

The spring's first dandelion shows its trusting face.

—Walt Whitman

* * *

SPRING

When days are fair and spring has sprung,

The chirping cricket busts a lung,

The festive frog infests the rills,

And skeeters whack their whicker-bills.

Tho' all my inclination leads

Unerringly toward garden seeds,

I sing, tra-la, with cheek in tongue

That spring has sprung!

—Selected.

* * *

A light broke in upon my soul—

It was the carol of a bird;

It ceased — and then it came again.

The sweetest song ear ever heard.

—Byron

THOUGHTS FROM A CANCER FUND CANVASSER

By EILEEN M. HILTZ

My first thought is to wish for the day when some form of united appeal is universal; when the multiplicity of canvasses might be knit into one big drive. It grows tougher each year to find enough willing humanitarians to field a corps of knockers-on-doors for this worthy cause or that. I speak from immediate personal experience, having just concluded the awful task of rounding up eleven canvassers for the Cancer Fund drive in the town in which I live. At one point I was moved to exclaim: "Excuses! I could write a book!" At the same time I know that many of those I approached had done canvassing again and again and again; until the spirit rebels. Now, a small thought on the side: Canvassers have been drawn traditionally from the ranks of the housewife, but with more and more women converting to wage-earners and career seekers, the full time housewife is becoming an endangered species, so from where shall future canvassing teams come?

April was "Cancer Month," just as March was "Red Cross Month," and so on through the year, each drive for funds having its own season, and woe betide the Association or Society that is tardy and trespasses into another one's time slot. During its allotted month, the radio, T.V., and newspapers do such a good propaganda job for each cause that a canvasser scarcely needs to work up a sales pitch, which does ease the burden of collecting. For instance, with the media coverage given it last month, I would doubt if anybody could be unaware of the frightening immediacy and proliferation of cancer, and for the need for funds to combat it.

One thing I learned through work as a collector for the Cancer Society is that all the monies collected do not go to support research. Considerable money is spent in each community, mainly to assist victims of the disease who are not able to bear the burden laid upon them by their disorder. Help can come in the form of transportation to the Tumor Clinic in Halifax for examination and treatment. Again, the Society's funds may be tapped to supply dressings to those unable to buy them. Bedside nursing supplies and loan equipment make up an-

other form of the mericful assistance available through the Society funds.

This dreadful thing, Cancer — what really is it? To give an answer in layman's terms, it is an uncontrolled, unregulated growth of our own body cells. One's whole body is made up of formations of cells, whose capacity to differentiate and grow into skin, or teeth, or bone, etc., is one of the divine mysteries of life. When the tissue or organ is formed, the cells cease to grow, except to replace damaged cells or for normal growth. But at times one or more of these wondrous little cells go berserk and refuse to check or regulate their growth. They continue to multiply, and clump together to form a swelling or lump. A colony of these uncontrolled cells is called a cancer, and that spells Trouble with a capital T.

Do not think of cancer as something peculiar to our era. Fossils from the dinosaur age indicate that the disease has existed almost from the beginning of life. Evidence of the disease in humans has been found in Egyptian mummies. Another fact in the sad saga of cancer is that it can be found in all countries, although there are puzzling differences in the incidence and types of cancer in various countries and even population groups of a country. Research scientists are constantly studying these differences in their efforts to find the causes of cancer.

In a magazine put out by a hospital for the treatment of respiratory diseases, there is frequent mention of the close relationship between cigarette smoking and cancer. Articles in Health Rays continue to remind readers of the alarming increase in the number of cases of lung cancer, so I will not labor the point here. Suffice to say that propaganda from the Canadian Cancer Society speaks of lung cancer as "a largely preventable disease." Now, who wouldn't prevent cancer if they could? Cigarette smokers, that's who!

The Canadian Cancer Society, which is made up of lay and professional people who volunteer their time to serve in the

(Continued on Page 5)

NOVA SCOTIA NATIVE NOW HEADS NATIONAL GEOGRAPHIC SHOWPLACE

BY BRUCE LEVETT

WASHINGTON (CP) — What's a boy from Baddeck, N. S., doing with His and Hers fertility dolls mounted on his bookcase in a downtown Washington office?

Easy — there was no room on his desk, what with that molar from the extinct Alaskan mastodon and the pre-Columbian burial urn and a typewriter which may well predate them both.

T. Keilor Bentley, born in Springhill, N. S., 49 years ago, educated and reared in Halifax and former superintendent of the Alexander Graham Bell Museum in Baddeck, is curator-director of Explorers Hall, showplace of the National Geographic Society.

He has no complaints about his broom-closet of an office, which he shares with a large marble bust of a forgotten doge, fragments of Spanish treasure galleons and the skull of a mountain gorilla which serves as a bookend.

But of the wide, airy exhibition hall downstairs — his own special preserve — he says "I could use ten more floors.

The hall features everchanging displays depicting National Geographic-supported projects going back more than 80 years. It attracts more than 500,000 visitors a year.

One display is built around a dogsled that went to the top of the world with Robert E. Peary. Next to it is a mansled that went to the bottom of the Mediterranean with Jacques Cousteau.

A corner is taken up with the huge steel gondola which hung from the balloon Explorer when it ascended 14 miles to give man an early glimpse into the stratosphere 40 years ago.

"And, of course, you recognize that," Bentley says of the model of the Silver Dart, first heavier-than-air machine to fly in Canada.

The society was not involved in that flight, although it resulted from an Alexander Graham Bell project. But the flight took place in Baddeck, and T. Keilor Bentley is never very far from Baddeck.

"I go home each summer for my annual dose of iodine, which enables me to live for another year among the cannibals," he says.

Bentley speaks that way. Ask him how

long he has been with National Geographic and he answers: "Ten years come Beethoven's Birthday."

The reference is apt. Bentley, as a young man, was in on the founding of the symphony and booked them on tours through the Atlantic provinces as "sort of a boondocks impresario."

The path that led to Washington began 'when Grandfather Carmichael used to tell us stories of Alexander Graham Bell."

"He called him the modern Leonardo. I became fascinated with the man."

As a student, Bentley worked in what now is the Nova Scotia Science Museum. Holidays he spent in Washington, studying Bell in the National Geographic archives.

"I tried to find one field of human endeavour in which he was not involved. Finally, I gave up."

Bentley became an authority on the man who invented the telephone and, in 1959, took over as head of the Bell Museum at Baddeck. Five years later, he moved to National Geographic.

The society and the magazine had been founded by Bell's father-in-law. Bell became the society's second president and changed the design of the magazine to the present format.

Bell descendants still run both the society and the magazine.

Bentley, his two daughters away at school, lives by himself in a rambling cottage he rents in four acres of forest near suburban McLean, Va.

"If you count my non-deductable dependents, however, I'm not exactly alone," he says.

The household includes a 15-year-old Labrador retriever, blind since birth, and

(Continued on Page 4)

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N. S. NATIVE —

(Continued from Page 3)

a German shepherd which Bentley swears acts as a seeing-eye dog for the Lab.

There is a Siamese cat and there are three kinds of monkeys, plus a coatimondi, a green parrot, a red-and-gold macaw, three African grey parrots and an aquarium of tropical fish.

They run free in summer," he says and spend their time indoors during the winter and so far as I can determine, nobody has successfully housebroken a monkey."

The parrots and fish stay home with a sitter when Bentley goes back to Baddeck each summer. He has enough trouble at the border with his dogs, cat, coatimondi and monkeys.

Besides, there isn't room for everybody in that light-house he owns hard by the Seal Island bridge.

In Washington, Bentley lives in an ever-changing atmosphere.

At Easter he reproduced, in one-quarter scale, the beauty of Michelangelo's Sistine Chapel ceiling through the medium of huge color transparencies.

His next project was a Colombian exhibit and when that was over, he had to carry \$1 million in gold artifacts back to Bogota in his airline carry-on luggage.

His talents, however, transcend even the almost limitless boundaries of Explorers Hall.

He's the only one who can get Henry, the dancing parrot — the hall's official greeter — to break into the Charleston.

* * *

Ed. Note: Keilor was a patient at the Sanatorium from 1950 to 1951, during part of which time he was radio operator and, for a shorter time, Editor of Health Rays. He had previously worked at Radio Station CHNS as Transcription Librarian. When we first saw him at work, after his discharge from the San, he was manager of the Classical Record Shop in the Georgian Building, Halifax. The above clipping from the Chronicle-Herald, May 4, 1974 edition, was contributed by both Eileen Hiltz and Anne-Marie. We wish Keilor every success.

:O:

"Dad," said the earnest young man, "I'm terribly in love with a beautiful girl. How can I find out what she really thinks of me?"

"Marry her, my boy. Marry her."

GLAUCOMA

A Major Cause Of Blindness

MOST BLINDNESS from glaucoma need not happen if the condition is found early and treatment is started at once.

Today, it is estimated that 2 of every 100 persons over 40 years old have glaucoma but do not know it and therefore are not under proper treatment.

WHAT HAPPENS IN GLAUCOMA?

In glaucoma, the fluid which normally flows through the inside of the eyeball does not drain out as quickly as it forms. Instead, the fluid gathers and builds up until it presses against the nerve fibers and blood vessels feeding the retina (the seeing part of the eye) and the optic nerve.

Slowly, this higher pressure crushes the nerve fibers and the optic nerve. Little by little, the person with glaucoma loses some of his sight. If glaucoma goes on unchecked, his field of vision becomes smaller and smaller until total blindness may result.

WHO CAN HAVE GLAUCOMA:

*Anyone at any age can have glaucoma. It may develop in children or in young adults. However, 95 per cent of its victims are past 40.

*Glaucoma is likely to "run" in families. Thirteen to 25 per cent of all persons with glaucoma have someone in the family who also has the disease.

*Victims of other diseases or infections may develop glaucoma. Sometimes, this eye condition comes about as a result of another infection or disease. However, glaucoma is not contagious. It cannot be caught from someone who already has the disease.

ARE THERE ANY DANGER SIGNALS?

There is an acute form of glaucoma that attacks suddenly and painfully but this kind is uncommon; acute glaucoma, like acute appendicitis, requires immediate medical care. Signs of another form

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of glaucoma may be blurry or foggy vision, rainbows around lights, vague headaches, or eye aches. There may be a need for frequent changes of glasses and yet the new glasses do not seem to help much. Any of these signs may mean glaucoma but, again, they may mean something else.

But most cases of glaucoma are of the chronic simple kind. Chronic simple glaucoma creeps up on a person without his knowing it and slowly robs him of his eyesight. It seldom gives obvious warning signals. Most of the time there is no pain or discomfort in the early stages.

Because undiagnosed and untreated glaucoma can lead to total blindness, it is important to have your eyes checked for glaucoma periodically. Your ophthalmologist can detect a rise in eye pressure long before you have any symptoms or suffer any loss of vision. He can help you fight the condition before serious damage to the eyes sets in.

EARLY DETECTION AND TREATMENT ARE ESSENTIAL

Finding the disease early and getting proper treatment can control glaucoma and prevent needless blindness. Glaucoma can be found early by a simple, painless test with a tonometer. A tonometer is a small instrument which measures the pressure within your eyes. It can show whether the pressure is normal or too high. The tonometer test for both eyes lasts about 3 minutes. Each eye is tested because it is possible to have glaucoma in only one eye.

Once this condition is found, treatment can be started promptly. Usually, eye drops are prescribed to reduce the high pressure in the eye and check the condition. It is important to follow the physician's order faithfully.

FACTS TO REMEMBER

*Undetected glaucoma may lead to total blindness.

*More than half of the persons over 40 who have glaucoma do not know it and are not under treatment.

*Periodic check-ups which include a tonometer test are important even for those who have no eye trouble and no warning signs of glaucoma.

*Adults over 40 should be tested at least every 2 years because the condition of the eye changes as a person grows older.

*Relatives of glaucoma victims are more likely to get the disease.

THOUGHTS FROM —

(Continued from Page 2)

battle against cancer, is now 36 years old. The Nova Scotia Division, under whose auspices I canvassed for funds in April, is one of ten provincial divisions, each dedicated to the support of cancer research, the education of the public about cancer, and the assistance of cancer patients. Much excellent literature is produced by the Society, and is obtainable from local branches of it, which exist in all major towns of the province. Cancer is the number two killer in Canada. It is well to know all one can about such an enemy to life.

—————:O:—————

The second most deadly instrument of destruction is the atomic bomb — the first is the human tongue. The bomb merely kills the body — the tongue kills reputations and, many times, ruins characters. Each bomb works alone — each loaded tongue had a thousand accomplices. The havoc of the bomb is visible at once — the full evil of the tongue lives through the ages.

—Selected.

* * *

TWIN TWISTS

When I visited a young couple, I noticed their twin daughters were wearing braces on their teeth. "Those braces cost \$1,700 apiece," the husband said. "Wow!" I replied. "For that price you could buy a new car."

"I know," he answered. "The dentist did."

—Contributed by
Mrs. Harold Greer

* * *

Identical middle-aged twin sisters were visiting at a family re-union. One, who makes frequent trips to the beauty parlor to keep her hair its original color, observed to the other, who lets nature take its course, "My, I didn't realize how gray I was getting."

—Contributed by
Mrs. George Ksenics

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DOCTORS EXPLAIN WHY PEOPLE SMOKE KNOWING IT IS HAZARDOUS TO THEIR HEALTH

Smoking causes disease, that we know; but what psychological and cultural forces bring a person to smoke and keep smoking in the face of all evidence against the habit?

Some answers were offered at an American College of Chest Physicians seminar on the role of health terms in stopping smoking.

The character type of a heavy smoker is likely to jibe with that of anyone dependent on a habit, said Dr. Leroy P. Levitt, recent appointee to head the Illinois Department of Mental Health and, until his appointment, dean and professor of psychiatry at Chicago Medical College.

The doctor said such a character type has existed throughout history — only the modes of dependence have shifted. 'Such a character type can be dependent on drugs, food, alcohol, Coca Cola or Milky Way bars, depending on the culture.' He said the addiction itself is a symptomatic and psychological disorder.

Dr. Levitt defined the average heavy smoker as a person who operates independent of others, with a likely childhood history of rejection and abandonment. 'He is a person who tries to be in control, active, for people.' Smoking for him becomes self-imposed gratification.

For the typical heavy smoker, the doctor went on, to smoke despite the scientific evidence against it is 'all the more reckless and fearless.' Smoking only serves to confirm the person's self-image, Levitt told the seminar.

But Dr. Levitt explained such a person could turn inward if rebuffed psychologically, becoming guarded and cautious. 'He can go from danger-seeking to being terribly inhibited,' he said.

'People who are able to negotiate with others as a source of support and understanding are likely to feel that smoking is an expendable means of satisfaction,' the doctor concluded.

Hitting the cultural as well as psychological factors leading a person to smoke was Dr. Harold Levine, head of the Illinois Interagency Council on Smoking and

Disease and chief of the pulmonary section at the Veterans Administration Hospital in Hines, Illinois.

Levine said a bell-shaped curve of masculine-feminine self-image, has people more secure with themselves falling toward the end. The self-image of cigarette smokers tend to fall toward the end of the curve, he claimed.

Smoking may in part be rooted in carrying oral needs from childhood to adulthood, Levine went on. Children have a need for oral and sucking gratification, fulfillable in childhood in socially acceptable ways, he explained.

When children reach high school, however, they take up the oral pleasure of smoking 'because it would be awkward for a teenager to suck a lollipop.' The doctor came down particularly hard on chocolate cigarettes, which impress on children that smoking is positive adult behavior.

'Smoking allows you to carry infantile behavior into adulthood and get credit for it as adult behavior,' Levine concluded.

—:O:—

A Houston cardiologist delivered a paper at a medical convention in Mexico City. When he finished he was greeted with only sporadic applause. He sat down and the next speaker got up and began to speak in Spanish. The audience constantly interrupted his speech with applause and the Houston doctor joined in, enthusiastically. Finally, a surgeon leaned to the Houston physician and said, "I wouldn't applaud so much if I were you. He is merely interpreting your speech."

• • •

The Alert filling-station attendant had checked the oil and gas and was cleaning the windshield, when the woman driver asked: "And would you mind going over Johnny's face just once?"

—:O:—

In the supermarket a man was pushing a cart which contained a screaming, yelling, bellowing baby. The gentleman kept repeating softly, "Don't get excited, Albert; don't scream, Albert." A woman standing next to him said, "You certainly are to be commended for trying to soothe your son Albert." The man looked at her and said, "Lady, I'm Albert."

Editorial Comment

Our April issue was quite late getting to our readers. Perhaps we can blame it, in part, to the strike by postal workers, to the Easter holidays, to the fact that Mrs. Madelon Misner is still on sick leave and I am still typing away at things whenever I get a chance. It is easier to compose by way of a dictaphone, I assure you. When the May issue is equally late I will fall back on the above excuses — less the postal strike, and substituting the May 20 holiday for the Easter one. And so it goes. July is likely the month when the Berwick Register is running short-staffed. August is our usual vacation month, and in September we may be preparing to move into the new Service Building.

Work has really been progressing on said building. The steel arrived, and from there it appeared to fit together like an Erector Set. It has been noisy, mind you, but well-planned. The official date for the opening of the building has been set for September 15. This seemed a bit unrealistic awhile ago, when the months of work seemed to produce nothing above ground level, but all this has changed.

At the site of the former West Infirmary, umpteen (more or less) loads of top soil have been used to top up the sandy fill. All will be green in no time.

* * *

Patrick Bernard McEvoy died at the Sanatorium on May 11. He had become quite a part of the Sanatorium and is known to a great number of former staff and former patients. He had been both for a good number of years — first, a patient, then a staff member, as has been the case with so many former and present staff members. He was Senior Stores Clerk at the time of his retirement (in about 1966). It was pointed out to me that in the April issue it was mentioned that Barry Lloyd was succeeded by Pat, whereas Pat had held this position for a good many years at the time of his retirement. Following his official retirement he stayed on as Radio Operator and continued to live in residence. He was again taken on patient strength on Dec. 31, 1970, and the Sanatorium, indeed, became his home. Many will remember the get-togethers at Kingsport, however, when Pat used to play host to the multitude in his

little cottage.

The funeral, which was held in St. Joseph's Church on May 14, was attended by a good number of Pat's friends as well as family members. Msgr. J. H. Durney paid tribute to Pat's devotion to the church, his help in the Sanatorium Chapel, and his dedication to duty. Pat will be missed at the Sanatorium.

* * *

In a recent issue of the Kentville "Advertiser" was the obituary of Charles Herbert Bush, known to generations of patients as "Charlie." For a great many years he was a faithful visitor, bringing gifts of apples and usually a prayer at each bedside. Though completely blind, he was able to get around by himself until age slowed him down. It was then that he and his blind sister consented to leave their home on Belcher Street and give up their independence.

A number of years ago there was a feature article in Health Rays on Charlie Bush. I was intending to reprint at least part of it at this time. I got as far as determining that it was prior to 1964, which will narrow the search.

We are sure that Charlie's indomitable spirit was an inspiration to many. It makes one think of the words from "The Blind Ploughman," "God, who took away my eyes, that my soul might see."

* * *

In closing, here is a clipping from the Kentville "Advertiser" regarding the new Service Building:

The N. S. Sanatorium will be opening a new service building on or about September 15. The primary purpose in constructing the new building is to provide new kitchen and dining facilities for the patients, Administrator J. T. Betik said. In addition, the new building will provide facilities such as a new reception area; new main entrance to the hospital; new administration offices; central storage facilities and a new canteen and gift shop.

The administration offices will be centralized in the new facilities, instead of being spread out as is the case at present. The facilities being replaced by the

(Continued on Page 8)

At Wits End

BY ERMA BOMBECK

Readers are always accusing me of taking the adults' point of view and never consulting children for their opinions.

Frankly, I have always felt if God had meant for children to run the country he would have made the seats in Congress out of plastic with a hole in the middle.

However, in keeping with democracy, I asked my children the other night if they could think of any way to alleviate the energy crisis in our house. These are some of the suggestions they came up with.

1. Save water by doing away with showers. It is a waste to turn on all that water and stand under it for five minutes when everyone knows even doctors only wash up to their elbows.

2. Sacrifice chores after dark that need light ... like homework and taking the garbage cans out to the curb.

3. Wear clothes longer before washing them. There is no need to change socks daily. It has been proven that rigor mortis does not set into a sweat sock until five days, or 18 hours of basketball, whichever comes first.

4. Conserve lights by playing outside in the dark. People did it in West Side Story and had a lot of fun.

5. Cut back on appliances in the home by eating out. There is no need for mother to waste energy on all those lima beans and asparagus tips. Let Col. Sanders burn his lights.

6. According to statistics, hand tools use up a lot of energy. Be sympathetic to this problem. See your dentist only once a year.

7. Co-operate with your government concerning the gasoline crisis. Buy your child the pony he always wanted.

8. Keep haircuts at a minimum. Electric clippers waste energy.

9. Be a good citizen. Knock it off with the grass cutting until this whole mess is over.

10. Don't hog the stereo to yourself. Turn the volume up so the entire block can appreciate the music.

11. Get rid of that big, gas-eating fami-

ly station wagon and replace it with a smaller car ... preferably bright yellow with racing stripes.

12. Don't waste hot water. Save dishes until you have a five-day supply and then argue about who does them.

13. When something comes on the T.V. set that you don't like ... turn it off.

Someday, I am going to learn that the only question you can ask a child and get an unbiased answer is, "Do you want an allowance or do you just want me to give you the money on a regular basis?"

—:0:—

EDITORIAL COMMENT —

(Continued from Page 7)

new building are outmoded, a fire hazard and are inaccessible to most of the patients. The present Service Building was constructed in 1917, Mr. Betik said.

This new building represents the first new construction at the San since 1960. The estimated cost of constructing the building is \$400,000. The Department of Public Works is responsible for construction and part of the financing is under the Federal Winter Works Program. Roscoe Construction are the general contractors.

A ribbon cutting ceremony has been planned.

—:0:—

In our office at Cape Kennedy we take turns making the morning coffee. The other morning one of the men was counting aloud the scoops of coffee as he put them in the coffeespot: "Ten, 9, 8, 7 ..."

—Contributed by Gary L. Wander

* * *

KNOW THYSELF

Two straggly bearded young men went to an art gallery and one of them started at a display and griped, "I hate this modern garbage."

His companion retorted, "Get with it man, that's a mirror."

* * *

Nurse — "Here's a pill for your headache, one for your cough, and one for your sore toe."

Patient — "Are you sure the little beggars will know where to go when they get inside?"

* * *

What lies on the ocean floor and twitches? A nervous wreck.

RON ILLSLEY
ESSO SERVICE STATION

SMOKE SIGNALS

My brother and I were standing in line in the spacious outer hall of a court building, waiting to get in. Like several other people in line, I was smoking. My brother told me that he had seen a "No Smoking" sign as we entered — whereupon I pointed out the numerous sand-filled urns bristling with butts. At last, I queried a scrubbed-looking young guard standing in the center of the hall.

"Go ahead and finish your cigarette, lady," he said. "But for future reference, the signs are for people who can read. The ashtrays are for those who can't."

—Contributed by M. V. F.

* * *

Forgiveness saves the expense of anger, the cost of hatred and the waste of energy.

—Megiddo Message

* * *

COLD SNAPS

A neighborhood mother reports that one particularly chilly night she offered to put a hot-water bottle in her young son's bed, but he refused. Explaining the refusal, he said, "No matter where I put it, the rest of me gets jealous."

—Roger Allen in
Grand Rapids Press

* * *

When our children approached college age, I went back to work as a secretary. I thought I had made the transition from mother to office worker with commendable ease until I reread a memo that I had left on my employer's desk: "Please call Mr. Arnold between one and three. He says it's very important! Mom."

—Mrs. Cleaves Henderson

* * *

My friend Jim was a typical first-time father. Not long after his son was born, he ran into an acquaintance in a restaurant and over coffee, filled him in on all the statistics. "He's 21 days old today," he concluded.

"Why, that's very nice," replied the patient listener.

"Nice?" said Jim, "For a three-week-old boy, that's darn good!"

—Herman Wrede

* * *

He who tells a lie is not sensible how great a task he undertakes; for he must invent twenty more to maintain that one.

—A. Pope

When my husband was recuperating from a heart attack, we appealed to our children to keep noise and roughhousing to a minimum so he could have as much rest as possible.

In a housing area swarming with youngsters, we realized that this would not be easy. Therefore, we were amazed and touched by the restraint of the neighborhood children, who either stayed away or made almost furtive visits on tiptoe. One day I commented to our eight-year-old about the thoughtfulness of his friends.

"Oh, you don't ever have to worry about their cutting up around here, Mama," Johnnie assured me. "I told the kids about Daddy's nitroglycerin pills, and they're all scared that he's gonna blow up any minute!"

—Contributed by Jane T. Clarke

* * *

After previewing film, movie executive to staff: "Let me put it this way, boys. Do you think it's worth hiring a sitter for?"

—Lichty,
Publishers Newspaper Syndicate

* * *

Wife to lounging husband: "Somehow, I find it a little difficult to envision you as the end product of millions of years of evolution."

—Bob Barnes,
Register and Tribune Syndicate

* * *

One Muscovite to another: "To be pushed aside like that! After all those years! That's no way to treat Yogi Berra."

—John Gallagher in
The Saturday Evening Post

* * *

Small son on daddy's lap: "I'm still confused — was I born in a nest or in a hive?"

—Jack Flynn in The Link

* * *

Wife to departing mate: "Keep your feet dry, come straight home from work, and don't fold, spindle or mutilate your paycheck."

—Frank Adams, Hall Syndicate

* * *

Small girl to small boy: "Sugar and spice, and everything nice, that's what little girls are made of, plus calcium propionate added to retard spoilage."

—Sylvia Getsler in
The American Legion Magazine



Chaplain's Corner

MSGR. J. H. DURNEY
FROM: "THE VETERAN"

DIGNITY OF THE CHRISTIAN FAMILY

The Infant Saviour appeared in order to "restore all things in Christ." Where could He establish a more firm and a more lasting foundation than in the family? The family, indeed, is the most important and influential unit of the entire social order. As the family, so the nation.

By being born into this world to become partaker of family life, Jesus indicated that He came not only to suffer and to die, but to teach and to sanctify; and the first object of His work of teaching and sanctifying was the family.

Originally in Eden, God had made marriage a permanent institution. It was founded as a holy organization, for God bestowed His very first blessing upon it. When marrying the first couple, says the Scripture, God blessed them. Alas, our first parents abandoned the holiness God had given them. Family distress descended upon them. Soon the paganism which followed in the wake of this, the first sin on earth, weakened the family tie. Among the Chosen People who had been elected by God to restore order to society, divorce and consequent disruption made complete family unity an impossibility.

To remedy this unwholesome condition of society, the Son of God chose to become a member of a family. In due time He dignified family life by making marriage a sacred relation which gives holiness and stability to domestic life. By so doing, He established the Christian family.

A family is holy when husband, wife, and children cooperate with God in the duties which belong to each. It is this threefold cooperation which the Holy Family of Nazareth exemplifies.

Joseph cooperated with God by exercising the responsibility which had been given him. In taking the place of God, Joseph assumed a kindly authority over Christ and Mary. In acting as the head of the family, Joseph knew that Mary was far superior to him in dignity. An angel had told him of Mary's divine motherhood.

Mary cooperated with God by her obedience to Joseph and by her motherly guidance of Jesus. Although her task was not one of difficulty in the manner in which other wives and mothers have trials in dealing with their family, Mary was awed by the sublimity of her position. She had become the Mother of God. In obedience to God's will she did not make this mystery known to anyone, not even to her husband Joseph.

Jesus cooperated with God the Father. He became one of the Holy Family because, as He said, "I came to do the will of Him who sent Me." As the third member of the family, He "advanced in wisdom, age and grace." His whole private life is summed up in the word, subjection: "He was subject to them."

Behold the Holy Family which is the model family for every Christian home. It is called holy not merely because as an individual Jesus, the Son of God and the Son of Man, was Holiness Itself; and because Mary was most holy, and Joseph most just. This family is called holy also because, in the subordination which is indispensable in a well-ordered home, each accepted the duty God had assigned. And from this Holy Family we learn that the order of authority and obedience as exercised in the Holy Family is the pattern of holiness which should be adopted for every Christian family.

—:—

STUDENT PASTOR AT SANATORIUM

We welcome Jim Craig to the Sanatorium to fill a vacancy left by Rev. Gary Tonks. Mr. Craig is a Masters Student at the Acadia Divinity College, having previously obtained a degree in Business Administration. Mr. Craig comes from Perth, New Brunswick, is recently married, and now makes his home in Wolfville.

—:—

ATTENTION, WOMEN'S LIB

"Man" is mentioned in the Bible 4,332 times, while "woman" is mentioned only 536 times. This seems to bear out the fact that men wrote it.

Catching Cold By Hand

The common cold may never be uncommon.

There are at least 80 different known cold viruses, and scientists think there are many more yet to be pinpointed. Immunity to one virus is no defense against the other known 79. As a result, nobody is too optimistic about the future of cold vaccines. The best protection is to stay as healthy as possible and take care when you do get infected.

Many cold viruses are spread by coughing and sneezing. But infection is spread other ways as well. Take the rhinovirus—which causes from 30 to 40 per cent of common colds. New evidence suggests that people suffering from colds caused by this type of virus often have the virus on their hands but not always in their cough or sneeze.

After blowing his nose, the infected person may keep the invisible virus on his hands. The virus may remain for as long as three hours even on some of the surfaces he touches. Tests have shown the virus stays for hours on plastic, Formica, and stainless steel but not so long on cotton cloth or paper handkerchiefs. A non-infected person can pick up the virus by touching the same surface and then can put the germs into his own body by rubbing the eyes or putting fingers in his nose.

If you have a cold, washing your hands frequently after blowing your nose may be one way to prevent spreading the infection around. Covering coughs and sneezes is another.

—:o:—

Teacher Shortage

An inspector, visiting a country school, was extremely annoyed at the noise made by the scholars in an adjoining room.

At last, unable to stand it any longer, he opened the door and burst upon the class.

Seeing one boy taller than the others and talking a great deal, he seized him by the collar, removed him to the next room, and stood him firmly in the corner.

"Now you stand there and be quiet!" he commanded.

Ten minutes later a small head appeared round the door, and a meek voice asked: "Please, sir — may we have our teacher back."

—The understanding of "opportunity" is only half grasped by those who know how to make the most of what comes; the other, and equally important, half is knowing, as a poet once said, "to make the least of what goes."

—Parents who deny the right of privacy to their children when they are young invariably lose the privilege of communicativeness when the children are older.

—A "snob" is anyone who looks down on us for a quite different reason than we look down on somebody else.

* * *

Young man to employer: "I don't expect to start at the top, sir — but I would like to start one step above automation!"

—Lichty,

Publishers Newspaper Syndicate

* * *

Matronly chairman to women's-club audience: "The report of our committee on 'Solving World Problems' will be delayed because three members couldn't get baby sitters."

—Dick Turner,

Newspaper Enterprise Ass.

In Retrospect

If I could live again and start anew,
There are many things that I would do;
And some I would undo that I did wrong.
So many times I missed the better road,
So many times I murmured at the load
I should have shouldered gladly, with a
song.

If I could have again the years gone by;
Could live once more, I think that I would
try

To make the many fruitless hours worth-
while.

So many kindly deeds I might have
done. . .

So many battles lost I might have won,
Had I but met them stoutly, with a smile.
The suns of yesterday have shone and
gone

The hourglass sands flow swiftly on and
on. . .

Time does not pause on its relentless way!
The past is not for me to use again,
But I shall try with all my might and
main,

To make Tomorrow better than Today!

—Keever Comments

OLD TIMERS

We have received several notices of changes of address: Mrs. Harold (Josephine) Moulaison to 2 Ford Avenue, Yarmouth; Eugene L. Hamm to 20 Cumberland Street, Yarmouth, and Mrs. W. B. Elliott from 259 Canaan Ave., Kentville, to far away 20 Douglas Street, Victoria, B. C. The latter letter bearing monies for subscription, I might add.

A note was received from Miss Catherine MacFarlane, Strathcona Place, Pictou: "Once again I am pleased to renew my subscription to "Health Rays." I enjoy reading it and see many familiar names. So sorry to hear about Mr. Jagosh. I took physiotherapy treatment from him and liked him very much. There are many changes at the San. It's strange to think of all those buildings missing. Progress, I suppose. In closing may I say best wishes to the doctors, nursing staff, etc., and renewed health and strength, if it be God's will, to all the patients."

And from one of our favorite Sisters, Marilyn Curry, there arrived a subscription renewal, Easter greetings, and wishes for "happy building days."

Miss Madeline Spence, R.N., sends warmest wishes and many blessings to all patients and staff.

Subscription renewals have arrived from the following: Mrs. Arnold L. Wiggins, Young's Cove Road, Queens Co., N. B.; Howard J. Cross, 37 Hillside Ave., Wolfville; Hector MacKay, 42 Cedar St., Pictou; Mrs. Raymond Ellis, Maple Ave., Wolfville; Doug Hallamore, RR 1, Port Williams; Mrs. Kathleen Spicer, Canning; Budd Gertridge, RR 1, Wolfville; probably reported in last month's column as well; Burdena (Mrs. W. K.) Cowan, 712 East 12th Ave., Vancouver, who sends her best regards to all; Isabel MacNeil, 49 Topshoe Drive, Sydney, who renews for herself and for Sister Calixtus, as well; Leslie Ashbell, Oxford, who was sorry to hear of the death of Mr. Jagosh, and sends special greetings to the remaining members of the Physio-therapy Department, to the doctors, Miss Skerry and other nurses.

Continuing, we heard from Russell Bigney of River John; Gerald Livingstone, 4 Elmwood Drive, Amherst; Miss M. R. Martell, Ottawa; Mrs. Roderick

Briggs, 11 Fairview Avenue, Amherst, who writes, "We both look forward to reading Health Rays each month. Rod, being an ex-patient there, reads of people he has not heard of since leaving the San."

J. D. Matheson, 22 Victoria Street, North Sydney, included his best wishes to Nurse Wilson and the complete staff; J. B. Gustave Comeau, RR 1, Saulnierville, also sends best wishes to the staff; and Mrs. Norman MacLellan, Soapstone Mine, Whycomough, sends best wishes to patients and staff; renewals were received from Dr. Frank Misner, Radiologist at the San; and from Dr. R. P. Belliveau of Meteghan.

From Maxine Stewart, a subscription renewal and a donation to the Fund; from James F. Harding, RR 4, Yarmouth; Phares Warren Judge, New Germany; Mrs. Lucille LeJeune, West Arichat, who was in for a re-check, is walking well, and looks very well; Miss Jennie L. Fullerton, RR 1, Parrsboro, and John Thompson, Upper Rawdon.

We received a note from Miss Matilda Burke, advising of her change of address from RR 4, St. Peters, to RR 1, River Bourgeois, both in Richmond County. In error I had sent a reminder to Miss Bourque, having overlooked the fact that her subscription was renewed at the same time that a contribution was made to our Fund in December. Miss Burke has been a faithful reader since 1954 when she started in Point Edward Hospital.

Among those whom we saw at Pat McEvoy's funeral was Mary McKenna Brown, looking wonderfully well. Others, whom we see more frequently, were Mrs. Violet Silver, back from British Columbia for several weeks now; Mary and Percy Doucette, Carrie Gillis, and perhaps Anne-Marie will be making mention of others. Bearers were H. H. Stokes, Carl Wagner, Elroy Shea, Gordon Mahar, Austin Amirault and Clayton Myra.

And on this sombre note we will end this column, unless there are some contributions before the deadline.

—:O:—

The Old Timer said there were three signs of old age. One was loss of memory and he couldn't remember the other two.

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 April 30, 1974:

Previously acknowledged:	\$4,963.01
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Maxine Stewart	
Interest	
Miscellaneous	
Total	20.60
Grand Total	<u>\$4,983.61</u>

_____o:_____

Mother: Did you eat all the cookies, Tom?

Tom: I didn't touch one.

Mother: That's strange. There's only one left.

Tom: That's the one I didn't touch.

* * *

Tiny little flowers,

Shooting up from seeds—

I wish I knew the difference

Between you and the weeds.

—E. Francis

* * *

JUST ADD WATER AND STIR

Have you heard about the cannibals who cremate their victims and then add a teaspoonful of ashes to a cup of boiling water so they can have Instant People?

* * *

The U.S. four-star general puzzled over a problem in military logistics. . .

Should he move a certain Midwest division to the east or the west coast?

He "fed" the question into a massive Pentagon computer. Microseconds later the computer ejected a small card upon which was printed a single word, "Yes."

Needing more details, the general typed on the computer's keyboard another question, "Yes, what?"

The machine shot out another answer card:

"Yes, SIR!"

On Coughing

WALTER C. ALVAREZ, M.D.
Emeritus Consultant of Medicine,
Mayo Clinic, and
Emeritus Professor of Medicine,
Mayo Foundation

In a recent issue of the Journal of the American Medical Association, was a remarkable article by Dr. Allan P. Wolff, Dr. Mary May and Douglas Nuelle. In it they told of two women and a man, who each had had frequent spells of violent and distressing coughing, for which no cause had been found by able physicians.

In each of these cases one or more hairs were found lying against the tympanic membrane (eardrum). In each case after plucking the hairs out, the distressing cough was gone a week or two later.

Now my secretary tells me that, on hearing about Dr. Wolff's work, she took her elderly mother, who for eight years had suffered terribly from a severe dry cough, to see him. The doctor, using a very high powered microscope promptly found the expected hairs lying on the eardrum and along her ear canal. He removed all of the loose hairs, and the patient, now without her racking cough, is a "new woman."

Certainly all physicians should now know about this very troublesome problem that can so easily be cured. As the writers of the paper say, the nervous influence that produces the coughing probably comes down from the ear by way of branches of the tenth (vagus) nerve which not only go from the ear but also from the voice box and the trachea carrying air to and from the lungs.

Hopefully this splendid discovery becomes well known to physicians all over the world.

Naturally, Dr. Wolff would not think of promising a cure for every person with a chronic cough and even with some hairs in his or her ears, but he says, "There is no harm in trying."

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INS AND OUTS



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—:o:—

Going home on my commuter train at the height of a cold snap, I couldn't help overhearing the conversation of the two men seated in front of me. "Nag, nag, nag," said the middle-aged man rattling his evening paper. "That's all my wife does every winter. 'Wear your long underwear. You're not a teen-ager anymore.' Finally, to stop her nagging, I put on long underwear this morning. And, you know, it's the first time I've been warm in ten years!"

—Contributed by Betty Jost

* * *

When my five-year-old son came to the table with his hands very dirty, I told him he must go wash and not come back until they were clean.

After a good deal of time had passed, I called, "Billy, how are your hands — are they clean yet?"

"Not clean," he replied. "But I got them to match!"

—Caroline Becker in Grit

* * *

A young cousin of mine wanted a part-time job. He spotted a help-wanted ad, placed by an exclusive restaurant, which read: "Parking Attendant — Experience Preferred." Since he was barely old enough to drive, he had never worked as a parking attendant. However, he replied to the advertisement and listed his experience as "Member of a four-car family with a one-lane driveway."

He got the job.

—Larry R. Morgan

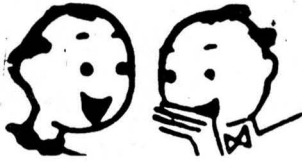
* * *

Disneyland was crowded that day. As the third girl in my family, and the victim of many hand-me downs, I appreciated the remark from the woman getting off the monorail ride with five children in tow: "You run on ahead and get the tickets for the submarine ride, Charlie. Your shoes fit."

—Jean W. Beach

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Just Jesting



Small boy, washing for supper, to mother: "Gee whiz!! I'm only going to eat — not operate on somebody's brain!"
—Harry Mace in Family Circle

Boss to exiting secretary: "Miss Rutherford, when the little bell on your typewriter rings, it doesn't mean it's time for a coffee break."
—Bo Brown, King Features

It was the first mild day after a severe cold spell. My mother, who is a teller in a small-town bank, was trying to make conversation with a customer. She remarked, "It is nice to have it above zero again, isn't it?"

The depositor gave my mother an icy stare, then broke into laughter. "For a moment," he said, "I thought you meant my checking account."
—Russ Felkey

I've always been fascinated by the methodical was my husband goes about loading his pockets before leaving for work each morning. But I had never realized just how much a part of him each item was until the morning he misplaced his keys.

Noticing him patting his pockets, a bewildered look on his face, I asked what he had lost. "I'm not sure," he muttered. "But I'm not bulging in all the right places."
—Betty Y. Gerring

"Just where do you think you're going?" asked a wife as her husband left to renew a loan at the bank.

"Oh," replied the harried man, "I have a rendezvous with debt."
—V. D. Palat in Catholic Digest

Before a Dallas man leaves work each day he calls home. To his wife's "Hello," he used to reply, "Instruct me." This was his way of finding out if there were any errands he was to do on the way home. His company's increased use of computers has changed the man's reply. Now to his wife's greeting he says, "Program me."
—Contributed by W. O. McCallum

With tears in his eyes, the little boy told his kindergarten teacher that only one pair of galoshes was left in the cloakroom and they weren't his. The teacher searched under desks and in corners and could find no other galoshes. Exhausted, she asked the boy, "How can you be sure these galoshes aren't yours?"

"Mine had snow on them," the little boy replied.

—V. D. Palat in Family Weekly

A dedicated second-grade teacher was riding with her daughter, who had just earned her driver's license. "Barbara," she admonished, "if you want to turn left at the next corner, you must get over into the hundreds column."
—Virginia Opocensky

On a visit to a hospitalized friend I mistakenly entered the wrong room and called out, "Hi, Tom." The face that turned toward me had taken a terrible beating. The eyes were discolored, the nose was swollen, even the ears were lacerated. It wasn't Tom. Embarrassed, I said, "Sorry. You aren't the man I thought you were." Said he, glumly, "I'm not the man I thought I was, either."
—Frank D. Winters

A Montreal lawyer selected a bright student at McGill University to join his law firm after he completed a year's study abroad. The young man returned with a beard. The attorney looked him over at some length when he reported for work. "Young man," he said at last, "I have no objection to that beard. Just don't wear it during office hours."
—Montreal Star

MODERN VERNACULAR

Overheard: "You are looking unusually cheerful today. Did you win the rat race?"

—Hugh Allen in
Knoxville News-Sentinel

A fellow introduced his teen-age daughter, who sat silent. "She's not used to talking till she hears a dial tone."
—Earl Wilson, Hall Syndicate

CAN OBESE BE CONDITIONED? CHALLENGE FACING RESEARCH

(By MANFRED JAGER)

WINNIPEG — Reading that the average North American consumes more than 100 pounds of sugar each year may not surprise you much—you've probably read it before.

It's when you learn that this compares to about four pounds annually for each North American a century ago that you begin to wonder.

Dr. David Martin wonders, too.

The 34-year-old assistant professor of psychology at the University of Manitoba has embarked on a research project to see if there's something that can be done to motivate or condition the big eaters of starchy foods to leave well enough alone.

If such conditioning is possible — and to find that out is the extent of the research for the time being — there may be hope.

PLASTIC SANDWICH

It is already known, for example, that fat people will reach for a sandwich wrapped in clear plastic. Dr. Martin said recently. But the obese won't necessarily salivate for it if it's put within reach, but in a wax paper package.

It is known that overweight people will eat more often if the clocks they can see are speeded up without their knowledge, but slim people won't. Fat people eat when the clock says they should, slim ones sit down to a meal or a snack when they're hungry.

It has been proven that fat people will eat less if they are kept in a darkened room where they have trouble getting a good look at the food that's available.

According to national statistics, 60% of Canadians over 40 are more than 10 pounds overweight, says Dr. Martin, while 50% of all adults have a weight problem. More men than women suffer from it.

To Dr. Martin, it is a problem of public health that can be solved only if medicine, nutrition and psychology work hand in hand, "I doubt if it can really be solved in as little as 10 years," he said.

SERIES OF TESTS

Obesity is caused by nutritional and behavioral conditions, as Dr. Martin sees it. He has received agreement on that for

60 men and women between 20 pounds and 60 pounds overweight who agreed to undergo a series of tests in a two-hour session to determine if it is possible to condition fat people more easily than thin people.

Carried out at the University of Manitoba, the experiment involved measurements of physical responses — contraction of the frontalis muscle and sweat gland activity.

Personality evaluation are also part of the test phase.

Although Dr. Martin's preliminary research merely explores the differences in reaction and personality between overweight and normal weight persons, later stages in the Martin project may also include new treatment processes, the psychology professor said.

—Mediscope

—————:0:—————

"So what do you want old newspapers for anyway?" the guy asked his wife as he let her off at the New York Times office.

"Never mind," came the reply.

He found out rather pointedly later that day when he was about to enter the house after slogging through a lot of slush from the garage. At the threshold stood his wife, her newly-scrubbed floor mulched with a protecting cover of the newspapers. Said she solemnly, "These are the Times that dry men's soles."

* * *

Mary, aged seven, was late home from school. Moreover, keen disappointment was written plainly on her face.

"Why, darling," exclaimed her anxious mother, "What kept you so late?"

"Mummy, a horse got sick and fell down on the street, and they went off for a horse-doctor, and I waited to have a look at him."

"And did he come, dear?" queried mother.

"Yes," replied Mary, "and he was only a man."

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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.

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