

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.  
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.

## THOUGHTS TO LIVE BY IN A NEW YEAR

This would be a fine world if all men showed as much patience all the time as they do when waiting for a fish to bite.

A man who is always knocking is like a motor—losing power.

Even the woodpecker owes his success to the fact that he uses his head and keeps pecking away until he finishes the job he started.

One sure "something" a man gets for nothing is failure.

Neither adversity nor prosperity ever changes a man; each brings out what there is in him.

No one has to explain something he hasn't said.

Grow angry slowly—there's plenty of time.

A man may be down, but he isn't out unless he would rather talk about his ill fortune than his prospects.

The ability to speak in many languages is valuable, but the ability to keep your mouth shut is one that is priceless.

When you are in the right, you can afford to keep your temper; when you are in the wrong, you can't afford to lose it.

\* \* \*

Here you have come to a place where everything else is secondary to the business—your business—of getting well. The rules are made for your benefit. The doctors and the nurses will supply you with the advice, the knowledge, the know-how which will help to make you a good soldier. But the courage and determination that will lead to victory, you yourself must provide.

———:O:———

And I said to a man who stood at the gate of the year: Give me a light that I may tread safely into the unknown. And he replied: "Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way."

So I went forth and, finding the hand of God, trod gladly into the night. And He led me towards the hills and the breaking of day in the lone East.

—Taken from a poem, "God Knows", by Minnie Louise Haskins. The first six lines were quoted by His Majesty George VI in a New Year message.

## 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!

— Author unknown.

\* \* \*

Duty makes us do things well, but love makes us do them beautifully.

\* \* \*

God gave us our intellect, our heart, our will; but our character is something different from the will, the heart, the intellect. The character is that intellectual and moral texture into which all our life long we have been weaving up the inward life that is in us. It is the result of the habitual or prevailing use we have been making of our intellect, heart and will. We are always at work like the weaver at the loom; the shuttle is always going; the woof is always growing. So we are always forming a character for ourselves.

Cardinal Manning.

\* \* \*

The rutted roads are all like iron; skies  
Are keen and brilliant; only the oak leaves  
cling  
In the bare woods, or the hardy bitter-  
sweet;  
Drivers have put their sheepskin jackets  
on;  
And all the ponds are sealed with sheeted  
ice  
That rings with stroke of skate and hockey  
stick,  
Or in the twilight cracks with running  
whoop.  
Bring in the logs of oak and hickory,  
And make an ample blaze on the wide  
hearth.  
Now is the time, with winter o'er the  
world,  
For books and friends and yellow candle-  
light,  
And timeless lingering by the setting fire,  
While all the shuddering stars are keen  
with cold.

From "The Winter Scene" by  
Bliss Carmen

# I. U. A. T.

**The Northern Light** is a twice-yearly publication of the Newfoundland Tuberculosis and Respiratory Diseases Association, in which appear many timely and informative articles (and some vintage "Newfie" jokes!) The Fall edition presented a brief discourse on the I. U. A. T., which upon interpretation is the International Union Against Tuberculosis. The article bears the sub-title: "Fifty Years Old and Still Going Strong." It is reproduced here, plus some notes of personal experiences with five I.U.A.T. conferences.

It is just over fifty years since representatives of 31 countries met at the Sorbonne in Paris and decided to create the International Union Against Tuberculosis.

World War 1 had just concluded, and no longer was Europe being drenched in the blood of battle. The sufferings and privations suffered by both soldiers and civilians had, however, given a new impetus to tuberculosis; no specific remedy had yet been discovered, so this common enemy of mankind was decimating the population of many of the countries involved.

In his opening address, Professor Leon Bernard, Secretary General of the French National Committee, emphasized that "we feel this is the right moment, at this meeting of minds from so many countries, drawing their ideas from so many sources, for an exchange of views on the most appropriate measures for the conquest of TB." Three days later, on October 20, 1920, the Union was founded.

One of the first tasks of the Union was "the organization of these big international conferences where ideas were exchanged, trends became clear, research workers made contact and new concepts germinated."

Publication of a regular bulletin soon appeared to be a necessity, and "T" quickly became the connecting link between all those throughout the world who were taking part in the long but fruitful researches into the diagnosis, treatment and prevention of tuberculosis.

To date twenty-one International Conferences have been held in many of the world's largest cities, including Toronto in 1961, when Dr. John Wherrett was President. There is no way by which the work of the I.U.A.T. through five decades can be adequately measured, but it awakened the world's conscience and created global solidarity in the fight to control TB better

than any alliance of governments could have done.

\* \* \*

In 1959 Dr. Hiltz, Medical Superintendent of the Nova Scotia Sanatorium, was President of the Canadian Tuberculosis Association. It was, and is, the practice of the CTA (now enlarged in title and scope to include Respiratory Diseases) to send its president to the biennial I.U.A.T. Conference, wherever it might be held. Most fortunately for us, the 1959 Conference was scheduled for a faraway place, Istanbul, Turkey. It was, of course, a thrill of a lifetime occasion, especially as the conference in Istanbul was followed by one put on in Israel, to which Dr. Hiltz was sent as Canadian representative.

Two years later Canada had the honor of playing host for the Conference, and the visiting delegates united in acclaiming the masterly job done by all committees, scientific, business and social. We enjoyed having a part in hosting the 3,000 delegates from around the world.

The following Conference, 1963, was held in Rome. By this time we had caught the bug and were firmly addicted to attending the I.U.A.T. assemblies, especially this one, which gave us the opportunity for a second visit to Rome. Every great city has its own character and charm, which cannot be conveyed in one or two brief sentences. Certainly memories of Rome are eternally vivid, and ten years later I feel I could walk confidently and knowledgeably about Rome.

In 1965 the conference was Munich, and we attended once again. Dr. Kloss, too, was there. Again there was the pleasure of meeting old friends, together with the exciting experience of another city to come to know. We had just missed the famous "Oktoberfest," and I was glad we had. Cities are crowded enough nowadays without these noted festivals that swell the throngs to unbearable proportions.

Amsterdam was host for the 1967 I.U.A.T. Conference. I felt less enthusiasm at the prospect of this conference, thinking Amsterdam might prove to be a bit flat, clean and dull. I could not have been more wrong — flat, certainly; clean, most certainly; dull—never! Add to its unique canal-city charm, the tremendous warmth the Dutch people still feel for Canadians and you have a place where you can wander

(Continued on Page 5)



## Dental Topics

### WHO'S WHO IN DENTISTRY

In this age of specialization, the public can get confused over who does what, especially in the health professions in which Latin is still king of titles.

Specialists in dentistry, must spend two to three more years in school to become qualified for such designations, but even some of them have trouble pronouncing their own titles. So here's a quick rundown on who's who in dentistry:

**ENDODONIST:** He treats infections of the pulp or nerve of a tooth. He can save many teeth that at one time had to be extracted.

**ORAL SURGEON:** Here's a simple name for a dentist who treats complicated extractions, jaw fractures, cysts, tumours, and other injuries of the mouth.

**ORTHODONTIST:** Sometimes mistaken for a bird doctor, this stalwart straightens teeth and is responsible for preventing and correcting more serious irregularities in tooth position and jaw relationship.

**PEDODONTIST:** This specialist has nothing to do with feet. He treats all kinds of oral conditions of children, but generally refers major orthodontic treatment or surgery to other specialists.

**PERIODONTIST:** He treats diseases of the gums and other supporting structures of teeth.

**PROSTHODONTIST:** He concentrates on partial and full dentures and sees you through adjustments and possible refittings.

**DENTAL HYGIENIST:** Although not a specialist in the above sense and nearly always a woman, she is trained to take over the duties of cleaning teeth — or prophylaxis as it is typed on your bill. She also frees the dentist from other duties so he can concentrate on diagnosis and therapy. — Canadian Dental Association.

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## Fluoridation Reduces Dental Caries

A Department of Public Health fluoridation evaluation survey has indicated "a significant reduction in dental caries prevalence in all age groups studied after 15 years of fluoridation" in the City of Halifax.

The survey, carried out by staff of the Dental Division of the Atlantic Health showed there was "a marked reduction of dental decay in the 9-11 and 12-14 age groups. All children in both these age groups had, for the first time, experienced the decay-preventive effect of fluoridation since birth."

The report goes on to say that "the 6-8 year age group continued to show a further decline in dental caries prevalence, indicating a reduction in excess of 60% when compared to the 1956 findings.

For those in 9-11 age group, the reduction was in excess of 50% while in the 12-14 category the reduction was greater than 40%.

The City of Halifax initiated fluoridation in 1956 and the present survey was part of a continuing series of five-year evaluations of the effect of fluoridation on tooth decay. The survey was carried out only within the boundaries of the old city as the annexed areas received fluoridation at a much later date.

A total of 2388 children in the three age ranges were successfully examined and charted, representing the basis for the data used in this survey.

The survey was under the direction of Dr. G. P. Jocys, Regional Dental Consultant for the Atlantic Health Unit, with the assistance of Mrs. Sharon Taylor, dental hygienist, who acted as survey recorder.

Dr. Jocys, in commenting on the results, said they were "very encouraging". The survey showed he said, without question that "fluoridation is an effective dental public health measure".

The findings, he said, "are in accord with the many other surveys undertaken throughout Canada and the United States".

—:O:—

The ferocious lion ate a bull. Afterward he felt so wonderful that he roared. A hunter heard him and shot him.

Moral: When you are full of bull keep your mouth shut.

## Notes and News

On the afternoon of Thursday, December 21, a Christmas Tea was held in the Cafeteria. On this occasion our Head Chef, Harry Peters was honored upon his retirement at the end of December, following 32 years of service. Accompanied by Mrs. Peters he received the good wishes of all of us, as expressed by Dr. Holden, Peter Mosher, and Miss Eileen Quinlan.

The cafeteria was attractively decorated and the refreshments were delicious. With so many of the ladies dressed up for the special occasion it was hard to tell the fellow workers from guests. Three of the guests we were pleased to identify, however, Mrs. Madelon Misner, Teacher with the Rehab Department, and now on leave of absence while attending Acadia University, Miss Marion Lacey, who retired as a Teacher with the Rehab Department one year ago, and Mrs. Violet Silver.

Harry Peters will be very much missed, for we are sure that he has contributed in no small measure to the reputation which the Sanatorium has had for the excellence of its food. I have just come upon a poem which I think is a fitting tribute to Harry Peters:

We may live without poetry, music and art

We may live without conscience, and live without heart;

We may live without friends, we may live without books;

But civilized man cannot live without cooks.

\* \* \*

Sympathy is expressed to Dr. Quinlan and Eileen Quinlan on the death of their brother, Edmund Peter Quinlan, in Vancouver. The funeral service was conducted from St. Joseph's Church in Kentville on January 1st. He was 50 years of age and was predeceased by his wife, the former Helen Downie. He was the father of Kathleen and Patricia.

\* \* \*

Sympathy is also expressed to Miss Elizabeth Manning on the death of her mother, Mrs. Carol Lovett Manning, on December 31 at age 80.

\* \* \*

Those previously acquainted with the Sanatorium will be interested to know that the Recreation Hall is now partially demolished, the work having been begun during the last week in December. So, the

scene of so many parties and movies, Station SAN, the Canteen, Post Office, Barber Shop, and Health Rays Office is to be entirely removed by the last of January.

\* \* \*

Mrs. Harriett Campbell, part time Sewing Teacher with the Rehab. Department since 1951, "Retired" at the end of December. Since October 3 she has been a patient at the Sanatorium at first because of pneumonia — but has been more than "paying for her keep" by continuing with her work. She has never been one to appreciate the joy of idleness and, although officially retired, she is merely tapering off a bit in her work at the San.

In her 21 years with the Rehabilitation Department she has helped great numbers of ladies with dress making projects, making clothes and stuffed toys for their children, altering garments and in general helping them find diversional and rewarding hobbies. Her contribution to our program is very much appreciated by all of us, and we wish her good health and many years in which to enjoy her retirement.

\* \* \*

On November 16 Lieutenant Governor Victor deB. Oland presented Province of Nova Scotia 25 year long service awards to a group of employees at a ceremony held at Government House. Among the recipients was Lawrence A. Bigelow of the Sanatorium Staff. Our congratulations!

—:O:—

Twinkle, twinkle, little star,  
I don't wonder what you are;  
I surmised your spot in space  
When you left your missile base.  
Any wondering that I do  
Centres on the price of you,  
And I shudder when I think  
What you're costing us per twink.

— Unknown

\* \* \*

"Hey! Call your dog off!"

"Okay, but it won't do any good. His name's Shep."

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## At Wits End

Erma Bombeck

I have just figured out that I have spent a total of 23 years, four months, six days, 12 hours and 17 minutes looking for things around the house that are not really lost. (If I had spent that much time taking care of my face and body I could be a love goddess by now.)

The other morning as I hung by my heels retrieving the innards of the coffee pot from the garbage can, my husband in one of his rare moments of sentiment said, "You have the instincts of a water buffalo. You eventually find everything. I don't know how you do it."

"I'll tell you how I do it," I panted, "It comes from having stupido kids who have thrown away the insides of the coffee pot every day for the last three years and from having a husband who sits in a chair and yells, "Don't get up. Just tell me where my discharge from the army is."

"Whatever," he said, "You really should do a column about it."

He's probably right. This is my formula for finding things around the house before they get lost. Here is how it works. First, you must ask yourself, "If I were an iced tea spoon who wanted to get away for a few days, where would I hide? Then you call on experience. Small boys hate to take medicine. Right? They often drink their orange juice from an old fashioned glass just to be different. Thus, they have probably taken their cold syrup from an iced tea spoon. The iced tea spoon then is in the medicine chest.

Using this kind of logic, the odds are very good for finding the following 15 most often lost items in the following places.

School shoes: In a pair of tight boots.  
Tight boots: In the school Lost and Found.  
Baby's pacifier: In the dog bed.  
Pencil: (without lead) By the telephone,  
(With lead) Under the refrigerator.  
Car keys: In the mailbox.  
Marriage licence: In the bookshelf un-

der fiction.

Screwdriver: In a raincoat pocket.

Phone directory: In the bathroom.

Comb: Anywhere where it is surrounded by food.

The hamster: In a bedroom slipper.

Umbrella: In the school Lost and Found.

Title to the car: In the attic in a box marked, "Nativity Scene and Yearbooks."

Scissors: In the shoeshine kit in the utility room.

Yardstick: Twelve inches of it is in the hall closet, eight inches in the tackle box in the garage and 16 inches supporting a tomato plant in the side yard.

Now, let's see, if I were an envelope and a stamp who hated crowds, where would I go?

—St. John's Evening Telegram

(Submitted by Doug Hallomore)

\_\_\_\_\_ : O : \_\_\_\_\_

## I.U.A.T.—

(Continued from Page 2)

happily at will, and are most reluctant to leave.

Since then, conferences have been held in New York (1969) and in Moscow (1971). The next I.U.A.T. Conference, the 27<sup>nd</sup>, will take place in Tokyo, September 1973.

Eileen M. Hiltz

\_\_\_\_\_ : O : \_\_\_\_\_

## Great Occasion

Recently a single girl came into her office and began passing out cigars and candy, both with blue ribbons attached. Somewhat puzzled and most surprised her co-workers asked what the occasion was. Proudly she displayed a solitaire on her left hand and announced, "It's a boy—six feet tall and 185 pounds."

\* \* \*

Button, Button, Where's That Button

Standing in a crowded street car, a rather buxom woman was vainly trying to find a token for carfare. All her pockets had been tightly buttoned as a precaution against pickpockets, and no little commotion resulted.

"Please, let me pay your fare," said a man beside her.

"Nothing of the kind," she replied continuing the search. "I've got the fare here some place."

"I'm sure of it, lady," said the man, "but I'd like to pay your fare. You've unbuttoned my suspenders three times already!"

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# Question Box

J. J. Quinlan, M.D.



**Q.** Do patients with chronic tuberculosis usually show a low blood pressure? If so, why?

**A.** In chronic tuberculosis, the blood pressure findings have no definite characteristics. However, in patients who are acutely ill with the disease and where constitutional activity

is evidenced by such signs as high fever and rapid pulse, it is customary to find low blood pressure. With the improvement that occurs on appropriate drug treatment, the blood pressure usually returns to normal.

**Q.** Which is the more dangerous germ—*Streptococcus* or *Staphylococcus*?

**A.** First of all, it should be pointed out that there are many varieties of both streptococci and staphylococci which are not dangerous at all; they are saprophytes and do not cause disease in man. As far as the disease-producing varieties of these organisms go the streptococci, while the more virulent, are also the more vulnerable to modern antibiotic treatment. Both germs can cause very serious illness, but usually it is less of a problem for the doctor to treat streptococcal infection than that caused by staphylococci.

**Q.** When the doctor sees the first X-ray film of the patient can he then judge about how long treatment will be necessary?

**A.** The physician usually can give an estimate as to the length of treatment when he first examines the patient who has tuberculosis. However, it is very difficult for him to say whether the disease will undergo complete healing on drug therapy and bed rest, or require excisional surgery for its complete control.

**Q.** What effect does the lack of oxygen in the blood have on a patient?

**A.** The presence of oxygen in the blood is necessary for the survival of the patient and if the oxygen lack is severe the patient will die. A low oxygen content of the blood is evidenced by the presence of a bluish colour, particularly noticeable in the lips, ears, and finger-nail beds. It should be pointed out here that the blood may contain plenty of oxygen and yet the

patient may still be in a bad way. It is also necessary that the body be able to get rid of carbon dioxide. An abnormally high blood content of the latter gas can be just as bad as a low blood content of oxygen.

**Q.** What is empyema?

**A.** Empyema means the presence of pus in the pleural space. This condition may complicate tuberculosis, it is not uncommonly seen with severe pneumonia, it may follow chest injury or operation, and there are several other more unusual causes. The empyema may be total, that is, the entire pleural space may be filled with pus with resultant complete collapse of the lung, or it may be localized to one portion of the pleural space and sometimes it may be found between the lobes of the lung, the so-called interlobar empyema.

**Q.** What is meant by the clinical symptoms of tuberculosis?

**A.** It must be emphasized again that the individual with early tuberculosis feels perfectly well and to produce the classical symptoms the disease is fairly well advanced. These symptoms are loss of weight, loss of strength, loss of appetite, hoarseness, cough, sputum, fever, expectoration of blood, pain in the chest and in very advanced cases, shortness of breath and night sweats.

**Q.** When tuberculosis is suspected in a joint, how is the diagnosis made?

**A.** The diagnosis of tuberculosis of the joint is made first by assessing the symptoms when present. The most characteristic of these are pain and limitation of movement. If the joint is accessible to physical examination, as in the case of the knee, ankle, wrist, elbow, or shoulder joints, swelling may be noted. X-ray examination of the joint is indispensable and will reveal the characteristic appearances of tuberculosis. If fluid or pus is available for examination, the finding of tubercle bacilli confirms the fact that tuberculosis is present.

Reprinted from previous issues of  
Health Rays

## THE GOOD OLD DAYS

Old-time plumber: "when I was an apprentice we used to lay the first two lengths of pipe—then the boss would turn on the water, and we'd have to stay ahead of it."

## Editorial Comment

Having survived another Yule Tide season it is time to get down to the writing of thank you notes. We try to write notes to all individuals and groups who have sent gifts to patients and we also use this column to express our thanks as well. If we have inadvertently left anyone out, please be assured that we are none the less grateful for the kindness shown.

We wish to make special mention of the generosity of the Kentville Rotary Club in bringing about 66 gifts which they distributed themselves. As in other years they were escorted through the Sanatorium by Dr. Quinlan.

We also wish to thank the groups who provided entertainment for the patients during the pre-Christmas period. The following is a list of the groups and schedule of the activities:

Thursday, December 14: The "Sweet Adelines", who are the ladies chapter of the "Barber Shoppers" sang on the wards to an appreciative audience. For the past couple of years they had used our Recreation Hall for their weekly practice sessions. It, therefore, gives us a certain satisfaction to feel that we have contributed in some way to their present excellence!

Friday, December 15: Members of the A.C.T.I.O.N. group (Active Christian Teenagers In Our Neighbourhood) visited, under the leadership of Rev. Freeman Fenerty, Hartley and Sylvia Foote sang Christmas music on the wards.

Tuesday, December 19: A social evening was held for the patients in the Cafeteria which was attractively decorated and had the added attraction of soft lighting from the candles on each table. Very delicious refreshments were provided by the Dietary Department.

Two groups provided musical entertainment for the evening. First, Carol singers from the Christian Reformed Church, under the leadership of Rev. H. Vander Plaats brought gifts and sang with their characteristic sincerity and enthusiasm. Then, the second group, arriving about 9 o'clock, were the Kentville Chapter of the S.P.E.B. S.Q.S.A. — Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America. They first visited the Kings County Hospital but had plenty of energy left for the Sanatorium as well!

Their visit is always very much enjoyed and we were pleased to find that the cafeteria is very well suited to an evening of entertainment such as this.

Wednesday, December 20: Rev. T. Kenna, Pastor of the Kentville Pentecostal Church, led members of his choir in a most enjoyable selection of Christmas Carols and songs of Faith. Rev. Kenna plays the accordion very professionally and the result is a very pleasing blending of voices and instrument.

Thursday, December 21: The Salvation Army Band and Carol singers played and sang under the director of Captain Banfield. They also distributed "Sunshine Packages" to all of the patients. We were interested to find out just before Christmas, that we now have two lady officers with the Kentville Corp of the Salvation Army. Captain Pauline Banfield has been here since late June and Lieutenant Barbara Howes came to Kentville in September. They had previously been together in one of the districts of Montreal. Both are obviously musically inclined — Captain Banfield has a fine singing voice and Lieutenant Howes plays several instruments, including a guitar, which must help considerably in her work with the young people.

Saturday, December 23: Santa Claus visited the young people at the Sanatorium, accompanied by an attractive young assistant carrying a basket of candy canes. Also accompanying Santa was the Assistant Manager of Towers who had sponsored this visit. Besides the Candy Canes there were some pretty pictures brought to each of the children.

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

\* \* \*

"One little word makes a difference . . ." In our December issue, in the article, "Christmas Carols", Pg. 3, Col. 1, we have Eileen Hiltz saying of the carol, Good King Wencelas, "This carol has been a favorite of mine, perhaps because the verses go on so endlessly in a rather

(Continued on Page 8)



## EDITORIAL COMMENT—

(Continued from Page 7)

sing-song manner." It should have read, "has not been a favorite." Probably I overlooked the error of omission because, since school days, I have liked the old carol and felt that the cadence fitted the "in his master's steps he trod, where the snow lay dinted". However, once having described it as going on endlessly in a sing-song manner, one doesn't care to say that one likes it for this very reason!

Which reminds me, in the November issue of "The Lighthouse" I had noticed that Dr. G. G. Simms, our Deputy Minister of Public Health, was quoted as saying he was "not impressed by the scope and expertise of the inspectors" This is corrected in the December issue to read, he was NOW impressed by the scope and expertise, etc." Blame it all on the "printer's devil", I say!

—:O:—

## 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 December 31, 1972:

Previously acknowledged:	\$4,263.01
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Estate of Alek Majstruk	
Miscellaneous	
Total:	40.00

Grand Total	\$4,303.01
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# Timely quotes

Obsessively self-protective people ought to ponder the tart truth of Sir Isaiah Berlin's observation that: "The logical culmination of the process of destroying everything through which I can possibly be wounded is suicide."

There are two correspondent requests I can't satisfy, and perhaps some learned reader can help out: first, who said, "Stand up and be counted"?; second, what is the word applied to the technique in argument of answering a question with a question? (No, the second is not called "begging the question," which is a different technique entirely.)

If beauticians and real estate operators and such are licensed by the state, or city, why do auto mechanics and TV repairmen remain exempt, when they cost the consumer far more in fraudulent charges than any other service occupations?

If Thomas Eagleton would have been a poor risk as a potential President, consider the number of men in high public office who demonstrably need help as much as he did, but lack the insight or motivation to seek it.

A bill that comes two or three months late is always more of a wrench to pay, in obedience to the psychological axiom that if a debt is deferred long enough, it comes to seem more of an injustice than an obligation.

"I know it like the back of my hand," is one of the silliest similes in the language; hardly anyone could distinguish the back of his hand from the back of anyone else's hand of the same sex and general age.

For every person who is defeated by another, 20 persons defeat themselves — not only in games, where errors far outnumber brilliancies, but in life itself, where the drive for self-destructiveness is often stronger than the urge for survival.

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ESSO SERVICE STATION

## 10 HINTS

A prominent judge attended the church wedding of the daughter of one old friend to another old friend's son. After the minister pronounced them man and wife, the happy couple came down the aisle smiling gaily at relatives and friends. As they passed the judge's pew, he felt a strong urge to step out and tell them to make this a lifelong partnership. He wanted to tell them never to let anything drive them into the divorce courts where far too many marriages are being terminated today. He didn't do it. The very thought of divorce seemed to him a desecration at so beautiful a wedding.

Later in his study at home, the judge thought of the contrast between the happiness of a wedding day and the harshness of so many days in court. He pondered the excuses given by those who are determined "to put asunder what God hath joined together." From his courtroom experience, he set down ten commandments for marriage. Perhaps they might help married couples retain the happiness of their wedding day.

1. Avoid the first quarrel.
2. Don't argue, nag or find fault.
3. Let there be no boss rule in the house.
4. "Ours" and not "Mine" should be the possessive pronoun.
5. Confine your intimacies

to yourselves; don't share them with your social friends.

6. Don't live with your in-laws. No matter how humble have a home of your own.

7. A little love and affection, as you used to display during your courtship days, will prevent many petty quarrels.

8. Husbands must keep in mind that running the household is a tough, tedious and tiresome job. Be considerate and overlook the wife's nerves.

9. Keep respect for each other. When respect goes love vanishes.

10. Protect the home with love insurance by having as many children as you can afford.

---

— On the surface, science is engaged in the perpetual task of turning the unknown into the known; at a deeper level, however, it succeeds equally in turning the known into the unknown.

— The worse enemies of capitalism are not the radicals who preach against "free enterprise," but the entrepreneurs who subvert the practice of it by forming private alliances of "socialism at the top."

— British children have been brought up on good form but lack of affection — which made them too effete to cope with the realities of life; American children have been brought up on affection but lack of good form — which made them too coarse to cope with the subtleties of life.

— Only a man devoid of personal vanity is equipped to handle high political office; but only those with excessive vanity ever seek it.

— The same person who "can't understand" children today couldn't understand adults when he was young.



## Chaplain's Corner

Msgr. J. H. Durney

from The Veteran

### HUMILITY: TO THE WORLD, A COMPLEX

From the virtue of humility must come great rewards, because Our Lord emphasized it and practiced it. He told His Apostles, "Learn from Me, for I am meek and humble of heart; and you will find rest for your souls" (Mt. 11, 29). Examples of His humility are His birth in a borrowed stable, His poor dwelling place in Nazareth, His withdrawal from those seeking to make Him king, His death on a cross, and His burial in the sepulchre of a friend.

When Benjamin Franklin was leaving the home of Cotton Mather, a great preacher in the Colonial days, he failed to lower his head, and he bumped it on the transom. As Franklin rubbed his head, Mather said to him: "Young man, if you bow your head in life, you will avoid much trouble."

The self-sufficient man has his day of importance, then he fades into oblivion. During the period of World War II there were leaders like Hitler, Mussolini, Roosevelt, and Churchill who appeared indispensable to their countries. Now others have taken their places, while they are almost forgotten figures.

What is humility? The ancients despised it; moderns call it an inferiority complex; and the God-fearing strive for it. Humility is a virtue that teaches one that all his gifts, his talents, and his successes are from God. It is the mainstay of charity; it is the foundation for all other virtues.

The opportunities to practice humility are limitless, for one meets them at home with his family, with fellow workers, in admitting his mistakes, and on the streets with strangers. If one is conscious of his unworthiness in the sight of God, he will never be disturbed by any slighting of his worth. In Chicago a certain manufacturer had the habit of strolling through cemeteries, stopping to read tombstones, and saying prayers for the dead. A curious caretaker, seeing him often, asked him his reason for the frequent visits. He told the man that the names of the dead, once famous in the city, made him think of his own end. He called his wanderings in the cemeteries cures for his pride. No one can be proud of his accomplishments if

he considers his last end.

For one deeply in love with Our Lord, there is little difficulty in accepting slights from others, watching others surpass us, and in being wrongly accused of misdeeds. The earthly reward for accepting humiliations is a genuine peace of soul; the heavenly reward is an eternity of happiness. St. John the Baptist is not only revered in heaven for his humble life, but he is constantly remembered on earth for his reply to the inquiries of his identity, that he was the fore-runner of Him, the latchet of whose shoe he was not worthy to loose.

—:O:—

### Let Us Seek God's Guidance In The New Year

As the threatening "Clouds of Chaos"

Gather in man's muddled mind  
While he searches for an answer

He alone can never find,  
May God turn our vision skyward

So that we can see above  
The gathering clouds of darkness

And behold God's brightening love —  
For today we're facing problems

Man alone can never solve,  
For it takes much more than genius

To determine and resolve  
The conditions that confront us

All around on every side,  
Daily mounting in intensity

Like the restless, rising tide —  
But we'll find new strength and wisdom

If instead of proud resistance  
We humbly call upon the Lord

And seek Divine Assistance,  
For the spirit can unravel

Many tangled, knotted threads  
That defy the skill and power

Of the world's best hands and heads —  
For the plans of growth and progress

Of which we all have dreamed  
Cannot survive materially

Unless The Spirit is redeemed —  
So as another New Year dawns

Let us seek the Lord in prayer  
And place our future hopes and plans

Securely in God's care.

Helen Steiner Rice

## HUMOUR

### An Easy Mistake

Have you heard about the father who finally got tired of the way his teenage daughter looked in a fit of rage, cut her hair and washed off the heavy eye make-up.

Lo and behold, it wasn't his daughter.

\* \* \*

Newlywed: "Nothing like it, my boy! You just marry a sweet girl like my wife, one who isn't afraid to share your lot for better or worse."

Confirmed bachelor: "Sounds nice, but some of these shareholders blossom into directors."

\* \* \*

### Planned Obsolescence, No Doubt

The old farmer's son wanted to go to college, so he could specialize in obstetrics, but Grandpap was "agin it". "Why, sure as shootin'," said the old man, "he'll spend all that time and money learnin' all about how to treat that there obstetrics — and then somebody'll find a cure for it!"

\* \* \*

Have you heard about the old skipper whose vessel was leaking. Somebody asked him, "Where does your vessel leak?" To which he replied, "She leaks in Sydney, and in Halifax; yes, sar, and she leaks in St. John's, too . . . to tell the truth, sar, she leaks all over the place."

\* \* \*

An artist was expounding on the intricacies of oil paintings at an exhibition.

"That is a cow grazing," he began.

"Then where is the grass?" asked the novice.

"She's eaten it all," replied the painter.

"Then where is the cow?"

"Do you think she'd be such a damn fool as to stay there when she had eaten all the grass."

\* \* \*

White are the far-off plains, and white

The fading forests grow;

The wind dies out along the height,

And denser still the snow,

A gathering weight on roof and tree,

Falls down scarcely audibly.

The road before me smooths and fills

Apace and all about

The fences dwindle, and the hills

Are blotted slowly out;

The naked trees loom spectrally

Into the dim white sky.

From "Snow" by

Archibald Lampman

### Born Fifty Years Too Soon

Two longtime married old cronies were talking over their long and painful experience under the yoke.

"I'm telling you," exclaimed one old codger to the other, "if they'd had electric blankets and sliced bread when I was young, I never would have got married in the first place."

\* \* \*

### An Overdose?

The middle-aged man's wife had been badgering him for days to take some "youth pills" she had bought for him. He finally relented one evening and took several of them before going to bed.

Next morning she tried to wake him. She shook him and yelled: "Get up; it's time you were out of bed!"

"All right, all right," he answered, eyes squinted. "I'll get up — but I won't go to school."

—:o:—

## THOUGHTS

Public education is a worse fiasco than public welfare; in the last half-dozen years, more than \$500 million in funds were spent to improve the education of "disadvantaged" children; and during that time, the number of under-achieving pupils has actually increased.

\* \* \*

Speaking of fiascos: last year in New York City, 90,000 felony arrests were made by the police — and only 50 cases went to trial.

\* \* \*

It's not accidental that the term "unsporting" is wholly British in origin; "sport" as a word existed in no other European language, and the English word has been adopted everywhere, as in the French phrase, "pour le sport."

\* \* \*

The label, "U.S. Inspected for Wholesomeness," on fresh meat seems a trifle whimsical when a recent medical study found salmonella (food poisoning) germs in more than 50 per cent of government-inspected poultry.

Peace cannot be kept by force. It can only be achieved by understanding. — Albert Einstein, Nobel Prize winning physicist.

## OLD TIMERS

Our correspondents have not yet sent us the notes regarding old friends who have been heard from during the holidays, but we will start off with a few that are at hand at the present time. First, some preliminary notes from Anne-Marie:

When Vi Jodrey of Kingston was in for her check-up recently she told me of having gone to visit Mrs. Marguerite Comeau in Mavillette last summer where she had an enjoyable time.

When Hector and Gladys McKean were in Halifax in November they ran into Eleanor and Byron Corkum at the Halifax Shopping Center. Byron was a patient here in 1951 and now works for the Liquor Commission in Halifax. Eleanor, a former Occupational Therapist on the Rehab. Staff, still works as an O.T. at Camp Hill Hospital.

Patients who were here in the early 1950's will remember Douglas (Junior) Smith of Berwick who was just a youngster at the time. On December 19 his wife gave birth to twins at the BFM Hospital, a boy and a girl. Congratulations to the proud parents.

Ian MacDonald of Arisaig was visiting at the Sanatorium during the holidays. Ian is now a student at St. Xavier University in Antigonish and has grown quite a bit since leaving here in 1970. He reports that his father, Zeno MacDonald, his sister, Linda and brother Gerald (who used to be known as Charlie Brown) are all well.

When Florence Belben was visiting her sister in Halifax recently she had supper with Edith Digdon of Armdale who was here in 1970. Edith is well. Florence also heard from Margaret Hurley who was here in 1966. Margaret was visiting her daughter in Ottawa at the time. Another friend of Florence's, Genevieve Carter of Dartmouth is also reported to be well. Genevieve was here in 1969.

Sister Christine Forbes who was here in 1970 enjoys her work as a teacher in Port Hawkesbury.

Thank you, Anne-Marie, and now, a few whom we have heard from during the holidays:

Ralph Doherty sends greetings to his friends, and a change of address, from Brule Street to 29 Russell Street, Dartmouth. We have some renewals from Mrs. Albert Deveau, Yarmouth; Mrs. Cora Skinner, Lunenburg, who had been in Cape Breton in November visiting with her daughter and family and sister and family.

She sends greetings to her friends and expresses her appreciation to the doctors and nurses who gave her such great care when she was a patient in the East and West Infirmaries.

Other renewals are from Gerald Uloth, Cole Harbour, Guysboro Co.; Miss Rae Jardine, Amherst; Sister Christine Forbes, St. Mary's Convent, Port Hawkesbury; Zeno MacDonald, Arisaig; Mrs. Sadie MacKenzie, RR 1, Scotsburn; Mrs. George Reekie, Westville; Mrs. Joan Pettigrew, RR 2, Halfway River, Cumberland Co.; Joseph Dominix, Lunenburg; Mrs. Harriett Robertson, 12 Lakeshore Manor, 2789 Jamieson St., Ottawa; Miss Ada Martell, who sent her greetings and best wishes to everyone whom she had known at the San.

From Anne Dube we hear that she and her husband enjoy reading Health Rays, she has enjoyed good health since leaving the Sanatorium and says, "Last May I "Retired" from my Lab Technicians career to be home with our three year old girl Johanna. Really enjoy being home. Please give my best wishes to all the staff members—I have many fond memories of my stay at the San." Her address is 2094 Elm St., Halifax. Renewals were also received from Hubert Harnish, RR 1, Hubbards; and from Mrs. Basil Elliott, New Ross. We had erroneously reported in our Notes and News, November issue, that Mrs. Elliott had returned to work at the Sanatorium. Not so!

We were pleased to hear from Mrs. Alex Cummings, now living at 123 Park Drive, Kennebecasis Park, St. John. She is the former Jane Brown, a Handcrafts teacher with our Rehab. Department about 10 years ago. Her children are Cathy, Brian and Heather, who is now 2 years old.

Renewals were received from Mrs. I. H. Jellicoe, and from Mrs. Carl Spidle, Barss Corner, who sent a very nice note of appreciation for the care received from the doctors and staff, and she sends her very best wishes to all.

Peggy MacEachern, Switchboard operator, mentions having heard from the following: Jean (Helpard) MacDonald; Mr. and Mr. Eric and Helen MacCormick, Dartmouth; both of whom were patients;

(Continued on Page 14)

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## Ins And Outs



### NOVA SCOTIA SANATORIUM

#### ADMISSIONS:

**NOVEMBER 16 TO DECEMBER 15, 1972**

WILLIAM HENRY CORBETT, South Alton, Kings Co.; MRS. GLADYS LOUISE BLAKNEY, 5 Minto St., Amherst; HOWARD BLAIR HUTT, Coldbrook, Kings Co.; CARL EVERETT SAWLER, Western Shore, Lunenburg Co.; JOANNE PATRICIA SAWLER, Western Shore, Lunenburg Co.; LEE ANDREW SAWLER, Western Shore, Lunenburg Co.; GILBERT BASIL MACCUMBER, Bramber, Hants Co.; MRS. GERTRUDE RAFUSE, Chester, Box 342; CARROLL CURTIS CUNNINGHAM, 2 Mountain View St., Kentville; ELIZABETH MARIE EWING, 46 Jordan Road, Greenwood; WILFRED EARL BARKHOUSE, RR 2, Canning, Kings Co.; CHARLES MALCOLM RICHARDS, Sheet Harbour, Halifax Co.; RUBY LAVINIA LEGGE, Centreville, Kings Co.; EUGEN FRIEDRICH GMEINER, Acadia University, Wolfville; WILLIAM EDWARD ROSE, Marie Joseph, Guysborough Co.; ORLIN PERCY JODREY, Scarsdale, Lunenburg Co.; JOHN FRANCIS MACPHERSON, 1047 Commercial St., New Minas; ELLEN MAY EISNER, Chester Basin, Lunenburg Co.; MARY ELLA THIBEAU, 99 Pleasant St., Yarmouth; JEANNINE MARIE MACDONALD, RR 3, Lower Sackville; ELIZABETH MARY CAMERON, 3670 Linc St., Halifax; EDWARD FRANCIS GAVEL, Antigonish; FREEMAN STANLEY BROWN, 234 Victoria Road, Dartmouth; STELLA ROSABEL MACDONALD, RR 3, Canning, Kings Co.; EDWARD JOSEPH MUISE, Salmon River, Digby Co.; RAY EDWARD WEBSTER, Aylesford, Kings Co.; MIRIAM GRACE NOWLAN, 22 Chestnut Ave., Wolfville; SHIRLEY GEORGE FORSYTHE, 182 Chester Ave., Kentville; ROY

ELDRIDGE HAMILTON, RR 4, New Glasgow; BERNARD FRANCIS PENNY, 2332 Hunter St., Halifax; HAZEL BAXTER, Halifax County Hospital, Cole Harbour; JOHN PAUL OLAND, 10 Mantusa Lane, Saint John, N. B.; JAMES HENRY LIGHTFOOT, 148 Woodworth Road, Kentville; ALLISON RANDALL LEGGE, Lake Paul, Kings Co.; ANGUS RONALD MacEACHERN, Craigmere, Inverness Co.; ARNOLD FRANK O'NEILL, Morristown, Kings Co.; RITA MARY PARKER, 55 Campbell Rd., Kentville; DONALD ALEXANDER MACDONALD, 207 Main St., Middleton; ORA VAUGHN McNAIR, Meagher's Grant, Halifax Co.; ALBERT BORDEN SMITH, Cambridge, Hants Co.; LORNE ALLISON THORPE, Spicer's Rest Home, Berwick.

#### DISCHARGES:

**NOVEMBER 16 TO DECEMBER 15, 1972**

HOWARD BLAIR HUTT, Coldbrook, Kings Co.; RALPH LEANDER MASON, Lunenburg; NAJABEY JAZEY, Bridgetown, Annapolis Co.; GERTRUDE LORENDA BROWN, Hantsport; JOSEPH DANIEL McCARTHY, 61 Victoria St., Truro; ALDEN LLOYD CLARKE, Advocate Harbour, Cumberland Co.; SUSAN MARGARET RANDALL, 5 Randall Road, Kentville, (expired); FRANK HAMILTON PALMER, Foster St., Berwick; IRENE GLADYS DURLING, 15 Granville St., Bridgetown, (expired); JOHN FRANCIS MacPHERSON, 1047 Commercial St., New Minas; WILFRED EARL BARKHOUSE, RR 2, Canning, Kings Co.; MILDRED MAY PORTER, 6 Acadia St., Wolfville; INGAR NICHOLSON, 98 Annapolis Road, Greenwood; WILLIAM MacQUILKIN, Fairview Manor, Halifax; REGINALD BRIAN FINDLEY, 380 Terrace St., New Glasgow; ELIZABETH MARY CAMERON, 3679 Lynch St., Halifax; WILLIAM ARTHUR BOLDEN, 2027 Maynard St., Halifax; CARROLL CURTIS CUNNINGHAM, 2 Mountain View, Kentville; JOHN UHLAN THOMAS, Falmouth, Hants Co.; STANLEY FREEMAN BROWN, 234 Victoria Road, Dartmouth; EUGEN FREDERICK GMEINER, Box 212, Acadia University, Wolfville; RICHARD WARREN ARENBURG, RR 2, Cambridge, Kings Co.; STELLA ROSABEL MACDONALD, RR 3, Canning; ELLEN MARY EISNER, Chester Basin, Lunenburg Co., (expired); GLADYS LOUISE BLAKNEY, 5 Minto St., Amherst; ARNOLD FRANK O'NEILL, RR 1, Aylesford; OLIVE MAY YOUNG, Ocean View Manor, Eastern Passage, Halifax Co.; GERALDINE HARDY, 39½ St. Michael's St.,

(Continued on Page 14)

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**INS AND OUTS—**

(Continued from Page 13)

Halifax; RAY EDWARD WEBSTER, Aylesford, Kings Co.; ROY ELDRIDGE HAMILTON, Box 6, MacKenzie Road, McLellan's Brook, Pictou Co.

**POINT EDWARD HOSPITAL****ADMISSIONS:****NOVEMBER 1 TO 30, 1972**

ANGUS WARREN MacDONALD, 26 Stanfield St., Sydney; MARY ELIZABETH MacKINNON, 299th St., Glace Bay; ANNIE MAY McGILLIBRAY, 299-5th St., Glace Bay; VIRGINIA MARY GOOGOO, Nyanza, Victoria Co.; HUGH DOWLING, 79 Pierce St., North Sydney; JAMES LEE, 312 West Ave., Glace Bay; LOUISE ISAAC, Barra Head, Richmond Co.; EDWARD EARL MacMILLIN, Box 238, Woodbine Park, Lower Sackville; THEODORE JOSEPH PAUL, Eskasoni, Cape Breton Co.

**DISCHARGES:****NOVEMBER 1 TO 30, 1972**

ARCHIBALD PHILIP BOYD, 26 Boyd St., Glace Bay; AGATHA JOSEPHINE RYAN, 4 Wood St., Glace Bay; DANIEL JOSEPH GILLIS, 33 Reserve Rowes, Reserve, Cape Breton Co.; WILLIAM PATRICK MacINNIS, 68 Mansfield St., Glace Bay; ISABEL KATHERINE FERGUSON, Green Hill, Florence, Cape Breton Co.; NEILAND BUCHANAN MacLEOD, Dingwall, Victoria Co.; CHARLES RAYMOND HOLMES, 756 Westmouth Road, Sydney; LINUS ARCHIBALD FORTUNE, 3594 Plummer Ave., New Waterford; JAMES LEE, 312 West Ave., Glace Bay; MARY AGNES MADDISON, 93 Ocean Ave., Glace Bay; HENRY MICHAEL CURTIS, Ingonish Beach, Victoria Co.; JOSEPH JAY GOULD, 111 Alexandra St., Membertou Reserve, Sydney.

:o:—

The miniature cocktail: drink one, and in a minute you're out.

**OLD TIMERS—**

(Continued from Page 13)

Rosetta Miller, B. C., Jane (Brown) Cummings; Ann (Standish) Robinson, Quebec, who used to work as a Handcrafts Instructor at the Sanatorium; and Marguerite MacLeod who, we are happy to say, keeps in touch with several of us and remains well and active in the Senior Citizens organization in Liverpool.

From Eileen Hiltz we hear that Rev. Peter Nearing, who edited **Health Rays** back in the early thirties, is nearing the completion of a biography on which he has been working for some time now. He tells of a visit to Nova Scotia this past summer to attend a family reunion on the occasion of his eldest sister's Golden Jubilee. His address is still Madonna House, Combermere, Ontario.

And to complete this we have a few more notes from Anne-Marie:

Blanche Mapplebeck had a letter from the former Betty McGee who is now Mrs. Sydney Rice of Inverness, Scotland. Betty still keeps in touch with some of her porch-mates and keeps well.

Mildred Salter of Hantsport, in her annual Christmas note, stated that she had had a good year. She still works at the Minas Basin Pulp and Power Company office in Hantsport.

Mary MacIsaac of Giant's Lake, Guysborough County, still keeps in touch at Christmas time — after 30 years! Mary was here in 1942 and is kept busy looking after her household.

Pat McEvoy had a note at Christmas from a former porch-mate of his, Frank Troop, Belle Isle, Annapolis Co. This news item beats the latter one as Frank was here in 1925! How about that! Frank was a bank teller in the old days and now does some barbering. It just happened that Allen Ring of Victoria Beach went to Frank's to have his hair cut and was able to inform him that Pat was still at the Sanatorium. Allen was a patient here in the 1940's.

:o:—

Dope: "Look at that bunch of cows."  
 Mope: "Herd, not bunch."  
 Dope: "Heard of what?"  
 Mope: "Herd of cows."  
 Dope: "Of course I've heard of cows."  
 Mope: "No, I mean a cow herd."  
 Dope: "So what if a cow heard. I didn't say anything bad."

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# Strictly personal

By SYDNEY J. HARRIS

My older boy is very nimble at puzzles and conundrums and such, so the other day I gave him a poser I had recently heard. It went like this:

"A father and his son were in an auto accident. The father was killed and the son, seriously injured, was rushed to the hospital. He needed immediate brain surgery and the hospital sent for the city's foremost brain surgeon.

"The surgeon arrived, looked at the boy, and said, 'I can't operate on this boy. He's my son.'"

The question: Who is the brain surgeon?

He gave up. "It doesn't make sense," he finally declared. But it does. It's only the set of our minds that doesn't make sense.

The brain surgeon, obviously, had to be the boy's mother. Who else could it be? But our minds are so set on the "foremost brain surgeon" in a city being a man that we never doubt for a moment that a man is speaking, although nowhere is this stated.

My son admitted to his chauvinistic embarrassment. But how many older men would be willing to do the same? They just automatically assume that a noted doctor has to be a man, although in Russia 75 per cent of all physicians are women, and in some European countries the proportion is now up to 50 per cent.

Last year, a New York Medical College

professor of psychiatry sent out a questionnaire to the deans of all U.S. medical schools, asking them what they were doing to help women enter and remain enrolled in medical training, even if they were married.

He expressed surprise (in *Medical Opinion*, May, 1971) that "many outstanding medical educators expressed lack of interest, opposition, and even overt hostility to women in medicine."

According to the journal, *Trans-Action*, at most medical schools women have to report back to classes from three days to two weeks after having a baby, or risk losing all credit for work accomplished. A man, by contrast, is often given up to two months leave (with full credit) if he has the misfortune to come down with mononucleosis.

"Babies interfere with a woman's medical career," say the deans — and then proceed to devise a schedule that makes it almost impossible for a married woman to go through internship and residency.

Prejudice of all kinds tends to be unconscious and ingrained. It's not amazing that so many people can't figure out who the brain surgeon is, even though both logic and common sense point in the same direction. Then, when we are caught out by the answer, our discomfiture prompts us to find rationalizing reasons to reinforce the original prejudice.

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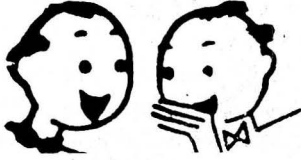


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In this world, it is not what we take up but what we give up that makes us rich. — Henry Ward Beecher, American clergyman.

Dreams never hurt anybody if he keeps working right behind the dream to make as much of it come real as he can. — F. W. Woolworth, American merchandiser.

## Just Jesting



### BIRDS OF A FEATHER—

Judge: "Your wife claims that life with you has become unbearable. What have you to say?"

Defendent: "It's the other way around, your honor. She insists on letting her two dogs and a cat sleep in our bedroom, and I couldn't stand the odor."

Judge: "Couldn't you just open a window?"

Defendent: "What! And let all my pigeons out?"

\* \* \*

A Christmas shopper is a woman who can hurry through a department store aisle 18 inches wide without brushing against the piled-up glassware, then drive home and knock the doors off a 12-foot garage.

\* \* \*

### Mutual Tastes, But —

Teenage boy to chum: "She and I like the same films, the same food, the same records, — the trouble is, we don't like each other!"

\* \* \*

Visitor: "Well, Junior, did you see Santa Claus this year?"

Junior: "No, it was too dark, but I heard what he said when he knocked his toe against the bedpost."

\* \* \*

### Good Thinking!

Each of two screwball rookies had been given a horse to train. "How are we going to tell them apart?" asked one. "I'll cut my horse's mane," suggested the other. So they trimmed the mane, but in time it grew out again. The first screwball then trimmed his horse's tail, but it soon grew out, too. Then the other screwball had a brain-wave: "Let's measure the horses," he said. Sure enough, it worked. The white horse was two inches taller than the black horse.

\* \* \*

"Son, what's this puddle on the carpet?"  
"Gee, Dad, I guess my pup runneth over."

Three men are my friends:  
He who loves me,  
He who is my enemy, and  
He who is indifferent to me.  
He who loves me teaches me tenderness;  
Who hates me teaches me caution;  
And who is indifferent, self-reliance.

—Author Unknown

\* \* \*

Give me the serenity to accept what cannot be changed.

Give me the courage to change what can be changed.

Give me the wisdom to know one from the other.

— Attributed to Reinhold Niebur

\* \* \*

You can carry a pack if it's strapped to your back;

You can carry a weight in your hands;

You can carry a bundle on top of your head,

As they do in other lands.

A load is light if you carry it right,

Though it weigh as much as a boulder;

But a tiny chip is too heavy to bear

If you carry it on your shoulder;

— Anon.

\* \* \*

"You say your basement leaks?"

"Leaks! Last night I went down to catch a mouse and I caught a herring instead!"

\* \* \*

\* \* \*

\* \* \*

"Did I tell you about my poor uncle? He fought and killed six bears barehanded."

"What's bad about that?"

"He was fighting seven."

\* \* \*

A minister tells of a strapping fellow who brought his demure young bride to church for matrimonial purposes.

"According to my usual custom," says the minister, "I turned to the bride-groom at a certain part of the ceremony and said: "John, this is your lawfully wedded wife." In the excitement of the occasion John turned in the direction of his newly-acquired lifemate and stammered: "Pleased to meet you."

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Friends often ask, "What do you hear of Fred Barrett?" Fred was formerly Director of Rehabilitation at the N. S. Sanatorium and, since October 1967, has been Regional Supervisor of Continuing Education with his office in Bridgetown and his home in Annapolis Royal. I would like to pretend that the above photo (by Joe Goldston Studio, Middleton) shows him making his daily rounds; but no, this was for a special occasion only — the festival known as the "Bridgetown Bash," at which time Fred was Town Crier. He does not pretend to be an accomplished horseman and had

considerable respect for the spirited mount assigned to him. He was to accompany his "Hear ye, hear ye's" by jangling a hand-model school bell. This was tried out beforehand to test said mount's tolerance. All was well until the actual event when, as in the poem describing John Gilpin's ride, the faster the louder, and the louder the faster . . . so that the bell had to be cast aside.

Fred was a patient at the BFM Hospital where he underwent surgery in December. We hope that he will soon feel like being "back in th saddle again"!





# Nova Scotia Sanatorium

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

## Point Edward Hospital

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

## Church Affiliation

### NOVA SCOTIA SANATORIUM

**Co-ordinating Protestant Chaplain**  
Rev. Gary Tonks

**PENTECOSTAL**  
Minister—Rev. T. Kenna

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

**ROMAN CATHOLIC**  
Parish Priest — Rev. J. A. Comeau  
San. Chaplain — Rev. Harlan D'Eon

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

**SALVATION ARMY**  
Capt. Pauline Banfield

**CHRISTIAN REFORMED**  
Minister—Rev H. Vander Plaats

**UNITED CHURCH**  
Minister—Dr. K. G. Sullivan  
San. Chaplain — Dr. J. Douglas Archibald

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

### POINT EDWARD HOSPITAL

**ANGLICAN**  
Rev. Weldon Smith

**UNITED CHURCH**  
Rev. Robert Jones

**ROMAN CATHOLIC**  
Parish Priest — Msgr. W. J. Gallivan

**PRESBYTERIAN**  
Rev. E. H. Bean

**SALVATION ARMY**

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