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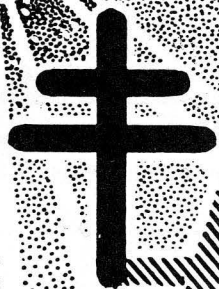
THE NOVA SCOTIA SANATORIUM

VOL. 53

SEPTEMBER, 1972 OCT No. 8 1972

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Health Rays



HEALTH RAYS

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MANAGING EDITOR DONALD M. BROWN
BUSINESS MANAGER JOHN AKIN

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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.

VERNON DOUGLAS SCHAFFNER, M.D.

J. J. Quinlan, M.D., C.R.S.C. (C) F.C.C.P:
Surgeon, N. S. Sanatorium

One of Nova Scotia's most distinguished surgeons and a Canadian pioneer in thoracic surgery, Vern Schaffner died in Port-aux-Basques, Newfoundland, June 29, 1972. Earlier in the day he and his companions had been approaching by sea his favorite salmon river. The water was rough and when an unusually large wave hit the boat he lost his balance, striking his head. He shook off the injury as trivial but within an hour he was in coma. The boat quickly returned to Port-aux-Basques where shortly afterwards he died.

Dr. Schaffner was born in Lawrence town, Annapolis County, April 16, 1904. He received his early education in Lawrencetown, and then proceeded to Acadia University, graduating in 1925 with his Bachelor of Arts degree. He received his undergraduate medical education at McGill University, where he had a brilliant career, standing second in his graduating class. After the usual internship at the Royal Victoria Hospital, he decided that he wanted to be a surgeon and his preparation for his surgical career was unusually thorough for the time. The professor of surgery at McGill University and the chief surgeon at the Royal Victoria Hospital was the late Dr. Edward William Archibald who was particularly interested in the development of the infant specialty of thoracic surgery. Associated with him, and intensely interested in the surgical treatment of tuberculosis, was Norman Bethune, later to gain fame in other fields. Consequently, while Vern received the best available teaching in general surgery he developed a particular liking for surgery of the chest, and Dr. Archibald gave him every encouragement. In his final year at the Royal Victoria Hospital from 1933 to 1934, he was Resident in Surgery.

In our contemporary surgical world with its everyday routine operations on the heart and great vessels, it is difficult to appreciate that when Vern Schaffner began his surgical career, procedures carried out successfully inside the chest were few and far between. Only in the previous year had Evarts Graham in St. Louis successfully done the first pneumonectomy for carcinoma. Archibald and his association who included Schaffner, had carried out a pneumonectomy for carcinoma four months

prior to Graham but, unfortunately, the patient survived only ten days. For the next decade, going into the chest deliberately represented a great adventure.

With such outstanding inherent ability and after such formidable training, it was expected that Vern would accept one of the attractive offers he received to remain in Montreal. This, he chose not to do. He wanted to work in Nova Scotia. At about this time, Dr. A. F. Miller who was then Medical Superintendent of the Nova Scotia Sanatorium wrote his friend, Dr. Archibald, and expressed his concern at not having available for his tuberculous patients the benefits of surgery. Dr. Miller wanted a surgical department at the Sanatorium, in spite of the opposition he was receiving to this proposal from several influential surgeons in Halifax. Archibald suggested young Schaffner, and Vern accepted the challenge with alacrity. He arrived in Kentville in the fall of 1934, and began the active practice of general and thoracic surgery which was to last uninterruptedly for 35 years. When he arrived, there was no surgical department at the Sanatorium, and the surgical procedures he carried out on the tuberculous patients necessitated their transfer to the nearby Eastern Kings Memorial Hospital, Wolfville. Moreover, there was no general hospital in the town of Kentville and, consequently, all his surgery was carried out in Wolfville. By 1936, with a lot of ingenuity and by the expenditure of relatively little money, a portion of the third floor of the then New Infirmary at the Sanatorium was converted into an operating suite. Thus began the Department of Surgery at the Nova Scotia Sanatorium. In 1939, the Blanchard-Fraser Memorial Hospital was opened in Kentville. Dr. Schaffner became its chief surgeon and retained that position until his retirement in 1969. In those years the operating facilities at the Sanatorium were completely given over to the treatment of tuberculosis and, consequently, for the next dozen years, first the little Eastern Kings Memorial Hospital and, then, the slightly larger Blanchard-Fraser Memorial Hospital witnessed the first lung resections for non-tuberculous diseases such as bronchiec-

(Continued on Page 2)

VERNON DOUGLAS SCHAFFNER

(Continued from Page 1)

asis cancer ever carried out in the province.

The surgical treatment of tuberculosis first consisted of collapse therapy with thoracoplasty and plombage representing the major procedures. In 1944, the first successful lung resection for pulmonary tuberculosis in Nova Scotia was carried out at the Nova Scotia Sanatorium by Dr. Schaffner, and the ensuing years with the advent of chemotherapy saw the obsolescence of collapse therapy and the establishment of excisional surgery for pulmonary tuberculosis.

Throughout his entire surgical career, Vern was a general surgeon of the first rank and an extremely busy one, but his first love was and remained thoracic surgery. For 40 years he was a part in the tremendous advances in surgery of the chest. He was a perpetual student and, no matter where it was held, he always managed to attend the annual meeting of the American Association for Thoracic Surgeons. He was elected an Associate Member of this select body in 1937, and a full Active Member in 1944. In 1965, he became a Senior Member. In 1937, he received his Fellowship in the American College of Surgeons and rarely missed the annual meeting. He served a term as Governor for the American College, representing the Eastern Provinces of Canada. In 1944, he received his certification in surgery from the Royal College of Physicians and Surgeons of Canada. In 1949, he was a founder member of the American Board of Thoracic Surgery. For some years he was an examiner in surgery for the Medical Council of Canada. It might be said that Vern's travels took him to Newfoundland every year for a short period of recreation, but otherwise were confined to trips all over the American Continent to gather in what was new in surgery and, in particular, thoracic surgery. At the same time, he was able to contribute greatly from his own experience and was the author of numerous papers on surgical topics, both general and thoracic.

In 1969, the sudden onset of difficulties with his vision forced him to forego active participation in surgery, but right up until the time of his death he remained a consultant to both the Sanatorium and the Blanchard-Fraser Memorial Hospital. In these past three years, certainly, he could not do things himself, but on many occa-

sions we were fortunate to have him around to suggest what was wrong and what was to be done about it. In truth, Vern Schaffner was a master of his craft.

He was a very active citizen. An avid sportsman, he was one of Nova Scotia's best known salmon fisherman and, in the fall, an enthusiastic pursuer of small game. He was instrumental in introducing the famous Weimeranar breed of dogs into Nova Scotia. In his early days in Kentville, he played golf and did some curling. He soon had to give up these simple pleasures due to the pressure of work. Fortunately, he continued to have his annual fishing excursion to Newfoundland and his few days of hunting in the fall. Also, for many years, he had a hobby. He became an expert at woodwork and it was doubly sad that the end of his operating room career also spelled finis as far as the use of his power tools was concerned.

Vern Schaffner was a great surgeon and a superb teacher. He had a happy and fulfilling life. When one of the cruelest of life's disabilities became his in 1969, he accepted it stoically. He refused to complain about the fates, but considered rather that it had been good to him. Most certainly, he reciprocated, to the best of his ability.

A Fellow And His Dad

A loyal, true companionship
Can make a man's heart glad,
And finest is the one between
A fellow and his dad.

They can roam the woods together,
And hunt, or fish, or swim,
For any fellow proudly knows
Dad really counts on him.

Somehow each finds in the other
The chummy pal he needs,
Who can always understand him
And boost his worthy deeds.

Man and boy will long remember
Those cherished years they had,
Hours shared by just the two—
A fellow and his dad.

Woman driver to cop arresting her: "But, Officer, I couldn't slow down while you were going so fast right in back of me!"

Mrs. Violet Silver Retires



On July 28 a tea was held in the cafeteria in honor of Mrs. Violet Silver who was retiring at the end of July. Mrs. Silver was a Handcrafts Instructor at the Sanatorium since October, 1958, on a permanent basis and had worked here for several months during 1955-1957 on a part-time basis. We are sure that she is remembered by a great number of former patients, for at one time there seemed to be very few patients who did not have some contact with our Rehabilitation Department.

During the period between 1958 and the

present there have been numerous changes in our rehabilitation programme. Previously, patients did not have the freedom that they now enjoy, and the opportunity of leaving their wards and going to the Rehab. Department was much more important to them than now. In the time Mrs. Silver has been with our department there have been a number of Rehab. staff members come and go, such as: Margaret Markham, Occupational Therapist; Eleanor Coldwell, O.T. Reg.; Marie Legere, Ann Standish, Jane Brown, Norma Cassidy, O. T. Reg., and Clifford Beeler — all of whom were fellow workers in the Handcrafts programme. And during that period there have been a number of other members of the Rehab. staff who have left us, such as: Isabelle McLellan, Ruby Blakey, Marguerite MacLeod, Fred Barrett, Marian Lacey, Betty Maloney, Rosalie Lacey, Curtis Gaul; our two stenographers, Margaret MacNamara and Alta Covert, and several who have been with our department on a part-time basis. So it can be seen that Mrs. Silver has provided a certain continuity to our programme.

To most patients, as well as to many of our fellow workers, it is surprising to hear of how much the Rehabilitation programme has changed in the last few years. It is surprising, for example, to hear that for many years the patients could not leave their wards unless they were going to the Rehabilitation Department, presumably for some meaningful activity. For patients who had been on very limited exercise—often for a period of months—the opportunity for getting outside was extremely important to them. Mrs. Silver had, herself, been a patient at the Sanatorium from 1926 to 1933 and had a keen understanding of what it meant to the patient to be on restricted exercise and then gradually be able to undertake some activity. Mrs. Silver has also been very much aware of the added satisfaction that patients will feel when their craftwork is well done and she has tried to maintain a high standard of workmanship.

Mrs. Silver will continue to live in Kentville and will no doubt be spending some time visiting with her daughter Laura Ann and her two big sons Freddie and David. We wish to express our appreciation to Mrs. Silver for the contribution she has made to our Rehabilitation Programme and we certainly wish her good health and good fortune.

—Don Brown

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Strictly Personal

By SYDNEY J. HARRIS

Thoughts at large:

Medically speaking, the mystery of the human brain may be solved before the mystery of the human back — the prevalence of "bad backs" in the population, and the dismal record of therapy, suggests that man became an erect animal against all the laws of anatomy and gravity.

* * *

The same people who are suspicious about commercial foods are the most eager to be duped by the dubious claims of "health foods."

* * *

Whenever an award, like the Oscar or the Tony, is given for "costuming," it invariably goes to historical costuming, for we regard contemporary costuming simply as "clothes."

* * *

Behavioral scientists are so busy trying to turn behavior into a science that they miss the whole point of what it is to be a person.

* * *

It's true that a small town is friendlier than a big city, but it's also more censorious—so what you gain in collective support you lose in individual action.

* * *

Parents who "can't understand" their children have children who understand them only too well.

* * *

Those who would like everybody in the country to share their own political persuasion have failed to ponder the truth of Aristotle's observation that "Those who think all virtue is to be found in their own party principles push matters to extremes; they do not consider that disproportion destroys a state."

* * *

As we grow up, we are shaped either by what we have learned to love, or by what we have learned to hate; and if we have not been given enough models to love, what can we do but build on hate?

* * *

It is money that sets things in motion, but men who determine which way they shall go; money can no more make success than bricks can make houses.

* * *

What do all these proper names have in common? — Cooper, Fletcher, Wainwright, Jenner, Chapman, Faulkner, Warner, Cro-

with Parker, Lorimer, Fuller, Tucker? (Obsolete occupations of their former forebears).

* * *

Only the affluent are presumed innocent until they can be proved guilty; for affluence implies influence and lack of influence is a presumption of guilt.

* * *

I like the idea of young people today "scripting" their own marriage services, so that the nuptial bond sounds less like a legal contract and more like a promise that can be kept.

* * *

Violence is never a sign of power, but always a symptom of loss of power—or fear that it is in the process of being lost.

* * *

We are for "practicality" when someone else's ideals attack our self-interest, but we are for "ideals" when someone else's practicality attacks our self-interest.

* * *

After reading three books on "information theory," I have come to the melancholy conclusion, that, next to linguists, "communications experts" write the worst English.

* * *

We must always beware of converse propositions: for instance, there is no love without a little jealousy, but there may be a great deal of jealousy with little love.

* * *

Every single minute of the day and night, the body generates as many new cells as the entire population of the world—about three billion—and people marvel at what "science" can do!

* * *

As sports become more serious — that is, more mercenary — in this country, we begin to perceive the truth of George Orwell's remark 20 years ago: "Serious sport

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STRICTLY PERSONAL—

(Continued from Page 4)

has nothing to do with fair play — it is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence; in other words, it is war minus the shooting.”

* * *

Not all foresight is intelligence: think of the prudent people who built fallout shelters.

* * *

Listening to most arguments, it's hard not to agree with the sardonic comment of Kierkegaard that “People demand freedom of speech to make up for the freedom of thought which they avoid.”

* * *

One of the best lines in Joseph Lash's Pulitzer-prize winning biography, “Eleanor and Franklin,” is Mrs. Roosevelt's comment: “Remember, no one can make you feel inferior without your consent.”

* * *

Nobody can “control” children who isn't in control of himself or herself.

* * *

You know, the irony of the whole capitalist-communist confrontation is that neither side really strikes at the vulnerability of the other. We don't really understand what's wrong with the Russian system any more than they really understand what's wrong with ours.

In our case, we sneer at their economic arrangements, when actually their economic arrangements have done more for them in 50 years than all the Czars did in 500.

And they sneer at our economic arrangements, when actually (despite our continuing inequities) capitalism has raised the ordinary man's level of living to unprecedented heights.

What is basically wrong with their system is political and social: the state tyranny, repression, conformity, fear, and the rule of law replaced by the rule of (mostly bad) men.

What is basically wrong with our system is intellectual and moral: we fail signally to practice what we preach about equality and opportunity, and, most of all, we fail to educate our citizenry to the responsibility

of a democratic order.

Their people have become dull, stereotyped, doctrinaire, antlike in their reactions; our people have become ignorant, vulgar, sensual, cynical and barbarous.

The chief crime of capitalism is that it has failed to use its enormous wealth, freedom and historical heritage to perpetuate and strengthen the ideals of Jefferson and his colleagues—so that politics would not degenerate into a cock-fight on a dung-heap, and public life would not run a poor last to television, sports, cookouts, and market quotations.

The American state has encouraged its citizens to concentrate on status and material competition so exclusively that most citizens today would not sign the Declaration of Independence, have no knowledge of that Constitution, know little and care less about the intellectual, ethical and religious bases on which our society was bred and nourished.

It is this pragmatic preoccupation with getting and spending that will eventually wreck us, not “alien propaganda.” It is our own failure to remain the kind of people our Founding Fathers were, to maintain a firm hierarchy of values, to assure that as capitalism gets richer, democracy gets stronger.

It was a total idea about man's nature (and hence his “inalienable rights”) that inspired the creation of this country, not an economic system alone. “Individualism” cannot save us, any more than “collectivism” can save the Russians. Only grasping what the human person is, and how he must behave, can save us. There is no indication that we even consider this question as important as the color reception on our set.

“Did you kill any moths with those mothballs I sold you yesterday?” asked the drug store clerk.

“No, I tried for five hours, but I couldn't hit even one,” replied the customer.

* * *

A supersonic plane is not only useless, but actually dangerous, for passengers until science can provide us with a supersonic nervous system to match.

* * *

The best definition of “great music” I have heard was Schnabel's: “It is music that has been composed better than it can be played.”

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MEDICAL COLUMN

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

As I have noted here before, in recent years we doctors have realized that measles is often a serious disease, and one that should be avoided if at all possible. It commonly produces some inflammation of the brain, and in a few cases there remains some brain damage. It has killed some 400 children in a year in this country, often, with the help of a pneumonia.

I am sorry to learn in a news release from the American Medical Association that measles is once more becoming a major threat to the health of the nation's children. During four weeks in March, 1971, 11,214 cases were reported — more than in any other four-week period since 1967.

A while ago, our health authorities decided that since we now have a vaccine that can put an end to measles why not wipe out the diseases? Between 1966 and 1968, the number of reported cases dropped from 204, 136 to 22,231. Authorities believe that so far, the campaign has averted 9.7 million cases, with 3,244 cases of mental retardation resulting from measles, and the avoidance of 973 deaths. That is why it is so sad that now it looks as if there could be 65,000 reported cases of measles this year.

Dr. A. J. Fingle attributes this increase to the failure of the measles vaccination programs to reach pre-school children in poverty areas in the cities, and school-age children in many rural areas. If only we could reach all mothers, and get them to take their children for measles vaccinations, we could quickly wipe this miserable disease off the face of the earth, and that would be wonderful. Every mother who loves her children and her country should quickly now have her child vaccinated against measles.

* * *

In the great City of Hope National Centre in Los Angeles, and some other hospitals throughout the United States, there is a test now being tried out. It is designed to show that persons born with a deficiency of a certain chemical called AAT in the blood are especially vulnerable to emphysema and other obstructive diseases of the lung, especially if their lungs are chal-

lenged by cigarette smoke, or other irritants.

This new test, sometimes reinforced by the giving to the patient of diethylstilbestrol has been used on 2,000 apparently normal persons. It was designed by Jack Lieberman, M.D., of the City of Hope. Dr. Lieberman found 5 per cent had inherited the deficiency from one parent, and .04 per cent from both. The person who inherits a tendency to emphysema from only one parent is not especially vulnerable to the disease as long as he doesn't smoke, but the heavy smoker stands a good chance of getting the disease.

Persons with a double inheritance (from both parents) have a 90 per cent chance of getting emphysema, even if they do not smoke. Certainly, if I were smoking two or three packages of cigarettes a day I would run to the nearest laboratories to get the Lieberman test made.

Combined Measles — Rubella Vaccine

The Department of Public Health is to commence a combined measles — rubella vaccine program this fall.

Dr. H. B. Colford, Director of Communicable Diseases Control, said the vaccine would be given to all children ages one to ten at the Department's various public health clinics throughout the province.

Up to now, children in this age bracket received only the measles vaccine while the separate rubella (German measles) vaccine was given to those in the first grade, he said.

With the combination vaccine, the Department hopes to be able to reach a greater number of children to protect them against both diseases.

Dr. Colford said the vaccine had proven both safe and effective in field trials and that it appeared to be effective in cutting down the disease rate for these afflictions.

Permission slips are no longer required from parents before their children can be immunized or tuberculin tested, Dr. H. B.

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Editorial Comment

Indications are that summer is just about over and autumn is fast approaching. The Labor Day weekend has just passed, school re-opens tomorrow, and we wonder where the summer has gone. Also, we have received a call from the Walter Callow Veterans and Invalids Welfare League offering to take our patients for the annual drives on Friday, September 8. This seemed early, so afterward I looked in last year's **Health Rays** and, sure enough, it was October 24 when we had our outing. The arrangements are similar to last year's two coaches are expected; one for a shorter trip to local points of interest, with a light lunch at some picnic area. The other coach will take a group over the New Ross Road to Lunenburg, where they will have dinner at the Boscawen Manor.

We very much appreciate the visits of the Callow Coaches, for it is a very commendable service which they provide. For many patients in nursing homes, municipal homes, and homes for the disabled, it is the only opportunity that they have for getting out for a drive.

I noticed that last year at the same time I had made mention of the patients' dining room closing and the patients beginning to use the same dining room as the staff members. And then at the first of December the former patients' dining room became the patients' lounge. And just recently we have been hearing of even greater changes in the offing. The canteen is to be moved to the basement area of the East Infirmary, which will make the Recreation Building available for the demolition crew. I know from talking with former patients that it is a source of amazement to find that it has become possible to accommodate our present patients in ever-decreasing space. The whole of the West Infirmary, by the way, is now vacant; the gentlemen on first floor having been moved out early in August to the west part of East I.

As another item of interest in the way of changes, did you know that what is expected to be our last class of Student Nursing Assistants will be starting classes later this month? The training of nursing assistants is to move into the vocational school system, the first such classes having already been offered at the vocational schools in Dartmouth and Middleton. It

will be interesting to see if they will make use of our facilities for part of their training.

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 contribution will help Health Rays to remain healthy.

The standing of this Fund as of August 31, 1972.

Previously acknowledged \$3,940.64

Recent contributors:

Century Patrons:

Nil

Patrons:

David Barrington

Emile Landriault

Miscellaneous:

Total: 52.00

Grand Total \$3,992.64

COMBINED MEASLES—

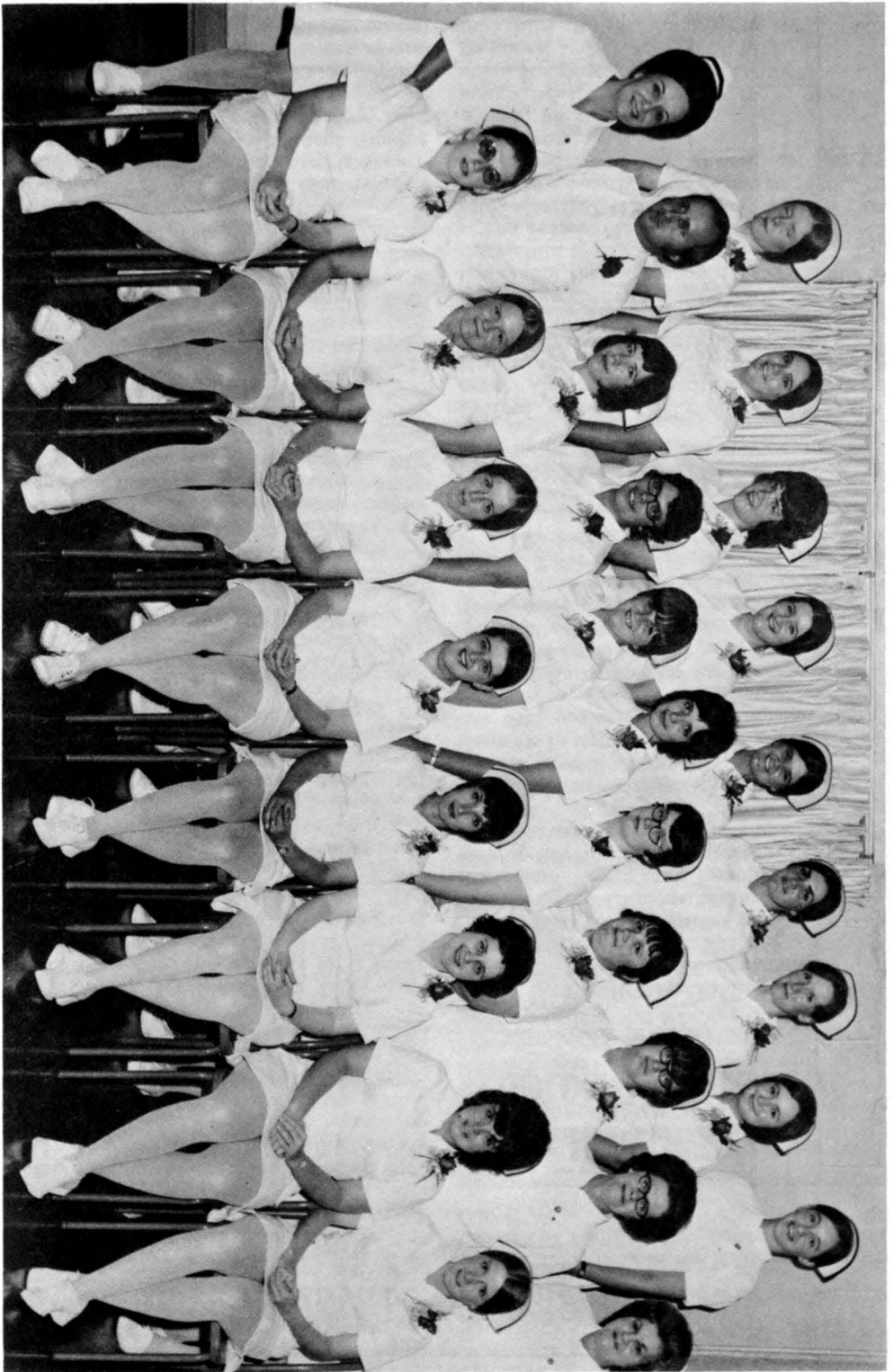
(Continued from Page 6)

Colford, Director of Communicable Diseases Control, Department of Public Health, said.

Instead, if the parents do not want their children immunized or tuberculin tested, it is up to them to notify the principal of the school that this should not be done to their child.

The reason for the change, Dr. Colford said, was that it was taking too much of the public health nurse's time in trying to get these forms filled out and approved by the parents.

Now, he said, all that would be needed would be for the parents to be notified about the program. The Department would go ahead and immunize or tuberculin test the child, unless the parents say otherwise.



Nursing Assistants Graduate

The 1972 Class of the Nova Scotia Sanatorium School of Nursing Assistants graduated on Tuesday, September 5. Addressing the graduating class was Dr. G. Graham Simms, newly-appointed Deputy Minister of Public Health for the Province of Nova Scotia, who told the graduates, "There will develop over the next few years a new system for the delivery of health care which will manifest in general the integrated application of health services and more particularly the team approach to the delivery of health care."

The 1972 graduating class, Nova Scotia Sanatorium School of Nursing Assistants pictured on opposite page: Left to right (back row): Miss Joan Maureen Leahy, Trenton; Miss Sandra Joan Benjamin, Kentville; Miss Mary Anne Legge, Lakeville; Miss Amelia Mary Muise, Sydney; Mrs. Monica Ann Andrea, North Sydney; Miss Mary Catherine MacDonald, North Sydney; Mrs. Elaine Virginia Deveau, Halifax; Miss Patricia Lee Salsman, Grafton; Mrs. Doris Glavine, RN, BScN, Instructor. Middle row: Miss E. Jean Dobson, RN, BScN, Director of Nursing; David Bruce Gordon, Yarmouth; Miss Diane Marie Turner, Bras D'Or; Miss Barbara Anne Keddy, Kingston; Miss Donna May Messom, Melvern Square; Miss Deborah Gale Dominey, Coldbrook; Mrs. Carolyn Elaine Marshall, Rossway; Miss Judy Irene Spidle, Wilmot; Miss Mary Ellen Jordan, Aylesford; Mrs. Catherine Boyle, RN, Director of Nursing Education; Mrs. W. Protheroe, RN, Instructor. Front row: Mrs. Betty-Lou Cameron, Kentville; Miss Catherine Eloise MacDougall, Sydney; Miss Gail Anne Porter, Lakeville; Miss Cecelia Raylene Muise, Sydney; Mrs. Elizabeth Ann Lundie, Kentville; Miss Jeanette Ward McClair, Curry's Corner; Miss Theresa Marie Brydon, North Sydney; Miss Margaret Ann MacLean, Plymouth.

The ceremonies were held in Miller Hall, N. S. Sanatorium, with Miss E. Jean Dobson, RN, BScN, as chairman. In her opening remarks, Miss Dobson acknowledged the great amount of co-operation received from the Blanchard Fraser Memorial Hospital in Kentville and the Kings County Hospital in Waterville, where the students had affiliated.

Introduced by Sanatorium Administrator Peter S. Mosher, Dr. Simms said in the new system "nursing services will have

an expanded role both qualitatively and quantitatively."

"It is very obvious that you have before you an exciting, challenging and satisfying life," he added.

Dr. Simms told the graduates "you are entering a completely new phase of life—indeed it would not be going too far to say that you are entering a 'new life' — a life of service, a life dedicated to others.

"You are going to be a successful, happy person in that life almost exactly in proportion to the true dedication you have to it," he said.

Mrs. Winnifred Protheroe, RN, Nursing Instructor, presented the prize for highest academic standing, donated by the Registered Nurses of the Sanatorium to Mrs. Elaine Deveau and Mrs. Betty-Lou Cameron, who were tied with 89.

Prize to the student "Most Proficient in Bedside Nursing," donated by the Valley Branch, CNA Association, was presented to Mrs. Monica Andrea by Association President, Mrs. Joann Sweet, CNA.

Mrs. Catherine Boyle, RN, Director of Nursing Education, presented the graduating class to Dr. Helen M. Holden, Medical Director, who presented diplomas; and Mrs. Doris Glavine, RN, BScN, who awarded the pins.

Soloist Miss Deborah MacDonald sang "I Believe" and "Climb Every Mountain."

Miss Deborah Benjamin gave the valedictory address.

Others taking part in the graduating exercises were Dr. D. W. Archibald, who was organist. He accompanied the soloist and played the "War Dance of the Priests" for the processional and recessional.

Rev. J. D. Archibald, DD, gave the invocation and benediction.

As something of a first, Dr. (Rev.) Archibald and Father Harland D'Eon held a joint Commission service for the graduates several days before the graduation. This was in keeping with the class spirit of the graduates, as well as the cordial relationship between the clergymen representing the several denominations at the Sanatorium.

Following the graduation ceremonies, a social hour was enjoyed in the cafeteria, with refreshments provided by the Dietary Department.



Chaplain's Corner

Msgr. J. H. Durney
from The Veteran

ANGER: WEAKNESS AND SIN

Perhaps no passion is more deeply rooted in man's nature than anger. Categorically, anger is twofold: justifiable; unjustifiable. In St. Matthew's Gospel (5 21-26) Christ, speaking about anger, quite obviously had unjustifiable anger in mind, and we define it as the inordinate desire to avenge injuries. By its nature, anger is a vice diametrically opposed to the virtue of meekness. Its viciousness is discernible by the manner in which revenge strikes. It may be inflicted upon persons from whom no injury has been received, as is evident in the murderous episode between Cain and Abel. Abel had done his brother Cain no wrong, but Abel's sacrifice had been accepted by God in preference to that of Cain. Also, revenge may be imposed in a manner which is out of proportion with the injury actually received, and here witness the punishment which the celebrated Chancellor of England, St. Thomas More, received at the hands of King Henry VIII.

With regard to the sinfulness of anger, it is necessary to consider this passion from a threefold aspect; God; our neighbor; ourselves.

When a man heaps revenge upon his fellow man, he seizes or assumes a prerogative which belongs to God alone. This is clearly affirmed by St. Paul when he wrote thus to the Romans: "Do not avenge yourselves beloved, but give place to the wrath, for it is written: Vengeance is mine, I will repay, says the Lord." (12, 19).

When a man in anger takes revenge upon his neighbor, he acts in opposition to Christ's commandments that we love all men without exception. So importantly did Christ regard this mandate that in his farewell speech to the Apostles at the Last Supper he reminded them: "This is My Commandment that you love one another as I have loved you."

When man becomes angry, he does an injustice to himself, for the Holy Spirit does not dwell in the heart where anger abides; where there is anger, there is no peace. He will act most unjustly and do what afterwards he will regret. Aristotle compares the effect of anger on the mind to that of smoke in the eyes, since it is

impossible to see things in their true proportions. Therefore, it may be stated that the angry man is in constant danger of injuring his soul and of being cast into everlasting fire.

When a man learns that he lacks proper self-control and is inclined to act impulsively, let him ponder on the example of St. Francis de Sales: — "I have made an agreement with my tongue never to utter a word while my heart is excited."

A Prayer

Lord, let me live like a Regular Man,
With Regular friends and true;
Let me play the game on a Regular plan
And play it that way all through;
Let me win or lose with a Regular smile
And never be known to whine,
For that is a Regular Fellow's style
And I want to make it mine!

Oh, give me a Regular chance in life,
The same as the rest, I pray,
And give me a Regular girl for wife
To help me along the way,
Let us know the lot of humanity,
Its Regular woes and joys,
And raise a Regular family
Of Regular girls and boys!

Let me live to a Regular good old age,
With Regular snow-white hair,
Having done my labor and earned my wage
And played my game for fair;
And so at last when the people scan
My face on its peaceful bier,
They'll say, "Well, he was a Regular Man!"
And drop a Regular tear!

—Berton Braley

In Perspective

Mother had ten children, and a friend asked her how she divided her love between so many.

"You don't divide," replied the mother. "You multiply."

* * *

Prejudices are the chains forged by ignorance to keep men apart.

OLD TIMERS

It was interesting to have a visit last month from some one who was a patient at the Sanatorium from 1917 to February 1919. He was Hanson James Mathews, now living at 1496 East 18th Avenue, Vancouver, who, with his wife, was visiting the province for the first time since his discharge from the San. Your writer was pleased to show him around the San., much of which still looked familiar to him. At the time of his admission he was in the Royal Canadian Navy, was in Halifax at the time of the Explosion and came to the San for treatment of chest injuries. Mrs. Mathews, too, was interested in seeing the San., having heard her husband speak of it through the years. Her visit was made more pleasant because they happened to arrive at the time of the Odd Fellows and Rebeccas Convention and she enjoyed attending some of the meetings.

And here at the same time in 1917 was Dr. Russell Johnson Collins, at that time assistant superintendent and later, a patient in 1921-22. We received a clipping indicating that Dr. Collins died in Saint John the second week in July at age 80. Dr. Collins received his medical degree from Western Reserve in 1915 and then served as instructor at the University of Chicago before moving to Kentville in 1917. Upon leaving Kentville he went to Balfour (B. C.) Sanatorium, and then to the Calydor Sanatorium in Ontario.

We were most happy to have a visit from the two Marguerites who were former members of our Rehab. staff: Marguerite MacNamara Parker was finishing up her vacation at her Aylesford Lake cottage when she finally found time to visit friends at the Sanatorium before heading back to Ottawa. She remains her charming self, and it was indeed a pleasure to have her with us again for awhile.

Our second visitor was, of course, Marguerite MacLeod, spending a couple of days in Wolfville and vicinity. Marguerite had a trip to Ottawa with a (do I dare say it?) Senior Citizens' Group, and enjoys their regular meeting in Liverpool. She is active and has many interests and is looking fine. This was her first tour of the converted Nurses' Residence and she was interested to see the use that has been made of the rooms. I suppose I should have worded that "Nurses' Residence since converted . . ." rather than converted



RELIGIOUS SERVICES AT THE NOVA SCOTIA SANATORIUM

PROTESTANT

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

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

Communion is served quarterly in the East and West Infirmarys.

ROMAN CATHOLIC

The Sacrifice of The Mass (Chapel)
Sunday; 9:00 a.m.

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

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

Nurses; however, you likely knew what I meant.

Judy Bennett from Hampton, who was a patient a couple of years ago, was married on June 24 to Brian Bent, and they are living at 276 Main St., Kentville. Judy works at Radio Station CKEN, while Brian works at the Bank of Nova Scotia.

And now for some of the readers we have heard from, mainly when renewing their subscriptions: Mrs. Alma Muise, East Quinan, writes that her husband, Theodore, was at the San for one year, August 14, 1962, to the same date in 1963. Mrs. Muise was here for nine weeks in 1969 from October to December. She has not had a cold since, continues to feel fine, and wishes to say Hello to her friends. She also reports that she had a very pleasant visit from her former porch mate, Genevieve Carter, and her husband George while vacationing.

Miss Marion MacDonald, Trenton, writes that she still looks forward to receiving her magazine.

Real Rossignol, Hillcrest Road, Lower

(Continued on Page 12)

OLD TIMERS—

(Continued from Page 11)

Sackville, sent in his subscription for the first time.

Others who have renewed recently have been: Mrs. Emelia Maillet, Saulnierville Station; Mrs. Mildred Romain, Yarmouth; Dorothy Anderson, 5 Nova Drive, Truro; Linda Sproule, Bridgetown; Mrs. Keith Morton, RR 2, Stewiacke; Clara Gray, 15 Oakdene Ave., Kentville; Robert Rankin, New Glasgow; Mrs. George Lombard, RR 1, Weymouth; George Harris, Timberlea; Mrs. Anna McCarthy, Truro; Alexander Stewart, Sr., Truro; Sandy Flynn, Dartmouth; Mrs. Helen B. Saunier, Church Point; Mrs. Mildred MacLean, 520 Little Harbour Road, New Glasgow, writes that she enjoys **Health Rays** and is enjoying the best of health; Emile Landriault, Kentville; Mrs. Joan Chamberlain, Rockingham; Walter Veinot, New Germany; Mrs. Lucie Neveu, 1603 Sheppard Ave., West, Downsview, Ontario; Mrs. Evelyn Clark, Enfield; David Barrington, Sydney, who kindly sent a contribution to the Jubilee Fund; and the following members of the Sanatorium family: Miss Eileen Quinlan, Dr. A. Laretei, Dr. Frank Meisner, Mrs. Velenia Lloyd, Geraldine Ross, and Mrs. Pat Brown.

From Mrs. Ina Williams we have a change of address to Box 357 Shelburne, and a nice little note saying that she really enjoyed her stay at the Sanatorium and appreciated it, and wants to send greeting to her friends.

We were pleased recently to see Mrs. Basil Elliot of New Ross, formerly the nurse in the out-patients, and now looking very well indeed.

And now some notes from Anne-Marie:

Mrs. Thelma Deschamp (nee Pierce) visited the Sanatorium recently after an absence of 27 years. She is now living in Peterborough and, besides looking after her family, works as a school secretary. She spoke of having seen Kay Servant recently. Kay is retired from the teaching profession and is living in Shelburne, enjoying painting, etc. Thelma also saw Mrs. Bertha Nickerson who was a porchmate of hers in the Annex in 1942.

Mrs. Sadie Johnson Dunbrack, who re-

sides in the Toronto area, also called at the Sanatorium during a vacation in Nova Scotia.

Jack Ripley of the Dietary staff and Chester Mitchell, a former staff member, drove to Yarmouth to see Steve Mullen recently. Jack reports that Steve looks very well and was happy to see them.

Peggy MacEachern and Florence Belben motored to Kingston to visit Margaret Morse, last week. Marg is at the Hopkins Home and Peggy reports that she is getting along fine.

At the CTRDA meeting in Halifax last June, Alfred C. Milner of Amherst was presented with the CTRDA honorary life membership at the Association's annual dinner. Mr. Milner was a patient here in the '30's.

Nelson MacNeil of Malagash, a patient here in 1951, was visiting at the San recently. He has retired from farming and travels around the Maritimes quite a bit. He has kept well.

Vange and Al Whippie of Shelburne, both former patients and staff members, were visiting Hazel and Joe LeFave over the weekend. They are both enjoying good health.

Brian Hirtle, a former patient, was married to Linda Hillier, a staff member, sometime in July. Brian works at he Kings County Hospital in Waterville.

John Durant and family were visiting Stan Robichaud's family while on vacation last week. John was here in 1970 and now works at a car wash in Antigonish.

Margaret Munroe and her son Philip, who were patients here in 1967, were visiting Florence Belben, last week. Philip goes to school in Vermont where the family now lives. They were visiting friends in Shelburne County.

Ardena Lewis of Dartmouth was also visiting Florence. She was here in 1968 and keeps fairly well.

Linda Phillips, formerly of Woodville, Hants County, who was here in 1970, was married on July 29 to Stephen Donald Stephens in Orillia, Ontario.

I read in the Petit Courrier where Mrs. Evelyn LeBlanc of West Pubnico had organized a special ceramics class in East Pubnico this summer, with Max Roulston as instructor. Evelyn was a patient here in 1964 and has shown a keen interest in ceramics since 1967.

Ruth and Jack Robson, former patients and staff members in the early 50's, now

(Continued on Page 16)

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Ins And Outs



NOVA SCOTIA SANATORIUM

ADMISSION:

JUNE 16 TO AUGUST 15, 1972

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INS AND OUTS—

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DISCHARGES:**JUNE 16 TO AUGUST 15, 1972**

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DISCHARGES:**JULY 1 TO JULY 31, 1972**

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Judge: Remember that you are under oath. What is your age?

Woman: Twenty-one years and some months.

Judge: How many months?

Woman: One hundred and eight.

* * *

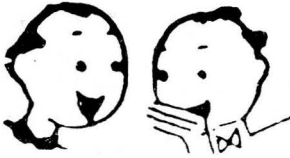
The only time a politician is confounded is when an opponent does exactly what he says he will.

* * *

The most rare and difficult accomplishment is to acquire a lot of knowledge without letting it go to your head.

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Just Jesting



On his way to work one morning Pat told his buddy Mike, "Mike, I hate to mention this, but you should pull your shades in the evening. Last night when I walked by your house the lights were low but I could see you and your wife making love very passionately."

"Hah! The joke's on you!" exclaimed Mike. "You forgot that I was out bowling with the boys last night!"

* * *

Husband, returning home late on payday was greeted with, "This is only half your pay. Where's the rest?" "I bought something for the house," said he brightly. "Oh, how nice," said she, smiling now. "What did you buy?" "A few rounds of drinks," said he.

* * *

Husband, returning home and finding a cigar smouldering: "Well, where did this come from!" There was a long pause and then in a small voice she answered, "Would you accept the answer 'Cuba'?"

* * *

Misery is when you are in a crowded room and a strange, beautiful woman has been smiling at you and you maneuver close to her and murmur something enchanting and she says, "Uncle Harry, I do believe you don't recognize me!"

* * *

When a girl says she never drinks anything stronger than pop, maybe you'd better check and see what Pop drinks.

* * *

A sunset is Heaven's gate left ajar.

* * *

"Experience is not what happens to man. It is what a man does with what happens to him." — Aldous Huxley, writer.

OLD TIMERS—

(Continued from Page 12)

living in Kingston, Ontario, were visiting Mr. and Mrs. Carl Wagner while vacationing in Nova Scotia. They have two children, one boy and one girl.

Phyllis (formerly Vaughan) Wood of Stettler, Alberta, visited at the San while vacationing at her home in Windsor Junction. Phyl was a patient here in 1950 and looks the picture of health. She has two young sons.

John McCann also dropped in to see his old friends at the San while motoring through the Valley. John, a patient here in 1955, now lives in Toronto. He was accompanied by his wife.

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THE REGISTER, BERWICK

WRIGHT'S CLOTHING LTD.

The best way to get a bad law repealed is to enforce it strictly. — Abraham Lincoln.

* * *

Every man, when he suddenly comes into juxtaposition with a woman somewhat taller than himself, unconsciously straightens up a little.

* * *

Even the best coffee never really tastes quite as good as it smells.

One of many difficult problems with cancer diagnosis is that pain is seldom a reliable early symptom of the disease. Luckily, a cancer check-up by a doctor will discover early indications. More and more cancers are being detected because of the nation-wide educational programme of the Canadian Cancer Society. Like research, this education work is supported by the April Cancer Campaign. Support it strongly.

Nova Scotia Sanatorium

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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
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G. A. KLOSS, M.D., F.C.C.P.	Physician
E. W. CROSSON, M.D.	Physician
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B. F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C)	Consult. Ortho. Surg.
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Church Affiliation

NOVA SCOTIA SANATORIUM

Co-ordinating Protestant Chaplain
Rev. Howard Taylor

PENTECOSTAL
Minister—Rev. Robert Cross

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

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. Charles Broughton

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.

In Memoriam



DR. VERNON D. SCHAFFNER
April 16, 1904 - June 29, 1972