

NOVA SCOTIA SANATORIUM

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NO. 7

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## *Sanatorium Visiting Hours*

### **NOVA SCOTIA SANATORIUM**

DAILY: 10:15 — 11:45 A.M.

DAILY: 3:15 — 4:45 P.M.

DAILY: 7:30 — 8:30 P.M.

### **POINT EDWARD HOSPITAL**

Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.

Sunday and Holidays: 3:00-4:30; 7:00-8:30 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.

## *Church Affiliation*

### **NOVA SCOTIA SANATORIUM**

#### **ANGLICAN**

Rector—Archdeacon L. W. Mosher  
Sanatorium Chaplain—Rev. J. A. Munroe

#### **BAPTIST**

Minister—Dr. G. N. Hamilton  
Student Chaplain—Lic. Gerald Fisher  
Lay Visitor—Mrs. Alice Porter

#### **CHRISTIAN REFORMED**

Minister—Rev. J. G. Groen

#### **ROMAN CATHOLIC**

Parish Priest—Rev. J. F. DeLouchry  
Asst. Priest—Rev. G. E. Saulnier

#### **SALVATION ARMY**

Capt. H. L. Kennedy

#### **UNITED CHURCH**

Minister—Rev. K. G. Sullivan  
Sanatorium Chaplain—Rev. J. D. MacLeod

#### **PENTECOSTAL**

Minister—Rev. Glen Kauffeldt

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

### **POINT EDWARD HOSPITAL**

#### **ANGLICAN**

Rev. Weldon Smith

#### **ROMAN CATHOLIC**

Parish Priest—Rev. R. Donnelly

#### **UNITED CHURCH**

Rev. Robert Hutcheson

#### **PRESYTERIAN**

Rev. E. H. Bean

#### **SALVATION ARMY**

Mr. William Brewer

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.



# HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER

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For the Lord thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills; a land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey; a land wherein thou shalt not lack anything in it; a land whose stones are iron, and out of whose hills thou mayest dig brass. When thou hast eaten and art full, then thou shalt bless the Lord thy God for the good land which he hath given thee. Beware that thou forget not the Lord thy God, in not keeping His Commandments, and His judgements, and His statutes, which I command thee this day.

—Deuteronomy 9: 7-11

# Tb Today: A Report to The Council of The N.S.T.A.

J. E. Hiltz M.D.

## Nova Scotia Sanatorium

Mr. President and Members  
Council of the Nova Scotia Tuberculosis  
Association:

As the administrator of the Tuberculosis Control Services of our Province it is my sad duty to report to you that tuberculosis continues to be an increasing public health problem.

Newly discovered cases of active tuberculosis were found as follows:

217 in 1966 compared to  
201 in 1965 compared to  
168 in 1964

In addition, old, known, healed cases of the disease developed active tuberculosis again during the year as follows:

58 in 1966 compared to  
56 in 1965 compared to  
54 in 1964

The total new treatment load, then, was:

275 in 1966 compared to  
257 in 1965 compared to  
222 in 1964

Of the 217 new active cases discovered in 1966, 21 were under 15 years of age, 23 were 15 to 19 years of age.

A total, therefore, of 44 of the new cases were under 20 years old. It may be of interest to report that today at the Nova Scotia Sanatorium over sixty patients with active tuberculosis are under 20 years of age. By contrast, 48 of our new cases in 1966 were over 60 years of age and, indeed, eleven were over 80 years of age when first found to have tuberculosis.

Of the 217 new cases, 38 had tuberculosis involving primarily some part of the body other than the lungs.

Of the remaining 179 respiratory or lung cases, 106 were in the advanced stage of tuberculosis when diagnosed. Four had miliary tuberculosis and three of them are now dead. Indeed, two were dead when discovered. Two had tuberculosis meningitis, and 21 had genitourinary or mainly kidney tuberculosis.

Of the 275 cases (new cases and re-activations of old disease) representing our new treatment load for the year, 84 or 30 per cent were from Halifax County (including the City) 61 or 22 per cent were from Cape Breton County, our areas of high population density.

Fifty-nine of our 217 new cases were found by and most of them underwent some treatment in the general hospitals of our Province. Ten new cases were discovered in mental hospitals.

There are 365 tuberculosis treatment beds in Nova Scotia. On March 31, 1967, 278 or 76 per cent of these were occupied.

	Beds	Pat	% Occ
Nova Scotia Sanatorium	192	184	96%
Point Edward Hospital	152	77	50%
Nova Scotia Hospital	21	17	80%

365 278 76%

Some of our crowding at the Sanatorium is due to the localized epidemic which occurred earlier in the year in Clare Municipality. This sent 38 persons to the Sanatorium, two of whom have been returned home as they did not have any demonstrable lung disease. Two are adults, the other 34 are children and teenagers. They are doing well but they have lost some precious time out of their normal lives although we are trying to help them keep up with their school work. About 250 young people in the Clare District High School are taking antituberculosis drugs because they have developed a positive tuberculin reaction indicating the presence of some degree of tuberculous infection. But perhaps we should not be too surprised by this particular epidemic. It was not our first nor will it be our last.

In 1948, Dr. G. M. Smith and his staff found fourteen cases of active tuberculosis in the small Lower Wolfville School. An additional 13 cases were found among their home contacts within the next few years. Here, then, were 27 new cases of tuberculosis—with two deaths—in a very small community.

In 1954 to 1956, Dr. V. K. Rideout reported on an epidemic of tuberculosis in a Digby School. This yielded 14 new active case of tuberculosis.

In 1960, Dr. Smith again had a small epidemic in Hants County with the finding of ten new cases in a small community of 30 persons in the Three Mile Plains area.

In 1963, Dr. Rideout discovered 12 new active cases of tuberculosis in the Amiraault's Hill area which has a population of about 1700 persons. This was a much higher ratio of new cases than in Clare where there were only 36 cases out of 8500 persons. However, in Clare there were 33 persons involved out of a school population of 569.

There have been other outbreaks elsewhere in Nova Scotia and, indeed, all across Canada. In 1963, 80 Eskimos out of a population of 329 were found to have active tuberculosis at Eskimo Point, N. W.T. and just this year the Canadian press has reported an outbreak of tuberculosis among technicians working in St.



John's, Newfoundland.

We are startled and even frightened by epidemics, even relatively small ones. The people of Amirault's Hill, Lower Wolfville, Three Mile Plains, Digby, and Clare Municipality, have all been given severe shocks and will long remember their invasion by the tubercle bacilli, the germs of tuberculosis, which, of course, must do this sort of thing to keep alive.

If the bacilli did not make a good home for themselves in someone's lungs they would soon succumb and die off as a race. The bacilli want to infect people but they do not want them to die. To be buried with the dear departed defeats their purpose and so they wish their victims to survive but stay ill in order that their bacterial offspring may be passed on from victim to victim.

Our job is to interfere with this survival of the bacilli by preventing spread of disease to others and by bringing about recovery of patients and death to the bacilli which have already reached their victims.

This is our challenge. It will need our very best efforts. Halfway measures work to the advantage of the invaders. Our best efforts will be just barely good enough and, indeed, not good enough at all if not sustained for many years to come. With the good "tools" we have at our disposal now we might possibly eliminate tuberculosis within the lifetime of a grandchild of the youngest among you—but only if we put our best endeavour into the job and do not relax the intensity of our efforts over the years ahead.

#### HOW TO BE A GOOD PATIENT

1. Speak to people. There is nothing as nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown, only 14 to smile.
3. Call people by name. The sweetest music to anyone's ears is the sound of his own name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be sincerely cordial. Speak and act as if it were a genuine pleasure.
6. Be considerate of the feelings of others. No one likes to be rebuffed.
7. Be thoughtful of the opinions of others. There are three sides to the controversy—yours—the other fellows—and the right side.
8. Be genuinely interested in people. You can like anybody if you try.
9. Be generous with praise—cautious with criticism.
10. Be alert to render service. Above all, what counts in life is what we do for others.

—The Link.

## TB In Manitoba

Tuberculosis is still a world-wide health problem. In some parts it is a very serious problem; on this continent it is of major significance. In the United States for example, 50,000 new cases and over 8,000 deaths were reported in 1965. In Canada there were 4,800 new cases in that year and close to 700 deaths. Here in Manitoba in 1966 there were 214 new active cases and 28 deaths.

Since the turn of the century there has been a remarkable decline in tuberculosis. For fifty years the incidence decreased gradually and steadily, then dropped dramatically after the discovery of anti-tuberculosis drugs between 1950 and 1955, during the past three years, however, we seem to have reached a plateau—this, despite the fact that there has been no slackening of control measures. It may never be possible to eradicate tuberculosis entirely but we do feel it should be possible to reduce the problem to the minor significance of some other infectious diseases. To accomplish this, all measures must be re-assessed, and research continued for more specific diagnostic, preventive and treatment measures. The problem is not only medical but also socio-economic. The very nature of tuberculosis makes eradication difficult. Disease and illness may not appear for many years after infection. It is insidious in onset and once established it is prone to re-activation. Three-quarters of those breaking down received their infections many years ago. The organisms can remain dormant but viable in man for life. With increasing longevity many more people become ill in later years.

(Preamble to 1966 Annual Report by E.L. Ross, M.D., Consultant, Tuberculosis Services, Province of Manitoba.)

A woman, after placing some flowers on the grave of a relative, noticed a Chinese placing a bowl of rice on a neighboring grave.

"When do you expect your friend to come up and eat the rice?" she asked.

"About the same time your friend comes up and smells the flowers," was his reply.

\* \* \* \* \*

Parson Jones phoned the local Board of Health to have a dead mule removed from his lawn. The young clerk who took the phone call thought he'd be smart.

"I thought you ministers took care of the dead," he replied.

"We do", answered the parson, "but first we get in touch with the relatives."



# The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.



For variety, I am writing this at 23,000 feet on my way home by Air Canada from Ontario where I was visiting the Scarborough Centenary Hospital and St. Joseph's Hospital in Hamilton. Both these institutions are very new and very modern in concept so I was looking for ideas for our new building.

Our hope is to build for the next ten years, not for the past ten. The East Infirmary, our most recent patient-care building is already thirty-six years old. When our new building is finished it is hoped that there will be no resemblance between the two.

\* \* \* \* \*

When making rounds with sister Mary Grace, Administrator of St. Joseph's Hospital, it was my great pleasure to have an attractive nursing assistant come up to me and to find that it was Miss Olive Cheryl Boutilier who graduated from our School in 1964 and is now working there. She looked happy and I am sure she was as there was a fine spirit among the staff there. It is good to know that our graduates can find ready employment anywhere in Canada. Miss Boutilier sent her best regards to all her friends, patients and staff, at the San.

\* \* \* \* \*

On June 15 and 16, all the Health Unit Directors met with the Deputy Minister of Public Health and myself. We were concerned because we found 217 new active cases of tuberculosis in 1966 compared to 201 in 1965 and 168 in 1964. We had an epidemic of tuberculosis in Clare District which sent 34 young people to the Sanatorium for treatment of a definite lung tuberculosis and about 215 other students required treatment with drugs at home because their tuberculin test turned positive, indicating that the germs of tuberculosis had gained a foothold in their bodies. Now, in another school, 31 students have had their tuberculin tests turn positive and two of them have actual lung disease. Tuberculosis is still a serious threat to us all and much needs to be done to bring it under control. Not the least of this includes the careful follow up of all known cases of tuberculosis—even when healed—for the rest of their lives to make sure that the

tuberculosis does not flare up again.

Also, it is necessary to intensify our program of providing a chest x-ray for all persons admitted to a general hospital for any reason. The unsuspected case of tuberculosis is often found by this means. About three-quarters of our adult population pass through our general hospitals every five years so this is another way to provide a service to a large segment of our population.

It was decided, too, to tuberculin test all children in Grades primary, three, six, nine and eleven, with some Health Units testing all high school grades at the discretion of the Health Unit Director concerned. A large responsibility for the control of tuberculosis rests, however, with each patient to see that he or she takes treatment faithfully as long as required and then continues to have x-ray and sputum check-ups on a lifetime basis. Once "on the cure" is enough. It is worth doing right the first time.

\* \* \* \* \*

I was very pleased to have Gordon Williams come up and speak to me as I was walking in Halifax. Some of you will remember Gordon who, while a patient, used to sing over Station SAN. He is very well indeed, is working full time and sends his best regards to all his friends, especially the staff in Rehab.

\* \* \* \* \*

Someone asked me recently why we ask that patients not "holler" out our windows to patients or friends on the ground below or on another floor. Can you think of anything more distracting when you are trying to read or to sleep or to write letters or to relax than having loud chatter, of no interest to you, going on above and below or alongside you. The answer is obvious.

\* \* \* \* \*

A special "thank you" is extended to all patients and staff who continue to help us to keep our grounds attractive by not discarding papers, kleenex, and wrappers around the grounds. This makes things so much more pleasant for all of us.

## KEEPING YOUNG

A dear old Quaker lady, distinguished for her youthful appearance, was asked what she used to preserve her charms. She replied sweetly: "I use for the lips, truth; for the voice, prayer; for the eyes, pity; for the hands, charity; for the figure, uprightness; and for the heart, love."

—Jerome Fleishman



# A Visit To Expo

Eileen M. Hiltz

Looking down on it from the air as the plane approached Dorval airport you thought: "It's doll-size! It won't take any time to get around that!" Even at first sight of it from land, driving along Route Bonaventure, it seemed a Fair in miniature. But, when actually on the location, the thousand acre, three-part site, it spreads around and away like an endless fairyland. 10,000 people can share it with you on a Saturday afternoon and yet you roam freely, with no feeling of being one in a crowd.

That is, until you try to get into certain of the Fair's most popular features. We gave up, regretfully, on the Bell Telephone Pavilion and Labyrinth after an hour's sizzling wait in line. On the other hand we found the very long queue around the British Pavilion moved so steadily that we were inside within twenty minutes.

How you make your attack on Expo is a pretty personal matter, determined by your likes and interests, and probably somewhat influenced by the flood of magazine articles about it, as well as the advice of friends who have already been there. One very definite factor must be the time element. Our time was brief, two and one half days, not at all adequate for the wonders which await one at Expo.

We began as nearly everyone does, with a ride on the Expo-Express, and if that doesn't give you Fair fever you are a tough nut to crack. We piled out at the stop on Ile Ste. Helene, took a deep breath and plunged into the first pavilion we met, which was Scandanavia. It was a coolly interesting introduction to Expo, designed by no less than five architects (one from each of the participating countries—Denmark, Finland, Iceland, Norway and Sweden). Our tour was rapid, and I emerged with a clear picture of the resources, industry and skill of the five peoples, but with a rather cloudy memory of which was which.

It is impossible in a short article to mention each pavilion we visited (twenty-one by actual count), to say nothing of the other featured sights and structures. Comment on a few of those which impressed me most, favorably or unfavorably, will follow, and the views expressed are definitely those of the writer.

For instance, one cannot pass over Habitat without a word. Habitat, described as "a solution to high density living", is a most ingenious attempt to free man from the concrete towers of the modern

high-rise apartments. As you approach it, it looks for all the world like a puzzle of jutting concrete boxes that had been put together by a child with a very elementary idea of balance. Then you see the reason for this jagged appearance: the top of one "box" becomes the terrace garden for that just above it. Habitat is so constructed that each apartment seems a free unit, with its own walk-way, terrace and balcony. Spilt level to an extreme, each apartment has you climbing up a few steps to this room, down a few steps to that room. There is nothing static about it, and if one must live in the concrete jungle of a city, it could give a certain feeling of openness and detachment. But, thank you, I'll take a small town, and my feet on grass. Habitat is well worth a visit, even if you can do only one "home", as we did.

Which Pavilions did we like the best? Apparently our tastes were not too exclusive: We opted for the British and Czechoslovakian, and there the major pavilion line-ups were to be found.

The British Pavilion's location and structure were very compelling. It's lofty, pure-white 200 foot tower, the top of which is a great Union Jack, is a landmark on the Ile Notre Dame site. Like the country it represents, the entire pavilion is an island, made so by the moats and lagoons which surround it. Inside the displays are equally ingenious, depicting the earliest beginnings of Britian's history, on down through the ages to our modern day. Britain called upon some of her greatest minds to create her exhibit at Expo, and they did not let her down.

If you love glass and all the wonderful shapes it can take, the Czech. Pavilion is for you. We "oh-ed" and "ah-ed" through vistas of crystal displays, ancient and modern, then were transfixed before the incredible Trebechovice creche, with its fairytale, biblical and earthly creatures. Hundreds of wonderful carved figures moved and acted, from the little dog continuously herding his rebellious sheep to the agoniing procession to the crucifixion.

We visited the Christian Pavilion at the end of one day. It was growing late and understandably we were growing weary. Perhaps that accounts in part for the mood of deep depression in which I emerged from it. It is designed to shock (and I'm sure its creators had a ball being so way-out and daring). The emphasis is on the hatred, violence and cruelty of



man in his world. No where is there a suggestion that good and lovely things also exist—no where the suggestion, for instance, that the world has progressed from serfdom to enlightened labor laws. There are Bible texts of hope and promise posted here and there, but surrounded as they are by misery and wickedness they seem just hollow words. The promoters of the Christian Pavilion say it is designed to make you think, and of course it does. What it could make me think, had I not a firm grounding in the Christian faith, is that after nearly 2000 years of it with nothing better to show than evil and suffering, something else had better be tried.

We toured the U.S. Pavilion, that fantastic geodesic bubble, perhaps the most beautiful and surely the most light-hearted building of the whole Fair. Then we crossed the Cosmos Walk to the USSR exhibit, and what a transformation, in both structure and spirit!

The Russians take infinite pains to make their point: that their land is tops in technology and opportunity. The U.S., on the other hand, are almost frivolous in their approach. Theirs is a pavilion that causes much difference of opinion—you like it or you don't (I did). The Americans with whom we spoke were either gayly pleased with it or deeply humiliated by it. But one feature that impresses everyone is their space exhibit, with its simulated moon-landing and the actual scorched nose cones of the astronauts.

Now to finish off with a few "short snappers":

Try for tickets to the Bell Telephone and Labyrinth films at the Information Booths with the Esso signs. And try early! Don't expect the crowd to honor a queue. Queue jumpers are very prevalent—Expo isn't London.

The Mini-Rail is a delight—and free!

Dandy pocket-sized maps of Expo can be obtained from the Bank of Commerce.

The Atlantic Provinces schooner is coming along fine, but on each of the three occasions we passed by it the builders were on a coffee-break, or something.

The Australian Pavilion has real live kangaroos and wallabies out back, and their "talking chairs" on the second floor are so nice to relax in.

Happy Expo, everybody!

Canada was a charter member of the United Nations and plays an active role in that Organization.

\* \* \* \*

The population of Canada is now approximately 20,000,000.

## CAPPING CEREMONY

On Wednesday, June 21, 1967, twenty-one Nursing Assistants received their student caps. The Service was combined with a Dedication Service and presentation of Blue Testaments to thirty-six Nursing Assistants by the Gideon Auxiliary. Mrs. Irving Gates, President, gave a resume of the work of the Gideons. Mrs. W. E. Newcombe made the presentation of the Testaments, and Mrs. Hance Mosher was in charge of the Gideon Program. Students were presented by Mrs. Catherine Boyle, R.N., Instructor, and were capped by Mrs. Hope M. Mack, R.N., Director of Nursing. The soloist for the musical portion of the program was Miss Andrea Myra, accompanied by pianist Mrs. Albert Coffill.

Special guests were Head Nurses and the Clinical Pastoral Training Group. Professor (Rev.) Charles Taylor pronounced the Benediction. Refreshments were served the students at the Nurses' Residence.

## THE LITTLE THINGS

The little things  
Are most worthwhile—  
A quiet word,  
A look, a smile,  
A listening ear  
That's quick to share  
Another's thoughts,  
Another's care . . . .  
Though sometimes they may seem  
Quite small,  
These little things  
Mean most of all.

—Margaret Lindsey

Rastus was up in police court, facing a charge of having run over a man with his car.

Judge: "Why did you not sound your siren?"

Rastus: "Well, sah, had no horn on my car."

Judge: "Why haven't you?"

Rastus: "Well, Sah, I didn't think it was needed. Can't you see "Dodge Brothers" written across the front?"

\* \* \* \* \*

Mistress: "When I engaged you, Jane, you told me you had no men friends. Now, nearly every evening when I come into the kitchen, I find a man here."

Jane: "Bless you, ma'am, he ain't no friend o' mine."

Mistress: "Good gracious! who is he then?"

Jane: "He's my husband."



# Impressions And Jottings From Expo

Virginia Allen  
Nova Scotia Sanatorium  
Dietetic Department

My first impression of Expo was one of excitement—and this was before I reached the site. Standing in line for a bus in downtown Montreal, I got the feeling that everyone was going to Expo and everyone was excited about it. Later, standing in queues, I found people were very eager to tell others what they had seen.

Perhaps a ride on the minirail should be a must for all visitors. From this one gets a real panoramic view. The colors, intriguing shapes of the building, and general layout of the area are most interesting. It is difficult to believe that only four years ago even some of the land on which it is built did not exist.

I cannot begin to describe in detail the different pavilions, but shall try to mention what, at least to me, were some of the highlights.

The Canadian Pavilion is very large, and I saw only parts of it. The huge reproduction of a maple tree, the leaves of which are colored photos of Canadian people, is very colorful. The exhibits portray many factors in the lives of Canadians—education, communication, use of natural resources, etc. There is also an art gallery and theatre. As for Canadian art—no comment! However, one section of the gallery is devoted to Karsh photographs, and this is excellent.

Of the provincial pavilions I felt the Western Provinces Pavilion was, perhaps, outstanding. On entering, visitors are taken down into a mine. Later, one passes a field of wheat waving gently in the breeze, a stockade of cattle, and then into the open where a huge truck is loaded with Douglas firs. Going inside again, one finds oneself surrounded by fishing nets, buoys, etc., and the very authentic smell of sea air.

The Atlantic Pavilion is quite simple, but is on the water and is set off by brightly colored dories and the sound of seagulls. The active boat building and popular restaurant are its main attractions.

The Indians of Canada have a fine pavilion which enables them to tell their story and give Canadians food for thought.

The British Pavilion is large with a high tower topped by a three dimensional Union Jack. One enters first an area representing Stonehenge and the early civilization. Tribute is paid to the many states-

men, authors, and inventors as well as the development of the parliamentary system. There is a portrayal of the British character and way of life and a section devoted to the mods. The final section is filled with very large statues of people symbolizing man's dominance of his world. The huge geodesic bubble of the United States is very impressive from the outside. The exhibits show the many aspects of American life. Displays include Indian headdresses, saddles, boots and spurs worn by cowboys, quilts of the pioneer women, and great movie stars. The space exhibit is interesting, showing the actual capsule in which two men spent fourteen days.

One comes away from the Russian Pavilion feeling that there was so much to see that one could not take it all in. Their theme is "Everything for Man", and their exhibits show their achievements in fields of science, engineering, industry, etc. There are models of towns, community centers, and power developments. On the top level there is a fine display of space technology, and on the bottom level, even sturgeons swimming in a pool. Throughout these are facts about life in Russia which make it sound fine; yet there is a certain undefinable coldness about it.

Personally, for the feeling of warmth, hospitality, and a more intimate look at their way of life, I preferred the pavilions of the smaller countries. Here there is less of the technological achievements and more of the arts and crafts of the people. In some the craftsmen may be seen at work.

The Chinese Pavilion was one of my favorites. Perhaps I missed some of the more educational aspects of some of the pavilions because the beautiful tile work, mosaics, fine ceilings, and handsomely carved wood panels caught my eye.

Many of the pavilions have constantly changing slides showing the natural beauty as well as customs and industries of the country. Many also have theatres where one is able to rest one's weary feet while enjoying the marvels of photography. The Czechoslovakia Pavilion has a movie in which the audience is able to decide the outcome of the plot. Their fine display of glassware, jewellery, lace, and fairyland is also very impressive.

There is a special area of the Netherlands Pavilion dedicated to the friend-



ship between our two countries. An open book titled **Thank You Canada** shows a picture of the Canadian Military Cemetery in the Netherlands, and on the day Queen Juliana visited Expo the pages began to turn, showing a different page each day.

The Christian Pavilion is quite controversial. There are pictures of people in many aspects of daily life: of suffering, poverty, hatred, and violence. There is the magnified sound of the human heart beat and pillars with constantly changing facial expressions. Finally, one enters a well-lighted room with panels depicting Christ as a part of our everyday life.

I find my space is quickly running out and I have not mentioned LaRonde or any of the Theme Pavilions, and they are worthy of mention. LaRonde provides the carnival atmosphere for the Fair. There is entertainment here for everyone. It includes an aquarium, all kinds of rides, restaurants, shops, and a town reminiscent of gold rush days, complete with saloon.

In the Theme Pavilions one is able to enter a model of a human cell and also to see how the human brain works. In other pavilions one may see how man has penetrated the depths of the ocean, conquered the elements on earth and probed the solar system. Also, how man has developed tools to increase his productivity; how he has conquered many diseases (except the common cold); and his advancement in various fields, including a new concept of housing.

There is so much to see and do and a great deal of educational material available at Expo. One cannot help but sense an atmosphere of peaceful co-existence here, and wish that it could extend beyond this "miniature world". The theme of the Fair is "Man and His World", and it would seem that man is its master and remains only the servant of time.

My own dead land, where'er my footsteps  
wander,  
Ever to thee my heart still turns again;  
For to thee my heart still turns fonder,  
fonder,  
'Til in its might it is akin to pain.  
Ever to thee I'm bound by love and duty,  
No dearer land to me in all the earth;  
By all sweet ties of home and love and  
beauty,  
To thee I cleave, dear land that gave me  
birth.

—John Oxenham

\* \* \* \* \*

During her century of Confederation Canada has become a foremost industrial nation.

## SANATORIUM PICNIC

On June 14th the annual picnic was held, under the auspices of the Clinical Pastoral Training Class. Transportation was provided by members of the Class, supplemented by members of our Rehabilitation Department. All found their way to Scotts Bay, where the air was cool enough to sharpen appetites but not cold enough to keep the younger members of the group from enjoying a wiener roast on the beach. Afterwards, all gathered at the community hall where the main event (eating) took place. As always, our Sanatorium Dietary Department provided delicious refreshments. They cannot, however, claim credit (?) for the quality of the coffee prepared by the clergy.

Our outing was made more lively this year by the presence of so many of our high school students from Clare. They entertained with their singing while at the hall, as well as during the drive. Some were heard to say that they "had a ball" and for all it was a welcome break from the routine and from the studies.

Our thanks to the Clinical Pastoral Training Class, the Dietary Department, and to the residents of Scotts Bay who offered the use of their hall.

## POINT EDWARD CARD PARTY

On April 12 a card party was held for the patients at Point Edward Hospital under the auspices of the Catholic Women's League of St. Anthony's Church in Glace Bay. Prize winners were as follows: Men—Art Chaisson, John Alex MacDonald, Alex Predo; Women—Eileen Rankin, Marguerite Ferguson, Mrs. F. Mosey.

\* \* \* \* \*

J'accompagnais non mari en voyage d'affaires a Mexico et tous les jours je le vouais noter meticuleusement nos depenses. Un soir, au moment de nous coucher, nous entendous les doux accords d'une guitare. Nous allons voir au balcon c'etait un jeune mucicien ambuland. Mon mari lui lanca quelques pieces de monnaie. Nous restames la a ecouter ses chansons d'amour melancoliques.

J'etais dans un reve—mais suis vite retombee sur terre quand non mari a tire de sa poche son carnet de comptes et griffonne: "Serenade: 75 cents."

—Readers Digest

\* \* \* \* \*

A minor operation is one performed on the other fellow.

\* \* \* \* \*

Fire is the test of gold; adversity of strong men.



## Question Box

Dr. J. J. Quinlan



Q. Is it advisable to use cortisone on a person who through vaccination with BCG shows a positive reaction to a patch test? This person has never had active tuberculosis.

A. It is generally agreed that when cortisone or related drugs are to be used in a patient who reacts positively

to the tuberculin test, a combination such as INH and PAS should be given prophylactically. This does not apply when the positive reaction to tuberculin was obtained through vaccination with BCG. In the latter case the positive reaction to tuberculin is due to the response of the body to inoculation with non-virulent bovine tubercle bacilli, and not to the presence of living human tuberculosis germs. Therefore, the individual with a successful BCG vaccination may safely take the corticosteroid drugs without danger that progression of tuberculosis would occur during the course of this treatment.

Q. Are tuberculosis glands in an adult person likely to lead to tuberculosis in the lungs?

A. In many cases of tuberculosis of glands the lungs have already been infected and the involvement of the glands is due to the spread of the disease from the lungs. It is unlikely, therefore, that tuberculosis of the glands will have any effect in causing new or further disease in the lungs.

Q. Are there different kinds of T.B. germs?

A. Many varieties of tubercle bacilli have been recognized. The most common and most important is the mycobacterium tuberculosis, the germ which causes tuberculosis in humans. The bovine tubercle bacillus is the cause of tuberculosis in cattle and the avian tubercle bacillus the cause of tuberculosis in birds. There are many other forms of tubercle bacilli, some of which are not harmful to the human. There are others which do cause disease similar to tuberculosis. These latter germs referred to as tubercle bacilli and some of them have been the cause of outbreaks of a tuberculosis-like disease in humans in many parts of the world.

### "SHUT-IN"

"Shut-In"—I never liked the word—

It held a plaintive note

Until a different view I got

From what one shut-in wrote:

"Shut-In"? she said, "Oh, yes indeed!

Shut in from noise and strife,

But shut out are so many things

That cluttered up my life;

Shut in are peace and faith and hope;

Shut out are fears and doubt;

Shut in are words and deeds of cheer

No heart can do without;

Shut in my mind are memories

Of gayer, brighter years,—

I laugh, sometimes, remembering;

Sometimes I yield to tears.

Shut in are friends I cannot lose—

I hold them in my heart:

And tho' the miles stretch long  
between,

We never are apart!

"Shut-In"—why it's a blessed word!

My soul one day will trod

On happy feet to heaven's door

And be shut in with God!"

—Selected

### BIRTHDAY GREETINGS

"How did you get that black eye, Jack?"

"Well sir, my buddy came home from prison on his birthday."

"Yes."

"And I wished him many happy returns."

\* \* \* \* \*

"This is only the third, my dear," said the husband, "and you have dated the letter the tenth."

"Yes, darling," explained his wife. "I meant to ask you to post it."

\* \* \* \* \*

#### Realism

Disagreeable Old Gentleman: "And this, I suppose, is one of those hideous caricatures you call 'modern art'."

Art Dealer: "No, sir. That's just a mirror."

\* \* \* \* \*

#### Progress

"How's your little girl getting along at the violin, Mr. Brown?"

"She's getting ahead, ma'am. Slow but steady. I took the cotton wool out of my ears last night."



# O Canada

O Canada! Our home and native land,  
True patriot-love in all thy sons command.  
With glowing hearts we see thee rise,  
The True North strong and free,  
And stand on guard, O Canada,  
We stand on guard for thee.

O Canada, glorious and free!  
We stand on guard, we stand on  
guard for thee!  
O Canada, we stand on guard for thee!

O Canada! where pines and maples grow,  
Great prairies spread and lordly rivers  
flow,  
How dear to us thy broad domain,  
From East to Western sea,  
Thou land of hope for all who toil!  
Thou True North, strong and free!

O Canada! Beneath thy shining skies  
May stalwart sons and gentle maidens  
rise,  
To keep thee steadfast through the years  
From East to Western sea,  
Our own beloved native land!  
Our True North, strong and free!

Ruler Supreme, Who hearest humble pray-  
er,  
Hold our dominion in Thy loving care,  
Help us to find, O God, in Thee  
A lasting, rich reward,  
As waiting for the Better Day,  
We ever stand on guard.

—Robert Stanley Weir

The music of "this very beautiful pray-  
er" (so designated by **The Book of  
Knowledge**) was written by Calixa Laval-  
lee, a French Canadian. It was first per-  
formed in public in Quebec City on June  
24, 1880, and was an immediate hit. Many  
felt that the song should be officially  
adopted as the National Anthem of Can-  
ada. Thus began the controversy that has  
gone on—often with violence—over the  
years.

The problem is two-fold: First, a lyric  
cannot be agreed upon. The original  
French lyric by Adolphe Basile Routhier,  
a Montreal judge, has never been accept-  
ed; the only English version to endure is  
that of another Montreal judge, Robert  
Stanley Weir, written in 1908. Secondly,  
the idea of a country's having a single  
National Anthem is too new to be readily  
accepted.

In 1947 the Canadian Parliament ruled  
that all ranks of the three military serv-  
ices should come to attention when "O  
Canada" was played, and that officers  
should salute!

In April of this present year an eighteen  
member parliamentary committee was  
appointed to consider Prime Minister  
Pearson's proposal to sanction "O Can-  
ada" as our National Anthem in time for  
the July 1st Centennial celebrations. The  
committee has given general sanction to  
the music, but has asked for time and  
authority to search for a lyric that is  
pleasing and acceptable to both English

## A NATION'S LIFE

I know three things must always be  
To keep a nation strong and free:  
One is a hearth stone bright and dear,  
With busy, happy loved ones near.  
One is a ready, cordial hand  
To love and serve and keep the land.  
One is a worn and beaten way  
To where the people go to pray.  
So long as these are kept alive  
Nation and People will survive:  
God keep them always, everywhere,  
The Hearth, The Flag, The Place of  
Prayer.

—The Link

When Queen Victoria exclaimed to the  
great pianist, Paderewski: "Ah, you are  
a genius!" he replied, "Perhaps, Your Maj-  
esty—but before I was a genius, I was a  
drudge."

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# HEALTH RAYS

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## EDITORIAL COMMENT

In this, our Centennial issue of **Health Rays**, we have endeavored to include articles appropriate to the occasion, and elsewhere may be seen "O Canada". How few of us are familiar with the words, beyond the first stanza. How self-conscious we are when putting into words our feelings of pride in Canada, and how we realize this characteristic trait when listening to others—John Fisher, for example—speaking in glowing terms about Canada.

After one hundred years of confederation we still have such strong feelings of regionalism. We are inclined to think of ourselves as Nova Scotians, Maritimers, and Canadians, in that order. This, in itself, does not necessarily indicate a lesser feeling of being Canadians. We often think of the citizens of the United States as being good examples of those who can express in words their love for their country and their flag, yet there, too, one finds local patriotism for the home state.

The majority of us have been brought up in the tradition of pride in our membership in the British Commonwealth—in the thought that "the sun never sets on the British Empire", due to its far-flung magnitude. Daily, in school, we pledged allegiance to the Flag and said in song, poetry and prose, that we would never let it fall. It is, then, regionalism, in a sense, that has motivated our loosening of the ties with the Commonwealth and our emphasis upon the "new Canadian image". Change sometimes comes quickly, but the acceptance of change is more gradual.

We are, indeed, fortunate in having Expo at this time to give us added pride in Canada and to show us how other nations look upon us. Canada is showing unprecedented growth and prosperity and

we, geographically somewhat on the fringe, are moving forward with the rest of the nation. We have reason to be proud of our achievement as a nation and should be able to look to the future with optimism. Our own attitudes, and how we influence others, may well be an answer to the question, "what can we do for Canada in Centennial Year?"

Don Brown

## CENTENNIAL HYMN

We lift our heart and voice in praise,  
To you, our God whose gracious ways  
Have blessed with peace and outstretched hand,  
This Canada, our glorious land.

Was ever people so endowed,  
Or had so much on them bestowed?  
Whose feet are placed to firmly stand,  
This Canada, our glorious land.

Our hearts are moved to grateful be,  
With love and deep humility;  
O cause our own love to expand,  
For Canada, our glorious land.

May peace remain, and love, and right,  
Justice and mercy our delight;  
Together, help us Lord to stand,  
Canadians all, a glorious land.

Tune: Long Metre.

May be sung to Hesperus

A. V. Bentum, 1967

This hymn was composed for Centennial year by Rev. A. V. Bentum, Associate Director of the course of Clinical Pastoral Training conducted for the fourteenth year at the Sanatorium in May and June, 1967.

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## THE CALLOW WHEELCHAIR COACH

**R. J. Moore**  
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This unique vehicle, the 1945 brain-child of the late Walter Callow, which he was never to see, being blind, paralyzed, and bed-ridden in Camp Hill Hospital at the time, has now become a rather famous mobile landmark in the Maritime Provinces. Equipped with twelve especially built wheelchairs, and accommodating ten other ambulatory patients in addition to the driver and essential hostess, the Coach was designed and specifically constructed for the group transportation of crippled and otherwise incapacitated persons for whom no other form of transportation is reasonably available. It is also equipped with radio, inter-com., and toilet facility, and the loading and unloading of wheelchairs is accomplished through the patented rear-opening ramp door.

The service provided by the Callow Coach was originally intended for disabled War Veterans, but was soon extended to include civilian patients. For assistance in this expanding project and to preserve its continuity, Walter Callow founded the Callow Veterans' and Invalids' Welfare League, which was incorporated in Nova Scotia in 1948 and granted a Dominion Charter in 1953. The League's service has been maintained without interruption since its inception and, since the death of its Founder early in 1958, the operative work of the League and its responsibilities have rested with a Board of Directors composed of approximately twenty prominent business, professional, and service men from the Halifax area. Two separately incorporated Branches of the League have for some years financed and operated their respective Callow Coaches in Lethbridge and Edmonton, Alberta.

A Callow Coach is not for hire, and no charge is or ever has been made for its use. As a non-profit charitable organization, the League does receive small grants from the Province of Nova Scotia and the City of Halifax, but it is very largely de-

pendant for essential revenue upon the continued generosity of many kind organizations, businesses, and other friends. Raising operating costs, the inevitable result of prevalent inflationary conditions, make it increasingly difficult for the League to balance its budget but, to date, its accommodation of the less-fortunate has never had to be curtailed.

The Callow Coach, sometimes referred to by its courageous designer as "Happiness on Wheels", can perform only one operation—that of carrying incapacitated persons—but the functions to which such persons are carried in the Coach are almost without limitation. They include Sunday Church Services, concerts, the theatre, sporting events of all kinds, horse races, spectacles such as the Ice Capades and Water Follies, the Winter Fair, parades, picnics, Apple Blossom Festival, autumn leaves and Christmas lights rides, and so forth—or perhaps, just for drives through the countryside. Wheelchair bowling and wheelchair painting classes are also popular events, especially for house-bound invalids. Through the advent of the Callow Coach, attendance at, and in some cases participation in, almost any kind of entertainment is now a realization for many people previously confined to their homes.

During the summer months of each year, two of the four Halifax Coaches are constantly out of the City visiting most centres of all three Maritime Provinces. In these places local groups or organizations will arrange for their patients to be picked up by the Coach for a picnic or other form of outing. The Coaches try to visit all Hospitals and County Homes throughout the Provinces in the course of these summer itineraries.

In the year 1966, the Callow Veterans' and Invalids' Welfare League, as a whole, gave a total of over 16,000 patient-rides to the incapacitated. Of this total, 5,614 rides were given in the Halifax-Dartmouth area where year-round service is possible; 1,240 in provincial Nova Scotia; 617 rides in New Brunswick; and 269 in Prince Edward Island.

(Continued on page 20)

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## UNTRIED POWER—HIDDEN POWER

I have been reading in a weekly paper the account of a bush pilot's ordeal in the Canadian wilds and how for fifty-eight days he survived the elements at sub-zero temperatures until spotted and rescued by plane. This story and others like it intrigue me, because I like to learn how people use the resources about them to survive. Our eyes are certainly blinded to the very useful common things about us by the tremendous variety of gadgets and utilities at our disposal.

While I am not what you would call a woodsman, I do like to camp and learn of nature: Finding direction by the sun and the stars; learning the signs of weather changes (often more reliable than our scientific weather forecasts); and, of course, emergency precautions and procedures. To read of some method or skill, is quite different from being able to accomplish it. So with knowledge must come practical application.

We all know that you can make fire by creating friction between two pieces of wood, but there is a great deal to learn by trial and error. After trying about a dozen times and several methods, I was finally successful. Now I believe I could make a fire in an emergency without matches, using a fire bow. I have the assurance, because I have applied the knowledge, proven and tested it.

It is not likely that any of us will need to test our skills at survival, yet we each are faced with the great assaults upon our lives when the unexpected, and seemingly unsurmountable, crush in upon us. This is when a tried religious experience will help us to survive. There is a good example in the Bible found in 2 Kings, Chapter six.

Down the years Elisha had been in straits and he was certainly so at Dothan, surrounded by the Syrian army. His fortunes were truly desperate, and his only hope, God. That morning the young servant was bewildered as he saw ten thousand Syrians intent on the capture of his master. Hence his exasperated, expression, "Alas my master, what shall we do?" Note Elisha's prayer, "Lord, I pray Thee, open his eyes that he may see". Then followed a new vision; the young man saw the hills full of horses and chariots of the Lord's hosts, far more than the numbers arrayed against them. He had failed to see the unseen environment. Will you underline this? The God of Elisha's

days is the God of the everyday and He says, "I am the Lord; I change not". There is more in the Bible than chapter and verse; there is the power of God and the presence of the Infinite. There are the horses and chariots that we must see when blinded by perplexity and the Divine power that we must feel when we are weak. My prayer for you is like that of Elisha, that God might open your eyes to see, not the magnitude of the enemy that stands to defeat you, but the host of God and His power to keep that which is committed unto Him.

When Hagar, flying through the desert with Ishmael, fell, she would have given her life for water. She saw only barren sand and then God opened her eyes and she found water within her reach. It was a spiritual change. The God of Abraham had become Hagar's God.

You will need to believe in the eminence of God, for you cannot live without a spiritual environment. Pray for the vision of the open eye that you may see that God is with you, for He can lift each above circumstances.

Elisha's servant's heart sank when he saw the Syrian enemies and he cried, "Alas!" but when his eyes were opened so that he saw the countless chariots of heaven, his heart was steadied and his hope returned and he was prepared to play the man again, for he found, although he had a mighty enemy in the Assyrians, he had a mightier ally in God. We were born to be conquerors, here and now, and the very weakest may be strong in Christ; the very feeblest, powerful in God, if we will only recognize His omnipotence and omnipresence. The host that surrounds us may be mighty, but in the power of God, we shall conquer. So do not omit to count the Invisible in your reckoning. And do not wait until you are surrounded to seek God; remember that a tried religious experience will make each day brighter, and each care lighter. May God bless and be with you always".

Work is the grand cure for all maladies and miseries that ever beset mankind.

\* \* \* \* \*

Use whatever talent you possess; the woods would be very silent if no birds sang except those which sang the best.

Sanatorium Outlook



### THE QUIET HOUR CLOSING

Do not say that children are not interested in Sunday School closings! It was announced on June 11th that for June 18th we would get permission for an out-door gathering. That day arrived and proved very wet. It was suggested that we might postpone our Quiet Hour until the 25th, but word came back from the Annex, "Oh, you must come! The children have been up since 6 o'clock this morning."

Bruce Barton was welcomed from the West Infirmary, where he has been since the latter part of April. We were all pleased to have him with us. Also, to welcome Mrs. Alice Porter, who told the children the story for the day. Favorite hymns were sung, and Bruce read the Scripture lesson.

Awards for the best boys during the Quiet Hour periods for the year went to Bernie Hum and Bruce Barton, who were awarded equal merit.

Doreen Barton received the highest award for the girls. All the other children "came second" and each was awarded a small token prize.

There were fourteen children in attendance and great interest was shown in when the Quiet Hour would resume after the holidays. Refreshments were served to the children, and the Quiet Hour was officially ended for this term.

\* \* \* \* \*

The Maple Leaf, our emblem dear,  
The Maple Leaf forever!  
God save our Queen and Heaven bless  
The Maple Leaf forever.

—Alexander Muir

(Continued from page 17)

In the Halifax area, co-operative assistance given by the League to other organizations, such as the Crippled Children's Society, and to the Paraplegic and Mental Health Associations tends, not only to keep the Callow Coaches busy, but also to round out the efforts of all concerned towards their worthily desired ends.

The latest Callow Wheelchair Coach, purchased 13 months ago, has provided stimulation and encouragement to the League's dedicated local moderately-paid staff of five in their individual efforts to continue to provide some measure of comfort and happiness to those who through no fault of their own, seem to have so little.

Linda: "I am sure that I heard a mouse squeak."

Florence: "What am I supposed to do, get up and oil it?"

## Moirs . . . . .

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## Old Timers

Well, folks, the Apple Blossom Festival is over, but a whole weekend of glorious sunshine more than compensated for the lack of blossoms. And now that the memorable event has passed into the annals of the land, Anne Marie has packed up and headed for Expo. While Anne Marie is enjoying the wonders of Expo, let's see what our Old Timers are doing.

Among those in for check-ups lately were: Catherine Amirault of New Edinburg, Digby County, who was a patient here in 1955. Thomas Connors, who was discharged to his home last year. We are glad to know that Mr. Connors is back on the job as Postal Clerk in the Antigonish Post Office. He is doing night duty. Mima Hale, who entered Mack Business College shortly after her discharge last year. By the time this appears in print Mima will have graduated.

John Lawrence of Medical Records reports having seen Evelyn MacLellan of Noel Shore not long ago. Evelyn, whose curing days go back to 1947, is fine.

From Mrs. May Gaudet we learn the good news that Rita Melanson of Pomquet, Antigonish County, is taking a stenographic course in Halifax. Rita left us in 1966.

It was a pleasure to chat with Mrs. Patricia Lewis of Truro when she dropped in at the Rebah. one day in June. Pat, who left the San in 1955, was looking well and had her four-year-old son along.

Recently the **Chronicle-Herald** carried a picture of the new executive of the Nova Scotia Certified Nursing Assistants Association. One of the group was ex-patient Richard Pottie of Auburn, Kings County. Mr. Pottie, who is on the staff of the Berwick Hospital, is married to ex-patient Rose Borgal. Both were at the San in the early 'Sixties.

Mr. Barrett met and talked with Kenneth Gray while taking in the Apple Blossom Parade. Since leaving the San in 1961, Kenneth took a course in cooking, and is now a cook at the Lord Nelson Hotel. He has also married.

Clarice (Kendricks) Hill of Shag Harbour, Shelburne County, called on San friends while passing through Kentville one day recently. Everyone was glad to see her looking so well. Clarice has been both patient and teacher here.

Mr. J. A. Alexander, Interne Chaplain at Dorchester Penitentiary for the summer, was also a welcome visitor at the Sanatorium. Mr. Alexander came down to Wolfville to attend the farewell reception for Dr. Evan M. Whidden retir-

ing Dean of Acadia University School of Theology, and while in the area, dropped in to renew Sanatorium acquaintances.

Still another welcome visitor was Mrs. Jane (Brown) Cummings of Halifax. Jane and her husband brought their two small children—Cathy and Brian—up to see the Apple Blossom Parade, and took the opportunity to call on friends at the Sanatorium.

Mrs. Pascoe, R.N., Evening Supervisor at the Sanatorium, and Mrs. Lenora Spencer, R.N., formerly on the Sanatorium staff but now of Houston, Texas, visited together in Florida a few months ago. While there they called on Mrs. Sigrid Hatlen at her St. Petersburg home. Mrs. Hatlen, a native Nova Scotian, took the cure here in 1957, and is now very well, indeed.

While week-ending on the South Shore in June, your columnist met Mrs. Vernice Wolfe in the Dominion Store in Liverpool. Vernice, who was a patient at the Sanatorium back in the 'Forties, is also enjoying good health.

---

THIS HALF PAGE WITH THE  
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---

### THE HARD PART

Stephen Leacock, the famous author and humorist, was asked by a young man who was ambitious to write, what was his formula for successful writing. He replied, "It is not hard to write funny stuff. All you have to do is sit down with a pad of paper and a pencil and write it as it occurs to you. The writing is easy, but the occurring is extremely difficult."

—Happy Hours

\* \* \* \* \*

"I think perhaps I'd better ask the people next door to have dinner with us tonight," said the young suburban housewife thoughtfully.

Her husband looked up from his newspaper rather sharply.

"Good gracious!" he exclaimed. "Whatever for?"

"Well, the butcher left their meat here by mistake, and I think it's only fair," she replied.

\* \* \* \* \*

Jealousy bears the kind of fruit that should not be preserved.



The newly weds were giving their first small party, and the young husband followed his wife into their kitchenette.

"What is my darling doing out here so long?" he asked. His worried bride explained, "I rinsed the ice cubes in hot water and now I can't find them."

No bubble is so iridescent or floats longer than that blown by the successful teacher.

—Sir William Osler

Doris: "What was Noah's surname?"

Joan: "Sark, of course. Haven't you ever heard of Noah Sark?"

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## Just Jesting

Gladys: "I'm engaged to a struggling young man."

Christine: "Is he trying that hard to get away?"

\* \* \* \* \*

Roland: "Just burned up a \$100 bill".

Julien: "You must be a millionaire."

Roland: "Well, it's easier to burn them than pay them."

\* \* \* \* \*

Peggy fell asleep while at church.

The preacher announcing the hymn, said: "Number 428".

At that moment Peggy awoke.

"I'll ring 'em again," she murmured.

\* \* \* \* \*

Gregory: "Just think of it! A few turns of the knob and you get Cuba."

James: "Yes, just think of it! A few turns of a knob and you get twenty years."

\* \* \* \* \*

The attorney for an electric light company was making a popular address. Warming up to his subject he cried:

"Think of the good this company has done? If I were permitted to pun, I would say in the words of the immortal poet—  
"Honour the Light Brigade."

Voice of consumer from the audience: "O, what a charge they made."

\* \* \* \* \*

Beatrice: "Sakes alive! I don't believe any woman could be so fat."

Sadie: "What are you reading now?"

Beatrice: "Why this paper tells about an English woman who lost two thousand pounds."

\* \* \* \* \*

Edith: "I wonder what the moon is."

Josie: "I know. It's a romantic glow that conceals a dishpan."

\* \* \* \* \*

Harry: "Did you have a local anaesthetic?"

Wally: "Sure, I believe in boosting home industries."

\* \* \* \* \*

Julia: "Have you read 'Freckles'?"

Anne: "No, I just have brown ones."

\* \* \* \* \*

Mrs. MacKinnon: "What is a synonym?"

Ronald: "A synonym is a word you use when you can't spell the other one."

\* \* \* \* \*

A rabbit's foot can never take the place of horse sense.

\* \* \* \* \*

Thrift is a wonderful virtue especially in an ancestor.

## Great Courage

This poem was written by a man who shows great courage. In the prime of life he was crippled by multiple sclerosis and confined to a wheelchair. He typed the poem himself, without an error!

At the Hospital

I thought I had it pretty rough—  
I'm kind of crippled, sure enough,  
But, on a stretcher in the hall,  
That MS case can't move at all.

Man, I'm pretty lucky.

And in a ward, right next to me,  
A fellow there, he couldn't see.  
I see the flowers in the Spring;  
I read The Book; and everything.

Man, I'm pretty lucky.

And that old man, so full of cheer,  
He smiles a lot—but he can't hear.  
I hear TV; and birds that sing;  
I hear the church bells when they ring.

Man, I'm pretty lucky.

I saw this girl—a pretty kid,  
But crippled hands—she keeps them hid  
My hands are far from perfect, too—  
But there's a lot that I can do.

Man, I'm pretty lucky.

Another thing: tho I can't walk,  
I cough, and sneeze, and I can talk.  
Well, in ward ten, tho strong and tall,  
That poor man there can't speak at all.

Man, I'm pretty lucky.

—Archie Winegarden,  
Saskatoon.

Via The Valley Echo

\* \* \* \* \*

Une Jeune Mari, venu chercher sa femme  
dans un salon de beaute, se trouve com-  
plettement desorienté par l'atmosphère ex-  
clusivement feminine qui regne en ces  
lieux. Plante au beau milieu du salon, il  
cherche éperdument a reconnaître se  
femme parmi la douzaine de clientes en-  
fouies sous les serviettes et les peignoirs.  
Finalement, desesperé, il crie: "Ma femme  
est ici—et elle sait tres bien qui elle est!"

—Reader's Digest

Venant de voir Cendrillon au cinema,  
une petite fille de sept ans voulait s'as-  
surer que je connaissais bien ce conte  
de fees. Desireux de l'impressionner fav-  
orablement, mais craignant que ma mem-  
oire ne me trahisse, je dis prudemment:  
—Je sais tres bien ce qui est arive a la  
fin.

—Quoi?

—Cendrillon et le prince ont vecu heureux  
jusqu'a la fin de leurs jours.

—Eh Bien, justement non! s'cria la fil-  
lette, triomphante. Ils se sont maries!



# INS and OUTS

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, (Continued on Page 26)

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If one patient in my hospital has a problem of which I know nothing after one month—I have failed.

If one patient in my hospital is not making worthwhile use of his leisure time after one month—I have failed. If one patient has not seriously considered the vocational path he must follow after discharge, in the light of his experience with tuberculosis—and if I have not led him to take even the first faltering steps along the new unknown road—I have failed."

The above was resurrected by Mr. James MacDougall the Rehabilitation Supervisor at Point Edward Hospital.

\* \* \* \* \*

On a recent trip to Point Edward Hospital we learned that Dr. Donald Muir who has been associated with the Department of Health for many years, first at Roseway Hospital and more lately at Point Edward Hospital, has tendered his resignation. Dr. Muir is to become a member of the Medical Advisory Board to the Canadian Pension Commission. He will be stationed in Ottawa. We are sorry to see Dr. Muir go but we wish him the best of luck.

The British North America Act of 1867 united four provinces: Nova Scotia, New Brunswick, Quebec, and Ontario. The other provinces entered Confederation as follows: Manitoba, in 1870; British Columbia, 1871; Prince Edward Island, 1873; Saskatchewan and Alberta, 1905; Newfoundland, 1949.

(Continued from Page 25)

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I thought you would perhaps publish this little poem of mine in your wonderful **Health Rays**.

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We meet each day along life's way  
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We do not know how many feel  
Perhaps sad or alone.

So do be kind; a pleasant word's  
A gem of purest gold,  
The worth of which to many lives  
Has never yet been told.

Time passes and we fade away,  
And human ties are broken;  
But happy memories we will leave,  
If kind words we have spoken.

We pass this way but once 'tis true,  
So may the words we speak  
Be kindly ones; this habit form  
Each day of every week.

—Grace L. Reid  
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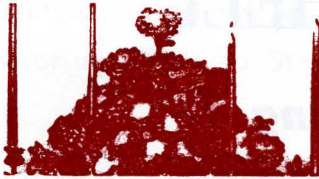
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