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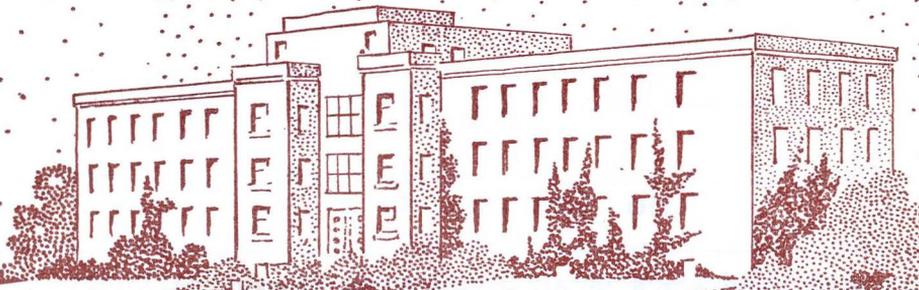
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NOVA SCOTIA SANATORIUM
VOL. 45 NOVEMBER, 1964 NO. 10



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Health Rays





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DAILY: 3.15 - 4.45 P. M.

DAILY: 7.30 - 8.30 P. M.

Absolutely no visitors permitted during

QUIET REST PERIOD 1.15 - 3.00 P. M.

*Patients are asked to notify friends and relatives
to this effect*

Kentville Church Affiliation

Anglican—Rector	<i>Archdeacon L. W. Mosher</i>
Sanatorium Chaplain	<i>Rev. J. A. Munroe</i>
Baptist—Minister	<i>Dr. G. N. Hamilton</i>
Assistant	<i>Rev. D. M. Veinotte</i>
Lay Assistant	<i>Lic. David Wilton</i>
Lay Visitor	<i>Mrs. Hance Mosher</i>
Christian Reformed—Minister	<i>Rev. J. G. Groen</i>
Pentecostal—Minister	<i>Rev. C. N. Slauenwhite</i>
Roman Catholic—Parish Priest	<i>Very Rev. J. H. Durney</i>
Asst. Roman Catholic Priest	<i>Rev. Thomas LeBlanc</i>
Salvation Army	<i>Capt. R. Henderson</i>
United Church—Minister	<i>Rev. K. G. Sullivan</i>
Sanatorium Chaplain	<i>Rev. J. D. MacLeod</i>

The above clergy are **constant visitors** at the Sanatorium.
If you wish to see your **clergyman**, **make** your request known
to the nurse in charge.

HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER

Authorized as Second Class mail, Post Office Department, Ottawa

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VOL. 45

NOVEMBER

No. 10

The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.,

Medical Superintendent



It seems strange that in this day and age one should have to mention again that "rest" plays a large part in returning patients to health. This applies to most illnesses caused by infection and tuberculosis is no exception. Limited activity puts the "ill" tissues at rest and the less the activity of the patient the greater the rest for the infected lung.

The regular anti-tubercu-

losis drugs help the body to overcome infection but even they are not effective in the absence of good general body resistance. Rest fosters resistance to the advance of disease and fosters its ultimate control. Especially is this true when quite an appreciable number of patients find themselves in the unfortunate position of having their disease caused by tubercle bacilli not completely susceptible to the action of the drugs streptomycin, PAS or INH. Don't cheat yourself of health and time spent regaining your health by ignoring rest periods especially the one after dinner that really breaks your long day into two smaller ones. Health is worth working for. Few people have the privilege of working for something by resting for it.

* * *

Another landmark at the Sanatorium has disappeared. Following the retirement earlier this year of our Chief Engineer, Gerry Moran, it was decided that the house in which he had lived should be removed. "Gerry's House", as it was known because he had lived there for over thirty years, was more than one hundred years old. The sills had rotted away and it was not feasible to try to repair it. We old timers shall miss seeing it but in a few years many people will not even know that it ever existed. It gives one cause to ponder! Will the same be said of you and me a few years after

we leave the scene of our activities? Perhaps a lot depends upon whether or not we keep the "sills" in good repair.

* * *

We welcome to our Sanatorium staff our Physiotherapist-in-charge, Mr. Adi Jagosh who took up his duties on September 14th. It is no small matter to leave one's homeland and start anew in another country even though it is another member of the Commonwealth and the English language presents little handicap. Mrs. Jagosh, who is still in Bombay, is a teacher of physical training and one daughter is a physiotherapist who worked in Nova Scotia with the Canadian Arthritis and Rheumatism Society for quite a long period of time. Before coming to the Sanatorium, our Mr. Jagosh practiced physiotherapy in India for twenty-eight years. For the past ten years he operated his own Physiotherapy Clinic and was a lecturer on Physiotherapy at the Victoria Memorial School for the Blind in Bombay. We are fortunate to have obtained the services of a professional physiotherapist who brings with him new ideas and new skills to add to those already established in our department. We trust that he soon makes many firm friends among our patients and staff alike for Bombay is half way round the world from here. Friends help to make a home away from home.

* * *

On Friday and Saturday, October 23 and 24, the Executive of the Registered Nurses Association of Nova Scotia met at the Sanatorium under the chairmanship of Mrs. Mack, its President. It is always a pleasure to have meetings such as this at the Sanatorium, especially a meeting of a professional group which has contributed so much to the care and comfort of those "on the cure" over the years.

The great hope of society is individual character.

Channing

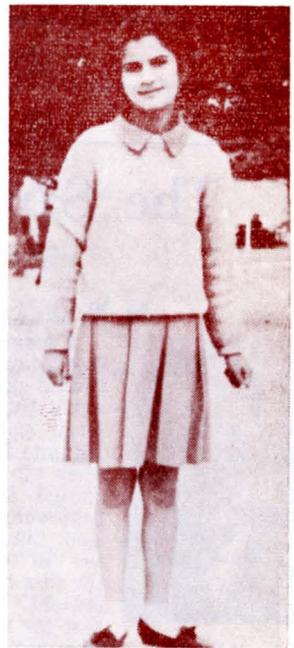
Adopted Children



Espana Manjarrez



Dimitrios Pierrakos



Stavroula Xiarchou

Three children, a little girl from Ecuador and a boy and a girl from Greece, have recently been adopted by staff members at the Nova Scotia Sanatorium under the Foster Parents' Plan. There are three groups made up of sixteen persons who each contribute \$1.00 a month for the care of their foster child. Letters are written each month and replies are received from the children. There was a great flurry of activity last month as parcels for Christmas had to be sent off well in advance to ensure their arrival.

The youngest Foster Child is Espana Manjarrez who is only eight years old. She lives in Guayaquil, Ecuador, with her mother and five brothers and sisters. The father has tuberculosis and is not living at home. The mother works as a laundress and one sister as a seamstress to provide what small income they have. The home is a wooden shack with cane walls. It has three rooms, all badly ventilated. The furniture consists of a couple of old beds, a table, some chairs and boxes. Despite the shabbiness, everything is clean and the children are well behaved. Espana is in the third grade at school and a brother and sister also go to school. She is a bright and friendly child and says

she would like to keep on going to school and learn as much as she could, then she would be able to get a good job and help her family.

Dimitrios Pierrakos is 12 years old and lives in a village 45 miles from Sparta in southern Greece with his mother, brother and sister. His father died two years ago. Dimitrios is in the sixth grade and his favorite subject is arithmetic. He would like to be an aviator when he grows up. The family live in two rooms and have very little furniture. His mother works as a seamstress and an older sister is in a nursing school in Athens.

Stavroula Xiarchou, also 12, lives with her mother and brother in the village of Anthousa, Greece. Her father died of tuberculosis in April, 1958. The family own a small house with one room and a kitchen. The furniture consists of a double bed, a table, some chairs and a trunk. They light a kerosene lamp at night and fetch water from a nearby well. Stavroula is in the last year of primary school and gets good marks. She hopes to go on studying and attend the Greek gymnasium (combined junior and high school). She helps at home but finds time to care for a small flower garden which is her particular joy.

Give Recovered Patients A Chance

There is a sound basis for a certain amount of fear of the person with active tuberculosis. Experts in this disease make no attempt to minimize this fact, for it is still true that "Every case comes from another". But the danger is nothing like as great as many people continue to think. Actually, tuberculosis is one of the least communicable of the infectious diseases. It is very rare indeed for the casual exposure to result in another active case. The danger is even less when the second person is in good health at the time of exposure. If tuberculosis were as easily contracted as a bad cold, the human race would have been wiped out long ago.

But it is after the patient leaves the sanatorium, his tuberculosis completely under control, that he feels most cruelly the sting of other people's fear. It is then that the sensitive person is hurt and, unless he keeps a strong grip on his sensibilities, embittered. It is certainly then that inordinate fear of tuberculosis and its victims multiplies the ordinary difficulties of resuming a place as a self-respecting member of society and a sharer in its work and responsibilities.

Today's recently discharged patient is more fortunate than those of the past, but his problem has not been solved for him by any means. The patient still finds some who fear him and show plainly (sometimes unfeelingly) that they do. He is learning that, among certain employers, his tuberculosis history is a handicap comparable to that of excessive drinking. In other ways, too, he learns that abnormal fear of

tuberculosis is by no means an evil thing of by-gone days.

The ex-patient himself is the chief victim of this lingering fear of the tuberculosis. It is he who feels most strongly and painfully the dark discouragement of joblessness, worries about what is going to happen to his family, and boils inwardly and bitterly at being treated differently from others after he has "worked hard" (and it WAS hard) at taking the cure and has been discharged as being safe by his physicians. The very fact that a sanatorium has sent a former patient into the job market indicates that he is no longer a danger to others.

It is time, and long past time, for nineteenth century ideas about a person with a history of tuberculosis to be discarded. As long as such ideas and beliefs linger in people's minds, a cruel injustice is being done. And remember that the recovered tuberculosis patients are not alone in paying heavily for this antiquated and erroneous concept, although it is true that his is the greatest loss. Business establishments are losing the services of valuable workers, and indeed in practically every aspect of our lives we are being made to suffer because so many of us refuse to think of tuberculosis and its effects in terms of today.

The properly treated and medically discharged tuberculosis patient is a far safer associate than the apparently well person who refuses to have regular examinations.

—The Link.

THE BIG FOUR Facts To Remember

WHAT Tb. IS. Tuberculosis is a disease which usually attacks the lungs and which is caused by a germ. You can "catch" Tb. only from someone who has it. When the Tb. germ gets into the body, a fight starts. If the germs win, they begin to destroy the part of the body they're in. A person who is healthy has the best chance of fighting off the germs.

HOW TO PREVENT Tb. Follow the simple rules of general good health. Get enough rest and enough exercise out-of-doors. Eat the right kinds of food. Wash your hands before eating. Protect others by covering your coughs and sneezes. Take care of your colds. Call on your doctor at least once a year for a complete checkup.

HOW TO FIND Tb. Children and young adults should have a tuberculosis test every year to tell when Tb. germs have entered the body. If the test is positive, the doctor will probably suggest a chest X-ray every year. This is to make sure the germs are not doing damage. Older people should have an annual chest x-ray to detect other ills as well as Tb. Such a test can find the disease long before the person who has it feels sick — when it can be cured most quickly and easily.

HOW TO TREAT Tb. People who have Tb. should go to a sanatorium or hospital. They'll get better medical care and they won't spread their germs. Treatment includes medicine, rest and sometimes surgery.

—National Tb. Association.

Patients!! Can You Tell Us Why?

There is a problem in tuberculosis work that is reported from every country where tuberculosis is treated. It is simply this: An alarming number of patients do not stay on their drugs after they leave hospital.

There are three bad results. One is that these patients have a relapse. The second is that the tubercle bacilli, having had some experience with the drugs, but not for long enough to knock them out, become resistant to the drugs. So when the patient has to be treated for the second time he is handicapped because one or more of the drugs won't work. Third, he may spread drug resistant germs. If that happens some member of his family is likely to arrive at the sanatorium resistant to one or more of the drugs.

Patients of 35 years ago, who spent three, four, even seven years in san, can hardly believe people won't take drugs as advised. To be sure tens of thousands do, but a lot of others from Greenland's icy mountains to India's coral strand, and any place else you like to mention, don't stay the course.

The doctors don't know why. Their relatives don't know why. Their friends don't know why.

So we ask the patients if they know why. Think it over. If you have a suggestion write to Editor, Tb and NOT Tb, Canadian Tuberculosis Association, Ottawa 4, Ontario. Your letter will be confidential. You will not be quoted by name if you don't want to be.

Ask yourself why a patient would fail to continue drugs. Is it plain forgetfulness? If it is you, do you not want to admit you need them? Did you want to prove to the doctor, or someone, that you could get well without them? Is it one way of kicking back at life when things don't suit? Is it resentment because while in hospital the supervision annoyed you? Or are there some patients who liked the care and attention and want to return to hospital and neglect their drugs so that they will get sick again? Or is it defiance of tuberculosis as well as the doctor?

Is it something different from any of these?

If you have a suggestion, tell us. Thousands of needless relapses and deaths are due to failure to take drugs. If you think you know why those drugs aren't taken, please tell us. It might help.

—Tb and NOT Tb.

Rules For Raising Misfits

Instead of giving the usual catalogue of virtues to be cultivated, Commissioner McClellan sharpened his lesson by listing ten effective methods to use so that a child will become an antisocial misfit:

(1) Do not have any rules for child behaviour or obedience in the home. This will ensure that the child has no clear concept of right or wrong.

(2) If you have any rules, enforce them intermittently. Ignore them when you are in good humour and knock the kid silly if he breaks the rules when you are tired and out of sorts. This will confuse him thoroughly. He won't know what is expected of him and will eventually resent all discipline.

(3) Air your domestic disputes right out in front of the children, preferably with a little name-calling. This will ensure that he has no respect for either of his parents.

(4) Never give a child any chores or regular duties around the home. This will convince him that you and the world owe him a living, without effort on his part.

(5) If he is disciplined at school, always go to the school and tear a strip off the teacher or the principal in front of the child. This will create an excellent contempt for authority at any level.

(6) Later, when he has trouble with the police, which is most likely, bawl out the officer, or, better still, the Chief, being always sure to refer to the 'dumb cop'. This procedure will earn the child a diploma in contempt for authority.

(7) When you are out driving with the family, exceed the local speed limit, but slow down when you see a police car. Be sure to speed up as soon as the police car is out of sight. This will show the child that the law is to be observed only if there is any danger of being caught.

(8) If you are stopped by the police for speeding, and you are speeding, always deny flatly that you were exceeding the speed limit. Make a big fuss over it. Your child will then know that cheating and lying are acceptable procedures.

(9) If you have managed to chisel a few dollars on your income tax, be sure and tell the family at the dinner table that night how smart you are. This should convince the youngsters that stealing is all right, if you can get away with it.

(10) Never check up on where your youngsters are in the evening. Never mind what time they get home. Never, never,

(Continued on page 23)



Rev. Dr. J. D. MacLeod has been appointed United Church Chaplain at the Nova Scotia Sanatorium and arrived in Kentville September 7th to assume his duties. He will also assist at St. Paul and St. Stephen United Church.

Dr. MacLeod retired four years ago after forty years in the active ministry. Born in Baddeck, N. S., he graduated in Arts from Dalhousie University

and in Theology from Pine Hill Divinity Hall. He has served in various churches in the Maritimes, his first congregation being that of Durham and Green Hill, Pictou County; later at Trenton; St. Andrew's Truro; St. John's, Halifax; Centenary Queen Square, Saint John, N. B., and finally back to Pictou County at Scotsburn. For three years since retiring, he was with St. Matthew's United Church, Halifax, as Minister of Visitation.

In World War I, Dr. MacLeod went overseas with the Nova Scotia Highland Brigade and served in France with the 13th Royal Highlanders of Canada until wounded, when he was returned to England. In the last war, he served with the Canadian Chaplain Service as Assistant District Chaplain M.D.I., Senior Chaplain, Camp Borden and District Chaplain M.D.I.

In 1958, he was honoured in having conferred upon him the degree of Doctor of Divinity by Pine Hill, and in the same year was appointed President of the Maritime Conference of the United Church. For some years he served on the Board of Governors of Pine Hill and the Board of Regents of Mount Allison University.

Dr. MacLeod is a brother of Rev. A. A. MacLeod who was minister of the United Church of St. Paul and St. Stephen in Kentville for nearly twenty years. Dr. and Mrs. MacLeod, the former Blanche Reid, R.N., have taken up residence at Tara Hall, 278 Main Street, Kentville.

From nature I have learned to smile
At time and tide --- for all the while
Fair nature's song of peace is sung,
The flowers and fields and streams stay young
In woodlands, decked with living green
Or glowing gold. Youth is supreme;
And nature's perfect peace tells me
The secret of Eternity.

I find it best not to tell people your troubles. Half of them are not interested, and the other half are glad you are getting what's coming to you.

TO OBSERVE ANNIVERSARY OF ELIOT "INDIAN BIBLE".

The 155-year old Massachusetts Bible Society will celebrate this year, the 300th anniversary of the printing of the first whole Bible in the western hemisphere. This Bible was printed in the language of the North American Indians.

The Indian Bible was in use on Cape Cod as late as the 1700's, but there is no one today who understands the language in which it is printed. Known as the "John Eliot" Bible, this was the first Bible printed in an Indian language, and the first time on this continent that it was necessary to create a written form of a spoken language.

Eliot, who was called the "Apostle to the Indians," sought to improve their living conditions, preached to them in the Indian tongue, and established schools among them. In his translation of the Bible, he was assisted by an English-speaking Indian, Job Nesutan. The work took forty years.

It took seven years to print the Bible, the only printing press being at Harvard College, seven miles away from Eliot's church. Each letter had to be picked out separately and placed in the form, and the handle which lowered the press had to be moved a half million times. Only eight pages of text were set in a week. An inestimable number of Indians were taught to read.

The longest word in the Bible is "wuta-aetittukfunnanivetunkquoh," which means kneel.

—Camsel Arrow.

Young children with weak and malformed limbs caused by rickets were a fairly common sight not so many years ago. Today, the modern child with his better diet and the regular dose of vitamin D given daily from birth throughout the growing years, develops strong bones and teeth.

Dept. of Health & Welfare.

Diphtheria, whooping cough, smallpox and polio are all diseases that are highly contagious and often fatal or crippling in some form. Whooping cough may leave a child with impaired lungs, heart or hearing. Immunization against these diseases should be given to every child.

Dept. of Health & Welfare.

Constant success shows us but one side of the world; adversity brings out the reverse of the picture.

Colton

AGAIN, THE BEATLES

Had you thought of the Beatles as contributing to world health? A young friend has just explained one indirect contribution.

It seems that the collegiate and high school students in Canada are adopting, as their special effort on behalf of the World Health Organization, the raising of funds to treat yaws.

You may never have heard of yaws, for it is found mostly in the hot, crowded countries. If you have seen pictures in which people were covered with sores which looked to you like smallpox it may easily have been yaws. It is caused by an organism which usually attacks the skin of the foot or leg first and then proceeds like an army of termites to feed on the skin and bones of the unfortunate patient—and there are between four and a half to five million of these patients, according to WHO.

There is just one cheerful thing about yaws. **One injection of long-acting penicillin generally stops it.** The penicillin costs about 15 cents per patient. A dollar will get enough penicillin to treat seven or eight patients.

Lisgar Collegiate, right behind our house, had a Beatinanny (the spelling may not be right and it is not in the dictionary yet). This is a hootenanny where they sing songs by the Beatles. At this function they raised \$70—enough to buy injections for about 500 patients.

So if you like the Beatles, here's one to them. If you don't, it may help you to bear them.

—Tb. and Not Tb.

Illness of the mind should be treated exactly as is an illness of the body—a doctor should be consulted at the first indication of emotional disturbance. Many mental ailments are just as amenable to control or cure as are the physical ills. The sooner qualified help is obtained the sooner the patient can be successfully treated. In most communities there are mental health clinics for adults and child guidance clinics for children who are mentally unwell.

—Dept. of Health & Welfare.

It is much easier to be critical than to be correct.

—Disraeli

Busy souls have no time to be busy-bodies.

AND THEY MEAN "NO SMOKING"

There are places where a sign says "No smoking" but the sign is disregarded—but in "The Room" at Lloyds of London is a place where the no smoking rule is kept.

"The Room" is the heart of this most historic of insurance companies, Lloyds, which started as a coffee house, now has a whole city block of offices but the most important is "The Room" where the underwriters sit to do business. Even the chairman, if he forgot where he was and smoked, would be spoken to by a waiter.

A waiter, incidentally, is what they call a clerk at Lloyds. It's another evidence of the pride they take in their tradition.

This and more came out in an interview between a CBC reporter and some staff members of Lloyds. Nobody said why they were so severe about smoking but it isn't hard to guess. Lloyds insures against fire. And they insured against fire in the days when fire equipment was not what it is now. Naturally they did not favor any habit which increased their risk.

The term "underwriters" came from Lloyds; in the early days ships and their cargoes were what was insured. In the coffee house a slip would be circulated on which was written a description of the ship and the cargo and a man willing to risk £500 or £1,000 would write his name under the description. So he was an underwriter.

Tb and Not Tb

A chap named Dave Deturk has written a "talking song" on smoking which goes, in part

Luckies will separate the men from the boys
And the living from the dead.

Another couplet is

Smoking makes you feel older
And die younger.

—Tb. and Not Tb.

HOUSEKEEPING TIPS

Cake will not get stale if kept in a bright-colored box in the children's room.

Scratches on floors can be concealed nicely with Oriental rugs.

To keep children from listening to your conversation, direct it at them.

A quick-acting remedy for housewife's aching back is a suggestion to eat out and take in a show.

Children will not track their muddy feet through the kitchen if the front door is kept unlocked.

Woolly dresses are fine for removing dog hairs from chairs and sofas.

Who was it that said: "Women fall into two classes; those making a home for a man, and those making a man for a home."

Question Box

Dr. J. J. Quinlan



- Q. What anaesthetic is used in a chest operation?
- A. We prefer to use general anaesthesia for all major chest operations. The patient is put to sleep by an intravenous injection, following which a specially designed tube is inserted into his windpipe. Then, throughout the operation, inhalation anaesthesia is administered through this tube. There are many agents that can be used; we prefer continuous oxygen with intermittent ether.
- Q. Can an operation be performed on a person with only one lung?
- A. In many cases it is quite feasible to carry out either a limited resection or some partial collapse measure on the remaining lung in the pneumonectomy patient. These procedures, in most cases, appear to be tolerated quite well and the individual is not unduly short of breath following them.
- Q. Is there a sure cure for tuberculosis?
- A. I would be unwilling to say that there is a "sure cure" for any disease. However, today, if tuberculosis can be diagnosed before too much destruction of the organ involved has occurred, it is reasonable to expect that, with proper treatment, the disease can be brought under control and the patient returned to a normal life.
- Q. Is everybody born with the TB germ in their bodies?
- A. One may safely say that nobody is born with the TB germ in his or her body. The tubercle bacillus is implanted into the human body after birth through inhalation, ingestion or inoculation by contact with an open case of tuberculosis.
- Q. How is it determined who needs a breathing test before having lung surgery?
- A. In most cases, the doctor is able to tell by clinical observation of the patient that the patient has sufficient lung reserve to tolerate surgery. However, in individuals who require resection or other surgical procedure for both lungs, where pneumonectomy is planned or where there are complicating factors, pulmonary function tests are most helpful in informing us whether the patient can safely withstand the proposed operation.
- Q. Is it possible to do lung surgery on a patient in the early stages of pregnancy? What effect would it have on the child?
- A. It is not unusual for lung surgery to be carried out on the pregnant woman. Throughout the years a rather large series of individuals have undergone either thoracoplasty or pulmonary resection at the Nova Scotia Sanatorium in all stages of pregnancy without ill effect. These operative procedures appear to have no deleterious effect on the unborn child.
- The daily bulletin issued during the annual meeting of the National Tuberculosis Association has a feature which we think is new, **Lines We Liked**. From a speech by Dr. James Perkins, executive secretary of the NTA, in a talk on eradication of tuberculosis, they quoted "It's like Heaven — possible but not inevitable".
- Character is determined by the things a man can say no to.

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HEALTH RAYS

VOL. 45

NOVEMBER

No. 10

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EDITORIAL COMMENT

As we tune in to station S.A.N. each day we sometimes wonder, as we listen to a lovely melody, just who invented music. We have today such a variety of music from sacred songs to lilting jazz—and the Beatles. There is music to suit our every mood.

The theory is that most people work better to the accompaniment of music; and that different kinds should be played at various stages of our work day, the light jazzy type played in the afternoon, the soothing melodies in the evening.

The word music is derived from Greek and this word applied to all of the nine muses. It included the culture of the mind as distinguished from that of the body.

The philosophers of the past valued music as an educational element and in the formation of character. The music of ancient Greek is by far the most important branch of musical archaeology, but very little is known about it, except that they knew rhythm and melody; these are as ancient as human consciousness.

The "scale" was set in order in Graeco-Roman times and this was the beginning of church music. Some of the ancient songs of the church were supposed to come from Solomon's temple, and had a continuous history reaching back to the early Christian services.

The mood of the age can be determined by the music it produced. Beethoven is supposed to be the most tragic composer that ever lived. The Renaissance produced its own particular type of music. The nineteenth century with its beautiful songs by Stephen Foster present a picture of life in the southern United States.

Every country of the world has its special music. From the joyous songs of festivals to the funeral dirges.

It is said that the twentieth century wit-

nessed as drastic a musical revolution as that of any period in history. The attitude of the public as well as the internal evidence of the music clearly showed a definite break with the immediate past. This age ushered in the so-called "Ultra Modern Music", which some critics don't appreciate, but which is extremely popular with many young people.

History it seems is inclined to repeat itself; so probably there will be a regression back to the old ballads. However, it would be interesting to know what will be popular in the year three thousand.

We are the music makers,
And we are the dreamers of dreams,
Wandering by lone sea-breakers,
And sitting by desolate streams;
World-losers and world-forsakers,
On whom the pale moon gleams:
Yet we are the movers and shakers
Of the world for ever, it seems.

With wonderful deathless ditties
We build up the world's great cities,
And out of a fabulous story
We fashion an empire's glory:
One man with a dream, at pleasure,
Shall go forth and conquer a crown;
And three with a new song's measure
Can trample an empire down.

We, in the ages lying
In the buried past of the earth,
Built Ninevah with our sighing,
And Babel itself with our mirth;
And o'erthrew them with prophesying
To the old of the new world's worth;
For each age is a dream that is dying,
Or one that is coming to birth.

—Arthur W. O'Shaughnessy.

San News

"HOMELOVERS' CLUB"

F. G. Barrett

Director of Rehabilitation, N.S. Sanatorium

Some years ago, both at the Nova Scotia Sanatorium and at Roseway Hospital, successful "courses" were conducted for the ladies for whom, we consider, the Rehabilitation Department generally does relatively little. Considerable impetus was given to the desire to do something for our female patients by the publication "Save the Women" published by the Canadian Tuberculosis Association and written by Miss Anne Grant. In summary this publication pointed out that women's work in the home is far from easy and that we should do everything possible to show them, while they are patients, that there are easier ways to do their chores. It also pointed out that while doing this we might also teach some of the facts of home economics relating to good food, good clothing, and economical buying.

Now such concerns have lain dormant for some years until a visit to this institution by Miss Amy Elliott, a recently appointed Health Educator.

We welcomed Miss Elliott's suggestion that she would organize a course and provide the leaders if we at the Sanatorium would find the interested people and provide the space. This has been done and we have recently heard that The Homelovers' Club will meet during November on Monday and Wednesday evenings. It is interesting to note that the meetings will be open both to men and to women for we understand that in many instances men must take a strong hand in determining the running of the household. Miss Elliott also wants it clearly understood that patients are welcome to come to single meetings and do not have to "sign up" for the whole course.

An innovation this year is that ladies from the town of Kentville are being invited

to take part each evening and to provide light refreshments.

- A schedule of the courses appears below.
- November 2—New Meals — Miss Maudie MacRae
 - November 4—Buying Wisely—Miss Maudie MacRae
 - November 9—Preschool Children — Miss Amy Elliott
 - November 16—School Children and School Services—Mr. G. R. Pierce
 - November 18—Snacks and Convenient Foods (TV dinners and cake mixes)—Miss Maudie MacRae
 - November 23—Teenagers — Miss Amy Elliott and Teenage panel
 - November 25—Clothes — Home Economics Students
 - November 30—Your Town—Tom Jones

NEWS OF THE NURSING STAFF

Miss Miriam Clufford, R.N., retired in October after ten years' service with the Department of Public Health. Miss Clifford came to the Sanatorium Nursing staff from Roseway Hospital, Shelburne. We wish her many happy years of retirement.

Mrs. Annabelle Fox, R.N., has resigned from the Nursing Staff to become a full-time housewife.

Mrs. Joanne Stoddart from the C.S.R. is moving to Berwick and has resigned.

We welcome to our staff: Mrs. Jean Roberts, R.N.; Mrs. Joan Misener, R.N.; Mrs. Aileen Folker, Mrs. Grace Nickerson, C.N.A.

We welcome also two post graduate students: Miss Yu Chu Tseng of Taiwan and Miss Florence Licayays from the Philippines who will be with us for three months.

A letter arrived from Mrs. Fe Roxas, a former post-graduate from the Philippines who says she is happy to be back home with her family and is teaching in a University School of Nursing at Quezon City. She sent

(Continued on page 17)

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Chaplain's Corner

THE BLESSING OF MORTALITY

by Rev. J. G. Groen

This is a strange title, isn't it? Mortality is what we fight; then how can it be a blessing? Medical science is trying to lengthen the span of man's life; how then can I say that it is good for man to be a man with death in his members? As a matter of fact, you San-patients have come to this institution to find recovery; doesn't that contradict what I try to picture as a blessing?

Some explanation is necessary. I read in Genesis, the first book of the Bible, that the Lord God said, after man had fallen into sin, "Behold man is become one of us, knowing good and evil; and now, lest he put forth his hand and take also of the tree of life, and eat, and live forever, I'll send him forth from the garden of Eden, to till the ground from whence he was taken." (Genesis 3:22, 23). So He drove out man from the garden of Eden; and at the entrance he placed an angel with a flaming sword to keep him from entering in again.

Paradise was life with God; that is the Life that man was made for; that is eternal Life; if man who had fallen into sin would have eaten of the tree of life, he would have lived forever in sin, away from God; it would have meant: eternal sinful life away from God for all. That would have been the greatest disaster for mankind that one could imagine: to live forever unredeemed and unredeemable. It's a blessing that paradise, once it was spoiled by sin, was lost; that God said: out you go.

But what do we see now? That man is hard at work to make himself immortal; and by immortality he means: to live forever as he is today. Yes, we may see the day when man shall live 120 to 150 years and maybe even more. And the purpose of this striving is not so much to render longer service unto God; that sounds almost ridiculous in this world. No, the purpose of the medical fight for a longer life is just to

live longer; to live as long as possible; to push back the day of death; to get more out of life; to fight against our mortality. Essentially, man is trying to fight his way back into paradise; in a medical way, man is trying to get back to the tree of life and live forever.

Even to human intelligence this is a strange fight. The talk of the day is: birth-control, over-population, food-shortages in many countries. Nevertheless, we try to keep as many people here as we can. I say, even to ordinary human intelligence there is something very strange in this fight for longer life.

But more important: this striving for immortality goes contrary to the designs of our God who has become our Redeemer through Jesus Christ. God has opened His Way to Immortality: the new and living Way: Jesus Christ. Through Him there is the way, not merely to a longer life, but to a Life with God without sin and pain and misery; through Him there is the true Way back to Paradise. Of Him the Bible is full and Him we must believe and follow. His death on the cross has come instead of our death; His going to hell has come instead of our eternal stay there; and so we have been redeemed by Jesus Christ from sin into which we have helped ourselves. This is God's way back to immortality and this is the way we must travel. Patients come to a Sanatorium to find their health restored again. Therefore the San is a wonderful institution. But it is not just a place to have your life lengthened for your own pleasure. In the light of the Bible, this is a place where the Lord God gives you another chance to serve God with all your strength—and at His time the Lord will call us out of this life; and to His good servants He will give, in His way, life immortal.

Remembrance is the sweetest flower
Of all this world perfuming,
For love doth guard it, Sun or Shower,
And Friendship keeps it blooming.
—Clifton Bingham.

To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.

—Samuel Johnson

The sincere alone can recognize sincerity.

Faith is to believe what we do not see; and the reward of this faith is to see what we believe.

—St. Augustine.

A fair face without a fair soul is like a glass eye that shines and sees nothing.

—Blackie.

Though familiarity may not breed contempt, it takes off the edge of admiration.

—Hazlitt.

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SAN NEWS (cont'd.)

greetings to all her friends at the sanatorium.

Miss Clarita Rubica has also returned to the Philippines. Both Miss Rubica and Mrs. Roxas will be remembered for their interest in the Sanatorium and the community.

Mrs. Pat (John) Newcombe, R.N., is on leave of absence awaiting a blessed event. Our best wishes are extended to her.

Congratulations are in order for Mrs. (Carol Gaudet) Weatherbee on her recent marriage.

Miss Delores Henry, student nursing assistant, is on sick leave to undergo a tonsillectomy.

We wish to express our sympathy to Mr. Loran Geitzler, R.N., on the death of his mother.

Mrs. Lillian Acker, housemother at the Dormitory, and Mrs. Jean Ells, housekeeper, are absent due to illness. We wish them a speedy recovery.

We are happy to welcome back from extended sick leaves, Miss Madeline Spence, R.N., Mrs. Kay Dakin, R.N., and Miss Floris Smith, R.N.

Mr. Robert E. MacKenzie, R.N., Director of Nursing Education, is to be presented with a "Priory Vote of Thanks" at Government House this month for his work in the St. John Ambulance.

The student Nursing Assistants were presented with Testaments from the Gideon Society on Oct. 6. Affiliation in Obstetrics at the Payzant Memorial Hospital, Windsor, has started and four of our students will be on affiliation there for four-week periods from now until January.

The Executive Committee of the Provincial Registered Nurses Association met in the Dormitory on October twenty-third and twenty-fourth. Forty-five nurses attended representing areas from Yarmouth to Cape Breton.

An impressive ceremony was held in the Sanatorium Chapel, October sixth when the Ladies' Auxiliary of the Gideon Society pre-

sented Blue Testaments to twenty-one Student Nursing assistants of the February 1964 class. Mrs. Hance Mosher presided. Scripture was read by Mrs. Irving Gates, presentation of Testaments was made by Mrs. Robert Newcombe, Mrs. Clinton Dunfield offered the dedication prayer and Mrs. Edwin Davison was pianist. Mr. Hance Mosher, President of the Kentville Gideon camp, was the guest speaker.

NOUVELLES DU**Sanatorium de Kentville**

Pendant un temps de repos, apres le souper, en lisant le Health Ray, une petite revue que l'on recoit au Sanatorium une fois par mois, nous avons remarque un article qui a pris notre attention. L'article etait intitule "Guidepost to a Happy Life", et il s'agissait de deux filles qui avaient une conversation pendant qu'elles prenaient la cure, une disant que son avenir etait fini, l'autre lui repondant qu'au contraire il y avait beaucoup de chances de se perfectionner meme si on etait victime de la tuberculose.

Il y a en effet bien des choses que l'on peut faire ici pour se distraire. Lorsque l'on passe les differentes chambres on peut voir les patients occupees a faire de la couture, de la peinture, d'autres travaillant le cuire, d'autres encore a etudier, etc. Plus tard, lorsqu'on est capable d'avoir plus d'exercices, on voit les patients assis sous les arbres, jeunes et vieux. Tout alentour est bien joli. Et au lieu de croire que notre vie est finie, c'est vraiment le commencement d'un avenir plus agreable que pour bien d'autres qui n'ont jamais ete atteints de cette maladie.

Au nom des patients du comte de Yarmouth et du district de Clare nous voulons remercier tous nos amis qui nous ont ete si fideles en nous envoyant des cartes et des lettres et qui nous ont ainsi apporte beaucoup de bonheur.

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Old Timers

Anne Marie was full of news this month, so with no more ado we shall get down to the dispensing of it.

First, news of a 1941 Old Timer who is now living far away in the West. Edith Wilcox, formerly of Milford, is now Mrs. Arthur Smith and lives in Calgary, Alta.

Marion MacDonald of Trenton, Pictou county, came in for her checkup. Marion, a 1949 patient, still works in a grocery store in her home town. She told of a visit last year to Rose Cameron, now Mrs. Frank MacAdam, in Detroit, Michigan. Rose's sister, Barbara Hoffman, who lives in Windsor, Ontario, was visiting in Detroit also. Both Rose and Barbara are 49-ers along with Marion.

Lucie Saulnier, who was a patient here in 1945 and later trained as a Nursing Assistant, now Mrs. Jack Hyden, lives in Debert, to where her soldier husband has just been transferred. Alice Hyden, sister-in-law to Lucie, who was also a patient and nursing assistant here, is married and now lives out West, we were told.

Yet another of the patient-and-nursing-assistant group, Mora McCuspie, who was here in 1952 and is now Mrs. Donald Hooper, lives in Sydney. She and her husband are very proud of their adopted son, Joey, aged seven months.

THIS HALF PAGE IS WITH THE
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When Mary MacCracken comes in from Wolfville for her check-up, Anne Marie really picks up the news. She is "healthy and happy", and one might add "busy", as she now has a family of nine. In spite of the demands on time and strength that such a lively group must make, she finds time to keep in touch with many Old Timers of the 1955-56 era. Some of her news items follow: Rosella Guest is now employed in the elastic factory in Bridgetown; Pearl Penny teaches in Florence, C.B.; Mona Corkum lives in Mira, C.B., and has two children; Joyce Cavanagh works in a grocery store in Wolfville, and Mary sees her quite often; Audrey Damery was married in August to Arnold Jones. They live in Amherst, as do Audrey's mother, Lucy, and sister, June, who were patients here in 1956 with Audrey. Glad to report all are enjoying good health.

An October visitor to the San. was Doug Flemming of Upper Musquodoboit. Doug,

who was here in 1945, is working at the Fairey Aviation in Dartmouth. Another visitor was Thomas Murphy, who was here in 1960. He lives at Oxford, Cumb. county, where he says he helps his wife with the store and does a bit of gardening.

When Father Durney was in the Boston airport on his way home from his holidays he met Father James Mombourquette. Father Mombourquette, who was here in 1956, was ordained two years ago, and is now at Petit de Gras, C.B.

An item or two from Joe and Hazel (McMichael) LeFave, who ran into a couple of Old Timers in Yarmouth. Mildred MacPherson, who was here in 1936, works with the Unemployment Office in Yarmouth, and according to report, looked well and very chic. Abite Burke, a 1944 patient, is teaching in Eel Brook, and also coaches a baseball team, of which he is very proud as they won the Yarmouth county trophy this year. Then when Joe and Hazel turned east on their travels they had supper with Barbara and Jack Murray in Trenton. Barbara and Jack were 1948 patients, and they still like to play bridge, we hear.

Steve Mullen heard from Theodore Muise, who returned home last year. He told Steve that his meat store in Arcadia, Yarmouth county, is doing very well, and that he has help so that he does not have to work too hard.

How many of our readers spotted one of our Old Timers in a recent issue of *Time* magazine? In the advertisement of the Nova Scotia Tourist Bureau was featured the Alexander Graham Bell Museum, Baddeck, and there was Andy Doherty, who was a very popular patient here around 1945. Andy and his wife, the former Beulah Gates, also an Old Timer, live in Baddeck, where Andy works part time at the Museum. Incidentally, the curator of the Alexander Graham Bell Museum is yet another Old Timer, Keillor Bently, who was here in the 'forties also.

A good source of Old Timer news is Marguerite MacLeod of the Rehab. department. From her we learn that Anne LeBlanc — Mrs. Charles LeBlanc — is well and does baby-sitting five days a week. She plans to make a visit to Boston this fall. Marguerite had interesting news from Joan Daurie, formerly of Clearland, Lunenburg county. Joan was married recently to an English submarine crewman, and will be living in Nottingham, England. She expects to visit France and Holland and probably spend some time in Germany.

Jim Harding of Yarmouth was in for a

(Continued on page 23)

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INS and OUTS

Admissions, N.S. Sanatorium, Aug. 16 to Oct. 15, '64

Mrs. Theresa Jane Wilsack, 628 Hudson Street, Stellarton, N.S.; Mrs. Lillian J. Dunphy, 2½ Belle Aire Terrace, Halifax, N.S.; George St. Clair Smith, 3 East Street, Yarmouth, N.S.; Phyllis M. Wellwood, Elmsdale, Hants Co., N.S.; John Francis Sears, St. Andrews, Antigonish Co., N.S.; William H. Wheaton, Union Square, Grafton, Kings Co., N.S.; Mrs. Melvina Rippon, R.R. 1, Armadale, Halifax Co., N.S.; Paul G. Cormier, Great Village, Col. Co., N.S.; Lester A. Norman, R.R. 1, Pleasantville, Lunen. Co., N.S.; Frances M. King, 15 Summer Street, Wolfville, N.S.; James F. Beaton, 5 Ocean Ave., New Waterford, N.S.; Meril D. Eddy, Eastern Passage, Halifax Co. N.S.; Stephen Bernhard, Nyanza, Victoria Co., N.S.; Angus D. MacIsaac, Ohio, Antigonish Co., N.S.; Roy B. Wilson, River John, Pictou Co., N.S.; Mrs. Louise Taylor, Victoria Beach, Anna. Co., N.S.; John M. Hudson, 76 Church Street, Antigonish, N.S.; Newton W. Conrad, Cherry Hill, Lunenburg Co. N.S.; Mrs. Patricia A. Lewis, 12 Lloyd Court, Truro, N.S.; Mrs. Pearl Smith, Box 18, Somerset, Kings Co., N.S.; Mrs. Hazel R. Mosher, South Berwick, Kings Co., N.S.; Agnes M. Brown, Bridgetown, N.S.; Samuel M. Moore, Carroll's Corner, Halifax Co., N.S.; Alexander G. Allen, Head Jeddore, Halifax Co., N.S.; George E. Sanford, 12 Linwood Ave., Kentville, N.S.; Thomas A. Gray, Three Mile Plains, Hants Co., N.S.; George M. Beatty, Martin's River, Lunen. Co., N.S.; Joseph M. Jones, Cook's Cove, Guys Co., N.S.; Mrs. Florence Dimock, 51 Victoria Street, Middleton, N.S.; Mrs. Eileen Robinson, 11 Dawson Street, Pictou, N.S.; Ralph B. Lohnes, Box 354, Digby, N.S.; Mrs. Vennie Richard, Charlos Cove, Guys. Co., N.S.; Garvais E. Murphy, Mill Cove, Lunen. Co., N.S.; Mrs. Emily Miller, 30 Hillcrest St., Truro, N.S.; Aubrey S. Purdy, Westchester Station, Cumb. Co., N.S.; Bert Bishop, 14 Park St., Kentville, N.S.; Mary S. Boudreau, Petite de Grat, Richmond Co.,

N.S.; Mrs. Marian A. Piers, 6 Westbrook Ave., Dartmouth, N.S.; Edward T. Brennan, Mulgrave, Guys. Co., N.S.; Shirley F. Brittain, R.R. 2, Weymouth, Digby Co., N.S.; Mrs. Jessie M. Burgess, Hantsport, Hants Co., N.S.; Sibyl E. Keegel, Clementsport, Anna. Co., N.S.; Isabel M. Melanson, Clementsport, Anna. Co., N.S.; John S. Doyle, 26 Kearney Lake Road, Halifax Co., N.S.; Roy S. Winters, 6 Alma Street, Amherst, Cumb. Co., N.S.; Herbert J. LeBlanc, St. Bernard, Digby Co., N.S.; Joseph F. Kelsey, Middle Sackville, Halifax Co., N.S.; Murray R. Rafuse, Waterville, N.S.; Noel Stevens, Nyanze, Victoria Co., N.S.; George E. Amero, Doucetteville, Digby Co., N.S.

Discharges, N.S. Sanatorium, Aug. 16 to Oct. 15, '64

Hazel A. Pettipas, East Chezzetcook, Halifax Co., N.S.; Murray A. Zwicker, Shubenacadie, Hants Co., N.S.; Mrs. Rose Sangster, Hay River, N.W.T.; Pearl M. Sangster, Hay River, N.W.T.; Tracey R. Sangster, Hay River, N.W.T.; April J. Sangster, Hay River, N.W.T.; Bethel J. Sangster, Hay River, N.W.T.; Lawrence P. Chase, North Alton, Kings Co., N.S.; Mrs. Theresa J. Wilsack, 628 Hudson St., Stellarton, N.S.; Mrs. Alice I. Kinney, Upper Brookside, Truro, N.S.; Mrs. Elzora F. Beal, R.R. 1, Aylesford, Kings Co., N.S.; Charles A. Davidson, Scotch Village, Hants Co., N.S.; Wayne D. MacEachern, 190 Cornwallis St., Kentville, N.S.; Farrell R. Munroe, Freeport, Digby Co., N.S.; Francis W. McMahon, Aylesford, Kings Co., N.S.; Elizabeth E. Morrell, Main Street, Digby, N.S.; Howard Higgins, Africville, Halifax, N.S.; William H. Wheaton, Union Square, Grafton, Kings Co., N.S.; Alexander Henderson, Coalburn, Pictou Co., N.S.; Alonzo Hupman, Osborne Harbour, Shel. Co., N.S.; Mrs. Helen M. Sylliboy, Micmac, Shubenacadie, Hants Co., N.S.; Robert H. Guest, 25 Cumberland St., Yarmouth, N.S.; Meril D. Eddy, Eastern Passage, Halifax Co., N.S.; Angus D. MacIsaac, Ohio, Antigonish Co., N.S.; John C. Nearing, 7½ Currie Street, Glace Bay, N.S.; Mrs. Pearl E. Smith, Box 18, Somerset, Kings Co., N.S.; Paul G. Cor-

(Continued on page 23)

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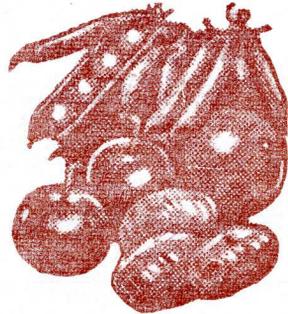
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RAISING MISFITS (cont'd.)

try to learn anything about their friends. This one is almost sure fire.

These suggestions of the wrong way to raise children to be decent citizens were made by the man who, of all others in Canada, because he is head of the Royal Canadian Mounted Police, knows most about what enters into the making of lawbreakers.

—The Royal Bank of Canada
Monthly Letter

OLD TIMERS (cont'd.)

check-up not long ago. Jim, a 1959-er, is still on the ferry Bluenose.

In September your Old Timers editor ran into "Tookie" Haley having lunch in Truro. Tookie, who was here in 1942, was on her way to Sydney to attend sessions of the Nova Scotia Hairdressers' Association, of which she is the business manager for the province. In addition to this position she has her regular work as a hairdresser in Dartmouth.

Mrs. Smith, Health Rays editor, had a long interesting letter from Donald Silver, and she was kind enough to let us have the news of Don for his many friends at the San. He is presently in Halifax, where he is taking a medical records librarian's course. Last year he took typing and shorthand and was successful in qualifying as a clerk typist. He says: "This course is pretty tough. Not that I feel I can't handle it, but I don't expect to set any records. We have to study such things as medical terminology, anatomy and microbiology as well as the keeping of records." Don wishes special thanks to go to Dr. Holden and Mr. Barrett for all the help they gave him in getting started on his present program. We do wish him every success in his course and future work as a medical records librarian.

And we will close this month's chatter with news from far away. A letter from Etta Daye Murray brings us up to date on her and Tommy, both Old Timers from away back. From their home in Nanaimo, B.C., Etta writes that she no longer nurses at the Indian Hospital, that she has attended a "Hairdressing School" and is now a full-fledged hairdresser. Well, congratulations on your new life, Etta, and we'd just love to have such a cheerful, chatty hairdresser working on this old head. Tommy has moved his jewellery business into much bigger quarters in a completely renovated building. Etta says she thoroughly enjoyed seeing the picture of Pat MacEvoy and Gerry Moran in a recent Health Rays, and sends her's and Tommy's greetings to all old friends still at the San.

People with nothing to worry about get fat and worry about that.

INS AND OUTS (cont'd.)

mier, Great Village, Col. Co., N.S.; Glen R. Brow, Havre Boucher, Ant. Co., N.S.; Mrs. Christine Downey, Africville, Halifax Co., N.S.; George A. Brittain, Hilltown, Digby Co., N.S.; Mrs. Rose A. Sutherland, St. Pefers, Richmond Co., N.S.; Ralph W. Hill, Havelock, Digby Co., N.S.; Horton W. Phinney, Lawrencetown, Anna. Co., N.S.; Mrs. Jean E. MacPherson, Coxheath, Cape Breton Co., N.S.; Mrs. Louise Taylor, Victoria Beach, Anna. Co., N.S.; Lester A. Norman, R.R. 1, Pleasantville, Lunen. Co., N.S.; Mrs. Evelyn R. LeBlanc, West Pubnico, Yarmouth Co., N.S.; Sibyl K. Keegel, Clements-port, Anna. Co., N.S.; James F. Beaton, 5 Ocean Ave., New Waterford, N.S.; Mrs. Melvina Rippon, Tantallon, Halifax Co., N.S.; Bert Bishop, 14 Park Street, Kentville, N.S.

Admissions, Point Edward Hospital, August 15 to Oct. 15, '64

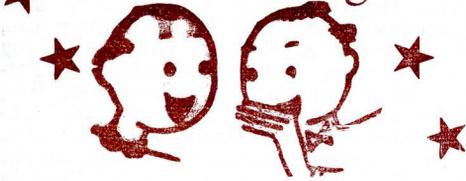
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Discharges, Point Edward Hospital, Aug. 15 to October 15, '64

James F. Beaton, 5 Ocean St., New Waterford, N.S.; Anne Marie Gillis, Gillisdale, Inv. Co., N.S.; Nancy Nearing, 7½ Currie St., Glace Bay, N.S.; Mary E. Beaton, R.R. 2, Port Hood, N.S.; Thomas Hawley, Ingonish Ferry, Vic. Co., N.S.; Aldona E. Hawley, Ingonish Ferry, Vic. Co., N.S.; Joseph Connors, Sydney River, C.B., N.S.; Mrs. Helen Clancy, Mulgrave, N.S.; Mary C. MacDonald, South Judique, Cape Breton, N.S.; Noel Stevens, Nyanza, C.B., N.S.; James A. Gillis, Brook Village, Inv. Co., N.S.; Roy Gordon Grant, R.R. 1, Bras d'Or, N.S.; Alice Drinkwater, 6 Hartlen Ave., Spryfield, N.S.; Daniel Angus MacDonald, Wreck Cove, Cape Breton, N.S.; Mary S. Boudreau, Petit de Grat, Richmond Co., N.S.; Archibald J. MacNeil, 359 Main

(Continued on page 25)

Just Jesting



Lowell Thomas likes to tell how he was embarrassed at a newsreel showing one day. He had done the commentary on a scene in one of the Navy yards and also on a scene that showed a well-known society woman at the races. Somehow, the sound tracks got mixed up. The picture of the society woman came on the screen and Lowell Thomas' voice boomed out: "This old battleship will soon be hauled into drydock for repairs."

City man: "Say, mister, could you tell me what time it is?"

Small-town native: "'Bout Tuesday, I reckon."

City man: "No, no, I mean what hour? I have to catch a train."

Small-town native: "Oh Tuesday's close enough. There's no train 'til Saturday anyway."

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LIMITED

The naturalist was lecturing informally at a social gathering.

"The caterpillar," he said, "is the most voracious of all creatures. Why, in a month it will eat about 600 times its own weight!"

A somewhat deaf old lady had been following along as best she could, and at that point interrupted with: "Whose boy did you say that was, Professor?"

Dad: "But you can't marry him dear, he earns only \$30 a week."

Daughter: "Yes, but when you're in love, a week passes so quickly."

Patient: "Will my false teeth look natural?"

Dentist: "Madam, I make them so natural they ache."

"Fate is something you believe in when things are not going well. When they are, you forget it."

—Aubrey Menen.

Boss: Jones, did you push a wheel barrow down the street last night after the party?
 Jones: Yes, sir, I was pretty well loaded.
 Boss: Well, how do you think I feel over the possible loss of prestige that your actions may have brought upon our business?
 Jones: Gee, Boss, I never thought to ask you. You rode in the wheel barrow.

This was the reaction of Mrs. Carrie Smith of Metuchen, N.J., upon receiving on her 100th birthday a wire of congratulations from the Governor: "Now isn't that silly? He doesn't know me and I don't know him."

Item from an Oklahoma industrial journal: "The bathtub was invented in 1850 and the telephone 1875. Had you been living in 1850, you could have sat in the bathtub for twenty-five years without the phone ringing."

Mr. and Mrs. Appleton entered the dentist's office.

Mrs. Appleton said, "I want a tooth pulled. I don't want gas or novocaine because I'm in a terrible hurry. Just pull the tooth out as quickly as possible!"

"You certainly are a brave woman," said the dentist. "Now, show me which tooth it is."

Mrs. Appleton turned to her husband and said, "Open your mouth and show the dentist which tooth it is, dear."

While the government is busy trying to land a man on the moon, some girls are still trying to land one on earth.

There are three things a woman can create out of practically nothing—a costume, a salad and a quarrel.

Mother: "Jimmy, there were two pieces of pie in the pantry this morning and now there's only one. How is that?"

Jimmy: "I don't know. It was so dark I guess I didn't see the other piece."

Man (rushing into store): "Quick! Give me a mousetrap."

Clerk: "One minute sir."

Man: "Don't stand there wasting time. I have to catch a bus."

Clerk: "Oh, sorry, sir, we don't have a trap that big."

Doctor: "I don't like the way your husband looks."

Wife: "Listen, if you want to get personal about it, you're not exactly handsome yourself."

"The man who is afraid of asking is ashamed of learning."

—Danish Proverb.

INS AND OUTS (cont'd.)

St., Bridgeport, C.B.; Mrs. Margaret Oliver, Point Tupper, Richmond Co., N.S.; Donald A. MacEachern, Port Hawkesbury, Inv. Co., N.S.; Robert MacInnis, Scotchtown, New Waterford, N.S.; Patrick J. Burns, 317 Ellsworth Ave., New Waterford, N.S.; William J. Murrant, R.R. 1, Port Morien, C.B.; Robert Milledge Lewis, Westmount, C.B.; Charles P. DeCoste, Havre Boucher, Antigonish Co., N.S.

Do you know that Family Allowance is now payable for a child 16 or 17 years of age? The Family Allowance Act, as it has recently been revised, makes it possible for the Allowance to be paid, in the amount of \$10.00, on behalf of a child who has passed his 16th birthday but has not yet reached his 18th birthday. The only stipulation is that the child must be making satisfactory progress in school, or be unable to attend school because of a physical or mental disability.

D. Brown
N.S. Sanatorium

IN THE LIBRARY

Plays are becoming more and more popular. If you are in doubt about it just glance over the advertisements on entertainment and amusements in your daily paper; you will also find a large number of plays advertised in the radio and television columns. Have you ever thought about where the producers get the plays or the ideas for the plays? Some, of course, are written by modern writers specially for the movies, the radio or television. Others (and there are many of them) are adapted from books and from old plays, many of which may be found on our library shelves. Following is a list of books that have been made into plays and that you may find in the Library:

Ben Hur by Lew Wallace.
Jane Eyre by Charlotte Bronte.
Wuthering Heights by Emily Bronte.
Thirty-nine Steps by John Bucan.
The Silver Chalice by Thomas B. Costain.
The Magnificent Obsession by Lloyd C. Douglas.
The Robe by Lloyd C. Douglas.
The Big Fisherman by Lloyd C. Douglas.
The Vicar of Wakefield by Oliver Goldsmith.
A Tale of Two Cities by Charles Dickens.
David Copperfield by Charles Dickens, and many more.

When you have read one of these books you may have fun discussing it with one of your friends who frequents the theatre, or you may hear one of these played on a radio program or see one on TV.

—Librarian.

Nothing is opened by mistake more often than the mouth.

A BUTTER LOVER'S LAMENT

It was on the third of February that I came in;
I was feeling very lonely and things looked very grim.
But I made up my mind to be contented and gay,
Until Tuesday morning when they brought in my tray.
When I looked it all over my stomach near twisted,
Because the butter was so small that I just about missed it.
When dinner time came to myself I did mutter,
"I wonder if he brought me a little more butter."
I looked on my plate just to make sure,
I was certain they would bring me a little bit more;
As I looked back again at the wee little square;
I had to look twice to make sure it was there.
Then I rang for a maid to bring me more butter,
And they sent in a guy with a funny little stutter.
"You want chocolate cake" he says with a grin,
My heart gave a flip and my head it did spin.
"How can you stand there" I finally did utter
"And offer me cake when I wanted butter!"
I looked all around me and picked up a mall
I aimed at his head but just hit the wall.
My temper has cooled now, but I tremble and stutter
As three times each day I ask for more butter.
Nine months have gone by and I know I can't win,
'Cause I get no more butter than when I came in.
But when I get home I'll go right to town,
And buy me some butter, yes, ten or twelve pounds.
If you don't believe that my threat will be so.
Just come to the place called West Pubnico.
—Mary Wadden.
Nova Scotia Sanatorium

The best way to get along with some people is to forget them.

A vacation is what you take when you can't take what you have been taking.

They think too little who talk too much.
—Dryden.

Don't let yesterday use up too much of today.

NEVER SAY FAIL

Keep pushing—'tis wiser
 Than sitting aside,
 And dreaming and sighing
 And waiting the tide.
 In Life's earnest battle
 They only prevail
 Who daily march onward
 And never say fail!

With an eye ever open—
 A tongue that's not dumb.
 And a heart that will never
 To sorrow succumb—
 You'll battle and conquer
 Though thousands assail:
 How strong and how mighty
 Who never say fail!

The spirit of angels
 Is active I know,
 As higher and higher
 In glory they go:
 Methinks on bright pinions
 From heaven they sail,
 To cheer and encourage
 Who never say fail!

Ahead then keep pushing,
 And elbow your way,
 Unheeding the envious
 And asses that bray;
 All obstacles vanish,
 All enemies quail,
 In the might of their wisdom
 Who never say fail!

In life's rosy morning,
 In manhood's firm pride,
 Let this be the motto
 Your footsteps to guide:
 In storm and in sunshine,
 Whatever assail—
 We'll onward and conquer
 And never say fail!

—Anonymous.

THE TRAIL TO LILLOOET

Sob of fall, and song of forest, come you
 here on haunting quest,
 Calling through the seas and silence, from
 God's country of the west.
 Where the mountain pass is narrow, and the
 torrent white and strong,
 Down its rocky-throated canon, sings its
 golden-throated song.

You are singing there together through the
 God-begotten nights,
 And the leaning stars are listening above
 the distant heights
 That life like points of opal in the crescent
 coronet
 About whose golden setting sweeps the
 trail to Lillooet.

Trail that winds and trail that wanders, like
 a cobweb hanging high,
 Just a hazy thread outlining mid-way of the
 stream and sky,
 Where the Fraser River canon yawns its
 pathway to the sea,
 But half the world has shouldered up be-
 tween its song and me.

Here, the placid English August, and the
 sea-encircled miles,
 There — God's copper coloured sunshine
 beating through the lonely aisles
 Where the waterfalls and forest voice for
 ever their duet,
 And call across the canon on the trail to
 Lillooet.

—E. Pauline Johnson.

It is not the guns or armament
 Or the money they can pay,
 It's the close co-operation
 That makes them win the day.
 It is not the individual
 Or the army as a whole,
 But the everlastin' teamwork
 Of every bloomin' soul.

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