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NOVA SCOTIA SANATORIUM

VOL. 45

JULY, 1964

NO. 7

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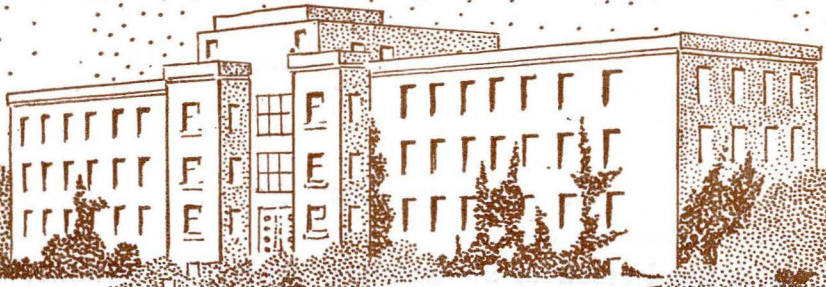
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DAILY: 10.15 - 11.45 A. M.

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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. Hants Mosher</i>
Christian Reformed—Minister	<i>Rev. John Vandyk</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>

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

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JULY, 1964

No. 7

The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.,
Medical Superintendent



Having just experienced the thirty-second Annual Apple Blossom Festival at the end of May, it was of considerable special interest to me to be handed a copy of the program for an Historical Pageant of Nova Scotia held in the Kentville Arena on the occasion of the Second Festival in 1934.

The pageant was directed by Miss Daisy Foster and covered the period from 1603 to 1934. The final scene was entitled "Land of Hope and Glory" and depicted "Nova Scotia, led by Hope and Ambition, with Religion on her right hand, and Knowledge on her left, and Industry bearing her train, and followed by her eighteen counties, marches on."

The cast of characters numbered 127 persons not including a band and a chorus of 65 voices. The cast represented individuals in history and also the Counties of Nova Scotia, Glooscap, Nova Scotia, New Brunswick, Quebec, Ontario, Religion, Knowledge, Hope, Ambition, Industry, Spring, Sunshine, the Breeze, Winter, The (3) Bunnies, The Five Mountains, The (10) Valleys, The Five Rivers, The Forests (8), The Sea, The Buds, The Blossoms, The Apples.

Among the cast were such well known figures as Colonel B. W. Roscoe (now Judge Roscoe) as King Henry of Navarre, Mrs. Fred Huntley as Queen Marguerite, Dr. H. R. Corbett (then radiologist at the Sanatorium and now in Sydney) as Tabellion, Mrs. H. W. Porter (now M.L.A. for Kings) as Madame La Tour, Dr. C. J. W. Beckwith (then assistant medical superintendent at the Sanatorium) as Colonel Nicholson, Mrs. Hugh Burns (still with the Apple Blossom

Festivals) as Colchester County, Miss Joan Walker (my secretary) as Inverness County, Miss Gladys Wade (now wife of Dr. D. M. MacRae, bronchoscopist at the Sanatorium) as Nova Scotia—a leading role—and Wendell Phinney (now owner of R. W. Phinney Ltd., and head of the Boy Scouts in Kings County) as an Apple.

The program contained a "note concerning Glooscap": "The original inhabitants of Nova Scotia were the Micmac Indians, a tribe of the Algonquins. Glooscap was the Great Spirit of this tribe, originally having his dwelling on the bold headland now known as Blomidon. From Blomidon, Glooscap dominated the land with mighty words and mightier deeds.

"Many and startling are the tales of Glooscap's prowess, which space does not permit us to recount here. Of the truth of these tales, however, there can be little doubt—proofs abound on every hand. For instance travellers to this day may see, off the Parrsboro Shore, the 'Five Islands' so called, which are actually the five great rocks hurled by the angry Glooscap at the colony of beavers who annoyed him by slapping their tails on the water. If further proof were necessary observe that there are no beavers to be found since in this district to this day!

"Glooscap was finally drowned in the stormy Bay of Fundy from his great canoe. Spencer's Island, so named by the white men, is formed by nothing less than the up-turned canoe of the great departed. His voice is still heard in mighty peals of thunder over Bay and Valley.

"Glooscap now reappears in his native haunts to greet new scenes and faces and to foretell a great future for Nova Scotia. —C.L.B."

Tempus fugit.

What's New In Tuberculosis?

*Presented at the Annual Staff Conference,
Department of Public Health, Province of
Nova Scotia, at Moncton, N.B., June 5, 1964
J. E. Hiltz, M.D.

An estimation of "what's new" depends to a large extent upon the point from which one looks. Viewed from only a year ago changes are not world shattering but we should touch upon three highly significant matters.

Firstly, the Halifax Health Centre, Tuberculosis Section, closed in March, 1964. This ended an honourable and fruitful career which began first as the Hazelwood Hospital in January 1914 near the Northwest Arm, moving to the Halifax City Home area in the fall of the same year. It then moved to Dartmouth as the Parker Hospital in 1919 and in October, 1921, was moved again to University Avenue, then Morris Street, as the Halifax Tuberculosis Hospital. In 1957, the need for tuberculosis beds in the City became less and the patients were transferred to the 26-bed Halifax Health Centre which has now ceased to function.

This leaves for the hospital care of tuberculous patients only the Nova Scotia Sanatorium with 200 beds, Point Edward Hospital with 152 beds and the Nova Scotia Hospital, Tuberculosis Section, with 30 beds, for a total accommodation in these three institutions of 382 beds compared to 1246 beds ten years ago. This sounds very encouraging, but—

During each of the last five years, the same number of Nova Scotians have died of tuberculosis—28 each year—except during 1960 when 33 deaths occurred.

During the last four years, newly discovered cases of active tuberculosis in Nova Scotia numbered 234, 225, 228 and 223 respectively. This would seem to indicate very little success in actually controlling this deceptive disease.

It has been encouraging to note that re-activations of healed disease have dropped during the same four-year period in which they were recorded as 111, 84, 73 and 58 respectively. Perhaps our treatment routines both inside and outside of hospital are becoming more effective.

It is rather shattering to note, however, that in 1963, 70 per cent of all newly dis-

covered cases of lung tuberculosis were in either the moderately advanced or far advanced stage with 22 per cent of them in the far advanced stage when first detected. This means that they had ample time to spread their infection to others before being started on treatment themselves. Indeed, perhaps this is why we are still finding over 200 new active cases of tuberculosis in Nova Scotia each year.

* * * *

The second recent significant advance in tuberculosis control is that the Nova Scotia Hospital Insurance Commission has made a decision that as a corporate body it should accept responsibility for reporting cases of tuberculosis treated in general hospitals. When a diagnosis of tuberculosis, pleurisy with effusion or erythema nodosum appears on the patient's discharge report, this information is relayed to the Administrator of Tuberculosis Control Services so that he, in turn, may send official notification of the case to each Health Unit Director concerned.

This has led to the discovery of previously unknown cases of active and inactive tuberculous disease, both respiratory and non respiratory. It has also opened up a whole new avenue for co-operation between family physicians, hospital administrators and public health personnel.

The 225 new active cases of tuberculosis being reported yearly represent, on the average, only one new case each two years per practicing physician. In actual fact, some see new cases much less frequently than this and may not be fully aware of the current services offered to them and to their patients by the Department of Public Health. Not the least of these is the provision of antituberculosis drugs free of charge and also the searching out of possible source or satellite cases among contacts.

* * * *

The third "new" feature to be mentioned is the availability of a new second line drug, Isoxyl, for the treatment of tubercu-

(Continued on page 25)

Dateline Somaliland

by George W. Miller, B.A., M.D., D.P.H.

Along the northeast coast of Africa lies a grim and hostile land inhabited by a grim and hostile people. This is the Eastern Horn of Africa which, since 1960, has been operating as a separate political administrative unit under the name of Somaliland.

Very early in history this area of Africa was referred to as the Regio Aromatica because of the large number of fragrant resins which grew along the few watercourses of the otherwise desert land. The chief of the resins were frankincense and myrrh, and no doubt such products found a ready sale in the Middle East two thousand years ago.

However, my chief memory of Somaliland has to do with another scented tree—the Balm of Gilead which I saw growing in a marshy area outside Magodishu, the capital. It immediately brought back memories of spring days long ago on my father's farm in Southern Ontario when as schoolboys my brothers and I made whistles out of the tender saplings of the Basswood and Balm of Gilead trees.

The total area of Somaliland is about 246,000 square miles spread out for 1,800 miles along the Gulf of Aden and the Indian Ocean. In the hinterland of the West, the country is contiguous with Abyssinia in the North and Kenya in the South. The population is estimated at 2,000,000 people although I'm certain a census has never been taken.

Apparently at the turn of the century, Italy managed to purchase the southern half of the Horn from the Sultan of Zanzibar and of course held on to it until 1941 when the British relieved them of it after a short siege. The British held the Northern half of the Horn from early in the 19th century when trading and fueling stations were established along the coast by the East India Company.

However, the history of the British occupation has been fraught with intrigue, blood feuds and petty wars. In 1899 the Mad Mullah and his whirling Dervishes leapt into history as guerilla fighters against British authority. By today's standards I suppose the Mad Mullah would be considered a Nationalist, but in any case he seems to have successfully waged a continuous siege against the British for twenty years without being caught.

It seems curious that such a forbidding country could have given rise to so much strife, for I know of no other place on earth which is so downright miserable. A few thorn bushes grow in the rocky, sandy wastes, while hyenas, jackals and other scavengers prey upon the lesser animals for a precarious existence.

It was stated on quite good authority during the last war that if Mussolini had differences with any of his military or civil staff, the offenders were sent out to this Italian Colony.

The people themselves are of Hamitic stock and basically they are the only independent pastoralists still in Africa. They live with and for their herds of scrubby cattle, sheep and goats. Their homes consist of cylindrical mud and wattle huts thatched with palm leaves. Their life is entirely nomadic with their main purpose in life being to find pasture and water for their herds.

The Somali are organized into local tribes with a headman and a council of family heads, while over all there is a chief of the main tribes. Somali are Mohammedans and are permitted to have four wives. Each co-wife has her own hut and her main functions seem to be associated with child-bearing and carrying out all the menial tasks associated with a nomad life, especially the milking of the cattle and the goats, as well as all the hauling of water and cooking.

A bride price must always be paid by the potential husband to the bride's father and this sometimes comes rather high especially if the groom is known to have resources. The bride price is paid in livestock, money or slaves (slavery is still fashionable).

A few Somali along the coast have taken to manning ships, while a few others are gaining an education in the larger towns and will eventually swell the ranks of the "educated unemployed". Recently a Youth Movement has been gathering some impetus in the country and there may be some hope for an established central Government with an improved economy, but in the meantime winter or summer, it is hot, hot, hot, in Somaliland.

Down The Years

MISS MARY LYONS, R.N.

Mary Lyons was born in Kentville toward the end of the 19th century. She received her training as a nurse at the Nova Scotia Hospital in Dartmouth where she studied and trained for two years. This was followed by five (7?) years on the staff.

In 1904, the Provincial Sanatorium was opened at Kentville. Miss Bertha Elliott was the Superintendent and she was joined by Miss Lyons as a staff member. A tribute to her at the time of her retirement stated "to have literally shovelled the snow off the beds of the pavilion patients who slept outside in the days when there was no protecting glass to keep out the elements as there is today; to have been obliged to wear not only overboots, but ward mittens, when making up those beds" was the experience of Miss Lyons. It is stated also that she made up the first bed at the Sanatorium.

After four years of untiring service at the Sanatorium, Miss Lyons was appointed as Investigating Nurse for the County of Colchester and worked under the direction of Dr. Smith Walker, Public Health Officer. At the conclusion of her work there the (Halifax?) Antituberculosis League sent her on a tour of Halifax County as a crusader.

Beginning at Bedford Miss Lyons carried her active campaign into twenty-three districts, visiting schools, holding public meetings, and making house visitations. In the

schools she talked to the children about the benefits of fresh air, urging upon them the necessity of sleeping with their windows open both winter and summer.

In January, 1914, Hazelwood, the beautiful residence of Dr. Flynn on the North West Arm, Halifax, was taken over and operated as a Sanatorium. Miss Lyons was appointed superintendent of that institution. In September of the same year the patients were removed to a property on the City Home grounds. This they occupied throughout the whole four years of World War I. Once again the scene changed, this time to Dartmouth, and the patients were transferred to the Parker Hospital, once the summer residence of the late Dr. Parker, father of Mrs. McCallum Grant, Lieutenant Governor of our Province.

In October 1921, the Halifax Tuberculosis Hospital on Morris Street was opened. The patients and staff were transferred there, Miss Lyons with them as their Superintendent.

After thirty-nine years of service as a nurse and superintendent of tuberculosis hospitals, Miss Lyons retired to make her home with her brother, Joseph Lyons, well known postmaster of Kentville.

This short biography is presented now as a tribute to one who dedicated herself to the care and welfare of tuberculous patients throughout an entire lifetime.

How Do You Tackle Your Work?

How do you tackle your work each day?

Are you scared of the job you find?

Do you grapple the task that comes your way

With a confident, easy mind?

Do you stand right up to the work ahead
Or fearfully pause to view it?

Do you start to toil with a sense of dread
Or feel that you're going to do it?

You can do as much as you think you can,
But you'll never accomplish more;

If you're afraid of yourself, young man,
There's little for you in store.

For failure comes from the inside first,
It's there if we only knew it,

And you can win, though you face the worst,
If you feel that you're going to do it.

Success! It's found in the soul of you,
And not in the realm of luck!

The world will furnish the work to do,
But you must provide the pluck.

You can do whatever you think you can,
It's all in the way you view it.

It's all in the start that you make, young man:

You must feel that you're going to do it.

How do you tackle your work each day?

With confidence clear, or dread?

What to yourself do you stop and say
When a new task lies ahead?

What is the thought that is in your mind?
Is fear ever running through it?

If so, just tackle the next you find
By thinking you're going to do it.

—Edgar A. Guest.

Capping Ceremony Nova Scotia Sanatorium

On June 3rd, 1964, following the regular Supervisors and Head Nurses Conference in the Nurses Residence, twenty-two student Nursing Assistants received their caps. The students were presented by Miss Vilda Skerry, R.N., and capped by Mrs. Hope Mack, R.N., Director of Nursing. Others attending the Capping Ceremony included Mr. Robert MacKenzie, R.N., Director of Nursing Education; Instructors; Miss Eileen Quinlan and Miss Gennie Allan of the Dietary Dept. Delicious refreshments were served. Miss Madeline Spence, R.N., Director of Nursing Service, poured.

Students receiving Caps included:

- Miss Judith Barkhouse, Port Williams, Kings Co., N.S.
- Miss Cheryl Boutillier, Glace Bay, N.S.
- Miss Peggy Bowman, Monastery, Antigonish Co., N.S.
- Miss Margaret Canavan, Hantsport, N.S.
- Miss Cecile d'Entremont, Meteghan, Digby Co., N.S.
- Miss Sharon Dunn, Bear River, Digby Co., N.S.
- Miss Marilyn Height, Smith's Cove, Digby Co., N.S.
- Miss Florence Harris, Bear River, Digby Co., N.S.
- Miss Delores Henry, New Waterford, N.S.
- Miss Marlene Long, North Sydney, N.S.
- Miss Patsy MacDonald, Monastery, Antigonish Co., N.S.
- Miss Jeanne Maillet, Mavillette, Digby Co., N.S.
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- Miss Anne Morash, Scotch Village, Hants Co., N.S.
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- Miss Judy Toussaint, Sydney, N.S.
- Miss Gerri Voerman, Baddeck, Victoria Co., N.S.

Hope M. Mack

Reading

Not long ago there appeared in the Antigonish Casket a very interesting article on reading. It deplored the modern method of repetition in teaching a child to read. It stated that many children do quite well in reading up to about the third grade, after which they must enlarge their vocabulary beyond "see the dog, I see the dog, you see the dog".

Today when so much emphasis is placed on education, it would seem essential that we give a child a book with more than eighteen new words when he advances into the next grade. Reading is the basis of all our knowledge. If we cannot read how are we to understand history, mathematical problems, geography or the sciences.

Each year the week of April 12-18 is observed as National Library Week. We hope that this week was of special significance to our sanatorium patients. Here one has the leisure for some of the reading for which one hasn't had time in the busy life of making a living or keeping house.

A long time ago a writer on Sanatorium life made this statement regarding the waste of time mentally on the part of many patients: "After a few months in a sanatorium, all one talks about are symptoms, temperature and petty flirtations—after a year's sojourn that's all one can talk about". This statement is still true in many cases.

With the improved treatment of tuberculosis the patients' stay is much shorter than it was a few years ago. However, the patient who makes intelligent use of the time spent in sanatoria is amply rewarded. Aristotle wrote that "All men by nature desire to know". And what better way is there for one to know and understand than by reading? Surely life is too short and libraries too full for one to spend one's time on reading an inferior book; or worry and fret our leisure time away.

We hope you develop the reading habit now and for what ails you we prescribe—a good book.

Books are bridges,
Shining free
Which link us to
Ourselves-to-be.

Ed.

There's music in the sighing of a reed;
There's music in the gushing of a rill;
There's music in all things, if men had ears;
Their earth is but an echo of the spheres.

—Byron

Affiliation At The San

At last it came—that happy day;
And we were on “our Kentville way.”
There’s no place better for to be
Than in that good ole ’napolis valley.
And so we started hopes held high,
Watching greener grass and bluer sky.
Our welcome was warm and sincere
One could not help but like it here.

The first day we went on our tour,
But dreamed of romance and amour.
From then on we were on our own,
And oh the thought just made me moan!
I’ll tell you just how I got through
This day, at last came dinner time,
And let me tell you in this rhyme
The awful struggle of that day,
And how confused—I lost my way.

I started out in real good cheer
Thinking the dining-room was near.
I walked through tunnels, halls, on stairs,
But found the dining-room no where.
Gretel and Hans how smart were they,
To drop some stones along their way.
I wished I’d done this while on tour,
Instead of thinking of amour.

Well, anyway I tried again
But every effort seemed in vain;
I tried one door but knew it not,
Felt all the time “put on the spot.”
For when I thought to turn around,
Hoping at last to be “dinner bound”,
I dashed into a gentleman,
I blushed and muttered, choked and then
He kindly asked me “wither bound?”
I answered “just to walk around.”

My stomach growled and urged me then
To ask the way—as that nice man
Would surely be so kind to say,
As where to go and show the way.
But as I got myself some straight
I saw the man had failed to wait.
So once again I thought to try
And with new effort and a sigh
I went to find where food was served,
Which after turning stairs, halls, curves,
At long last finally found indeed
And thought to settle for a feed.

My face was red, confused as well,
But anyway my hopes did swell
When chicken was the meal that day,
And I was seated awhile to stay.
Just then I looked up at the clock
Oh! poor affiliate, what a shock!
’Twas time for me in class to be
“No chicken,” mumbled I “for me.”

I ran to class and thought, I may
Just be in time—but oh the way
Again I could not find, and faced
Those halls and stairs—and as I raced
Each one just seemed to say “turn here”.
I sure can tell you I felt queer.
And really I was scared to death
But reached my class though out of breath.
I fear this will ever be my fate—
My getting lost and always late.

However, now I know the way,
And frankly I would like to stay;
The teaching staff has been so kind
And in them truest friends I find.
Head Nurses on the floors, “thank you,”
For all you had to struggle through.
Much patience you indeed have shown
Explaining all ’bout care, and gown.
Our questions you seemed not to mind,
We found you all so very kind.
And no one ever once did tell
That I was dumber than a bell.
You may have thought, but did not say,
“I’ll be glad when she is on her way.”

So thanks to all, and doctors too,
For all your lectures (jokes) “thank you.”
Your kindness all things to explain
We never could forget again.
No wonder students do enjoy,
And hope the San might yet employ
Them later when they graduate;
Tis really fun to affiliate.
The patients we enjoyed so much,
Especially young men—and such,
We found not us here you to cheer
But vice versa while we were here.
The pleasure, fun, has all been ours,
And we with you spent happy hours.

(Continued on page 25)

Question Box

Dr. J. J. Quinlan



1. Q. How do you determine if a patient has drug resistant tubercle bacilli?

A. The various degrees of resistance of the tubercle bacillus to the anti-tuberculosis drugs is determined by attempting to grow the organism with

the drug present in the culture medium. Under such circumstances, if the growth of the organism is uninhibited, it is classified as being completely resistant to the drug; if no growth occurs it is regarded as highly sensitive to the drug. In between these extremes, there are several gradations where the organism may be said to be slightly sensitive or moderately sensitive.

2. Q. Is it safe for an overweight person who had tuberculosis a number of years ago to go on a diet?

A. Let us first note that it is not safe for an individual, particularly a person over 40 to be overweight. The surest way to lose weight is to eat less. This ideal is best achieved by a carefully planned, low-caloric diet, under the supervision of the patient's family physician.

3. Q. If a child has emphysema, is there any hope for recovery?

A. True emphysema is extremely rare in children. Lung conditions in childhood which cause chronic shortness of breath are more apt to be due to the general abnormalities, resulting in the formation of cysts. In a teenager and the young child, we not infrequently see a form of emphysema involving only a small portion of the lung. This condition is usually undiagnosed until one of these distended portions of the lung ruptures causing spontaneous pneumothorax.

All the above conditions, however, can be successfully treated. Some of them, such as the giant cyst, which may occur in the very young infant, are surgical emergencies.

4. Q. What are the symptoms of cancer of the stomach?

A. Unfortunately, cancer of the stomach can grow for a long period and attain considerable size without interfering in any way with the function of the stomach, and consequently giving rise to no symptoms whatever. When symptoms do occur, such as flatulence, nausea, heartburn, they are by no means specific, and can occur with any type of stomach disorder. At times there may be vomiting of blood, or blood may pass through the entire gastro-intestinal tract and be found in the stool. At the late stages there will be loss of weight, loss of strength, severe anaemia, and other symptoms

(Continued on page 25)

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HEALTH RAYS

VOL. 45

JULY, 1964

No. 7

STAFF

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Published monthly by the patients of the Nova Scotia Sanatorium, Kings County, N. S., in the interests of better health, and as a voluntary contribution to the anti-tuberculosis campaign.

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EDITORIAL COMMENT

We were very pleased when one of our staff passed along the article "We Feature A Teacher" which appeared in the April issue of The Nova Scotia Teacher and appears elsewhere in this issue.

On several occasions there have appeared articles about famous American Tb'ers, and it is interesting to read of their success in combatting the disease and going on to achieve a goal against what seemed at times insurmountable odds. We know Canada has many who have won the same battles and we would like very much to hear from them.

On writing Mr. Doucet for permission to print the story of his remarkable success he wrote as follows:

"It is, no doubt, from the standpoint of an ex-patient that you are mostly interested. I hope that patients who may read this article will get some encouragement from it and will realize that it is possible to lead a perfectly normal life after the cure.

"I was never to a sanatorium nor received any treatment other than bed rest, plenty of fresh air and good food. Altogether I spent six years on the cure, two of which I was kept in bed practically twenty-four hours a day. From there on I was gradually given more exercise and less bed rest.

"I was in college at the time that it was discovered that I had tb. Naturally I felt blue but I soon adjusted myself to a new way of life which was to be mine for six years. Today as I look back to that time I don't believe that they were altogether wasted years. As an educator today I realize that a person who has never suffered any hardship nor encountered any real dif-

ficulties can fully appreciate life and contribute to it."

As we read Mr. Doucet's story we realize it is not what we face but how we face it that makes all the difference.

THE ART OF GIVING

The art of giving encompasses many areas.

Emerson said it well: "Rings and jewels are not gifts, but apologies for gifts. The only true gift is a portion of thyself."

We give of ourselves when we give gifts of the heart: love, kindness, joy, understanding, sympathy, forgiveness.

We give of ourselves when we give gifts of the mind: ideas, dreams, purposes, ideals, principles, plans, inventions, projects, poetry.

We give of ourselves when we give gifts of the spirit: prayer, beauty, aspiration, faith.

We give of ourselves when we give the gift of time: patience, attention, consideration.

We give of ourselves when we give the gift of words: encouragement, inspiration, guidance.

The finest gift a man can give to his age and time is the gift of a constructive and creative life.

God sent his Singers upon earth
With songs of sadness and of mirth,
That they might touch the hearts of men,
And bring them back to heaven again.

—Longfellow.

We Feature A Teacher

J. A. Deveau

Few educational or civic organizations in Southwestern Nova Scotia have not had on their executive at one time or another the featured teacher of the month. Someone made the remark recently that Rodolphe E. Doucet was a very unassuming man who assumed a great deal of responsibility in education, not only of children, but of adults as well. In other words, the whole community is his concern.

Born in Wedgeport, the third child of a family of seven, Rodolphe showed an early aptitude for education, and after completing Grade XI, entered St. Anne's College to obtain his B.A. degree. But that was not to be for he was stricken with tuberculosis and confined to complete rest for five years. However, this setback did not deter our friend. As soon as he could, he resumed his studies and obtained his Grade XII. Teaching beckoned him, and fortified with a summer course at the Provincial Normal College, he began his career at the one-room school at Belleville North. The following year found him ringing the bell as principal of the two-room school at Upper West Pubnico. His experience there convinced him that here was his life's work and so the next year he was off to Normal College for a full year. Upper West Pubnico must have appealed to him for there he returned the following year. There also he met Miss Charlotte Pothier who later became Mrs. Rodolphe Doucet.

Mr. Doucet belied the old adage that a man is never a prophet in his own country, for his native Wedgeport beckoned him to teach its youngsters, with whom he became

very popular, while the parents made him secretary of the local school board. Later he became supervising principal of the three schools in the village, a position he held until his appointment as supervising principal of Ste-Anne-du-Ruisseau School in 1958. Here he supervises a staff of seventeen teachers from Primary to Grade XII. His devotion to strict duty and his untiring work has inspired both staff and students because the success of his pupils in the Provincial Examinations has been far above the average for the province.

Mr. Doucet had never lost sight of the goal that illness had prevented him from achieving in his youth. He, therefore, continued his studies through summer courses at St. Anne's and in 1956 took a year's leave of absence from his school to complete his college degree. At the present time, Mr. Doucet has completed three summer courses of the Supervisors' course at Dalhousie.

Since 1960, our friend has assumed, in addition to the position of supervising principal, the position of supervisor of the seven feeder schools of the Municipality of Argyle, a total of 41 classes. He is also administrator of Adult Education for the Municipality of Argyle, secretary of the Wedgeport Fire Department, treasurer of the Club Acadien, Chairman of the Professional Qualifications Committee of the Argyle Local N.S.T.U., past president of the Regional Council of the Societe l'Assomption, director of the Societe Nationale des Acadiens, and director of Yarmouth Coun-

(Continued on page 25)

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Chaplain's Corner

Lic. David Wilton,
N.S. Sanatorium

A sense of humour is perhaps one of the most valuable things that a Christian can possess. Without it we tend to take ourselves too seriously and this leads to the kind of bickering and prejudice which has often given Christianity a bad name. I would like to share with you something written by Edmund P. Clawney, who writes in "Christianity Today". In one way it is amusing yet in another way it contains a warning for each of us.

"Americans spend three billion annually for their churches, and six billion for cigarettes. To the cigarette industry it may seem that the churches have done well, considering their modest advertising budget and extremely soft sell.

Suppose Madison Avenue were to be given some ecclesiastical accounts. Imagine national magazines featuring color cover ads with a rugged fullback emerging from church: Join the men who know; get that big clean feeling!

Or perhaps in the church news column we might read, "First Church has reduced theological irritants to the lowest level among all leading pulpits. First Church preaching is smooth. It's First for filtered truth!"

Television spots could feature the new preacher in his pulpit at Central Church: It's what's up front that counts! Such proven slogans as "There's no substitute for quality!" would need no revision. The spring freshness theme would be another natural; it would apply to religion almost as well as to tobacco.

The super-science of the cigarette ads might be harder to adapt. "Important breakthrough in biblical research. Get that extra Dead Sea flavor in every sermon." Church architecture suggests other scientific areas: "High porosity in our acoustical vault air-softens every choir note."

The better the makin's, the better the sermon. This could caption an oil painting of a craggy-browed clergyman among his books. Of course he would have his sleeves rolled up to show an anchor tattoo. "If you're thinking of changing churches, tattoo this in your mind . . . Deepwell's ex-

clusive preaching formula gives you religion you can get hold of."

The competitive claim might not prove attractive to church advertisers. A new campaign could be developed: "Remember, the brand makes no difference! Wherever church bells ring you get the real thing."

Is this sufficiently absurd? We have almost stopped laughing at those serious cigarette ads; when we do, we are not far from the king-sized pitch in religion—enjoyed in all the fifty states!"

The appointment of David Wilton as a Student Chaplain to the Nova Scotia Sanatorium for the summer season has been announced by the Board of Home Missions of the United Baptist Convention of the Atlantic Provinces.

Mr. Wilton, who has completed his second year of Theological Study at Acadia University's School of Theology, was born in India, where he received his early education. In 1962 he was graduated from Acadia University with the Bachelor of Arts degree. He is widely known as one of the members of Acadia University's quartet which visited among Baptist Churches in the Maritimes and Western Canada. Keenly interested in the institutional ministry of the church, Mr. Wilton's work is under the supervision of Rev. Charles Taylor, associate professor of Clinical Pastoral Training, Acadia University's School of Theology.

Mr. Wilton is the son of Rev. and Mrs. L. E. Wilton of Moncton, N.B.

STATION SAN SUMMER SCHEDULE

For the following weeks July 1 to August 14, there will be no morning programs over station SAN. Our radio operator, Mrs. Mary MacKinnon, who is also one of our teachers, will be attending Summer School at Acadia University, Wolfville. However, there will be two stations on the air as usual.

Due to Mary's absence and staff vacations teaching will also be reduced but by August 15, after vacations and study, we should start the new term with renewed vigour and enthusiasm.

Birthday Cakes are our Specialty

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San Activities

NEWS OF THE NURSING STAFF

The annual meeting of the Certified Nursing Assistants Association was held in Yarmouth in June. Those attending from the Sanatorium staff were: Miss Helen Comeau, Miss Elvena Marsh and Mrs. Edna Doucette.

May and June were Convention months. The Canadian Nurses Association met in St. John's, Newfoundland, with 1552 nurses in attendance. There were eighty from Nova Scotia and of these five were from the Nova Scotia Sanatorium, namely: Mrs. Pat Newcombe, Mrs. Irene Spicer, Mrs. Shirley Clerk, Mrs. Catherine Boyle (Delegate from the Valley Branch of the Registered Nurses Association) and Mrs. Hope M. Mack, president of the Registered Nurses Association of Nova Scotia.

We were pleased to see Mrs. Berenice Cook at this Convention. Old Timers will recognize her as a former staff member. Another retired staff member present was Miss Clara Gary, now living in Windsor, N.S. Newfoundland certainly went all out in their welcome to Canadian Nurses.

Miss Jean Dobson, R.N., and Mrs. Hope M. Mack, R.N., attended the Canadian Tuberculosis Association annual meeting in Saint John, N.B.

As usual at this time of the year a number of our nursing staff are on their annual vacations.

Three new nurses from the Department of Public Health are guests at the Nurses Residence while arranging for apartments in town; they are Miss Betty Embree, Miss Heather MacLeod and Miss Judith Ross. Miss Ross has recently been appointed to the Fundy Health Unit.

Congratulations are extended to Mrs. Florence Harvey on the birth of a daughter.

PATIENTS' PICNIC

The years roll by so quickly and once again on June 15 we found ourselves on our way for an afternoon of travel and fun under the kind supervision of twelve clergymen.

We left the Sanatorium at 3 o'clock, drove to Halls Harbour, where we stopped and enjoyed the beautiful scenery, took pictures and bought souvenirs. We then started for

the United Church camp at Berwick. Everyone was in holiday spirit so we relaxed to piano and guitar music, provided by John Nearing and Wally Burgess. Mr. Fred Barrett, supervisor of rehabilitation, then showed slides of previous picnics and gatherings.

Supper was next on the agenda, and with good friends, good food amid the majestic pines what more could one ask—unless it would be that old Father Time would just stay the hands on those watches. There is a theory that a student studies better on an empty stomach, I wonder if it also applies to singing? However, we very willingly lent our voices to song after a delicious chicken supper. Probably that's what gave us the gusto. Anyway we were participants and we thoroughly enjoyed it. For the audience? I don't think we had any. Thinking that we had exercised our lungs sufficiently, Mr. Barrett suggested we watch the movie "Glooscap".

All too soon we had to adjourn and start our "sanward" way, a bit tired perhaps, but with memories galore.

Our thanks to the Clinical Pastoral Training group for a most enjoyable day and to the Dietary Staff, "thank you", the food was excellent.

JoAnne LeBlanc.

CORRESPONDENCE COURSES (Commercial and Industrial) July 1, 1963 - June 30, 1964

A total of seventeen patients were enrolled in correspondence courses at the Nova Scotia Sanatorium during this period, and twenty were given oral instruction in type-writing.

Several of our students were discharged before they could complete their courses, but certificates were awarded to the following:

Rita Elizabeth Landry—Elementary Bookkeeping; Mary Catherine MacLean—Elementary Bookkeeping; Roy Albert O'Donnell—Elementary Bookkeeping; Lillian Josephine Landry—Elementary Bookkeeping (course completed at home); Alton Lawrence Decker—Bookkeeping 91—advanced (course completed at home); Murray Arthur Zwicker—Blueprint Reading.

(Continued on page 26)

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Old Timers

As we assemble this column Anne Marie is fog-bound somewhere in the "Boston States", and so, consequently, is this department. We hear that Anne Marie is exchanging the fogged-in plane for a bus and may arrive tomorrow, but we must be to press by then. However, we shall look forward to her return, tanned, rested and crammed with news, which we will give to you next time.

We feel sure that the news of greatest interest to Old Timers far and near, of recent or bygone days, will be the retirement of Pat McEvoy. Comes the time when one can no longer conceal one's age but must bow gracefully to the "Retirement age" edict, which goes strictly by the calendar, and who can argue with that. That day came for Pat June 20, 1964, and it need hardly be said that on that day the whole Sanatorium felt a distinct sense of loss. There was only one Pat, and he was ours for a long time.

On June 10 a retirement party in the form of an afternoon tea was held in the Conference Room. All the San staffs were

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invited, and a very large gathering of Pat's friends and associates were on hand. Following the usual delicious refreshments provided by the Dietary Department, the presentation of a purse of money was made to Pat on behalf of all his friends by Dr. Hiltz. It is a matter of deep regret to your Old Timers editor that she was on one of her many trips to New Glasgow and missed the function and thereby did not hear Pat's speech in reply. From all accounts it was an outstanding one, and those present were deeply moved by it.

Pat is spending the summer at his cottage at Kingsport, and beyond that he has not yet made final plans. Whatever they are, and wherever you are, Pat, your many, many San friends wish you health and happiness for years to come.

John and Kay (MacMillan) O'Leary, Halifax, were visitors at the home of Percy and

Mary (Boudreau) Doucette in June. John was attending a meeting at Digby, and they took the occasion to visit friends in Kentville. John and Kay are both very well. John is still with the Liquor Commission and Kay is a receptionist at the Victoria General Hospital.

Another news item from Mary Doucette tells us of the birth of a baby son to Kay Mitchell Tucker. Kay, who was here in 1950, resides in Bridgetown.

Vi Silver of the Rehab staff tells of seeing Lois Spencer Campbell. Lois, who cured along with Vi back in 1930, now carries on the insurance business in Kingston since the death of her husband. Her son, who was married in May, graduated from King's-Dalhousie and goes on to take his M.A. in Geology next term.

Mrs. Elizabeth Eddy was here from Dartmouth to visit her brother-in-law, Meril Eddy.

We noted the picture of an Old Timer in the Chronicle-Herald last month. Mrs. Sherlock (Pauline) Holmes was shown with the officers of the newly formed Roseway Hospital Women's Auxiliary, Shelburne, of which she is the president. Pauline was the first patient admitted to the tuberculosis wing of Roseway Hospital in 1946, and later came to the San for surgery.

To close our column this month we will quote from a letter received by Miss Marguerite MacLeod from Old Timer Alton Decker. Alton says: "I have a job at Swim Brothers, a fish plant. I am cashier in the office, and have all the handling of the cash, which is considerable as everything is done by cash". He also says: "I feel good, and have gained weight. In fact I now weigh 165, which is heavy for me. I think of all you people quite often, and how good you all were to me while I was there. Would sure like to see everyone again, but not as a patient. Although if I ever had to come back there as one, I wouldn't have a worry at all. I have great faith in the staff of doctors and nurses. Would like to say Hello to all".

Experience is a teacher,

But here's what makes me burn,
She's always teaching me the things
I do not care to learn.

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INS and OUTS

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Discharges: N. S. Sanatorium

May 15 to June 15, 1964

Arthur Forrest Milbury, Granville Centre, Anna. Co.; John Philip MacPhail, Denmark, Col. Co.; James Henry Taylor, 17 Victoria Street, Springhill; Barbara Elizabeth McBay, R.R. 3, Wolfville; Mrs. Elizabeth Shir-

ley Wilkins, Commercial Street, Middleton; Lawrence Fleming, 52 Sussex Street, Spryfield, Halifax Co.; Robert Ferguson Rse, R.R. 2, Pictou Co.; John Andrew Googoo, Wycocomagh, Inv. Co.; Frederick Ernest Denty, 38 Frederick Ave., Fairview, Hfx. Co.; Simon Albert Denty; Simon Alhert Dorant, R.R. 1, Pomquet, Ant. Co.; John Henry McCarthy, 38 Hill Street, Amherst; Lyman Joseph LeBlanc, R.R. 1, Weymouth; Mrs. Ise Mae Leslie, 39 Farquarson Street, Dartmouth; Mrs. Jane Celina d'Entremont, Lower West Pubnico, Yar. Co.; Ronald MacDonald Hamilton, Hebron, Yar. Co.; Constance Geraldine Coffin, Riverview Road, Hantsport; Ross Edward Jewers, R.R. 1, St. Mary's, Pictou Co.; Mrs. Catherine E. MacDougall, R.R. 1, Monastery, Ant. Co.; James Alex Gillis, Brook Village, Inv. Co.; Ernest Edward Acker, Box 475, Middleton, Anna. Co.; Joseph James Campbell, R.R. 1, Wolfville, Kings Co.; Ronald Sydney VanTassell, Digby; Moby Randolph Rafuse, Parkdale, Lun. Co.; James Edward Arenburg, Cambridge Station, Kings Co.; Mrs. Beatrice E. Conrad, Middle LaHave, Lun. Co.; Eldridge Holland Ramey, Buckfield, Queens Co.; Hugh Daniel MacSween, 46 Windsor Street, Sydney; Baby Ronald Bond, Lakeville, Kings Co.; Bank Shu Lee, 18 Hollis Street, Halifax; Stanley Daniel Mason, R.R. 1, Antigonish; James Patrick Butler, Sheet Harbour, Hfx. Co.; Mrs. Elsie Marie Byers, Mulgrave Park, Halifax; Thomas Maynard Brooks, Micmac, Hants Co.; Mrs. Matilda E. Martell, 156 York Street, Sydney.

Admissions: Point Edward Hospital

April 16 to June 15, 1964

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(Continued next page)

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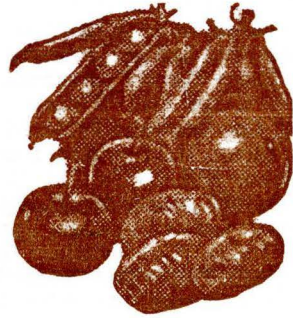
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Discharges: Point Edward Hospital**April 16 to June 15, 1964**

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ACADEMIC REPORT

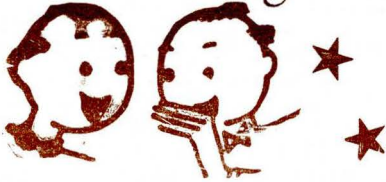
The school year 1963-64 has been a fairly active one in the Academic Section of the Rehabilitation Department of the Nova Scotia Sanatorium. Fifty-four patients have been served by this department. Of this number, twenty-two were children of school age. Nine patients were awarded certificates promoting them to the next grade. Two patients have written the Provincial Examinations, one Grade 12 English paper and one Grade 11 English paper.

A new classroom has been provided for the children and those who have sufficient exercise meet there regularly for their school work. For the most part, however, the patients are visited regularly in their own rooms.

It is the responsibility of the Rehabilitation Department to provide this type of instruction for those who wish to improve their academic standing, and the department employs two teachers for this purpose, Miss Marion Lacey and Mrs. Mary MacKinnon. Mrs. MacKinnon is also the radio operator for station SAN.

Marion Lacey

Just Jesting



Navy Bill had broken with his girl. After ignoring several of her letters requesting the return of her photograph, one came threatening to complain to the captain. Deciding to squelch her for all time, he borrowed all the pictures of girls available on the ship, sending them to her in a large bundle, with the following note: "Pick yours out, I've forgotten what you look like."

Little Freddy had never seen a plate of jello before. He sat there at the dinner table staring at it for a long moment watching it quiver. "Go ahead and eat it," his mother ordered, but little Freddy drew back in amazement and cried out. "It ain't dead yet."

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The minister arose to address his congregation. "There is a certain man among us today who is flirting with another man's wife," he declared. "Unless he puts five dollars in the collection plate, his name will be read from the pulpit."

When the collection plate came in there were fifteen five-dollar bills and a two-dollar bill with this note attached: "Will pay the other three next payday."

There is a line on the ocean where you lose a day when you cross it. There is a line on most highways where you can do even better.

A Niagara Falls Church, tired of having its lawn constantly showered with confetti, posted a notice for bridal parties: "If you must throw something, throw grass seed."

Our youth we can have but today;
We may always find time to grow old.
—Bishop Berkeley.

Minister: "MacIntosh, why don't you come to church any more?"

MacIntosh: "For three reasons, sir. Firstly, I dinna like yer theology; secondly, I dinna like yer singing, and thirdly, it was in yer kirk I first met my wife."

A traffic policeman had stopped a lady for speeding and asked to see her driver's license.

"I see here," he said, "that you are supposed to be wearing glasses."

"But," she exclaimed, "I have contacts."
"I don't care who you know," snapped the policeman, "you're still supposed to be wearing glasses."

I'M all done with dames.
They cheat and they lie.
They prey on us males
To the day that we die.
They tease and torment us
And drive us to sin—
Say—LOOK at that blonde
Who just came in!

Culture is what your butcher would have if he were a surgeon.

—Mary Pettibone Poole

Television will never really be a success until you can mark your place in the show and return to it later.

Man is resourceful—his reasoning may be faulty, but he can find plenty of excuses.

Patience: The ability to idle your motor when you feel like stripping your gears.

Gossip is what no one claims to like but everyone enjoys.

All the world's a mass of folly,
Youth is gay, age melancholy;
Youth is spending, age is thrifty,
Mad at twenty, cold at fifty;
Man is nought but folly's slave,
From the cradle to the grave.
—W. H. Ireland.

Sign in library: "Only Low Talk Permitted Here".

The tongue being in a wet place is apt to slip when going very fast.

Advice is like snow—the softer it falls, the longer it dwells upon and the deeper it sinks into the mind.

—Coleridge

WHAT'S NEW (Continued)

losis. It seems to be well tolerated and well accepted by patients. It is for use when the patient's bacilli are resistant to first line drugs such as streptomycin, PAS and INH, or when the patient cannot tolerate these drugs. It must be given in combination with another drug to which the patient's bacilli are presumed to be susceptible. It is a good drug, but it should never be used in place of a first line drug if the latter is available, is tolerated by the patient or if the patient's bacilli are susceptible to it.

So much for "what's new" now, but "what's new" that we need in the future?

1) We need a vaccine as good as or better than B.C.G. but one which will not turn the tuberculin test from negative to positive. In other words, we need a vaccine which will provide immunity without producing tissue sensitivity. Who knows, it may be possible. Researchers are still searching.

2) We need a drug that will kill tubercle bacilli in the patient's body without killing the patient. Our present drugs only inhibit the growth of tubercle bacilli in vivo. Who knows, perhaps some researcher will find a real "killer" of tubercle bacilli.

3) We need to find an effective drug or combination of drugs which have to be injected into the patient only once a week or even less often. Such a depository type of medication is not inconceivable. Think of the advantages of knowing for sure that the patient actually had received his full dose of drugs just as often as needed.

4) We need to find all our new cases of tuberculosis in the minimal stage of the disease. We are too late when the tuberculosis has advanced to the moderately or far advanced stage before discovery.

5) Finally, we need to continue to expend a great deal of conscientious effort if we ever hope to control tuberculosis for the sake of contacts of known cases as well as for the sake of the patients themselves.

AFFILIATION (Continued)

Now for the future, to you the best,
Be sure to take your pills and rest.
Who knows but we again may meet
You happy, healthy on the street.
Do everything as you are told;
All windows open despite the cold.
Don't ever do what I won't do
For every one here cares for you.

The interest here is for your best
We wish you health and all the rest.

—Cathy Bos

QUESTION BOX (Continued)

and signs usually associated with progressive malignant disease.

5. Q. Is it true that INH is very hard on the stomach?
 - A. Nothing could be further from the truth. Isoniazid is probably one of the drugs most easily tolerated by the stomach.
6. Q. A patient complains of having gas almost continually in the stomach. What would cause this condition?
 - A. Flatulence is an extremely common symptom, and in many cases is of no real significance. Many individuals are confirmed air-swallowers, although they are usually completely unaware of this fact. These people are apt to have gas in their stomach most of the time. It should be pointed out however that there are many cases when this symptom is a result of disease. Only the patient's family doctor can decide what the individual patient's flatulence signifies, whether or not it requires further investigation and how it should be treated.

TEACHER (Continued)

ty Tuberculosis Association. With all these activities, Mr. Doucet still finds time to help bring up seven healthy and handsome children, six boys and one girl.

Mr. Doucet expresses his philosophy of life in the following manner: "A teacher should devote every moment of his life to furthering his own professional qualifications, to inspire his students and fellow teachers, to serve his community, his family and his God." Those who know him agree that these are not just words, but his own intense way of life.

—Via The Nova Scotia Teacher.

Gather ye rose-buds while ye may,
Old Time is still a-flying,
And this same flower that smiles today,
Tomorrow will be dying.

—Herrick.

A man of courage is also full of faith.

—Cicero.

CORRESPONDENCE COURSES (Continued)

Mr. Zwicker has just completed a course in Mechanical Drafting and by the time this appears in print will likely have received his certificate.

Roy Albert O'Donnell and Robert Warren Ackles were well along in Bookkeeping 91, and doing extremely well, at the time of their discharge. Both were to complete the courses at home.

We are most pleased to be able to report that Alton Decker is now happily rehabilitated. He holds a responsible position in the office of Swim Brothers, fish dealers in Lockport. He writes: "I am cashier in the office . . . My duties consist of paying for all the fish which are brought in; keeping perpetual inventories of everything; consignment work; payroll work; and entering all the cash transactions in the cash book . . . Then I must check all the invoices of fish going out and see that they are correct. I find that my training in the course I took helps me very much."

Mr. John Conrad Thibault made almost phenomenal progress with his I.C.S. course in Canadian Business Administration during the year.

Those still with us at time of writing are:

Mrs. Joanne Marie LeBlanc and Mrs. Orla June Wegger who are both doing exceedingly well as students of Elementary Bookkeeping.

Miss Mary Catherine MacLean who is doing a very thorough job of studying Gregg Shorthand.

Mr. William Fraser MacInnis whose Mount Allison University course in Political Science has been temporarily laid aside because of surgery.

Discharges are largely responsible for the inroads made in our large typing class of a few months ago. At present only two names appear on our list, those of Arthur Gordon Richardson and George Whitfield Mullen.

The quality of work done by two of the younger typing students — Brian Roland Slaunwhite and Ralph Bruce Higgins (both discharged) merits special mention.

Marguerite B. MacLeod,
Teacher and Supervisor.

Hope deferred maketh the heart sick.

—Proverbs

We spared the rod—and got a beat generation anyway.

HANDCRAFTS

The past year has been a busy one in the Handicraft section of the Rehabilitation Department. We had approximately one hundred seventy-five patients doing leather work; this number includes bed patients and those who were able to come to the Rehab workshop. Thirty-six patients attended classes in the workshop taking instruction in copper tooling, rug hooking and braiding, needlepoint, foam plastic dolls, cushions and novelties and nylon loop weaving.

Mrs. Campbell's sewing group was busy also with forty-three patients going to the West Infirmary sewing room where they learned to make clothing for themselves and their children. Thirty-one patients were visited in their rooms and given instruction in light sewing, crocheting, knitting, etc.

—Vi Silver
Instructress.

WHAT ARE YOU WORRIED ABOUT?

Living is so complicated these days, folks don't even worry straight. We worry about the Russians, then get run over by a neighbour. Worry about radioactive fallout, then get poisoned spraying the flowers. Worry about the kids running in front of cars, then drag them across the street on the red light.

Worry about crashing in an airplane, then fall off a ladder painting the house.

Worry about getting the car greased every 1,000 miles, then never get a medical checkup.

Worry about the kids getting proper nourishment, then leave household poison lying around for them to snack on.

Worry about retirement, then do everything we can to keep from lasting that long.

Worry about polio, then get crippled up by a power lawnmower or homeshop power tool.

Worry about winning a baseball game, then gamble on our lives with never a thought.

It's all right to think about the spectacular and the unusual, but it's the ordinary things and occurrences that will kill you.

The Link

We must always have old memories and young hopes.

—Arsene Houssaye

The man that wakes up famous—has never been asleep.

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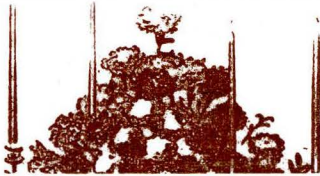
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