

The Nova Scotia Medical Bulletin

JANUARY 1929



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MINUTES OF EXECUTIVE
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Our Fathers*

The Roman gather'd in a stately urn
The dust he honour'd—while the sacred fire,
Nourish'd by vestal hands, was made to burn
From age to age. If fitly you'd aspire
Honour the Dead; and let the sounding lyre
Recount their virtues in your festal hours;
Gather their ashes; higher and still higher
Nourish the patriot flame that history dowers,
And, o'er the old men's graves go strew your choicest flowers.

SOMETHING of the spirit voiced in a poem by the great Nova Scotia statesman, Joseph Howe, of which the above is the concluding verse, led the medical profession of the Bluenose province to a notable celebration during the week of October 15th. The occasion was the seventy-fifth annual meeting of the Medical Society of Nova Scotia, when a number of medical events were very happily combined, including the diamond jubilee of the Dalhousie Medical Faculty. Naturally, such events created an atmosphere of retrospection, and men reminded themselves and one another of the worthies of other days, who were pioneers in the Society and in the Medical School. Some of the difficulties which had to be overcome were spoken of, but how can we of this day estimate the courage, the faith, and the perseverance needed to win through in the pioneering times!

Perhaps, because of unwillingness to admit inferiority, we sometimes endeavour to comfort ourselves by professing that life was never before so complicated or so difficult as at the present time. We almost envy the serenity of the age when science moved but slowly; slowly, in contrast to the mad haste with which it now bounds from place to place, inciting us to furious effort to keep the moss off our backs. Even though our forebears moved in a circle ("with much iteration and small progress," according to Francis Bacon) just as we do, we like to feel that their pace was slower than ours and therefore less conducive to dizziness. If there is some uncertainty about this, we can assert positively that never before the birth of this century were the nerves of medical men flayed by the flaunting of pictures of rats fed on devitaminized diets. Our forebears were spared such horrors, didn't even dream of vitamins, and had no worries about calories. When they used the lancet (*magnum donum Dei*, as it was termed by Rush) it was seemingly with a delightfully cheerful abandon; they gave little thought to transfusion; and the "matching" of blood did

*Written by Dr. W. H. Hattie and published in the December number of the Canadian Medical Association Journal.

not concern them in the least. Nor did they have to face the bewildering problem of how to vaccinate a girl where it would not show. Because of such things, we say they lived the simple life, and fancy ourselves to be much more "put to."

The early meetings of the Medical Society of Nova Scotia are recorded in singularly legible hand-writing which really looks like copper-plate. Many of the s's bear a striking resemblance to our f's; otherwise there is nothing to suggest that the physicians of seventy-five years ago were not men of like passions to us. They had no inkling of the enormous strides which were to be made in three-quarters of a century, but they were zealous to improve the status of the profession and to increase its usefulness to humanity. And the story of the beginnings of the medical school at Halifax is one of heroic struggle and sacrifice such as could be maintained only by men of enduring faith and almost prophetic vision. It is well that we should look back over the records of these early days and of the men who laid the foundation of a structure in the building of which we are privileged to share. Some of our smugness departs from us as we learn of the difficulties the "old men" had to overcome, of their high sense of professional honour, and of the sheer determination with which they faced a future of which they could hardly feel confident. Because of the trials and struggles and triumphs of these men we have a goodly heritage—the lines have fallen to us in pleasant places. When we recount their virtues we merely acknowledge a debt we cannot pay. Surely the least that we can demand of ourselves is to fitly aspire and honour the dead by reverently cherishing their memories, and to keep the torch they transmitted to us alight and aloft until we must pass it on to our successors. This sentiment evidently played a part in determining the program for the Bluenose celebration, which provided not merely thought upon the past but instruction and inspiration for the future. The celebration was admirably conceived and carried out in a way which won the unstinted plaudits of those in attendance.

Mental Defectives. The A. M. A. Journal says:—"Admitting that early ascertainment and treatment in the case of mental defectives will not lead to cure, it can in many cases protect the community by helping to make the patients partly self-supporting or less dependent, and by segregation it can obviate the possibility of their bringing mentally defective children into the world and release them from a hopeless battle with life, for which they are insufficiently equipped."

The medical profession must be the final authority in the necessary recognition and appraisal of this condition. It is, therefore, somewhat anomalous to remember that in Nova Scotia this comes under the Jurisdiction of the Attorney General and not under the Department of the Public Health.

The Canadian Medical Association*

DR. T. C. ROUTLEY, General Secretary, Toronto.

THE Canadian Medical Association was founded in 1867, dating back to the year of Confederation. The organization signalized an attempt to develop a national esprit de corps among the medical men of the Dominion of Canada.

Since its inception, the Association has failed on two occasions only to hold annual meetings. These meetings have been moved about from East to West and from West to East throughout the past half-century, offering splendid opportunities to the profession in this very large country to become acquainted.

Sixteen years ago, the Association commenced publication of its own Journal. Before this venture had become firmly established the great war was upon us. Then followed four lean years for the Canadian Medical Association, as the energies, efforts and interests of the profession were centred, naturally, upon the duty of the hour. Following the war and the return to practice of hundreds of our colleagues, the Association attempted to rehabilitate itself. The outlook was not too bright. During the war period, while the revenue was greatly diminished, printing and other costs continued to roll up a deficit. In 1921, we found ourselves at the cross roads, demanding a definite decision. We must either adopt an aggressive forward policy, or disband. At this time, we had a little over one thousand members paying an annual fee of \$5.00. Our deficit was close upon \$18,000. Our assets were practically nil.

At the Halifax meeting of that year, the Council decided that the Association would go forward; and the members present endorsed the sentiments by unanimously agreeing to double the annual fee and to raise, by bond subscription, a sufficient sum of money to liquidate our indebtedness. The year 1921 will be recorded in history in so far as the Canadian Medical Association is concerned, as the mile stone which marked the road toward a steady upward climb. During the past five years, the membership has increased to a little over 3,000. A liability of \$18,000 has been wiped out, leaving us a credit balance approximating \$12,000. Our budget in 1921 did not exceed \$20,000. Our budget in 1926 was just a little under \$85,000.

Year by year, practitioners in increasing numbers are inquiring what the C. M. A. stands for, and are asking what advantages it

*Being the body of the address delivered by Dr. Routley at the 75th Anniversary Meeting of the Medical Society of Nova Scotia. October 17th, 1928.

offers to the man in practice. Probably this can best be answered by outlining some of our activities:—

1—The Journal.

The Canadian Medical Association Journal, a monthly publication, is recognized to-day, not only in Canada, but in all of the English speaking world, as one of the finest medical periodicals extant.

The Journal endeavours to publish the best in medical work and thought emanating from the profession in Canada. Furthermore, it attempts to keep the profession in Canada in touch with all medical news of national interest.

The Journal alone is worth \$10.00 per year, which is our annual membership fee. Because this splendid publication exists, the medical profession in Canada occupies in the minds of the medical world a higher position than would otherwise obtain. The Journal is the one great medium which stimulates better medicine in Canada, and, further, keeps the world in touch with what Canadian medicine is accomplishing.

2—Education.

Every broad-minded practitioner of medicine realizes the importance of a progressive policy of medical education. The Doctor who allows his mental equipment to stand still, stagnates. Each decade sees so many contributions made to medical learning and achievement that it behooves the man in practice to keep constantly on the alert for new ideas, improved methods and approved helps. Realizing the importance of all these facts, the C. M. A. has endeavoured to assist organized medicine throughout Canada in furthering post graduate plans. To local medical groups, district meetings and Provincial Associations, from coast to coast, the C. M. A. has sent teachers of medicine. During the past year the sum of \$30,000 has been expended in this work, thanks to the munificence of one of our great financial institutions, the Sun Life Assurance Company of Canada. During the year, 169 teachers delivered 513 lectures to an aggregate attendance of 17,264.

Just here, it gives us great pleasure to announce that the Sun Life Assurance Company has given us a second \$30,000 to carry on extra-mural work for another year.

Every Provincial Medical Association in Canada has expressed its great appreciation of our post graduate efforts. Hundreds of practitioners have spoken in praise of this splendid type of service.

The C. M. A. is the only nationally organized Medical Association in the world carrying out such an ambitious and extensive extra-mural post graduate programme.

3—Legislation.

By establishing a clearing house of information on Medical Legislation, as it exists not only in the Provinces of Canada, but in other

parts of the world, the Canadian Medical Association offers a service to all of the Provinces whenever medical legislation is threatened, or whenever an aggressive policy for improved medical legislation is desired. We have been able to assist more than one Province in its legislative efforts.

4—Organization.

The central staff of the C. M. A. is available to all of the provinces to assist in the organization of District and Local Medical Societies. This service has been used by several of the Provinces to the advantage, it is believed, of organized medicine, both locally and nationally.

5—Medical Service Bureau.

During the past three years, our Placement Department has been utilized by more than 500 physicians. This service is open to every member of the Association who either desires to sell his practice, secure an assistant or locum tenens, or, on the other hand, to the young practitioner who is seeking a location. The Department is one of great practical value and is being increasingly used from year to year.

6—Economics.

In the field of Economics, the financial side of our professional life, the Association has been very active. Information has been gathered from and returned to the various provinces dealing with such matters as health insurance, lodge and contract practice, charity work, etc., etc., all of which we believe to be of interest and value to the practising physician. The C. M. A. urged the Federal Income Tax authorities to increase the tax-free allowance per dependent child from \$300 to \$500. This amount was finally allowed.

7—Government Recognition.

When it was learned that the medical superintendents in certain Government Hospitals were likely to be replaced by lay superintendents, the C. M. A. let its voice be heard at Ottawa. That is a matter of nearly three years ago. These hospitals are still in charge of medical superintendents.

Several years ago the Federal Government, through its Department of Vocational Training, was subsidizing returned soldiers who were taking courses in chiropraxy. The C. M. A. vigorously protested and the policy was immediately discontinued.

8—Inter-Relations.

Through a very active Inter-Relations Committee, there has developed, during the past three years, a very much improved spirit of co-operation, not only between the profession in the various provinces but in our contact as a profession with the general public of Canada.

To such an extent has this developed that we may say that Canadian Clubs, Service Clubs, Boards of Trade, Chambers of Commerce, Government Boards, and in fact all other organized branches of Society, to-day recognize the Canadian Medical Association as the spokesman of organized medicine in Canada. This permits not only of real service, but also provides the medical profession in Canada with a very forceful and virile organization which, obviously, offers advantages.

9—Workmen's Compensation.

Many of the provinces in Canada have Workmen's Compensation Legislation which provides compensation for the accidents incident to industry. It has been found necessary to approach these various Boards to bring about a closer co-operation between them, particularly in reference to the overlapping of provincial activities at their boundaries.

10—Pharmacy.

The physician naturally hopes and expects that the drugs which he uses in his practice are as pure and as potent as it is possible to make them. Unfortunately, the physician in the great majority of instances, is not in a position to judge whether or not a drug is what it purports to be. Realizing the national importance of this problem, the C. M. A. advised the Federal Department of Health that standardization of drugs, both chemical and physiological, should be a duty of the Government. We are glad to say that the Government frankly admitted the validity of our contentions, and have, for the past two years, been working upon the establishment of a department whose duty it shall be to make sure that all the drugs being utilized in Canada are what they should be. This is real practical service both to the medical profession and the public.

It is further very interesting to note that, thanks to the representations of the C. M. A., an invitation has been extended to Canada to appoint a representative on the British Committee charged with the responsibility of revising the British Pharmacopoeia.

11—Medical Ethics.

It sometimes happens that a member of the C. M. A. may be accused of unethical conduct. The Association has machinery available to investigate such charges. If the charge is proven, censure is voted. If it is disproved, the physician so charged is honourably vindicated.

Although we enthuse over this Department in the inverse ratio to the amount of work it may have to do, yet, we recognize it as a protection both to our members and to the public.

12—Imperial Relations.

The C. M. A. became affiliated with the British Medical Association in 1924. In 1926, we were distinctly honoured in having His

Royal Highness, the Prince of Wales, graciously consent to act as our Honourary Patron.

Members of the C. M. A. receive the B. M. A. Journal at a special rate. Any of our members who go to the British Isles and present credentials from the C. M. A. are most heartily welcomed by the officials of the B. M. A. Those who have taken advantage of letters of introduction have reported, upon their return home, on the great kindness accorded them in England, and the splendid manner in which they were put in touch with the work they desired to see or do.

In further reference to our imperial relations, two Committees, one in Britain and one in Canada, have been working for some time upon a plan which would facilitate the conditions by which Canadians desiring to take advanced British degrees might do so. Both Committees report progress.

In 1930, the British Medical Association will hold the annual meeting in Winnipeg, this being the third time the B. M. A. has met outside of the British Isles, and, on all three occasions, in Canada.

13—Annual Meetings.

The annual meeting grows in interest from year to year. Not so long ago, the problem seemed to be, "Where shall we meet next year?" Now, the demand for the meeting is so great that the problem of Council is, "Which invitation shall we accept?" Obviously, we cannot hope in any one year, to bring all of our members together, realizing that they cover an area 4,000 miles in diameter. However, in increasing numbers, the distant men are turning up and Canadian physicians are becoming better acquainted, and, year by year, more national in spirit. Further, Council, which represents all Canada, meets for two or three days at every annual meeting and endeavours in a most deliberative and careful manner to discuss and solve many problems of mutual interest to the profession.

14—Summary.

Membership in the C. M. A. costs \$10.00 per year. For less than three cents per day, the C. M. A. offers to the practising physician not only the best in medical journalism, but an insurance policy to protect his honour, his place in the community, his professional status, and his national pride in his profession. The C. M. A. is founded upon premises so strong, so worthy, and so helpful that it will go forward ever holding aloft the highest ideals and traditions which the followers of Aesculapius could desire.

“Spinocaine” in Spinal Anæsthesia*

DR. NORMAN H. GOSSE,

Assistant Surgeon, Victoria General Hospital.

THE recent claim of our Cumberland County friends that they were the first to use this “wonderful new spinal anaesthetic” in this Dominion, and the deserved retort from this hospital, have had at least one good result, in that it has stimulated added interest in the whole subject of spinal anaesthesia; and it was suggested to me that I should state our position in the matter through the BULLETIN.

About a year ago Dr. George P. Pitkin, Surgeon-in-Chief to the Holy Name Hospital, Teaneck, N. J., delivered an address before the New Jersey Medical Society, entitled “Controllable Spinal Anaesthesia,” which address was later published in the journal of that Society. The address claimed advantages for his method which we could not claim for the methods with which we were familiar. It invited investigation, and this was undertaken by us early in March of this year. It was found at that time that clinical tests were still being made, though at the time of the giving of the address 600 anaesthesias had been induced by it. The H. A. Metz Laboratories Inc. were undertaking the manufacture of the preparation and apparently needed to be abundantly satisfied as to its clinical value. They also were communicated with, and in their reply dated April 10th, they stated that Pitkin’s solutions would be available about May 1st; that the price had not yet been established; that they would not be offered for sale immediately in Canada, but suggested that we would have no difficulty in importing them.

This information was made available to this hospital, and on Dr. Hogan’s recommendation the first supply was imported to this institution on May 28th, and it has since been available to and utilized by his Division. It came in under the trade name of “Spinocaine”, by which name it has since been known.

Now what is “Spinocaine” and is it worth a passage-at-arms? I understand that tests were made with all known vehicles and with nearly all the drugs that have been employed in spinal anaesthesia, and that the following formula was finally arrived at, and formed the basis of the 600 anaesthesias above referred to:

Strychnine Sulph.	Gm. 0.0022
Novocaine.	0.195
Starch Paste.	0.13
Alcohol.	0.324
Normal Saline q. s.	2.000

* Unavoidably held over since November 1928.

This has been modified somewhat in the formula which appears on the "Spinocaine" package, which has it:

Novocaine.....	200.0 mg.
Strychnine Sulph.....	2.2 "
In a special solvent.	

This is contained in an ampoule of 2cc. A second ampoule is labelled

Ephedrine Hydrochloride.....	5%
Novocaine.....	1%

and contains 1cc. The latter is used preliminary to the injection of the "Spinocaine", the Novocaine to anaesthetize the skin and the track for the spinal needle, the Ephedrine to prevent the drop in blood pressure which is usually such an undesirable by-product of the introduction of Novocaine into the spinal canal.

In the spinal solution *the strychnine* is held to act as a direct stimulant to the vaso-constrictors; to inhibit the action of the anaesthetized nerves and to stimulate those unaffected.

The starch paste: This originally gave rise to much questioning. Its purpose is to increase the viscosity of the solution, and so delay diffusion until the anaesthetic materials are fixed in the required position. The name was somewhat misleading, for the starch paste was subjected to filtration through 500 mesh silk, which gave a water-clear solution. Later it was found that Gliadin, or amylo-prolamin, which is the mucilaginous substance in starch gave it its viscosity, and since then pure wheat Gliadin has been used.

The alcohol: This renders the anaesthetic fluid of lower specific gravity than that of the spinal fluid, and the combination of this quality with that of viscosity is held to render the solution and so the anaesthesia controllable. The claim therefore is that a Trendelenberg position of 20 to 25 degrees retains the anaesthesia in the lower limbs and the perineum, a 10 to 15 degree Trendelenberg, will keep it below the umbilicus, while a flat table or a Trendelenberg of 5 degrees will permit its extension to the costal margin.

Prior to our introduction to "Spinocaine" we had been using the Labat method—that in which spinal fluid is received into an ampoule containing the required dose of Novocaine in the form of sterilized crystals of the drug, after dissolving which, it is returned to the spinal canal. We had been using this method with a preliminary injection of an ampoule of Ephedrine— $\frac{3}{4}$ gr.—in suitable cases, and we had considered our results very satisfactory. A comparison of the two methods, on paper, would then suggest that any additional advantages which "Spinocaine" possesses must lie in the question of its controllability, and of the Strychnine action on the vaso-constrictors; and that is confirmed by our experience.

One of the best things that the introduction of "Spinocaine" has done, has been to focus attention upon the spinal needles that are so much in use. The Labat needle was a very great improvement

over older ones, but when one compares the Pitkin 22 gauge and the facility to both operator and patient with which it is inserted through the tissues and into the spinal canal, with say a Bier's of 15 or 16 gauge, and all its horrors, one is inclined to ask how in the past we have succeeded in escaping the activities of the S. P. C. A. I am sure that it lends point too, to Professor Boyd's remark, made in one of his Refresher Course Addresses, in reference to spinal punctures, that 'Doctors should try it upon themselves'.

It is not in any sense intended nor pretended that this should be an exhaustive treatise on the general subject of spinal anaesthesia, but there is one general remark that I would make, and that in the form of a warning.

There are a great many Novocaine preparations on the market for intra-spinal use, not all of which even have the ampoules labelled to show how much of the drug they carry, and where they are labelled the amount contained in the ampoule is usually far too big a dose for the average case. For each individual case the dose should be properly calculated—chiefly on the basis of body weight—and in many instances then, less than the amount so calculated can be given and perfectly good results obtained. This is illustrated by the following two cases from our series: (1) The dose for this man was calculated at 107 mgm and we obtained excellent anaesthesia for the removal of a prostate with 75 mgm. (2) The dose calculated for a woman for a supra-condylar amputation of a leg is 95 mg and we obtained an absolutely perfect anaesthesia on 80 mg.

It is rarely necessary to exceed 100 mg. per 150 lbs. of body weight, (though it would seem that Gliadin reduces its toxicity and so admits of the use of larger doses) and the indiscriminate shooting of an ampoule of Novocaine into the spinal canal is unscientific and dangerous, tending to bring discredit upon the practice, and delaying the more general application of a method of anaesthesia that is destined to increase greatly in popularity during the next few years, and that now, for obvious clinical reasons, is definitely indicated in many cases, in preference to the inhalation methods.

The otherwise very excellent tendency to conservatism in Surgery which characterizes our institution, together with the element of time, has prevented our having an array of figures sufficiently large to justify any important conclusions based upon them. Speaking for our Division however, we believe that this solution is the best that we have seen for spinal anaesthesia, and that when due regard is had to all the factors for safety, the method is one which might well receive a wider application.

I am indebted to Dr. E. V. Hogan—Chief of the division to which I am attached—for permission to make reference to his material, and for authority to publish this from his division.

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VOL. VIII.

JANUARY 1929

No. 1

Anniversary Address

DR. J. R. CORSTON, Halifax.

(Presented at the 75th Anniversary Meeting of the Medical Society of Nova Scotia as greetings from the Parent Society, the Halifax Branch, to its own Mother or Daughter, —Which? This was not available in time to appear in our December BULLETIN, but should have been especially mentioned in that issue.)

Mr. President, Ladies and Gentlemen:—

Our esteemed President of the Halifax Branch, Dr. S. R. Johnston, with that modesty and adroitness which are both so characteristic of him, has delegated to me the responsibility of extending to you our felicitations at this Jubilee.

What the President's reasons for not officiating in person were, I have forgotten, but I am sure that any lack of the sentiments of welcome and congratulation was not one of them.

We, the local Branch of your Society, welcome you to the medical constituency of Halifax on this auspicious occasion. We congratulate you on the long years of honourable accomplishment.

Our President advised me that some reference to the history of our local society would be in order. At this late hour I hesitate to embark upon a historical review, but a very brief outline of our genesis and subsequent career may be permitted.

Doctor Bell, in his interesting account of the Pictou Medical Society, to which we have listened this evening, claimed for it seniority among the Branch or "daughter" Societies in Nova Scotia.

He surely was leaving our Halifax Branch out of his calculation. Our status as a "daughter" Society, it is true, is somewhat impaired by the fact that we were born ten years before our Mother.

As was pointed out by you, sir, in your address, the Halifax Medical Society antedates the Provincial body by ten years, it having been formed in 1844.

However, we do not intend that such a mere physiological anachronism shall interfere with our happiness as a member of the family.

Since the organization of the Medical Society of Nova Scotia in 1854, the relations between it and the Halifax Society have been always cordial and intimate.

This is well illustrated by the fact that of the seventy five annual meetings of the Provincial Society, thirty-four have been held at Halifax; and that on thirty-four occasions, not always at Halifax, has your Presidential chair been occupied by a member of the Halifax Medical Society.

In the early years, subsequent to 1854, we were officially a Branch of the Provincial body. Later on, this organization evidently became lax, and for a period of twenty-five years from 1887 to 1912, we functioned as a Branch of the British Medical Association, including in our territory, as such, the whole of the Maritime Provinces. At the time of the B. M. A., meeting at Toronto in 1906, the Halifax and Nova Scotia Branch was, with the possible exception of that at Toronto, the only active Branch of the B. M. A. in Canada.

In 1912 our official connection with the British Medical Association terminated, and for the succeeding eight years we carried on as an independent local medical society, maintaining cordial though unofficial relations with the Provincial and Dominion bodies.

With the renewed interest in medical organization in Canada which became apparent in the past war years, it was decided in 1920, to revert to our former status as an official Branch of the Medical Society of Nova Scotia, which, in turn was closely affiliated with the Canadian Medical Association. Thus was provided for our membership a closely knit, Canada-wide organization, the benefits of which are becoming year by year more apparent.

We think it fitting, Sir, that here in Halifax, where the Medical Society of Nova Scotia was first constituted in 1854, its seventy-fifth anniversary should be celebrated in 1928.

We again congratulate you on its long and honourable record, and confidently express the hope that for many years to come it may continue to be a credit, and the occasion of pride, to the medical profession of Nova Scotia.

Executive Meeting

The Minutes of the Executive Meeting of the Medical Society of Nova Scotia held at the Lord Nelson Hotel on November 28th, 1928.

In accordance with the following letter a regularly called meeting of the Executive of the Medical Society of Nova Scotia, was held in the Lord Nelson Hotel, Halifax, November 28th, 1928.

"Dear Doctor:—

There will be a meeting of the Executive of the Medical Society of Nova Scotia, in the Lord Nelson Hotel, at 7.30 p. m., Wednesday, November 28th, 1928.

Matters for consideration:—

- (1) Routine Business.
- (2) The date of the next Annual Meeting.
- (3) Matters relating to the Department of Public Health.
- (4) To provide Secretarial services for the Society and the BULLETIN.

Any other matters of interest to the Society may be considered.

By order of the President.

Yours truly,

(Sgd.) S. L. WALKER,
General Secretary."

Copies of this letter were sent to the following:—

Dr. J. W. REID, Sr., Windsor.	Dr. G. W. T. FARRISH, Yarmouth.
Dr. J. A. MUNRO, Amherst.	Dr. ALLISTER CALDER, Glace Bay.
Dr. M. J. WARDROPE, Springhill.	Dr. D. W. ARCHIBALD, Sydney Mines.
Dr. A. S. BURNS, Kentville.	Dr. H. R. ROSS, Sydney.
Dr. J. A. SPONAGLE, Middleton.	Dr. M. G. TOMPKINS, Dominion.
Dr. W. C. O'BRIEN, Wedgeport.	Dr. W. F. MCKINNON, Antigonish.
Dr. F. P. SMITH, Mill Village.	Dr. M. E. MCGARRY, Margaree Forks.
Dr. C. B. CAMERON, Petite Riviere.	Dr. W. H. ROBBINS, Stellarton.
Dr. R. H. SUTHERLAND, Pictou.	Dr. CLARENCE MILLER, New Glasgow.
Dr. J. G. D. CAMPBELL, Halifax, N. S.	
Doctors, MUIR, WOODBURY, PAYZANT, CUNNINGHAM and LYONS all of Halifax.	
Dr. S. A. FULTON, Truro.	

The Meeting was called to order at 8 p. m., the President, Dr. R. H. Sutherland, Pictou, being in the chair. The Secretary read the notice of meeting and the following members of the Executive responded to the Roll Call.

Officers Dr. R. H. SUTHERLAND, Pres
Dr. S. L. WALKER, Secretary
Dr. J. G. D. CAMPBELL, Treas

Members Dr. D. W. ARCHIBALD.
Dr. CLARENCE MILLER.
Dr. J. W. REID, SR.

Dr. M. J. WARDROP
Dr. J. A. SPONAGLE.
Dr. W. L. MUIR.
Dr. F. V. WOODBURY.
Dr. A. R. CUNNINGHAM.
Dr. J. N. LYONS.

Doctors A. S. Burns and M. G. Tompkins wrote and wired expressing regret in being unable to attend. Doctors Farrish and Allister Calder having to attend a meeting of the Provincial Medical Board the following night were also unable to be present for this meeting. The meeting was thus very well attended and representative.

The first business was the appointment of a sub-committee of the Executive in case the business of the Society required additional meetings of the Executive, the Executive action along this line having been taken in 1927. Upon motion, this sub-committee of the Executive was named as follows:—

Dr. R. H. Sutherland, President, Dr. S. L. Walker, Secretary, members ex-officio. The other members of the sub-committee were named as follows:—

Doctors Farrish, Calder, Wardrope, J. W. Reid, Sr., A. S. Burns, Muir, Woodbury and Cunningham.

The Executive, after consideration, upon resolution approved of the publication of special numbers of the BULLETIN for December 1928 and January 1929. The number of pages of each issue to be such as would suitably cover in the first issue the proceedings of the 75th Anniversary Meeting and in the second issue the full procedure connected with the 60th Anniversary of the Dalhousie Medical College.

The General Secretary was instructed to have these issues of sufficient size and number to supply the reasonable demand.

The General Secretary was instructed to have from 10 to 15 copies of the 1928 issue of the BULLETIN bound and made available for members of the profession who wish to add them to their library, at a price not exceeding \$3.00 per volume.

The Executive expressed appreciation of the co-operation of Dalhousie University in arranging to take a page advertisement in the **Bulletin** for the year 1929. It was freely expressed that this was a direct result of the very satisfactory co-operation of the University and the Society in making the recent meeting such an unqualified success.

The General Secretary was instructed to approach the Public Health Department, with a definite proposition to publish the monthly Health Notes of that Department in the BULLETIN. The reason assigned being that it was felt these notes would be more generally read and digested by the profession if appearing in the BULLETIN than in the present mimeographed form in which they have been hitherto distributed. It was also suggested that should the department require the distribution of these notes to others than those on the BULLETIN mailing list they might be as cheaply distributed as reprints from the BULLETIN as in the manner of distribution employed. The Executive wished it to be distinctly understood that these were suggestions only, but indicated the desire of the Society to co-operate fully and cordially with the Department of Public Health.

1929 Annual Meeting. Dr. R. H. Sutherland, the President, reported to the Executive regarding the date of the next Annual Meeting. Representations had been made by him to the Canadian National Railways in connection with using Pictou Lodge as the place of meeting. A communication was read from the Railways relative to this request. Arrangements have already been made for the opening of Pictou Lodge to the public on June 27, 1929. The management, therefore, suggested that the Society could have the exclusive use of the hotel for their Annual Meeting provided it were held June 24, 25, and 26th. Upon motion, the Executive named these three days as the dates of the next Annual Meeting, requesting the local committee to make the necessary arrangements desiring especially that lectures and papers would be delivered in a suitable room in the hotel itself.

A very considerable discussion developed upon recent changes that had been made in the Provincial Department of Public Health, particularly in view of the activities of the following Committees of the Society namely:—Public Health; Radio Broadcasting; Cancer and Health Publicity.

Attention was also directed to the action of the Society in practically amalgamating the work of the last three named committees under the management of Dr. A. C. Jost then Provincial Health Officer. In the absence of any intimation from Dr. A. C. Jost that he would be unable to officiate on these committees the Executive declined to instruct the General Secretary to carry on the proposed newspaper health publicity until particulars of co-operation with the Provincial Public Health Department were available.

Upon resolution, the Executive instructed the General Secretary to confer with the Health Department as to how this co-operative work should be best carried on in future.

The Executive, on motion, approved of the action taken by the General Secretary in making suitable mention regarding the sudden passing of our late confrere Dr. M. T. Sullivan. The Executive desired to go on record as approving of the message of condolence that was sent Mrs. Sullivan on this sad occasion.

Very considerable discussion arose over the correspondence from the Canadian Medical Association with reference to the proposed additions and changes suggested for the new Pharmacopoeia. It was finally resolved that the Secretary be instructed to correspond with the principal hospitals in the province asking for a definite expression of opinion upon the questions raised by the Canadian Medical Association Committee. Replies received from this inquiry the Secretary was instructed to pass to Dr. O. S. Gibbs of Dalhousie, who is the Nova Scotia representative on the C. M. A. Pharmacy Committee.

Resolved that the General Secretary pass this correspondence to the following Hospitals: Victoria General Hospital, Camp Hill, Nova Scotia Hospital, Saint Joseph's and the General Hospital, Glace Bay, General New Aberdeen, Sydney Mines, Aberdeen, New Glasgow and Yarmouth.

The General Secretary was instructed to have 500 copies of the amended and new constitution of the Medical Society, after approval by the Governor-in-Council, printed and distributed to members of the Medical Society of Nova Scotia. In this connection the point was brought out that the membership in the Provincial Society being practically 300, there is no reason why the Society should send communications of any character whatever, or publications, to other than its full members.

A very considerable time was devoted to the matter of a General Field Secretary for the Maritime Provinces. The Executive very definitely appreciated the fact that the services of Dr. Walker could not be indefinitely continued unless the field and remuneration were both increased. After a very free discussion it was resolved that the President of the Society, Dr. R. H. Sutherland, of Pictou, be requested to write immediately and very definitely and in detail to the General Secretary of the Canadian Medical Association, setting forth the opinion of this Society that the three provinces, Nova Scotia, New Brunswick and Prince Edward Island, should be zoned together with one General Secretary largely under the general administration of the Canadian Medical Association. The Executive did not feel that they were justified in asking Dr. Walker to longer give his services under the present arrangements. But they would endorse and support any combined services that would not detract from what they considered the present highly efficient Medical Society organization existing in Nova Scotia to-day. Specifically the Executive stated that they considered the Canadian Medical Association would be well advised of support in order to make this Maritime amalgamation practical.

The President was further instructed to suggest that with this C. M. A., approval Dr. Walker should visit the Medical Societies of New Brunswick and Prince Edward Island in order to place this matter definitely before them.

The Executive adjourned at 11 p. m.

S. L. WALKER,
General Secretary.
The Medical Society of Nova Scotia.

The Fellowship of Medicine and Post-Graduate Association has recently circularized the Medical Profession in Nova Scotia calling attention to the Special Post-Graduate Courses of Lectures provided by the Association for the year 1929. A detailed syllabus of each course may be obtained from the Fellowship at 1 Wimpole Street, London, W. 1., or from the General Secretary of the British Medical Association, Dr. Alfred Cox, Tavistock Square, London, W. C. 1.

Reminiscences

Dr. D. McIntosh, Pugwash.

The Episode of the Homeopath.*

AT the time I came to Pugwash there lived at Wallace an old lady, widow of the late Rev. John Munro, of revered memory. She professed to be a Homeopath. It was her custom to make occasional pilgrimages among her old parishioners to administer consolation and incidentally medicine. Among these was an old man, Deacon William McDonald, who lived on the Gulf Shore. He was not feeling well and came to consult me as to his health. I gave him the usual placebo. A few days afterwards milady Hahnemann put in her appearance. After the usual invocation she persuaded the old man to throw my medicine away and take hers instead; and, in order to ensure the elimination of mine, she told him that if he took any other while taking hers he might die. So before retiring for the night he took a dose of her pilules. Sometime during the night he felt queer as he expressed it and, remembering the old lady's injunction and, forgetting that he had taken a dose of my placebo, he got scared. So he sent for me post haste sometime after midnight on a fine summer night. I arrived in due time to find my patient in great mental distress. He said to me, "Dr. I have a confession to make." Not being endowed with priestly orders I did not know what was coming until he told the story as above outlined. I asked his daughter to bring me the medicine Mrs. Munro had left. She brought me a tumbler with, I should judge, 3 or 4 hundred of these little pellets in it. I put the glass to my mouth and swallowed the whole contents at one fell swoop. The old man looked at me in amazement and felt more for my safety than his own. I then began to think that possibly the infinitesimal element in the Homeopathic theory might not be according to formula, I began to get scared myself. I got back into the road for home with a precipitancy not usual at that early hour. During my progress by the way I gradually became relieved of my anxiety and by the time I reached home my fears had vanished. There were no symptoms of poisoning.

Quid erat demonstrandum.

*This supplements the several incidents related by Dr. McIntosh in the October BULLETIN. And yet there is room!

Correspondence

Medical Education.

By order of the Executive of the Medical Society of Nova Scotia a file of correspondence relative to medical study in Dalhousie was passed to a special Committee for consideration and report. Altho this Committee gave the matter careful consideration it was felt that publicity should be given the question raised through the medium of the BULLETIN. Thus, while the official Minutes make no mention of the matter, the subject is presented herewith.

The Committee's report was as follows:—

"This matter summarized is the case of a graduate of one of our Nova Scotia colleges who has sufficient qualifications to enter American Medical Colleges, but is held up by one local institution.

The attention of the Nova Scotia Medical Society is drawn to this matter; but we feel that no action should be taken."

The initial letter slightly amended is as follows:—

"I have been contemplating taking up the study of medicine. I am a graduate in Arts from St. Francis Xavier's University with the degree of M.A. from the Catholic University of America, Washington, D. C., I have one year of University Physics and Chemistry.

I feel that it would be a waste of time to spend a whole year taking up the necessary Chemistry and Biology requirements.

Is it not possible for me to enter as a general student at Dalhousie University taking these two subjects along with my first year medical work?

I would be very grateful if you would give me some information in the matter.'

This letter was passed to President McKenzie of Dalhousie who replied as follows:—

"I duly received your letter of the 4th inst. with a copy of the letter which you have received.

I note that Mr. M., is a graduate in Arts from St. Francis Xavier's University in Antigonish, and also that he has the degree of M.A. from the Catholic University at Washington. Mr. M. further states that he has had one year of Physics and Chemistry. I assume that he means that he has had a full year's course in each of these subjects. He also states that he considers that it would be a waste of his time to spend a year taking up the necessary Chemistry and Biology requirements for entry upon the study of Medicine proper, and he asks whether it would not be possible for him to take these subjects along with the first year of Medicine.

I fear that Mr. M. does not appreciate the content of a modern course in Medicine. The whole of a Medical course of to-day is based on a thorough knowledge of the fundamentals of Organic Chemistry and Zoology. Therefore, the requiring of such a knowledge is not a mere technical regulation; such knowledge is pre-requisite to the possibility of understanding the courses given in Medicine proper. Such prerequisite courses are demanded by every first class medical school the world over, for the simple reason that,

as I have said above, a person not thoroughly acquainted with them could not understand the lectures given in Medicine.

The first year of the Medical course proper deals with the subjects of Anatomy, Histology, Embryology, Physiology and Biology, every one of which subjects requires a preliminary knowledge of Biology and Organic Chemistry particularly. You will see, therefore, that it would be quite impossible for a student who did not know these fundamental subjects to understand and follow the courses given in these first year subjects. I may add, moreover, that the first year of Medicine takes up practically every hour of the day, so that a student could not carry any subject beyond it; and, finally, even if he could, the time tables would, of course, conflict.

The courses in Medicine given in Canada, in the Old Country, and in the United States do not differ materially, either in the general content and type of courses or in the time required. In Canada we require ten years, namely, three years in the high school, two pre-medical years in the University, and five years in the Medical course proper, the fifth of these five years being practically a hospital year. In the United States they require the same number of years, ten, namely, four years in the high school, two pre-medical years and four medical years. It really amounts to eleven years in the United States, for nearly every state requires a further hospital year. In England it is not easy to state the requirements in a number of years, but I may say that a Medical man usually spends more years beyond his common school education before his degree than on this continent.

The required two pre-medical years are practically all given up to the fundamental and basic sciences of Physics, Chemistry and Biology; a certain amount of English and History, etc., is also required. In the case of Mr. M., without knowing more than he has stated to you about the amount of Physics and Chemistry which he has taken, I think he could complete the pre-medical work in one year. He should take Physics 20, Chemistry 2A, Chemistry 4, Biology 1 and Zoology 3 of our courses, which are the classes he has certainly not taken in these subjects. I have made out a time table for these, and the only free hours he would have would be all Thursday morning and two hours each morning on Monday, Wednesday and Friday. So you will see that he has quite a bit of leeway to make up on the Science side of his equipment.

I hope this will give you the information which you would like to pass on to Mr. M."

This correspondence is published for the express purpose of having all members of our Society more or less conversant with the ideas of prominent educationists, especially in our own profession.

Dr. W. B. Moore, Bournemouth, England.

Several picture post cards and a letter have been received by the BULLETIN from Dr. W. B. Moore, replying to a letter of regret from the General Secretary that he was unable to attend our Annual Meeting. The first postal card shows Dr. Moore and party tripping the light fantastic at a very celebrated Hotel Restaurant at Nice, where he and Mrs. Moore were staying for an extended period. On this he writes as follows:—

"This is the Hotel at Marseilles where we stayed. From our balcony we could see the sun rise over the peaks of the Maritime Alps, and blue Mediterranean in the East,

and out over the romantic Island of Monte Christo, where we spent a day. In our journeyings, the only outlook and air to compare with it we found at the "Miramare" hotel, overlooking the mountain City and Bay of Genoa."

Another card gives the famous garden scene with the following comments regarding orchestra and music, upon which Dr. Moore is, as we all recall, no mean authority.

"An excellent Band of about 40 players in the gardens in the afternoon and there are several fine orchestras at the Theatres, Casinos, and Opera House. Have just returned from a motor ride down to Monte Carlo a few miles along the coast, which also gives you lots of the finest music in addition to the most wonderful flowers and scenery. Even the very poor seem to enjoy life here."

Another card gives the Hotel des Trois-Epis with the following comment, as follows:—

"We always get as near as possible to the sea and the blue Mediterranean is just across the great Promenade des Anglais, where thousands stroll in the sunshine and bathe and swim in the sea. Have just proceeded to drink your health "in Absentia" but wish you were here to join me."

His main letter is as follows:—

"Dear Doctor Walker:—

Your very kind letter of Oct. 29th, just reached me here to-day, after following me from place to place for weeks. We left beautiful Bournemouth last spring for further wanderings, and after exploring the attractive features of most of the southern counties of England during the most delightful summer ever known there, we followed the migratory birds south when cold started their flight, and have fully appreciated their wisdom, ever since, and have had continuous sunshine during our stay in Paris, Avignon, Marseilles, and Nice where we recently arrived and find it just like our warm September weather in sunshine and temperature, with the Mediterranean like a mill pond, while England has had the worst storms in her history.

Let me gratefully thank you and all my old friends for the kind expressions conveyed in your letter, and also express deep regret that what I intended as a greeting in some small measure worthy of such an occasion as the recent medical meeting, should have been so botched and distorted in cable transmission, as to be unintelligible.

A highly educated and clever friend who was walking with me when I wrote it at the Post Office, congratulated me on its quality and all that it implied, and it was clearly enough expressed for a young schoolboy to understand, but when you received it the distortion must have been pronounced, and probably even my best friends could scarcely refrain from a pitying smile, at such evidence of advanced senility. It is too bad I didn't keep an exact copy of it but if you haven't properly consigned it to the waste basket, will you kindly send it to me.

This experience only confirms my fairly considered opinion that while England has produced many of the ablest men of the world in all lines of human endeavour, she regrettably has also produced an enormous number of the biggest asses, and stupid chunk heads, who don't know, and don't want to learn, and further, those are not by any means confined to the so-called ignorant masses. From all that I can learn, your great meetings and re-unions must have been worthy of the finest traditions of the Profession and the Province, and I am sure that the General Secretary of the Medical Society of Nova Scotia justified fully his existence both personally and officially. In the same

mail with yours came a most interesting letter from my valued friend, Dr. Hattie, which must have been written with considerable effort although it gave me the welcome news that he was improving. Memories of Provincial Medical Board membership for many years, usually bring a feeling of sadness, when I recall the friendship, respect and admiration I felt for the late Dr. A. W. H. Lindsay, who died suddenly at a meeting of the Board years ago, and the same feelings for Dr. W. H. Hattie, who has suffered so much in the past year, and in quality, character and ability, worthy of higher rewards than they ever received on this earth.

Again thanks and very kindest regards,

Sincerely,

(Sgd.) W. B. MOORE."

Dr. D. MacIntosh, of Pugwash, under date of October 31st, writes the BULLETIN as follows:—

"Dear Doctor Walker:—

I mailed you a letter yesterday morning before I received your official communication conveying the regrets of the Nova Scotia Medical Society for my absence from the Jubilee celebration and also kind words of appreciation for which I thank you and through you the members of the Society.

I had fully made up my mind to be present on the occasion had it not been for my recent illness from which I am making a satisfactory recovery.

Yours sincerely,

D. MACKINTOSH."

Military Medicine Congress.

All medical officers in Military District No. 6, have received the following advice from Major Gorssline, R.C.A.M.C., D.M.O., with reference to a proposed International Congress of Military Medicine and Pharmacy to be held in Great Britain in May 1929:—

"1. The 5th International Congress of Military Medicine and Pharmacy will meet in the Grand Hall of the British Medical Association, Tavistock Square, London, from May 6th to May 11th, 1929.

2. A copy of the official notice and program is available for the use of any medical officer who will be in England at that time and wishes to attend the meeting.

3. If you are contemplating a trip to the old Country in May next, you might be interested in attending the meetings.

4. It must be noted, however, that no public funds are available to pay any part of the expenses of any officer attending the Congress."

Branch Societies

Halifax Branch 1928-1929.

THE opening meeting of the Halifax Branch of the Medical Society of Nova Scotia was held in the Lord Nelson Hotel on Wednesday Evening, November 7, 1928. To the strains of the Dalhousie Orchestra the members sat down to a splendid Dinner at 8.30 o'clock, the President, Dr. S. R. Johnston, in the chair. The following menu was very efficiently served and was thoroughly enjoyed:—

CELERY		OLIVES
	CREAM OF TOMATO	
	FILLET OF SOLE A LA NELSON	
	ROAST STUFFED CHICKEN	
PEAS PARISIENE		KISSOLI POTATOES
SEASON SALAD		COUPE TRAFALGAR
	DEMI TASSE.	

Following the Toast to The King, the Minutes of the last meeting, as printed in the June 1928 BULLETIN, were read and, on motion, approved. The nominations to the Executive of the Medical Society of Nova Scotia, approved in advance at the Annual Meeting of the Provincial Society, were Doctors Muir, Woodbury, Payzant, Cunningham and Lyons. This was moved by Dr. K. A. McKenzie, seconded by Dr. A. McD. Morton and passed.

Dr. S. R. Johnston presented his Presidential Address which opened up a very practical discussion. The Address will be published in the BULLETIN at the earliest opportunity. Dr. J. R. Corston acted as Chairman during the discussion. Dr. H. A. Payzant moved a vote of thanks to the President for his address. Dr. John Stewart referred in particular to the continued need of keeping faith with the public in giving them from time to time the latest pronouncement on the special subject of cancer. The newspaper publicity should be continued by the Medical Society of Nova Scotia. Dr. J. G. McDougall, in seconding the vote of thanks, stated that State Medicine was imminent; there was much to learn from a recent work of a member of the Royal College of Physicians, England, entitled "The Manipulative Treatment." Perhaps the general practitioner is depending too much upon the specialist in many fields. The poor man and the wealthy can get everything that medical science has to offer as aids, but the great middle class present serious problems. Dr. H. W. Kirkpatrick spoke of Irregulars doing work next door to Regulars because the general practitioner is not doing special work; he is going too much to the specialist. Dr. Campbell emphasized that general practitioner should have a fair chance to give a full report on the case,

he should have his proper place in medicine. The motion for the vote of thanks was adopted by a rising vote and with applause.

Dr. G. H. Murphy said the programme of the evening reminded him of a paper read by Dr. Fraser Harris on "The Rhythm of Living Tissue", the immediate cause of the reminder being the very excellent music presented by the Dalhousie Orchestra under the direction of Mr. Singer, a member of the medical student body. Dr. Murphy moved a vote of thanks which was seconded by Dr. Victor Mader. This, too, was passed by a rising vote with applause.

This Orchestra, which was also heard to great advantage on the occasion of the Dalhousie Luncheon and Dinner, October 18th, is mentioned in particular in the BULLETIN as a valued contributor to the success of the great Anniversary Meeting.

MEETINGS

1928

Nov. 21st. Clinical Meeting—Nova Scotia Hospital.

Dec. 5th. Clinical Meeting—Surgical—Victoria General Hospital.

Christmas Recess.

1929

Jan. 16th. Non-Scientific Meeting. Speaker: Rev. A. Stanley Walker, Subject: "Vestigia".

Jan. 30th. Clinical Meeting—Medical—Victoria General Hospital.

Feb. 13th. Discussion on Chronic Appendicitis. Leaders to be announced.

Feb. 27th. "Paediatrics and the General Practitioner"—Dr. J. G. D. Campbell.

March 13th. Subject to be announced. Dr. M. R. Elliott, Wolfville.

March 27th. Clinical Meeting—Children's Hospital.

April 10th. Subject and Speaker to be announced.

April 24th. Annual Meeting—Lord Nelson Hotel.

Where not otherwise designated meetings will be held at the Dalhousie Health Centre. Hour of Meeting—8.30 P.M.

OFFICERS

President.....DR. S. R. JOHNSTON.

Vice-President.....Dr. J. R. CORSTON.

Secretary-Treasurer.....Dr. N. H. GOSSE.

Western Nova Scotia Medical Association.

A regularly called meeting of the Western Nova Scotia Medical Association was held in the Banquet Room of the Kiwanis Club, Yarmouth, Thursday, November 29th, 1928, the President, Dr. J. E. LeBlanc, of Pubnico, being in the chair.

The following were in attendance:—Doctors Melanson, J. E. LeBlanc, Fox, Webster, Hawkins, Blackadar, Burton, Phinney, Lebetter, Hatfield, Fuller, Gullison, Williamson, O'Brien, A. R. Campbell, Pothier, L. M. Morton and Dr. S. L. Walker, of Halifax.

At 6.45 p. m. a very capable orchestra gave the opening dinner music and shortly the following menu, very efficiently served, was thoroughly enjoyed:—

OLIVES	CELERY
FRUIT COCKTAIL	VEGETABLE SOUP
LOBSTER SALAD	
ROAST TURKEY, with dressing and Cranberry Sauce.	
TURNIPS	POTATO
APPLE PIE—ICE CREAM AND CAKE	
COFFEE	CIGARS
	CIGARETTES

The Secretary, Dr. Lebbetter, read letters of regret for their absence from Dr. G. W. Brown of Clark's Harbor, Dr. T. C. Lockwood, of Lockeport and Dr. G. W. T. Farrish of Yarmouth. Hon. J. L. Ralston wired his regret in being unable to join in congratulations to the guest of the evening, Dr. C. J. Fox of Pubnico.

Following a programme of songs and other entertainment the President of the Society, Dr. J. E. LeBlanc, of West Pubnico, outlined the main object of the meeting as follows:—

"We are assembled here to commemorate a very important event and that is the 52nd Anniversary of my confrere Dr. Fox in the practice of medicine. I am particularly glad to be here and present you a man whose noble career has been so well sustained, in the same community, for such a long period of years. Dr. Fox does not want me to praise him, he is too modest for that. But I cannot refrain from saying here how much I have learned from him. We have seen good many stormy days together; we have met on many occasions in consultation and at all times he has been a mighty force to me. With his sound judgement, his keen perception of symptoms, we have always been able to conduct our cases to a satisfactory issue.

We are told by Longfellow in one of his poems that:

"Lives of great men all remind us
We can make our lives sublime
And departing leave behind us
Footprints on the sands of time."

Now that is perfectly true and the more we study history, the more we see the truth of this statement. When, for instance, we study the great landmarks of our British literature, Chaucer, Dryden, Milton, Shakespeare, we soon realize the truthfulness of the poet because behind the works of these great men; behind the *Canterbury Tales*; the *Paradise Lost* and *Paradise Regained*; behind the great dramas of Shakespeare there is something real and that is a moral lesson. These works are immortal, they will live forever in the memory of men because their authors, in writing them have had one *great aim* in view; i. e. to *serve humanity*.

Again if we turn our attention for a moment, towards medical history, the same principle applies. The great makers of modern

medicine, William Harvey on the "Circulation"; Edward Jenner on "Vaccination"; Louis Pasteur on "Preventive Medicine"—and Lister on "Asepsis," have all had this same great motive in view; *to serve humanity*.

We have something of that nature in the life of the man whose anniversary we are here celebrating to-night. Dr. Fox's great ambition has always been to serve humanity, to serve his clients well; not so much perhaps by means of his pen, nor by research work as by a real form of active service like the knights of old. You all know that during the middle ages, private property was not secure, pillage on land was of a very common occurrence and in order to protect the laborer, the orphans, the families men were being knighted who pledged themselves to go to their defense when attacked.

Since time immemorial a steady warfare is being waged on the lives of men. Our frail human bodies are pillaged everyday by germs, by various other factors and it is to this Health Crusade that Dr. Fox has given the best of himself for more than half a century. He has fought many battles; he has been a brave soldier and for that reason is well worthy of our esteem and admiration in this anniversary."

Here's to His Health To-night might well be taken as the title of a song rendered by Dr. L. M. Morton, being a local version of the well known song, "To-morrow" by Frederick Keel. The words are:—

Oh! Yesterday our Dr. Fox began his practice bold,
 His parchment new, his ideals bright towards Pubnico he fared,
 For fifty years and longer he waged his fight with death,
 He waged his fight with death. But to-night. By the festive board.
 We drink his health to-night.

He worked real hard, o'er moor and fen both night and day he rode,
 His fees were low, his heart was big and all men knew him fair,
 For fifty years and longer Pubnico has been his abode.
 Has been his abode. So to-night. By the festive board.
 Let's drink his health to-night.

And here upon old Yarmouth hill, the Medical lamp glows red,
 The glasses filled, the lights are bright, our praise is gladly said.
 And many a country Doctor's here, who knows what real work means.
 And pay their praise to Fox. So to-night. By the flowing bowl.
 Here's to his health to-night.

On behalf of the Society Dr. A. R. Melanson of Eel Brook made the following presentation address:—
 "Mr. President, Honored Guest of the Evening, Fellow Practitioners:
 I appreciate very keenly the honor of representing you on this most auspicious occasion. To-night, however, I can only think of

two things, the first is our honored guest and the second our most honorable profession and between these two there stretches fifty-two (52) long eventful years.

For over half a century Dr. C. J. Fox has practised his profession in this county, (before over 70% of our members were born). Graduating from the University of Pennsylvania, in the year 1876, he came to Pubnico and continuously from that time has been in active practice there. We are all very familiar, Gentlemen, with what (52) years in a large country practice in this Province means. The long nights, the dreary days, horse and waggon, rain and sleet, cold winds and blinding snows, this is what a country practitioner faces, but always though the flesh be weary and the heart afraid there comes the cry of the sick in their affliction and our Profession is not one that allows to go unheeded the cry of the afflicted in their distress. As our guest enjoys the love and esteem of his patients he equally enjoys the respect and affection and confidence of his associates. For in all our professional differences, in all our petty personal likes and dislikes, in all our prejudices, our profession will never allow us to get so small that we cannot lay a laurel wreath of appreciation upon the brow of any member who has practiced his profession faithfully for 52 long years.

"The practice of Medicine is not a Business", says Osler. And never can be one, the education of the heart, the moral side of a man must keep pace with the education of the head. "Our fellow creatures cannot be dealt with as man deals with corn and coal." And particularly do the words of our greatest Canadian physician apply to the general practitioner. For none as well as he knows how close the family Doctor is to the life of his patients, in the home and in the heart.

That the work has been hard, we all know. That the task has seemed stupendous at times, we will not deny. That giving all one has and getting very little, if anything, in return, would tax the will of any mortal, and the Butcher, the Baker, the Candlestick Maker have never numbered Physicians among those whom they supply gratuitously. Nevertheless, in the great traditions of Medicine, we recall the great men who have made it what it is by suffering and sacrifice, and the great heritage they have left behind is our inspiration and our guiding star. And with you, Sir, the god of good health has dealt most wisely.

In Balzac's great book, "The Country Doctor," Capt. Gevastas, when driving along the French country side in search of shelter, met an old peasant woman and asked of the Country Doctor in those parts.

"Is Mons. Benessasis a good Doctor," he said at length.

"I do not know, Monsieur," she replied. "But he cures the poor for nothing."

"It seems," said the Captain to himself, "as if this man really was a man."

"Ah, yes, Monsieur, and a great man. There is no one around here that does not put him in their prayers night and day."

Men of this type have their prototypes and no doubt any man, who has spent 52 years in such a work, deserves that much at least. And after all can any of us ask for much more.

Life surely owes him something for his long labours. Others in less arduous professions have, as old age creeps upon them, positions of dignity and remuneration, where they may relax without the worry of their daily bread and the sweat of the brow being the chief factors of consideration. But not so the physician. And while some are able to retire from the inexorable call to work, the great majority of physicians, in this province, fall in harness.

But what memories have those years not brought you? Colleagues with whom you worked that have passed behind the veil. Children whose birth you attended, grown from full childhood to middle life, and your native country developed from a colony to a full-fledged Dominion. Then, too, you have seen the obscure appendix blossom from its abdominal obscurity into an organ of tremendous portent. Blood Chemistry, Renal function tests, Goitre, Unpronounceable neoplasms, all this and more, and that bane of the Physician's existence the "Whiskey Script". Ye Gods! What you have seen, Dr. Fox!

What you have seen, however, in your profession in over half a century is yours not mine to relate, Sir. But what have you not seen? The work of Pasteur realized; the dreams of Lister fulfilled! The hopes of Simpson with his chloroform a reality; Surgery going ahead with colossal strides, and Medicine, beyond the dream of any man; Smallpox wiped out; Typhoid preventable; Diphtheria conquered; the great hopes of antitoxin realized; the greater hopes of Koch's Tuberculin unfulfilled. Success and Failure! Triumph and defeat. All these things and more you have seen. And a work well done in the service of Humanity is always worth more than the price one pays.

Your confreres here wish to particularly compliment you on the regularity with which you have always attended our Medical Meetings. It has been a source of inspiration to the younger members to see you here and a joy to the older ones. You have held the honored position of being President, in 1893, of our N. S. Medical Society and you discharged that task with distinction to our parent Society and with credit to yourself.

But time is a cruel task-master and the years will take their toll and, despite our effort, this grim old Father moves on relentlessly. To some he brings grey hairs, to others malignant afflictions of the body, but you, Sir, have been signally exempt and your splendid physique and sprightly demeanour is our envy and still our delight. May he long continue to deal sparingly with you. Aristotle that wise old Greek, has said "That a life spent in the service of others was the best viaticum of old age." Your life has been spent in the service of others and may it long be spared to continue the work.

Accept then, Sir, this very small token of your Society's love and appreciation. May you long be spared to enjoy it. It goes to you with a full heart, if not with a firm voice. It is filled with every good wish, every kind thought, every pleasant recollection. It means our gratitude and our appreciation and our pleasure that fate has been so kind to you, and that along the great road of life which you have walked for 52 years in the path of a noble Profession, we are not forgetful that you have held on high the great traditions of the Art of Healing, a time honored and a noble Art. This, Sir, is *your* proud distinction and *our* greatest pleasure to acclaim.

May you long carry on the work! May you long enjoy the health and vigour of your present state and later, when the shadows lengthen and the road gets longer, may the memory of to-night help to keep green the love and appreciation of those who with a full heart make this modest presentation.

And what more can I say in closing than this—Long may you live and long may you know, old books, old wine, old friends."

This was followed by the presentation of a sterling silver service of pleasing design and suitably engraved. Dr. Fox replied as follows:—

"Mr. President—Gentlemen:—

"It was with genuine surprise that I received notice of the object of this meeting; and while I cannot agree that the circumstances warrant it, I certainly appreciate the spirit which prompted the idea and the good will which meets me on this occasion.

It would perhaps be in order to refer briefly to conditions present fifty years ago.

The horse then was the only means of travel. Horse back riding has become a memory; waggon, sleigh and gig, the latter with a step in rear of axle for mounting, and if the horse stumbled a much quicker landing, if you were lucky, on the horse's head. This was hardly to be compared even to the present day Lizzie.

I have at times thought that the telephone was not an unmixed blessing, as before that the messenger had to demonstrate that the road was at least passable; and even then it was the occasional experience that the doctor did it on foot where a team could not get through.

Taking stock of matters more strictly professional; where did medicine stand in 1876? It represented the result of centuries of observation, experimentation and research and these had developed a tree of sturdy trunk, well limbed and ready for expansion from year to year.

Indeed it seems to me that from about this time medicine and surgery took a fresh start, due largely to the researches of Pasteur and the deductions of Lister, and began to ask the reasons for this and that.

We knew that quinine would cure malaria and mercury would check the ravages of syphilis; and did not have long to wait for the answer to this question. Why?

Our present friend, especially to the Surgeon, appendicitis, was unknown as such; and as late as 1881 was classed in medical works as typhilitis or perityphilitis; and in Ashurst's System of Surgery 1886 was not mentioned except as the result of the lodgment of foreign bodies in the appendix causing suppuration. Diphtheria was alike a fearful dream to physician and parents, for it meant death to a considerable percentage of those attacked, until the happy advent of antitoxin.

Indiscriminate blood letting had passed by, and, though still practised in certain cases, was, whether for good or not, rapidly being replaced by other measures.

The practice of antiseptic and later that of aseptic surgery began during the early part of the period under consideration, thus greatly enlarging the scope of operations, as well as adding to the margin of safety.

Fifty years ago we had but one Hospital in the Province and that without railway connection was practically out of reach, but we did the best under the circumstances that we could; in many cases administering anaesthetics, and with the help of a neighbor, doing what was necessary and generally getting better results than might have been looked for. It was antiseptic rather than aseptic surgery.

To-day with hospitals in easy reach of most sections of the country, surgical cases will naturally gravitate to them.

With this as a rough background, I will leave the drawing of the contrast between the old and the new to those who may be better qualified for the task."

Dr. C. A. Webster gave a reminiscent address of early associations with Doctor Fox and congratulated him on behalf of the older members of the profession. Dr. S. L. Walker of Halifax, General Secretary of the Medical Society of Nova Scotia, presented congratulations on behalf of the Provincial Society of which Dr. Fox has always been a very active member until made an Honorary Member in 1927. He was President in 1893 and always contributed to each meeting by a paper or taking part in the discussions. Dr. Walker also extended the personal greetings of Dr. J. A. Sponagle a former classmate of Dr. Fox, and congratulated the Society upon the success of the present function and the general activity shown by this Branch of the Medical Society of Nova Scotia.

In view of the fact that Dr. Farrish had been elected a Vice-President of the Provincial Society, thus becoming ex-officio a member of the Provincial Executive, Dr. A. R. Campbell was nominated to fill the vacancy thus created.

With Our Advertisers

AS we enter upon another year of BULLETIN Publication beginning Volume 8, we would have our Society Members and all our readers consider for a moment the matter of advertising.

In the first place you all know we never attempted to make our advertising receipts responsible for the publication of what has developed into a very serviceable Medical Society Journal. Indeed, not until compelled by the increased cost of publishing an enlarged BULLETIN which our needs demanded, were any advertisements admitted, to say nothing of solicitation of them. During the past three years the income from advertising has at last reached three-fourths of the cost of publishing, and possibly the remaining one-fourth may be covered in 1929, provided no further expansion is made.

The business, enterprise, or avocation that does not grow, however, is already at a standstill or on the down grade. The most difficult job for the General Secretary, representing both the Society and the Editorial Board, has been to keep the BULLETIN under 48 pages each issue. As a matter of fact only one issue in 1928 was held at 44 pages which our printing contract called for. The December 1928 and January 1929 issues, far exceeded any previously published and it is difficult to see how we can carry on without increasing to sixty pages per issue. Indeed the activities of the Canadian and Provincial Medical Associations compel us to advance in order to discharge our obligations to our members.

These remarks are made under the above heading because it is to our advertisers we must look to make this necessary expansion possible. They constitute our sole revenue as far as the BULLETIN is concerned. These remarks are given expression here because the BULLETIN is yours and you are making up its deficits. Now what are we going to do about it! There is one way in which we think the medical men in Nova Scotia can give very material assistance. Much of the doctor's mail consists of advertising material most of which goes into the waste paper basket and much of it is never opened. Those firms who advertise in the BULLETIN are appealing to you personally and almost every medical man will peruse the advertising literature of these firms as a matter of course. On the other hand some firms flood the mails with advertising circulars but wholly ignore the official organ of our medical profession.

If this field is worth exploiting to the extent adopted by those mail advertising firms why should they object to using our provincial official organ. Now supposing a practitioner in Truro writes to one of these firms intimating that if that particular firm wishes to reach the profession in Nova Scotia an advertisement in the BULLETIN.

the official organ of the Medical Society of Nova Scotia, will be accepted as an introduction and their literature or their representatives will be gladly received by the doctors generally. At the same time it would be quite proper to indicate that otherwise at least they could very well drop his name and save some *unprofitable* outlay. Do you doctor, realize that two or three letters to this effect would bring in sufficient advertising to fully defray the cost of publication of the BULLETIN.

A great hindrance to progress in the Maritime Provinces to-day is lack of team work. Team work in our medical organizations would also solve this particular question. We are, however, compelled to present it from the Nova Scotia standpoint alone. As far as the BULLETIN is concerned the medical profession in Nova Scotia alone by team work can make its Journal self sustaining. If we must work out our destiny alone, *let us go ahead and do it!*

S. L. W.

Treatment of Lumbago.

The most frequent cause of lumbago is lumbar strain. The disease involves one or more joints and may extend to the sacro-iliac articulation. This condition must be carefully distinguished from arthritis of the spine, from sacro-iliac disease, and from deep-seated abscesses. The entire sacro-iliac region is very painful on pressure, or bending or turning and thickenings are frequently found outside the muscle substance, which can be verified in the radiograph.

The most effective treatment of this condition (Wiener Klinische Wochenschrift, Feb. 2, 1928) is rest in bed for from 8 to 14 days in a well-warmed room and with cutaneous counter-irritation.

Physicians find that applications of hot antiphlogistine placed over the lumbar region for two or three hours every day for about two weeks usually bring marked relief in these painful conditions. Warm full baths are to be avoided. A flannel binder should be worn during the attack and is recommended for a month afterward to prevent a recurrence of the attack. (With our Advertisers.)

The farm problem, as reported by a western Texas paper:—"Positively no more baptizing in my pasture. Twice in the last week my gates have been left open by Christian people, and I can't afford to chase cattle over three counties just to save a few sinners."

Safe for a Century:—District Visitor: "To what do you attribute your great age?"

Oldest Inhabitant: "Well, for the first 70 years of my life there wasn't no motor cars, an' for the last 30 I've been confined to the house"

OBITUARY

ABOUT the middle of November Dr. A. B. Campbell of Bear River was summoned to his old home in Inverness on account of the illness of his father. His death occurred before Dr. Campbell reached home. He had been in poor health for a number of months and his death was not unexpected.

Resolution, Cape Breton Medical Society.

Dr. M. T. Sullivan, Glace Bay.

At a meeting of the Cape Breton Medical Society held Nov. 19th, 1928, a resolution of condolence was ordered to be conveyed to Mrs. Sullivan and family with the sincerest sympathy of all the members of the Society. Doctors J. K. McLeod, Lynch, and Eric MacDonald, were appointed a Committee. The following resolution was adopted and sent as directed.

"The Cape Breton Medical Society has heard with deep regret of the death of Dr. M. T. Sullivan a very valued member of this Society and desires to place on Record a statement of the very high esteem in which he was held and the great loss our Society has sustained through his death.

The late Dr. Sullivan was a man of outstanding ability as a surgeon and his opinion was much sought after by patients and medical men alike. He served the medical men of this Society, of which he was a member, faithfully and unselfishly and, within recent years, occupied the offices of President of the Nova Scotia Medical and Cape Breton Medical Societies.

As a citizen and public man, he was foremost in everything that tended to advance the welfare of the community and his loss will be much felt throughout the Island of Cape Breton."

A veteran of the Methodist Church passed away November 7th, 1928, in the person of the Rev. W. H. Hartz, D.D., at the advanced age of 87 years. He retired from circuit work in 1905 after a continuous ministry of 43 years. From then till his death he continued, however, as Conference Evangelist, practically never retiring. He has resided in Amherst since 1908. The medical profession in Nova Scotia extend sympathy to Dr. Jane Hartz Bell of Spring Garden Road, Halifax, who is a daughter of the deceased.

The town of New Glasgow mourns the sudden death on December 6th, of Mr. James Roy for over 30 years their efficient Town Clerk. The *Evening News* says:—

A great little man has gone from us, but he leaves behind him a record of achievement which carried with it an assurance that his greeting on the other side would be,—“Well done, good and faithful servant of the people of New Glasgow”. He is survived by his wife, eight daughters and one son, Dr. J. J. Roy of Sydney, to whom we extend sincere sympathy.

To Dr. R. E. Mathers of Halifax the entire medical profession in Nova Scotia extends sincere sympathy in the death of his wife on December 21st in New York after an illness of less than three months. Her host of friends, with sinking hearts, read the reports of the progress of her fatal disease, hoping, against hope, that the miracle would happen. Her home just outside the city was beautiful in its surroundings and beautiful in its hospitality. To the poor in Halifax she was a friend indeed. Dr. and Mrs. Mathers had expected to live this winter at 103 Victoria Road, but her illness began before they had moved. The funeral took place from Victoria Road on December 24th, interment being in Camp Hill Cemetery, and was largely attended, very many physicians being present.

Many physicians in Nova Scotia were surprised and grieved to learn of the death of Dr. Clarence L. Starr in Toronto on Christmas day. He was a prominent surgeon, and occupied a high position in the Canadian Medical profession. He was an outstanding officer in the C.A.M.C., and has been a consultant for the D.S.C.R. He was only 61 years of age.

On the morning of December 4th, 1928, Edward Mackenzie died at his home in Springhill after an illness of six weeks. He was in his eighty-eighth year and was a prominent business man in that town for over 40 years. Dr. K. A. MacKenzie of Halifax, a son of the deceased, has the sympathy of every member of our Society.

In the November BULLETIN mention was made of the death in Winnipeg of Dr. R. J. Blanchard formerly of Truro, Nova Scotia. In the October Journal of the C. M. A. a very fine note of “appreciation” appears from the pen of Dr. John Stewart. They went to school together first in the early eighteen sixties, and again at Dalhousie and they graduated on the same day, August 1, 1877, from Edinburgh.

The death occurred at Hantsport on December 2nd of Mrs. R. S. MacDonald after a few days illness. A daughter with whom she lived recently in Hantsport and two sons survive her, the sons being E. L. MacDonald of the Halifax Hotel and Dr. P. A. MacDonald of Halifax. Dr. MacDonald has the sympathy of his confreres.

Special meetings of the Glace Bay Board of Trade and of the Associated Boards of Trade of Cape Breton were held following the death of the late Dr. M. T. Sullivan, who was President of both Boards. With Dr. Nat MacDonald of Sydney Mines as Vice-President in the Chair the Associated Board adopted the following Resolution:—

“Resolved, that the Associated Boards of Trade of Cape Breton, representing the several Boards of Trade established throughout the island, and in general meeting assembled, desires to express, and to put on record, its deep sense of loss occasioned through the death of our late Michael T. Sullivan, M.D., of Glace Bay.

That it is the sincere and great regret of each and every one of us that our Board must now miss the whole-hearted activity of our late and lamented first officer, recognizing as we always have done that our interests and Cape Breton interest generally were ever his intimate concern;

That we were all looking forward to a year of marked progressive-ness for our Board under the guidance of our late President and feel that in this parting we must miss severely his wise counsel and a true and tried friend of our organization;

And that a vacancy has been left in our ranks that it will be very difficult indeed to fill;

Further resolved, that our Secretary be and is hereby instructed to convey our heartfelt sympathy to the bereaved widow and family.

Further resolved, that this resolution be engrossed upon the minutes of our board.”

A wreath from the Association Boards was also ordered to be sent.

The passing of a very aged and highly respected lady took place in Pictou on October 28th, 1928 in the person of Mrs. Elizabeth Primrose, formerly a Miss Daley of Middle Musquodoboit. She is survived by two sons, one being Dr. Alexander Primrose, of New York. Our Doctor Alex. Primrose of Toronto is a nephew of the deceased.

Lady Osler (Grace Linzee Revere) died at her home, 13 Norham Gardens, Oxford, England, August 31st, aged 74 years. She was twice married, her first husband being Dr. S. W. Gross, of Philadelphia.

She was married to Dr. Osler in 1892. Perhaps now it may be well to note, that Osler might never have meant as much to the world as he has, were it not for the sustaining grace, the organizing power and social genius of his wife. Her life, since Sir William's death is ample evidence of this. Sir Herbert Warren writes thus in the *London Times* of September 4th, 1928:—

"She did indeed a noble work after her two sorrows, from which she never really recovered, by keeping open her hospitable home as an international centre, a house of call with ever ready welcome for so many a passing traveller, and for the constant, almost daily, reception during term of the young students of her own country and their friends, to whom it was truly a liberal education to be admitted within its walls, a living link between the United States and the British Empire—between Old and New England."

While the editorial comments of the public and the medical press have been appreciative and very general there seems to be an opportunity for at least a very considerable supplement to some work on the Life of Osler, that shall be devoted, primarily, to the part played by this devoted woman. She does not, however, ask any greater tribute, as an epitaph, than the continued recognition of the universal love and reverence with which Sir William's name is regarded.

James Ross Smith M.D., University of Pennsylvania, 1877, died at San Diego, California, on October 31, 1928 of Paralysis aged 78 years. Following his graduation in 1877 he practised in Londonderry, Nova Scotia, for a number of years. Also in Amherst. He was an extensive traveller both on this continent and in Europe. For a short time after his retirement from practice he resided in Kentville. He removed in 1917 to California living in Palo Alto and later in San Diego. His last address while in practice was San Juan, Porto Rico. He is survived by his widow formerly Miss Thompson of Oxford, Nova Scotia.

While some criticism may be offered on the matter of standardization of hospitals having in mind particularly that of the American College of Surgeons, it is, however, a matter of satisfaction that 12 hospitals in Nova Scotia have met the requirements laid down by this organization. This action has the very considerable effect of at least stimulating the Boards of all our hospitals to endeavor to reach the standard set. The approved hospitals are in Amherst, Antigonish, Glace Bay (2), Halifax (4), New Glasgow, New Waterford, Sydney and Yarmouth.

Locals and Personals

OUR readers will note that the December issue was the first number of the BULLETIN without any items under this heading. It is possible that we may have to in the next issue again curtail this section. We are sorry to do this but the exigencies of the occasion make it necessary. At the same time it means that some of our news is old and some has been lost entirely.

We regret to learn that Dr. J. A. Munroe of Amherst, was compelled to enter the Victoria General Hospital, Halifax, early in November for treatment. We are glad to know that he has now fully recovered and is able to resume his duties.

Dr. M. R. Elliott, Wolfville, returned from New York the first of December having been visiting hospitals there for a month. Unfortunately his stay during the last few days was marred by an infection of the great toe and when we met him on the train he was wearing one shoe and one slipper.

Dr. M. A. B. Smith, Dartmouth and Halifax, returned shortly before Christmas from a very pleasant two months trip to the old country.

Dr. D. M. Cochrane, River Hebert, was one of the successful candidates in the October Municipal Council elections.

Dr. Hugh McKinnon, of Berwick, returned the last of November from several weeks visit to Upper Canada. While away he visited several members of his family and it is noted that they are all either doctors or Presbyterian ministers.

Dr. Gerald R. Burns, who has been Assistant Superintendent of the Nova Scotia Sanatorium, has resigned his position, having been on the staff of the Sanatorium since June 1927. He goes to take Post Graduate work in Medicine at the University of Pennsylvania. Previous to his departure he was remembered by patients and the staff of the Sanatorium by presentations and addresses.

He was taking the Census and called on the Smith sisters, maiden ladies. He enquired their ages. They hesitated and asked if the Hill sisters had given their ages. Having assured them they had they stated their own ages were the same. So the census taker wrote in his book "Mabel and Nellie Smith both as old as the Hills."

7 Days Without Action After Saltz is Taken.

Seven days have passed since the arrest of C. L. Saltz, 38, of 759 Lombard Street, by city police officers here. (A. M. A. Journal)

Dr. J. W. Reid, Jr., of Brooklyn, and Mrs. Reid returned late in October from a pleasant holiday in New York.

Dr. R. D. Roach, now of Dorchester, N. B., but formerly of Tata-magouche, was married in October to Miss Katherine McMillan of Jacquet River, New Brunswick.

Dr. C. A. Webster, of Yarmouth, was one of the several medical and surgical men of the Province who attended the October meeting of the American College of Surgeons in Boston.

Birth.—At 317 Barrington Street, Halifax, on November 17, to the late Dr. Philip McLarren and Mrs. McLarren, a daughter.

Dr. K. A. Baird, of Canning, gave the address to the Rotary Club of Kentville recently, speaking very entertaining on his experience during many years as a medical missionary in China.

A physician tells this joke on himself. A woman became ill and he was called to attend her. After she had lingered for several days with little change in her condition, the weekly church paper came out with the item:

"Sister— is very ill at her home Dr. — is attending her. Will all the brothers and sisters of the church pray for her?"

About the middle of November Dr. C. E. A. DeWitt and family of Wolfville, met with a motor accident on the highway between Wolfville and Halifax, Strange to say the collision was with a motor truck of which the driver received the most serious injuries. Miss DeWitt was in hospital for a day only.

We have always admired the outspoken manner in which the clergy of the Catholic church speak to their congregation along moral and social lines. We think perhaps Father MacAdam of Glace Bay has most fittingly dealt with the chewing gum habit of young girls. In referring to the practice of young girls chewing gum the Rev. speaker humorously said, as reported by the *Gazette*, that it reminded him of the old ditty which went thusly:—

"The gum chewing girl and the cud-chewing cow,
Are somewhat different, but similar somehow,
I wonder what the difference is now,
I have it—the intelligent look on the cow."

Dr. J. S. Munroe of North Sydney, early in December was taken by the G. C. S. Stanley to the Saint Paul's Island to give medical attention to the wife of the Keeper of the West Light. Owing to the storm the trip was attended by very considerable difficulty and danger.

Just previous to the departure from the Nova Scotia Sanatorium of Dr. Burns, Dr. Rogers is reported, in the *Health Rays*, as saying:—
Dr. Rogers: "You kept your car out rather late last night, Jerry. What detained you?"
Dr. Burns: "Had a blowout."
Dr. Rogers: "Huh—tire or road-house?"

Mrs. McLennan, wife of Dr. S. J. McLennan, South Park Street, Halifax, returned the last of November from a very pleasant visit to England. She accompanied her son Hugh to the old country. He is studying at Oxford as a Rhodes Scholar.

We regret to learn that Dr. Evan Kennedy of New Glasgow, Honorary Member of the Medical Society of Nova Scotia, met with an accident on December 6th, which resulted in a broken leg. We learn that he is making a very satisfactory recovery.

Paul—"The doctor has prescribed rest and a change for me."

Paula—"Well, why are you so gloomy about it?"

Paul—"He advised me where to get the rest, but he didn't tell me where to get the change."

"My poor boy has lost all his money gambling on the Stock Exchange."

"Dear, dear. Was he a bull or a bear?"

"Neither, just an ass."

The Exchange list of the BULLETIN brings to us the Transactions of the College of Physicians of Philadelphia, a well bound and finely printed and illustrated book of 400 pages. The 49th volume just to hand gives the Transactions for 1927 with many papers etc., presented to the College. From these from time to time we will make abstracts for the readers of the BULLETIN.

Fields—"How come that famous surgeon to go broke?"

Holt—"He was operating in the wrong place."

Fields—"Some mistake, eh?"

Holt—"Yes, he tried to operate in Wall Street!"

Dr. A. R. Campbell of Yarmouth, was the special speaker at the Annual Meeting of the Kings Memorial Hospital Association, Berwick. He spoke particularly on the "value of the hospital in medical and surgical emergencies."

Dr. C. K. Fuller, of Yarmouth, at the recent Kiwanis International Convention at Chicago, was appointed Lieut. Governor for the Maritime Provinces.

The Press has given considerable publicity to a suit for damages against the Matron of the Yarmouth General Hospital. Decision in the case has not at the present writing been given.

"A physician ought not to be an executioner, and a sentence of death on his face is as bad as a warrant of execution signed by the governor."—Oliver Wendell Holmes.

Dacryocystorhinostomy. This operation only calls for 21 letters, but we hope it never becomes popular.

Prov. Lieut. A. B. Campbell, Bear River, retired from the C.A.M.C. July 1st, 1928. Dr. Ira R. Sutherland, Annapolis Royal, appears in orders as Prov. Lieut. as from July 12th, 1928. Dr. N. H. Gosse, of Halifax, has been appointed Prov. Lieut. to No. 22 Field Ambulance, C.A.M.C., as from August 14th, 1928.

The item in the BULLENIN, referring to Dr. Alexander Primrose of Toronto as "a Native Son", was published in several of our Newspapers, due credit being given to the BULLETIN. This shows why the BULLETIN is appreciated, it has a distinct personal touch.

A sequel to the announcement in the BULLETIN of the Forbes-Clark wedding was a reception early in October at their new home in Kentville. Among the out-of-Town guests were Mesdames M. S. Clark, W. H. Dennis, H. R. Silver, E. A. Wood, C. J. Hamilton, F. R. Hind, H. G. DeWolfe, L. Davidson, C. E. Julien, and the Misses Innes, Silver and DeWolfe all of Halifax. Also the Misses Hemmeon and Brown of Wolfville.

We are glad to note that Mrs. (Dr.) P. P. Balcom, of Berwick, who was a patient in the Victoria General Hospital, Halifax, late in November and early December has returned to her home very greatly improved in health.

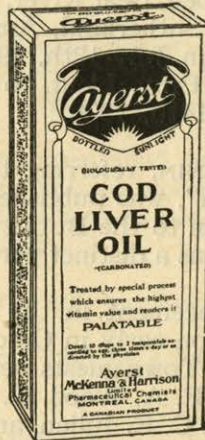
The BULLETIN of the New York Academy of Medicine is one of the highest valued of the exchanges that the BULLETIN of the Medical Society of Nova Scotia is honored to receive. Their publication appearing monthly, is of such marked scientific and literary interest that we greatly appreciate its appearance on our desk. The November 1928 number is of special interest to those entering upon the chronological or physiological period of old age. We hope to make extended reference to this number and its contents in the near future.

Unknown Factors in COD LIVER OIL

SINCE the determination of the presence of certain vitamins in Cod Liver Oil and the essential place of these vitamins in the human diet, there has been a frantic effort to isolate them and to develop laboratory products which could replace Cod Liver Oil for many of its present uses.

Used For Centuries

Because of its therapeutic value Cod Liver Oil has been used for centuries, but the true cause of its value has never been fully determined. For some time we have known it to be the richest source of Vitamin A and for a shorter time we have known it to be the richest source of Vitamin D. What other values it possesses we do not know.



Further Research Needed

In the excitement and enthusiasm naturally produced by these truly progressive steps in vitamin research we should not lose sight of the fact that further research into the therapeutic value of Cod Liver Oil must be conducted before these new substances can be legitimately thought of as true substitutes for Cod Liver Oil.

AYERST COD LIVER OIL

Obtained from selected sources in Newfoundland
Biologically tested in our own laboratories
Guaranteed to contain 500 Vitamin A units and 75 Vitamin D per Gm. or better
Carbonated by a special process which preserves
the vitamin content and renders it.

PLEASANT TO TASTE

Canadian Product by

Ayerst, McKenna & Harrison

Limited

Pharmaceutical Chemists

MONTREAL

71 WILLIAM STREET

CANADA

Appreciation. Dr. W. H. Hattie in his December notes in the C. M. A. Journal, mentioned the extended reference in the Journal to the October Anniversary Meeting of the Nova Scotia Medical Society, adding,—

"The programme attracted the largest attendance ever recorded at a meeting of the Provincial Society. Dr. Smith L. Walker, the energetic secretary of the Society, has received many well deserved words of praise for initiating and forwarding the scheme which was executed so satisfactorily." Thanks, Will, these kind words are greatly appreciated.

Doctors H. B. Atlee and F. B. Mack of Halifax, were the C. M. A. Post Graduate Lecturers before the Prince Edward Island Annual Medical Society Meeting in Charlottetown in September last.

The BULLETIN obituary of the late Dr. M. T. Sullivan appeared in the December issue of the C. M. A. Journal.

Medical and Dental Building. Vancouver is about to have a fifteen storey Medical Building. It will be on Georgia Street, directly across the street from the new Canadian National Railway Hotel, now in course of construction. The British Columbia and the Vancouver Medical Associations are arranging for joint executive offices in the new building, and the Library of the Vancouver Medical Association will be on the same floor. The building is to have an auditorium in which all medical meetings will be held. It will be ready for occupancy towards the end of the summer in 1929.

There are almost enough doctors and dentists on Spring Garden Road, Halifax, who might profitably 'go and do likewise'. We are not so sure but that 'the busy North End', of Halifax might safely make a similar investment.

Advertisements. As the BULLETIN carries only large firm advertising it is quite unlikely to publish such questionable ones as the following:—

"A respectable young woman wants washing."

"I will make coats, caps and boas for ladies out of their own skins."

"I want an overseer who can take care of 5,000 sheep who can speak French fluently."

"Wanted—A girl who can cook; one who will make a good stew."

"\$100 reward for the recovery of the body of Hale Short, drowned in the river on the night of the 17th. The body can be recognized by the fact that Short had an impediment in his speech."

Doctor—"If anything comes to worry you cast it aside."

Patient—"Thanks, Doctor, I'll remember that when your bill comes."

The 1929 session of the American Medical Association meets in Portland, Oregon. It has been suggested that many physicians might

**E. B. S.
Specialties**

Dilaxol
Scilexol
Rheumatol
Hypomalt
Digestophor
Ung-Hemroydine
Cutrol
High Tension
Tablets
Rheumatic
Special Tablets
Goitre Special
& many others

Samples on re-
quest.

DILAXOL

(E. B. S.)

FORMULA

Each fluid ounce contains:

Bismuth Salicyl.	- -	4 grs.
Pancreatin	- -	2 grs.
Diastase	- -	1 gr.
Magnesium Carb.	- -	60 grs.

INDICATIONS

Hyperacidity, Flatulence, Nausea, Ulcerated Stomach, Constipation, Dyspepsia, Infantile Indigestion and other Derangements of the Digestive Function.

Sample on Request

The E. B. Shuttleworth Chemical Co., Ltd.

Manufacturing Chemists

TORONTO, CANADA

Special Attention to Mail Orders

G. HICKING, Windsor, N. S., Maritime Representative



A Canadian Company which has been serving the Canadian medical Profession continuously for the past fifty years.



The New Canadian Food Tonic Beverage

SAMPLE IF DESIRED

VI-TONE COMPANY

HAMILTON, ONTARIO

care to make the trip by airplane. Negotiations are now underway to secure rates and accommodations from aerial transportation lines. While a lot may travel in this manner in the United States in Nova Scotia most of us will go to Pictou to our annual meeting by motor cars over our splendid highways. A couple of medical air enthusiasts, however, are talking of hopping from Halifax to Pictou for that occasion.

The BULLETIN is glad to receive each month the Bulletin of the Academy of Medicine of Toronto. The meetings scheduled for the 1928-1929 season (October to April inclusive) number about 500 general and sectional. The Library and meeting place is the very handsome edifice at 13 Queen's Park to which it is a pleasure to be invited.

The Bulletin of the New York Academy of Medicine for October 1928 has been received on the BULLETIN Exchange table. It contains a most interesting universal anthology of Medical Proverbs from which we hope to quote freely in a subsequent issue. The Presidential Address at the 31st. annual meeting of the Medical Library Association, delivered by our old friend Archie Malloch of the No. 3 General Hospital (McGill), we also read with pleasure. Supplementing the remarks of Dr. Crane at our recent annual meeting, Dr. Malloch says,—“Do not encourage the student in his idea, which is so prevalent, that only the latest editions or the latest books are of use. There are important things, for instance, to be found in Klebs' *Pathology* which are not to be found elsewhere. And tell him that “not to know what happened before thou wast born is to forever to remain a child” or, as Hippocrates put it, “the physician must know what his predecessors have known, if he does not wish to deceive both himself and others.”

As a result of our BULLETIN going to the Library of Toronto University we have received the November 1928 issue of the Medical Journal, an undergraduate publication of the University. This Journal has been published for the past six years and the present number of 40 pages is of very high scientific value.

We call attention to it and suggest that perhaps the BULLETIN and the Medical Society of Nova Scotia can co-operate with the medical students of Dalhousie in something along this line.

A hard working washer woman attended church regularly twice each Sunday. The minister asked her if she enjoyed the music or the sermons and she replied in the negative. Again asked the reason for her regular attendance, she replied: “Weel, it's like this. I work hard a' week, and it's no' often I get sica comfortable sate wi' sae little tae think about.”

Dr. E. D. McLean of Truro, accompanied by Mrs. McLean, left early in December for California where they will spend the winter. It is hoped the mild climate and the rest will be beneficial to the Doctor's health which has not been good for the past year or two.

Nova Scotia Nursery

1086-1090 Barrington St., Halifax, N. S.

Telephones: Nurseries, Lorne, 2358 and 2359 Residence, Lorne, 2890

Plants and Cut Flowers
Floral Designs a Specialty

Long Distance Phone Orders Solicited.

Every Medical Society is called upon at some time to send flowers in case of sickness or death. If you will phone us at any hour they will be expressed immediately. We are advertising in the Bulletin in order to be of service to you.

In pneumonia

Start treatment early

In the

Optochin Base

treatment of pneumonia every hour lost in beginning treatment is to the disadvantage of the patient. Valuable time may often be saved if the physician will carry a small vial of **Optochin Base** (powder or tablets) in his bag and thus be prepared to begin treatment immediately upon diagnosis.

Literature on request

MERCK & CO. INC.
412 St. Sulpice St.

Montreal

Dr. and Mrs. John Bell, of New Glasgow, recently spent a pleasant two weeks in New York City, where their two daughters are on the staff of the Colonial Bank. According to the *Evening News*, however, they are both agreed that while New York is a fine place to visit New Glasgow is a finer place in which to live.

Dr. A. C. Jost of Halifax, recently retired from the position of Provincial Health Officer of Nova Scotia, is now Executive Secretary of the Delaware State Board of Health and with his sons is residing in Wilmington, Delaware. Undoubtedly he will be most efficient in his new position for which he is well qualified. He has the best wishes of all members of the Profession in Nova Scotia.

Successful Acadians is the heading of a series of articles now appearing in the *Halifax Chronicle*. The BULLETIN makes note of this because two out of the three first articles place in this category Doctor A. R. Melanson, Eel Brook, Yarmouth County, and Doctor J. E. LeBlanc of West Pubnico, the articles on each being interesting and quite appropriate to the individuals. All the Acadians in Nova Scotia have a most interesting and attractive historical and racial history and none more so than those in Digby and Yarmouth Counties.

Doctor:—

What a relief to know that
there are druggists who do
not substitute.

MACLEOD, BALCOM, LIMITED
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A Trip Down South?

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Well, Doctor, many of your colleagues used



to feel that same way about it, too—before The Medical Audit Association quickly brought them in the money—from their past-due accounts.

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Nervous cases including Hysteria, Neurasthenia and Psychasthenia.

Mild and incipient mental cases.

Selected habit cases will be taken on advice of physician.

For rate and information, write

Harvey Clare, M. D.
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Every Diphtheria Case Should Recover

*If diagnosed EARLY
and if enough Diphtheria Antitoxin is used*

FREQUENTLY the physician is not called until dangerously late. Then, especially, a most dependable Diphtheria Antitoxin is required and repeated injections may even be needed.

Under such circumstances select Diphtheria Antitoxin, P. D. & Co. It is highly concentrated and purified; limpid and water-clear, with a minimum content of protein substances. The syringe contains 40% more antitoxin units than the label calls for. This provides for possible lessening of activity with lapse of time, assuring full label dosage up to the date stamped on the package.

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Prescribed by the Medical Profession the world over for more than a quarter of a century in preference to fomentations and messy flaxseed poultices because its efficacy in the treatment of inflammations of both superficial and deep seated structures has never been questioned.

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A proven adjuvant in the treatment of Pneumonia.

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SALINE
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Indicated in the treatment of
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Nonspecific Protein Therapy is most safely and dependably realized by **AOLAN**

a lactalbumin suspension, free of bacteria and of bacterial toxins
therefore *producing no by-effects.*

Aolan is indicated in all forms of infection.

SUPPLIED: Ampules of 1 cc; 5 cc; 10 cc;
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