

Stacks



Health Rays

1919 - 1977
end of an era

HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER
Authorized as Second Class Mail, Registration No. 0556

Vol. 57

NOVEMBER 1977

No. 11

STAFF

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FOREWORD

With this issue, after 58 years of publication, *Health Rays* passes into history. There is sadness in bidding farewell to this little magazine which has meant so much to patients with tuberculosis in Nova Scotia, particularly to those who have undergone treatment at the Nova Scotia Sanatorium. Throughout the years, it has provided a link between its readers and given a special type of fellowship. Not only did *Health Rays* serve this purpose provincially, but it filled a wider role through exchanges with its counterparts throughout Canada and the United States. It was not unusual for articles to be transcribed from one such magazine to another.

Special features such as the Question Box, the Chaplain's Corner, Ins and Outs, the Editorials, and the photographs provided a continuous record of events through the years. Original articles included those by Dr. A. F. Miller, the first medical superintendent, and his successor, Dr. J. E. Hiltz, who wrote frequently in his special column, the Cracker Barrel. These were of great educational value to patients, staff, and tuberculosis workers of the day, and should prove of undoubted value to medical historians in the future.

In this final issue, excerpts have been culled from among these features. In addition, our readers will be updated concerning the Miller Hospital of today, as there are many who have not had the opportunity of visiting here since December 21, 1975, when the Nova Scotia Sanatorium became amalgamated with the local general hospital, and was henceforth to be known by its new name.

It is gratifying to note that *Health Rays* is bowing out of existence owing to a happy turn of events. In contrast to the time when the first issue of *Health Rays* was published, tuberculosis can now be classified as a curable disease in most instances. In 1919, both the incidence and death rate from tuberculosis were very high. No treatment could be offered except for bed rest and, in some cases, artificial pneumothorax. Even radiology was in its infancy. The first x-ray equipment arrived at the Nova Scotia Sanatorium in 1921, though fluoroscopy was available previously. Subsequently, pneumothorax came into widespread use, and operations on the phrenic nerve came into the picture. In the 1930's and 1940's, thoracoplasty was a common operation. This was followed by the extensive use of pulmonary resection; i.e., the removal of the diseased lung tissue — an operation that was performed frequently during the 1950's and early 1960's. Artificial pneumoperitoneum was popular for a short period of time. But all this was to change dramatically when streptomycin heralded the development of chemotherapy in the treatment of tuberculosis. Within two years of the first clinical trials related to this drug reported in 1945, the original hopes of this medication were more than justified, in that hundreds of individuals had already been given a new lease on life. Streptomycin was followed by the development of other drugs in rapid succession. Isoniazid was introduced in 1952 and this was the most powerful drug for 17 years. Rifampin was introduced on this continent in 1969 and is at least equivalent to INH in its effect on the tubercle bacillus. With its advent, the fight against tuberculosis became even more effective. Today, a suitable combination of drugs is available for every patient with tuberculosis, though they must be continued over a prolonged period. The excellent results pertain to tuberculosis of other parts of the body as well as to the lungs.

Thus, *Health Rays* has been witness to tremendous strides in the field of tuberculosis. Thanks to chemotherapy, sanatoria have emptied and closed, patients usually recover rapidly from this once dread disease, the death rate has declined to a minimum, and the number of cases has dropped dramatically, particularly in the western world. But let us not forget that the disease still exists and can be treacherous on occasions — and let us remember that it is still rampant in many countries. There is still much work to be done.

Dr. Helen M. Holden
Medical Director,
 Miller Hospital.



DR. A. F. MILLER
 Medical Superintendent
 1910-1947



DR. J. E. HILTZ
 Medical Superintendent
 1947-1969



DR. H. M. HOLDEN
 Medical Director
 1969 -

EDITORIAL COMMENT

For the benefit of some of our readers who may still be wondering what has happened to *Health Rays* a word of explanation is in order. Our last regular issue was published in November 1976, with the promise of one further *special* issue. You have not missed any copies between last November and now, for this is the long-awaited special issue. I had soon realized that I wouldn't be getting it ready until after the first of the year, but little did I think that it would be this far into the "new" year.

This special issue that you see before you is the product of a *Health Rays* Committee made up of Eileen Hiltz, Dr. Helen Holden, Dr. John J. Quinlan, Hector McKean, Joan Walker, Anne-Marie Belliveau, John Akin, and your Managing Editor. A number of meetings have been held, specific jobs distributed, and proposed deadlines set and re-set. As I have, for the past ten years, been concerned about the difficulty of getting enough material together to meet each month's deadline I find myself trying to stretch what we have. Eileen, on the other hand, has optimistically believed that we will have more than enough and has been clipping away the non-essentials. I am consoling myself with the thought that if we have extra space we should be able to make use of it by including more pictures. We had often talked of having a pictorial issue, in fact, for we have a wealth of interesting pictures — mostly on copper cuts. Dating from the very beginning of *Health Rays*, or *X-Ray*, these pictures form an interesting history of the publication, and of the Nova Scotia Sanatorium.

We have frequently had to remind ourselves that this project is intended to trace the history of *The X-Ray* and its successor, *Health Rays* and it is not an attempt to present a history of the Sanatorium. It is well-nigh impossible to separate the two, however, for on the

pages of this publication we find a chronicle of the events and concerns which were so much a part of the lives of patients and staff alike. We see the growth of the Sanatorium from its modest beginning to an institution that ranked second to none in the whole of Canada, and one feels the sense of pride as expressed by the writers of those years. We read of the submissions made in favour of providing financial aid to the families of patients, as a means of saving lives and of aiding the program aimed at controlling tuberculosis. We read of the program of Rehabilitation and Recreation — so important in the lives of long-term patients — and of the pleasure derived from Radio Station S.A.N., and from *Health Rays*. The Sanatorium was in every respect a self-contained village and every event which took place had a direct impact upon patients and staff alike.

In our feature article, *Health Rays Through the Years*, one can read a summary of the main events at the Sanatorium. We see, too, the dedicated staff members who grew old in their service to the patients. During the last ten years the pages of *Health Rays* show a succession of staff who have left the Sanatorium through retirement, and sometimes death, and of the buildings which have been demolished. *Health Rays* has lived up to its reputation of being an informative publication, for one learns much from the many medical articles published. It also serves as a diary and we often rely upon it for dates of past happenings. It served its purpose admirably, and we hope that when we get this material all together it will serve as a fitting send-off, and as a tribute to those former *Health Rays* staff members who put so much into their work.

We wish to thank our readers, many of whom have been with us for a great number of years, our advertisers and

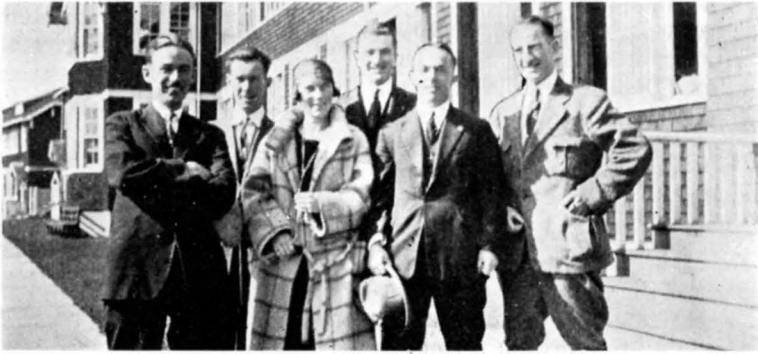
sponsors who, especially in late years, did not expect to gain much in the way of extra sales as a result of their ads — but who certainly gained our gratitude. We wish to thank our contributors to The Jubilee Fund for providing us with the extra funds that enabled us to keep going, and for the money that will pay for this special issue. We wish to thank the Kentville Publishing Company for taking on this job, the Berwick *Register* for seeing us through some difficult times in the past, and Harrison Drake for printing *Health Rays* by Gestetner during our last couple of years.

To all of you, our sincere thanks.

(Continued from page 5)

months; Mary Muirhead, October 1947, 39 months; Joe LeBlanc, April 1951, 2 months; Keillor Bentley, June 1951, 3 months; Joyce Ogilvie, September 1951, 5 months; Robina Metcalfe, February 1952, 22 months; Betty Mulloney, November 1954, 61 months; Eileen M. Hiltz, February 1960, 22 months; May Smith, January 1962, 39 months; Eileen Hiltz, April 1965, 8 months; Rehab., Fred Barrett, December 1966, 10 months; Rehab., Don Brown, October 1967, 9 years and 2 months.

Forty-one names! Can you believe it!!



STAFF OF "THE X-RAY" — 1924



COMMITTEE FOR FINAL ISSUE 1977

Front: Hector McKean, Mrs. Eileen Hiltz (Associate Editor), Dr. H. M. Holden, John A. Akin. Back: Dr. J. J. Quinlan, Miss Joan Walker, Don M. Brown (Managing Editor), Miss Anne-Marie Belliveau.

Photo by Heather Davidson

THE EDITORS

Printed below are the names of all those who served at one time or another as the editor of our San Magazine — *The X-Ray*, November 1919 to December 1927; *Health Rays*, January 1928 to November 1976. The date is given for their commencement in office, also the period of their duration in the editorial chair.

A mere glance will show that the turnover in office was exceedingly rapid in the early days. This can be attributed to the fact that these early editors were "returned men", from World War 1, and their Sanatorium stays, for reasons sometimes glad, sometimes sad, were frequently brief.

E. W. (Ed) Sterns broke this shifting pattern by lasting two years in the job, a record that was maintained until Bernie Chisholm was editor from summer 1927 to summer 1930. It remained for our first non-patient editor, Betty Mulloney, to achieve a real high in endurance, no less than five years, during which time she was also librarian.

In the field of repeat appearances, it was a close contest between Fred Mitchell (3 times) and Eileen MacKay Hiltz (4 times). These two were rushed in on short notice whenever a serious breach occurred in the editorial ranks.

By 1966 the San. pattern had so changed that it became impossible to find editors within the patient body, and money was not available to make the job attractive to non-San folk. There was, however, great reluctance on many sides to see the magazine disappear for want of a hand at the helm. A solution was found: to drop the orphan on the doorstep of the Rehab. Department, who cheerfully took it in and saw to its care and nurture for the next ten years. The Director of the Rehab. was named Managing Editor, in the first instance, Mr. Fred Barrett; then the present

Director, Mr. Don Brown, assumed the title, and the no small chore of getting out the magazine. They received assistance from members of their staffs, in which connection special mention should be made of Marguerite MacLeod, a San teacher, who rendered valuable help until her retirement.

Here, then, are the names of the many who guided the destiny of *The X-Ray Health Rays* through its fifty-seven years of continuous publication:

J. D. Borden, November 1919, 2 months; F. W. Coulter, January 1920, 5 months; D. A. Grant, June 1920, 3 months; M. R. Chipman, September 1920, 9 months; H. Clarke, June 1921, 2 months; O. H. Hickson, August 1921, 2 months; W. B. Creed, October 1921, 3 months; W. Ross Cameron, January 1922, 2 months; E. C. Leslie, March 1922, 2 months; E. W. Sterns, May 1922, 25 months; C. L. Baker, July 1924, 7 months; S. Paoli, Nola McElmon & L. O. Giffin, February 1925, 4 months; T. A. Kirkpatrick, June 1925, 12 months; Kenneth S. Wyatt, July 1926, 10 months; Fred R. Mitchell, May 1927, 1 month; Bernard Chisholm, June 1927, 38 months; G. Harold Murphy, October 1930, 37 months; Peter Nearing (Acting), November 1933, 3 months; Margaret MacLeod, February 1934, 8 months; Eileen E. MacKay, October 1934, 32 months; Alfred C. Milner, September 1937, 10 months; Allen d'Entremont, July 1938, 12 months; C. H. Kennedy, July 1939, 21 months; Austin Jollimore, April 1941, 7 months; Fred Mitchell, October 1941, 16 months; Howard Ade, January 1943, 1 month; Fred Mitchell, February 1943, 6 months; Edmund Quinlan, July 1943, 2 months; Eileen MacKay Hiltz, September 1943, 27 months; Catherine Servant, January 1944, 12 months; John Moore, February 1945, 5 months; Carl Mingo, July 1945, 11 months; George Brennan, June 1946, 16

(Continued on page 4)

RECOLLECTIONS FROM EARLY EDITORS

The length of an editor's stay at the helm of a publication can be determined by any number of factors. In the case of *Health Rays*, these pretty well boiled down to one — his health. So long as he remained a patient at the Sanatorium, and as long as his condition warranted it, he remained in the editorial chair. Controlled by such provisos, it is hardly surprising that the parade of San. editors through the years might be said to resemble the shifting sands. The endurance range in office was anywhere from a matter of weeks to a span of several years. In all, from 1919 to 1977 the number of editors reaches the grand total of 41, which works out to an average term of 1.4 per editor. The steady editorial turnover which dogged its passage surely bears out the words of Dr. Miller on the occasion of *Health Rays'* 25th anniversary: "But always someone took hold and kept it going".

It seems fitting on this occasion when *Health Rays* is "put to bed" for the last time, that we have words from editors of its early years on what it was like to edit a "San Mag" away back then. With some little effort we ran to earth four of the earliest editors, and herewith offer their responses to our request for contributions.

We count ourselves most fortunate to have made contact with Mr. Murray Chipman, who edited *The X-Ray* (as it was then called) in 1920. Mr. Chipman was editor on the occasion of the magazine's first birthday, and his words of wise judgment and optimism may be read in "Health Rays Through the Years", appearing elsewhere in this issue. From Malaga, Spain, to where he and Mrs. Chipman retired from Knowlton, Quebec, Mr. Chipman responded with delightful generosity to our petition for a message, which is printed below:

From Murray R. Chipman, Editor of *The X-Ray*, 1920-1921:

"One of the characteristics of age apparently is that the memory of names becomes elusive. I wish I could recall the editorial staff by name as well as those among the patients whom I can visualize but not now identify.

"We were a cheerful crew, and certainly were grateful for this form of activity in getting out each issue, which included certain privileges such as getting into town more frequently to put "the baby" to bed at the printing premises. I am not sure where we dug up all the articles. Naturally we encouraged patients and staff items.

"My stint as editor, of course, was in 1920-1921, during my first stay of thirteen months at the "San". In 1923 I was back as a patient for a further five months.

"Some recollections of the earlier days center around the then nature of 'the cure'. For instance, one recalls being installed in the Infirmary and requesting that a telephone be made available beside my bed. The answer, of course, was 'NO, you must learn the necessity of total rest'. This good advice is one reason I survived through the long pull of earning a living and conserving one's energies for full recovery.

"Another thing I recall is how important was the factor of morale, or how valuable was the attitude of positive thinking. Several of the patients I later knew were convinced they were going to die — and they succeeded.

"Humour added to recovery. I recall one of the nurses telling me she had awakened a patient, Hacking by name, to give him cough medicine at 5 a.m. He insisted he did not have a cough. Said the nurse: 'But here it is on the Night's instructions: 'at 5 a.m. for hacking

cough” It was for another patient’s hacking cough!

“On Sunday evenings there used to be entertainment in the Recreation Hall. On one occasion I was asked to be the speaker, and quite fortuitously learned a valuable lesson. On Monday morning one of the nurses told me ‘I met the Matron this morning, and she said: ‘Did you hear Chipman speak last evening?’ I replied in the negative. ‘Too bad,’ said the Matron, ‘It was wonderful!’ ‘What did he say?’ asked the nurse. ‘Oh, I don’t know,’ replied the Matron. This taught me that if you are going to make a speech, summarize it briefly or emphasize some salient points to be remembered.

“How the treatment has changed in the intervening years! The pneumothorax was just coming in. Tuberculin was in its early testing stage. Home treatment is now acceptable. And what tremendous results have been achieved in the control of tuberculosis.

“But of one thing I am sure, no medical head of a Sanatorium inspired more confidence both as a skilled and understanding physician and in his own person than A. F. Miller, M.D., after whom the Hospital is now named. I salute his memory.

“These remarks do not seem to have much to do with the editing of *“The X-Ray*. But who would have guessed when we tyros brought out the magazine that it would fulfill its function for nearly 60 years as ‘A Magazine of Good Health and Good Cheer’.

“One final thought occurs to me. Thinking of the dire weather North America experienced this past winter, how grateful generations of patients must feel that the pavilion-type cure is now history. That the San’s pavilions are now demolished cheers me greatly.”

Murray R. Chipman,
B3 La Duquesa, Playa del Castillo,
Fuengirola (Malaga), Spain

The survival rate of the early editors is

not great, but then considering the passage of time, not that bad, either. From Murray Chipman in 1921 we come to Rev. Peter A. Nearing, who put out the magazine in 1933. Those who knew Peter in his early days at the San., a broth of a boy barely out of school, could be excused a certain incredulity to read “Reverend” as a prefix to his name. Peter, although possessing the requisites for a *Health Rays* Editor — adequate health and marked intellectual ability — never attained full status as Managing Editor. Again we refer you to the article “*Health Rays* Through the Years, 1933”. Dr. Miller, who had reason to suspect a certain maverick quality in the youthful Peter, retained editorial control in his own hands, but looked to Peter to find the material to fill the pages.

Recently Father Nearing has had a book published, entitled: *He Loved the Church*, a biography of Bishop John R. MacDonald of Antigonish. Here, then, is his message for this final issue, sent from his present abode, The Madonna House, Combermere, Ontario:

From Peter A. Nearing, Acting Editor, 1933-1934:

“‘With Christ in the Dessert’. That typographical error, appearing in the current issue of the house-organ where I am residing, reminds me of an error I made when Acting Editor of *Health Rays*. How often I wished it were only typographical!

“It was far more serious: I tried to improve the poetic line of one of our contributors. Did you ever try to improve the make-up of a particularly well-groomed young matron?

“As we used to say in those days, she laid me out in lavender: ‘Who do you thing you are? Poet Laureate?’ There was more, much more, but the years have mercifully erased everything except the memory of the event, and of my foolish preference for ‘tobacco’ over her ‘tabac’; that, and the lurking suspicion that Dr. Miller was content to

keep me as Acting Editor only until he was able to find someone with a better claim to editorial judgment and finesse.

"It was a pleasant three months in the chair vacated by Harold Murphy, a man we all loved. I tried to imitate him in only one way — in offering the patients a monthly fulfillment of their *Health Rays* hopes.

"It was a responsibility and a work of love, for the arrival of the magazine, like so many other small events in our lives, became an anticipated pleasure as soon as word got around that it was on its way.

"It was a pleasure also to be able to do something for Dr. Miller. At some point I became more aware of the nobility of this dedicated man, and that was the beginning of a new attitude toward him and a genuine desire to make his life a little easier. I was grateful to him for giving me the job and, in time, became more grateful for all the things he did for all the patients.

"Now that I am approaching the age at which he finished his work on earth, I look back to that brief association as Acting Editor with renewed gratitude. It is the straw that brings good memories back, and reminds me that my years at the San were among the happiest of my life."

Rev. Peter A. Nearing,
Madonna House, Combermere, Ontario.

Our third old-time editor constituted a milestone in *Health Rays* history by becoming its first woman editor. She was Miss Margaret MacLeod, and again we refer you to "Health Rays Through the Years, 1934". One recollection from Margaret's regime is of a certain department which she created in the magazine, "With Our Reporters", which gave news of each and every floor in each and every building. This feature enjoyed instant reader appeal, but turned out to be an enduring headache for future editors, as it laid on them the horrendous task of maintaining a stable of gossip writers, stocked, functioning and happy. But it did sell subscriptions as nothing else before it!

Here, then, are some memories from Miss Margaret MacLeod, now retired from a responsible librarian position at Oak Ridge, Tennessee, where she still resides:

From Margaret MacLeod, Editor, 1934:

"Congratulations to *Health Rays* for surviving so long in these days when many prestigious and popular



Pavilion 2, with Women's Annex in background

publications have fallen by the wayside! My first reaction to Eileen's request for a word of farewell to the old magazine on the occasion of its burial was one of surprise that there was still something requiring obsequies. After all, I had known that the "Sanatorium", having fulfilled its function, had been changed into a general hospital.

"It seems, and is, a very long time ago since that winter day when a Sydney, Nova Scotia postal carrier brought me a letter from Dr. Miller inviting me to become editor of *Health Rays*. Of course I was flattered, pleased, and honoured that such a distinguished man had remembered me, as I had been away from the San for several years. The greatest joy that the letter brought, of course, was the hope that this would give me a chance to see what I could do, besides giving me a measure of independence. It was a kind and gracious letter. Dr. Miller understood that I was a timid person and he was always helpful and encouraging, for which I am still grateful.

"I don't remember the first number that came off the press with me as its editor. With every issue I worried if I was going to have enough material to fill it out to a reasonable size. I sedulously visited all promising contributors. Looking back on it today, it seems I was always prodding Alfred Milner and you, Eileen, to give me something which I could publish in *Health Rays*. There were other contributors too. I recall especially a delicate young man from the Magdalen Islands, who wrote pieces from time to time. There was also the usual type of news reporting that an editor had to keep pushing — what people in the pavilions were thinking, what was going on in the old and new infirmaries — who had visitors — or anything new about an expat. All in all, it involved a lot of leg-work. I remember Dr. Miller commending me for that and saying that I had probably done more in that line than any of the earlier editors! I believe that one of my editorials created a small "fuss" but I

couldn't tell you today what it was about. I do remember Alfred Milner, to cheer me up, saying, 'It shows that people are reading it.'

"*Health Rays* served its time, and performed its mission well. It was fun being part of its creative life, if even for a short time. I join with all other editors in bidding it a fond adieu.

Margaret MacLeod,
243 Virginia Road, Oak Ridge,
Tennessee, U.S.A.

Between Margaret MacLeod and our next contributing old-time editor, the destiny of *Health Rays* was guided by Miss Eileen MacKay, who is still extant. However, as she kept popping up in the editorial chair again and again with a regularity consistent with an over-indulgence in cucumbers, we shall omit any formal message from her at this time.

As our final old-time editor, we called upon Alfred C. Milner, Q.C., now largely retired from an extensive law practice in Amherst. Alfred took over the editorship in 1937, when Eileen MacKay became Mrs. J. E. Hiltz.

Alfred came to the San when his budding law career was interrupted by TB., remaining several years, during which he was a leading spirit in all San enterprises. Again we refer you to "Health Rays Through the Years", 1937, for word of one of his accomplishments while in office. During his stay at the San he met and later married a lovely patient, Miss Rose Chambers.

Here we have Alfred's message, brief but enlightening:

From Alfred C. Milner, Q.C., Editor,
1937-1938:

"I commenced my life at the San in a pavilion and graduated to the Infirmary about a year later. I soon found I was among people who had one thing in common, and it drew one into many friendships. Getting well in those days (1931) meant rest — first of all. Patients were advised of their condition —

methods and reasons for treatment explained — and co-operation urged.

“By way of a continuing reminder Health Rays was published. Probably every sanatorium on the continent published a similar magazine, and medical articles were contributed by staff doctors and editors lifted these articles from other magazines, so it would not be unusual to find an article written by our Dr. Beckwith appearing in a Denver sanatorium publication.

“Health Rays gathered a little patient news — carried some health statistics — and usually came up with jokes culled from other San magazines. There were even editorials written, but my recollection is faint about any I may have conjured up.

“Health Rays was always very proper. Looking back I can think of what a gossip magazine it might have been. But no such magazine was necessary at the San, for such matters were well covered by an elaborate grape vine, word of mouth and plenty of visual coverage.

“What a wealth of material is contained in one’s recollections, and how readable it could be made. But who is there to read it? Forty years is a long time to go back to the days when Pavilions Three and Five were filled to



Former Entrance, East Infirmary

capacity, and the new Infirmary was very new.

Alfred C. Milner, Q.C.,
59 Prince Arthur St., Amherst, N.S.

REMEMBRANCE DAY

(This is the voice of the almost forgotten, who died hoping that their death would heal the world.)

We shall be well extolled today,
We thousands, sleeping under foreign
skies,
It shall be said that we went forth to die
As martyrs do, with gay songs on our
lips,
With joyous hearts, in that our cause was
just.

But flying flags and beating drums and
words

Shall ne'er rekindle Life's imortal spark,
Nor give us back again to hearts that
loved

And waited our return through lonely
days —

Yet our eternal sleep would restful be,
Unburdened of each nightmare of
regret,

If Peace, of which our grave's white
cross is pledge,

Would settle on the troubled hearts of
men

And hands late red with blood insanely
shed,

Would clasp in Unity and Brotherhood.

Until that day “our” distant graves shall
be

But homes of restlessness and hopes
unfilled,

And blood we shed and sacrifice we
made,

Because a false, forgetful World's
reproach,

Unless the universal hearts of men
May sing the songs of Freedom in all
lands,

The last great agonizing gesture of our
lives

Has been an idle mock-heroic thing,
And vain the crosses in a thousand fields

Lift mute white arms beseechingly to
God.

Marie Dolores Moran — 1951

HEALTH RAYS THROUGH THE YEARS

By Eileen M. Hiltz

In the beginning, the "X-Ray" was the voice of the military patients at the Sanatorium, of whom there were over three hundred, curing in hastily erected pavilions. The printed word, in those pre-TV, pre-radio days, occupied an eminence difficult to comprehend in this multi-media time. In the columns of the "X-Ray", active minds in the disabled bodies of the returned war veterans found a needed outlet. The slim little publication offered authoritative articles on all phases of health, with very special emphasis on the arch enemy tuberculosis and the weapons at hand, pitifully few, to wage the war against it. Valuable as the dissemination of such knowledge might be, it was with the local news and gossip columns, which sprang up under headings like "Squirrel Food", "San Skandal", that the "X-Ray" made its real mark on San life.

And so, on to Vol. 1, No. 1.

The first issue of the "X-Ray" was introduced to its public by Dr. A. F. Miller, Medical Superintendent, with these words: "We feel that we need make no apologies in presenting this, the first number of the "X-Ray". What we lack in matter we feel we atone for in motive. Broadly speaking, the "X-Ray" stands for only what it believes to be in the best interests of the Sanatorium patients."

On the first masthead of the 8-page, broad-leafed publication the name of J. D. Borden appears as Editor-in-Chief, with a number of associate editors. These founding editors were not without confidence, and humour: "At last we have a paper all our own, and if we cannot put ALL the American and most of the Canadian papers out of business, then gentlemen, we are slow, — S.L.O.W."

The early "X-Ray" writers did not pull their punches, even when the Govern-

ment was on the receiving end, as seen in an editorial headed: *Those 800 Graves*, which laid the blame for the high annual death rate from tuberculosis squarely on the shoulders of the Provincial Government, and indirectly at the door of the people as a whole.

Editor Borden saw two issues off the presses before ill-health forced his retirement. The new editor, F. W. Coulter, wrote in praise of his predecessor's efforts: "He was our first editor-in-chief, and the fact that we have a breezy little Sanatorium publication is in large measure due to his enthusiasm and unsparing effort".

A history of *Health Rays* (which name I shall use interchangeably with the "X-Ray", one and the same publication, as we shall see) is inevitably a chronicle of the development of the Sanatorium as well, as in this note from March 1920: "The Nova Scotia Sanatorium in its contribution to war services has passed the zenith of usefulness in the last few months, for there has been a steady decline in the number of military patients. Already it has been found feasible to take over pavilions four and five from the military and these are now being partially used for civilian patients".

June 1920, the magazine is just seven months old, and already a third editor, D. A. Grant, takes office. Editor Grant attacks wrong-doers with wrathful eloquence, as when the annual picnic was marred by the excessive drinking of a few individuals.

In September yet another editor, this time Mr. M. R. Chipman, whom, we are glad to note, stayed in the editorial chair for ten consecutive months.

November 1920, Editorial Comment headed "Our Birthday" has this to say: "We have made radical changes in the

policy of our paper, and one that will have a happy and important bearing on the future, in that we welcome to our editorial staff an associate editor from, and appointed by, the civilian patients. The paper henceforth will be known as published by the patients of the Sanatorium. And while by virtue of its present organization the military preponderate on the staff, from now all of us can feel a pride of ownership in the "X-Ray" — it is *our paper!* On its first birthday it becomes the official organ of all the patients of the 'San'."

From December 1920 some interesting statistics: The yearly rate is increased from \$1. to \$1.50, with the single copies going from 10 to 15 cents; and they were now printing 600 copies.

April 1921, and *The New "X-Ray"* — the editor acquaints his readers with a new format: "You find us in new regalia this month, and we trust that the shock of surprise you received when you observed our reduced size has grown into an appreciation of the paper after reading its thirty-six pages".

June 1921 Murray Chipman, who had set a record for editorial longevity, retired. In the next ten months the editorial chair was occupied fleetingly by no less than six different editors. One of these was moved to write of the ephemeral state of the editorial staff: "Once again it is our reluctant duty to chronicle the resignations of several of our staff. Although the "X-Ray" is functioning, more or less, as a magazine of its sort should, the members of its staff, past and present, are, without exception, possessed of the same eccentricities as the proverbial itinerant journalist."

The "X-Ray" struck pay dirt in May 1922 with the appointment of E. W. Sterns as editor — *he* stayed in office for two mortal years! Editor Sterns took his duties very seriously, and never before or since had the San magazine enjoyed — if that is the word — so many or so long editorials. He worked unceasingly

to better the lot of the tuberculous war veteran.

In September 1923 the title Editor-in-Chief was replaced by "Managing Editor", which is retained to this day. At the same time the slogan: "Published monthly by the patients at the Nova Scotia Sanatorium, Kentville, N.S., in the interests of better health and as a voluntary contribution to the anti-tuberculosis campaign" appeared below the masthead, to remain until recently deemed inappropriate.

June 1924, a new editor, Clifford L. Baker, takes over, and writes of retiring 'Ed' Sterns, Crusader: "When the revenue proved insufficient to cover the cost of the improved magazine, the Managing Editor went down to the print shop and did enough of the work to balance the account". Resourceful, these early editors were!

Of himself the new editor said: "With all the arrogance of inexperience and with the hope that is characteristic of youth, the infant editorial staff of this magazine presents this number to its subscribers and possible readers — As for those who, in a moment of weakness, undertook to carry on the (editorial) work, we can assure our readers that the first day in office brought a feeling of elation and a sense of glamour; the second day brought with it a heavy feeling of responsibility; the third day was occupied with thinking out subjects for brilliant and startling articles which should be written for this number. On the fourth day we brought out the scissors and paste pot, and have not since then ceased to clip and paste feverishly, that the forty-eight pages of this issue might be filled."

One attribute with which the San editors seemed to be blessed throughout the years has been a cracking good sense of humor. Perhaps it is because — strange as it may seem — the Sanatorium is a place of much laughter. In any case, an editor became quite inured to receiving more enthusiastic

compliments on his Just Jesting section than on all the rest of the magazine taken together.

November 1924. An article on *Thoracoplasty* by Canada's foremost thoracic surgeon, Dr. Edward Archibald, proved that the "X-Ray" endeavored to keep its readers abreast of the latest developments in the war against tuberculosis. In the light of today's advanced chest surgery, one is amused to read: "To operate upon a patient who has tuberculosis seems to the general reader a somewhat new and doubtful procedure".

It was a compliment to Editor Baker that on his retirement in February 1925 it took three to replace him. The following May L. D. Griffin bravely took on the editorship, but the following month a new name appears at the head of the editorial staff, T. A. Kirkpatrick, a name later well-known in the town of Kentville, where "Dr. T. A." was a beloved physician for many years.

In the October 1925 issue the "X-Ray" salutes the opening of "The New Infirmary", which turns out to be none other than our old friend the Women's (and later Children's) Annex, the first building, the original Sanatorium, forsaking its heretofore role as administration building and remodelled for the use of patients requiring infirmary care.

In July 1926, a new editor, Kenneth S. Wyatt, takes office.

January 1927. "Friends of this magazine have for some time felt that the title the "X-Ray" was inappropriate and misleading; that to a new reader the title "*The X-Ray*" at first glance suggested something technical and uninteresting; in short, that the title "*The X-Ray*" did not convey a proper conception of the true scope and nature of the publication". And to find a new name a contest is announced. The winner was Rev. Walter John Dean, Granville Ferry, N.S., and his winning suggestion was: *Health Rays*. In the

opinion of the contest judges, this name: "Retains the old idea of the paper but less suggestive of a technical nature, and it, too, gives the idea of health and sunshine".

We now come to the shortest and the longest editorial reigns to date: Fred R. Mitchell (he turns up again later), who served one month, to be followed by Bernard Chisholm, who held the post for an unprecedented three years.

January 1928. A new year, a new name, a new cover — *Health Rays* made its first appearance on an attractive new cover, designed by Miss E. Nixon, directress of the Occupational Therapy department, now Mrs. Frank Lockyer, Kentville.

The April 1928 issue was a bold, proud venture: "All of the contributors to this issue are Nova Scotians. They are men who have gone far in their respective professions, and are well known for their literary ability". Among the widely diverse contributions was a short story by Benge Atlee, Dr. H. B. Atlee, one of Nova Scotia's most distinguished physicians.

November 1928. The feature article was an interview with Dr. Miller, in which he gave an account of the fight to eliminate tuberculosis in various European countries, as seen during a three-month tour of England and the Continent made with a party of thirty Canadian physicians, all specialists in tuberculosis work. One very interesting point, not brought out in the interview, is that this was also a honeymoon tour for Dr. and Mrs. Miller, who had been married on August 28.

April 1929 saw the establishment of a Government Post Office at the Sanatorium. The first postmaster was Roger Bruce, a popular patient, whose name had appeared consistently in one capacity or another on the editorial masthead. A new associate editor was George Boyle, brilliant thinker and writer, who later did great work for

(Continued on Page 19)

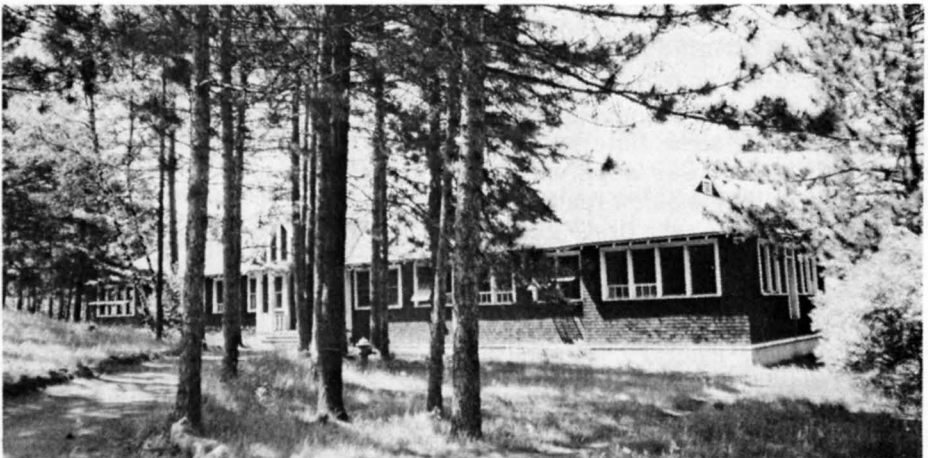
GONE, BUT NOT FORGOTTEN



Pavilion 1, with West (Old) Infirmary in background



South View of West Infirmary



Men's Annex

NOVA SCOTIA SANATORIUM:

1904-1975

A HISTORICAL REVIEW

J. J. QUINLAN, M.D., F.R.C.S. (C)

On December 21, 1975, the Nova Scotia Sanatorium was amalgamated with the Blanchard-Fraser Memorial Hospital of Kentville, and is now known as the Miller Hospital for Diseases of the Chest. Most fittingly the name honors the memory of Dr. Arthur Frederick Miller (1877-1965) who came to Kentville in 1910 to become the first Medical Superintendent of the then Provincial Sanatorium which had been opened June 15, 1904 and which, in 1910, contained 18 beds for the treatment of consumptives. Through his untiring effort and his missionary zeal, he was to see it grow to a complex of 20 buildings with 400 beds and to become one of the foremost institutions for the management of tuberculosis on the continent.

It is an understatement to describe the late Dr. Miller as a remarkable man. A native of Prince Edward Island, one can say it was fortunate for the Province of Nova Scotia and for the fight against tuberculosis in general that he, himself, developed the disease shortly after his graduation from Dalhousie University in 1904. He went to Saranac Lake where, first as a patient and, later as a physician, he became associated with Dr. Edward Livingstone Trudeau, the originator of sanatorium treatment for the tuberculous in North America.

It was at Trudeau's urging that Dr. Miller accepted the offer made to him by the Province of Nova Scotia to become the first superintendent of the Sanatorium. When he arrived in 1910, the task ahead of him seemed insurmountable. To begin with, he was to deal with a disease that, in 1910, was killing 1,500 Nova Scotians every year, and the newly established Provincial Sanatorium was not making much of an impression on either the medical

profession or the general public. It was quite depressing for him to read from the annual report of 1909 submitted by the then Matron, "Fully one-half of all admissions to the Sanatorium to date are now in their graves". Everywhere he looked, he was faced with apathy and ignorance, not only from the public but from his own medical associates. He knew he had to preach the gospel that tuberculosis could be conquered.

When he died in 1965, his widow made his records available to me. He was meticulous in retaining everything concerning the Sanatorium. Included were copies of the numerous addresses he gave to a surprising variety of audiences, which included not only medical societies but service clubs, schools, women's institutes, labour unions, the public in general and, on several occasions, to the congregation of the then Methodist Church of Kentville from the pulpit on Sunday evenings. One is amazed at the opposition he encountered, most of it, regrettably, from the profession. He was a fighter, however, and he persevered and won.

From 1910 to 1916, Dr. Miller was alone. He made the regimen of fresh air, rest, and good food the basis of his treatment and, if some innovation was proposed, he was quick to evaluate it. One of the most exciting episodes in his entire career must have been the night in 1914 when he carried out the first artificial pneumothorax treatment in a patient who was having uncontrollable lung hemorrhage. The x-ray was some years into the future and he had but his stethoscope and his hands to determine from which lung the bleeding was occurring. He then introduced a needle into the chest and injected air between the lung and chest wall. It was successful

and the hemorrhage ceased. This was a daring maneuver, and one shudders at the complications that could have ensued.

The growth of the Sanatorium was rapid. In 1912, Pavilions I and II were erected, with each containing 18 beds, raising the total capacity to 54. In 1916, the Federal Government asked Dr. Miller to accept 100 tuberculous soldiers and agreed to build three pavilions on the Sanatorium grounds. Pavilions III and IV were completed in the winter of 1917. Later the same year, a sudden request was received from Ottawa to accept 100 additional soldiers who were already en route from England to Nova Scotia, and an emergency tent colony was created which served reasonably well until all the tents were flattened by the August gale of 1917.

The Federal Government again got busy and quickly erected a large infirmary, a nurses' residence, a service building, an isolation hospital, four pavilions, a recreation hall, a vocational retraining workshop, a laundry, and power house. By May 1918, there were 24 buildings with a bed capacity of 350, a staff of five physicians, 24 nurses, and a large number of clerical workers, orderlies, maids and other employees. Of the 350 patients, 300 were soldiers in uniform. X-ray equipment was obtained in 1921. Artificial pneumothorax was now used more frequently and surgery which at that time was restricted to removal of ribs, was begun. Patients for these primitive thoracoplasties were referred to the Victoria General Hospital where the operations were performed by Drs. J. G. MacDougall and H. K. MacDonald. In 1932, the then New Infirmary was opened at a total cost of \$250,000. This was the last structure erected to actually house patients and, today, is the only building being used for that purpose.

Surgery was being used more and more throughout the world for the treatment of pulmonary tuberculosis, and in 1934 a young surgeon, Dr. Vernon

D. Schaffner, who had just finished his training at the Royal Victoria Hospital in Montreal, under the guidance of one of the great pioneers of thoracic surgery, Dr. Edward William Archibald and his assistant, Dr. Norman Bethune, came to Kentville and was appointed Consultant Surgeon to the Sanatorium. A surgical program was begun, the first operations being performed at the Eastern Kings Memorial Hospital in Wolfville. It was not until 1936 that the Department of Public Health in Halifax was sufficiently impressed to allow conversion of a portion of the patients' quarters on the third floor of the then New Infirmary to an operating room suite. Throughout the years since then, it has been in these cramped quarters that one of the most active thoracic surgical programs in the country has been carried on.

In the meantime, in 1935, a young doctor, who was in the future to play such a large part in the development of the Sanatorium, was appointed to the staff in the person of Dr. J. Earle Hiltz who planned to stay only for three months prior to entering general practice. Actually, he remained until his sudden death in 1969. Dr. Hiltz became Assistant Medical Superintendent in 1938.

In 1939, the Second World War broke out and by 1941 its impact on the Sanatorium was beginning to be felt. Physicians, nurses, and dietitians left to join the Armed Forces and, at the same time, there was a considerable influx of patients who had developed tuberculosis while on active service. To replace the physicians, three young graduates of the medical class of Dalhousie in 1941 were appointed to the staff, among them the writer. By 1944 a marked shortage of both physicians and nurses existed. Fortunately, the Royal Canadian Navy began to help out, and a series of naval medical officers arrived for detached duty at the Sanatorium. I list them because one of them obviously was to have considerable influence in the later development of the Sanatorium and, in

particular, on the life of one of the physicians on the staff. In May 1944, Surgeon-Lieutenant John McCulloch was appointed; in January 1945, Surgeon-Lieutenant Alastair MacDonald; on May 3, 1945, Surgeon-Lieutenant Helen M. Holden; and, in June 1945, Surgeon-Lieutenant Gordon Stewart. Surgeon-Lieutenant Holden returned to the Sanatorium in November 1945 after demobilization, left in August 1946, and came back permanently in August 1947, having married in the previous month.

Dr. Miller retired October 1, 1947, but not before he witnessed the performance of a drug which was to herald the beginning of the end for tuberculosis. Streptomycin was first used at the Nova Scotia Sanatorium in February 1947, and was the first of a number of potent anti-tuberculosis drugs which, in 25 years, were to render most other modalities of treatment obsolete and, incidentally, to pave the way for the amalgamation of the Nova Scotia Sanatorium and the Blanchard-Fraser Memorial Hospital.

Dr. Miller was succeeded as Medical Superintendent by Dr. J. Earle Hiltz, the physician who had come for three months in 1935. Dr. Hiltz was an outstanding example of the right man at the right time. There was a lot to be done, he was superbly equipped to do it, and he did it well. The medical staff was augmented, a program of affiliation of student nurses from other parts of the Province was begun, a school for Nursing Assistants was established, newer surgical procedures involving lung resection were encouraged, and above all, the impact of the newer drugs was having on the disease was fully appreciated.

While Dr. Hiltz, with his drive, his expertise, and his personality exerted a tremendous influence on the control and treatment of tuberculosis throughout the Province, I would like to remember him as the real founder of the Miller Hospital for Chest Diseases. By 1956, drug treatment of tuberculosis had not only

reduced the death rate to a minuscule proportion, it had also radically changed the type and duration of treatment so that a large number of sanatoria were closed and there were unused beds at the Nova Scotia Sanatorium. In spite of having to fight at every turn the medical hierarchy in the capital city, he was able, surreptitiously at first, but later with the consent of the Department of Health, to begin the treatment of chest conditions other than tuberculosis. Members of his staff, both medical and nursing, were encouraged to broaden their interests by becoming knowledgeable in chest disease in general and, soon, a rudimentary department of respiratory technology was established. As the years went by, more and more individuals with lung cancer, lung abscess, lung dust diseases, miscellaneous chest conditions and, in particular, a number of the huge segment of the population of Nova Scotia who suffered from chronic obstructive pulmonary disease were admitted and treated. When he died suddenly on March 22, 1969, he had been in the process of attempting to get the name of the institution changed and, in particular, to eliminate the word "sanatorium".

On his death, Dr. H. M. Holden became Acting Medical Superintendent and, later, the first Medical Director. While she made an outstanding contribution to the increased efficacy of tuberculosis treatment in her study of the first major drug since 1952, Rifampin, she has given even more time to the development of programs for the management of nontuberculous chest diseases. Three years ago, she began a survey to reinforce her impression that chronic obstructive pulmonary disease was a major problem in Nova Scotia and found it to be far more prevalent than she had feared. Under her guidance, a program of trying to do something for these unfortunate individuals both in the institution and by outpatient and home care facilities is well under way. Today,

over 80 percent of admissions to the Sanatorium are for conditions other than tuberculosis. The Sanatorium regimen has become obsolete as tuberculosis responds so well to drugs, and it is most appropriate that the Sanatorium is to be the Miller Hospital for Chest Diseases.

It is not without a feeling of sadness that we see the end of an institution that has lasted for 72 years. Tuberculosis is still with us but there is now no reason

why it cannot be treated like any other disease in the mainstream of medicine. There is an even greater challenge today in attempting to control far more lethal lung conditions. With the great tradition behind it, the Miller Hospital for Chest Diseases is prepared to meet that challenge.

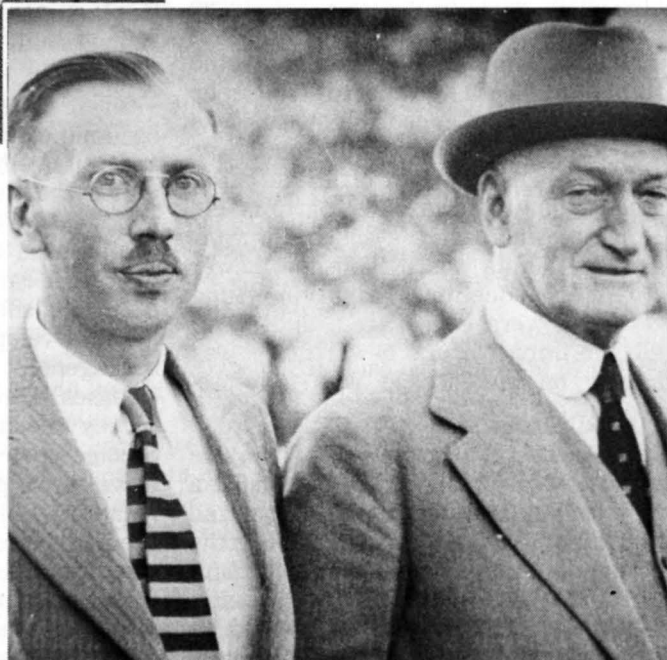
Reprinted from the Nova Scotia Medical Bulletin.



DR. J. J. QUINLAN
Surgeon
Nova Scotia Sanatorium
Miller Hospital

DR. V. D. SCHAFFNER
Consultant Surgeon
Nova Scotia Sanatorium
1935-1968

**DR. EDWARD W.
ARCHIBALD**
Surgeon-in-Chief
Royal Victoria Hospital
Montreal



HEALTH RAYS THROUGH THE YEARS

(CONTINUED)

the Co-operative Movement in Antigonish, and was author of the book: *Democracy's Second Chance*.

October 1930, G. Harold Murphy takes over the editorial post, and continues the endurance record by holding office for another three years. "Murph" it was who coined the famous phrase: "Any day now" whenever he was asked how soon *Health Rays* would be out. (Murph was a legend when I arrived at the San, — and a hard act for any editor to follow.)

In the January 1931 issue Murph salutes a notable San tradition, dating-up for that event of the year, Christmas Dinner. "About ten days before Christmas the San suddenly developed a squad of matchmakers. These undertook the delicate task of encouraging the bashful swain and shy young maidens of the institutions to become acquainted with one another so that they might ultimately go in pairs to the Christmas dinner. It was a difficult job, calling for plenty of tact, discrimination and power of persuasion — The Canteen served as common meeting ground, where introductions were made and where, in many cases, love called to love, and the young folk matched themselves up without assistance."

This time was, in some respects, the golden age of *Health Rays*, and one has only to read the names composing the editorial staff to know why: Managing Editor, G. Harold Murphy; Associate Editors: Fred Silver, J. P. Martin, George Boyle, Frank A. Adams; Business Manager, Gilbert G. Harris; Circulation Manager, Augustus (Gus) Bisson. — each and every one of them a "man of parts".

Now we come to a truly momentous event in Sanatorium life — Radio Station S.A.N. is born. In the Spring of 1930 the Sanatorium Radio Fund had been

launched by the Halifax Herald. Marked by striking ceremony, the radio equipment designed to serve every patient at the Nova Scotia Sanatorium was formally placed in operation at that institution on the evening of January 8th.

A second great Sanatorium event was heralded in this issue, the completion of the New (now East) Infirmary. Begun in May 1931, it received its first patients in February 1932. This splendid building provided space for administrative offices; a medical section for facilities for x-ray equipment, surgical procedures, examination rooms; a diet kitchen of a most modern type for serving meals to the patients of the building; all this, and at the same time adding 80 gravely needed infirmary beds.

September 1932. The lead article is headed: "*San Tuberculosis Refresher Course Is Attended by Fifty Provincial Doctors*". The three-day course, the first of its kind ever staged in Nova Scotia, was designed to instruct the general practitioner in all phases of tuberculosis work.

May saw the inauguration of a new department, Sydney T. B. Annex News: "We welcome between our covers this month an innovation. It is the special section set apart for the Sydney Tuberculosis Annex.

From time to time other of the Annexes and tuberculosis institutions notably Point Edward in later years, have contributed to and made use of the columns of *Health Rays*.

October 1933, and these words about retiring editor, Murph: "In bidding farewell to G. Harold Murphy, we seek to express the affection, esteem and gratitude which his fellow caretakers and associates feel toward him . . . He has now graduated from this institution,

a graduate *magna cum laud*, if ever there was one”.

For the next three months we read: Dr. A. F. Miller, Acting Managing Editor. It was an open secret, however, that the actual editor was Peter Nearing, who figured on the masthead as Circulation Manager, and of whom it was once written: “The day Peter Nearing is pronounced cured the theory of rest will get its biggest set-back since the time the apple hit Newton on the head”.

February 1934. A milestone! A first! A woman editor for *Health Rays*, Miss Margaret MacLeod, an ex-patient and early thoracoplasty, filled the editorial chair. Miss MacLeod, too small and frail to fill any chair except in a figurative sense, was an honours graduate in Classics from Dalhousie University.

October 1934 — The second “singular anomaly”, another lady editor, Miss Eileen E. MacKay, takes over. Editor MacKay starts right off, like all editorial new brooms, calling for more original contributions: “Do you know what appears to us the most deplorable feature of our magazine? — the dearth of local names appearing in the Table of Contents”.

This year saw the start of the “San Celebrity” series by Donald C. Leslie, whose early death from tuberculosis robbed the world of a writer with talent bordering on genius. His San Celebrity sketches presented notable personalities of the Sanatorium with keen-eyed perception and luminous wit. Naturally Pat MacEvoy was one of his earliest subject, and the editor herself did not escape.

January 1935 was a very special issue, commemorating the 25th anniversary of Dr. Miller’s appointment as Medical Superintendent. It contained a biography of Dr. Miller, laudatory articles by associates in the tuberculosis field, and an account of the great Silver Anniversary banquet.

June 1935, and this item from *Staff*

Notes: “Taking the place of Dr. MacRae we have Dr. Earle Hiltz, Truro. A classmate of Dr. Robertson and Dr. MacRae, he spent the past year as a staff member of the Victoria General Hospital”. Little did the writer dream that those casually penned lines spoke of a future Medical Superintendent, and of her own future husband.

In 1936 things seemed to go along in such even tenor that no events took place sufficiently momentous to record here. The same was true for 1937, until September, when a new editor, Alfred C. Milner, took over the editorial office, which earlier in the year had had a face-lifting: “Dirt and dinginess are gone, concealed behind a soft green paint which with its lightening and brightening effect, converts *Health Rays* office into a pleasant and wholesome place to work”.

The November Sanatorium Activities department describes at some length a “shivaree”, or serenade, staged by the Sanatorium staff with all the usual concomitants of tin pans, horns, even a shotgun, to welcome home the newlyweds, Dr. Hiltz and his bride, the recently retired editor of *Health Rays*.

July 1938 Allen d’Entremont became editor. In the November issue he showed his characteristic drive and enthusiasm by celebrating *Health Rays*’ 19th birthday, not wishing to wait until the 20th lest he should not be here then (nor was he!).

The June 1939 issue devoted considerable space to description and pictures of a revamped radio station SAN. From its installation in 1932, when it existed as a sort of adjunct to the telephone switchboard, it had advanced to the dignity of a studio all its own, with quite sophisticated equipment.

July 1939. A new editor, Cecil H. Kennedy, takes over the editorial desk, remaining at it for almost two years.

In the November 1939 issue the editor hails the 20th anniversary of the San magazine: “It is remotely possible when

Health Rays celebrates its next twenty years of publication that much of the serious matter now appearing in its columns may not then be needed". Sad to say, such a paradisaical state was not reached in twenty years, nor yet in thirty, although great strides continue to be made in the treatment of tuberculosis.

In April 1941 Austin Jollimore becomes the editor, and writes of retiring Editor Kennedy: "As editor of *Health Rays* for almost two years, he exercised a particular form of wisdom in directing its affairs that cannot be questioned".

In the October 1941 issue we find first used the boxed listing of the Sanatorium medical staff and heads of Departments. A much loved name, J. J. Quinlan, M.D., is there.

January 1942. Editor Jollimore, "in a mood of reflection", jots down some of the joys and sorrows of an editor of *Health Rays*: "It is a simple matter to know when an issue is not disliked. It is when no comment is received. It is much simpler to know when an issue is disliked, for it will bring an avalanche of criticism.

The October 1941 issue we find first used very briefly in 1927 is again on the masthead as Managing Editor. This was Fred R. Mitchell, who, in the Sanatorium tradition of laughing off misfortune, accounts for his predecessor's retirement thus: "He found it expedient to do some post-graduate work in the New Infirmary".

January 1943. A new editor. Howard Ade, took office, but almost immediately there appeared this doleful note: "Howard had barely time to assume the Editorial post and complete this current issue of *Health Rays* before he was transferred to Ottawa, so at the present time there is no flag flying at the masthead". For *Health Rays*, as for all other businesses and institutions, getting and keeping staff in wartime was an unending struggle.

February 1943, good old Fred Mitchell had stepped into the breach once more, adding the editor's job to his onerous duties as manager of the Canteen. In his "A Chat with the Editor" he imparts this hopeful news: "Did you know, by the way, that we print 950 copies each month; that it is estimated that each copy is read by five people, making approximately 5,000 people who read your little publication each month?"

By July a new editor had been found, Edmund P. Quinlan, Dr. J. J.'s kid brother. He held the fort for two months, to be replaced by a former editor, Eileen MacKay Hiltz, who from then on became something of a perennial editorial stopgap. January 1944. Miss Catherine Servant now took on the editorial duties for the next year.

January 1944. The lead article, written by Dr. J. E. Hiltz, gave some impressive and startling statistics comparing the destructive forces of war and Tb: "How many of us realize that during the years 1914-18 more lives were lost in Canada due to tuberculosis than were lost by Canadians on the battlefields of the first Great War?"

February 1944. The editorial staff famine was over — no less than seven names appeared on the masthead.

March 1944. There began one of Dr. Miller's detailed and beautifully written histories of The Growth and Progress of the Nova Scotia Sanatorium, which appeared in this and three subsequent issues of *Health Rays*. Dr. Miller included the following table because "just to contrast conditions and equipment in 1910 and 1943 is itself a notable index of progress".

	1910	1943
Buildings	1	20
Medical Staff	0	5
Nursing Staff	2	36
Working Staff	5	154
Patients	18	395

July 1944. From Staff Notes we learn that Dr. Hiltz had been appointed Acting Superintendent of the Victoria General

Hospital, and had left almost immediately for Halifax.

November 1944. The 26th Anniversary number. This special issue, adorned by a beautiful blue and silver cover, carried a message from Dr. Miller: "Starting out with considerable bravery, (*Health Rays*) existed on hope for a few years, and there were times when there seemed to be doubts of its continuance. But always someone took hold and kept it going . . . There were and are two main reasons for the existence and success of such a sanatorium paper — the faithful work of its staff, especially the editors; and its appeal to the interest of the patients.

The Medical staff listed only four full time doctors; there was an Acting Superintendent of Nurses, and no dietitian at all. These slender staffs were required to cope with the needs and care

of some 400 patients, which they did with a devotion above and beyond the ordinary call of duty.

The editor was Miss Catherine Servant, who retired in February, when John R. Moore, and the "Jokesters", took charge. The pages were filled with excellent articles which were almost entirely "borrowed" from sister San. magazines. The smoking-lung cancer scare had not quite surfaced, and the page opposite the Editorial Comment bore a large ad for Players cigarettes.

In the April issue comes Dr. Miller's annual report to the Minister of Health. In the opening paragraph he states: "We have come through a strenuous and worrisome year, but in spite of the constantly changing staff, we have carried on practically in the same

(Continued on Page 28)



Back row Lt. to Rt.: Dr. J. J. Quinlan, Dr. B. Graham, Mrs. Hope Mack, Dr. A. F. Miller, Dr. J. McCulloch. Front row: Dr. D. S. Robb, Dr. Jean MacDonald, Kay MacLellan, Dr. R. Ideson — 1944.

SANATORIUM MILESTONES

PART 1: Dr. J. E. Hiltz

PART 2: Dr. H. M. Holden

This first part of "Milestones", covering the period of 1904 to 1954, was written by Dr. Hiltz for the Fiftieth Anniversary of the Nova Scotia Sanatorium, and has been revised, in 1977, to precede the continuation of "Sanatorium Milestones" which has been written by Dr. H. M. Holden.

June 1, 1904 — The Nova Scotia Sanatorium was opened formally in Kentville. It was the first tuberculosis institution in Canada to be started by a Provincial Government. It was known as the Provincial Sanatorium for Incipient Tuberculosis."

The first Superintendent was Miss Bertha Elliott, graduate nurse, and the first physician was Dr. W. S. Woodworth, Kentville, who was not resident at the Sanatorium but made visits daily or as required.

The first building, later known as the Women's Annex, had accommodation for eighteen patients.

June 15, 1904 — First patient was admitted to the Sanatorium. This was Miss Florence McCarthy, milliner, of Kentville, who was discharged, improved, after 35 days of treatment. Later she went to Arizona.

January 1910 — Dr. A. F. Miller assumed position of Medical Superintendent in full time capacity, and remained in this position until retirement on October 1, 1947.

1914 — First artificial pneumothorax treatment given to a patient of the Sanatorium. The patient was Mrs. A. W. Robb of Halifax, a relative by marriage of Dr. D. S. Robb.

May 1915 — Mr. Joseph Williams, Chief Engineer, joined the staff of the Sanatorium, which gave him 39 years of service when the article was written in 1954.

October 21, 1918 — First x-ray taken at the Sanatorium. The patient was Captain Armitage, a veteran of the First World War.

November 1919 — Our Sanatorium magazine, "X-Ray" was first published. Its name was changed to *Health Rays* with the January 1928 issue.

July 1921 — First thoracoplasty performed on a Nova Scotia Sanatorium patient. It was performed by Dr. Edward Archibald, of Montreal, renowned as a pioneer in thoracic surgery — at the Victoria General Hospital, Halifax.

April 29, 1930 — The first Phrenic Nerve operation was performed at the Sanatorium. Miss Mary Livingstone, C.N.A., now retired from our staff, was the patient. Miss Livingstone was also our first patient to have pneumothorax treatment given on both sides at once.

October 12, 1931 — The first Oleothorax case was started here. The patient was Miss Stella McNeil who, at the time of writing, was working in the administrative office of the American Journal of Nursing, in New York, and keeping in touch through annual Christmas greetings.

February 25, 1935 — First Pneumonolysis was done at the Sanatorium; the procedure of cutting adhesions. The patient was Mrs. Nina MacKenzie of Sydney.

October 22, 1935 — First thoracoplasty operation performed at the Sanatorium. The patient was Dr. Howard Ripley, who later made a fine name for himself as Radiologist in charge of the Moncton General Hospital X-ray Department. The operation was performed by Dr. V. D. Schaffner; first assistant was Dr. C. J. W. Beckwith, second assistant was Dr. J. S. Robertson, and the Anaesthetist was Dr. J. E. Hiltz.

December 10, 1935 — The first Schede operation was performed at the Sanatorium. The patient was the well known Nova Scotia author, Professor George Boyle of St. Francis Xavier University. He received a blood transfusion from Dr. H. R. Corbett, the Radiologist at the Sanatorium, and that led to Dr. Corbett's famous pun, "That makes my blood Boyle".

September 5, 1936 — First baby born at the Nova Scotia Sanatorium — Martha Frances Gillard.

August 24, 1937 — First bronchoscopic examination at the Sanatorium. Dr. J. P. McGrath was the operator, and Cecil Ward was the patient.

February 26, 1939 — Dr. D. M. MacRae took over our Bronchoscopic service, and his first patient here was Miss Margaret Pitts.

November 11, 1944 — The first lung resection for tuberculosis was carried out here. The operation was a Lobectomy and the patient was Mrs. Gladys Creighton.

July 1, 1946 — Free treatment for all tuberculous patients in Nova Scotia Tuberculosis Hospitals and the Sanatorium was undertaken by the Department of Public Health by the Province.

February 20, 1947 — Streptomycin was administered for the first time to a Nova Scotia Sanatorium patient. In this case it was a life-saving procedure and the patient, Miss Ardythe Huntley, was able to carry on her occupation as a stenographer in a most efficient manner.

October 22, 1947 — The Rehabilitation Department at the Sanatorium was inaugurated.

March 1, 1948 — An organized course for Nursing Aides was started at the Sanatorium.

October 1948 — The Canadian Red Cross initiated their free blood transfusion service at the Sanatorium.

November 1948 — The Nova Scotia

Sanatorium was approved by the Royal College of Physicians and Surgeons of Canada as a teaching hospital to provide special training for physicians in Internal Medicine and also in Thoracic Surgery.

December 1948 — Our School of Affiliate and Postgraduate Tuberculosis Nursing was established and approved by the Department of Public Health.

April 24, 1949 — First trip of our Mobile Surgical Team which visited Roseway Hospital on that date. The Team was later enlarged to include a Consulting Service as well.

April 29, 1949 — First Pulmonary Decortication operation was performed at the Sanatorium. The patient was Mr. Desire Comeau, who had also been the 24th patient to receive artificial pneumothorax treatment here years before.

August 13, 1950 — PAS was administered here. The first patient to receive the drug was Philip Evans.

September 16, 1950 — Thiosemicarbazone (TB one) was first given here. The patient was Mrs. Helen Doucette, of Grand Etang, Inverness County.

April 3, 1952 — Isonicotinic Acid Hydrazide (INH or IZANIAZID) was first used at the Sanatorium. Bill Poirier received the drug on that day.

June 14, 1954 — The Nova Scotia Sanatorium completed fifty years in the service of the people of Nova Scotia. During this interval the annual death rate from tuberculosis in our province was reduced from approximately 225 to 10 per 100,000 population. "We are proud to know that the Sanatorium has played its part in bringing this about and we pay tribute to all those staff members who have helped down through the years to keep the Sanatorium running efficiently and provide the required care for the patients" — Dr. J. Earle Hiltz.

A virus is what people get when they can't spell pneumonia.

SANATORIUM MILESTONES, PART 2

In 1953, a course in Clinical Theology was inaugurated through the combined facilities of Acadia University and the Sanatorium staff, and this project continued until 1976.

In November 1954, laboratory services were moved to the basement of the Old Infirmary which had been renovated for this purpose and which provided more spacious and up-to-date facilities. In addition, a complete sprinkler system was installed in this four-storey wooden structure during the year.

On September 1, 1955, the Fundy Mental Health Centre opened in Wolfville and, from this date forward, provided consultant psychiatric services for the Sanatorium.

In 1955-56, a complete fire alarm system was installed throughout our 20 buildings.

April 1, 1954 to March 31, 1955: During this year, artificial pneumothorax was initiated for the last time in the treatment of pulmonary tuberculosis at the Nova Scotia Sanatorium.

April 1, 1956 to March 31, 1957: Bronchspirometry equipment was obtained, thus making it possible to determine individual lung function

April 30, 1957: By this date, all the provincial tuberculosis units were closed. In addition, Camp Hill Hospital closed out its tuberculosis service, and the Halifax Tuberculosis Hospital reduced its capacity to 35 beds — hence, increasing the work load at the Sanatorium; particularly in regard to chest surgery. Point Edward and Roseway hospitals continued to function at this time, however.

Twenty-six patients from Hungary and Turkey were treated during this year.

July 10, 1959: Pavilion V was destroyed by fire.

September 1959: The new Laundry and Maintenance building was opened. The carpentry, paint, plumbing; and electric shops, and the garage were now located in this structure.

November 1959: The first floor of the Women's Annex was remodelled to serve as a pediatric unit and became known as the Children's Annex.

December 31, 1959: The official bed capacity was reduced 400 to 300.

September 1960: Instruction period for affiliate student nurses was reduced from two months to a four-week period.

October 11, 1960: Dr. A. F. Miller personally unveiled the tablet of dedication of Miller Hall at the official opening at which the Honorable Richard A. Donahoe, Q.C., Minister of Public Health, and the Honorable Stephen A. Pyke, Minister of Public Works, were present. This building contained adequate teaching facilities for student nurses and student nursing assistants and, indeed, was dedicated to the professional training of those who care for the ill.

By the end of 1960, several sitting rooms had been provided with new furniture and television sets for patients, thanks to the Canteen and Patients' Comfort funds.

1962: Official bed capacity decreased from 300 to 218.

The new Power House was completed during this year, having been built over the old one while the latter was still in operation.

March 1964: Pavilion VI was closed. The entire patient body was now accommodated in the Old and New Infirmaries, and the Annex.

1965: During this year, the New and Old Infirmaries were henceforth to be known as the East and West Infirmaries respectively, a more accurate designation as the former building was now 24 years old.

January 1, 1969: Conversion to the

metric system — one of the first hospitals in Nova Scotia to do so.

March 22, 1969: Dr. J. E. Hiltz stricken suddenly and died on this date, having served as Medical Superintendent at the Nova Scotia Sanatorium since 1947. Dr. H. M. Holden appointed Acting Medical Superintendent.

December 3, 1969: Rifampin therapy was initiated in the case of Mr. Colin Odiah Zinck who resides in Riverport. He was the first patient to receive this drug in Nova Scotia — a significant milestone, as rifampin, then being administered on a clinical trial basis across Canada, subsequently proved to be an extremely effective antituberculous drug.

December 31, 1969: Mrs. Hope Mack, R.N., retired, having served as Director of Nursing Services from 1930-1944, and again from 1959-1969.

January 1, 1970: Miss E. J. Dobson, R.N., B.ScN., succeeded Mrs. Mack as

Director Nursing Services, and Dr. H. M. Holden was appointed Medical Director.

July 1, 1970: Mr. P. S. Mosher became the first Administrator of the N.S. Sanatorium — a significant milestone, in that this represented a change from medical to lay management of the institution.

January 1971: Final affiliation of student nurses from diploma nursing schools — a total of 4080 students having received training at the Sanatorium between the inception of this affiliation in 1948 and the present date.

1971: The pavilions on The Hill were demolished.

1971: The third floor West Infirmary nursing unit was closed down.

1972: Remaining nursing units in the West Infirmary and the Children's Annex were closed, and the patients



Mrs. Hope Mack (seated) honored upon retirement. Standing: Miss V. Skerry, Dr. H. M. Holden, Mr. A. Buchanan, Miss E. J. Dobson.

were now all housed in the East Infirmary.

June 1972: Dr. J. S. Robertson, Deputy Minister of Health, and Mrs. Robertson, together with Mr. G. E. Gregoire, Director of Office Services from the Department of Public Health, and Mrs. Gregoire, were honored at a pre-retirement luncheon.

June 1972: This year marked the sudden death of Dr. V. D. Schaffner, general and thoracic surgeon, who had been associated with our institution since he first came to Kentville in 1934 and it was not long after that date that the Nova Scotia Sanatorium had acquired its reputation as an outstanding thoracic surgical centre.

July 1, 1972: Laundry services provided for the Blanchard-Fraser Memorial Hospital in Kentville.

August 1972: Opening of new Respiratory Technology Department in the basement of Miller Hall.

December 1972: The first steps towards the demolition of the Recreation Building with its various facilities including canteen, post office, chapel, barber shop, auditorium, and radio station were started. At the same time, plans were being evolved towards the construction of a combined Service and administrative Wing as a part of the East Infirmary building.

1973: This year saw the removal of the laboratory from the basement of the West Infirmary to the 2nd floor of Miller Hall.

March 22, 1973: Sudden death of Dr. A. Laretei who had worked on the N.S. Sanatorium staff since January 1950, having come from Estonia to Canada in 1949.

January 22, 1974: Sod-turning ceremony in the construction of the new Administration and Service Building.

July 30, 1974: Sudden death of Dr. E. W. Crosson who had been a member of the medical staff since 1957.

December 16, 1975: Ceremonies

marked the amalgamation of the Blanchard-Fraser Memorial Hospital and the Nova Scotia Sanatorium to be operated jointly under the Kentville Hospital Association.

December 21, 1975: The Nova Scotia Sanatorium became the Miller Hospital.

April 19, 1976: Work was commenced on the demolition of the Annex and Service buildings. It had been hoped by some of us that the former might have been retained as a historical site in view of the fact that it had been the original sanatorium that opened in 1904.

Dr. H. M. Holden

TODAY

Today leads up to the hilltops that are kissed by the radiant sun!

Today is the chance of a lifetime, success to be lost or won.

What matter the past with its troubles that prey on the aching mind —

Tomorrow, a mist of the future, let Fates with their spinning unwind.

Regrets are a symbol of weakness; why bother with their vain repose —

The "if" and the "could be" of yesterday are withered like leaves of a rose

Time vanished will not conquer sorrow, or lend itself once again

It is buried — a measure of madness — to retrieve such lost wishings of men.

The wondering of what holds Tomorrow is measured by cowards galore,

Oblivious of chances unawakened, why choose from their meagre store?

Time scoffs at the weaklings who wonder, the key to the answer holds

Sealed tight in the door of revelation, which only the future unfolds.

Give heed to Today with its wonders, and blend yourself with its sway.

Relax in its buoyant behaviour — God gave you this chance called "Today"

Let kindness and thanks be your watchwords; rejoice in the knowledge you've won.

Today leads up to the hilltops that are kissed by the radiant sun!

Robina Metcalfe — 1950

HEALTH RAYS THROUGH THE YEARS

(CONTINUED)

volume of work as that reported in previous years.

Between September 1939 and December 1944 we have lost 76 graduate nurses, 42 nursing attendants and Nurses' helpers, 298 maids and 193 orderlies."

As for the *Health Rays* staff, John Moore with typist Mary Muirhead made up the entire editorial force.

Any person who had been a member of the Sanatorium family between the years 1923 to 1944 will have fond memories of Miss Neily, R.N., the Sanatorium "Lady of the Lamp" for those eleven years. *Health Rays* for May-June 1945 announces her death and in a memorial page pays tribute to her long years of service as Night Supervisor.

In the same magazine a cordial welcome is extended to Surgeon lieutenant Helen Holden, R.C.N.V., who was on loan from the Naval Station at Cornwallis. Thus to the Sanatorium first came our cherished Medical Director of today.

The Canteen ad heralds the end of hostilities in Europe and Asia, but warns that many sugar-requiring commodities such as candy, bottled beverages and ice cream would continue to be in short supply for some time yet.

A new name heads the Editorial staff in the July issue, Carl W. Mingo takes over the editing chores, and the editorial comment hails the creation of the United Nations.

The September issue reports on a famous tradition of days long gone, the annual Sanatorium Picnic. Due to wartime shortages of gasoline, the picnic was not held at one of the Blomidon beaches as was the custom, but took place on the Sanatorium grounds. And a wonderful time was had by all.

The same issue welcomes Dr. Florence Murray to the Sanatorium staff. Dr. Murray, who had been a medical missionary in Korea for 20 years, was imprisoned by the Japanese following Pearl Harbour. In 1942 she was freed during an exchange of prisoners, and returned to her native Nova Scotia. The Sanatorium benefitted from her wide experience as a doctor, and *Health Rays* the boon of a series of articles on her work in Korea.

From December Staff Notes: "We cordially welcome Dr. Helen Holden back to the medical staff of the Sanatorium. For several months of this year Dr. Holden was a member of the medical staff on loan from the R.C.N.-V.R."

Whatever "slings and arrows of outrageous fortune" may have caused it, the *Health Rays* editorial staff reached an all-time low, numerically speaking, that is. One name alone, that of Editor Carl Mingo, comprises the masthead.

The cover for May bears a picture of the Sanatorium entry for the 12th Apple Blossom Festival parade. The float was designed to honor the St. John Ambulance Brigade, and a number of "workers" in uniform of the Nursing Division First Aid, stand on it.

The same magazine carried an In Memoriam tribute to Fred Mitchell. Fred had been for many years a most popular patient, as well as a *Health Rays* editor and Canteen Manager.

Dr. Miller's Annual Report letter shows the staff situation at the San. to be a grave one still. One time during that year, 362 patients were cared for by 3 full-time doctors, 11 graduate nurses and 7 nursing attendants.

A "Fond Farewell" is bade Dr. D. S. Robb, who had been one of the small but devoted team of San. physicians for the past four years. He left the San. to

become Medical Director of Roseway Hospital in Shelburne.

A new editor takes over in June, 1946. George Brennan in his first editorial pays well deserved tribute to retiring editor Mingo. And we note that the editorial staff has at least a typist once again.

August, 1946 — a banner month for those crusading against the White Plague, Tuberculosis! The Nova Scotia Department of Health announced free treatment for all patients in sanatoria in the province. Only those who struggled to meet the dreaded monthly sanatorium bills, and not infrequently were forced to quit the institution before they should because of the burden, can fully appreciate the magnitude of the announcement of Free Treatment.

January 1947. World War 2 had been over for six months, but staff shortages continued at the Sanatorium in all departments. The number of full-time doctors on the medical staff was two! — Dr. Miller and Dr. Quinlan. As the patient count remained high, in the neighborhood of 400, one can imagine the long hours of duty performed by this faithful duo.

Health Rays also felt the pinch, and editor George Brennan and a typist comprised the masthead. The Floor Reports continued to fill many pages with chatty gossip and some sly cracks.

By Spring the medical staff had been joined by Dr. J. D. Smith. And *Health Rays* began to run editorial comment over the initials "B.O'C," from which we surmise the writer was Brian O'Connell who later on became editor of *H. R.*, and when he left the San. assumed a position of prominence with St. Francis Xavier University.

The June cover pictures the Sanatorium float for the current Apple Blossom Festival parade. It shows an artistically designed lighthouse and bears the slogan: Beacon of Health, Nova Scotia Sanatorium.

The staff listing for the July issue

shows a distinct boost in two departments — medical and nursing. Dr. Helen Holden rejoins the staff, which with the addition of Dr. J. S. Campbell brings to five the full-time San. physicians. And the name of Miss Adelaide Munro first appears as Superintendent of Nurses. Eminently qualified in her field, Miss Munro served as director of nursing at the Sanatorium for many years.

The opening paragraph of "Sanatorium Activities" makes a most happy announcement: "One of the most interesting events in the history of the Sanatorium was the marriage, on July 2nd, of our beloved Dr. Quinlan to Dr. Helen M. Holden, Toronto, a former member of the medical staff here. After honeymooning in Cape Breton, they returned to take up residence at the Sanatorium, where Dr. Quinlan is Assistant Medical Superintendent, and Dr. Holden has accepted a position on the medical staff. The best wishes of the patients and staff are extended to this young couple". Years later "this young couple" are still with us, and have been substance and cornerstone of the Sanatorium medical staff throughout that period.

The September issue of *Health Rays* heralds a major milestone in Sanatorium history — the retirement of Dr. A. F. Miller after 37 years as Medical Superintendent of the institution. As stated in a paragraph announcing his coming retirement: "Dr. A. F. Miller is ranked as one of the outstanding authorities on tuberculosis on the continent. His career has been somewhat that of a pioneer, as through the years he has given fine leadership in the war on tuberculosis. The Sanatorium today is an outstanding monument to a lifetime of devoted service".

In the same issue is a full account of a testimonial dinner tendered Dr. Miller by citizens of the town of Kentville and attended by distinguished medical men from throughout the province. The occasion was marked by the presentation of a bronze plaque (now gracing the hall of the East Infirmary).

And of course the Sanatorium marked the occasion of Dr. Miller's retirement. As reported in *San Activities*: "On the evening of September 29, over 200 patients, and staff assembled in the main dining room to honor Dr. Miller at a farewell banquet . . . Barb Penny spoke on behalf of the patients, and Pat MacEvoy represented the staff. Dr. Hiltz, who is to take over the superintendency upon Dr. Miller's retirement, spoke very highly of the fine work done by Dr. Miller, declaring: "I humbly accept the torch". It was good news to their multitude of friends in San. and town that Dr. and Mrs. Miller planned to make their home in Kentville.

The October 1947 *Health Rays* salutes the new Superintendent, Dr. J. E. Hiltz. Dr. Hiltz was no stranger to the Sanatorium, having joined the medical staff as a very junior physician in 1935. In 1937 he succeeded Dr. C. J. W. Beckwith as Assistant Medical Superintendent, which post he held until 1944, when he was given leave of absence from the San. to become Acting Superintendent of the Victoria General Hospital in Halifax. In 1946 there followed a nine-month stint in Shelburne, and the onerous task of converting the Naval Hospital there for civilian use, part general and part tuberculosis hospital. The following year was devoted to pursuing further studies, and the achievement of a degree in Public Health from the University of Toronto. Then October 1, upon the retirement of Dr. Miller, he was appointed Medical Superintendent of the Sanatorium. The Superintendent's residence at the west end of the grounds became the home of the Hiltzes, with a succession of cocker spaniel dogs!

Health Rays acknowledged the appointment of the new superintendent with these kindly words: "Our hearts were heavy at the loss of Dr. Miller; but God has been good to us. For to the Sanatorium now comes a man who brings with him a vast amount of knowledge and experience concerning

our disease, in addition to an outstandingly sincere determination to put each and every one of us on the road to recovery. Welcome, Dr. Hiltz! We are indeed blessed!"

Health Rays itself underwent staff changes with this issue. Mary Muirhead becomes Editor, with Barbara Penny as Associate Editor — the girls take over!

An article on the Sanatorium Rehabilitation Department describes the revitalization of that important phase of the Sanatorium program. For the first time in some years a qualified director was found to take over. She was Miss Margaret Markham, who guided the destinies of the growing Rehab. Department for several years.

We now consider the year 1948. The January issue starts off with a fine article by Dr. Holden on Collapse Therapy in the Treatment of Tuberculosis, in which she discusses pneumothorax, phrenic nerve operations and thoracoplasty, now outmoded but then very valued surgical procedures.

In February Avite Bourque joined the editorial staff, and proceeded to set a high standard for *Health Rays* editorials.

The March issue carried an In Memoriam tribute to George Brennan, who had lost out in his battle with tuberculosis. George, a one-time *Health Rays* editor, was possessed of a cheery outlook and ready wit, and had been an all-around favorite during his long stay at the San. This month sees *Health Rays* go up to fifteen cents per copy, but the yearly rate stands at one dollar.

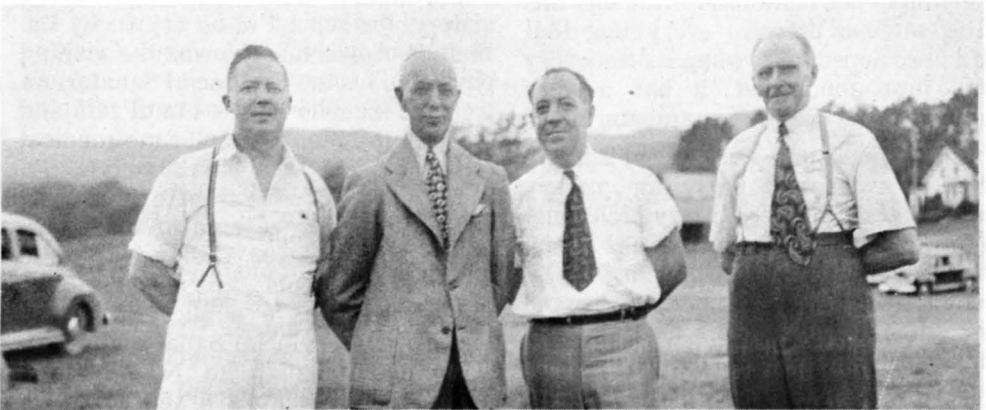
These were the days when the Sanatorium Recreational Club existed and performed many interesting functions. One of them was a weekly bridge party held in the Nurses' Home (now of fond memory). We read that first prize at the St. Patrick's party was won by Joan Walker.

The annual report letter of the Medical Superintendent was printed in the April-May issue. One or two quotes from it.

DELHAVEN DAYS



San Picnic, 1936 — Lt. to Rt.: Glen Seamone, Ted Thomas, Kermit Young, Dagney Anderson, Melba Devine, Eileen MacKay, Cele Lombard.



San Picnic, 1948 — Chef Harry Peters, Dr. A. F. Miller, Dr. J. E. Hiltz, Mr. J. F. Durno.



San Picnic, 1948 — Line-up for "Chow"

shows the trend of treatment at the Sanatorium in 1948: "It is regrettable that so many of our patients are readmitted for further treatment. This is not unique at this institution, but reflects the general tendency at most sanatoria . . . Some of these readmissions we can lay to the spirit of restlessness so prevalent during the war years and the immediate post war period. During the present year, 39, or 12%, of our discharged patients left the institution against medical advice, and 10 were discharged on account of misconduct. It is to be expected that a fair number of these people will return to us as readmissions, many, unfortunately, in an advanced stage of the disease." And lastly: "This year has seen the advent of Streptomycin to this institution. Although this drug will not perform everything that had been hoped for it when its discovery was first announced, it has a very definite place in our armamentarium."

The Sanatorium Activities column tells of a farewell party for a very popular staff member. Mary McKenna, Admitting Clerk at the San for many years, and before that a patient, left to be married and to make her home in the United States. Upon the death of her husband she returned to her native land, and now resides in Halifax, still very interested in her old Sanatorium friends.

From the July "Sanatorium Activities" we glean this interesting item: "We extend a welcome to Frank

Misener, M.D., and Clarence Young, M.D., who have both accepted positions on the Medical Staff of the Sanatorium. Dr. Misener will concern himself mostly with Anaesthesia and Radiology, while Dr. Young will do general duty as one of our resident physicians." Dr. Young is now in general practice in his hometown of Pictou, while Dr. Misener continues here as one of our most senior and popular San doctors.

The August cover bears a picture taken at the annual San picnic, which was held as usual at Delhaven, on the Fundy shore. It shows a group consisting of Pat McEvoy, and a bevy of girls, among whom we recognize Joan Walker, Mary Muirhead and Hazel Tipert.

Health Rays for 1949 opens with a bit of history, the reprint of an article by Dr. W. S. Woodworth, who was the visiting physician for the Provincial Sanatorium from its inception in 1904 until 1910 and the appointment of a full-time medical superintendent, who was, of course, Dr. A. F. Miller. Dr. Woodworth presents a most interesting resume of the tuberculosis scene in 1906, ending with these pungent comments: "In conclusion let me say, that as a public educational factor, the Provincial Sanatorium is of incalculable benefit to Nova Scotia. From the physician's practical standpoint it is inadequate to the demand. As viewed from the scientific standpoint it is nil."

(Continued on Page 40)



Recreation Building and Pavilions on "the Hill".

REPRESENTATIVE MEDICAL ARTICLES

— PAST AND RECENT PAST

Among the many articles featured by the magazine during its existence, there were many written by members of the medical staff. As literature, they probably ranked somewhat below the contributions obtained from other sources. Their popularity was assured because they had been written by someone to whom the patient could relate.

It was decided that one article from the somewhat distant past and another bearing on the modern treatment of tuberculosis would be selected. Because of space limitations, the articles had to be relatively brief and, consequently, their selection was somewhat difficult.

However, the first by the late Dr. C. J. W. Beckwith who, at the time, was Assistant Medical Superintendent concerns the most frequently used adjunctive form of treatment from 1920 to 1950.

The situation referred to by Dr. George Wherrett as "The Miracle of the Empty Beds" was made possible by the discovery and utilization of effective drugs in the treatment of tuberculosis. The article by Dr. H. M. Holden, the present Medical Director, is representative of many written for the magazine in the last 25 years. (J. J. Quinlan, M.D., Surgeon, Miller Hospital)

A SHORT DISCUSSION OF ARTIFICIAL PNEUMOTHORAX

By Charles J. W. Beckwith, B.A., M.D. (December 1930)

The word Pneumothorax is a formidable one, but it has a very simple meaning, which is, air within the chest cavity. The chief contents of the chest or thorax are the lungs, heart, and the great blood vessels. The inner lining of the chest wall is a membrane called the pleura and, the outer lining of the lung, another layer of pleura. These two surfaces are almost in contact, except for a small amount of moisture which acts as an oil, allowing the two surfaces to glide one on the other as occurs during respiration. In the operation of artificial pneumothorax, air is introduced between these two membranes, the result being collapse of the lung.

The history of Pneumothorax is very interesting. Let us review it briefly. In 1821 an Englishman by the name of James Carson experimented with pneumothorax and advised its use in the treatment of tuberculosis and other pulmonary diseases. It is interesting to note this man's statement which has

been adequately proved by the use of the treatment. "It has long been my opinion" he says "that if ever this disease is to be cured, and it is an event of which I am by no means disposed to despair, it must be accomplished by mechanical means, or in other words, by a surgical operation". His work was not received with acclaim, however, and although some observations were made on the effects of collapse in a few patients, nothing of note was accomplished until 1882 when Forlannini practised the operation. He did not bring his results to the attention of the medical profession. Indeed, J. B. Murphy in 1898 was the first American to urge the treatment and himself treated five cases. In 1901, Lemke, a pupil of Murphy's, reported on the treatment of 53 cases. Since that time, the operation of pneumothorax has become a by-word with persons suffering from tuberculosis and the faith they have in it is due to the results they have witnessed and is

proved by their keen desire to take the treatment.

What is the object of pneumothorax treatment? In the first place, one must consider what occurs within the chest. Every person inhales and exhales at the rate of 20 times per minute. This means that the lungs are expanded and contracted as frequently. The principle of rest is paramount in the treatment of tuberculosis and, in the case of the lung, we have organs undergoing movement necessary for the continuation of life. Keeping a patient in bed reduces the respiratory rates to a minimum, but with pneumothorax, which collapses the lung into a relatively small volume we are able to give the diseased area as much rest as possible. The work of respiration is carried on almost entirely by the other lung. That is the reason it is essential for the uncollapsed lung to be free of that disease.

The tuberculous process in the lung is characterized by small nodules in the lung substance named tubercles. When tubercle bacilli are found in the sputum, it means that these nodules have broken into the air spaces, forming little ulcers. If this process is allowed to continue without treatment, cavities will almost invariably develop. Nature heals this process by contracting these raw areas or ulcers and depositing scar tissue. Nature achieves this chiefly by rest of the lungs but when it is possible to collapse a lung, the time required for healing is greatly reduced. The collapse causes the raw areas to touch one another, it prevents the tubercle bacilli from spreading and confines the disease to a smaller portion of the lung. Moreover, there is increased blood pressure to the part, and therefore the lymph which carries a large number of the healing cells of the body, is more abundant in that area. Taking all these factors into consideration, it is easily understood how much nature is helped by the induction of artificial pneumothorax.

How is pneumothorax produced? The

operation is a relatively simple one, and when performed by skillful operators entails little danger to the patient. A local anesthesia is used to deaden sensation to the skin and is then injected by means of a small syringe and needle into the tissues as far as the pleura. When this area is completely anesthetized, a larger, hollow needle is introduced until its point is between the pleura lining the chest wall and that lining the lung. A long rubber tube leading from the pneumothorax apparatus is then attached to the needle and proof of the position of the needle is obtained by the movement of a column of water in a U-shaped tube called a manometer. As soon as this movement occurs, sterile air is allowed to flow from the bottle into the pleura cavity.

In the initial stage of pneumothorax treatment, only a little air is introduced and the operations are performed every two days. As the lung is collapsed and the patient becomes accustomed to the operation, larger amounts of air are introduced and the interval between the operations is extended. The amount of collapse required in each case is determined before the operation is attempted and the progress of the collapse is watched by fluoroscopic examinations and X-ray plates. The collapse of the lung is recorded in percentages. Thus when a lung is one-third of its original volume, the collapse is said to be 30 - 50%, and the total compression is therefore termed 100% collapse.

Let us now consider when the treatment of artificial pneumothorax is advisable. One principle should be understood immediately: it is necessary that the tuberculous disease be confined for the most part to one lung. This is not an unbreakable rule, however, for many patients with bilateral disease are given pneumothorax. Such patients are observed closely and if the disease in the lesser affected lung is found to be healing, or at least quiescent, the collapse of the more diseased lung may be attempted. In the majority of these selected patients, it is found that the

area of disease in the lesser affected lung improves.

The time has come when pneumothorax is attempted on all patients who have widespread disease in one lung, and there have been many fatalities prevented by its timely induction.

These, then are the chief indications for pneumothorax. There are other indications, the reasons for which involve technicalities outside the scope of this article.

Do serious complications arise during pneumothorax treatment? As with every surgical procedure, so with pneumothorax — a patient is exposed to certain complications over which there is little control. The most common complication is the development of fluid within the pleural cavity, a condition known as an effusion or a hydropneumothorax. The incidence of this complication varies in different sanatoria, but in the Nova Scotia Sanatorium it was as low as 34 percent for the last year. This effusion may or may not be attended with fever, rapid pulse, etc., but the most invariable rule is that the fever disappears in four to five weeks. The greatest danger of a hydropneumothorax is that it may become pussy, when it is known as a pyopneumothorax or an emphyema. In this event, the outcome depends entirely on the condition of the individual. This is one of the more serious complications of pneumothorax.

Why are some patients in whom

pneumothorax is indicated unable to take the treatment? You will recall that the pleura of the lung and that of the chest wall are in opposition to one another. With a tuberculous process going on in the lung, the pleura overlying it is likely to become inflamed, which causes a pleurisy. When this occurs, the two layers of the pleura may become adherent to one another and it is impossible to introduce air between them. In other cases, only a portion of the lung becomes adherent and a pneumothorax can be induced, but the degree of collapse is not as great as desired. In a number of such patients further surgical treatment is necessary to attain the goal of recovered health.

Clive Riviere, in the introduction to his book on pneumothorax, says: "No more hopeful ray of sunshine has come to illumine the dark kingdoms of disease than that introduced into the path of the consumptive through the discovery of artificial pneumothorax". It is a ray of sunshine also that an increasing number of patients have the indications for the operation. During the year 1928-1929, 1485 pneumothoraces were performed in the N.S. Sanatorium. During the last year this figure has increased to 2255. These figures are significant evidence of the mounting use of artificial pneumothorax treatment as a curative measure in tuberculosis. Thus the role of artificial pneumothorax is "to rescue those formerly beyond the bounds of human aid, to restore the lost to life, or at least to a measure of comfortable existence".



Pavilion 2 and Library

DRUG TREATMENT IN TUBERCULOSIS*Streptomycin to Rifampin — May 1971 —*

Helen M. Holden, M.D., C.R.C.P.(C)

At the turn of the century, tuberculosis ranked first among the causes of death in Canada, the United States, and most of the world. The disease remained a global problem though marked strides took place in tuberculosis control as the century advanced. In the latter part of the 19th century it was established that tuberculosis is an infectious disease, and in 1882, the causative organism, the tubercle bacillus, was discovered by Robert Koch. It was proven that the germ is transmitted from one person to another by means of infected sputum droplets measuring 5 to 10 microns. In 1898, Teobald Smith discovered there are two forms of tubercle bacillus — the human and the bovine types — the latter also causing disease in humans, and being transmitted by milk from infected cows. As the years went by, extensive tuberculin testing of cattle resulted in the virtual eradication of bovine tuberculosis in North America, the positive reactors being slaughtered. Also, the pasteurization of milk has been compulsory in populated areas for many years. As a result of these two measures, there is practically no danger of infection with bovine bacillus in this country. In the meantime, many sanatoria had been established for the treatment of patients of tuberculosis. The first such Canadian institution was erected in Ontario in 1897; i.e., the Muskoka Hospital for Consumptives. To Nova Scotia went the distinction of building the first provincially operated sanatorium, the Provincial Sanatorium as it was then known, having been established in Kentville in 1904.

Bed rest, combined with various collapse procedures, such as artificial pneumothorax, phrenic crush, and thoracoplasty, resulted in some progress, and there was a continual drop in the tuberculosis death rate. However, the situation still remained extremely serious until the advent of drug treat-

ment in 1946, when streptomycin came into use in the treatment of tuberculosis. Prior to this, extensive research had taken place and effective drugs were found, but proved too toxic for human use. In other words, though these drugs proved effective against the tubercle bacillus outside the body, the side effects were so great that they were of no practical value for the treatment of human disease. Therefore, the first real breakthrough occurred 25 years ago, and the first patient who received streptomycin at the Nova Scotia Sanatorium, though critically ill at the start of treatment with this drug, is alive and well today.

The discovery of streptomycin was followed by paraminosalicylic acid, known as PAS, and its various salts in 1949. In 1952, isoniazid, known as INH, emerged and proved to be the most effective of these three drugs in the treatment of tuberculosis. It was soon realized that antituberculosis drugs must be given in combination, or resistant strains of the tubercle bacillus soon develop. This is one of the main principles of treatment as it is given today. In other words, a single drug, or monotherapy, is to be condemned in the treatment of active disease, as resistant bacilli soon take over, and there are no further benefits from the drug in question.

Streptomycin, PAS and INH are referred to as the "big three" in tuberculosis treatment. In most instances, treatment is commenced with a combination of all three drugs and these are continued at least until sensitivity tests have been completed. In this way, one can be reasonably sure that the patient is receiving at least two effective drugs. It is rare for drug resistance to present a problem at the time of initial treatment in this country. However, drug resistance may emerge in those patients who have suffered from a

relapse or who have not been faithful in taking their medication.

Following the discovery of isoniazid in 1952, other effective drugs entered the picture. These included cycloserine, ethionamide, pyrazinamide, viomycin, capreomycin and ethambutol, the last named being the most effective of these so-called "second-line" drugs. Indeed, ethambutol has almost assumed the role of a "first-line" drug. In any event, all these drugs offer alternative therapy, if resistance to the "first-line" drugs emerges. Again, suitable combinations must be administered to prevent resistance. Also, side effects are more common in the case of the "second-line" drugs.

At the present time, a new drug known as rifampin is undergoing clinical trials in Canada. The Nova Scotia Sanatorium has been taking part in these studies. It seems quite clear that rifampin ranks with isoniazid in its effectiveness against the tubercle bacillus.

Rifampin is a semi-synthetic derivative of Rifamycin-B, an antibiotic obtained from the fermentation broth of *streptomyces mediterranii*. The empirical formula is $C_{45}H_{58}N_4O_{12}$, and the chemical name is 3-(4-methylpiperazinyliminomethyl) Rifamycin SV. It is a red crystalline powder and is supplied in maroon and scarlet opaque capsules of two sizes — 150 and 300 mgs. It is administered by mouth in a dose of 450 or 600 mg daily and must be taken one hour before breakfast to obtain adequate absorption. In addition to being effective against the tubercle bacillus, rifampin is also effective against certain other organisms including the gonococcus, the staphylococcus, the meningococcus, and mycobacteria of other types.

It is not a simple procedure to produce rifampin. As a matter of fact, the process is very complicated, and takes about thirty days. Many fermentations are required before the final extract is produced. The raw product is imported by two Canadian companies, one of

whom obtains its supply from Italy and, the other, from Switzerland. Then, it is placed in the capsules for distribution.

Though still an investigational drug in Canada, the United States and Japan, rifampin has been widely used in Italy, France, Germany, and some other countries for the past five years.

The first Canadian study entailed the use of rifampin in combination with ethambutol in cases who had become resistant to one or more of the other antituberculosis drugs, particularly isoniazid. The Nova Scotia Sanatorium took part in this project, which was country-wide, and was co-ordinated by Dr. C. W. L. Jeanes of the Canadian Tuberculosis and Respiratory Disease Association, and Dr. A. G. Jessamine of Ottawa. Though not yet reported in detail, the preliminary results have been most encouraging in this series of patients. Our own patients have done very well, indeed.

Side effects are relatively rare, but may include gastrointestinal disturbances, dizziness, headache, drowsiness, and rashes. The blood must be checked frequently owing particularly to the possibility of drops in the white cell and platelet counts. Liver function tests must be done routinely, as well as urine examinations. The possibility to damage to the unborn foetus has been suggested by animal experiments in which rifampin was administered to pregnant mice, who then produced abnormal offsprings. Therefore, rifampin is restricted to male patients and to women who are past the child-bearing age group — except in emergency situations, so far as this country is concerned. Also, children have been eliminated from the Canadian studies up until the present time. However, the use of rifampin is widening in re-treatment cases and certain emergency situations. In addition, a second country-wide trial was instituted in January 1971. This time, rifampin is being used as a combination drug in the

treatment of newly detected cases of tuberculosis who fulfill special criteria. Like other antituberculosis drugs, resistance can develop very rapidly if

rifampin is given alone. It must be given in combination with at least one other effective drug, as determined by bacteriological studies.



Dr. Helen Holden and Dr. Maria Rostocka.



Charlie Bush — Sanatorium Friend.



Music Appreciation Night at Nurses' Residence, with Anne Rebecca MacDonald.

HEALTH RAYS THROUGH THE YEARS

(CONTINUED)

April 1949 sees some changes on the editorial staff. Mary Muirhead is still Managing Editor, but she has with her two Associate Editors, namely, Eileen M. Hiltz and Claudia MacCallum. And here let me interject the comment that the former name, which has appeared before, will continue to recur with the persistence of a bad case of hay fever.

May 1949, and the Ed. Comment hails "with pleasure and enthusiasm" the report that the Provincial legislature is appropriating a half-million dollars for construction at the Nova Scotia Sanatorium the major item to be the building of an infirmary. This mirage, like others to follow, stayed elusively out of reach until 1973, when a much reduced building program did actually get started.

May 1949, also heralds the formation of the Sanatorium Fire Department which held weekly training meetings under the direction of Mr. Fire Chief himself, Bev Wade. The knowledge that fire equipment and trained fire fighters were on hand eased the worry over the annual rash of Spring bush fires.

August *Health Rays* offers "best wishes and congratulations to Eleanor Smith and Carl Wagner, who recently embarked on the road to matrimony". At the time Eleanor, or "Smithy", as she was popularly known, was a valued member of the nursing staff, and Carl, now Stores Manager, was in charge of the San Canteen.

In October a welcome is extended to Cecil H. Kennedy, who came to take over the post of Supervisor of Rehabilitation. Some years earlier Cecil, an ex-patient, had been the capable editor of *Health Rays*.

The November issue of *Health Rays* 1949 devotes a page to express birthday congratulations to — itself! *Health Rays* had completed 30 years of continuous

publication. A two-page write-up of the annual Hallowe'en party makes one realize what wonderful fun was had on these special occasions, when staff and patients combined wits and talent in all-out entertainment.

From the "Sanatorium Activities" we note that Christmas had been the usual great scene at the San. The famous Christmas Dinner is reported in full, including the remarks of the Medical Superintendent, Dr. Hiltz, in the course of which he made what was for that time a bold statement: "The future is bright for the tuberculous patients of this Province. Indeed, I think that I can see into the not too distant future when tuberculosis will be a very minor cause of disability".

There is a report, too, of a gala Christmas Eve party held in the Nurses' Home. This, with reports of a bridge party and the Music Appreciation Club meeting, makes one realize what an active social life went on at the San. in those days of old. But, of course, the poor dears had no TV, so must make their own fun. Which, believe me! it was.

Still in the anniversary mood, *Health Rays* salutes the Canadian Tuberculosis Association, then celebrating its 50th birthday, at the annual meeting in Vancouver.

February 1950 brings memories with a note of deep sadness — a leading article introduces a new San doctor, Dr. Aksel Laretei. Dr. Laretei remained to become a popular, concerned and warm-hearted member of the Sanatorium Medical Staff until his untimely death in 1973.

"Sanatorium Activities" records the arrival of another San staff member, whom, we rejoice to say, is still among us: Miss Helen Morse, head of our busy Sanatorium Laboratory staff.

March 1950 introduces eight young ladies who came to the San to take the

Nurses' Aide course, and constituted the third training class at the San. This course had been inaugurated by Miss Adelaide Munro, Superintendent of Nurses, and through the years turned out a wealth of nursing talent to serve in hospitals near and far.

Health Rays staff gets a boost by having a Business Manager appointed. John Robson was the man, who, when his health improved, took over the charge of the laundry. John possessed a sweet tenor voice, and was a decided asset to the San choral group.

To spark the enduring search for local writers for the pages of *Health Rays*, the editors had decided to run a contest for the best original poem and the best original story or article. In the May issue the winners are announced, and the winning poem and article are printed. Top poet was Miss Robbie Metcalfe, (later to be a *Health Rays* editor), with her poem entitled "Today".

The June-July cover features a picture of the San Float in the Apple Blossom parade of that year. Called "Gateway to Health", it shows an archway leading into a lovely garden. A nurse stands by the arch, while two radiantly healthy-looking girls pose amid the flowers. All three were patients: Jean Helpard, Phoebe Wellwood and Gladys Eldridge. The latter young lady we still have with us, serving valiantly in Medical Section, and we now call her Mrs. MacKean.

From time to time *Health Rays* featured "Personality Charts", which gave the lowdown on the patients of some Floor or Section — like Pavilion 1, Section 2, where we find the name of our Anne-Marie Belliveau and learn that among other traits her "Pet Hate" is "Torn stamps", and her "Interest" is "Stamp collecting". We can understand them because they still go on, but why was her "Weakness" listed as "Blue eyes" — H-m-m?

The Editorial Comment for September announces the opening of The Dormitory, which for the next 23 years

served as residence for many female members of the San Staffs, and whose large recreation rooms were the scene of happy and auspicious gatherings on innumerable occasions.

January 1951. The year opens with a brief article entitled "Pulmonary Tuberculosis in a Rural High School", and it relates the sorrowful findings in a small one-room school in Kings County, when the death of two young children necessitated a thorough investigation into the health of the area. The closing paragraph gives a grim picture of what havoc undetected tuberculosis could work in a small community.

The account of the traditional Christmas Dinner reprints the message spoken by the Medical Superintendent on that festive occasion. In the process of thanking those responsible for the feast, Dr. Hiltz cites Mrs. Northup, head dietitian, and her assistants, one of whom is "Miss Quinlan". The reference is to Miss Eileen Quinlan, long the San. head dietitian, who has made the good San. meals unique among hospitals in the province.

San. Activities has this happy note: "Congratulations to Dr. and Mrs. F. J. Misener, on the arrival of a son. Eric Dennis, a brother for Francine, was born on January 12".

Only real Old Timers will remember George Boyle as a San. patient. George, a gifted thinker and writer, whose promising career in journalism was rudely shattered by Tb., had fought the good fight for many years, enduring and surviving early forms of surgery. The May issue proudly heralds the appearance of his second book, which is based on the theme of Co-operatives, a burning interest with George during his all too brief life.

While speaking of real Old Timers — *Health Rays* masthead for the next two months carried a notable San. name. Joe LeBlanc replaced editor Mary Muirhead, who retired to devote her full time to the medical records office. Joe

was also a budding newspaper man when the Tb. bug caught him, so *Health Rays* held more than a passing interest for him. I think it no exaggeration to say that Joe LeBlanc was one of the best known and most popular patients ever to tread San. corridors.

June 1951, and another new editor, Keilor Bentley, who held the post for all of two months.

And a lady takes over as Business Manager, the capable Miss Hazel MacMichael, now better known as Mrs. Joe LeFave, and a valued member of the Records Department.

Sanatorium activities congratulates Dr. Aksel Laretei on successfully passing the examinations for his Nova Scotia license. Here may I break in with a note from 1974, and mention having attended on October 19 the wedding of the late Dr. and Mrs. Laretei's younger daughter Pia. It was a truly beautiful occasion, and one's deep regret was that the fond parents were not there to witness it.

In September Joyce Ogilvie takes over the editorial chair, and she stays on for the rest of the year.

The October issue features an article by Dr. Hiltz in which he describes a journey up the coast of Labrador conducting a survey for tuberculosis among the inhabitants, many Indians and Eskimos. We (I was lucky enough to be taken along, and signed on crew as assistant register of names — which frequently was a real spelling test!) travelled for four weeks on the motor vessel "Christmas Seal", which belonged to the Newfoundland Tuberculosis Association, and was so named because it was purchased with money obtained from the sale of Christmas Tb. seals. The whole trip was an experience of a life-time, indeed.

The Staff Recreation Club was still in full swing, and the December Sanatorium Activities recounts action on many fronts: badminton, bridge, glee

club, dances, book clubs, painting class — How did anybody get any work done!!

Health Rays, January 1952, opens with the Christmas and New Years message which had been spoken by the Medical Superintendent during that great event, the Christmas Dinner at the San. In one paragraph Dr. Hiltz seems to sum up the feeling of the time: "Where but at the Sanatorium could we find ourselves among such a group of friends — approximately 400 patients and 300 staff — seven hundred persons whose lives are all intimately entwined."

The March cover bears a picture of King George VI, and the editorial comment carries a touching tribute to the much-loved king, who had died very suddenly on February 6, 1952.

In the same magazine there is an article on "School at the Sanatorium". The following paragraph presents the teaching system then in use: "In order to acquaint the readers of *Health Rays* with the set-up of our particular teaching system, we present the following facts: At the Sanatorium, a full grade course is open to those who have had no previous schooling, or for those who were compelled to leave the classroom before completing their studies. At present time there are sixteen pupils in this group, one of whom will be writing Grade 12 Provincials. The teaching staff consisted of three: Margaret Markham, director, Claudia MacCallum, who taught the male students, and Clarissa Kendrick, teacher for children and female students. Most of the teaching was individual bedside instruction, which made great demands on the time and energy of the teachers.

Now 1953 — and *Health Rays* is still under the guiding hand of Robina Metcalfe, whom I would class as one of the most sparkling and resourceful personalities ever to fill the editorial chair.

The February issue has a detailed account of a Rehabilitation Conference which had been held at the San. At that

time, C. H. Kennedy was the San Supervisor of Rehabilitation.

In 1953, the San. seemed to be a busy conference centre. A write-up of a 3-day Refresher Course in Tuberculosis, sponsored by the Department of Health, fills several pages.

To prove it was not all work for the busy staffs, notes re a party, a Valentine party, are found in the San. Activities column. A brilliant program of songs and skits had been devised and presented in the Recreation Hall. The Recreation Hall — now but a fond memory in the hearts of Old Timers.

The June 1953 issue saluted the coronation of Queen Elizabeth.

Again work and play for the San. staff — a jolly minstrel show was put on, and a two-day conference of the Nova Scotia Tuberculosis Association was hosted.

1954 — *Health Rays* begins the year with the same sterling trio at the helm. Editor, Robina Metcalfe; Business Manager, Hazel McMichael (now LeFave); Subscription Manager, Doris Sperry.

The Sanatorium Activities devotes

more than two columns to a description of a combined minstrel and Christmas show. It was a prodigious production, combining good music, sharp wit and very commendable acting on the part of many talented staff members, with an assist from a few good San. friends. Notable among the latter was Father (now Monsigneur) Durney, who played a leading part in both design and action of these Sanatorium musical and dramatic efforts.

Health Rays proudly comments upon the achievements of two members of the Sanatorium medical staff: "It was a red letter day at the Sanatorium early in December when our husband and wife Medical team in the persons of Dr. J. J. Quinlan and Dr. H. M. Holden successfully passed their examinations by the Royal College of Physicians and Surgeons in Canada. Dr. Quinlan received his certification in the specialty of Thoracic Surgery, while Dr. Holden was certified as a specialist in Internal Medicine. A buffet dinner was held at the Hiltz' home, when Dr. Holden and Dr. Quinlan were presented with a mantle clock in honor of their attainments.

(Continued on Page 50)



San Picnic — Chicken barbecue at Starr's Point, 1950.



**Just Married: Dr. J. J. Quinlan and
Dr. H. M. Holden — 1947.**



**Dr. and Mrs. J. E. Hiltz — Circa
1942.**



**The Cottage, first home for newly-weds: Dr. & Mrs. Beckwith, 1930;
Dr. & Mrs. Hiltz, 1937; Dr. Quinlan & Dr. Holden, 1947. Demolished in
1957.**

OUR ADVERTISERS AND SPONSORS

From the beginning we have been most fortunate in having a faithful group of advertisers who have stayed with us for an impressive number of years. At the time of our last regular issue we were still being sponsored by the following loyal sponsors: Ron Illsley's Esso Service Station; Atlantic Wholesalers Limited; L. St. Clair Baird Limited; The Mayflower Motel; Hiltz Brothers Limited; Peter Cleyle Limited; J. W. Stephens Limited; The Berwick Bakery Limited; Muttart's Limited; Rockwell Limited; Cornwallis Dairy Limited; Manson Drugs Limited; Willett Fruit Company Limited; Balcom-Chittick Limited; Brookfield Foods; J. M. Duguid Jewellers; and Hiltz Dry Goods Limited.

It would take considerable research to discover how long each one has paid for space in our magazine, but in the first issue, November 1919, we see Hiltz Brothers' ad. Other ads, bearing familiar names, were Ross' Bookstore; The Rexall Drug Store; and N. H. Phinney Limited, advertising "The Healing Power of Music".

In addition to Hiltz Brothers, two other companies that have been with us almost from the beginning are Rockwell Limited and Baird Electric (now L. St. Clair Baird Limited). F. E. Wade & Company were also with us practically from the beginning and until about three years ago. Our own Sanatorium Canteen continued to purchase space for a full-page and until about three years ago as well.

We are grateful to the above advertisers, and to the many others not named, for the financial support that helped to make it possible for *Health Rays* to remain in business for so many years.



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THE SANATORIUM CRACKER BARREL

By J. E. Hiltz, M.D.

Medical Superintendent, Nova Scotia
Sanatorium, 1947 to 1969

(Ed. Note: *The Cracker Barrel*, began in the June-July 1956 issue, appeared regularly for the next twelve years, until the untimely death of the writer, March 22, 1969).

What is wrong with laughter? The answer, of course, is "nothing". It is good. It is a cheerful sound. It is a sign of happiness. But does it do anything for you that a smile will not do? Yes, it will tear a healing area of lung tissue to shreds. No doubt you have all squeezed out a sponge at some time or another and then pulled it back to full size quickly. Did you notice the fibres break? Well, your lung is really a sponge filled with air. A forceful laugh squeezes the air out and when you breath in after the laugh (stretch it suddenly back to full size) you may well tear and break down delicate portions of a lung trying to heal. The old song: "Smile, darn you, smile!" had something after all.

October 1956

There is a saying in our family, attributed to my mother who probably got it from her mother. It was "This and better might do, but this and worse will never do". It might be worth remembering it when one gets sort of fed up and inclined to let things slide or relax one's efforts. There is no place in this world for discouragement or lack of effort if one is going to come out on top.

This and better might do.

This and worse will never do!

September 1966

Those of you who attended the Patients' Conference on April 25 may remember that I tried to make a distinction between pleasure and happiness. Perhaps this bears repeating. Watching a good

television show, getting a letter from home, playing a good game of checkers, hearing a good story or reading a good book, may all provide pleasure. True happiness, on the other hand, is more lasting and depends upon certain fundamental factors which produce a sense of inner contentment and peace of mind. No one can be truly happy who is not contented, and no one can be contented, if, among other things, the recovery of health is not a possibility. We have, in the past, seen persons who sacrificed permanent happiness for transitory pleasures which faded away leaving only discontent and despondency.

In this day and age, nearly everyone may expect to recover from tuberculosis and overcome it completely. This may require some immediate sacrifice of pleasures, but the subsequent years of health and happiness are well worth it.

May 1960

A few days ago someone brought to my attention that it costs \$7,500. to get lung cancer — two packages of cigarettes a day for twenty-five years! I had not realized before that lung cancer was such a luxury.

May 1966

One Friday afternoon recently we were listening to a phonograph record during Journal Club. This record was made by a panel of psychiatrists. The subject under discussion was patient-doctor relationships. I was interested to hear a quote from Mark Twain to the effect, "Always tell the truth. Then you don't have to remember what you said." This is excellent advice, of course, and a principle that we as a medical staff have tried to follow faithfully over the years. How else could a staff of eight physicians keep from getting their stories mixed up

as they gave reports to patients. Besides, each patient has a right to expect to hear the truth.

February 1966

It is a very competitive world into which young people enter these days. Our experience is that, generally speaking, persons who have had tuberculosis do better at their work than those who have not. There may be two reasons for this. One is that they have had more time, while on the cure, to prepare themselves for life ahead of them. The other is that they know that they must be just a little bit better at their job than a competitor needs to be because their prospective employer must have some very valid reason for choosing them ahead of someone who has had a good health record in the past. At the Sanatorium, our staff members who were patients at one time have a better health record than those who were not, and they have a special interest in other patients who face the same problems they once faced.

September 1967

During January I was asked to speak on the subject of Tuberculosis to the Rotary Club of Wolfville. When the meeting was over a number of Rotarians expressed great surprise to have learned that tuberculosis is still a very considerable problem in Canada. These worthy gentlemen are knowledgeable about most matters, so I am sure their surprise is duplicated among other citizens throughout the length and breadth of our land. Therein lies one of our problems. A false sense of security leads, of necessity, to complacency and this allows further inroads by tuberculosis into our communities. In 1964, 1965 and 1966 in Nova Scotia there were discovered 168, 201, and 217 new cases, respectively. This is no cause for complacency. Let us spread the word!

February 1968

I hope most of our patients have noticed our birds this year. At our house, we have been feeding about one hundred evening grosbeaks for the past two or three months: also eight blue jays, innumerable English sparrows, a few robins from time to time, juncos, a pair of nuthatches, and downy and hairy woodpeckers. These are constant visitors, disturbed sometimes by a visit from a sharp-shinned hawk. Bird watching, and bird feeding, can be a very absorbing pastime.

March 1968

Those who complain about the way the ball bounces are often the ones who dropped it.

May 1967

Our Health Rays Golden Jubilee Fund is off to a good start, as indicated elsewhere in this issue. Individual donations have varied from \$10 to \$50 each. So far I have been able to acknowledge each contribution with a personal letter and shall continue to try to do so. All donations of whatever size are most welcome. If you think that Health Rays is doing a worthwhile job, please let us hear from you.

November 1968

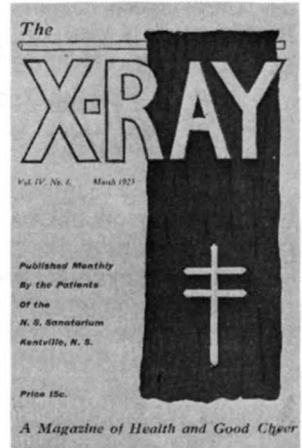
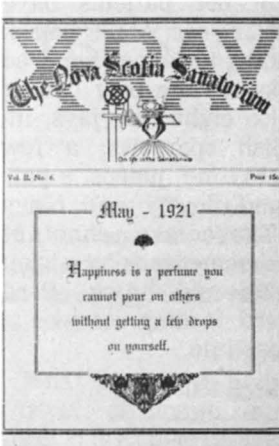
MORN

Beyond the eastern hills
 The glory of a new-born day
 Reveals itself in magic splendor;
 A tender, shell-pink flush o'erspreads
 the sky,
 Then glows and deepens to a roseate
 hue,
 Which slowly pales behind sheer mists of
 mauve;
 While from dark sylvan depths
 A dazzling disk of gold appears,
 And floods the earth with light.

Marguerite MacLeod — 1935

NOTES ON THE COVER OVER THE YEARS

Joan M. Walker

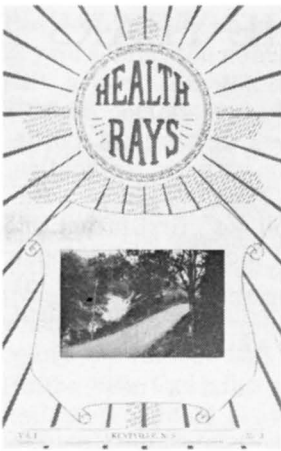


In November 1919, when the Nova Scotia Sanatorium decided to publish a magazine, it was called "The X-Ray". The cover design showed the title X-Ray with Nova Scotia Sanatorium superimposed in a curve. Under this was a drawing of an x-ray tube shedding light on the words, "On life in the Sanatorium". This cover was used until 1923, when we find mention of a new cover design in a section headed "Thru' the X-Ray". Apparently, the old cover design — a linoleum product — wore out. Clive W. Currie was the artist responsible for the new design which did not please all readers. Depicting a curtain behind the title "X-Ray", some remarked that the preponderance of black made it sombre and dull, instead of being restful and pleasing. Others felt that it measured up to all requirements. The editor, who personally liked it, stated that it cost a good deal more than could be afforded and entailed a lot of hard work. It would seem, however, that those who objected were in the majority as, late in 1923, different designs appeared. Research shows no reference to the origin of these designs nor how the costs were met!

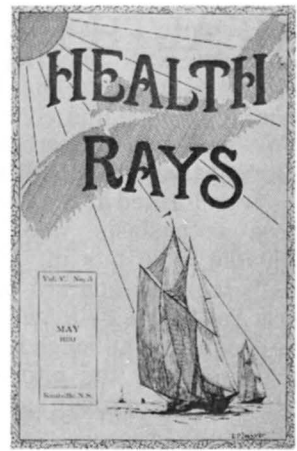
Early in 1928, a contest was conducted for the purpose of obtaining a more suitable name for the magazine. The original title "The X-Ray" was considered to have too much technical suggestiveness. The name "Health Rays" which was chosen by the judges as most suitable, was submitted by Rev. Mr. Dean of Granville Ferry. It appears to have been a wise choice, as the name has continued to the present day.

Following the change of name, steps were taken to obtain a cover that would best express the ideas inherent in the new title. A cover was designed by Miss B. Nixon, Directress of the O. T. Department. This cover consisted of a circle containing the words "Health Rays" with rays emanating from it, with the double-barred cross of Lorraine in the background. This cover was used in combination with several other designs for the next few years.





NOTES ON THE COVERS OVER THE YEARS

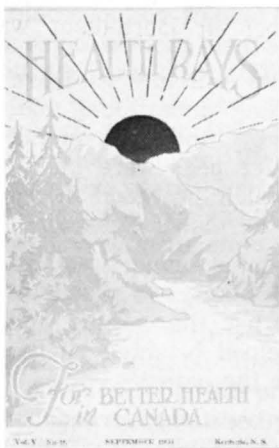


In May 1931, an editorial states, "At last, the fond hope of the present editorial staff has been realized in that Health Rays appears this month dressed in its new spring attire." Apparently, Lieut. J. D. "Joe" Aucoin had generously donated the price of a new cover design. This cover, depicting a truly Nova Scotian setting with the sun's rays shining on the map of Nova Scotia and radiating on the Bluenose in the right lower corner, was again the work of B. Nixon who, by now, had become Mrs. Frank Lockyer. It is interesting to note that, in the search for a design, assistance was received from a friend of a patient, an art teacher in Saint John, N.B. Eight clever and remarkable designs were submitted. Although they were not chosen, it was intended that some of the designs be used on special editions. The demonstration of goodwill on the part of the teacher and her class was greatly appreciated.

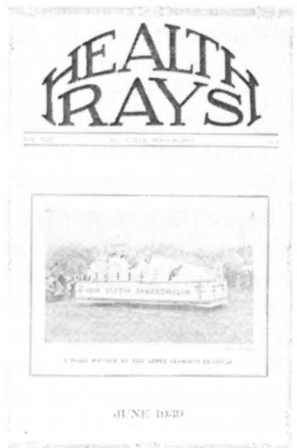
Through the '30's and '40's, most of the cover designs had given way to one which had "Health Rays" at the top, with space below for a variety of photographs depicting groups of patients or local scenes. Special covers were used for the Christmas and Easter issues.

In 1954, a 50th Anniversary issue was published, and well-known cartoonist and artist, Bob Chambers contributed his expertise to the cover.

In January 1956, the format of the magazine was changed and an editorial again makes reference to the fact that Health Rays is appearing for the first time in its new permanent cover. Dr. J. E. MacDonnell of Antigonish conceived the very



excellent new design, and Lloyd Campbell worked on the preliminary color sketches. The finished product was mainly due to the talents of Mr. J. F. Crossan of Kentville, a commercial artist, who kindly prepared the final art work to meet the exacting specifications of the printer. This cover is the one familiar to our recent readers, as it has been in use ever since, the only change, due to economic pressures, having been a reduction in size, with printing in black and white.



HEALTH RAYS THROUGH THE YEARS

(CONTINUED)

We note an important beginning: "During the past month a Stamp Club has been formed at the Sanatorium, and those enthusiasts who collect these valuable little bits of paper got their heads together and are doing wonders. Miss Ann-Marie Belliveau is in charge of the group, and although it is a small one at present, by the interest in its circulation, the growth should be very rapid."

Sanatorium Activites for February notes the passing of a once great meeting ground, the patients' dining room. Up to 1954 there were so many long-term and ambulatory patients, also the so-called working-patients, that the largest accommodation was necessary for them, (the room now used as the Sanatorium cafeteria); and many were the enduring and fleeting romances that bloomed within its walls. Who among the real Old Timers does not remember Carrie Gillis, who carried out her duties as head waitress with so much kindly care for some 22 years.

Now we come to May-June and the "Gold Book"; that magnum effort put out to honor the Nova Scotia Sanatorium on its 50th birthday. Between golden covers appeared the complete story of the Sanatorium, past and present, during its 50 years of existence. Replete with accounts of very facet of San. life, and accompanied by a remarkable folio of pictures covering every phase, the book is a standing memorial to the editorial staff and to all the "experts" called upon to provide the contents.

Sanatorium Activities tells of arrivals and departures to and from the Sanatorium staffs. They are too many to enumerate, but I feel a comment is due on the retirement of Miss Lois Porter: "Miss Lois Porter, of Kentville, who for the past number of years has been secretary to the medical superintendent at the Sanatorium, has resigned from

her position. We feel we have lost a little bit of the institution with her resignation because Miss Porter knows the Sanatorium 'in and out', first under Dr. A. F. Miller, and more recently under Dr. J. E. Hiltz". Lois' successor as secretary to the Medical Superintendent was Miss Joan Walker.

November 1954, and a new editor comes to *Health Rays*. Robina Metcalfe, who has guided the destiny of the magazine for nearly three years, retired from the Sanatorium and went to live with her mother in Hamilton, Ontario. As was stated in a brief article of appreciation following her departure: "The new editor, who was also librarian, was Miss Betty Mulloney of Kentville. I think this marked the first time the editor of *Health Rays* was not patient nor ex-patient of the Sanatorium. Although not of the San. family when she took over the work, Betty very quickly became identified with all phases of Sanatorium life.

1955. The January issue surely sets a new high for *Health Rays* with no less than five of its feature articles contributed by Sanatorium people. Betty Mulloney, who took over as editor in November 1954, must have possessed persuasive powers, plus dogged persistence, that all former editors could well envy.

From *Sanatorium Activities* we learn that an enterprising undertaking had been carried out by "the boys on the Hill": 20,000 lobster pegs were made, and marketed through the "good offices of the C.B.C. Fisherman's Program".

The great Christmas Dinner was still operating, and it takes two pages of *Health Rays* to list the names and donations that helped brighten up the festive season for the patients.

A new name makes its appearance on the Medical Staff listing: Dr. Maria

Rostocka. We are happy to say that now, 23 years later, the name of "our Maria" still graces the *Health Rays* list of Medical doctors.

From Sanatorium Activities comes an account of that great annual event, the San. picnic, which took place in August. That year the weather man added a new note — the picnic was moved in a hurry from Starr's Point to the Recreation Hall when the rains came down. But not before the famous ball game had taken place, with Orderlies beating Medical Section by 30 to 2, in spite of Dr. Quinlan's great pitching.

November 1955 brought about a radical outward change in *Health Rays*. As described in the Editorial Comment of that issue: "Since our problem was one of finances, it was obvious that in order for the magazine to survive production costs would have to be cut. And it was here that certain concessions had to be made, mainly with regard to space. You will notice that *Health Rays* now contains fewer pages and that the layout differs considerably from former issues. As concessions go, this was a painless one, affecting the quantity, but in no way altering the quality of the editorial content. The stock on which the magazine is printed (always important) remains the same, and while this issue is not necessarily the final format, we hope our readers approve the changes.

1956. The January issue presents the new cover for *Health Rays*, which has greeted readers ever since. The editor introduces it thus: "This month *Health Rays* makes its gesture to 1956 by appearing for the first time in its new permanent cover. We felt that after thirty-five years the original had seen its best days; consequently Dr. MacDonell (who, very fortunately, for *Health Rays* is no stranger to its pages) conceived the excellent new design. Lloyd Campbell, whose talent with a brush shows real promise, worked tirelessly and enthusiastically on the preliminary color sketches. The finished product reaches us thanks mainly to Mr. J. F. Crossan of

Kentville. Mr. Crossan, a commercial artist of note, gave his time, which is strictly limited, and his talent, which is note, most willingly and cheerfully, and it is he who prepared the final art work to meet the exacting specifications of the printer".

In the June-July issue a new feature was added to the pages of *Health Rays*, The Sanatorium Cracker Barrel, which was written by the Medical Superintendent, Dr. Hiltz. It opens with this explanatory paragraph: "It is to be hoped that ye Editor may permit the *Cracker Barrel* to appear between the covers of *Health Rays* with a reasonable and decent degree of regularity."

"It is proposed to present in the *Barrel*, short topics which may be of general interest." The Cracker Barrel continued as a regular and popular feature of *Health Rays* until the untimely death of the writer in March 1969.

The August issue describes a retirement party given to honor Mr. James F. Durno, who was leaving the Sanatorium after twenty-three years as Business Manager. A familiar figure, striding about the grounds, hailing by name almost everyone he might meet, and always with some amusing story of earlier days in Kings County, Mr. Durno was much missed.

Another retirement party, and a name that will evoke memories in many Old Timers: Miss Vona MacDonald said: "Number, please" at the San switchboard for the last time on June 2. Vona had been patient and staff for thirty years, a small but mighty figure in San life during all that time.

In September the masthead changes again, to bear the name of John (Bun) Akin, Business Manager, and John O'Leary, Subscription Manager.

1957 — The staff list shows eight full-time doctors on strength, with seven consultants — business was booming in those days of larger patient counts, and shorter patient stays. The Cracker Barrel gives more enlightening statistics:

"Five years ago we had in Nova Scotia 1200 active treatment beds for the care of the tuberculous. Today, approximately one quarter of these have been closed either temporarily or permanently. These facts are cause for rejoicing. Yes, but not complacency".

Yet another job fails to find a "patient worker" — as with the editor of *Health Rays*, so with the operator of Station S.A.N., one must be brought in "from the outside". Mrs. Rosalie Lacey was appointed full time Radio Operator and Assistant Librarian, and a new feature for *Health Rays*, "On the Air", is born.

In February a picture of genial and popular Dr. Clarence Young accompanies his farewell message, as he leaves the San. to take charge of Point Edward Hospital, Sydney. And in April, another staff physician says farewell, when Dr. Ron Bedford joins Dr. Young at Point Edward.

Remember the valiant but unsuccessful Hungarian uprising in 1956? Canada took her quota of fleeing refugees, hundreds of them entering through the port of Halifax. There had been certainly no time or opportunity for checking for Tb. when they left their homeland. Dr. Hiltz, along with other chest specialists, spent long hours reading x-rays and examining the arrivals in Halifax. A number were found to be suffering from tuberculosis, and were admitted to the Sanatorium, where they and the San. personnel wrestled with the multiple problems of shock, loneliness and language barrier. And for a number of months Dr. Frank Ozvegy, who with his wife had fled from Hungary, was a resident physician at the San.

Articles on the perils from cigarette smoking are now appearing regularly in *Health Rays* columns, but so do tempting cigarette ads!

In July the name of Dr. G. A. Kloss is listed with the Sanatorium doctors, which means this is a twentieth an-

niversary for the popular doctor this year.

The October issue carries a picture of one of the San's all-time great friends. The accompanying write-up commences thus: "The identification under this picture is the most superfluous line in the magazine", and how true that was. The caption read: "Very Reverend J. H. Durney", and certainly everyone in and around the San. knew well that smiling face. (Even as this is written, February 25, 1977, the beloved chaplain, Father Durney, is being laid to rest.)

The November issue devotes almost two pages to the story of the annual Hallowe'en party. What parties those were! with the brilliant skits and incredible costumes, which gave the panel of judges, in this case Anne-Marie Belliveau, Don Brown and Bob Ferguson, endless trouble with their decisions.

January 1958 opens with an article by F. G. Barrett, then Director of Rehabilitation at the San., entitled "Beginning Again", and these everlasting truths of curing and rehabilitation are stated: "Your cure depends upon you more than upon anyone else. Your rehabilitation to a useful and happy life depends upon you more than upon anyone else. These "wonders" happened long before there were drugs, modern surgery and rehabilitation facilities."

A good time here to speak of that valued institution, the monthly San. card parties, which were started back in the dim annals of San. history (they were going strong in 1933 when this writer joined the San. patient body). Faithful and friendly organizations took turns sponsoring the parties, such as the Holy Name Society of St. Joseph's church, the I.O.D.E., the United Church Men, the Catholic Women's League, etc. and etc., and if no sponsor appeared, the Rehab. Dept. ran the show.

April 1958, and television has come to the San. — "invaded" is the word used in

the Cracker Barrel, which gives sincere thanks to organizations and individuals through whose efforts four sets were already in use.

Another retirement in mid-summer: Miss Adelaide Munro, R.N. had been Superintendent of Nurses for eleven years, during which time she introduced the training program for Nursing Assistants and also the affiliation courses for nurses training at other hospitals.

This note from San Activities for September: "We are pleased to report that Hector MacKean has completed his two-year Extension Course for Medical Record Librarians, and passed successfully, following a period of training at St. Michael's Hospital, Toronto." Hector is still in charge of Records here, and is our unflinching source of all knowledge.

The Cracker Barrel in November tells of the construction of a new greenhouse a short distance back of the West Infirmary — more scope for Bob Middleton, the San's creative gardener, in his unceasing efforts to make the grounds a beauty spot in summer.

January 1959 issue records one of the nicest gestures that had occurred during a Christmas season of much goodwill. Students of Cornwallis Regional High School had forgone buying gifts for each other, and had pooled their money, which reached the astonishing sum of \$125.00. This amount was presented to the Sanatorium, with the request that it be used to provide new junior literature for the San library. A fine selection of books was made, and the younger patients enjoyed and benefitted from this inspired gift.

An article entitled "Superintendent Honored" tells of the election of Dr. Hiltz as President of The Canadian Tuberculosis Association.

In July is an account of the loss by fire of yet another of the old wooden pavilions, this time No. 5, on the Hill. No

one was injured, and personal loss was small.

In August the Sanatorium staff list carried the name of Dr. E. W. Crossan for the first time. As a specialist in internal medicine, he served well and was loved well, until his sudden death in July 1974.

And Mrs. Hope Mack's name appears as Superintendent of Nurses. This was not Mrs. Mack's first term of duty at the San. In the '30's she was a charge nurse, and later was acting Superintendent of Nurses. During the interval between the departure of Miss Munro and the appointment of Mrs. Mack, the capable guiding hand in the Nursing Department was that of Miss Madeline Spence, R.N.

The November Cracker Barrel tells of far travels for Dr. Hiltz in his capacity as president of the C.T.A. He attended the conference of the International Union Against Tuberculosis in Istanbul, Turkey, and then went on to Israel, to represent Canada at the Israel College of Chest Physicians. Dr. Hiltz concludes with these words: "The meetings stimulated much good discussion, but one returns home feeling that we have all the tools right here to control tuberculosis in Nova Scotia".

In November the Children's Section was opened in the Women's Annex. All children under 15 were housed there, and it had a very favorable effect upon the school work and play time of these youngsters.

1960, and on the February masthead what do we see? — Managing Editor: Eileen M. Hiltz! Betty Mulloney having retired in January, after five years as editor, the well-known stopgap is trotted out once more to plug the hole. With wry humor she comments: "This month sees a change in names on the masthead above, and listed as editor is a name which has appeared there off and on, in one form or another, for the past twenty-six years". Rosalie Lacey takes over Betty's duties as Librarian, but still

(Continued on Page 58)

“CORNERS” FOR THE SPIRIT

Conscious that the whole man is made up of many components, the early editors in their wisdom saw the need to treat his mental and spiritual sides as well as the physical. To this end, a feature was begun in the April 1921 issue of *The X-Ray* entitled “Optimists Corner”. Poems of an inspirational nature, short spiritual comments and prayers filled this “Corner”. It was continued until 1926.

There then occurred a lapse in the magazine of any defined spiritual feature until 1934, when the “Quiet Corner” appeared over the initials “M.J.L.”. Reverend Michael J. Laba, a Roman Catholic priest, and patient at the Sanatorium, felt the need for a revival of spiritual expression in *Health Rays*. He began the “Quiet Corner”, which he introduced as “. . . a simple exposition of certain fundamental truths that we are frequently questioned about . . .”. These truths dealt with God’s creation of man, and the relationship that followed between God and man. The word “simple”, however, was in no way applicable to the profound theological essays that constituted the “Quiet Corner”. This column Father Laba carried on faithfully until October 1935, when, his health restored, he left the San.

With the cessation of the “Quiet Corner”, once again there was no definite department devoted to matters spiritual, except for the Christmas issue, which traditionally carried seasonal message from the clergy of the Kentville Churches. These busy incumbents of the local churches found time to make fairly regular visits to the Sanatorium to minister to the spiritual needs of patients, whom they regarded as a part of their flock. Eventually churches began to appoint official visitors to carry out the Sanatorium visitations, and so ease the burden on their clergy. In recognition of this needed service, in

January 1949 *Health Rays* printed, along with the Staff register, a “Church Affiliation” listing as a regular feature of each issue. Thus in a small way came about the origin of the Chaplaincy Service, which has played a vital role in fulfillment of the healing function of the Sanatorium ever since.

We now come to that familiar department of the magazine which bore the name, “Chaplain’s Corner”. This third “Corner”, begun in January 1949, endured to the end of the *Health Rays* era. Its first contributor was Miss Ruth E. Woodworth, a dedicated lay visitor for the Baptist church. The last appearance of a “Chaplain’s Corner”, in November 1976, could hardly be more appropriate. It was written by Mgrs. J. H. Durney, in an article originally appearing in *The Veteran*, from Camp Hill Hospital, Halifax, where Mgrs. Durney ended his long life of spiritual service. Much of this life-time service, and perhaps the happiest part of it, was spent in and about the Sanatorium.

To list the names of all contributors to the “Chaplain’s Corner” during its twenty-six years of existence would make over-long this necessarily brief summation. May a one-time editor state, as a tribute to all those numberless writers, that the “Chaplain’s Corner” was one department for which an editor could count on willing and gracious response to his appeal. This attitude, together with the quality of the articles contributed, demonstrated beyond question the earnest desire of the writers to bring spiritual help to Sanatorium patients through the columns of their magazine.

As we grow older we flatter ourselves that we are leaving our vices, whereas it is our vices that are leaving us.

SANATORIUM INFIRMARIES



The original Provincial Sanatorium, built in 1904; later remodelled and used as the Women's Annex.



The West (Old) Infirmary, built in 1917.



The East (New) Infirmary, opened in 1932.

A REVIEW OF THE QUESTION BOX

Down through the years, one of the most popular items in the monthly magazine was the Question Box. Beginning when he first became Medical Superintendent in 1910, Dr. A. F. Miller made it a policy to keep patients fully informed about the nature of their illness. This policy was continued by his associates and his successors, and the Question Box constituted a very effective method of patient education. For the first 30 years, questions dealt almost exclusively with tuberculosis but, after 1951, as more and more individuals with nontuberculous lung disease were admitted, increased interest was expressed in such conditions as lung cancer, bronchiectasis, chronic bronchitis, emphysema, and sarcoidosis.

In the early days of the magazine, the questions were usually referred to Dr. A. F. Miller and, if so, the Question Box bears his byline. In some cases, however, the author of the replies is not indicated. In the later editions, all the Sanatorium physicians became involved.

The following questions are representative and have been selected after reviewing every issue of the magazine from 1921 to 1976. (J. J. Quinlan, M.D., Surgeon, Miller Hospital.)

- Q. Is it advisable for a patient who has Tb. only in one lung to lie on the affected side? (November 1921)
- A. Possibly it is. Some physicians claim to have good results from keeping such patients lying down on the affected side. Lying in this position, the diseased lung gets partial rest.
- Q. What are the first symptoms of tuberculous meningitis? Is it curable? If not, what is the average length of time a person can survive with it? (September 1922)
- A. We disapprove of patients studying symptoms or dwelling upon thoughts of disease. If the person who asks this question will come to the Superintendent's office he will receive the information in private, but we do not feel that *The X-ray* is the place for description of symptoms. We may state, however, that symptoms in tuberculous meningitis are dependent upon irritation of the nerves, and consequently vary in different cases. The disease is generally considered incurable. Its duration is usually from two to four weeks.
- Q. In what way are eggs most beneficial — raw, lightly boiled, or fried; and how many, at most, should be used per day? (October 1922)
- A. It is not wise to be too dogmatic and to set fixed rules in such matters as this. In general, soft-boiled or poached eggs are better than fried or raw ones. And the use of too many eggs may have a detrimental effect, overbalancing the amount of protein in the diet. Many patients do well without any, or with only one egg or two at breakfast. The swallowing of three, or more raw eggs a day as an aid in curing tuberculosis, has been generally given up.
- Q. Some German clinicians advocate the use of silicon preparations in the healing of tuberculosis lesions. What is your view of, or is there evidence to support this hypothesis? (January 1923)
- A. In the medical literature (international) coming to our desk we have found the report upon experiments with silicates in tuberculosis not such as would encourage us to try them.
- Q. Are surgical artificial pneumothorax operations successful and are there many being done? (February 1923)
- A. The operations to which you probably

refer is that of rib resection, by which compression of the lung is produced in some cases. This operation is known as "thoracoplasty" and is not, strictly speaking, an induction of pneumothorax. The term "pneumothorax" is used when the lung is compressed by air in the thorax. Thoracoplastic operations are more common than they were a few years ago, and results are, in a few cases, encouraging. This operation, however, is not resorted to in any case in which the induction of pneumothorax is possible. And it should be undertaken only by a surgeon especially skilled in the surgery of the chest.

- Q. Does a rise in temperature of a degree after eating indicate any Tb activity, or merely indigestion? (September 1923)
- A. It may be due to indigestion.
- Q. Is the milk sold to the public of Nova Scotia pasteurized, thus destroying any tuberculosis bacilli that may be in it? (August 1924)
- A. Generally speaking the milk sold to the public of Nova Scotia is not pasteurized.
- Q. In case of a tuberculous patient where emaciation is considerable and after taking the cure he begins to put on flesh, why is it that there is rarely any deposited on the chest? (May 1925)
- A. Your observations are hardly correct. As a patient gains in weight, a certain proportion of it is deposited on the chest, though rarely are such deposits of fat laid down there as, for instance, on the abdominal wall.
- Q. In a case of pulmonary tuberculosis where there is a small cavity in one lung, there is also a small flushed spot on the cheek of the same side; is this flush caused by the cavity and will it disappear if the cavity heals? (December 1925)
- A. The flushed spot seen on the cheek on the most diseased side is not caused by the cavity of itself, but is due to active pulmonary disease. This usually disappears as healing takes place.
- Q. In tuberculous people are pimples on the skin due to the tuberculosis in the lungs, or are they due to other causes? (May 1926)
- A. Pimples on the skin are not the result of tuberculosis in the lungs but are due to other causes.
- Q. Is it advisable for a tuberculosis patient in the fall months to toughen himself in readiness for winter by "curing" in chair or bed with as few blankets and clothes as possible, thus spending most of his time in a cold and miserable state, or should he keep putting on more wrappers till he is comfortable and "take a chance" on his being soft when the zero weather comes? (October 1926)
- A. It is best, at all times, to have as little clothing and covering on the body as is possible without being chilled. On the other hand, it is never good to get chilled. One should certainly try to accustom oneself to cold air, and avoid weighty piles of cover. In the hardening process, cold sponge baths and the wearing of the right kind of clothing are important measures.
- Q. Does positive sputum necessarily mean active trouble in the lungs? (January-February 1930)
- A. A positive sputum without other signs of activity is usually not indicative of an active process in the lungs.
- Q. Can any significance be attached to the time it takes a culture to show growth? (March 1955)
- A. Probably not. A person whose tubercle bacilli grow in four weeks is no more strongly positive or infective than the person whose tubercle bacilli do not show a good growth until six weeks. Next spring, a farmer who plants potatoes may find that they come up much faster than they did

last spring due to differences in temperature of the air, moisture present, and possible changes in the soil. The same factors control the growth of bacteria and even a slight change in the culture medium or in the temperature of it may hasten or retard its growth.

- Q. Why do so few of the newer patients take pneumo when several years ago practically all did? (September 1955)
- A. Pneumothorax was a very good form of treatment for certain types of lesion, particularly those confined to a small area of a lung and containing small cavity. In a significant number of persons though, adhesions interfered with obtaining an effective collapse of the lung, and complicating pleural effusion and emphysema were fairly frequent. In addition it was a long-term form of treatment, averaging three years, with refills every two weeks or so, which meant considerable inconvenience for many patients. Finally, the results of treatment were not always satisfactory and reactivations occurred all too frequently following re-expansion.
- Q. How long must the average patient take drugs before surgery can be performed? (February 1958)
- A. There is no average time limit for drug treatment before surgery. It depends on many factors such as the individual patient, how well he takes the cure, the amount of disease, and the virulence of tubercle bacilli. Generally speaking, bed rest and drug treatment should be continued until the patient's X-ray does not reveal any appreciable change for at least three months, which indicates that the disease has stabilized and the patient should be ready for surgery.
- Q. What is the mediastinum? (April 1958)
- A. The mediastinum is the important space between the left and right lungs. It is occupied by the heart and

the large vessels leading to and from the heart. It also contains the esophagus or the tube through which food passes from the mouth to the stomach and the trachea or wind pipe that leads to the lungs.

- Q. What is erythema nodosum, and what is the cause? (May-June 1958)
- A. Erythema nodosum consists of a few reddish blue, oval shaped, tender nodules embedded in the skin, mostly in the skin of the legs and arms. The exact cause is unknown but it is regarded as an allergic reaction to conditions such as tuberculosis, rheumatic fever, sarcoidosis, or even drug sensitivity.
- Q. Is the Mantoux test generally preferred to the patch test? (July 1958)
- A. Yes. The Mantoux test which is performed by actual injection of tuberculin into the skin is considered to be a more accurate test.
- Q. What is mycobacteriosis? (December 1970)
- A. Mycobacteriosis is a term applied to a disease of the lungs which is identical to tuberculosis but is caused by a so-called atypical acid fast bacillus. These germs which have the same staining qualities as the more common tubercle bacillus are, however, easily differentiated in the laboratory because of the cultural characteristics and the reaction to other tests. Mycobacteriosis responds very poorly to treatment with the usual antituberculosis drugs, and lung resection is indicated much more often in this type of disease. The disease has a very low infectivity and not too much is known as to how it spreads from person to person.
- “Ed. Note: This page affords an excellent opportunity for readers to secure expert medical advice on their health queries without cost. Do not hesitate to send in questions — we welcome them. Address “The X-Ray Magazine, Kentville, N.S.” (June - July 1926 issue).

HEALTH RAYS THROUGH THE YEARS

(CONTINUED)

retaining her position as Radio Operator, and she is assisted in the library by Curtis Gaul, who distributes books to the Hill pavilions, and by Peggy MacEachern, who does likewise for the East Infirmary.

All new editors (and even reconditioned old ones) start out with rash promises of original material to appear. This time the valiant effort was centred on having sketches of San personalities and features. In March appeared "Introducing Mrs. Mack": April followed with "This is Station S.A.N."; July-August offered "Charlie Bush — Sanatorium Friend". Charlie Bush! that name will revive memories for hundreds of San people past and present — of the sightless man who visited so faithfully at the San for so many years; whose cheery outlook from so circumscribed a life was testimony to his devotion to God.

The first ever, I think, visit of the Lieutenant Governor to the San occurred in June when Hon. E. C. Plow and Mrs. Plow toured buildings to greet patients, topping off with tea at a reception in the Dormitory.

San romances culminating in the marriage were more the order of the day than a novelty, but history was made in October when the marriage actually took place right at the Sanatorium. The bride was Mrs. Jessie Burchell, *Health Rays'* own Subscription Manager, and the groom was Mr. Fred Corsbie, a San personality for many years, working in various capacities, chiefly as pharmacist. The ceremony took place in the Sanatorium chapel, performed by Dr. Seeley, United Church chaplain, with Dr. Hiltz giving the bride away. A reception was held upstairs in the Recreation Hall, when the many friends of the bridal couple tendered their best wishes.

The November issue was devoted largely to an important event at the

Sanatorium, the opening of Miller Hall. The Ministers of Health and of Works were on hand for the impressive ceremony, but the star of the evening was Dr. A. F. Miller. In his reply to the many tributes made to him, Dr. Miller, always a speaker *par excellence*, reviewed the life of the Sanatorium from its earliest days. The Editorial Comment put all together thus: "It is very appropriate that the first building on the Sanatorium grounds to bear the name of a person should be called 'Miller Hall'. In so doing, honor is paid to a man whose lifetime was largely spent in building the Nova Scotia Sanatorium into an institution of credit and renown, one that stands in the forefront with any hospital for the treatment of tuberculosis across Canada".

1961. The January issue as usual gave account of Christmas activities. Among other pleasing features was organ music, played by talented local musicians on the electric organ which had been installed in Miller Hall, and which was piped to loud speakers in the East Infirmary.

Two pages of the March issue are taken up with an account of the graduation exercises of the Nursing Assistants class. 15 in all were graduated, adding to the grand total of almost 200 who had been graduated from the San. since the course was started in 1948.

A fine article by a recognized authority on tuberculosis and diabetes was contributed to the April issue. Dr. Helen Holden, from a study of 106 patients suffering from both diseases, offers encouragement and at the same time gives warning: ". . . the outlook of the tuberculous diabetic has improved considerably of recent years especially since the advent of antituberculosis drug therapy. However both conditions require prompt and thorough treatment."

A two-day sale of handcraft work by San patients at Rockwell's Ltd. Those were the days when instruction in leather, foam plastic, woodwork and weaving was given, and remarkable and beautiful articles were created.

Spring Convocations honor two well-known San Old Timers. Dalhousie confers a Doctor of Laws on John P. Martin, fondly known for many years at the San as "J. P.". J. P., stricken in 1926 as a very young man, and so close to death that he was given the last rites of his Church, took the only known cure, bed rest, so faithfully that he survived to lead a long and active life. In his "patient days" he contributed to the columns of *Health Rays* with wit and humor. And note is made in the June issue of an honorary degree being conferred by Mount Allison on Kenneth S. Wyatt, as follows: "It is of interest to us at the Sanatorium to know that Dr. Wyatt had been at one time a patient here. During that time, July 1926 to May 1927, he was editor of the Sanatorium magazine, then known as *The X-Ray*. Indeed, it was during Ken Wyatt's term of office that the name of the magazine was changed to *Health Rays*."

G.G. — Past and Present" is a sketch of a very favorite Old Timer. G. G. Harris, whom so many will remember as head x-ray technician at the San. since 1933. G. G. had come to the San. in 1922, a very sick man, who also cured faithfully and well. While a patient he served as Business Manager of the San. mag. and the editor of the day had this to say of him: "G. G. has taken an active part in every phase of Sanatorium life. Not only was he a diligent and conscientious caretaker, but the nucleus around which every forward movement for the benefit of the patients took its start".

And this issue sees the reinstatement of a popular feature which had fallen off for some time — "The Question Box", reappears, with Dr. J. J. giving his wise answers.

A forward step by *Health Rays*

management! As stated in The Cracker Barrel: "It is good to be able to announce that *Health Rays* magazine has embarked upon a new policy of providing, free of charge, one copy of each issue to each patient at the Sanatorium on publication day . . . We wish to thank the Canteen for having made this service possible. The subscription to all others remains the same. \$1 per year, and in this connection, a new name appears on the H.R. masthead: Subscription Manager: Steve E. Mullin." Steve saw to it that homebound patients would keep in touch by having *Health Rays* arrive monthly.

Another of H.R. staff made news in October: the picture of a happy young couple about to cut their wedding cake. Another San romance, when Bessie Adams, one of the switchboard gals, and John "Bun" Akin, of the Business Office and H.R.'s efficient Business Manager, were united in marriage, on September 9th. We are happy to report that Bun and Bessie, with daughter Denise, still reside in Kentville, and that Bun still serves as our business manager, along with increasing responsibilities with the Kentville Hospital Association.

And in the November issue, wedding bells ring again, on September 9th — this time it is Don Brown of the Rehab. Department then, now Director of Rehabilitation and also Editor of *Health Rays*, who takes a bride. She is Miss Vera Oates, of Halifax and Newfoundland. They, too, still reside in Kentville. with two charming little daughters.

January-February 1962 saw a change in *Health Rays* Management. As stated in the Editorial Comment: "The beginning of a new year is appropriately a time for changes. In keeping with the custom, *Health Rays* takes a new editor. On January 15 Mrs. May Smith of Wolfville came to the Sanatorium to assume a double-barrelled duty, as editor and assistant librarian". May Smith, though never a patient herself, was well acquainted with the Sanatorium and its work, her husband

having been a patient here for two years in the 1950's.

In the March issue are accounts of a tea and banquet held in honor of Mrs. Donald White. Mrs. Donald White? None other than one of the San's most popular ever nurses, Edna Mae Downie, the O.R. supervisor for many years.

"The History of Chest Surgery" is the featured article in May, written by the San's dedicated surgeon, Dr. Quinlan. The opening sentence shows where Dr. J. J.'s heart lies: "The story of surgery is a fascinating one and its most thrilling chapter deals with the history of surgery of the chest". So thoroughly does he go into the subject that the article continues through three more issues.

The June "Cracker Barrel" tells of the closing of another Hill pavilion — No. 7

this time. The patients are accommodated in empty beds of the West Infirmary.

Four and a quarter pages of the September magazine are taken up to list the scientific papers published by staff members of the Nova Scotia Sanatorium. The first listed is "Benefits of a Sanatorium to a Community", by Dr. A. F. Miller, 1912; the last, and 91st, is "Pulmonary Resection for Tuberculosis: a Review of 1257 Operations", by Drs. J. J. Quinlan, V. D. Schaffner, G. A. Kloss and J. E. Hiltz, 1962.

A picture in the November issue would stir memories of any Old Timer since 1920! It is of Austin Amirault, gazing out at us philosophically over the ever-present pipe. The caption reads, "San Postmaster since 1931."

This evening I was able to put together a little poem, which is an appreciation not only of Dr. Miller, but of orderlies like Leo Johnson, maids like Katie O'Handley, nurses like Miss Neilly, editors like Harold Miller, patients like Pat McEvoy and "Scottie" O'Donnell — and the hundreds more who made life worth while for all who loved the San. Love it, we did, because there was so much love shown by so many that only in Heaven shall we be able to recall them all . . .

OUR LITTLE EFFORTS

Our lives are little efforts made in
vain,
Or, so it seems, as day draws to a close
And what appeared worth while is now
forgot,
Or held with some regret as time ill
spent
In hot pursuit of all that mattered not.
But should we be so hard upon ourselves
When we perceive the greater things
well done

By men who learned a little from our
faults,
Who gathered up the fragments we had
dropped
And set them to one side in common
vaults?
No little effort can indeed be vain
If men recall that each is but a part
Of that vast plan to which he gave his
mite,
And though he seemed to fail he left a
trace
Long after he had vanished out of sight.

Peter A. Nearing



Peter Nearing, 1935

OLD TIMERS

By Anne Marie Belliveau

It is not without a bit of sadness that I begin my last "Old Timers" column. It has been a means of keeping in touch with the many friends we patients made while here "on the cure", and it will be missed by many, I am sure.

Starting off with some old timers of the 1930's, Vi Silver was telling me that she had an enjoyable visit with Vi Johnson (formerly Hartling) of East Hartford, Connecticut, who was visiting in Oyster Pond, Halifax County, last summer. Lois Campbell (formerly Spencer) went with Vi and they spent three days with her. The three ladies were here in the early 1930's and had much on which to get caught up. Vi Silver looked exceptionally well and had just returned from a trip to the West Coast. She will be remembered by many, not only from the 1930's, but from the 1950 era when she worked in the Rehabilitation Department as a hand-crafts instructress.

Mildred Salter was in for a check-up in January. She still lives with her mother in Hantsport and works as a secretary at Minas Basin Pulp and Paper Company. She and I were roommates in 1948. Another old timer from Hantsport and one who works for the same company is Carl Peach. I happened to run into him and his wife at the shopping centre in New Minas.

Joan Walker who was a patient here in the early 1940's and who worked on the secretarial staff until her retirement last year, still keeps in touch. She lives with her sister, Dorothy, in their lovely chalet-type home in a picturesque setting — the Centreville mountain — which has a similar view to that of the Look-Off. The scenery is beautiful year around and is appreciated, not only by Joan and Dorothy but by their many friends. Joan has not kept idle since her retirement — she took a course in Canadian History at Acadia University,

attended woodworking and French polishing classes, she still does some sewing and, if she ever finds the time, she will go back to painting.

Another popular expatiant and exstaff member, Helen McKinnon (formerly Littlewood) keeps well. She and Al (also an expatiant and exstaff member) live on Lynwood Avenue in Kentville. Gardening is Helen's favorite hobby, and she is still a kind neighbor, much as she was in the "Old R-K Ranch" in the Annex! A welcome and frequent visitor to their place is Austin Amirault. The last Old Timers column would not be complete without mentioning Austin who came to the San in 1923 and worked in the Business Office for 45 years before retiring in 1967. He now makes his home in Coldbrook but still visits his former home in West Pubnico.

Hector McKean, our Medical Records Librarian, gave me a clipping from The Maritime Co-Operator which contained a photo of Darrell O'Pray with the caption that Darrell had been promoted to advertising supervisor for Maritime Co-Operative Services. Darrell was here in 1972 and makes his home in Pictou.

Speaking of Hector, he and Gladys celebrated their 21st wedding anniversary in February. Theirs was a San romance. As mentioned above, Hector is our Medical Records Librarian, while Gladys (formerly Eldridge) is our congenial nurse in charge of the Out-patient Department. Another couple who will be celebrating their 21st wedding anniversary this year and who met while on the cure are Joe and Hazel LeFave who make their home in New Minas. Hazel works in the Medical Records Department, while Joe works in the Business Office. Joe was our Postmaster for many years before the Post Office closed down in 1971.

Frances Sweete (formerly Elliott)

formerly of Amherst who was here in 1950, dropped in for a short visit in March. She is as vivacious as ever! She now lives in Oxford, N.S.

Wally Burgess, who will be remembered by many for his poems and photography, reported for his regular check-up recently. Wally came here as a patient in 1960 and now makes his home in Kentville.

Grace Adams of Masstown, Colchester County, spent a few days with me and Mrs. Campbell in April. Grace is a "graduate of the 1951 Class" and worked in the Nursing Office before retiring in 1971. She is busy as she takes an active part in church organizations and other community activities. As for Mrs. Campbell, many readers will remember her as the Sewing Teacher who so kindly brought along some of her home-baked goodies to the patients on her visits. I can still remember those Parker House rolls! She informs me that her niece, Phoebe (nee Wellwood) and her husband, Harold MacKinnon, are well. The MacKinnons make their home in Coral Gables, Florida, where Harold is Director of Nursing at the hospital. Theirs, too, was a San romance.

Beulah Trask retired recently after having been employed as a switchboard operator for 26 years. Beulah will be remembered by many, as she first came to the Sanatorium in 1937. She is now living in Pleasantville, Lunenburg County. Another well-known operator, Peggy MacEachern, keeps well. She, too, came here in the 1930's.

Anyone who ate his or her meals in the dining room will remember Carrie Gillis who worked there for many years. After her retirement in 1966, she lived in the Kentville area until April 1977, when she moved to Malignant Cove, Antigonish County, where she will live with her niece. Our best wishes go with you, Carrie!

Pat Comeau of Lower Saulnierville who was here in 1949 dropped in for a visit in April. Pat, who owns a bar-

bershop, is semi-retired now and looks extremely well.

On my way back from Truro recently, I stopped in at the Indian handcrafts show and was surprised to find that the owner is none other than Basil Peters who was a patient here in 1946. He was only 13 years old then and said how unfortunate it was that the Rehabilitation Centre had not yet started at the time. He told me that his brother, Leo, is doing well and is working in electronics in Dartmouth.

Our thanks to Anne-Marie Belliveau for the above notes. Over the years we have been indebted to her for either writing the Old Timers column, or contributing faithfully to it.

We have some notes, too, from Miss Marguerite B. MacLeod, written during the latter part of January. Quoting from part of her letter: "I am sure that most "Old Timers" are sorry to see Health Rays fold. Not only was it a link with the San and its wonderful work, but it also kept ex-patients, scattered to all points of the compass, in touch with one another, in a sort of way.

"I am most grateful for the privilege of being closely associated with the little magazine for a few years; also, that I knew it well as a patient many years ago. Of course, I shall miss it! Kindest and best regards to all."

The following are the notes provided by Marguerite:

Joan (Daurie) McCarthy, formerly of Clearland, Lunenburg County, has lived in Nottingham, England, since her marriage several years ago. During that time Joan has seen quite a lot of Europe. Last summer she and her husband vacationed in Spain, and enjoyed many of the delights of that country. In October Joan flew over to Paris for a day of sight-seeing. Joan works part time and she and her husband have quite a bit of social life. She hopes to get to Nova Scotia for a visit sometime this year.

Ada Church (Collicut) of Martock keeps reasonably well, and is a busy wife and mother. Her Christmas was saddened by the death of a brother around that time.

Anne LeBlanc, formerly of Grosses Coques, now of Halifax, is well and working again after surgery in September. Her older son is working for the "Federation Acadien"; her younger is a student at St. Anne's College.

Catherine (Mitchell) Tucker, formerly of Inglewood, has resided in Framingham, Mass., for some years now. The Tuckers did not get to Nova Scotia this past year as they bought a home — an old two-family house, which they are renovating themselves. They are renting one apartment.

Dorothy (Hubbard) Muise of Yarmouth has again undergone treatment for arthritis at the V.G. Hospital. When Dorothy wrote just before Christmas she was home and feeling much better.

When Anne (Bower) Hogg of Baccaro wrote her Christmas letter she was recovering from a bout with pneumonia. Anne is very sad over the coming demise of *Health Rays*.

Evelyn Hiltz of Chester is always busy. Her family tree project is very much alive, and her "digging" has unearthed relatives in different parts of the United States whom she did not know about. Some of them have even visited her.

Earl Gerhardt of Liverpool sold his taxi business a few months ago. Because of his dependableness, Earl is missed by a large clientele.

Miss Smaida Asenicks, a Latvian Nurse who was on the staff of Roseway Hospital after World War II, owns a home in Toronto, in which city she still follows her profession. Last summer she had a wonderful vacation in Switzerland, and sent some pictures taken there.

Mrs. Wilda Marcotte, C.N.A., of Tatamagouche, formerly of the San

staff, writes that she will miss *Health Rays* very much.

Thank you, Marguerite. Now, it is time to close out our final Old Timers column. We wish to express our thanks to readers who have made this column interesting by sending us notes from time to time, and we know from your comments that you have enjoyed keeping in touch in this way. In closing, our very best wishes to all of you.

TRIBUTE TO A DOG

Last month death removed a familiar figure from the Sanatorium scene. "Rags" is no more.

Rags came to Kentville in wartime as the mascot of the battalion of the Black Watch from Montreal. When the war ended and his soldiers were moved away, Rags was left behind, and somehow he found and adopted the Sanatorium. For the next thirteen years his shaggy white form was an everyday sight trotting about the grounds, radiating sociability towards anyone he met. He had owners, who lived in Meadowview, but for Rags, home was where his heart was, and that was the Sanatorium.

In the latter years old age dealt hardly with Rags. His once white coat hung in filthy tatters and deafness had overtaken him, but his kindly spirit was undimmed, and the same fond light shone in his faithful eyes. To the last he was a true friend and a perfect gentleman.

Health Rays, February 1960

Two middle-aged women, who rented a summer cottage, were dismayed by its isolation. After a few frightened nights, they paid the old man who did the odd jobs to sleep in a shed near their door each night. The next summer they took the place again and went to look up the old man. At his cottage they found a sign posted: "Wood got, odd jobs done. Narvus wimmen slept with".



Pavilion patients, 1945. Puzzle: Find Joe LeFave.



A happy gathering on Pavilion 2 steps, 1951. Puzzle: Find Anne Marie.



San Picnic, 1970, at Research Station, Kentville.

HEALTH RAYS THROUGH THE YEARS

By Donald M. Brown

At this point in the History of Health Rays Eileen Hiltz has left us for a needed holiday and your present Editor, Don Brown, is picking up the thread, or sequence, of the story. So, on with the chronicle:

The December issue contains a number of items of interest. In the "Cracker Barrel" Dr. Hiltz pays tribute to the late Rev. Dr. W. R. Seeley, United Church Chaplain at the San, who was held in high regard by all. He died on November 14, two days before his seventy-sixth birthday.

Dr. J. J. Quinlan is honoured by Lieutenant Governor E. C. Plow with a St. John's Ambulance award. At the same ceremony, November 23, the Lieutenant Governor's Medal was presented to Douglas Lawrence, son of John Lawrence of our Medical Records. John had fairly recently transferred from patient status to Medical Records Librarian.

In the January 1963 issue, Dr. Hiltz informs us that floor two of Pavilion Six was closed for the Christmas holiday, with the hope that it would not be necessary to re-open it. Only sixty-nine patients were here on Christmas Day, and more than eighty were home on leave. It had been possible to discharge a number before the holiday, as well.

Also in January there is an article by Fred G. Barrett, then Director of Rehabilitation, entitled "Rehabilitation — Especially As Applied to the Tuberculous".

In the February issue is presented Part I of "The History of the Tuberculosis Work at Saranac Lake, N.Y.", by Edward L. Trudeau, M.D. The republication of the history is introduced by Dr. Hiltz with these words:

"Ninety years ago, Dr. Edward Livingstone Trudeau, who had developed tuberculosis, went into the

Adirondack wilderness to spend his last days. Miraculously, his health began to return. He then realized that what he could do, others could do likewise. His dreams were transformed into action, and so was founded the Adirondack Cottage Sanitarium, to become famous subsequently as "Trudeau Sanatorium at Saranac". Thirty years later, Dr. Trudeau told his story which bears repeating, and so is being reprinted in *Health Rays*. For the loan of this article we are indebted to Dr. A. F. Miller who cured with Dr. Trudeau and later returned to Nova Scotia to become Medical Superintendent of the Nova Scotia Sanatorium from 1910 to 1947. We have much cause to be thankful to those who paved the way for us who came later."

Dr. Eric M. Found, a popular member of the medical staff of the Sanatorium from 1937 to 1942, was honoured by Prince Edward Island as "Islander of the Year". His many friends were pleased to note that he was equally popular as Medical Superintendent of the Provincial Sanatorium in Charlottetown.

In the April issue we are informed that on the first of the month Roseway Hospital passed from the Department of Public Health to the Roseway Hospital Association. The first Chairman of the Board was Cecil Barrett, who had been most helpful in teaching woodworking there through the Rehab Department. Roseway Hospital had been turned over to the Department of Public Health from the Department of National Defence in 1946 and it was in October 1960 that the remaining tuberculous patients were discharged on medications or transferred to the San.

In the May "Cracker Barrel" there is a report that our Children's Annex has twenty patients between age two to

fourteen. This is considered the capacity of the Annex, and it is two years before the larger influx of young patients from Clare District.

In the same issue there is a letter from the late Dr. Florence J. Murray telling of her work in the Mission to Lepers in Korea. Dr. Murray was on the medical staff of the Nova Scotia Sanatorium in 1945-46, during one period when she had been forced to leave Korea.

In the July-August issue Dr. Hiltz presents an article, "Communications: Their Contribution to TB Control — Hospital Interdepartmental Relations", which he had prepared for presentation at an Institute in Tuberculosis Nursing in Montreal. We would all do well to refer to it once in awhile.

Among items of interest from the Rehab. Department report we see that our pottery department was just being discontinued and appreciation was being expressed to Mrs. Ruby Bleakney for her years of instruction. We see, also, that fifty-six patients have received academic instruction during this year, twenty-five of them being of school age.

September finds Dr. J. E. and Mrs. Eileen Hiltz away on a vacation and business trip through Europe, re-appearing in print in the December issue. In Dr. Hiltz's absence Dr. Helen Holden provides the column, "Pinch Hitting", in place of the "Cracker Barrel". Among the items covered we see that Mrs. Harriett Robertson has just retired and, as Dr. Holden says, "She will be remembered by many as the "streptomycin nurse" of several years ago and, more recently, as the medical section nurse". Mrs. Robertson is now at Bradford House, Ottawa, and was visited last year by Dr. Holden, we recall. Father Durney is being thanked for the five weeks of Sunday Drives which he so energetically arranged each summer with "an average of 37 persons going on each occasion".

The December issue finds the "Cracker Barrel" back in print with Dr.

Hiltz giving a brief sketch of the summer's experiences. They had attended the meeting of the International Union Against Tuberculosis in Rome, at which there were over three thousand delegates present from all over the world, including about one hundred from Canada. Dr. Hiltz says that one of the highlights of the trip was a trip to the mountain top in St. Anton, Austria, "on a narrow peak surrounded by hundreds of other peaks and glaciers as far as the eye could see. The majesty of nature is very apparent and very awesome from such a situation". Another highlight was a visit to Delphi in Greece. "Here, high in the mountains, was the temple of Apollo, the Oracle of Delphi, the ancient Greek theatre, the stadium, and ancient treasures, all over 2000 years old, once the centre of Greek culture, once the source of predictions from the gods, high on a hillside facing upon green valleys and distant mountains, with the very blue sky and a lone eagle soaring overhead. One's little problems and one's relatively short span of life seemed a little less significant when viewed from that height in space and that moment in time".

January 1964, and "Tuberculosis — A Progress Report" by Dr. Hiltz, Administrator of Tuberculosis Control Service, gives some sobering comments upon an apparent increase in the incidence of tuberculosis in Nova Scotia and, indeed, elsewhere as well. In the Province there were 291 patients in tuberculosis hospitals, 194 of whom were in this Sanatorium. Of 191 new cases of active tuberculosis reported up to the middle of November 1963, 42 were in children of fourteen years of age or younger, 28 were under ten years old, and 12 were under five years of age.

In February the "Cracker Barrel" makes reference to some early contributions in the fight against tuberculosis. "In 1911 and 1912 there appeared two editions of a book *Consumption: Its Cause, Prevention and Cure*, by Dr. George H. Cox, Literary Editor, and

John "Willie" MacLeod, Business Editor. The book was one of the great early efforts in Nova Scotia to promote interest in tuberculosis which, in 1911 caused the deaths of over 1100 Nova Scotians."

"And while we are reminiscing, Dr. A. F. Miller and Miss Jane Mortimer published, in 1921, a book, "The War on Tuberculosis". This, too was excellent. On page 144, there is the statement 'In Nova Scotia there are three sanatoria for the treatment of tuberculosis: The Nova Scotia Sanatorium, Our Lady of Lourdes Sanatorium, in Lourdes, Pictou County, and The Parker Hospital at Dartmouth for patients belonging to Halifax County. Accommodation for 31 patients. Rates, at least \$5.00 per week, except in needy cases, where special arrangements are sometimes made'."

In the "Cracker Barrel" for April we see that in March Pavilion 6 was closed. Earlier, we had noted reference to Pavilion 6 being made available for the use of members of the Department of Lands and Forests, and the first and second floor of the remainder of Pavilion 5 was being used by the Public Health Nurses.

Returning to the topic of early treatment centres for tuberculosis in Nova Scotia, Dr. J. P. Martin provided "some very excellent information on The Parker Hospital for Tuberculosis. We are also interested in information about the Highland View Sanatorium in Wolfville which was in operation around the year 1900 and Hazelhurst Hospital or Sanatorium which was in Halifax around the time of the First World War".

In April we also find a write-up on the Institute of Pastoral Training which was started in the summer of 1951 by Rev. Charles Taylor of Acadia University Divinity College. The Institute maintained close ties with the Nova Scotia Sanatorium from its beginning.

In the same issue there is an article, "The Evolution of the Nursing Assistant" by Robert E. MacKenzie,

R.N. He closes with these words: "The following quotation aptly describes what the general public desires in a nurse — 'The public wants a nurse morally as pure as their uniforms are white, but the same public is ready to pin on the whole profession the sins of any one nurse. They want a nurse as mentally alert as a top executive, with the physical stamina of a long distance runner and the physical charm of a cover girl. They expect devotion to duty that involves disdain for luxuries and readiness to fulfill the role of public servant'."

The June "Cracker Barrel" contains a number of items worthy of note: Miss Marilyn Barnes of our steno staff represented the town of Kentville as Apple Blossom Princess and was chosen Queen Annapolis the Thirty-second. Mrs. Hope Mack, R.N., was re-elected President of the Registered Nurses' Association of Nova Scotia. Mr. Fred G. Barratt, then Director of Rehabilitation, was elected President of the Nova Scotia Division of the Canadian Mental Health Association.

Dr. Hiltz writes that he is indebted to Dr. Lin Comeau, Kentville dentist, for making available to him a Sanatorium Scrap Book containing some to the following items: One, dated February 10, 1938, mentioned how Dr. A. F. Miller gave artificial pneumothorax to a patient in 1913. "This was the second case in Canada and the patient was alive and well in 1938." Dr. Hiltz continues, "Most of you will not know that this became quite an effective form of treatment. When I came to the Sanatorium in 1935 each physician would have fifteen or more such treatments to give every day, but in 1913 this was real pioneering."

An advertisement from the March 22, 1928 issue of the Kentville **Advertiser** promotes the movie "The 13th Juror" starring Walter Pidgeon who was here as a patient for a year in 1917-1918.

Also in the Scrap Book is the billing of a play presented in the Strand Theatre,

Kentville, December 1, 1920, with a musical program by the Sanatorium Orchestra under the direction of Mr. Eric Burrel who was then in charge of the Sanatorium laboratory.

A May 17, 1934, clipping indicated that Dr. A. A. Giffin was resigning from the Sanatorium staff to do postgraduate work in Montreal. New appointments to the medical staff as resident physicians were Dr. D. M. MacRae (Bronchoscopist here until sometime in 1976); and Dr. J. S. Robertson (now retired as Deputy Minister of Public Health). One of the new interns was Dr. E. M. Found, who was later to gain prominence as Medical Superintendent of the P.E.I. Sanatorium and Director of Tuberculosis Control Services for that province.

In the July issue Dr. Hiltz remarks on a copy of a program for an Historical Pageant of Nova Scotia held in the arena in Kentville on the occasion of the Second Apple Blossom Festival in 1934. The pageant covered the period 1603 to 1934 and was a very ambitious presentation, indeed.

In the same issue Dr. Hiltz notes that the tuberculosis service of the Halifax Health Centre closed in March 1964. "This ended an honourable and fruitful career which began first as the Hazelwood Hospital in January 1914 near the Northwest Arm, moving to the Halifax City Home area in the fall of the same year. It then moved to Dartmouth as the Parker Hospital in 1919 and in October 1921 was moved again to Morris Street, later to be named University Avenue in that section, as the Halifax Tuberculosis Hospital. This operated until some time in 1957 when the need for tuberculosis beds became less and the patients were transferred to the 26-bed Halifax Health Centre next door."

Also in the July issue is a tribute to Miss Mary Lyons, R.N., who served in the Provincial Sanatorium, Kentville, for about four years from its opening in 1904, with Miss Bertha Elliott who was the Superintendent. Miss Lyons became

a tireless worker in Halifax County with the Anti-tuberculosis League, visiting schools, holding public meetings, and making home visits. Then, in 1914, Hazelwood which was the beautiful residence of Dr. Flynn, on the Northwest Arm, was taken over and operated as a Sanatorium. Miss Lyons was appointed superintendent of that Institution. In September of the same year the patients were moved to a property on the City Home grounds, which they occupied throughout the four World War I years. They were then moved to the Parker Hospital, Dartmouth, the former summer home of the late Dr. Parker, father of Mrs. McCallum Grant (Mr. McCallum having been Lieutenant Governor of this Province). In October 1921 the Halifax Tuberculosis Hospital was opened and the patients transferred there, Miss Lyons with them as Superintendent.

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

From the August "Cracker Barrel" we see that four senior staff members have retired during the early summer months: Hubert Sanford, from the Power House on May 1, after 30½ years of employment; Patrick Bernard McEvoy, as Head Storekeeper on June 20, after 21 years of service (he came to the San as a patient in 1925); Gerald D. Moran, as Chief Engineer on July 23, having been a staff member since 1919; and Fred Fuller Graham on August 6, having served for 12 years. We also see a note of congratulations to John (Bun) and Bessie Akin on the birth of their daughter, Denise, on July 29, 1964.

November, and mention is made of the recent removal of the residence occupied by Gerry Moran — to the west of Pavilion 5. It was known as "Gerry's House" because he had lived there for over 30 years, but it was actually more than 100 years old. And it is mentioned that "the controversial San fence" has

become a reality — to help us keep our grounds neat, and to reduce the danger of brush fires (but not to keep anyone in or out, “for it remains open on the entire side that faces Exhibition Street!”).

November also marks the beginning of a very successful series of meetings with guest speakers, organized by the Rehab Department under the title of the “Homelovers’ Club”. These were held on a weekly basis for quite awhile and there was usually a good turn out of patients.

Miss Mariam Clifford, R.N., retired in October to her home in Tiverton after ten years of service at Roseway Hospital and the Sanatorium.

Mr. Robert E. MacKenzie, R.N., was honoured at Government House for his work with the St. John’s Ambulance.

January 1965, and the lead article is “Joseph Howe — Famous Nova Scotian”, by Judge Horace B. Dickey, Q.C., from a talk which he gave to the Kentville Gyro Club. Judge Dickey was associate editor of the *X-Ray* when it was founded in 1919.

In the March issue Dr. Hiltz writes of visiting the Archives in Halifax and seeing a copy of the *Morning Chronicle* of April 15, 1904. This gave a description of the Nova Scotia Sanatorium which was nearly ready for opening. It provided accommodation for eighteen patients and was built at a cost of \$20,000 by Rhodes & Curry of Amherst. Dr. Hiltz quotes part of the description given: “The main entrance is at the western end. A spacious hall with its adjoining conservatory, immense fireplace and cozy inglenook, gives a wonderfully attractive look to the great expanse of corridor, with its adjoining hall and numerous rooms. Near the entrance is situated the Matron’s suite of rooms, three in number. In the rear of these is the dining room which might almost be called a sun parlour. This is perhaps the most beautiful room of the whole building. Its numerous jutting windows and sunlight streaming in make it an

ideal dining room. Opposite this, and extending into the western tower is the reception room with a comfortable fireplace and built-in bookcases and window seats.” This description should be of interest to many of our readers who were formerly housed in what was later to be known as The Annex!

In the Editorial Comment for March Mrs. May Smith, Managing Editor is saying farewell with the words “so, with the coming of spring *Health Rays* will once again be under the very capable direction of Mrs. Eileen Hiltz.” And sure enough, as promised, Eileen is back in the Editor’s chair with the April issue, as on a number of previous occasions. Another note-worthy event was the visit, on March 27 of Lieutenant-Governor, the Honourable H. P. MacKeen, accompanied by Mrs. MacKeen. They toured the three floors of the East Infirmary, where they were introduced to the patients. Following the tour they were served tea in the Nurses’ Residence, at which time they met members of the staff.

Also in the April issue is a write-up on Monsignor J. H. Durney, marking his investiture as Domestic Prelate at a ceremony in St. Joseph’s Church, Kentville.

Also, there is a reprint from The Mount Allison Record, Winter 1965, honouring Dr. Kenneth S. Wyatt, who was editor of *Health Rays*, July 1926 to April 1927. It was during this time that the name was changed from *The X-Ray*. Dr. Wyatt was being honoured with an honorary Doctor of Science degree by Mount Allison.

During May much hidden local talent came to light, or came to life, in the form of two variety shows. The Staff Variety Show on May 7 was followed by another outstanding one by the patients, on May 25.

July, and through the medium of the informative “Cracker Barrel” we see a change in rest hours, eliminating the quarter hour rest before meals. This is



East Infirmary from north-west, showing Miller Hall.



East Infirmary from north-east, showing new Service Building, with new entrance. Administrative offices, admitting office, reception desk, waiting room, canteen and stores departments on the lower level. Cafeteria and dietary department on upper level.

partly to prepare for a new schedule of meals "as soon as we are able to prepare a dining room for patients on high exercise". It is also mentioned that this increase in the amount of effort will have to be taken into account and rehabilitation services will have to be concentrated more "on the floors" and less in the Rehab Department itself.

Dr. Hiltz pays tribute to Marguerite MacNamara who had been at the San as a patient and during part of this time she studied secretarial work. She was then a valued member of the Rehab Department, later furthered her studies at Mack Business College and upon her return to the San she worked in the Business Office. She left the San to marry, and has since been living in Ottawa and visiting her former home several times each year.

August, and the Editor has a second installment of her popular "30 Years Ago" column in which we see that Dr. A. A. Giffin had finished his internship in chest surgery at the Royal Vic and has moved on to the Children's Memorial, also in Montreal, for work in pediatrics. It is mentioned that his wife, the former Muriel Hubley, was the sole Lab technician at the San in 1935.

Also in the August issue there is a write-up on the retirement of Mrs. Lydia Morton, R.N., on July 13, after fifteen years on the nursing staff. She was, for many of these years, charge nurse on East I.

There is considerable news in the September "Cracker Barrel". Mrs. Millie Schofield who had been manager of the Canteen since March 1952, and worked there as an assistant for the previous nine months, has just retired. Millie began as a patient in 1946, representing nearly twenty years at the San.

Three weddings also make the column: Marilyn Barnes, stenographer, married Robert Schaffner, son of Dr. Vern D. Schaffner, on August 7.

Eleanor Archibald who had been here

two years previous as a student social worker (daughter of our Rev. J. D. Archibald), was married to Ned Chase on August 21.

Donna MacRae who interned here this summer, married her classmate, John Curry. Incidentally, Donna had the same rooms here as her father, Dr. Donald MacRae, when he was a resident physician at the San thirty-one years ago.

Our West Infirmary has just been fitted with new aluminum windows. Street lighting has just been installed on the grounds and on the driveway.

There is also, in the August issue, a good write-up by Eileen on the M/V Christmas Seal, the 148-ton vessel used by the Newfoundland Tuberculosis Association to take their TB survey program to the outports of Newfoundland and Labrador. In the summer of 1951 Eileen had accompanied her husband, Dr. J. E. Hiltz, on the vessel's first survey trip to the Labrador coast, and it was a very memorable experience. Several years ago we wrote an article (which we will come to subsequently) when the Christmas Seal was being offered for sale, having served her intended purpose admirably.

The combined October-November issue is In Memoriam. Dr. Arthur Frederick Miller passed away quietly at his home on Tuesday, October 5, 1965. He would have been eighty-eight on October 31st. He had retired in September 1947, having been Medical Superintendent since 1910. There are many sincere tributes paid to Dr. Miller, and a reprint of the previously published article, "In His Own Words", interspaced with the Editor's outline of historical events which took place at the Sanatorium during Dr. Miller's term in office, most of them due to his direct involvement.

The "Cracker Barrel" tells us that Dr. Helen Holden was elected President of the Nova Scotia Branch of the Canadian Public Health Association.

Dr. and Mrs. Hiltz and Dr. G. Kloss

attended the meeting of the International Union Against Tuberculosis in Munich, Germany. It lasted about four days and was attended by about three thousand persons. Dr. Hiltz comments that in this Province there is an increase of about 20 percent more new active cases, and this is experienced in the other parts of Canada as well. He says, however, that in India it is estimated that at least one million new cases develop each year, and that India is no worse off than many other eastern countries as far as tuberculosis is concerned.

Best wishes are expressed to Mrs. Irene Spicer, R.N., who retired at the end of October. She was the wife of Dr. S. W. Spicer, Kentville dentist and, following his death, she worked on the Sanatorium nursing staff for eight years, serving as an instructress, in charge of patient health education, and in the pharmacy. At the time of retirement she moved to Spencer's Island.

In December there is a fine article by Dr. J. J. Quinlan called "Cancer of the Lung". Taking a few brief excerpts from their context: "Fifty years ago cancer of the lung was a medical curiosity, as evidence by the fact that in 1912 Adler reviewed the entire literature on the subject and found that a total of only 375 cases had been reported" . . . The only effective treatment is surgical removal of the cancer either by pneumonectomy or lobectomy, depending on the location of the tumour in the lung." . . . "The prospects of a cure are greatly enhanced if it is diagnosed in a very early stage in the relatively long silent period before any symptoms appear. Today, we have two very effective diagnostic tools — the X-ray of the chest and examination of the sputum for cancer cells" . . .

Also in the December issue is a schedule of "Discussion Groups", on the pattern of last year's successful meetings of the "Homelovers' Club", with guest speakers or group leaders.

January 1966: We had 62 patients remaining with us over the Christmas holiday, and the new Dining Room is now in use. The room used to be the Staff Dining Room, was converted to a nursing education classroom, then to a conference room, when Miller Hall was opened for nursing education.

Improved lighting has been installed in the operating room.

At a ceremony in the Recreation Hall a "ham radio" set was presented to the Sanatorium and installed in the Rehabilitation Building. Known as the Carl Sorge Memorial, it was in memory of the late F. L. Carl Sorge who was stationed at C.F.B. Greenwood and was president of the Nova Scotia Amateur Radio Association. Used mainly by Fred G. Barrett, who was the only licensed operator, it was put to use in helping patients make contact with family and friends in distant places. We can still hear the call letters "VEIZH", although the set was removed by the Amateur Radio Association when Fred Barrett left the San.

The February issue has "Tuberculosis — Here, There and Everywhere", an address given to the Kentville Rotary Club by Dr. Hiltz. It contrasts the tools which we have at our command in the richer countries, with those in the poorer nations.

There is a write-up on Somerset Maughan who died December 16, 1965, at age 91. There have been write-ups on this master story teller in *Health Rays* before, for at an early age he had lost his parents to tuberculosis and was himself afflicted by it in early manhood. His active mind kept him from being bored when he was a patient and he counted that period one of the happiest in his life.

We see that 30 Years Ago marked the beginning of "San Celebrities", which Eileen describes as "biographical sketches that were uncannily perceptive and sparkling with wit. They were written by Donald Leslie, or 'D.C.L.' as he inscribed himself, a young man of

near genius, who at the age of 24 lost his long battle against tuberculosis." The first to be so honoured was Pat McEvoy, and his sketch was reprinted in this issue.

March, and the feature article is one by E.M.H., "March 24 — A Day to Remember", with the sub-title, "On that day in 1882 Robert Koch announced the discovery of the Tubercle Bacillus". This was a momentous discovery and mankind owes an inestimable debt to this distinguished bacteriologist.

April, and Eileen, as E.M.H. has compiled another timely article, "When the X-Ray Was Discovered", and it is a tribute to the discoverer, Wilhelm Konrad Roentgen, and a commentary on how the general public greeted his discovery in 1896.

In the same issue is a fine article by Frank J. Misener, M.D., "Some Methods of Chest Roentgenology".

And *Health Rays* is pleased to announce that the March 1966 issue of *The Canadian Nurse* has an article, "Peritoneal Dialysis", by Miss Vilda Skerry, R.N., Dr. J. J. Quinlan, and Dr. H. M. Holden. Dr. Hiltz adds his congratulations in the "Cracker Barrel" not only in writing the article "but in actually carrying out this life-saving, meticulous procedure which occupied a period of almost two months for one of our patients about a year ago."

Tribute is paid, also to the Rev. J. H. Markham, whose death occurred on February 28, 1966, at the age of 94.

The "30 Years Ago" column refers to D.C.L.'s second "San Celebrity", Howard Ripley. True to his prediction, Howard did return to the San, as an intern in 1940, and upon graduation became a member of the medical staff for a year. In 1966, he was still radiologist at Moncton General Hospital.

In the May issue there is a welcome to the "Northern Light", published by the Newfoundland Tuberculosis Association, after a ten-year period of

rest. "So that in our 'Come Home Year' publicity could be given to the fact that TB-wise our former Newfoundlanders would know that their homeland is now a much safer place in which to visit and to live. The number of deaths from TB in 1944 was 500; in 1965 it was only 11."

Two pictures of well-known staff members are in the May issue: Curtis Gaul, shown in his position as librarian; and Anne-Marie Belliveau shown at her desk in the medical section.

In June there was a photo of Mrs. Violetta Hunter, Mrs. Edna Doucette and Miss Elizabeth Fraser who received operating room technicians' certificates for a six month course in addition to the Certified Nursing Assistants' training.

Mrs. Muriel Kay, Housemother for the past twelve years, retired and a tea was held in her honor in the Nurses' Residence.

On June 20 "that patients switched roles and became sponsors of a party held in the Recreation Hall to honor one of the best friends the Sanatorium has known, Monsignor J. H. Durney, prior to his departure from Kentville." Games were played and prizes were awarded. Then, "representatives from each floor helped to cut the beautiful cake which had been made especially for the occasion. After the delicious refreshments were enjoyed, a rousing sing-song followed, with music provided by Wally Burgess on the guitar and Monsignor Durney at the piano."

With the November issue a new name was added to the *Health Rays* staff, as Mrs. Mary MacKinnon, school teacher with the Rehab Department, becomes Assistant Editor.

With the December issue there is another change in *Health Rays* staff, with the appointment of Fred G. Barrett, then Director of Rehabilitation, as Managing Editor. Eileen Hiltz has completed her fourth term (this time for about two years) as Editor. Other members of the Rehabilitation team are now involved in *Health Rays*, with Miss

Marguerite MacLeod preparing the material for publication, Donald Brown filling in during the Editor's absences and, with Mrs. Mary MacKinnon, being involved in the distribution.

Long Service Awards made their beginning on November 16, as written up in the December issue. In a ceremony held in the Nova Scotian Hotel seventeen members of the Sanatorium staff were honoured for service to the Province of Nova Scotia for periods of twenty-five years or over. Among those having the longest service at that time were: Austin Amirault, 42½ years; Ernest "Buddy" Boudreau, R.N., 37½ years; Ross Hiltz, 38½ years; Miss Katherine "Katie" O'Handley, 39½ years; Hugh O'Handley, 39 years; Mrs. Sophie Spencer, 40 years; Leslie Gordon Roop, 33½ years; Miss Catherine Gillis, 35 years; Robert Middleton, 33 years; Dr. J. Earle Hiltz, 32½ years. Completing the list: Miss Jennie Fullerton, 31¾ years; Archibald Chas. Arenburg, 30 years; James H. Lightfoot, 25½ years; Harry C. Peters, 26 years; Holloway "Holly" Sheppard, 26 years; Mrs. Marion F. Sheppard, 26 years; and Miss Madeline C. Spence, R.N., 27 years. In all, 199 persons were on hand to receive their awards, and an additional 35 received theirs in absentia.

Two well-known staff members retired in November: Miss Carrie Gillis, who joined the dietary department in 1931 following three years on the cure. Carrie continued to make her home in Kentville until early in 1977 when she returned to her native Antigonish. And Miss Daisy Arthur, C.N.A., who also started here as a patient in 1928, and for many years worked on night duty.

In the December issue there is also an excellent article by Marguerite B. MacLeod, "Sketches of Sanatorium Life in the Early Thirties".

A fine Christmas Party was presented in the Rec. Hall on December 14, with representatives from all departments taking part, and Dr. Hiltz serving as M.C.

It is now January of Canada's Cen-

tennial Year, and it is interesting to re-read some of our comments made at that time. It is interesting, too, to see reference to the amounts proposed under the new Canada Assistance Plan: It is proposed to increase the Old Age Security allowance to \$105. per month for those who are needy; it is wondered if there will be an increase from the present \$40. per month for Disabled Persons, and there is talk of a guaranteed minimum income of \$2200. . . .

The February issue has another article of local origin, this one a story by Mrs. Rose Sorenson, formerly of Grand Falls, N.B., telling of her interesting work when she and her husband were employed as lumbermen (or should I say "lumberpersons") in Sweden.

With March we have a bit of history in Dr. Hiltz's "Cracker Barrel" as he recounts life as it was in the open porches of the West Infirmary during the winters. Going back a bit farther, he recalls that the residence of the former superintendents, which is now the Administrator's, was originally on the site later occupied by the West Infirmary and was moved on rollers to its present location in 1917. It is said that while it was on rollers Dr. Miller used to have to enter his house by a ladder, and that one night the house began to roll on its own, accounting for numerous cracks in the plaster!

In April it is mentioned that we have a recent ex-patient on our Rehab teaching staff. She is Sister Louise Despres, formerly from Grand Falls, N.B., and her services are a great help at this time when we have an influx of some thirty school students from the Clare District High School.

Dr. Hiltz reports, "The big news at this time is that the Hon. R. A. Donahoe, Minister of Public Health, has announced that the Nova Scotia Sanatorium is to embark upon a building program to replace our outmoded wooden buildings — the Annex (1904), Pavilions 1 and 2 (1912), the West Infirmary and the Service Building (1917).

Already a Building Committee of senior staff has been set up. With good luck our plans should be completed before next spring." (The Building Committee met faithfully but no building materialized)!

Best wishes are extended in this issue to Mr. Robert E. MacKenzie, R.N., upon his departure for Edmonton. He is being replaced as Director of Nursing Education by Mrs. Catherine Boyle, R.N.

Mr. Charlie Bush ended his long period of visiting our patients because of advancing age.

The June issue is devoted, in most part, to information on the BCG Vaccination.

In July there are two articles which refresh one's memory of Expo: "A Visit to Expo" by Eileen Hiltz, and "Impressions and Jottings From Expo" by Virginia Allen.

A picnic, sponsored by the Clinical Pastoral Education Class, was held at Scott's Bay, and was made more lively by the presence of nearly all the young people from Clare.

The Editorial Comment, written by myself, indicates that the July issue is commemorating Canada's Centennial Year.

On July 13 there is a picnic, especially for the students from Clare, at the Clahane cottage on Aylesford Lake, sponsored by the Catholic Youth Organization of St. Joseph's Church.

On August 23 there is a tea marking the retirement of Rev. J. D. MacLeod and the welcoming of Rev. J. D. Archibald, both Chaplains representing the United Church.

The October issue is "On Smoking" and gives enough information to discourage all but the most firmly addicted (but of course the smokers probably didn't read it).

We now are to have a full-time coordinating chaplain, in the person of the Rev. Dale McTavish. Soon, however, he

was to divide his time between the San and the Kings County Hospital, and was later transferred to that Hospital on a full-time basis.

Another new employee at this time is Mrs. Madelon Misner who joins the Rehab. Department as a teacher, and has fairly recently been transferred to the nursing department and is looking after admission.

In the November issue we pay tribute to Mr. Fred G. Barrett who has resigned from the Sanatorium to become Regional Director of the Adult Education Division, with his new headquarters in Bridgetown. Your writer replaces him as Director of Rehabilitation and Social Services, and Managing Editor of Health Rays. Miss Marguerite B. MacLeod becomes Assistant Editor, and Mrs. Mary MacKinnon is looking after distribution.

Dr. Hiltz, in his "Cracker Barrel", also pays tribute to Fred Barrett; and has a paragraph on the Men's Annex which has recently been removed. The Annex had housed patients from 1918 until 1943, when it was deemed unsuitable for patients and was converted to a men's residence. It served in this capacity until June 1962 when the staff were removed to Pavilion 7.

In the same issue there is an article, "Pleasant Memories", by Helen Morse telling of travels in Europe with Joan Walker, Virginia Allen and Mae Margeson. Included is a good write-up on the Oberammergau "Passion Play", dating from 1634.

In December there is another original article, "A Scottish Holiday in Retrospect", by Eileen Hiltz, describing their six-weeks holiday.

Three more staff members were awarded twenty-five year long-service certificates at a ceremony in November. They were Mae Margeson, Joan Walker and G. Douglas Brown.

On November 30, Austin Amirault retired after more than forty-three years

on the Business Office staff. His first association with the San was in March 1923 when he came as a patient. He graduated to a staff position in June 1924, and held the position of Sanatorium Postmaster from the time that the office opened in 1930.

There was a one-day conference in our Patients' Library on November 7. This is written up in an article, "Conference on Rehabilitation", by our present writer.

Beginning 1968, we see a salute to two staff members who have recently left us. Clifford Beeler, Handcraft Instructor, retired on December 31, and Ross Hiltz of the Housekeeping Department retired on January 31, after 39 years on staff.

There is an article by Dr. Ruth LeLacheur, who was an intern at the San for the summer of 1967, on the topic of her three weeks as an exchange student at Inuvik.

The February issue contains "An English Holiday in Retrospect", by Eileen Hiltz.

In March we have a write-up on "The Institute of Pastoral Training at the Sanatorium" by Dr. Hiltz, tracing the fifteen years that the course had been held.

In our Editorial Comment we are encouraging patients to take advantage of the opportunities for study, for we have three full-time teachers and fewer school-age students, now that a number of the young people from Clare have returned home.

From the "Cracker Barrel" we see that 'we have now set up an Intensive Respiratory Care Unit on Floor III of the East Infirmary. Here will be concentrated piped-in oxygen, intermittent positive pressure breathing machines, humidifiers, and staff especially trained in the care of patients requiring such specialized treatment.' Previously, this form of care was given in various areas throughout the Sanatorium buildings.

The March issue has another article by Eileen Hiltz, "Amsterdam Memories".

Also in March we see "Historical Picture Unveiled at Sanatorium", the Centennial Project of the Nursing Staff, showing pictures of the Directors of Nursing from the year 1904 to the year 1967. This remains on display in Miller Hall.

In May we have another article of local origin, this being "A Thumbnail Sketch of Bermuda", by Miss Virginia Allen, Assistant Dietitian at that time. The June issue tells of a fine evening of entertainment in the Rec Hall, the "Maytime Supper Club", featuring a night club atmosphere and sponsored by the ladies of St. Anne's Anglican Church Guild.

In June we had a picnic in Margaretsville, sponsored by the Clinical Pastoral Education class.

In the August-September issue is an article, "Inflation Hits Health Rays", which is an announcement that after forty-nine years of being printed by the Kentville Publishing Company, we have had to seek lower publishing costs in order to stay in business. This issue is prepared by the *Berwick Register* and features fewer pages and fewer ads. It also marks the beginning of the "Golden Jubilee Fund" which served to see us through to the end (including the cost of this special issue.) It is a difficult time in the *Health Rays* office; our subscription rate is to increase from \$1.00 to \$2.00. Our July issue is still on our hands because of a postal strike . . .

The October issue informs us that Mr. Ronald Gerrard has joined the staff as Administrative Assistant.

Our new 2300 pound autoclave has been installed on Floor 3 (during the last week in August) — no easy matter because of its size as well as its weight.

There is an article, "Tuberculosis 1968 — Challenge and Change", as presented by Dr. Hiltz to the New Brunswick Tuberculosis Association in Fredericton, September 25, 1968.

The November issue contains an ar-

ticle by Dr. E. W. Crosson entitled "Breathing Machines".

There is an interesting letter from Betty (Logan) McCausland written from Samoa.

There is an article "The O. R. — Then and Now", written by E.H.M. of the San staff.

Dr. Hiltz's encouragement pays off, and we have a number of articles by local contributors. In December there is "Blood Gas Analysis" by Dr. G. A. Kloss.

Two more staff members received their twenty-five year service awards — on November 20, at Government House. They were Mrs. Helen MacKinnon, Lab Technician, and Bill Hilchie, of the Dietary Department.

Eileen Hiltz has contributed another article, "Ottawa — A Highly Personal View".

It is 1969, and we begin with an article by Dr. Hiltz, "Life is A Two Way Street", from a talk given to the Lions Club of Kentville.

Next, we have "Occupational Thereapy in a Tuberculosis Sanatorium", by Norma Cassidy, O.T. Reg.

"Happy Anniversary" is a tribute to the Editors of *Health Rays*, and they are listed with the years of their terms of service.

February begins with two articles by staff members: "Uninterrupted Drug Treatment — Essential in Tuberculosis", by Dr. H. M. Holden; and "Tuberculosis and the Surgeons" — a tribute to Dr. Edward William Archibald (1872 - 1945), by Dr. J. J. Quinlan.

There is another letter from one of our travelling correspondents, Mrs. Gordie McCausland, who this time is writing from Pago Pago where her husband is now stationed.

Two staff members have retired: Mrs. Hilda Boylan of the Laundry staff, after 21 years; and Wylie Munro, after 10 years.

Dr. Hiltz presented an address, "The Hospital Chaplain" at the annual meeting of the Institute of Pastoral Training, University of Kings College, February 14, 1969, and this is written up in the March issue.

Dr. Eric J. Cleveland, then Medical Director of the Fundy Mental Health Clinic, contributes an article, "Drug Abuse".

Mabel G. Gaul, wife of Curtis, provides us with "Project Overseas", relating her experiences while assisting with a summer in-service training program for teachers in Uganda.

March 22, 1969. Dr. J. Earle Hiltz died 'during the early evening while, as Vice-Chairman of the Board of Governors of Acadia University, he was about to attend the dinner in honour of the First Chancellor.' The April issue of *Health Rays* is dedicated as a tribute to the memory of Dr. Hiltz, and contains some of the hundreds of tributes received from far and near. Those of us involved with *Health Rays* realized how much we had depended upon him — in fact, Dr. Hiltz was closely involved in the work and life of all of us at the San.

In May we see Dr. J. P. Martin honoured, in an article by Eileen Hiltz. He had arrived at the San as a patient in 1928 and was here for five years, with time out in the summer only.

There is a photo of three staff members: Hector McKean, Mrs. Helen MacKinnon and Leland Nickerson as they participate in a walkathon in aid of the B. F. M. Hospital. Miss Marjorie Croft, not shown in the photo, also took part, and is now on staff at B. F. M. as Marjorie Saulnier.

In our Editorial Comment we begin to include those items previously included in Dr. Hiltz's "Cracker Barrel", such as staff leaving, new members arriving, the names of those attending the Clinical Pastoral Education Classes, news concerning our buildings and . . . news in general.

In the June issue Miss E. Jean Dobson,

R.N., B.Sc.N., has recently been appointed Director of Nursing Services.

July, and the lead article is one by a former San physician, Eric M. Found, M.D., C.M.: "Is The TB Hospital Necessary?", speaking as Director of Tuberculosis Control for Prince Edward Island, and Medical Superintendent of the Provincial Sanatorium, Charlottetown.

In the same issue, "On June 17 an afternoon tea was held in the Coffee Bar in honour of Mr. Ernest (Buddy) Boudreau, R.N., and Miss Floris E. Smith, R.N., both of whom retire from the Nova Scotia Sanatorium Nursing Staff on June 30. Buddy had served on the Sanatorium nursing staff from 1929, except for the time that he served with the RCAF during World War II. Miss Smith, before coming to the Sanatorium in the fall of 1960, had worked at Roseway Hospital, Shelburne, from 1950.

A picnic was held for patients, again at Margaretsville, sponsored by the members of the Clinical Pastoral Education class. We were accompanied by our two interns from Finland, Dr. Seppa and Dr. Viano (there is a photo and write-up on them in the next issue).

We feature part one of an informative series, "A Savannah Silhouette", by the late Dr. Sidney Gilchrist, telling of his work in the mission field in the Congo.

In the Editorial Comment your writer features notes taken while attending the sixty-ninth annual meeting of the Canadian Tuberculosis Association, held in St. John's. Among the impressive presentations was "Tuberculosis in General Hospitals", prepared by Dr. J. E. Hiltz and Hector McKean, and presented by Dr. E. W. Crosson.

October, and we comment upon the retirement of staff members: Miss Marguerite B. MacLeod, teacher and Assistant Editor of *Health Rays*; Chester Mitchell; Murray Patrick Lee; William Clifford Margeson; and Oscar Reid. Also leaving us is Ronald Gerrard,

who is returning to teaching at Acadia University.

November 1969 marks the 50th Anniversary of *Health Rays*, and the featured item is "A History of Health Rays" by Eileen Hiltz, covering the period of November 1919 to the end of 1944. Another feature is "Women Physicians at the Nova Scotia Sanatorium", by Helen M. Holden, M.D., F.R.C.P., F.C.C.P., and accompanying this article are photos of most of these physicians.

In this issue there is a write-up on the outstanding collection of Christmas Seals from around the world, donated by the estate of the late Dr. C. A. Herbin. This collection is now displayed in the new Service Building.

The annals of the Sanatorium contain the names of many patients who gained prominence before, after (and sometimes while) on the cure, and *Health Rays* has always been pleased to point them out — often as an inspiration to others. Well, in the November issue there is yet another one: Alexander "Sandy" MacGeachy Morrison, a native of Dartmouth, who held a professorship in physics at the University of Chicago when he contracted tuberculosis and became the thirteenth patient to be admitted to the Nova Scotia Sanatorium, on October 13, 1904. He was a pioneer in research work on the ultra violet ray — until his death on February 12, 1907.

The December issue shows a photo of the Sanatorium 'stack', towering 115 feet above the power house roof, following the recently completed extension. This land mark was completely removed about two years ago.

Mrs. Hope Mack, R.N., retired at the end of December, having worked on the nursing staff from 1930 to 1933; at which time she became Director of Nursing, resigning in 1944 to work in the same position at the Blanchard-Fraser Memorial Hospital. In 1959 she returned to the Sanatorium as Director of Nursing and remained in this capacity until her retirement.

In the January issue is a write-up on Miss E. Jean Dobson, succeeding Mrs. Mack as Director of Nursing, effective January 1, 1970, and now Director of Nursing for the two hospitals.

In the January issue there is the report of the death of Cecil H. Kennedy at age 59. A former patient, he was editor of **Health Rays** from 1939 to 1941, Supervisor of Rehabilitation at the Sanatorium from 1949 to 1955, and was Administrative Assistant at the Sanatorium in 1957 when he joined the founding staff of the Nova Scotia Hospital Insurance Commission where he held the position of Director of the Division of Public Hospitals.

Three more staff members were among twenty-six who received twenty-five year service awards on November 24. They were: Dr. J. J. Quinlan, Mrs. Doris McDow, and Burwell "Burt" Outhouse.

In the February issue there is a write-up on Dr. Helen M. Holden, whose appointment as Medical Director was made official. Dr. Holden first joined the medical staff of the Sanatorium on May 2, 1945, while still a Surgeon Lieutenant in the Royal Canadian Navy.

Best wishes were extended to Hughie O'Handley who retired after 42 years on the Dietary Staff.

In the April issue there are two articles, one clipped from the *Chronicle-Herald*, and the other by Dr. Quinlan, telling about the results shown in the use of the new drug, Rifampin.

In May we have "The Nova Scotia Sanatorium — 1969", by Dr. H. M. Holden, from a report given by her to the annual meeting of the Nova Scotia Tuberculosis Association.

Effective July 1, 1970, Peter Sidney Mosher, B.Sc., DHA, was appointed as the first Administrator of the Nova Scotia Sanatorium. Mr. Mosher is now Executive Director for the Kentville Hospital Association and, in this position, is Chief Administrative Officer for the two hospitals.

In our combined mid-summer issue we have Anne-Marie Belliveau's account of her month's tour of Europe, during which time they attended the Passion Play at Oberammergau, S. Bavaria, Germany.

There is a report on the annual meeting of the Nova Scotia Tuberculosis Association, held in Halifax, in May, at which event Dr. Eric Found was one of five to receive an honorary life membership.

In July a picnic was held at the Research Station for patients and staff, and it was a big success — with about 71 patients and perhaps as many as 120 staff present. Three of Dr. Quinlan's snaps are printed in **Health Rays**, showing a good number of those in attendance.

An item of news is that the Nurses' Residence was closed at the end of August. "Some of the residents found accommodations off the Sanatorium grounds, while others moved to the Dormitory", which made quite a change in the Sanatorium life.

The November issue features one of the last of a number of articles contributed by Ralph A. Doherty, a patient who was a prolific writer. This is titled "Homeward Bound", appropriately enough.

And here is a "Tribute to Mrs. Margaret Morse", by Mrs. Violet M. Joudrey. Marg had been here as a patient for twenty years, and Vi had "cured" with her in 1953-54.

January 1971, and it is reported that among those receiving twenty-five year service awards in November were Donald Walter Rogers, Power House staff; Dr. G. M. "Mike" Smith, Director of the Fundy Health Unit; and Dr. Wilfred I. Bent, Director of the Lunenburg Health Unit.

Warren Furlong, Sanatorium barber, retired at the middle of December. He had been a patient off and on, on a number of occasions since 1941.

The Kentville Rotary Club held their weekly luncheon meeting at the San on December 14 and were addressed by Mr. Peter Mosher and Miss E. J. Dobson. Included in the information shared was that the Sanatorium was the only hospital in Nova Scotia to have shown a decrease (of \$2.00) in the per diem rate, and in the past three years the number of staff had dropped from 440 to 310.

In the February issue it is written that in the daily paper there is an invitation for tenders for the purchase of the Motor Vessel "Christmas Seal", which is an indication of the success gained in bringing tuberculosis under control in Newfoundland.

In April there is Dr. Holden's paper, "A History of Tuberculosis Control", presented at the Annual Institute of the Dalhousie School of Nursing, February 26, 1971.

Mrs. Eleanor (Archibald) Chase, Social Worker, left us in March to become a full-time home maker. More recently, she has resumed work, on a part-time basis, at the Fundy Mental Health Clinic.

In the May issue we have another article by Dr. Holden, "Drug Treatment in Tuberculosis — Streptomycin to Rifampin".

In June we have "The Treatment of Tuberculosis" by Dr. J. J. Quinlan, as presented to the Annual Institute of the Dalhousie School of Nursing.

In June we publicized the establishment of the Dr. J. Earle Hiltz Medical Award.

Another successful Sanatorium picnic was held for patients and staff with over 200 in attendance. Also, a barbecue pit has been constructed to the south of what used to be Pavilion I, and regular cook-outs are scheduled at two-week intervals.

A number of moves have taken place in July, with the ladies moving from West III to West II and to Floor I of the Annex. The former Nurses' Residence has been converted to offices and is being occupied by our Rehabilitation Department, the Administrator, Business Office Staff, and by those who have been occupying Pavilions VI and VII: the Department of Lands and



"The Hill" — Pavilions 5, 6, 7, built in 1918; removed Oct. 1970.

Forests, the Public Health Nurses, the V.O.N., and the offices of the Inspector of schools.

On June 15 Stephen Everett Mullen retired as Postal Clerk. Steve had been at the San much of the time since July 1941, when he arrived as a patient. From 1959, along with his regular job, he served as subscription manager for *Health Rays*.

Our October issue begins with "Nursing Care of the Tuberculosis Patient in Hospital", by Miss E. Jean Dobson, as presented to the annual Institute of the Dalhousie School of Nursing.

Just before Hallowe'en the pavilions on "The Hill" were torn down and the remaining debris was burned in a huge bonfire.

Best wishes were extended to retiring staff members, Miss Grace Adams, Mrs. Nora Cheesman, and Mrs. Beatrice DeAdder.

January 1972 begins with a number of items regarding staff members: Two members received their twenty-five year service awards, Dr. Helen Holden, Medical Director, and Michael J. Ricketts. Miss Marian Lacey, school teacher with our Rehabilitation Department since 1956, retired on December 31. Rev. Dale MacTavish, Coordinating Protestant Chaplain, also left us at the end of December in order to work full time at the Kings County Hospital.

Miss Thelma Chute began working at the Sanatorium as a social worker on December 1, 1971.

A very fine Christmas party was presented in the Recreation Hall on the evening of December 15, ably organized by Mrs. Florence Hersey, R.N., and Mrs. Janet Calder, R.N. The tables were arranged in night club style, and a good deal of talent was discovered that had previously been only suspected!

The new Patients' Lounge was officially opened on December 3, in what

used to be known as the Staff Dining Room. A color T.V. set and comfortable furniture were provided. It is interesting to reflect that in the beginning a member of the Rehab staff was to be on duty until closing time at 2200 hours.

The March issue contains "Patients' Recreation Committee Formed at San", by Douglas Bennett, who was actively involved in the project for some time. Among their projects were card parties every Monday evening and a series of cribbage tournaments — for as long as interest could be maintained.

In April, Dr. Holden has an article, "Rifampin — Recent Developments".

It is also recorded that on Thursday, March 16, 1972, Floor 2 of the West Infirmary was closed out.

Stacey Byron Hiltz died on duty on March 21.

On, or about, May 1 the Dining Room changed to cafeteria service, with smaller tables replacing the large, round ones that had been in use for a good many years.

On June 17 and 18 a number of patients and some staff members, together with candidates from the community, wrote General Development (G.E.D.) Tests in the Recreation Hall.

Turning to the combined July-August issue, your writer has notes on the 72nd Annual Meeting of the Canadian TB & R.D. Association which was held in Halifax in June.

In this issue, as well as in the September issue, there are tributes to our well-known surgeon, Dr. Vernon Douglas Schaffner, who died on June 29 while on vacation in Newfoundland. Dr. Quinlan, in writing a tribute, says that "for 40 years he was a part in the tremendous advances in surgery of the chest" . . . "Vern Schaffner was a great surgeon and a superb teacher."

Mrs. Violet Silver, Handcraft Instructor with our Rehab Department, retired on July 31, having been at the Sanatorium as a patient, 1926-1933, and

as a full-time staff member from 1958.

Early in August West I was closed and the patients moved to East I.

November, and Eileen Hiltz has contributed "Highland View Sanatorium", 'Nova Scotia's First Treatment Centre for Tuberculosis'. Established in Wolfville by Dr. George E. DeWitt, it preceded our Sanatorium by some five or six years.

Also in November, "We are pleased to report that Eileen M. Hiltz (Mrs. J. Earle Hiltz) has kindly offered to help with **Health Rays** again. This is good news for **Health Rays**, for Eileen has many times maintained the continuity of this publication in times when there was often a rapid turnover in members of the Editorial Staff. It has been agreed that she will be Associate Editor for as long as she has a bit of time on her hands. Welcome back to **Health Rays**, Eileen!"

Many are the changes that are being reported: the remaining children have moved from the Annex to East I; The Department of Physical Medicine, Nursing Offices, Admitting Office, and Office of the Director of Nursing, have moved from East I; the Canteen has moved from the Recreation Building to the former luggage room in the tunnel; our fine Patients' Lounge has been moved to the former East Diet Kitchen, and to the same area has been moved our Handcrafts Department. In the latter part of November the contents of the Recreation Building were cleared out and the recordings, together with excess books from the Library, were sold.

Among the December articles we see "The Sanatorium's Expanding Role", by Mr. P. S. Mosher, Administrator; and "Christmas Carols", by Eileen Hiltz.

Miss Margaret E. Markham, Occupational Therapist at the Sanatorium from April 1948 to October 31, 1956, died November 18 at age 66.

The year 1973 begins with Eileen Hiltz' "I.U.A.T. — International Union Against Tuberculosis", founded fifty years

previously when representatives from 31 countries met at the Sorbonne in Paris.

February, and we see Eileen's "The Good Old Days — Or Were They?"

On January 31 there was a farewell party for Mrs. Sophie Spencer, Nursing Assistant, who had completed 46 years on the Sanatorium staff.

In March we have "Sanatorium's Functions Outlined" — Dr. Holden's address to the Wolfville Rotary Club. We also have "Goodbye, Winter, Hello, Spring", by Eileen, together with some selections from poems of Archibald Lampman.

Dr. Aksel Laretei died suddenly on March 22, in his sixtieth year, and there is a biographical sketch of him in the April issue, contributed by Eileen.

Peter Mosher, Administrator of the Sanatorium since July 1, 1970, left at the end of February to become Executive Director of the Nova Scotia Health Council.

John A. "Bun" Akin has been appointed Business Manager, effective March 1. He has served in the Business Office since August 7, 1956.

"Chronic Respiratory Disease in Nova Scotia", by Dr. H. M. Holden and A. Hector McKean, appeared in June. This had been presented at the Annual Meeting of the N.S. TB and R.D. Association, May 8.

We skip to August-September and find that our world traveller, Eileen Hiltz, has an article, "Vignettes from a Holiday in Turkey" which, as usual, is interesting to re-read.

We have copied an article from the **Northern Light**, "No More Sanatoria in Newfoundland", by Edgar G. House, tracing the history of treatment centres for tuberculosis in that province.

In the Editorial Comment your writer tells of a holiday spent in Newfoundland, north of the Bonne Bay area. That was the year that we spent an extra nine days in the Port aux Basques area because

the non-operating railworkers' strike was permitted to tie up the ferry service for that number of days.

In October we feature a photo and write-up of Mr. Jerry T. Betik, who became Administrator of the Nova Scotia Sanatorium effective July 15, 1973. Somehow he looked more carefree in his photo of four years ago!

In reporting changes at the San the following are worthy of repeating: the Dormitory has now closed, the Student Nursing Assistants having left in September. Miller Hall has been put to other uses since the Sanatorium School of Nursing was discontinued. Our heating plant has just been converted from coal to oil — just at the beginning of the oil shortage scare!

Dr. Frank J. Misener, radiologist, received the twenty-five service award at a ceremony on November 14, the first investiture by the new Lieutenant-Governor Clarence L. Gosse.

Miss Mary Spinney, R.N., recently retired, having worked as Recovery Room Nurse since 1936.

Our teachers have moved their classrooms from the former nurses' residence to the southwest porch on Floor I of the Annex.

Beginning 1974 we have a poem by former patient Wally Burgess, giving advice on sticking to the cure, and showing a self-portrait of Wally and his "double".

The February issue strikes a note of optimism, for the sod has been turned for the new service building. Miss Eileen Quinlan, Senior Dietitian, has an article, "A New Dietary Department", in which the history of the old dietary department is outlined. When the words "all modern hospital planning advocates a centralized dietary department located in a direct, convenient line to patient units . . ." were written it was not anticipated that prepared food would be transported by van to the B. F. M.

In the same issue we have a reminder

of the sudden death of Mr. Adi S. Jagosh, Head of the Department of Physical Medicine, on January 17, at age 59.

Another staff member, William Frederick Mappleback, died on January 31, at age 55. He had been on the staff of the Dietary Department since May 16, 1952.

Miss Mary Livingstone, C.N.A., on staff since September 1, 1953, retired on January 31.

In March we read of the destruction of the West Infirmery. It began on February 13, and on March 1 the west wing was brought down, on the 8th the centre section, and on the 15th the east section.

In May we read of Miss E. J. Dobson's address to the Kentville Rotary Club on the changing role of the registered nurse in the health care field.

Also, an article on T. Keilor Bentley, former patient, station SAN operator, and Editor of *Health Rays*, in his new position as curator-director of the National Geographic Society's Explorers' Hall, in Washington. (In 1976 he is director-curator of the Owens Art Gallery, Mount Allison University).

Pat B. McEvoy died at the Sanatorium on May 11. He had been here as a patient and as a staff member for so many years that the Sanatorium was truly his home.

It is announced that we have recently learned of the death of Charlie Bush — for a great many years a faithful visitor to the Sanatorium.

With the June issue Eileen Hiltz resumed the History of *Health Rays*, beginning with 1945.

In the combined summer edition your writer made use of some notes taken while attending the annual meeting of the Canadian Public Health Association which was held June 18-21 in St. John's.

The September issue bears the sad news of Dr. E. W. "Ernie" Crosson's sudden death on July 30, at age 53. A very appropriate tribute was written by

"Dr. J. J. Q." and other tributes were received as well. He had received his medical degree in 1957 and joined the medical staff of the Nova Scotia Sanatorium in 1959.

Those receiving the twenty-five year service awards this year were: Bernie Robinson, Garnet Adams, and Miss Laura E. MacDonald.

Next, we come to the December issue which was to have been the last to be printed by the *Berwick Register*, which had recently been purchased by Lunenburg County Press Limited. With the change in ownership we were advised of price increases which were above our ability to pay. The December issue was printed by the Lunenburg "Progress Enterprise"; then, for our remaining two years, we are to use the Gestetner.

Eileen has been travelling on safari in East Africa, and contributes a very interesting article, "A Night at Treetops".

January 1975: Two more staff members retired on December 31 — Mrs. Catherine Boyle, R.N., from the Nursing Department, where she had served as Nursing Instructress from 1957 to 1960, and Director of Nursing Education from that time until her retirement; and Clayton Myra, Head Chef, who had worked at the San from 1950. Later, at the end of January Mrs. Ethel V. Middleton, former Housemother of the Nurses' Residence, retired after ten years of service.

In March we make mention of some who have left us recently. Mrs. Stella Brown, a Supervisor with the Housekeeping Department, retired at the end of February. The Nursing Department lost several members: Mrs. Florence Hersey, R.N., a former Charge Nurse in the Children's Annex, left and was soon working at the B. F. M. Mrs. Joyce Coxhead, R.N., left in March; and Elizabeth (Mrs. Wilfred) Rushton, C.N.A., left in February.

Two friends who were well known at

the Sanatorium died during the month of February: Mr. H. H. Stokes, retired jeweller and a former patient; and Fred F. Graham, retired Administrative Assistant.

The April issue has further reports of deaths: Dr. Charles J. W. Beckwith, popular member of the medical staff from 1928 to 1937 and, later, Superintendent of the Halifax Tuberculosis Hospital; and Dr. Florence J. Murray, who "died April 14 at the age of 81, ending a career which included 47 years as a missionary and doctor."

News Items: On June 16 the new Service Building was put into partial use when the Switchboard became operational, and offices became occupied by the Administrator, Medical Director, Nursing, and Social Services.

At the Dorm, work has been started in converting the building to offices for the ones who are now in the old nurses' residence.

We welcome a new member of our Rehab Department, Mrs. Morag Manzer, who will be teaching hand-crafts.

In the July-August issue there are headings that catch the eye: "Valley Hospitals to Affiliate" and "The Sanatorium to Become the Miller Hospital?" These were articles which were copied from the daily and weekly papers, for we had heard little beyond rumours at the place of work. Later, in the latter part of August, we were told that the amalgamation had been approved by an Order in Council, dated June 17.

Our October-November H.R. is an unplanned-for combined issue because of the prolonged postal strike, as well as the fact that your Editor was sick with the 'flu. The news at present is that the amalgamation date has been set for December 21.

Staff members who have left us recently are: Stub Sweet, Maintenance Manager; Mrs. Cliff Beeler and Mrs.

Mary MacKinnon, Teacher with the Rehab Department, all of whom retired at the end of October.

Several deaths were also reported: Mrs. Mary Durno, R.N., September 19 at age 54; Mrs. Nora G. Cheesman, R.N., on September 19 at age 67; James F. Durno, on November 21 at age 85; and Dr. T. M. Sieniewicz, on September 20 at age 80.

The December issue contains topics that are of great interest to us: "Agreement Merges Sanatorium and B. F. M.", "Sanatorium Now Miller Hospital" and a fine article by Dr. J. J. Quinlan, "Nova Scotia Sanatorium — 1904-1975". Our Editorial Comment tells of the official signing-over ceremony, on December 15. One very important issue was that, as of December 21, we ceased to be employees of the Province, and became employees of the Kentville Hospital Association.

We have enjoyed a number of articles over the past several months by former nursing staff member, Mrs. Lilah Smith Bird, and we have another one from her this month, "Christmas Spent in a Log Cabin".

This brings us up to 1976, and the concluding chapter in our History, although we did not know it at the time of starting off with our usual selections. There are more notes than usual in the Old Timers column, following our seasonal contacts between our "correspondents in the field". Eileen Hiltz has been travelling, as usual, and her contribution in the January issue is "Gold, and the Northland".

March brings the news that Mr. Peter S. Mosher has been appointed Executive Director of the Kentville Hospital Association, directing the operation of the amalgamated Miller Hospital and Blanchard-Fraser Memorial Hospital. His father, Mr. John D. Mosher, had recently retired as Administrator of the B. F. M. Hospital.

Mrs. Eileen Hiltz has become a member of the board of directors of the Kentville Hospital Association.

The Editorial Comment for April bears news of changes and happenings. The demolition of the Annex began on Easter Monday, April 19. Representations had been made to preserve the Annex, it having been the original



New main entrance to Miller Hospital, east side of service building.

Sanatorium, built in 1904, but this was not to be.

In April we officially moved out of the Nurses' Residence, keeping only a few corners of it for needed storage space.

We passed along the information, recently received, that **Health Rays** is being discontinued (at the end of the 1976 calendar year).

The month of May brings a story by Eileen concerning a visit to a one-family maple syrup camp in Pictou County. Of special interest is the fact that this was the family of William Stalker, of Kenzieville. He and his son, Robbie, had been patients here several years ago and we were pleased to hear that Robbie was at that time a third-year medical student at Dalhousie.

From the Editorial Comment we read that the Annex-Service Building complex is down and almost completely cleared away. There is an increasing flow of our staff to the B. F. M. announcement is made again that *Health Rays* is to be discontinued at the end of the year.

In Notes and News we see that "there is to be a Tea in the Cafeteria in honor of

Miss Joan Walker who will be retiring at the end of May, after 34 years of service". Mrs. Sarah Zirkel, R.N., had been on sick leave for some months, and we had overlooked the fact that she had officially retired at the end of March.

In the June issue there is a tribute to Joseph Lellis LeBlanc, who died on May 24, 1976, and had been "a San celebrity" in the early 1930's.

There is the news that Floor I is closing for the summer months, along with one floor at the B. F. M. Most of our Business Office personnel are in the process of transferring to the B. F. M. It is announced that Dr. Holden is now Director of Tuberculosis Control — as Dr. Hiltz had been.

The July-August issue is again combined, and one item of news was that the summer closure of East I was not exactly as planned. It was vacated by the end of June, with about twenty-five patients being discharged during the last five days of that month. They were soon replaced, however, by twenty patients from the Kings County Hospital, on July 11, and eleven patients from the Cape Breton County Hospital about one week later. They remained until September 8,



The Nurses' Residence, built in 1918. Discontinued as a residence in 1970.

when all patients on East I were transferred to the Kings County Hospital, the strike being over at that hospital.

Three staff members have retired: Mrs. Pascoe, R.N., and Miss Elizabeth Manning, R.N., both night supervisors; and Mrs. Jessie Smith, who regularly served on the cash register in the Cafeteria.

Mrs. Eleanor (Alders) Graves, Stenographer, discontinued work this summer in order to devote more time to her family.

In October we have reprinted the "Historical Sketch of the Nova Scotia Sanatorium", which had appeared in the *Morning Chronicle* on April 26, 1919, and which had been printed in *Health Rays*.

This takes us to the last of our regular issues, November 1976. We had added four more pages in this, as well as in the October issue. In the news is the retirement of Bob Middleton after over 43 years of service, most of that time as head gardener. Also, Miss E. J. Dobson has been appointed Director of Nursing for the combined Hospital Units, upon the recent retirement of Miss J. T. Moriarity, Director of Nursing at the B. F. M. Hospital.

From the Editorial Comment we have

this summing up, together with the promise of one remaining special issue: "With this issue we have attained sixty-five years of continuous publication, for it was November of 1919 that the first issue was published. It is perhaps fitting, then, that this is to be the last of the regular issues of *Health Rays*. Plans are still underway to have one more issue . . . and it is generally felt that this should be a special one."

This brings us to the close of "*Health Rays Through the Years*". It has been a time-consuming project and a most interesting one, as well. There is a wealth of information and good reading in those bound volumes, and one is not able to go through them without spending much more time than intended. We have had to remind ourselves, frequently, that this is a special issue commemorating the sixty-five years of *Health Rays* but, at the same time, we are presenting a summary of the contents of those volumes before us — and each issue gives a glimpse of the events, interests and concerns of the Sanatorium at that given time. We have reluctantly left out much that deserves being included. We hope that our Readers who have stayed with us thus far have found enough of interest to have made the project worthwhile.



Lt.: The first "X-Ray", as it appeared in Nov. 1919; rt.: cover of "Health Rays", 1943.

JUST JESTING

JUST JESTING

Advice to those who live in Sans,
Where gossip never ceases:
Be careful how you pick your friends,
And don't pick them to pieces.

Said the harrassed surgeon to medical students watching him perform a delicate operation:

"Will the wise guy who keeps saying 'Oops!' please leave!"

A week after Junior went away to camp, his parents got a frantic note: "Please rush some packages of cookies, cake, candy, bananas, jelly and peanut butter. All they eat here is breakfast, dinner and supper".

The personnel director of a large furniture factory received a government questionnaire which asked, among other items: "How many employees do you have, broken down by sex?"

The director replied: "Liquor is more a problem with us."

"Hello, is this the pet shop? Do you have any dogs going cheap?"

"No, but we have some going 'Bow-wow'."

It was the usher's first big wedding, and he had to eject an old lady from the reserved seats. Nervously he tapped her on the shoulder, and then said in a rush: "Mardon me, Padam. You are occupewing the wrong pie. May I sew you to another sheet?"

Young mosquito: "Soft pickings these days, aren't they?"

Old mosquito: "And to think when I was young I could only bite girls on the hands and face!"

"Freddie," said the Sunday School teacher, "Can you tell me what we must do before we can expect forgiveness for sin?"

"Yes, Ma'am," replied Freddie, "We must sin".

A large crowd gathered in front of a large shop window where a man was cleaning the windows with a brush and water. With every stroke he muttered: "There never was and there never will be". This went on for some time, until an old lady in the group asked him what never was and never will be, to which the man replied: "A constipated fly".

A ferocious lion ate a bull. Afterward he felt so wonderful that he roared. A hunter heard him roar and shot him.

Moral: When you are full of bull keep your mouth shut.

A farmer phoned a veterinarian, "Say, Doc," he said, "I've got a sick cat. He just lies around and hasn't any appetite. What can I do for him?"

"Give him a pint of castor oil." said the veterinarian.

Somewhat dubious, the farmer forced the cat to take a pint of castor oil. A few days later he met the veterinarian on the street.

"How's that sick calf?" asked the vet.

"Sick calf! That was a sick cat I had."

"My gosh! And did you give him a pint of castor oil? How's he doing?"

"Well," replied the farmer. "the last time I saw him he was going over the hill with five other cats. Two were digging, two were covering up, and the other was scouting for fresh territory."