

8 facts

DALHOUSIE

FEB 11 1976

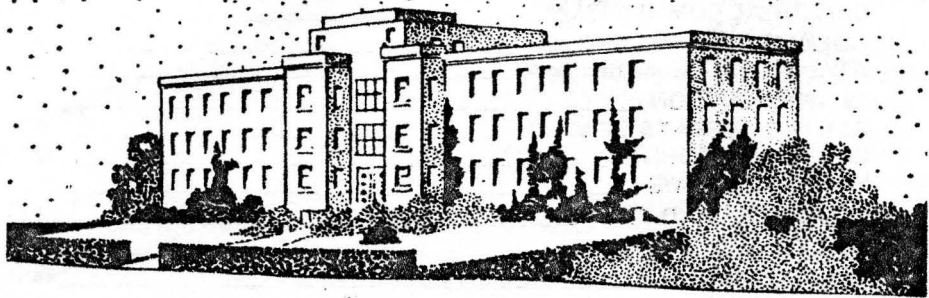
W. K. KELLOGG

HEALTH SCIENCES LIBRARY

Dalhousie Medical Library,  
Dalhousie University,  
Halifax, N. S.

B3H 3J5

# Health Rays



THE MILLER HOSPITAL  
Vol 57 January 1976 No. 1

# HEALTH RAYS

---

## STAFF

MANAGING EDITOR ..... DONALD M. BROWN  
ASSOCIATE EDITOR ..... EILEEN M. HILTZ  
BUSINESS MANAGER ..... JOHN AKIN

*Authorized as Second Class Mail, Registration No. 0556*

*Published monthly by the Miller Hospital, Kentville, N.S., in the interests of better health, and as a contribution to the anti-tuberculosis campaign.*

SUBSCRIPTION RATES ..... 25 cents per copy ..... \$2.00 per year

Please address all communications to: The Editor, Health Rays,  
Miller Hospital, Kentville, Nova Scotia

---

## TABLE OF CONTENTS

GOLD, AND THE NORTHLAND, Eileen M. Hiltz.....	1
LEARN HOW TO RELAX.....	2
WHY DO WE HAVE FEVER?.....	4
A NEW START (Strong Things; Fillers).....	6
EDITORIAL COMMENT.....	7
GOLDEN JUBILEE FUND.....	8
AT WIT'S END, Erma Bombeck.....	9
IN APPRECIATION.....	9
ALL IN THE STATE OF MIND.....	9
CHAPLAIN'S CORNER.....	10
NOTES AND NEWS.....	11
FROM HERE AND THERE.....	11
OLD TIMERS.....	12
INS AND OUTS.....	14
JUST JESTING.....	16

---

## Visiting Hours

DAILY: 1100 - 2030 (11:00 a.m. - 8:30 p.m.)

## GOLD, AND THE NORTHLAND,

By Eileen M. Hiltz.

"Gold" was the magic word in Canada's Northland, and "--struck gold" gave a new phrase to our language, still widely used to describe a spot of good luck by people who never saw or knew the Northland.

The Northland that I know is the part of northern Ontario loosely designated as the Kirkland Lake area. I have a sister living there, in the small community of Swastika adjoining Kirkland Lake. She is a gifted writer, and misses no opportunity to speak and write of her beloved "Northland". This is a bonus for me, because I can borrow from her writings to give a picture of the days of gold strikes in words more vivid and telling than mine could be.

I visited my sister and her retired prospector husband in October, and I found gold everywhere. Unfortunately this gold was of the eye-filling, not the purse-filling, variety. The foliage had taken on autumnal coloring, but instead of our flaming reds and oranges, the whole effect was of continuous burnished gold. When the sun shone on trees surrounding the numerous lakes, the contrasting blue and gold was breathtaking.

But now, return to that gold which in the early years of this century brought men from far corners to seek it out, among them the legendary Harry Oakes. To quote from an article, entitled "Kirkland Courageous", written by my sister in 1967: "Harry Oakes -- there was a character that you wouldn't expect to find outside a fiction thriller. All that fierce driving-power, that intense ambition, that burning lust for gold!

"All the legends about him weren't true, of course. Oakes, an American from Sangerville, Maine, did get off the train at Swastika, the end of rail in

those days, in June 1911. This was after he had searched for gold, with an almost fanatical intensity, all over the world. In a gold-fever that at times brought him to the point of starvation and freezing, he prospected in Alaska, the Klondike, Australia, New Zealand, Death Valley, the Philippines, California, and the Belgian Congo. There were enough true legends about him without adding that one, twice-told and with whiskers on it, about his having been kicked off the train at Swastika because he lacked money for a ticket.

"Oakes always denied the story vigorously, although he did admit that he had been down to \$2.65, and that he'd had to 'outrun rabbits in order to eat'".

If we skip lightly over seven years of fierce struggle, incredible hardships, and cut-throat competition, we find Harry Oakes opening his dream mine, the great Lake Shore, which came into production in 1918: "The Lake Shore ultimately produced over \$200 million in gold, and made Oakes a multi-millionaire. In 1923 the intense, introspective, rough-mannered tycoon married a tall, gracious Australian girl, 24 years of age, whom he met while on a world cruise, and brought her to his home in Kirkland Lake, the Chateau.

"For a time everything seemed to come his way. He and his wife had a family of three boys and two girls, and he was given a baronetcy. But, with wealth and fame in his hands, everything went wrong for him. Instead of happiness that he might have expected, bitterness became his lot. He moved his family to Niagara Falls in 1930. Then, in a fit of pique over the heavy taxes that ate into his wealth, as

(continued on Page 2)

## GOLD, AND THE NORTHLAND

continued from Page 1 )

well as the lack of appreciation that he felt was his lot, in the 1930's he quit Canada for good and moved to Nassau, in the Bahamas. There in 1943 he met a horrible death by murder, a mystery that has never been solved. As his biographer, Geoffrey Bocca, so poignantly put it: 'He found his gold and it destroyed him'."

There is little trace of Harry Oakes to be found in Kirkland Lake. For some reason, and there may be many, as many and varied as the views held on Harry Oakes by those who knew him, the man of great wealth made no benefaction to Kirkland Lake that might remain a memorial to him of his days there. Although the house he built, the Chateau (architecturally a Victorian nightmare!) still stands, it survives re-vamped into an old folks' home.

During a visit to my sister in 1969 I met an old timer who had known Harry Oakes intimately. Miss Mabel Tetterly, then in her eighties, recalled vividly the early years of this century when she was a genuine old-timer prospector. As my sister writes: "It was in 1911, that historic year that brought Harry Oakes to this area, that Mabel came to Swastika, from a farm near Huntsville. She was a comely girl of 25 then. Even before the day of slacks and pantsuits there were never any swishing skirts for Mabel. Good durable man's pants were her costume, with an old slouch hat of pioneer vintage". When I met Mabel in 1969 her costume was still a man's suit and old felt hat. It was fascinating to listen to her tell of the old days, when, between prospecting ventures, she drove a stage coach over the primitive roads between settlements. I asked her if she had someone "riding shotgun" with her. "Nope," said Mabel, "but I had a red-handled axe at my feet".

The old prospectors are gone, and so are the mines they found. Only one, the Macassa, survives. I'll let my sister

have the final word: "Inevitably they went the way of all good mines and closed down one by one -- even the mighty Lake Shore. They fell prey to two forces. One was the simple law of nature that mining is a wasting process. The other was a man-made law, that arbitrarily fixed the price of gold, even though the cost of producing it rose in fantastic proportions".

## LEARN HOW TO RELAX

Being able to take the pressure is a major prerequisite for senior managers in today's fast changing world. Being able to relax should be a prerequisite too. But unfortunately, it isn't.

Learning how to relax is a major first line of defence against the stress-induced diseases, which rank highest on the list of health problems facing North Americans today. Ulcers, high blood pressure, nervous and emotional disorders, heart disease, and even some forms of cancer have been linked to stress and the tensions of modern living.

Canada's world famous authority on stress, Dr. Hans Selye, says the effects of stress on the body are cumulative: "Stress is the nonspecific response of the body to any demand made upon it." Each time a person has to react to a crisis, an illness or injury or even a momentarily happy event, the body is strained. But that's not to say all stress is bad. Selye is quick to point out that without a certain amount of stress, there would be no life, and certainly there would be no zest to living. Fortunately, most of what we lose when facing day-to-day strains is regained. But that minute portion which we don't regain eventually takes its toll.

The most important thing you can do to cope with stress is to learn how you react to it. Being aware of what makes you stressful can allow you to modify your environment to avoid undesirable



stress. Too, it can allow you to find suitable releases for the tensions and frustrations which occur daily. Few of us will be able to turn back the hands of time and erase the damage that's already been done in the natural course of aging, but we might be better able to hold on to what we have left if we learn a few things about coping with stress.

The first thing to do is to stop worrying about your health. Even if you don't plan on doing anything about it, stop worrying; worrying never did anybody any good. On the other hand, if you decide you're not in the best of shape, or that you'd like to get in better shape, then start thinking about fun as the antidote for stress. Eat well-balanced meals and put the emphasis on breakfast, just as they say in the cereal commercials. And develop a regular exercise program at something you like to do. Squash, cross-country skiing, jogging, and even walking are all excellent relaxers. But if you're really too lazy or too busy to exercise don't worry about that either, says Selye. "There's some people who have such an aversion to physical exercise that I don't recommend it for them," he says. Luckily, even for those who can't participate in a regular physical exercise program, there are alternatives, some of which are quite simple and easy to do.

"Probably one of the most insidious problems associated with stress is the development of tension," says Doug MacLennan, VP and technical director of The Fitness Institute, Toronto. He defines tension as an involuntary tightening of muscles throughout the body which can cause fatigue, headaches, backaches, indigestion, poor circulation, and a whole host of other psychosomatic ills. The institute teaches several "letting go" exercises to combat tension. The secret of keeping loose is to practice tightening all your muscles, then consciously letting all your muscles go as loose and relaxed as possible. One exercise,

called the "Shoulder Shrug and Relax," is designed to relieve tension in the neck and shoulders, and can be practiced sitting at your desk. You simply take a breath, shrug your shoulders high towards your ears, using only moderate muscle effort, and hold this position for three to five seconds. Then allow the shoulders to sag downward and the head to drop forward in a very relaxed manner as you slowly exhale. Remain in this position for three to five seconds, then repeat four or five times.

Another exercise is simply called "Tight & Loose" and can be done sitting, standing or even lying down. Simply take a moderately deep breath and tense the muscles of your body. Hold your breath and the tension for a period of three to five seconds, and then exhale with a long, easy sigh while letting all your muscles go loose and relaxed. Just try to "melt," and do this half a dozen times. It may sound ridiculously simple, but it does work.

- Selected

#### FILLERS

Wisest is he who, never quite secure,  
Changes his thoughts for better day by day;  
Tomorrow some new light will shine,  
be sure,  
And thou shalt see they thought  
another way.

\*\*\*\*\*

Most of the shadows that cross our  
path through life are caused by our  
standing in our own light.

\*\*\*\*\*

I seldom notice book ends much,  
Altho, of course, I've seen them,  
They are like ears - what really counts  
Is what one has between them.

\*\*\*\*\*

**THIS FULL PAGE SPONSORED BY**

**HILTZ BROS. LTD.**

**PETER CLEYLE LIMITED**

**J. W. STEPHENS LIMITED**

**THE BERWICK BAKERY LIMITED**

## WHY DO WE HAVE FEVER?

### Progress in Understanding Fever

Since the time of Hippocrates men have learned more and more about fevers. Quite a step forward was made in 1714 when Fahrenheit invented the first thermometer. Then about a hundred years ago it was discovered that a fever was directly related to a rise in the body's thermostat. Even today fever is such a sensitive and reliable indicator of the presence of disease that thermometry is probably the commonest clinical procedure in use.

Only within the past twenty years have men gained a meaningful understanding as to just how a fever comes about. It had been known that the tiny gland in the brain known as the hypothalamus, which lies just back and above the bridge of the nose, regulates the body's temperature. But how?

It was discovered that the white corpuscles in the blood, when combatting an infection, produce pyrogens, literally "fire producers". This substance acts on the cells in the forepart of the hypothalamus, causing it to raise its "thermostat". For this reason it has been said that a fever is an elevated temperature, the result of a disturbance of the central temperature-regulating mechanism in the brain. One result of the changing of the "thermostat" is that the body feels as if it were actually cold and so the individual has chills and shivers, even though his body temperature is above normal.

Recent research has also shown that the constancy of the temperature of the body is related to the balance of sodium and calcium in the hypothalamus. Calcium appears to act as a kind of brake that keeps the sodium ions from raising the temperature of the body too high. It appears that the

pyrogen of the white corpuscles of leukocytes removes the calcium brake. Among the questions raised at an international fever symposium held in London (1970) were: Why a fever? Of what do those pyrogens consist? Are they hormones? Why is the average normal body temperature 98.6 degrees Fahrenheit and not 90 degrees or 108 degrees? Also, some have asked, Why does aspirin have no effect upon the body's temperature if it is normal, but is increasingly effective as the temperature gets higher and higher?\*

### Normal Temperature Relative

It is indeed of interest that, even though the environment may vary as much as two hundred degrees, yet 98.6 degrees Fahrenheit is ordinarily considered "normal" temperature. Such things as race, diet, climate and sex have very little bearing on one's temperature; still there are other factors that do cause variations. For example, one's temperature varies throughout the day. It is the lowest between three and six o'clock in the morning and the highest between four and five o'clock in the afternoon. Then again, the temperature varies in different parts of the body. The rectal temperature is one degree higher than that of the mouth; the hands and feet are lower in temperature and the tips of the nose and ears have the lowest temperature.

Such things as exercise or emotional upsets will raise the body's temperature. But such a condition could not be a true fever, for the body

---

**THIS FULL PAGE SPONSORED BY  
ATLANTIC WHOLESALERS LTD.  
L. ST. CLAIR BAIRD LTD.  
MAYFLOWER MOTEL**

returns to its normal temperature as soon as exercise stops, no pyrogen having acted upon the hypothalamus.

So it follows that anything between 97 degrees and 100 degrees Fahrenheit may be normal and that even 101 degrees for children may be simply due to exercise or emotional upset. For children a high fever usually is from 103 degrees to 105 degrees Fahrenheit, and anything above is usually considered dangerous. The highest fever from which a person recovered without brain damage was reportedly 114.8 degrees Fahrenheit.

What causes the hypothalamus to raise its thermostat, as it were? The most common cause, without a doubt, is infection. However, there are also other causes of fever. Among these are drugs, poisons, severe accidents, especially to the central nervous system, and various malfunctions of the brain. Then again, simply overheating the body to an extreme degree can bring on a fever, as in the case of sunstroke or heatstroke, where the body's central mechanism for cooling seems suddenly to fail. Such an individual ceases to sweat despite his rising temperature.

#### Why a Fever?

Does a fever serve any good purpose? Does it result in any benefit to the body? This is a somewhat controversial question. There are modern authorities that will answer Yes, while others say No. Thus a 1973 textbook on human physiology written by an English professor flatly states: "The function of fever is unknown; it does not appear to enhance the body's ability to cope with disease". And an American authority states that demonstrations to show that fevers have a positive value "have not been convincing".

However, the chairman of the international symposium on fever favors an opposing view, for he stated: "It seems unlikely that this universal response of warm-blooded

animals would have survived . . . if it did not confer an essential defence against disease". And another authority states: "A fever of moderate degree is a provision of Nature by which the infection is combatted and the recovery encouraged". Experiments have shown that animals inoculated with bacteria and then kept at 105 degrees Fahrenheit resisted infection better than those not subjected to higher temperatures.

Thus in times past, before notable strides were made in chemotherapy, that is, in the use of drugs, such diseases as syphilis, asthma and arthritis were treated by induced fevers. Episodes of acute diseases (such as measles) with their fevers have been noted to have a beneficial effect on other preexisting diseases. In fact, it is a matter of record that Pasteur challenged the members of the French Academy of Medicine to inoculate a chicken with a fatal dose of anthrax. They could not do it because a chicken has a normal temperature of 107 degrees, which will not permit anthrax bacteria to live.

Among other reasons that some give in support of the position that fevers serve a useful purpose are these: Fevers cause the body to produce a recently discovered substance, interferon helping it to combat viruses. Fevers also stimulate the production of enzymes and white corpuscles. Nevertheless, fever has its detrimental aspects too. The heartbeat is increased and there is a loss of weight, body fluids and salt, accompanied by headaches and other discomforts.

#### What to Do About a Fever

There was a time when nearly

(continued on Page 6)



**RON ILLSLEY**  
**ESSO SERVICE STATION**

## WHY DO WE HAVE FEVER?

(continued from Page 5 )

everybody considered fever to be unmitigated evil and therefore a condition that should be lowered at once by aspirin, cold water, ice cubes or cold towels. This may still be recommended in certain instances, but more and more the consensus is to let the fever run its course unless it is very high or is accompanied by complications such as vomiting, diarrhea or difficulty in breathing. In this regard, some liken a fever to a fire alarm. The important thing is not to silence the alarm but to put out the fire. And so merely taking measures to reduce the fever without searching for and treating the cause usually is pointless.

Still, it is reasonable to try to make a feverish individual comfortable. Sometimes this may mean reducing his temperature somewhat; to this end some suggest medication such as aspirin, others add an ice bag to the head or give enemas. Since a fever rapidly depletes caloric stores, long-standing diseases marked by fever may require careful attention to diet. In short term fevers the patient, as a rule, has no appetite for food and is usually better off to limit his intake of solids. Although there may be differences of opinion on whether to feed or to starve a fever, it has been well established that feverish patients need plenty of liquids. For every degree of fever metabolic activity is increased about 7 percent and an adult is said to lose a quart of water by evaporation, and so extra fluids not only make him comfortable but are most important. Some recommend that such liquids include fruit juices and vegetable broths. Of course, any extremely high or long-lasting fever logically should have the attention of a doctor.

Perhaps the most concerned of all as regards fevers are mothers of small children or babies. Temperature

changes can occur suddenly and be accompanied by alarming symptoms, and so mothers do tend to be easily concerned and worried if their pediatrician does not do something about it. But, more and more, authorities are urging mothers to calm down. As one of them put it: "I consider the thermometer often a source of undue parental anxiety. Physicians frequently are asked to 'treat' a fever, but this pressure to 'do something' should be tempered by the realization that, in most cases, fever is merely the body's defense against a self-limited disease". (Incidentally, this argues that fevers are beneficial!) In the same vein, another noted pediatrician urges "treat the child, not the thermometer". And that is also good advice for grown-ups!

*\*Aspirin does seem to reduce the yield of pyrogens, but that does not account for all of its effect.*



## A NEW START

I will start anew this morning with a higher, fairer creed;  
 I will cease to stand complaining of my ruthless neighbor's greed.  
 I will cease to sit repining while my duty's call is clear.  
 I will waste no moment whining, and my heart shall know no fear.  
 I will look sometimes about me for the things that merit praise;  
 I will search for hidden beauties that elude the grumbler's gaze.  
 I will cease to have resentment when another moves ahead.  
 I will try to find contentment in the paths that I must tread;  
 I will not be swayed by envy when my rival's strength is shown;  
 I will not deny his merit, but I'll strive to show my own.  
 I will try to see the beauty spread before me, rain or shine;  
 I will cease to preach your duty, and be more concerned with mine.

Itam



## Editorial Comment

I wonder how many of you are frequent readers of the Royal Bank of Canada Monthly Letter. With the latest issue, Vol. 56, No. 12, December 1975, is an insert advising that the author of the Letter, John R. Heron, retires and, "Era Ends for Monthly Letter". It does not mark the end of the Monthly Letter, however, and during the forthcoming year the bank plans to reprint a selection of former Letters. It came as somewhat of a surprise to me to learn that the Letter which I along with some 785,000 others, enjoyed has been written by one author. I note that this fact was brought out in 1973 when, on the occasion of the thirtieth anniversary of the Monthly Letter, tribute was paid to author John Heron, whose identity had remained virtually unknown to his readers until that time. The Letter has contained valued information of such a wide variety of topics that it would seem to have been written by different persons. John Heron had maintained that he is neither a banker nor an economist, remaining loyal to his true love - journalism and writing". Retiring from the authorship of the Monthly Letter on the eve of his 79th birthday he refers to himself as, basically, a lazy person - an interesting self-appraisal from one who has been a student missionary, soldier, teacher, principal, newspaper reporter, the bank's first public relations specialist, and whose present work enters the homes of so many readers.

In addition to the familiar four-page Letter, there have been five paper-backed volumes published by the bank comprising collections of Letters. One of these, "The Communication of Ideas", was given to each of us who attended a

seminar several years ago. Another is entitled "The Family", I recall.

The December Monthly Letter deals with the topic "What Can a Person Do?" I would like to quote several passages from it, as an introduction for some who may not read the Letter:

Men and women have gone by many ways to seek a happy life. Some have failed because they set themselves no definite goal, but drifted here and there always hoping to come upon the land of their vague dreams. Anyone who values present comfort more highly than the attainment of a purpose is contributing to disillusionment and disappointment, because it is uncomfortably true that no person ever passes his self-imposed limitations.

Ambition to accomplish something does not mean the same thing as competing for a quick getaway when a traffic light changes. It is a positive, purposeful, creative aim; an urge to do something definite.

What one can do is governed by an orderly mind that appraises the possibilities, analyses the difficulties, and controls the execution. One must be a dreamer to think of the destination, a planner to map out a path, and a drummer to set the marching time.

It is not necessary to have a great quantity of physical equipment in order to do something worth while. Aristotle was an astronomer without a telescope, a biologist without a microscope, a chemist without a laboratory, and yet for 2,000 years his conception of natural phenomena ruled science.

The person seeking to be somebody must occasionally escape into the land



## EDITORIAL COMMENT

(continued from Page 7 )

of dreams, having taken care to plan the return journey. A day-dream can be refreshing and inspiring if one remembers that one must come back to translate the dream castle into stone and mortar.

The person trying to do things will encounter difficulty but that is all to the good. When a task is troublesome, it gives the worker a chance to show his capability: when a decision is perplexing, that opens the way to display superior judgement.

What can a person do? The first thing is to try to do something. It is only by trying that you will find out the stuff you are made of, and become aware of your possibilities. The next thing is to apply craftsmanship to whatever you are doing. That means doing habitually well what has to be done. The third thing is to use courage to surmount difficulties and ingenuity to get around obstacles.

By applying these guiding principles you become fully alive and you are responding in a positive way to life's challenges. How different that is from the stunted life of someone who asks: "Why should not I enjoy what others enjoy?" without doing what is necessary to earn that enjoyment.

Learning to like people and to get along with them by looking for the good in them is a satisfying way of live, and it wins friends. Xenophon saw the advantage long ago: "It is far less difficult to march up a steep ascent without fighting than along a level road with enemies on each side".

Anyone who asks "What can I do?" is forward-looking. He does not start counting his years of age or his years of service as assets until he has nothing else to count. The life of accomplishment does not beckon alone to youth. It is for people of all ages. The happy life will grow upon

us when we answer the question by asserting: "I will do something".

I know that I haven't improved upon his article by quoting part of it, but the complete Monthly Letter, I am told, is available for the asking. I had often wondered how the writer had so much appropriate information readily at hand, and I see that the key to this is his orderly habit of systematically transferring reference notes "on to thousands of index cards, a system the author began in 1935 to keep track of his extensive reading. It's a handy reach from his desk to the reference books, bibles, indexed quotations and idea cards he draws on for the Letters."

As one who has read a good deal and has remembered remarkably little of it, I can well appreciate the value of this system to a writer.

---

HEALTH RAYS  
GOLDEN JUBILEE FUND

Contributions to this Fund may be addressed to:  
HEALTH RAYS GOLDEN JUBILEE FUND

The Miller Hospital  
Kentville, N.S.  
B4N 1C4

An official receipt will be sent to all contributors, and all contributions are tax deductible.

The standing of the Fund as of December 31, 1975:

Previously acknowledged: \$5,449.70

Recent contributors:

Mrs. Frances Snow

Mrs. Jane Cummings

Total \$20.00

Grand Total \$5,469.70

---

**THIS FULL PAGE SPONSORED BY**

**MUTTART'S LTD.**

**ROCKWELL LTD.**

**CORNWALLIS DAIRY LTD**

## AT WIT'S END

by Erma Bombeck

On an emotional scale, my husband is somewhere to the right of Mt. Rushmore.

He speaks about six words a year (four of them to me), has a face that reveals nothing, and gave in to giddiness on only one occasion. (On the birth of our first child, he punched me in the arm and said, "There will be a little something extra in your paycheck this week").

Just before Christmas I read an ad that was to solve my problem. It read, "Get him the ring that betrays his every emotion. Find out whether he is relaxed or under pressure, inhibited or aggressively passionate. The ring that lets a woman know where you're coming from".

On Christmas morning, he put the Mood ring on his finger. It turned black and has been in a holding pattern ever since.

"Why are you tense and inhibited?" I asked.

"What makes you think I am tense and inhibited?"

"Your ring is black. If it were yellow you would be unsettled; green, serene and calm; or violet blue, emotionally charged and vivacious".

"That is a lot of rubbish."

"It is not a lot of rubbish and just once before I pass over, I'd like to see you turn blue".

Every day since Christmas, the family and I have dedicated our lives to making that funky little ring turn color.

"Hey, Dad", said our son, "here are your car keys. I just filled up the tank for you". (We looked at the ring. It remained black).

"I've just been going through our tax deductions", I said, "And I think the government owes us \$2,000." (Still black).

Our daughter perched on the arm of his chair. "All my girl friends think

you look like Robert Redford". (She grabbed his hand. The ring never changed).

"This is my best shot", I told the kids as I zipped up my flowering caftan and spritzed myself with perfume. "Dear, I though we'd spend a nice quiet evening at home . . ."

The ring turned yellow . . . then blue . . . then green . . . and finally WHITE!

"You don't have to get that choked up", I said. Then I noticed that he was reading a stack of Christmas bills.

"What does white mean, Mom?"

"Get the respirator! Your father is going into ring failure!"

---

### IN APPRECIATION

To the Editor:

Please publish in "Health Rays" my sincere thanks to the doctors, nurses and staff of the Sanatorium for the excellent care I received while a patient there.

I am happy to say I am feeling fine. I haven't had any serious problems since.

Thanking you all again.

Sincerely,  
Howard P. Cashin  
Tracadie, N.S.  
January 10, 1976

\* \* \* \*

### ALL IN THE STATE OF MIND

If you think you are beaten, you are.  
If you think that you dare not, you don't.

If you'd like to win but think you can't,

It's almost a cinch you won't.

If you think you'll lose, you've lost,  
For out in the world you find

Success begins with a fellow's will -  
It's all in the State of Mind.



## Chaplain's Corner

CHAPLAIN'S REPORT - 1975  
Nova Scotia Sanatorium, Kentville,  
N.S.

Going to the Sanatorium has become very much a way of life. This is what one would expect since it was eight years ago on September 1 that I made my first visit. This has continued ever since with a few interruptions for holidays and two short intervals in hospital. One looks forward to each new day. There are always new and interesting patients admitted, and the old friends who have been there for some weeks, or months, or even years.

The past year has seen some changes in the physical structure of the institution. The new building, housing the dietary kitchen and dining room on the top floor, and stores, offices and canteen on the lower floor, was opened during the summer. This addition seems to be working out to the satisfaction of all and its proximity to the Infirmary is a great convenience for the patients who are able to go to the dining room for their meals.

During all its existence the Sanatorium has been under the jurisdiction of the Nova Scotia government. However, a change came on December 21, 1975, when its name was changed to the Miller Hospital in honor of its founder and long-time superintendent, and was integrated with the Blanchard-Fraser Memorial Hospital of Kentville. The Miller Hospital will continue to treat tuberculous patients and the seemingly increasing number of persons suffering from various chest ailments.

The number of patients remains much the same as last year. At any given time, from 75-95 beds are occupied, but the total number of persons admitted and discharged has increased greatly in the last few years. This is due to the nature of the diseases treated and the rapid

response to the drugs and treatment used. This means that, while there is a large reduction of the beds in use from when I began over eight years ago, I am making contacts with a much greater number of people. Recently, the Medical Records Librarian gave me some figures to show the change over the past ten years. In 1965, there were 348 admissions, in 1975, 595+. He also stated that of every seven admissions one is for tuberculosis and six for nontuberculous conditions. You will see that tuberculosis is still with us, although greatly reduced, when out of the 595 admissions approximately 85 would be suffering from that disease.

In October 1974, I took on the additional duty of providing a service of worship on Friday afternoons. This, I carried on until May when a Baptist student from the Pastoral Clinical Training Group took over. There was a loyal core of patients who helped make the services worthwhile. Communion was observed quarterly and to individuals when requested.

Over the years, I have been impressed by the concern the patients have for each other, especially those who have to submit to operations or are very ill. This same spirit is very much in evidence by the whole staff, doctors, nurses, technicians, orderlies, those who keep the rooms clean, dietary and kitchen staff, and the many others which I have not named. Everyone seems to be a part of the organization, dedicated to bringing health again to the patients.

Once again, I want to thank the Presbyteries for their kindness in writing me and especially the Valley Presbytery which has been very generous in its support of the work done by Chaplains at the Sanatorium over the years. My thanks to the

United Church for giving me the opportunity to serve in what I hope is a way that may have meant something to the many people I meet on my calls.

My sincere thanks to the doctors, nurses, and all connected with the Sanatorium for their cooperation.

I hope 1976 will be a happy year for you all.

Sincerely yours,

J. Douglas Archibald

P.O. Box 686, Wolfville, N.S.

December 31, 1975

## NOTES AND NEWS

Here is a note that was a bit late for Old Timers column so we will mention it now, rather than hold it for a month: We were talking with Mary (Boudreau) Doucette today, and she and husband Percy had returned from a month in Cambridge, Mass. Percy came down with the 'flu just before they were to return and was still sick at the time we were talking with Mary. We hope that by now he has recovered.

While in the States they visited Catherine (Mitchell) Tucker, in Framingham. Catherine has a son, eleven years old, and she is very well and is working as a Steno.

\* \* \* \*

Many readers have commented favourably regarding the several articles in "Heath Rays" which were written by Mrs. Lilah Smith Bird. She has promised us another, which will likely be along in the near future. At this time we would like to make mention of an article of hers which appears in "The Nova Scotia Historical Quarterly", Vol. 5, No. 4, December 1975. This article, entitled "My Island Home" has as its setting Port Hood Island, where she was born and where she spent her happy childhood years. It is an article showing the writer's feelings upon

re-visiting the scenes of her childhood, describing life as it was, some 65 years ago, and including something of the earlier historical events - heroic and tragic - which occurred in the area. "We commend this article to your attention", as they say in the book reviews.

## FROM HERE AND THERE

It is estimated that some 100 million dogs and cats in the U.S. reproduce at the rate of 3,000 an hour. The same source estimates that 415 human babies are born each hour. The amount spent annually in the U.S. for prepared pet food is 4.5 billion dollars, with an equal amount being spent for pet products and services.

\* \* \* \*

A study carried out by the London School of Hygiene implicates cigarettes as the cause of pneumonia and bronchitis in children whose parents smoke. A five-year study indicated that these children had pneumonia and bronchitis twice as frequently as did the children of parents who did not smoke.

\* \* \* \*

One-third of American married women under 30 are now childless, compared with one-fourth in 1970, and one-fifth in 1960. Some reasons for this trend are given as, the continued rise in the cost of living, more women committed to careers, awareness of the world population problem, and unsettled conditions, nationally and internationally.

\* \* \* \*

The U.S. \$2. bill is scheduled to return in April, following an absence of ten years. The Federal Reserve Bank intends to release 400 million of these each year, with a decreased purchasing power of \$1.19 in terms of the 1966 value.

\* \* \* \*



## OLD TIMERS

We are starting the New Year right by getting our material gathered together a bit earlier than some months, hoping that the advantage will not be offset by the fact that this is the 13th of the month.

It's a funny thing about time - it seems to have gone very quickly since the holiday season, and yet, looking back on some specific date, such as the San and B.F.M. amalgamation date of December 21, it does seem like a long, long time ago.

I think that I forgot to mention last month that we were pleased to see Mrs. Tina Crosby at the "signing-over ceremony" of December 21. She was a patient on East 1 last year and was here for a check-up and is looking very well as usual.

Another item which I overlooked was a note from Anne-Marie, which we will put at the head of her other notes and give them to you now, without further ado:

On reading a recent issue of the N.S. Civil Service Commission News, I noted Maisie Howard's name among those who received a Long Service Award last spring. Maisie was here in 1940 and is employed with the Department of Tourism in Halifax.

Marjorie and Hugh Cook, 7 Riverside Ave., Bible Hill, visited the San shortly before Christmas, and renewed their subscription while here. Marjorie was here in 1956 and Hugh in 1962. They are both well and Hugh still works as an auctioneer.

Two welcome visitors were here during the latter part of December. They were Miss Mariam Clifford and Miss Floris Smith, who were known as the "Roseway Twins" when they joined the staff of the San. Miss Clifford lives in Tiverton, and Miss Smith in Barrington, Shelburne County.

When Vi Silver came in for her check-up she was telling me that she

had a wonderful trip to Japan last October. She and other members of her family spent five days in Tokyo and two weeks in Hong Kong. She enjoyed the trip tremendously and found the people very friendly. On her way back from British Columbia she spent two weeks with her son in Winnipeg. The trip must have agreed with her as she looked extremely well.

In her last letter, Grace Adams was telling me that she heard from Hazel Tipert at Christmas. (We also had a renewal from her recently.) Hazel, who was a patient in 1938, has been working on the U.S. Base at Goose Bay, Labrador, for something like 20 years, will be retiring in the spring and will make her home with her sister in New Germany.

Marguerite (MacNamara) Parker of Ottawa, accompanied by her husband, spent Christmas with her brother, Vince Young, in New Minas. It was good to see her at this time of the year and, as usual, she looked lovely.

I had a note from Marilyn MacLeod of Halifax who was here in 1965. Marilyn is head of the Physiotherapy Department at the Victoria General Hospital and tells me that she sees Sandra Myers in the cafeteria. Sandra will be remembered by many former patients as the jolly lab technician who always cheered them up, even when going around taking blood. She is employed at the Path Lab. Marilyn has kept well and was planning on going to Sydney for the holidays.

On my way home I sometimes stop in Kingston to see Nema MacDonald who cured with me back in 1941. She suffered a stroke a few years back and has right-sided paraplegia, but her spirits are undaunted. I always have a pleasant visit with her.

Thank you, Anne-Marie, for giving us a good start on our column.

We have a brief note from Mrs. Gordon Hogg of Baccaro, formerly Anne Patricia Bower, with renewals of her three subscriptions. Anne writes: "Was very pleased to have a



visit from a former porchmate, Marg Garrison, about a year ago. At that time I was unable to work for about three months, but have since been fitted with a brace for my back and could take short walks in the warm weather, which I enjoyed very much. My very best wishes to the staff and patients for a happy and healthy new year''.

We have a renewal from Miss Hildred McGillivray, showing her address again as 321 Main St., Bridgeport.

Here is a change of address received from Miss M.R. Martell, formerly 5 Julian Ave., Ottawa, and now P.O. Box 314, Sydney, B1P 6H2.

We had a cheery note from Claudia Putnam, just before Christmas, and she sends her best wishes to all her friends now, or formerly, at the San. (Or I could say, formerly at the aforementioned former San). Anyway, Claudia's message reads, in part: "Our family is growing and we're very proud of them all. Our baby is now 7½ months old and she has beautiful red hair". (Signed) Claudia, Merle, Paula, Shaun, Dennis and Kari Lynn.

John "Bun" Akin has passed along a note from Mrs. Harriett Robertson, former Out-Patient Nurse at the San. Mrs. Robertson writes from 237 Bradford House, Porter's Island, Ottawa K1N 5M2, as follows: "My Health Rays for December arrived Jan. 6 and as usual I read it through. I have a feeling of nostalgia at the thought of the merger with the B.F.M., but have no doubt that it was a necessary move and will no doubt be a successful one. I have many happy memories of my life and work and the many friends I had there.

"I particularly enjoyed Dr. Quinlan's history of the San's 72 years. This issue goes in with my cherished souvenirs of the past.

"With my sincerest wishes for the future,

Sincerely,  
Harriett Robertson"

We have renewals from Miss Mabel C. Moseley, 25 Alton Drive, Halifax; Nelson A. Levy, R.R. 1 Lunenburg; Mrs. Pauline Schofield, Box 291, Kingston; Hilbourne Redden, R.R. 2 Kingston; Mrs. Duncan Greene, R.R. 5 New Glasgow; David M. Ross, R.R. 1 Scotsburn; Mrs. Thomas D. Rankin, Box 478, Westville, with a contribution for the Fund; Hubert Aurette, Comp. 2, Site 1D, R.R. 1 Arcadia; Mrs. Hugh Chisholm, R.R. 3 Merigomish; Mrs. Albert Deveau, R.R. 1 Yarmouth; George Jones, R.R. 2 Kentville; Mrs. Alice Levesque, 115 Oakdene Ave., Kentville; Mrs. Harriet Campbell, for Harold and Phoebe MacKinnon; and Mrs. Ethel MacKinnon, of the Business Office, with the five subscriptions that she renews (which should help to keep us going for awhile!)

We are pleased to have a letter and news from Miss Marguerite MacLeod, Box 381, Liverpool, B0T 1K0. Marguerite's Senior Citizens' Club had just wound up the year's activities with a turkey dinner on the evening of December 20, at the Motor Inn Restaurant in Bridgewater, so, with unaccustomed time on her hands, the following notes were prepared for us on December 30:

In a long and interesting letter Catherine (Mitchell) Tucker of Framingham, Mass., says, "I am still working for an attorney, and other than church, I belong to a legal secretaries' association for which I am historian. We have some good speakers and discussions". Her son, Marty, is in grade VI and doing well. Marty's parents see that he has enough worthwhile interests to leave no time for the "many pitfalls for idle minds and hands". While visiting in

(continued on Page 15)

THIS HALF PAGE SPONSORED BY  
MANSON'S DRUGS LTD.

## Ins And Outs



### MILLER HOSPITAL ADMISSIONS

December 1 to December 31, 1975

GARNET FLETCHER TRIMPER, Commercial St., Middleton; NORMAN EMMERSON KEDDY, R.R. 3 Wolfville; JOHN EBER LEGGE, R.R. 1 Kentville; JOSEPH AUGUSTE COMEAU, Belliveau Cove R.R. 1 Church Point; DENNIS PATRICK GASKELL, R.R. 2 Centreville; BOYD IVAN WHYNOTT, New Albany, R.R. 3 Middleton; MELBORNE LUPINE DOMINOE, 186 St. Phillips St., Bridgewater; HAROLD SAMUEL OXNER, Dublin Shore, R.R. 1 LaHave; ROY LESLIE THOMPSON, Cambridge; LAWRENCE MAURICE HAMM, New Germany; JENNIFER CLAIRE PINKHAM, Coddles Harbour, R.R. 1 Goldboro; GORDON WILBERT CORBETT, Lakeville Road; JAMES ALEXANDER RYAN, 13 Glendale Dr., New Minas; ROBERT ARTHUR MORAN, 4 Applecrest Drive, Kentville; ERNEST JOHN MAHAR, Walton, Hants Co.; JAMES HENRY FIELDER, 112 High St., Pictou; ROY BRUCE BREWER, Lunenburg; HAROLD LeROY WEIR, Kingston; CLARENCE EUGENE CALDWELL, R.R. 1 Wilmot; GEORGE HARDING CONLEY, Walton; GEORGE ALBERT STUART, R.R. 3 Centreville; MRS. BERNICE AILEEN IRVING, Auburn; MRS. FLORENCE MAE ACKER, 4 Lexington Ave., New Minas; JOHN ALBERT HERBERT, Coldbrook; WINSTON BERNARD MULLEN,

Sheffield Mills; VICTOR LeROY BRUCE, 13 Queen Street, Bridgetown; DONALD GRAHAM KENNEDY, 4 Franklyn Court, Dartmouth; MRS. MARY SYLVIA MUISE, 30 Queen St., Yarmouth; ARTHUR GORDON SANGSTER, Grand Pre; MURRAY EDWARD KYNOCK, South Alton, R.R. 2 Kentville; BLAKE DARCY ROBBINS, Bear River; RUBY LAVINIA BURNS, Bridgetown; FRANK LEWIS MACKAY, Hemford, R.R. 4 New Germany; MRS. RUTH LAUREL BROWN, Clementsvale, Anna. Co.; GREGORY ROSS WILCOX, 1034 Highland Ave., New Minas; GEORGE LESLIE NEWELL, Plymouth, R.R. 1 Arcadia; MRS. MADELINE BEATRICE CHASE, R.R. 1 Aylesford; RALPH HELMET ACKER, R.R. 1 Clementsvale; MURIEL AGNES LONG MURRAY, R.R. 1 Port Williams; MRS. HILDA ELLEN LONG, 30 Patterson St., Pictou; ETHEL MARSHALL, 97 School St., Middleton; JAMES FALES, Annapolis County Home for Disabled, Bridgetown.

### DISCHARGES

December 1 to December 31, 1975

HARRY LEE McCULLY, Ward's Brook, R.R. 3 Parrsboro; MRS. ELSIE MAY DODGE, 175 Commercial St., Middleton; ALEXIS ANDRE BAKEEFF, Canning; MRS. JANE ELIZABETH RIDEOUT, Wolfville (Expired); GLENN EDWARD WALKER, R.R. 6 Truro; EARL HARRIS FORSYTHE, Cambridge; JOSEPH VICTOR ENGLAND, Belcher St., Port Williams; JOHN EBER LEGGE, Lakeville; WILLIAM ARTHUR MARRIOTT, Box 17, Grand Pre; CECIL AMOS LEWIS, Port Lorne, R.R. 1 Paradise; THOMAS MARK SWEET, 6234 Jubilee Road, Halifax (Expired); MRS. MADELINE BEATRICE CHASE, Nicholville, R.R. 1 Ayles-

ford; JOHN HENRY VEINOTTE, Harbourville, R.R. 2 Berwick; MRS. ELVA JEAN DeMONE, Box 102 New Germany; CRYSTAL LEE SIMMONS, North Preston; JOHN EMERSON ROAST, Forties, R.R. 1 New Ross (Expired); JOHN ALFRED HERBERT, Coldbrook, R.R. 1 Cambridge; NORMAN EMMERSON KEDDY, R.R. 3 Wolfville; MRS. HELENA BARZILAY, 29 Dinoon Street, Pictou; JAMES RHEUBEN KEIZER, Cape George, R.R. 4 Antigonish; FINN ODIN WETTER, Lawrencetown; MRS. MARY HELENA FOLKER, Box 25, Hantsport; LEMUEL JOHN HIMMELMAN, Dublin Shore, R.R. 1 LaHave; LILY MAE THIBODEAU, 3065 Olivet St., Halifax; MRS. EDNA VIOLET McLEOD, Gay's River, Hants Co.; PHILLIP SYLVESTER DeBAIE, Shelburne; ROY LESLIE THOMPSON, Prospect Road, Cambridge; JAMES ALEXANDER RYAN, 13 Glendale Drive, New Minas; LORAN DOUGLAS CHESLEY SHAW, Paradise, R.R. 1 Lawrencetown; VICTOR LeROY BRUCE, 13 Queen St., Bridgetown; STANLEY MICHAEL BALDWIN, 6069 Pepperell St., Halifax; ARTHUR ALEXANDER CAMERON, 11 Pleasant St., Springhill; MELBOURNE LUPINE DOMINOE, 186 St. Phillips St., Bridgewater; GEORGE HARDING CONLEY, Walton (Expired); DENNIS PATRICK GASKELL, Upper Dyke; Blake Darcy Robbins, Bear River; John McNeil, Sydney Forks; JOHN LYNAL SHEEHAN, 132 Braemar Drive, Dartmouth; DONALD GRAHAM KENNEDY, 4 Franklyn Court, Dartmouth; BING FAI HUM, 2316 Gottingen St., Halifax; GREGORY ROSS WILCOX, 1034 Highland Ave., New Minas; GEORGE ALBERT STUART, R.R. 3 Centreville; JAMES EDWARD JARVIS, 2327 Creighton St., Halifax; WILFRED JOSEPH RYAN, Box 164, Port Hawkesbury; CHESLEY DOBSON REDMOND, 6289 Payzant Ave., Halifax; CLYDE

NORTHWOOD BROWNLEE, Lockhartville; KENNETH FOSTER MacLEAN, Kingston; ROY BRUCE BREWER, Lunenburg; ERNEST JOHN MAHAR, Walton, Hants Co.

---

## OLD TIMERS

(continued from Page 13)

Nova Scotia last summer the Tucker's tried to contact me by phone as they wished to pay me a visit. It just happened to be during Max's vacation, and unfortunately, we were not home.

Joan (Daurie) MacCarthy writes from her home in Attenborough, Nottinghamshire, England, that she and her husband had planned to spend Christmas in South Africa, but decided to postpone their visit for a while. Peter has a sister living in Cape Town, and his parents are there on a three-month visit. Joan and Peter visited Belgium and Holland during the summer.

Marie (Legere) Morehouse, former handcraft worker in Rehab., and her husband have bought a new home in Fredericton, N.B. She had a busy time choosing carpets, etc., and making bedspreads and curtains, but loved it all immensely. Marie's two boys, Kevin and Danny, are both in school.

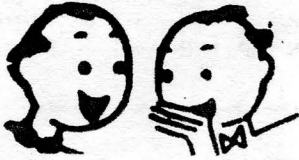
Rev. Alton Alexander, erstwhile student chaplain at the San, returned to Nova Scotia last summer after approximately two-and-a-half years of study and chaplain internship at Grady Memorial Hospital, Atlanta, Georgia. He and Mrs. Alexander are

(continued on Page 17)

---

**THIS FULL PAGE SPONSORED BY**  
**WILLETT FRUIT COMPANY LTD.**  
**BALCOM - CHITTICK LTD.**  
**BROOKFIELD FOODS**  
**J. M. DUGUID, JEWELLERS**

## Just Jesting



### NO WONDER!

Strange noises issued from the bathroom.

"What's wrong, Henry?" asked the puzzled wife.

"Something's wrong with my razor, it won't shave!"

"Don't be silly, Henry," she snapped.

"Your beard can't be tougher than the linoleum!"

An Irishman had been thrown over a fence by an evraged bull. He had just recovered when he noticed the bull pawing the ground and furiously tossing his head.

"If it wasn't for your bowing and scraping," said Mike, "I'd just think you threw me over on purpose."

Inquisitive Lady: "And now, officer, tell me what that strap under your chin is for."

Officer: "That lady, is to rest my poor old jaw on when it gets tired of answering silly question."

Mistress: "Remember to serve from the left and remove plates from the right."

New Maid: "Fancy being so superstitious."

She: "How kind of you to bring me those lovely flowers. They are so beautiful and fresh. I believe there is some dew on them yet."

He (Quite taken aback and stammering): "Yes," but I am going to pay it off tomorrow."

The arithmetic class was learning weights and measures.

"What does milk come in?" asked the teacher.

"In pints," ventured Tommy.

"And what else?"

"I know," shouted Johnny, who had spent the past summer on the farm, "in squirts."

Cure for a violent temper: Use a mirror immediately the attack comes on.

Old Friend: "Where have you been the last few years?"

Student: "At college, taking medicine."

Old Friend: "And how do you feel now?"

"Did you have the car out last night, son?"

"Yes, dad. I took some of the boys for a run."

"Well, tell the boys I found one of their little lace handkerchiefs."

Two old cronies decided to do a little Sunday fishing, and had whiled away most of the morning when one of them looked at his watch. "Good Heavens!" he said, "It's almost noon. Now I'm too late to go to church." To which the other replied. "Oh well, I couldn't have gone anyway; I've got a sick wife at home."

The best recipe for making food taste like that which mother used to cook is to walk five miles before dinner.

It always seems to take a pair of squeaky shoes the longest to get anywhere.

**THIS HALF PAGE SPONSORED BY**

*Hiltz Dry Goods Ltd.*



## OLD TIMERS

(continued from Page 15)

now well settled in at the Baptist parsonage at Seabright, and are working very hard in their four churches - Seabright, West Dover, Indian Harbour and Bayfield.

Some readers of this column may remember that following World War II some European nurses joined the staff of Roseway Hospital. Among them was Miss Smaida Asenicks, who is now nursing in Toronto, and with whom I have kept in touch over the years. Miss Asenicks has bought a home in Toronto, and during the past several years has made a few trips back to Latvia, her homeland. Since Latvia is now under Soviet rule, it is not hard to understand that the changes have been many and great.

One of Roseway Hospital's "Green Girls", Miss Vera Cameron, has been on the staff of the School for the Blind in Halifax for a number of years. She is working only part-time now, but loves the work, and also the new experience of having her own apartment.

Ada (Collicut) Church of Martock is still the busy housewife. With her letter and card she enclosed a picture of ten-year-old Peter - her Sanatorium baby.

Dorothy (Hubbard) Muise of Yarmouth spent three weeks of October in the V.G. Hospital being treated for arthritis. She feels a great deal better now, and with the help of her good husband, Leslie, is doing very well.

The usual breezy Christmas letter from Evelyn (Mrs. Chester) Hiltz of Chester, also arrived on schedule. She and her family are thriving on work with a bit of fun thrown in. The old farmhouse which they bought some years ago has responded well to their efforts to make it comfortable and attractive.

For some years now, we have been buying our Christmas tree at Vincent

Nowe's in Upper Milton. It was not until this year that I had an opportunity to speak with him, and I learned that since Roseway and Sanatorium days, Vincent has become quite settled. He has a grown family, and besides selling Christmas trees, drives a school bus, and still likes to study.

Thank you, Marguerite. Having opened with Anne-Marie's notes and closed with yours, I have had only a brief in-between to write. And that's the end of our column for this month.

## FROM HERE AND THERE

(continued from Page 11)

A third of the adult male population in the Baffin Bay area were found to have impaired hearing from the increased use of snowmobiles. Hearing difficulties affected as high as 83 percent of those who customarily spent long hours on their machines, some travelling 10,000 in a year.

\* \* \* \*

Pregnant women have long been counseled to avoid excesses in food and drink, and not to smoke, so as to protect their unborn babies. Recently two Johns Hopkins Hospital researchers, after more than a year of research, claimed that pregnant women who smoke may be partially asphyxiating their unborn babies. They declared that harmful carbon monoxide from cigarette smoking can displace oxygen moving from the mother's bloodstream, through the placenta, and into the fetus. In other research, from the University of Illinois, it was claimed that there is some evidence, though incomplete, that expectant mothers who drink more than six cups of coffee a day apparently tend to have higher rates of miscarriages, fetal deaths and stillborns.



## THE MILLER HOSPITAL

### ACTIVE STAFF

H.M. HOLDEN, M.D., F.R.C.P. (C) F.C.C.P. . . . . .	Medical Director
J.J. QUINLAN, M.D., F.R.C.S. (C), F.C.C.P. . . . . .	Surgeon
F.J. MISENER, M.D., F.C.C.P. . . . . .	Radiologist
MARIA ROSTOCKA, M.D. . . . . .	Physician
*G.A. KLOSS M.D., F.C.C.P. . . . . .	Physician
BARBARA LEITCH, M.D. . . . . .	Physician

### CONSULTANTS

S.V. ANAND, M.D., F.R.C.S. (E & C) F.A.C.S. . . . . .	General Surgery
D.W. ARCHIBALD, M.D., F.R.C.P. (C) . . . . .	Psychiatry
S.F. BEDWELL, M.D., F.R.C.P. (C) . . . . .	Neurology
J.C. CROSBIE, M.D., F.R.C.P. (C) . . . . .	Pediatrics
T. DOK, M.D., D.O.M.S., D.L.O. (Eng.) . . . . .	Ophthalmology & Otolaryngology
P.P. GEORGE M.D., F.R.C.P. (C) . . . . .	Psychiatry
J.A. HYNES, M.D., F.R.C.P. (C) . . . . .	Internal Medicine
C.E. JEBSON, M.D., F.R.C.S. (C) . . . . .	Urology
*D.H. KIRPATRICK, M.D. . . . . .	Anaesthesiology
D.M. MacRAE, M.D., F.R.C.S. (C), F.C.C.P. . . . . .	Bronchoscopy
G.M. SMITH, M.D., D.P.H. . . . . .	Preventive Medicine
P.W.S. WATTS, M.D., M.R.C.O.G., F.R.C.S. (C) . . . . .	Obstetrics & Gynaecology

\* Certified by P.M.B.

### ADMINISTRATIVE

J.T. BETIK. . . . .	Administrator
MISS E. JEAN DOBSON, R.N., B.Sc.N . . . . .	Director of Nursing
MISS EILEEN QUINLAN, B.Sc., P.Dt. . . . .	Senior Dietitian
DONALD M. BROWN, B.A., B.Ed., M.S.W. . . . .	Director of Rehabilitation

### POINT EDWARD HOSPITAL

D.S. ROBB, M.D. . . . .	Medical Superintendent
T.K. KRZYSKI, M.D., ChB. . . . .	Assistant Medical Superintendent
D.B. ARCHIBALD, M.D. . . . .	Consultant Urologist
R.G. CHOKSHI, M.D. . . . .	Consultant Bronchoscopist
E.C. MacDONAGH, M.D. . . . .	Consultant Psychiatrist
H.R. CORBETT, M.D. . . . .	Courtesy Consultant, radiology
R. MATHIESON, M.D. . . . .	Courtesy Consultant, pathology
H.M. HOLDEN, M.D. . . . .	Courtesy Consultant, cardiology
MRS. EDNA MacDOUGAL, R.N. . . . .	Director of Nursing
MRS. JOAN CHIASSON. . . . .	Dietitian

## Church Affiliation

### ANGLICAN

Rector — Archdeacon Dr. L.W. Mosher  
Hosp. Chaplain — Rev. William Martell

### BAPTIST

Minister — Rev. A.E. Griffin  
Lay Visitor — Mrs. H.J. Mosher

### CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

### UNITED CHURCH

Minister — Rev. Ian MacDonald  
Hosp. Chaplain — Dr. J. Douglas Archibald

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

### POINT EDWARD HOSPITAL

#### ANGLICAN

Rev. Weldon Smith

#### ROMAN CATHOLIC

Parish Priest — Father Angus MacLeod

#### SALVATION ARMY

Capt. Alex Swan

### PENTECOSTAL

Minister — Rev. T. Kenna

### ROMAN CATHOLIC

Parish Priest — Rev. Clarence Thibeau  
Asst. Priest — Rev. Luc Gaudet

### SALVATION ARMY

Capt. Sidney Brace

#### UNITED CHURCH

Rev. Allan MacIntosh

#### PRESBYTERIAN

Rev. E.H. Bean