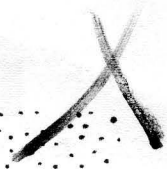
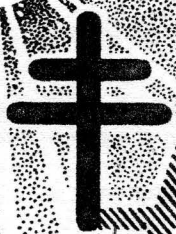


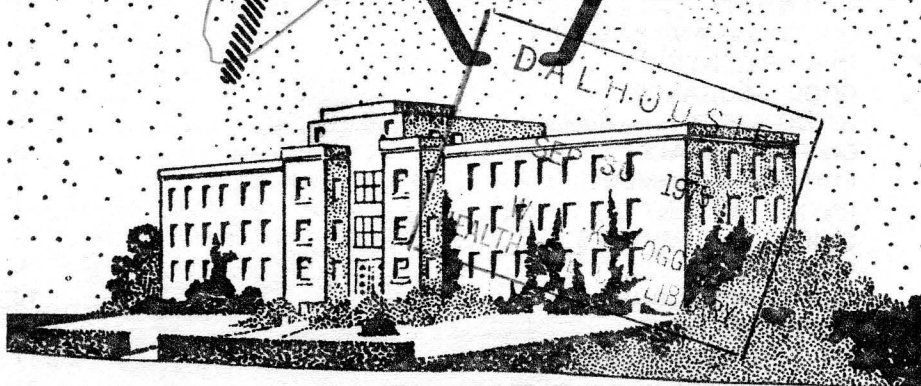
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Health Rays



THE NOVA SCOTIA SANATORIUM
 Vol. 56 September 1975 No. 3

HEALTH RAYS

STAFF

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

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TABLE OF CONTENTS

BUBONIC PLAGUE, THE "BLACK DEATH"	1
EMERGENCY AID	2
INVENTORY	2
QUESTIONS AND ANSWERS	3
IN APPRECIATION	3
GOOD INSURANCE	4
AT WIT'S END, Erma Bombeck	5
ON TB HOSPITALS	6
EDITORIAL COMMENT	7
ENTERTAINMENT	7
QUIPS AND COMMENTS	8
HIS PRESENCE	9
CHAPLAIN'S CORNER, Msgr. J.H. Durney	10
NOTES AND NEWS	11
GOLDEN JUBILEE FUND	11
HOME AND MOTHER, Les Cox	11
OLD TIMERS	12
INS AND OUTS	14
JEST JESTING	16
SUMMER ROMANCE	17

Sanatorium Visiting Hours

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

Bubonic Plague, The 'Black Death'

By Irwin J. Polk, M.D.
Copley News Service

The "black death" is still with us. Bubonic plague, the dreaded illness which killed more than 25 million people, about a quarter of the population of Europe in the 14th Century, still occurs here and there around the world. In recent years it has been reported in the Far East and the Middle East, and within the past few months from Africa. Plague has been reported in single cases in Utah and New Mexico this year.

Bubonic plague is caused by a bacillus, a bacteria called *Pasteurella pestis*. This germ lives in and infects rodents such as mice, rats, squirrels and gerbils. Insects such as fleas take the bacteria into their bodies when they suck blood from rodent hosts. The bacteria multiply in the digestive tract of the insects. When the flea bites again to take blood from another animal or human, the bacteria are injected by the insect into its new victim.

The bacteria are carried into the nearest lymph node of the victim where they multiply to cause an enlarged, tender, swollen area. This swollen node is called a "bubo" and it is from the bubo that bubonic plague takes its name. "Bubo" comes from a Latin word meaning tumor or ulcer. The localized swelling is the most noticeable sign of the disease at first.

Plague victims are usually very ill with high fever, rapid pulse rate, as well as generalized aching especially of the back, arms and legs.

As the disease progresses, it breaks through the body's defenses at the lymph node and the bacteria gain access into the blood stream with over-whelming infection leading to

death. Without treatment, more than half the patients who get the disease will die.

Plague can be passed from person to person like the common cold, too. In this situation, fleas are not involved. Instead, the germ is passed from the respiratory tract of one patient to another in droplets of a cough or sneeze. When this happens, the bacteria grow in the lung rather than in a lymph node. The patient acts more suddenly and more seriously ill when the germ is spread directly into the lungs. Plague pneumonia develops which has a faster and more serious course than the disease that follows the sign of a bubo.

Antibiotics are helpful in the treatment of plague, both the bubonic form and the plague pneumonia. But, since the pneumonia is such a virulent disease, treatment must be begun within the first 15 hours of the disease if the patient is to survive. Streptomycin, chloramphenicol and tetracycline are all helpful in treating plague if they are used soon enough.

There is little likelihood of a new world-wide spread of plague since methods of prevention are quite successful. To prevent the disease, it is important to find and eliminate the disease in its rodent hosts. Many drugs which eliminate rodents are available and are useful. Removing the insect vector is a second approach to preventing the spread of plague. DDT and other chemicals well-known as insecticides are useful in killing the fleas which spread the bacteria from animal to animal and

(continued on Page 4)

Emergency Aid

Bandleader Tommy Dorsey, TV Actor Dan Blocker, Singer Mama Cass and composer Johannes Brahms are a few who died from choking on food. Today, it kills up to 4,000 Americans a year. It is the 6th largest cause of accidental death in the nation.

Until now, remedies for choking on food have not been reliable: pounding the victim on the back, reaching into the throat to dislodge the food, or even using a plastic device to reach into the throat, did not always work.

There is a new "first-aid technique" that has saved many lives and it is called the "Heimlich Maneuver" after Dr. Henry Heimlich, Director of Surgery at Jewish Hospital in Cincinnati. Victims of potentially fatal choking can't breathe, can't talk, generally they turn grey-blue from lack of oxygen after a moment or two, then they collapse.

Here Is How The "Heimlich Maneuver Works:"

Grab the victim and stand behind him-her. Wrap your arms around the waist allowing the choking victim's torso to hang forward. Make a fist with one hand and grasp it with the other, placing both hands against the victim's abdomen slightly above the navel and below the rib cage.. Next press both hands forcefully into the abdomen with a quick upward thrust, expelling the air in the lungs. Repeat several times if necessary, but it usually works the first time.

If the victim is sitting, stand behind the chair and do the same thing... the primary point is to press forward beneath the rib cage forcefully enough to compress the air in the lungs and force it... and the food... from the choking victim.

If the victim is unconscious turn him on his back, kneel astride the torso and place both hands on the

victim's abdomen slightly above the navel and below the rib cage... and again, press with a quick upward thrust.

In virtually all cases documented so far, that action expels the food or other object and saves the victim's life!

From "The Pine Log"

INVENTORY

Winnie Lois Smith

I took a candle from the Lord
And looked within my heart,
To see if it was really clean
In every hidden part.

I had tried to be so careful
To keep it all unstained,
That I was very much surprised
To find what it contained.

For there were cobwebs of deceit
And just a bit of greed;
And I caught a glimpse of envy,
That poisonous small weed.

Then that evil serpent, malice,
Raised his offensive head;
I looked at him, and I shuddered,
For I thought he was dead.

I found that there was also hate
And far too much of pride;
Unkindness and ingratitude
Were resting side by side.

I did not stop to rest until
I had driven them away;
Then so weary and discouraged,
I just knelt down to pray.

It seemed I heard my Father's voice
Say gently from above:
"There is no room for hate, My child,
When the heart's full of love.

"It's only when the heart is full
Of love and truth and grace,
That evil knocking at the door
Will find no lodging place".

Questions And Answers

Q. If a cigarette smoker is exposed to asbestos, does the combination of exposures have a multiplying effect in damaging the lungs?

A. Let me answer your question by talking about mixed exposures in general. You could, for example, also be exposed to serious air pollution in an urban environment and another kind of dust at the same time.

We are just beginning to learn about mixed exposures. They do appear to have a synergistic effect. Chemicals in one exposure, such as cigarette smoke, may alter the ability of the cells to handle a second particle, such as asbestos. This effect can be demonstrated in a laboratory; cells exposed to one type of gas or chemical and then exposed to a particle do not process the particle as well as unexposed cells. Although this effect has been produced in a laboratory, we can only surmise what happens in humans.

Q. Is it true that you don't really begin to notice the effects of loss of lung function until you get down to somewhere less than 80 percent of the overall function?

A. Various estimates have been made. The important thing is that by the time you get symptoms, most of the damage has already been done. The disease process has been set in motion, and treatment has very little effect on the underlying process.

Treatment does have an effect on some of the complications of chronic obstructive lung disease, and that's important in terms of patient welfare.

Q. I have heard that alcohol and drugs are injurious to the lungs. Can you tell me why?

A. Alcohol has a direct effect on the defense mechanisms of the lung. The same is true of tobacco. The same is

true with some drug abuse, such as marijuana smoking. Chemicals in such exposures produce a bronchitis that is quite similar to the effects of cigarette smoking. These are all agents that are injurious to the defense mechanisms in the lung.

Journal of Breathing.

In Appreciation

I would like to say "Thank you" to the doctors, nurses, and all the staff at the Sanatorium who were so kind to me while I was a patient there from June 7 to September 6, and for the excellent care given me. Your kindness was very much appreciated.

Lemuel J. Himmelman
R.R. 1 LaHave, N.S.

I would like to sincerely thank the doctors, nurses and staff of the Sanatorium. The friendliness of the staff and patients made my stay a very enjoyable one.

Thanks again.

Laurie T. Akerley
22½ Copp Avenue
Amherst, N.S.

I would like to say "Thank you" to the doctors, nurses and staff for their courtesy and consideration during my short stay at the San. It was certainly a new experience to me!

(Mrs.) Frances W. Gillespie
140 Pleasant Street
Truro, N.S.

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Good Insurance

There's no such thing as a safe cigarette. And little hope for one.

There is some evidence that cigarettes with lower tar and nicotine levels may be less hazardous than those with higher levels. But anything that burns—tobacco, lettuce, Kentucky bluegrass—creates gases that assault the lungs.

Insurance companies know the statistics. Many of the nation's life insurers provide discounts to people who don't smoke. Some companies offer lower rates to nonsmokers for automobile insurance, homeowners insurance, and disability income insurance. Smokers are involved in more traffic accidents, cause more home fires, and suffer greater disabilities than nonsmokers.

Before granting lower rates, some companies require that the person has never smoked. Generally though, the emphasis is on present smoking habits. At least three major companies require only a simple statement that the person hasn't smoked for one to three years. Several others rely on interviews and inspection reports.

The benefits of quitting smoking can come quickly. One Canadian experiment showed remarkable improvements in lung function after only six weeks of stopping smoking. Sensitive tests showed there had been a reversal of the lung damage—blockage of the small breathing passages—done by smoking. Even in one subject who had smoked for 46 years.

The benefits are usually permanent, too. Staying off cigarettes for ten years forces the premature death rates for smokers down to the level for nonsmokers.

from "Your Health"

BUBONIC PLAGUE

(continued from Page 1)

from animal to man. Finally, there are vaccines which are reported to provide immunity against the disease when given ahead of time, but the effectiveness of these vaccines is not well documented thus far.

Prompt diagnosis and treatment are vital for the individual patient. Rapid follow-up to locate the infected group of rodents is the next step. These rodents must be eliminated as a reservoir for the disease, and people who come in contact with the animals or with their flea must be protected. Prompt action by local doctors and public health officials throughout the world should make serious, world-wide epidemics unlikely.

A 5-year-old boy in suburban area near Salt Lake City was stricken with high fever in August. When the fever persisted and he was found to have a large, tender node in his left armpit, pus was taken from the node and the *Pasteurella pestis* bacteria was found. He was treated with antibiotic medicines and improved rapidly, according to the Weekly Report from the Center for Disease Control, U.S. Department of Health, Education and Welfare in Atlanta.

- From the Mirror

Editor's Note: Since this item was clipped, we have noted a further report of an outbreak of bubonic plague, on an Indian reservation in New Mexico. It was reported that baited dust pipes had been placed so that rodents would be dusted with insecticides when going through the pipes to get the bait.

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At Wit's End

by Erma Bombeck

I'm not saying there are subversives in this country. And I'm not saying there are alien forces at work to destroy the Free World.

I am merely suggesting that when it takes a woman so long to get a pound of bacon out of its plastic container that the price has gone up 57 cents, then the packaging industry must be viewed with suspicion.

I personally would like to have firsthand the resume on the man who invented the plastic bubble packaging principle; that is, putting pens, cold tablets, safety pins and pocket combs under an airtight piece of impregnable plastic.

Chances are you would find the inventor is a ballet dancer from Leningrad who defected to the United States when they played Warren, Ohio. He immediately gave up his career on stage and invented this wonderful means of packaging with no possible way to gain access to the product.

It's only an educated guess, but the one-liners, "Tear around dotted line" and "Push thumb on tab to open." were probably invented by a student activist who turned from activating to advertising and humor. His two "biggies" are the spice can where you whirl around the holes to a spot that reads, "Press here" (It doesn't say with what) and an invitation to surgery on the canned-ham can that reads, "Insert key and turn."

I would like to meet face to face the man who designed the new child-proof caps. (Any fool knows Americans do not need a child-proof cap. If you have something you don't want within the reach of children, you just put it in a garbage bag, set it on the counter and yell, "Someone empty this!")

It's probably only a rumor, but someone said that the woman who

designed the package containing rolls of gift-wrapping paper has been under surveillance by our government for years. It's too late. The damage has been done.

The other night after tearing off the end with my teeth, I used scissors to cut open the cellophane cylinder. The cellophane clung to my arms like magnets. Once free of the cellophane, I tried to take the tape off the gift-wrapping paper only to have it tear off half the design with it.

The originator of the most sinister plot to weaken the American system, however, still remains a secret ... the man who hides the door handles in cars. It was rumored a CIA agent knew his identity, but by the time he tried to get out of his car by flipping on his windshield wipers, turning on the radio, heater and cigar lighter, flicking his directional signals, rolling up the electric windows, and moving his seat forward, the poor devil lost control.

LAST RESORT

"I hope that's a nice book for you to read, darling," said a conscientious mother to her very young daughter. "Oh, yes, mummy, it's a lovely book, but I don't think you'd like it. It's so sad at the end."

"How is it sad, dear?"

"Well, she dies, and he has to go back to his wife."

In a modern home a switch regulates everything but the children.

RON ILLSLEY
ESSO SERVICE STATION

On TB Hospitals

The following clipping was passed to me by one of the nurses who thought that it might be of interest to our readers. Written by Jan Goodwin, it concerns criticism levelled at TB treatment centres in the U.S., but reminds us of some of the opinions we have heard expressed on the local level. Now, here is the clipping:

Millions in taxpayer dollars are wasted each year maintaining tuberculosis hospitals which have been made unnecessary by modern drug treatments, charges an official of the American Lung Assn.

W. Findley Raymond declared the time has passed when a tuberculosis patient needs to be isolated in a specialized hospital.

"These exclusive hospitals must be eliminated. They are totally unnecessary and cost this country millions of dollars every year," added Raymond, who is executive director of the lung association in Louisiana.

The association - headquartered in New York City - is a private federation of 331 state and local health organizations devoted to control of lung diseases.

The U.S. Center for Disease Control in Atlanta, Ga., reported that 52 tuberculosis hospitals are now operating across the nation.

Financed by the federal and state governments, these hospitals have 5,702 beds but only 3,295 patients.

Raymond said the only TB patients who need specialized hospitalization are those with complications, like resistance to drugs.

But even they, he said, should be in teaching hospitals for treatment by professors and top resident physicians.

Furthermore, Raymond said,

many TB patients suffer from geriatric or drinking problems. The kind of help they need can't be obtained at TB institutions, he said.

Further, Raymond said, many TB patients suffer from geriatric or drinking problems. The kind of help they need can't be obtained at TB institutions, he said.

Raymond cited one state-supported TB hospital, 20 miles outside Baton Rouge, La., as a typical example of an "outdated, medically antiquated and worthless institution," having no justification for its existence.

The hospital was built in 1940 for 350 patients. It has just 69 today - all long-term patients - with a staff of 180. Raymond said he knew of other TB hospitals in the nation that are more than half empty.

"That Baton Rouge hospital alone costs \$3½ million of the taxpayers' money to operate each year. It is a disgraceful situation," he said.

Agreeing with Raymond is the director of the TB division of the federal Center for Disease Control, Dr. Phyllis Edwards, who said: "TB hospitals have no part to play in today's treatment of the disease. The money that would be saved by closing them down would go toward better TB education and helping ambulatory patients and clinical services."

Dr. Edwards said discovery of drugs like streptomycin in the 1950's eliminated the need for treatment at sanatoriums.

Furthermore, Dr. Edwards said, TB is "the only disease" most sanatorium staff members know how to treat.

"As a result, they are not knowledgeable on general medicine, which is what the patients need," she said.

Editorial Comment

Much of our thought has been centered around the amalgamation of the Nova Scotia Sanatorium and the Blanchard-Fraser Memorial Hospital, and in the latter part of August we were advised that this had been approved by an Order in Council, dated June 17, 1975. The effective date of the amalgamation has not yet been announced, but on that date the Point Edward Hospital will be taken over by the Northside General Hospital. The big change for staff at the Sanatorium and at Point Edward Hospital is that on that date we cease to be employees of the Nova Scotia Government, and will be transferred to new employers - in our case, the Kentville Hospital Association. There have been various assurances that no jobs will be lost as a result of the amalgamation, but that a great sum of money will be saved. There are still many questions unanswered, but the above brief outline is in response to questions received from a number of our readers regarding fragments which have appeared in the press. Actually, there hasn't been that much written about it yet, but more will follow, no doubt.

Will there be eventual trimming and pruning? Will there be an overall improvement in the quality of patient care? Will other treatment centres be able (and willing) to treat pulmonary tuberculosis, should the occasion arise?

Speaking of trimming and pruning, one of the patients on East 1 sent along the following poem, which is not necessarily appropriate to the above topic!

ASK A GARDENER

Ask a real successful gardener -

One who's patient with his plants -
 What but soil and food and water
 Helps his posies to advance,
 And he'll look at his possessions
 With a proud expanding chest,
 And he'll say, "You have to trim
 them
 If they're gonna do their best."

"Now, just take, for instance, roses.
 Gotta prune to make them good.
 If you want your mums to prosper,
 Better cut them when you should.
 Seems a lot of things in growing
 Would their finest flowers lack.
 If just nowhere in the process,
 Someone didn't cut them back."

What's the moral? What's the lesson?

What's the point I try to make?
 It's that oft a little setback
 Is in truth a lucky break.
 Folks get pruned by disappointment.
 By defeat they're often trimmed;
 But it makes their living fuller
 And their courage stronger limbed.

Entertainment

On Saturday, September 6th, we were pleased to have a musical program presented in the Cafeteria, by the husband and wife teams of Mr. and Mrs. Clell Jodrey and Mr. and Mrs. Earle J. B. Wentzell. They have presented similar programs on other occasions, at least twice each year, and we very much appreciate having them travel a considerable distance in order to provide entertainment for our patients and their guests.

Quips And Comments

That part of a woman's work that is never done is usually the part she asked her husband to do.

Wife: "No, I didn't sew a button on your trousers. I was too tired, which is more important anyway, your wife or your trousers?"

Husband: "Well, there are places I can go without a wife..."

It takes two to make a marriage - single girl and an anxious mother.

Parking Place: something you see when you don't have your car.

Parents who want their children to have a good education may have to pull a few wires: T.V., Hi-Fi, Ignition, etc.

Early to bed and early to rise makes you soon able to do otherwise.

Teacher: "Give my a definition of a bachelor."

Student: "That's a man who's crazy to get married, but realizes it in time."

Middle Age: When women won't admit their age, and men won't act theirs.

Wife (in back seat): "Don't drive so fast, dear."

Husband: "And why not?"

Wife: "That policeman on a motorcycle behind us can't get past."

If you think you can drive a bargain, buy a second-hand car.

Twenty-eight to thirty are probably the best ten years of a women's life.

"I don't like the looks of that halibut," said the lady customer.

"Lady," said the market man, "If it's looks you're after, why not buy goldfish?"

A dime isn't entirely useless, we are told. It's still a good screwdriver for light jobs.

Horse sense is what keeps horses from betting on what people will do.

Motorist: "How far is it to the next village?"

Native: "Nigh on to five miles, as the crow flies."

Motorist: "Well, how far is it if a crow has to walk and carry an empty gasoline can?"

"Would you like to see a model home?"

"Sure thing, what time does she quit work!"

"But you said you left your last job on account of illness."

"I did, The boss got sick of me."

If you want to get back on your feet, try skipping a payment on your car.

You can't make footprints in the sands of time by sitting down.

How long a few minutes may be, depends upon, you are the one in or the one out of the bathroom.

You can't expect a person to see eye to eye with you when you're looking down to him.

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His Presence

I met God in the morning
When the day was at its best,
And His presence came like sunrise
Like a glory in my breast.

All day long His presence lingered,
All day long He stayed with me;
I sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed;
But the winds which seemed to drive
them
Brought to me a peace and rest.

Then I thought of other mornings
With a keen remorse of mind
When I, too, had loosed the mooring
With His presence left behind.

So I think I know the secret
Learned from many a troubled way;
I must seek Him in the morning
If I want Him through the day.
—Selected.

I am not bound to win, but I am bound
to be true. I am not bound to succeed,
but I am bound to live by the light
that I have.

I must stand with anybody that
stands right, stand with him while he
is right, and part with him when he
goes wrong.-

Abraham Lincoln.

The average husband is concerned
about what the government spends
and what his wife spends - the dif-
ference being that he's not afraid to
criticize the government.

Intuition: The strange instinct which
tells a woman she is right, whether
she is or not.

The jungle Olympics were over and a
dejected cheetah sat on the sidelines,
having failed to cop any of the prizes.
"I can understand having lost the other
events", he said to another cheetah
who had also failed to win anything,
"but I thought since we're supposed to
be so fast that surely we'd win the
races. Imagine, being outrun by an
elephant! It's disgraceful".

"Well, that's the way it goes," his
friend said philosophically, "Cheetahs
never win".

Man may not live by bread alone, but
many try to get along on crust.

If you think you are going to be
happy by sitting back and letting the
government take care of you -- take a
look at the American Indian.

He (as they drove along a lonely
road) - "You look lovelier to me
every minute. So you know what
that's a sign of?"
She - "Sure. You're about to run out
of gas."

"Let me kiss those tears away,
sweetheart," he begged tenderly.
She fell into his arms and he was very
busy for a few moments. But the
tears flowed on.

"Will nothing stop them?" he asked
breathlessly.

"No," she murmured. "It's hay
fever, but go on with the treatment."

Some men grow under responsibility,
others only swell.

"Do you approve of tight skirts?"
"Naw, I think women should leave
liquor alone."



Chaplain's Corner

MSGR. J. H. DURNEY IN THE
VETERAN

PRAYER AND THE PRESENCE OF GOD

Prayer is a conversation or a dialogue between man and his Maker in which we utter our feeble words of adoration, praise, petition, and love. In this conversation with God through prayer there is no need to attempt to impress God with our eloquence. Prayer being intended for the learned and the unlearned alike, the most effective prayers are often couched in the simplest of terms. The one important thing that matters, and the only one that gives value to our prayers, is our sincerity, which is manifest when in our conversation with God we place ourselves, as it were, in His divine presence. In prayer we direct our thoughts and affections heaven-ward. We stand or kneel before God and speak with Him as our most intimate friend and confidant to whom we unfold the deepest secrets of our hearts. And only as long as our thoughts and affections are thus centered upon God are they of any true and lasting value.

Prayer is the natural expression of our religious feelings. As Our Lord Himself expresses it: "Out of the abundance of the heart the mouth speaks" (Luke 6:45). Yes, prayer is so natural and easy to the religious instinct of man that we find it practised everywhere and at all times. Every human being is so constituted by nature that he is inclined to acknowledge a Creator, a Lord and Benefactor to whom all men are subject, and upon whom all are altogether dependent. All this we express to God through prayer.

But a mere repetition of jumbled words is no prayer. To such the words of Our Lord apply: "This

people honors Me with their lips, but their heart is far from Me" (Matt. 15:8). However it frequently happens that our thoughts wander unintentionally away from God during prayer and are absorbed in other things. When we are aware of such, we must try to recall our thoughts and direct them once more to God. In the meantime, such distractions as are not deliberate or voluntary should not worry us.

This, then, my friends, is the simple formula for a good prayer. We must place ourselves in the presence of God, and secondly, we must be sincere in our prayers. In these simple rules lies hidden the secret key that will unlock the treasures which will supply your every need for the day. "All things whatsoever you shall ask in prayer, believing, you shall receive." (Matt., 21:22).

ON RECOVERING FROM AN OPERATION

Well, God, here I am. Coasting back to consciousness.

No longer lost in the black deathlike oblivion, but blessedly reborn. Thank you for reclaiming me.

Thank you for the doctors whose skilled hands worked upon me while I slept.

Thank you for the kind, efficient hands that tend me now.

Thank you for the cool water upon my tongue. For the smooth bed I'm lying on. Thank you even for the pain which makes me realize I am alive. I exist!

(I've Got to Talk to Somebody,
God)

-From "The Veteran"

Notes And News

On September 10th, the local branch of the Canadian Public Health Association of Nova Scotia had a dinner at the Cornwallis Inn in celebration of its Twenty-Fifth Anniversary. It was also an opportunity for honoring Dr. G. M. "Mike" Smith, Director of the Fundy Health Unit, who was among the founding members of the branch.

There was a good turn-out of Public Health personnel and a pleasant evening was enjoyed. Among those at the head table were: Glenn Ellis, Dr. Mike Smith, the mayor of Windsor and his wife, Mr. Ellis who is an Inspector in the local office and served as M.C., Dr. "Bunny" MacNeill who was guest speaker, Dr. Quinlan, Dr. Holden, and the Hon. William MacEacheran.

Dr. MacNeill presented a thought-provoking talk on health care delivery and prevention in our health programme.

Golden Jubilee Fund

Contributions to this Fund may be addressed to:
HEALTH RAYS JUBILEE FUND
Nova Scotia Sanatorium
Kentville, N.S.

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

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

Previously acknowledged: \$5,476.20

Recent contributors:

Anne L. Brown	
Anonymous	
Miscellaneous	
Total	26.00
Grand Total	\$5,502.20

Home And Mother

Les Cox

How precious are life's memories
I treasure and recall;
But "home" and "Mother" are the two
That blessed me most of all.

Though home was just a humble shack,
I thanked God much in prayer;
For it was like a palace grand,
With darling Mother there!

Our Bible was like one of us;
And never would we eat
Until we thanked the Lord in prayer
For blessings dear and sweet.

Mom helped me polish all my dreams,
And when they'd fade with wear,
She'd help me build them once again
My "castles in the air."

She'd kiss away each tear and hurt,
And love me like a pup;
They worry when I wasn't home,
And always would wait up.

Then later on when years had passed,
I found that time stood still,
'Cause Mother's children all stay kids,
Just like they always will.

Yes, "home" and "Mother" are sweet notes
That form a sacred tune:
And when God calls, I'll smile 'cause I'll
Be home with Mother soon!

—The Log.

Rhumba: A dance where the front of you goes along nice and smooth like a Cadillac and the back of you makes like a jeep.

Old Timers

We were pleased to have a visit from Marguerite MacLeod one morning in late August. She and her brother, Max, were visiting with their nephew, who has a dental practice in New Minas. Marguerite is well and happy in her retirement, and keeps busy with home making and activities pertaining to their senior citizens' organization. She was able to see many of her old friends, it being a working day for all of us who were not on vacation, and we hope that she will be able to stay longer the next time and try the new cafeteria. She was pleasantly surprised to see all the changes, such as the new entrance and offices, and surprised to see Dr. Robb with us. Sorry to say that the Robbs returned to Cape Breton. It was good to have them with us.

Mrs. Mary Mae Gaudet, 36 Nelson's Trailer Court, Dartmouth, was with us for a week or so and is looking very well. She is remembered by many former patients from East I, having been here from December '65 to July '68. She occasionally sees some of her former porch mates, and mentioned having talked with Rita Melanson, who is still working at the Dockyard.

We have a couple of changes of address to report. The first is Floris E. Smith, from Shelburne to Box 24, Barrington. She sends her best wishes to her friends who read this column.

The second is Mrs. Roderick Briggs, who announces that they have moved all the way from Amherst to 1903 - 51st Street, N.W., Calgary, Alberta.

Here is a note concerning Mrs. Mary Doyle, 2 Hickman St., Glace Bay, who sent us a poem written by a patient, or patients, at St. Joseph's Annex in 1951, which we published in

February 1975. At that time we mentioned that Mrs. Doyle had been a patient at St. Joseph's Annex, August '50 to April '51, and at the Sanatorium, April '51 to April '51. Well, with that identifying background information, here is the news: Mary visited the Sanatorium in early August, accompanied by a new husband. They have known each other since their 'teens; two years ago her husband died, and one year ago his wife died. She sent him a sympathy card and this was the beginning of their renewed acquaintance, that blossomed into friendship, etc. Here is part of the clipping of the wedding write-up:

"A quiet but pretty wedding was held at St. Anne's Church, Glace Bay, Saturday, August 2, when Mary Lillian Doyle and Frederick Brewer were united in holy bonds of matrimony. Rev. Peter Piva officiated.

"They were attended by Mr. and Mrs. George MacPherson, close friends of the couple. Members of both families and close friends were in attendance.

"Following the double ring ceremony the bridal party proceeded to the Miners' Village Restaurant. The happy couple will leave shortly for a honeymoon to be spent in Halifax and various centres in Ontario.

On their return, Mr. and Mrs. Brewer will reside at 13 Blakett Street, Glace Bay."

We wish them all the best for many years of happiness.

We have been given a clipping regarding Ellery A. Dakin, announcing that he has been appointed deputy superintendent of insurance for Nova Scotia, in accordance with the Graham Royal Commission on automobile insurance. A Dartmouth native, with 15 years of experience in the insurance field, he has been employed with Phoenix Assurance of Canada. Ellery was a patient from

Ins And Outs



NOVA SCOTIA SANATORIUM ADMISSIONS

AUGUST 1 TO AUGUST 31, 1975

MRS. ALICE MARETA KENNY, 10 Pinehill Road, Dartmouth; HAROLD IVAN (PETER) ISNOR, Hants County Residence of Senior Citizens; MRS. STELLA MARIE GOLAR, White Rock, Kings Co.; THOMAS LANOS MacDONALD, 3076 Embassy Towers, 5959 Spring Garden Road, Halifax; MRS. JANET BEALS, North Preston, Box 511 Dartmouth Post Office; HARVEY LeROY CONNORS, South Waterville; JAMES AUBREY WOODS, Wellington Station, Halifax Co.; MRS. DOROTHY YOUNGSTROM, 17 Cedar Ave., Greenwood; RAYMOND GAUDET, St. Martin, R.R. 1 Meteghan River, Digby Co.; JONAS PETER HEDABURG, Box 96 Bedford; CHARLES ODO, 171 North Foord St., Stellarton; WALTER LINWOOD MORASH, Chester; MRS. MARY MAE GAUDET, 36 Nelson Trailer Court, Dartmouth; SYLVESTER MILTON REESE, Newport; Hants Co.; WILFRED LAURIER FRASER, R.R. 2, aspen, Guys. Co.; THOMAS ALFRED CARRIGAN, R.R. 1, Antigonish; FINN ODIN WETTER, Lawrencetown, Anna. Co.; JAMES EDWARD JARVIS, 2327 Creighton St., Halifax; CECIL AMOS LEWIS, Port Lorne, Anna. Co.; VICTOR LeRCY BRUCE, 13 Queen St., Bridgetown; MRS. JOAN BOUDREAU, Wedgeport, R.R.1,

Arcadia; STEWART AUSTIN HURLEY, 9 Ottawa Ave., Amherst; ROLAND WALDO PIKE, 24 Overlook Rd., Kentville; DOUGLAS CARL EMBREE, 12 Hayward Court, Truro; FRANK EDWARD WHEATON, 8 Victoria St., Parrsboro; MRS. JOANNE MARIE BOURQUE, Box 458, Digby; MRS. ANNA LENA BISHOP, Fraser's Mills, R.R. 3, St. Address, Antig. Co.; FRANK LEWIS MacKAY, R.R. 4, New Germany; JOHN LYNAL SHEEHAN, 132 Braemar Drive, Dartmouth; STEPHEN BRUCE BROWN, R.R. 2, Centreville, Kings Co.

DISCHARGES

AUGUST 1 TO AUGUST 31, 1975

JAMES PARKER ROBBINS, 479 Pictou Road, Truro; MRS. GAIL ROBBINS, 479 Pictou Road, Truro; MRS. KATHLEEN MARY JOHNSTONE, Highbury, Kings Co.; CHARLES HENRY HOPPE, Box 81, Aylesford; HARRY ALBERT CONEEN, 7 Pine St., Bedford; WILLIAM STANLEY WEST, Wileville, Lun. Co.; RAYMOND GAUDET, St. Martin, R.R. 1, Meteghan River, Digby Co.; MRS. JANET BEALS, North Preston, Box 511 Dartmouth; PETER PAUL GRAVES, 25 Tupper Rd., Kentville (Expired); BARTHOLOMEW ROBERT HAINES, Cambridge Station, Kings Co.; DONALD SILVER KNICKLE, Blue Rocks, Lun. Co.; EDWARD HALL, Aylesford; ROY GEORGE BEATTIE, Enfield, Hants Co.; Roland Waldo Pike, 24 Overlook Road, Kentville; MRS. GLADYS FELLOWS DAKIN, 94 Oakdene Ave., Kentville (Expired); WILLARD ALTON TINGLEY, 22 Copp Ave., Amherst; LAURIE THORWALD AKERLEY, 22½ Copp Ave., Amherst; THEODORE FORD

KAULBACH, 33 Park St., Bridgetown; THOMAS LANOS MacDONALD, 3076 Embassy Towers, 5050 Spring Garden Road, Halifax; LEONARD WILLIAM WILE, Hemford, Lun. Co.; MRS. ETHEL HELEN POTTER, Bear River; MRS. DOROTHY YOUNGSTROM, 17 Cedar Ave., Greenwood; HOWARD PATRICK CASHIN, Tracadie, Antig. Co.; JOHN MacNEIL, R.R. 1, Sydney Forks; WILBERT ERNEST WHISTON, Cambridge Station, Kings Co.; MRS. CAROLINE MYRTLE FLEET, Myra Road, Porter's Lake, Halifax Co.; JOSEPH AUGUSTE JAMES, Box 53, Saulnierville; HERMAN JAMES NICKERSON, Wedgeport; MRS. HILDA NATALIE CLARKE, Dominion St., Parrsboro; HOWARD LaMONT SWINAMER, Three Mile Plains, R.R. 1, Windsor; MRS. MARY ANN LONG, Black River, Kings Co.; MRS. RITA VANCE, 25 Johnson Ave. Bible Hill, Col. Co. (Expired); THOMAS ALFRED CARRIGAN, R.R. 1, Antigonish; ARTHUR CALEB ARENBURG, Coldbrook, R.R. 1, Kentville; WILFRED LAURIER FRASER, R.R. 2 Aspen, Guys. Co.; VICTOR LeROY BRUCE, 13 Queen St., Bridgetown; HARRY STANAGE REID, Highbury, Kings Co. (Expired); JOANNA LEAH CARTER, 17 Brentwood Estates, Amherst; MRS. ALICE MARETA KENNEY, 10 Pinehill Road, Dartmouth; MRS. MARY MAE GAUDET, 36 Nelson Trailer Court, Dartmouth; LEON DOUGLAS SABEAN, Lawrencetown, Anna. Co. (Expired); WALTER LINWOOD MORASH, Chester, Kun. Co.; DONALD MONTCLAIR MORRIS, Advocate Harbour, Cumb. Co.; HARVEY LeROY CONNORS, South Waterville, Kings Co.; MRS. ELVA JEAN DEMONE, Box 102, New Germany; MRS. ERMA BELLE CROWE, Stewiacke, Col. Co. (Expired).

OLD TIMERS

(continued from Page 13)

Brian O'Connell, formerly of Halifax, who was here in 1942 dropped in to see Dr. Quinlan while going through the Valley in August. Brian is retired now and lives in Antigonish. He has pleasant memories of his stay here.

On going to work one afternoon, I ran into Vange and Al Whippie of Shelburne who were coming to the Sanatorium to visit their friends. They were on their vacation and visited with Hazel and Joe LeFave in New Minas on their way to Halifax.

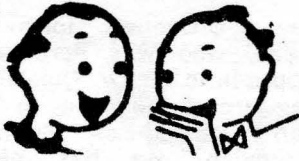
On the same afternoon, the Damery's from Amherst, accompanied by Margaret Briggs, were in for their check-ups. They all looked the picture of health. They were amazed at all the changes in the place.

We were happy to have Dr. D. S. Robb of Point Edward Hospital spend most of the month of August with us. Although not an expatient, Dr. Robb was on the staff of the Sanatorium from 1942-1946.

A pat on the back is a wonderful thing, it gives a man courage to whistle and sing; when hope is departing, the outlook is grim, a pat on the back then says volumes to him. It whispers: "Keep at it! You're doing all right; just dig in your toes and get busy and fight. There's a man behind you - go to it, old man; one pal who is sure that you can - that you can."

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Just Jesting



As the Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt, little Norman interrupted:

"My mother looked back once while she was driving," he announced importantly, "and she turned into a telephone pole!"

x x x x

One executive to another: "Well, no, I wouldn't say he's conceited; but he's absolutely convinced that if he hadn't been born, people would want to know why."

x x x x

There is a line on the ocean where you lose a day when you cross it.

There is a line on most highways where you can do even better.

x x x x

Why is it that by the time you think you have accumulated a nest egg it has turned out to be nothing but chicken feed?

x x x x

It has been reported that many young people believe that manual labour may have been a Mexican revolutionary.

x x x x

The trouble with leisure time is that you see how other people spend their time; and soon you are working overtime to pay for the expensive tastes you have acquired.

x x x x

Many a woman who married a man to make him mend his ways has found out he isn't worth a darn.

x x x x

If you want to know how your girl will treat you after marriage, take note of how she talks to her little brother.

The man who loses his head is usually the last one to miss it.

x x x x

There is one thing certain about the outer-space program - your tax dollar will go farther.

x x x x x

Then there was the lad who, in the questionnaire space after "Whom do you want notified in case of injury?" wrote: "The nearest doctor."

x x x x

A teaching Sister applying for a passport paused pensively at the caption on the form: "Distinguishing Marks." Then, with a twinkle in her eye, she printed: "Nun."

x x x x x

Mother heard a loud crash from the kitchen. "More dishes?" she asked.

"No, Mother, less dishes."

x x x x

A man in a mental institution sat fishing over a flower bed. A visitor approached and wishing to be friendly, asked, "How many have you caught today?"

"You're the ninth," was the reply.

x x x x

Dolly, the newlywed wife, reports that the biggest adjustment she's had to make so far is getting used to being whistled for instead of at.

x x x x

The boy came home from Sunday School and told his mother that if he missed three Sundays in a row, his teacher was going to throw him into a furnace.

Horrified, the mother phoned the teacher.

"What I said," the teacher explained calmly, "was that if any child missed three Sundays in a row, he would be dropped from the register."

THIS HALF PAGE SPONSORED BY

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SUMMER ROMANCE

They strolled own the hill together
 And sat under a willow tree,
 Where they watched the quiet river
 Winding slowly to the sea.

He noticed the gleam of the sunshine
 In her beautiful brown hair,
 And in his heart felt lucky
 Just to have her sitting there.

He remembered the first time he
 held her,
 Such a thrill in that embrace,
 When her head dropped to his
 shoulder,
 And her soft hair brushed his
 face.

He knew now his love had won her,
 And from him she would never
 depart,

For the love they shared together
 Flowed deeply from each heart

She cuddled a little closer
 As if the next move she had
 planned,
 Then bowed her head so quickly,
 And boldly kissed his hand.

He neither spoke nor kissed her,
 But sat quietly on the log,
 for he was a little boy fishing,
 And she was his own collie dog.
 Submitted by Mrs. Bertha (Baker)
 Wilbur

Editor's note: As reported in the May
 issue, Mrs. Wilbur worked in the
 Infirmary and Annex in 1927-28 and is
 now living at 311 - 15th St., Water-
 vliet, N.Y.

Advice to Motorists: Just because
 you see its tracks is no sign that a
 train has just passed.

He - "My treasure!"
 She - "My treasury"

"I hope you got my cheque?"
 "Yes, twice - once from you and once
 from the bank."

Doctor - "Now before I examine you,
 may I ask what you drink?"
 Patient - "Thank you, doctor a small
 whiskey and soda will do for me."

Adam and Eve were the first
 Bookkeepers. They invented the
 loose leaf system.

Flirtation is paying attention without
 intention.

A husband is one who stands by you
 in troubles you wouldn't have had if
 you hadn't married him.

Gold that buys health can never be ill
 spent....

Nor hours laid out in harmless
 merriemnt.

John Webster.

Too often they get married nowadays
 for better or worse
 - But not for good.

Walking to reduce or are you reduced
 to walking?

Winter is a season when you keep the
 house as hot as it was in summer
 when you kicked about it.

NOVA SCOTIA SANATORIUM

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MRS. JOAN CHIASSON.	Dietitian

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NOVA SCOTIA SANATORIUM

ANGLICAN

Rector -- Archdeacon Dr. L.W. Mosher
San. Chaplain -- Rev. William Martell

BAPTIST

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

CHRISTIAN REFORMED

Minister -- Rev. H. Kuperus

PENTECOSTAL

Minister -- Rev. T. Kenna

ROMAN CATHOLIC

Parish Priest -- Rev. J.A. Comeau
Asst. Priest -- Rev. J.C. Thibeau

SALVATION ARMY

Capt. Sidney Braze

UNITED CHURCH

Minister -- Dr. K.G. Sullivan
San. Chaplain -- Dr. J. Douglas Archibald

The above clergy are constant visitors at The Sanatorium. 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

UNITED CHURCH

Rev. Allan MacIntosh

PRESBYTERIAN

Rev. E.H. Bean

SALVATION ARMY

Capt. Alex Swan