

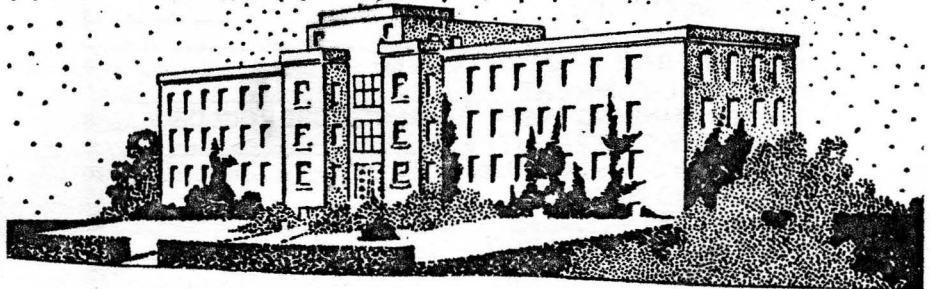
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Health Rays



THE NOVA SCOTIA SANATORIUM
Vol. 56 June 1975 No. 6

HEALTH RAYS

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Sanatorium Visiting Hours

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

Health Rays Through The Years

Eileen M. Hiltz

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

The Medical Question Box yielded a bit of San. history: the first x-ray taken at the sanatorium was on October 2, 1918, and the patient x-rayed was Captain Armitage, a veteran of World War I.

From Sanatorium Activities we learn that an enterprising undertaking had been carried out by "the boys on the Hill": 20,000 lobster pegs were made, and marketed through the "good offices of the C.B.C. Fisherman's Program". Those were the good old days, when ordinary people could afford a feed of lobster!

Christmas was still a "really big shew", to quote the late E. D. Sullivan, back in 1954. The great Christmas Dinner was still operating, and it takes two pages of **Health Rays** to list the names and donations that helped brighten up the festive season for the patients.

In February we find one original contribution that is strangely touching. It is a brief poem by an 11 year-old poetess, Miss Lynne Bedford, daughter of Dr. Ronald Bedford, then a resident physician at the San. Here is the poem:

In Loving Memory of Hairless, a
Cat Who Was a Good Friend of Mine
Hairless was a pretty cat,
And very nice, that's true,
I know that you feel sort of sad,
And sort of lonesome, too.
But we know that this will happen,
It happens every day.

Somewhere or some place

Good friends will pass away.

"Hairless" was one of the numerous Quinlan cats, who, contrary to his name, possessed an abundant coat of long beautiful grey hair. If my memory serves me, Hairless died from stones in the Kidney - - so nigh are cats to man!

Original contributions keep appearing in **Health Rays**, in a somewhat lessened degree, but still in laudable quantity, for instance, in May, the lead article "Is Tuberculosis Contagious?" was contributed by Dr. Hiltz, and it is followed by "Overeating is Malnutrition" by Miss Eileen Quinlan of the Dietary Staff, which in turn is followed by an amusing account of travels with three children from India via Australia by Mrs. Heather Eaton, wife of a Kentville dentist.

In Sanatorium Activities we learn that Bun Akin, long a valued member of the Business Office staff, but then a patient, was responsible for a program over Radio Station S.A.N. Called "Musical Memory Time", it featured recordings by the great bands and singers of the era, with commentary on the lives of the popular artists. And now for many years Bun's name has appeared on the **Health Rays** masthead as Business Manager, no easy job in these days of rising costs.

In the June-July issue mention is made of a shower tendered a former editor, Mary Muirhead. Mary's marriage to Mr. Keith Jackson was to follow shortly thereafter.

Meanwhile editor Mulloney gives away a bit of the secret of her success in wringing contributions from staff and patients: "So far as I can see, working on a magazine such as

(continued on Page 2)

HEALTH RAYS THROUGH THE YEARS (Continued)

Health Rays affords endless advantages and practically no drawbacks at all. For instance, in order to fill up the columns I am free to importune friends, acquaintances and total strangers at all hours of the day and night, with the most amazing and gratifying results Now it is true that people are beginning to assume a harried expression or to look a bit glazed of eye at my approach, not to mention the few disposed to mutter: 'What does she want now?', but I can overlook trifles".

A new name makes its appearance on the Medical Staff listing: Dr. Maria Rostocka. We are happy to say that now, 20 years later, the name of "our Maria" still graces the **Health Rays** list of Medical Doctors.

From Sanatorium Activities comes an account of that great annual event, the San. picnic, which took place in August. That year the weather man added a new note -- the picnic was moved in a hurry from Starr's Point to the Recreation Hall when the rains came down. But not before the famous ball game had taken place, with Orderlies beating Medical Section by 30 to 2, in spite of Dr. Quinlan's great pitching. Just to revive old memories, and to test some, these were the teams: ORDERLIES: Catcher, Lloyd Carter; Second Base, Henry Kelly; Pitcher, Hed O'Hara; First Base, Jim Coleman; Short stop, Frank Wallace; Centre Field, Gordon Rafuse; Right Field, Alan Madden. MEDICAL SECTION: Pitcher, Dr. Quinlan; First Base, Dan Rooney; Second Base, Gerry Moran; Short Stop, Bernie Robinson; Left Field, Harvey Kelly; Centre Field, Bob Middleton; Catcher, J. Galley; Right

Field, Blanchard; Third Base, Dr. Weir. Even to a baseball illiterate like me, there seems to be something a little uneven about those line-ups!

November 1955 brought about a radical outward change in **Health Rays**. As described in the Editorial Comment of that issue: "...Thanks to the very considerable efforts of Kentville Publishing on behalf of the magazine, we have been able to effect a compromise which puts **Health Rays** on a sounder basis than it has enjoyed for some time, and one which should be reasonably permanent.

"Webster defines compromise as 'to come to agreement by concession'. Since our problem was one of finances, it was obvious that in order for the magazine to survive, production costs would have to be cut. And it was here that certain concessions had to be made, mainly with regard to space. You will notice that **Health Rays** now contains fewer pages and that the layout differs considerably from former issues. As concessions go, this was a painless one, affecting the quantity, but in no way altering the quality of the editorial content. The stock on which the magazine is printed (always important) remains the same, and while this issue is not necessarily the final format, we hope our readers approve the changes. We hope, too, that by December we will have the permanent cover design ready to complete our New Look."

Even the masthead suffered a slight reduction in size, to two names: Editor, Betty Mulloney, and Business Manager, Allison Gammon. Hazel McMichael retired as H. R. Businessmanager to a more exacting position in the office of the Superintendent of Nurses, Miss Adelaide Munro.

1956 The January issue presents the new cover for **Health Rays**, which has greeted readers ever since. The editor introduces it thus: "This month **Health Rays** makes its

gesture to 1956 by appearing for the first time in its new permanent cover. We felt that after thirty-five years the original had seen its best days; consequently Dr. MacDonell (who, very fortunately, for **Health Rays**, is no stranger to its pages) conceived the excellent new design. Lloyd Campbell, whose talent with a brush shows real promise, worked tirelessly and enthusiastically on the preliminary color sketches. The finished product reaches us thanks mainly to Mr. J. F. Crossan of Kentville. Mr. Crossan, a commercial artist of note, gave his time, which is strictly limited, and his talent, which is not, most willingly and cheerfully, and it is he who prepared the final art work to meet the exacting specifications of the printer". A novel note is struck by having the cover and print appear in color, rotating monthly from black, to blue, to green, to brown.

The April Editorial Comment starts out like this: "Once upon a time (before 1956) the weather was considered a last resort as a topic of conversation. However, things have changed. Those of us who survive this season can throw away the rule book and dine out for months on our tales of the hazards we overcame, at considerable risk to life and limb, during the winter of the deep snow". How many readers recall that horrendous winter? - when a sudden snow storm on Remembrance Day (Nov. 11) caught us all without our snow tires on, and the snow, ever deepening, did not leave until April!

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

however, it must be written and submitted to her and that is where I come in. It is proposed to present in the **Barrel**, short topics which may be of general interest." The **Cracker Barrel** continued as a regular and popular feature of **Health Rays** until the untimely death of the writer in March 1969.

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

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

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

Again down Memory Lane -- the November issue carries a tribute to George Boyle, who died in Antigonish, where he strove ardently and brilliantly in the cause of the Co-Op Movement. An early victim of tuberculosis, which cut short a very promising career in journalism, George spent several years at the San., and was a contributing editor to **Health Rays** during his time here.

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Tuberculosis Still In Evidence

Tuberculosis is still alive and infecting 64 known Nova Scotians — patients among the 99 people in the sanatorium at Kentville.

Among them are young children, who will probably be cured, but who will bear the scars of the disease until they die.

The awful fear associated with the disease was taken out of TB by streptomycin and isoniazid (INH) in the late 1940's

The "miracle" drugs suddenly changed a doctor's chilling verdict into a diagnosis; the enforced years of rest, bouts of hectic fever and hacking coughing were ended.

Other lung diseases now loom at the top of the incidence record — emphysema, chronic bronchitis, lung cancer, most of which are self-induced. They are referred to as COLD, or chronic obstructive lung disease.

Despite the complete change in the prognosis when TB is diagnosed, it is still a most serious condition, and can completely alter a family's life.

While society has become complacent about tuberculosis, the sanatorium staff can indulge in no such luxury. They work to maintain fore-most competence in dealing with respiratory diseases. Their expertise was garnered in a hard school.

Dr. Quinlan, staff member for 34 years, has spanned the eras of pre- and post-streptomycin treatment.

He uses strong adjectives — usually avoided by medical men — to describe the heart breaking years when tuberculosis choked life out of so many young people.

In the year 1941, when he began working at the sanatorium, almost 500 people died. They represented 70 per 100,000 of the Nova Scotia population.

"There was no treatment other

than rest...yet it was lower than the death rate when Dr. Miller came (1910) when it was 210 per 100,000 and 1,400 were dying of TB each year." said Dr. Quinlan.

(Dr. A. F. Miller, who had recovered from TB in the Adirondack Mountains, was the first medical superintendent at Kentville, from 1910 to 1947).

The man who changed the destiny of so many consumptive patients and for those who cared for them was Selman Waksman, a Nobel prize winner, a bacteriologist who discovered streptomycin in 1943 in New Jersey.

He tried out the drug in the laboratory and it was proved non-toxic. He decided to get his clinical confreres to judge it.

In 1946, the drug was first used to treat TB. It was the first effective drug ever used in treatment of the disease.

Speaking to Dr. Quinlan, it is easy to understand the profound relief and joy doctors and nurses felt when its worth became known.

He recalls its first memorable use in Nova Scotia. Sitting in an unpretentious office at the sanatorium he told of the medical milestone.

"It was February, 1947. The drug was very expensive. Our first patient to use it was dying of tuberculous bronchitis. You don't often see it now.

She was aged only 22. The drug was available. The family paid for it and the cost was \$8 a gram.

"We did not know what a dose should be. We gave her four grams a day. That's \$32 — and for 50 days.

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"This girl had been dying. She is still alive and well today.

"We knew then we had something. For those first 50 days, she was the only patient getting streptomycin.

"We showed the department of health we really had something. The other tragic thing was, a girl died of it the year before. A horrible death. It closes off the bronchial tubes and you slowly strangle to death."

Streptomycin was the first effective drug used at the sanatorium. But on its heels came INH.

One of the terrible ironies about INH was, people were dying right and left of TB, and INH had been discovered a generation before, but had never been used to treat the disease.

It was isolated during research in the 1930's, said Dr. Quinlan. A German chemist, a pure scientist was working on Vitamin B complex and discovered the substance. He described it, synthesized it chemically and put it on the shelf, said Dr. Quinlan.

"In 1952, newspapers carried front page pictures of patients in a TB hospital dancing in the corridors. They had been treated with INH and they had been dying only weeks before."

INH came into use for treating TB through its use in mental hospitals, where many patients had TB and were prone to pass it on.

When INH was used in psychiatric use, the health of tubercular patients was seen to improve.

They went back to the lab, put INH to the test, made it dirt cheap...once we had that, we were on our way.

"From then on, treatment of TB patients was no longer rest, it was drug treatment. We no longer took out ribs. We took out part of the lungs. Potentially dangerous sections were removed. We don't do that any more in TB."

"The death rate plummeted to three or four per 100,000 in the early 1950's".

"The whole prognosis has changed. Time in hospital was greatly shortened, so sanatoria closed right and left."

"For the first time, you could mention the word cure to a tuberculous patient. You could never do that before because the relapse rate was so high."

Chronicle-Herald
June 17, 1975

In Appreciation

I would like to thank all those at the San who made my stay pleasant. To mention a few, Miss Skerry, Mrs. Collicutt, and the twin nurses. Special thanks to Dr. Quinlan who made my stay - as he does the stay of all patients - cheerful, while I was there.

Mary Delorey
R.R. 1 Afton
Antigonish County

I NEVER SAW A MOOR

I never saw a moor,
I never saw the sea;
Yet I know how the heather looks,

And what a wave must be.

I never spoke with God,
Nor visited in Heaven;
Yet certain am I of the spot
As if a chart were given.

Emily Dickensen.

RON ILLSLEY
ESSO SERVICE STATION

Letter From A "Graduate of '70"

We are very pleased to have had a letter from Ralph Doherty, who had written several articles for "Health Rays" while a patient. From an early age his life was altered because of tuberculosis. When Ralph was ten years old his father died from tuberculosis. When he was 17 he began treatment at the Sanatorium in Saint John, and remained there for approximately five years as a patient, and as canteen manager for an additional two years.

In 1969 he found to his dismay that he had to come to the N.S. Sanatorium for treatment. Here, he had surgery, made the most of his stay here through study and craft work and, with characteristic optimism and buoyancy, was well on the road to recovery and expressing appreciation for the many things that we come to take for granted.

Several months ago I was given a clipping which showed Ralph being awarded a plaque as "Manager of the Year". Manager of the G. B. Murphy Jewellery Store, Bayers Road Shopping Centre, he was chosen from 40 managers in the chain.

Now, here are parts of his letter, bringing us up to date:

"When I left the San in October 1970 I went back to my old job, but they didn't hold my position open at People's Credit Jewellers. Then I thought of getting in touch with my previous boss, Mr. G. B. Murphy. I started back with G. B. Murphy Limited and worked in various stores to help organize the branches, until May 1973 when I went into the Halifax Infirmary to have my nerves cut in my stomach, as I had ulcers every year for 20 years. From about four months following the operation I have been able to eat anything. It is truly wonderful to be able to live each day without pain or discomfort. Also,

in August of the same year my divorce was approved. In September I married the former Doris Helen Fraser of Halifax, and it is strange that I worked with her father, Don Fraser at the T. Eaton Company in Halifax from 1953 to 1958. In the same month I was made manager of the Bayers Road store, so you can see that a great deal happened in 1973.

Doris and I had a son born July 7, 1974, Trevor Fraser Doherty, and he is "quite a boy". He sure has magic powers, because when I come home after a hard day's work and he greets me with his smile, it makes it all worth while. My other children of 6 are with their mother, who has also re-married. My eldest daughter, Linda, is married, with two daughters. Douglas is becoming quite a young man and his health is good (he was a patient at the San, too).

Now when I look in the mirror I can see that time is passing, but when I think back to my rough times, and live another new day, I say a silent prayer, "Thank you, Lord, for letting me have another day which is full of hope for the future.

I always find that with each rough knock I receive from life I come out a better person for the experience. I look back to the San days and the Staff (God bless them) and the people I met, and I think that something of each of us rubs off on one another, and we become very rich for this experience. And today, in this way, I am very wealthy.

Well, Don, I must bring this visit to a close, and again thank you for being so thoughtful in sending the copy of the Health Rays.

All the best to my friends,

Ralph A. Doherty
5 Sybyl Court, Apt. 7
Fairview, Halifax
May 23, 1975

Editorial Comment

We have had quite a wide variety of weather since we last assembled material for Health Rays, and I was just thinking of some of the outings which we have had, mainly with the co-operation of the weatherman. On May 20 we took a group of patients on a Perry Rand bus for a trip to Lunenburg. There, we had a very enjoyable dinner at the Boscawen Manor, in very pleasant surroundings. Afterward, we made a short visit to The Ovens Park, but did not attempt the Trail, with or without the bus. We were fortunate in choosing a fine day, in the midst of a number of less-favourable days.

On Saturday, May 31, the Apple Blossom Street Parade was held in very wet weather, and the patients who were able and willing to go travelled to it by Perry Rand bus again. The parade was a good one, and the public turned out for it in good numbers. In the morning the rain held off and the younger patients attended the Children's Parade.

On Thursday, June 5, the Callow Coach visited the San and took a load of patients on a drive to see the apple blossoms and local points of interest. This included a visit to The Look-Off, and the Blomidon Provincial Park. At the park we had a light lunch of cookies and soft drinks, along with what some of the ladies described as a "family life conference". Driver Jim Lasko proves to be not only a good tour director, but also an able group discussion leader!

Saturday, June 7, a group of patients attended a horse show which was held on Dr. Healy's Farm; better known to previous generations as Ward's Mansion.

June 17 it is planned to take some of the patients to the Research Station to view the blooms, the 15th being designated as Rhododendron Sunday at the said Research Station.

On June 25 the first of the season's barbecues is planned, with entertainment to be provided by the K.C.A. Band. Rain, go away. Several writers have asked what reportable news there is from the Sanatorium, so here is an item: The new service building was put into partial use on Monday, June 16, when the new switchboard became operational, and Mr. Betik, Miss Dobson, Mrs. Dakin, Miss Walker, Miss Chute, and Mrs. Covert moved into offices. It is believed that it will be some little while before the cafeteria and stores will be able to move in.

We have had no reports as to when the former Dormitory will be ready for those who are to move from the former Nurses Residence. You will recall that the Dorm is being converted to office space for various N.S. Government agencies, and that the interior was almost completely cleared out during the first few months of the project. The San grounds have not been the quiet place of former years!

Lest some of our readers should wonder at the mention of Miss Walker having moved into her office, and omitting Dr. Holden, it is because Dr. Holden has been on sick leave for more than a month - something that is very unusual for her. She underwent eye surgery, and we are pleased to hear that she is expecting to be back before the last of June.

Johnnie, determined to give his hero full credit for his achievements, wrote the following in a history essay:

"Abraham Lincoln was born February 12, 1809, in a log cabin he built himself."

Sometimes we forget to turn off the sound when our mind goes blank.

The Continuing Fight Against Tuberculosis

Results of this pilot project could guide countries faced with choosing methods of attack

By Rehane Repond*

To what extent has tuberculosis been controlled? There are still 15 to 20 million infectious cases throughout the world, over three-quarters of them in developing countries. One to two million tuberculosis sufferers will die during the year and be replaced by newly infected cases. A further one to two million will be cured over the same period.

This disease, cause of so much death and suffering, is being fought with new weapons. The time of long stays in a sanatorium, fresh-air therapy, rest treatment, and continual relapses is past.

The main weapon is BCG vaccine (Bacillus Calmette-Guerin), which is now used in a heat-resistant freeze-dried form that makes it more efficacious, safer and easier to administer than it was only a few years ago. Hundreds of millions of doses of this vaccine are given yearly throughout the world. The aim is to give permanent protection to the population by vaccinating children — first in infancy — and again some years later, since a single dose can protect for only about ten years.

The second line of attack against tuberculosis is the detection and treatment of cases. The powerful drugs now available can quickly "neutralize" the infection so that the patient becomes non-infective and no longer a danger to those around him. This treatment is "ambulatory", which means that the patient does not have to stay in a hospital or sanatorium and can continue to live at home, work and lead a normal life.

It consists of a course of pills to be taken regularly during a year, is convenient for the patient and his family, and is also inexpensive.

It has been calculated that the ambulatory treatment developed by the World Health Organization can cure over 95 per cent of infectious cases without any other social or economic measures being taken. It costs between \$5 and \$14 per patient, while hospital or sanatorium treatment of the same patient with the same percentage of success would cost \$5,000. There has thus been a genuine radical revolution in the principles and practice of tuberculosis control.

Many countries have turned to WHO for help in setting up national tuberculosis control programs and training the staff to run them. WHO also carries out extensive research on five particular aspects of tuberculosis control:

—Epidemiological surveillance in collaboration with the International Union against Tuberculosis in Paris and the International Tuberculosis Surveillance Centre in the Hague.

—Improvements in the production of BCG and in its administration in combination with vaccines against other infectious diseases.

—Reduction of the duration of treatment and the frequency of drug administration.

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—Standardization and simplification of bacteriological diagnostic techniques.

—Operational research aimed at finding the most economical and practical ways of tackling tuberculosis control.

All babies are vaccinated against tuberculosis at five days old unless they are not in perfect health. In that case the vaccine is given later. Maria, however, is bouncing with health and receives her shot of BCG with howls of surprise and rage. She does not know how privileged she is in a world where tuberculosis still claims millions of victims.

Maria's initial protection against the tubercle bacillus will be renewed when she is six and starting school, and also later at the ages of 13 and 18.

That is, however, only one aspect of the tuberculosis control programme covering all 21 million inhabitants of Romania. Tuberculosis has been made a notifiable disease and is being ruthlessly tracked down with a view to its complete eradication or at least the

greatest possible reduction in its incidence. Romania is already spending some 10 per cent of its public health budget in this endeavour.

Why is such high priority being given to fighting a disease which, as the Romanians themselves admit, has already declined sharply?

After the end of the war, the number of beds in sanatoria was increased from about 13,000 to 32,000 and a network of tuberculosis treatment centres was set up throughout the country. It eventually became apparent, however, that the two most effective measures against tuberculosis were BCG vaccination and the new chemotherapy, using the dosage and timing recommended by WHO after long trials.

*Mrs. Repond is senior press officer at the Division of Public Information, World Health Organization, Geneva. Her article appeared originally in "World Health", published by WHO.

from "Health"

How They Tested Fitness

A Mobile Fitness Centre designed to encourage greater public interest in physical fitness programs, was a recent joint project of Metro Toronto YMCA and General Foods, Limited.

Staffed and supervised by two YMCA field workers—a man and woman trained in physical education—the centre appeared at shopping plazas, public buildings and schools in Toronto and the surrounding region.

The Centre was equipped with a variety of testing devices which allowed passerby to test their own fitness and learn more about how to keep fit. Devices used in the demonstration were:

A bicyclergometer, a stationary bicycle calibrated to show exactly how much physical work the rider is doing.

An electrocardiograph machine and an oscilloscope to give a visual display of the response of the heart under exertion.

A sphygmomanometer to measure blood pressure.

A spirometer to gauge lung capacity.

Skinfold fat calipers to measure excess weight.

A handgrip dynamometer to measure grip strength.

(continued on Page 13)



Chaplain's Corner

by Lic. Peter Day
Student Chaplain, N.S. Sanatorium

THE ART OF CONFESSION

They say that confession is good for the soul. No doubt many have discovered that to be true, but some of us have a very real difficulty in confessing or telling someone our deep personal errors, "sins". There is a certain fear in revealing what you have been carrying around on the inside of your heart. How will it be received? Graciously . . . sensitively . . . angrily . . . hatefully?

Another question might be . . . will you still be my friend and accept me with all my faults and not-so-nice feeling? Will you accept me, or relegate me to the company of the unloved?

Can I trust you in the sharing of my feelings and thoughts? Will you hold what I share with you as a pain shared between two friends? Will you keep and maintain the unspoken contract to keep private what I share?

The final question we arrive at in confession is, will I be forgiven?

All these questions are part of our reluctance to confess our hurts, needs, anger and despair with ourselves, others, and God?

What is on the other side of confession? What can happen to us if we take our cares and troubles to another?

I can only speak of my own experience, which has been limited, that when I have confessed feelings of anger, hatred or hostility, for example, acceptance and forgiveness have been forthcoming.

It is important for our understanding that this forgiveness and

acceptance comes from God. It may at the moment come from a loved one or friend but, ultimately, it comes from One who knows our deepest needs, and who is willing and able to accept us with all our bumps and bruises. The writer of I John has said this same thing hundred of years ago, "If we confess our sins, He is just, and may be trusted to forgive our sins and cleanse us from every kind of wrong." I John 1:19 (NEB).

It is a promise from God...it represents a unique opportunity to open your life to the healing touch of God's hand. A touch that brings wholeness, a spiritual freedom, a new awareness of self and a unity to your perception of the world; seeing it for the first time in all its splendour. A new love and compassion dwells within us, due to our act of confession and the Lord's acceptance of you and me, just as we are. A new Spirit exists within us: a Spirit that gives life . . . a fuller sense of being and becoming one of God's children.

What have we to lose in our act of confession? Our fear, doubt, anger, despair. The gain . . . joy, acceptance, love, and freedom. All from God ultimately.

I, for one, would choose the latter. Which one for you?

Blessed be the Lord,
Who worked a miracle of un-
failing love for me
When I was in sore straits.
In sudden alarm I said,
'I am shut out from thy sight',
But thou didst hear my cry for
mercy
When I called to thee for help.
Psalm 31: 21-22 (NEB)

Sin is a terrible thing. It brings so much suffering; but most of all it separates us from you, Lord. It is like corrosion . . . it breaks the connection. We try to run away and hide, thinking that it will go away, or that you will forget. We know the folly of that.

When we have done wrong help us to face up to it, admit it, and to make restitution. May the experience of it teach us a lesson, but keep us from hounding ourselves with guilt. Above all, may we not think back with a certain feeling of exultation and joy as we recall the experience.

You do not punish us because of sin. We punish ourselves and those who love us. These are the times we need a redeemer.

from "Learning to Listen, Lord"
- Harold Rogers

Instructor on June 16 Mrs. Manzer received her training at the Edinburgh College of Art, Scotland, and is also a Certified Nursing Assistant; a graduate of the C.N.A. course at the Annapolis Vocational School, Mid-dleton.

Velma Blanche (Hardwick) Corbin, C.N.A., is welcomed back to our midst, as of June 1 Velma was first at the Sanatorium from June '57 to December '59, and again, in 1960, and from 1963 to 1966.

We are pleased to hear that Susan, daughter of Hector and Gladys McKean, will be working at the San for the summer months.

We are also pleased to pass on the news that Lynn (Hiltz) Fudge, granddaughter of Mrs. Harriet Campbell, transferred to the San nursing staff on June 2 Mrs. Campbell was our sewing teacher for many years.

Notes And News

Congratulations to Mr. and Mrs. Dale MacBride on the arrival of a daughter, Tanya Lee, 6 pounds 12¼ ounces, April 19, a sister for Cindy. Mrs. MacBride, the former Emily Sheffield, works in the Business Office.

Congratulations, too, to Mr. and Mrs. Brian (Elaine) Murray on the birth of a son, Kevin Andrew, 6 pounds, 10 ounces, April 25, a brother for Jennifer.

Congratulations, of another kind, to Stan Robichaud who was made a Fourth Degree Knight, in the Knights of Columbus, at a ceremony in Saint John on June 7. Stan, a member of the Rehab Department for 20 years, teaches craft work.

We wish to welcome a new member to our Handcrafts Department: Mrs. Morag Manzer, who began her duties as a Handcrafts

Sympathy is extended to Mrs. Mary MacKinnon, Teacher in the Rehab Department, on the death of her brother, on the teaching staff of St. Francis Xavier University.

"Did you ever meet with an accident"? asked the insurance agent of the farm applicant.

"No", replied the farmer. Then as an after thought, added: "A mule kicked in two of my ribs once, and a rattle snake bit me on the leg a couple of years ago."

"Great Scott!" gasped the agent, "don't you consider those accidents?"

"Naw," replied the farmer, "they done it a-purpose".

Seeing ourselves as others see us wouldn't do much good. We wouldn't believe it anyway.

Anon.

Beach: A place were a girl goes in her bathing suit.

Old Timers

It doesn't seem possible that a month has rolled around since I last wrote this column. Anne-Marie is on vacation, plus sick leave because of a cold, so I don't expect that we will have any notes from her for this issue. We will, therefore, dig into the mailbag and comment upon a few people from whom we have heard:

We had a renewal from Freeman A. Munroe, R.R. 1, Sheet Harbour; from Roland M. Hooper, R.R. 2, Trenton, on the day of his discharge. He had been here previously in 1966 and, I believe, in 1936 as well. We had a renewal from Lester Fisher, South West Port Mouton, who was here in 1967. He called at the switchboard and said that he is feeling well and is working.

Here is a note from Miss Mary Ellen Muise, 47 Laurier St., Sydney, who, in subscribing, says that she was once a patient in Point Edward Hospital; and a renewal from Mrs. Lucie Neveu, 1603 Sheppard Ave. West, Downsview, Ont.; and from Phares Warren Judge, New Germany.

James F. Harding, R.R. 4, Yarmouth, stopped at our office on June 2 when he was here for his annual check-up, and is looking very well.

We had a renewal from Walter Veinot, R.R. 2, New Germany, here in 1969, sending best wishes to all those who remember him. Also, from Eric O'Neil, Box 13, Lawrencetown, who was here a year ago; and from Mrs. Hazel Parker, Bridgetown.

Helen McKinnon, 22 Lynwood Ave., Kentville, dropped in one day and renewed for two years. She and husband, Allan, are both retired from the Sanatorium Lab and Nursing staff (respectively) and are well.

Continuing with our renewals, here are two staff members, Mrs. J. R. Black, R.N.; and Mrs. Vena

Lloyd, Dietary Department; and a note from Miss Mary C. Kennedy, 1400 Seymour St., Halifax, who was discharged about this time last year. She writes, "Success to the Apple Blossom Parade - which I enjoyed in '74. Best regards to all the people I once knew at the San."

We have a note from Miss Jean M. Cameron, East River St. Mary's, R.R. 5, New Glasgow, advising that George Irwin Cameron of that address passed away the first week in May, 1975. He was discharged from the Sanatorium December 1, 1973.

Florence (Mrs. V. E.) Hartlen, C.N.A., kindly gave us several notes concerning former patients, which shows that she reads her papers quite thoroughly. One was an item in the Chronicle-Herald of June 10, showing those who were active in planning for Truro's anniversary celebrations this year, and the name was Thane MacDonald. Those who were here in '71 will remember Thane and his sister Tanya, and their grandfather, Leonard Talbot - all here at the same time.

The next was a clipping from the Springhill Record, "Y" News, showing that Gayle Meagher and her husband, Gary, are active in organizing "Y" activities such as bowling, softball and table tennis. Gayle was at the San in 1971.

The third item, a clipping from the Springhill Record of June 5, 1975, pays tribute to Maynard (Clinton Maynard) Rector, who was a patient at the Sanatorium in 1955. Maynard was engaged in school studies at that time, was 19 years of age, and was deciding upon a vocational goal. He began working in Halifax, following discharge from the San, first as a salesclerk for Agnew-Surpass, then as manager of their Dartmouth store. In 1962 he returned to Springhill to open a shoe store of his own, but in 1963 decided to become a candidate for the ministry. He served one year as lay preacher, in

Millerton, N.B., prior to beginning his studies at Mount Allison University.

Maynard was married to the former Marjorie Demings of Springhill in 1960, graduated from Mount Allison in 1970 and was ordained in May of that year. He has since taken courses at the Bangor Theological Seminary, and is now doing extension work from Mount Allison. In July of 1974 he accepted a call to Oxford, and is now serving the Oxford-Thompson charge of the United Church of Canada.

The Rectors have two sons, Andrew, who is twelve, and Jeffrey, who is four, and a foster-son, Stephen, who is a third-year student at St. F. X. University.

Our best wishes to you, Maynard, and our thanks to Mrs. Harlten for providing the news items.

Next, we have several changes of address: Mrs. Mary McKenna Brown, from 1684 Larch St., to Apt. 211, 1585 Oxford St., Halifax; Basil Whalen, to 635 Brother St. Ext., New Glasgow; and Mrs. Robert (Beatrice) Zinck, from Harris, Sask., to Box 48, Elmsdale, N.S., as of July 1st. As previously reported, Rev. Robert Zinck has accepted a call to the Elmsdale charge of the United Church of Canada.

We have had subscription renewals from Mrs. Mary McKenna Brown; Basil Whalen, (with the changes of address mentioned above); and Clinton Swindell, 127 Woodworth Road, Kentville. And that brings us up to the present with our renewals.

In closing, we will mention several former patients who have been in for varying periods of investigation and treatment, and have now been discharged: Warren Furlong, West Quoddy, Halifax Co., who was here from Feb. 1 to June 3; Wally Burgess, who was here from April 22 to May 29, and has returned to 240 Cornwallis St., Kentville; E.

Joseph Pettipas, East Chezzetcook, and Francis X. DeCoste, East Tracadie, both here for several days early in May.

Friends of Florence Belben were sorry to hear of the death of her mother last month. Florence lives at 85 Webster St., Kentville.

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. Your contributions will help Health Rays to remain healthy.

The standing of the Fund as of June 1, 1975:

Previously acknowledged: \$5,398.20

Recent contributors:

Mrs. Wilbert H. Marsters
Miscellaneous

Total 35.00

Grand Total \$5,433.20

HOW THEY TESTED FITNESS

(continued from Page 9)

The physical educators staffing the centre provided advice, information and literature to visitors. For example: What is physical fitness? How is it attained? How is it measured? What programs are available in the community to help an individual improve his or her level of fitness?

(continued on Page 17)

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Ins And Outs



NOVA SCOTIA SANATORIUM ADMISSIONS

MAY 1 TO MAY 31, 1975

MRS. OLIVE MARJORIE STAPLES, Allains River, R.R.2, Annapolis Royal; MICHAEL PAUL, Micmac, Hants Co.; MRS. GLADYS FELLOWS DAKIN, 94 Oakdene Ave.; MRS. HAZEL MARIE SMITH, Smith's Cove; AXEL JOHANNES JENSEN, Wallace, Cumb. Do.; EPHRAIM JOSEPH PETTIPAS, East Chezzetcook, Halifax Co.; MRS. ADA SIMMONS, Box 22, North Preston, Halifax Co.; BING FAI HUM, 2058 Kline St., Halifax; JOSEPH ISAAC DOUCET, Saulnierville Station, Digby Co.; WILLIAM KITCHENER DEXTER, Box 562, Yarmouth; MRS. EDNA VIOLET MacLEOD, R.R.2, Shubenacadie; HERMAN JAMES NICKERSON, Wedgeport, Yar. Co.; ARNOLD GORDON RICE, Bear River, Anna. Co.; HERMAN LLOYD MANSFIELD, Westfield, Queens Co.; AULTON GEORGE WHYNOT, 15 Eisenhauer Lane, Bridgewater; JAMES BERTRAM HILL, Cape Negro, Shel. Co.; MRS. FRANCES ISABELLE FRASER, 32 Chestnut Ave., Wolfville; THOMAS ARTHUR SMYTHE, Box 245, Bridgetown; MRS. JANET BEALS, North Preston, Box 511, Dartmouth; LESLIE STEWART ASBELL, Oxford, Cumb. Co.; DAVID ALBERT POTTIE, 2752 Gottingen St., Halifax; GEORGE CHESTER COCHRANE, R.R.1, James River, Antig. Co.;

MRS. LYDIA GLADYS RAFUSE, 55 Queens Co.; MRS. MARY JOSEPHINE MacDOUGALL, 8 Argus Drive Drive, Greenwood; MRS. ELVA JEAN DeMONE, New Germany; MRS. EFFIE ROGERS, Greenwich, R.R.2, Wolfville; MRS. GERTRUDE AILEEN WAMBOLDT, Clementsport, Anna. Co.; MURRAY FRANCIS SANFORD, 492 Main St., Middleton; HOWARD LAMONT SWINAMER, Three Mile Plains, R.R.1, Windsor; REGINALD FREDERICK DAVIDSON, Gaspereau Avenue, R.R.3, Wolfville; WILLIAM RICHMOND CARTER, Melvern Square, R.R.2, Kingston; HARRY STANAGE REID, Highbury, R.R.3, Kentville; EDWARD HALL, Aylesford; DONALD LeROY BALDWIN, 45 Main St., Kentville.

DISCHARGES

MAY 1 TO MAY 31, 1975

MRS. ETHEL IRENE MESSEN, Box 78, Port Williams; MICHAEL WILLIAM MacNEIL, 30 Stead St., Kentville; MRS. ARLEEN GERTRUDE JOUDREY, 194 St. Phillip St., Bridgewater; FRANCIS XAVIER DeCOSTE, East Tracadie, Ant. Co.; EDWARD HALL, Aylesford; MARSHALL KEITH DREW, South Berwick; MRS. OLIVE MARJORIE STAPLES, Allain's River, R.R.2, Annapolis Royal; RONALD MARR HOOPER, Pictou Landing, R.R.2, Trenton; GEGINALD HERMAN KAISER, Bickerton West, Guys. Co.; MURRAY EDWARD KYNOCK, R.R.2, Kentville; SIDNEY JAMES BURRELL, Box 174, Annapolis Royal; GEORGE PHILIP CORBIN, 36 Tupper Road, Kentville; EPHRIM HOSEPH PETTIPAS, East Chezzetcook, Halifax Co.; HOWARD LAMONT SWINAMER, Three Mile Plains, R.R.1, Windsor; WILLIAM JOHN PARDY, 40 Tannery Road, Lunenburg; EVERETT WHITFIELD BLAIR, 248 Willow Street,

Truro; MRS. HAZEL MARIE SMITH, Box 22, Smith's Cove; ELDWIN OWEN PETERSON, Pleasant Lake, R.R.2, Berwick; GERALD COLLIN GARRON, BARRINGTON, Shel. Co.; JOSEPH HENRY DEVEAU, 59 Porter St., Yarmouth; JOSEPH URBAIN BELLIVEAU, Belliveau Cove, Digby Co.; HOWARD WILLIAM BROOKS, Liscomb Mills, Guys. Co.; THOMAS JOSEPH DOUCET, St. Bernard, R.R.1, Weymouth; MRS. ELIZABETH CATHERINE GAVIN, 201 Cedar St., New Glasgow; WILLIAM KETCHENER DEXTER, Box 562, Yarmouth; DONALD ERVIN HELPARD, Waterville; BUDD WHITMAN GERTRIDGE, Gaspereaux, R.R.1, Wolfville; JOSEPH ISAAC DOUCET, Saulnierville, Digby Co.; PHILIP SYLVESTER DeBAIE, Box 997, Shelburne; MRS. ELSIE HELENA BULLERWELL, R.R.2, Kingston; MRS. LYDIA GLADYS RAFUSE, 55 Queen St., Bridgetown; HARRIS KENNETH O'BRIEN, River Hebert; WALDO FRANK BURGESS, 240 Cornwallis St., Kentville; JAMES BERTRAM HILL, Cape Negro, Shel. Co.; MRS. EFFIE MAE ROGERS, Greenwich, R.R.2, Wolfville.

EFFECTS ON THE UNBORN

In a matter of nine months, two cells develop into billions. Throughout this growth, an unborn baby needs every advantage he can get. He especially needs an unpolluted supply of oxygen to make his rapid growth a success. A pregnant woman is breathing for two, so it is

her responsibility to ensure her baby a clean oxygen supply.

The placenta, a marvelous organ attached to the wall of the uterus, acts like a filter, preventing many viruses and bacterium from reaching the baby but allowing immune bodies, nutrition and oxygen to enter.

The placenta does not filter out toxic chemicals produced by smoking, permitting nicotine and carbon monoxide to enter the unborn baby.

Research has found that smoking has many adverse effects on the developing embryo and fetus. Smoking cuts down the oxygen supply to the unborn. A pregnant woman who smokes two packs of cigarettes a day blocks off approximately 40 percent of her unborn baby's oxygen. Women who smoke one to two packs a day during pregnancy have significantly more stillbirths than women who do not smoke. Also, smoking increases the risk of spontaneous abortion and premature birth. Smoking causes a significantly lower birth weight and more babies of smoking mothers die within the first month.

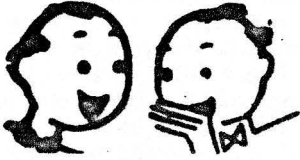
High concentrations of carbon monoxide can be found in babies of smoking mothers. Children born to smoking mothers show chronic intoxication from carbon monoxide.

Nicotine introduced into the mother's blood stream impairs the heart rate, blood pressure, oxygen supply and acid balance of the unborn baby. Nicotine may also cause placental blood vessels to narrow and diminish the supply of nourishment to the unborn baby. Babies of mothers who smoke may, in fact, be born addicted to nicotine and suffer withdrawal symptoms during the first few months of life. And, researchers suspect traces of nicotine found in the smoking mother's milk have an adverse effect on nursing infants.

from "Your Health"

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Just Jestng



Cannibal cook: "Shall I boil this missionary, boss?"

Cannibal Chief: "Don't be silly. He's a friar!"

A housewife was still sitting at the breakfast nook trying to decide whether to get dressed, wash the dishes or read a story, when she heard the garbage collector outside.

She dashed to the back door with her hair still in curlers, face unmade, and in an old wrinkled bathrobe. "Am I too late for the garbage?" she asked. The man took one look and said: "No, ma'am. Jump right in."

A man appeared at the box office of a movie theatre and bought two tickets. A few minutes later he returned and bought two more. When after a short time he re-appeared and bought two more, the girl opened the little glass window and spoke up: "Aren't you the guy who bought two tickets twice already?" "Yes", replied the man plaintively, "But there's some fool inside who keeps tearing them up!"

A duffer golfer was interviewing a prospective caddy at the golf course. "Can you count?" he asked. "Yes," replied the boy. "All right," said the man, "how much is five and four and three?" "Seven," answered the caddy. "Come along," replied the golfer, "You'll do."

GOOD THINKING, MOTHER

Mother, leading young sons from TV program featuring scantily clad girls: "Yes it is bedtime for everybody! Can't you see those girls are half undressed already!"

For the first time little Judy saw a cat carrying one of her kittens by the nape of the neck. "You're not fit to be a mother!" she cried in shocked tones. "Why, you're hardly fit to be a father!"

Here's one about the newly widowed Mrs. O'Reilly, who was in mourning. Mrs. Flanagan noticed it and asked the reason.

"It's my poor husband," explained Mrs. O'Reilly, "He fell off a barge and was drowned."

"Dear! Dear!" said Mrs. Flanagan, "And did he leave you well provided for?"

"Indeed he did!" replied the widow, "The compensation came to fifty thousand dollars."

"Think of that!" exclaimed Mrs. Flanagan, "and him that never learned to read nor write!"

"Nor to swim, thank God," replied the sorrowing widow.

After stalking one with a swatter,
Spray gun, rolled-up newspaper,
and rifle, and being eluded,
I've concluded

Flies

Are wise.

-- M. Baughman.

A man met a friend peering at the shelves in a library. "What are you looking for?" he asked. "Adam Bebe", replied the friend. 1st. man: "Maybe it rolled under the table." (Read it again!)

Little Susie was sitting on her grandfather's lap and after looking at him intently for a time, she asked:

"Grandpa, were you in the Ark?"

"Certainly not, my dear", he said.

"Then why weren't you drowned?"

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TB - Or Not TB?

As our Association moves into the field of COPD (Chronic Obstructive Pulmonary Disease) or COLD (Chronic Obstructive Lung Disease) and finds that it is a much wider area than was anticipated, we must constantly remind ourselves and the increasingly complacent public that our Association still continues its efforts to prevent and control tuberculosis, the "Raison d'etre" of our organization. Perhaps we should review the purposes as set down in our Articles of Association in 1944. "The objects for which the Association is established are:-

- (a) To conduct an educational campaign for the prevention of TB.
- (b) To conduct an educational campaign for the promotion of health.
- (c) To obtain and disseminate information concerning the cause, treatment and prevention of TB
- (d) To cooperate with public and voluntary health agencies to control tuberculosis."

With the closing of the Topsail Road Chest Hospital the general public, unless we correct them, will get the impression that TB is no more. Yet those of us who work in the field know that the dramatic shortening of the hospital treatment, rather than the lessening of the number of active cases, has been the main reason why so few beds are now needed. The present public complacency can be a very dangerous thing, so let us broadcast to every corner of the Province the fact that:-

- (1) There were 124 new, active cases of TB in 1972
- (2) That 83 of these cases were advanced or moderately advanced.
- (3) That there were 29 genito-urinary and bone and joint cases of TB.

Yet, the Department of Health and our Association, as a team, have the tools for prevention, detection and effective treatment, if **people will use them**. Each diagnosed and treated case breaks the chain of infection and brings nearer the day when TB can be regarded as completely controlled in our Province.

— Reprinted from The Northern Light
Newfoundland TB. and RD Association.

HOW THEY TESTED FITNESS

(continued from Page 13)

According to Don Payne, director of the project and YMCA Associate Director of Physical Education, the Mobile Fitness Centre provided a good opportunity to test some basic levels of physical fitness. But there are also other self-administered tests that are simple and revealing.

"Look in a mirror and check your weight on scales. If you're larger and heavier than at age 25, that's a bad sign.

"Climb some stairs. If you're puffing after two flights, you shouldn't be. That's a bad sign.

"Pinch your waist. If you can pinch more than an inch, there's too much of you."

Keeping fit doesn't necessarily mean you have to do exercises every day, he said. More people would stay in shape by doing things they would enjoy such as hiking, cycling, walking, swimming, skating, skiing, snowshoeing, playing indoor-outdoor sports such as squash or badminton, joining a house league team, and going dancing more often.

"And, it's even better when you do it with a friend or family."

from "Health"

NOVA SCOTIA SANATORIUM

ACTIVE STAFF

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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

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D.W. ARCHIBALD, M.D., F.R.C.P. (C)	Psychiatry
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*D.H. KIRKPATRICK, M.D.	Anaesthesiology
B.F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C)	Orthopedic Surgery
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.

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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. McDONAGH, 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
MISS KATHERINE MacKENZIE, R.N.	Director of Nursing
MRS. JOAN CHIASSON	Dietitian

Church Affiliation

NOVA SCOTIA SANATORIUM

ANGLICAN

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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 Brace

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

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Capt. Alex Swan