

THE NOVA SCOTIA SANATORIUM
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Health Rays



HEALTH RAYS

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TABLE OF CONTENTS

	Page
BRITISH SHOCK CAMPAIGN STIRS PREGNANT SMOKERS	1
THE LONG, HARD TRAIL	2
DR. J. W. L. JEANES REVISITS	2
HEALTH AND LIFE-STYLE — EDUCATION, NOT LEGISLATION ..	3
ON LOVE, MARRIAGE AND WOMEN, Joan Sutton	4
NADER WANTS PHYSICIAN DIRECTORIES, Mediscope	5
GROWTH STIMULANT BANNED	5
SAFETY IN SOAP	6
IN APPRECIATION	6
EDITORIAL COMMENT	7, 8
AT WITS END, Erma Bombeck	8
MISCELLANEOUS	9
CHAPLAIN'S CORNER, Rev. Brian M. Gazzard	10
THOUGHTS AT LARGE, Sydney J. Harris	11
OLD TIMERS	12
GOLDEN JUBILEE FUND	13
ON THE COMMON COLD, Dr. Walter C. Alvarez	13
INS AND OUTS	14-15
JUST JESTING	16
PEDIATRIC TELEPHONE SERVICE	17

Sanatorium Visiting Hours

NOVA SCOTIA SANATORIUM

POINT EDWARD HOSPITAL

DAILY: 10:15 — 11:45 A.M. Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.
DAILY: 3:15 — 4:45 P.M. Sunday and Holidays: 3:00-4:30; 7:00-8:30 P.M.
DAILY: 7:30 — 8:30 P.M.

Absolutely NO VISITORS permitted during

QUIET REST PERIOD 1:00 P.M. · 3:00 P.M.

Patients are asked to notify friends and relatives to this effect.

BRITISH SHOCK CAMPAIGN STIRS PREGNANT SMOKERS

By Alan Massam

LONDON — The Government-sponsored Health Education Council is spending £120,000 in an attempt to persuade pregnant women to give up smoking.

Doctors and midwives will help to circulate half a million leaflets through clinics, surgeries and local health authority offices and there will be support by networked television commercials, posters and advertisements in women's magazines.

Essentially the campaign follows a pattern for which the HEC has recently shown a marked preference—shock tactics.

The posters and leaflets show a pregnant woman, naked, pausing while she thoughtfully puts a cigarette to her lips. The legend asks: "Is it fair to force your baby to smoke cigarettes?"

This is what happens if you smoke when you're pregnant.

Every time you inhale you fill your lungs with nicotine and carbon monoxide.

Your blood carries these impurities through the umbilical cord into your baby's bloodstream.

Smoking can restrict your baby's normal growth inside the womb.

It can make him underdeveloped and underweight at birth.

Which, in turn, can make him vulnerable to illness in the first delicate weeks of his life.

It can even kill him.

Last year, in Britain alone, over 1,500 babies might not have died if their mothers had given up smoking when they were pregnant.

If you give up smoking when you're pregnant your baby will be as healthy as if you'd never smoked.

Advice on how to stop smoking is included in the leaflets. One suggestion is to change daily habits and routine, sitting in a different chair or travelling in non-smoking compartments. Another is to start by cutting out the most 'enjoyable' cigarette of the day.

Mr. Alastair Mackie, Director General of the Health Education Council said: "This is the first smoking and pregnancy campaign in this country and our tactics will be different from those we have used previously in anti-smoking work. Everything will be aimed at one section of the community, expectant mothers, instead of the general public. But we hope prospective fathers will also give up their cigarettes and encourage their wives to follow suit."

—"Mediscope", March 16, 1974

LIFE'S JEWELS

There are compensations in life that are over and above the power of money to buy. To gain the confidence of our fellowmen, to have maintained that confidence through fair dealing and understanding to have held high, the torch of integrity and honesty, and above all to have been helpful — these are the jewels in the crown of achievement.—Unknown

THIS I ASK

I do not want
The bravery of those
Who, gun in hand,
Rush forth to slay their foes,
Not hatred, greed,
Or glory of conquest
Would I find rooted
In my human breast.
But this of God I ask:
"Please make me strong
To offer love to those
Who do me wrong."

All in the April evening,
April airs were abroad,
I saw the sheep with their lambs,
And thought on the Lamb of God

—K. T. Hinkson

* * * *

The sun was warm but the wind was chill.

You know how it is with an April day:
When the sun is out and the wind is still,
You're one month on in the middle of
May.

But if you so much as dare to speak,
A cloud comes over the sunlit arch,
A wind comes off a frozen peak,
And you're two months back in the middle
of March.

Robert Frost

* * * *

April prepares her green traffic light,
and the world thinks Go.

—C. Morley

THE LONG, HARD TRAIL

They say "Misery loves company". Maybe it would be nearer the truth to say "Misery needs company".

The evidence that sufferers from the same agony can help each other has been demonstrated dramatically by the success of Alcoholics Anonymous. The same psychology is now being tried out by groups of people who want to conquer their addiction to cigarette smoking. Among those giving backing to such efforts are various Tuberculosis Associations.

It is interesting to see how the number of such groups has grown and it will be even more interesting to see how well they succeed. The first ones, formed some years ago, did not seem to do very well. Even so they furnished some thought-provoking evidence.

One of the devices worked out was a "buddy system" — as aspiring quitter had a buddy who could be called on the telephone when the urge was almost more than could be borne. Conversation of an encouraging nature would then be pursued until the caller's will power was boosted back to the rescue point.

This little exercise seemed to help women, it was reported, but not men. We wonder if the women involved included women with full time jobs. We can imagine that a telephone chat would not be much comfort to a man if he knew that he ought to be getting on with estimating the cost of a job for which he was making a tender and was aware that the man to whom he was talking was in the middle of dictation with his secretary sitting waiting.

We doubt if a woman at work would be any more comfortable chatting than a business man.

The quitters' clubs of here and now may have considerably more chance of success than those of the first few years of the campaign against addiction to cigarettes. For one thing there has been more and more proof piling up that cigarettes increase risk of lung cancer, emphysema, bronchitis and some types of heart disease. Some of the people in these clubs have been told by their doctors, "You either quit smoking or get a new doctor".

There is more backing from friends and family. It is now generally recognized that breaking off smoking is far harder than anyone believed twenty years ago. People then were inclined to say comfortably that they could take cigarettes or leave them. To be sure they usually said this while taking them. A person does not come out with that one now unless he wants to be considered a dope.

It is now realized that there will be strain, maybe some bad temper and great temptation to overeat. Because these reactions are known to be very, very common the individual is not considered weak when he is irritable and unhappy. The family is ready to put up with grumpiness.

Breaking off an addiction is hard, but our guess is that the machinery provided by group therapy is improving and there will be more and more success. And if the result is even 50 per cent success it still is an enormous saving of health and eventual hospital bills.

Dr. J. W. L. Jeanes Revisits The Sanatorium

A visitor to the Sanatorium in February was Dr. J. W. L. Jeanes, who had been Executive Secretary of the Canadian Tuberculosis & Respiratory Diseases Association for several years. Dr. Jeanes, who resigned from that post a year ago, is now with CIDA (Canadian International Development Agency) as Special Advisor, Health and Population. In this new endeavor, Dr. Jeanes must travel to many countries, among them Vietnam,

Malaysia, India, Kenya, Gabon. Initially workers and staff are recruited in Canada, but the idea is to train the people of the country being assisted to carry on. There is a big Canadian import of materials and equipment used. CIDA works closely with WHO (World Health Organization, United Nations) in seeking to improve the health of the peoples in developing countries.

Dr. Jeanes was in Nova Scotia to take part in a seminar at Dalhousie University. This was the 4th annual Conference of the Canadian Association of African Studies.

HEALTH and LIFE-STYLE — EDUCATION, NOT LEGISLATION

Honourable Dr. A. T. Rowe
Minister of Health, Newfoundland

Spectacular progress has been made by medical science in this century in relation to prevention and treatment of epidemic diseases such as polio, diphtheria, measles, and tuberculosis. In Newfoundland thirty years or so ago, with a population of just over 300,000, there were 500 deaths from tuberculosis, or "consumption", as it was generally known.

Vaccination and the "miracle" antibiotics, improved nutritional status, better housing, etc., have brought this disease to the point where in 1972, with a population of over 500,000 there were but 12 deaths — what a vast change for the better!

However, despite the almost unbelievable progress achieved in this 20th century in the prevention of communicable disease and in the treatment of acute illness, it is increasingly obvious that man is fast becoming the major cause of his own illness and death.

We are driving ourselves to injury and death on our highways.

We are smoking ourselves into lung failure, lung cancer and heart disease.

We are hastening our progress towards eternity with our knives and forks (obesity - overweight - is our greatest nutritional problem) and with alcohol.

Quite clearly there is something wrong with the way we live — there is something particularly destructive in our

Canadian life-style — and we are paying dearly for it.

On a given day in Canada there are 13,000 hospital beds occupied with patients injured in motor vehicle accidents — this amounts to more than 4,000,000 hospital bed days per year and to total health care costs of some \$400 millions.

Well, this is wandering far afield from the role of the Newfoundland Tuberculosis and Respiratory Disease Association. As tuberculosis comes under control, more and more attention can be given by the Association to alerting the general public to the major causes of chronic bronchitis and emphysema and lung cancer, especially to the dangers of cigarette smoking.

The cost in human suffering and the cost in health dollars of these respiratory diseases is staggering.

Only by continuing educational efforts can we hope to achieve a significant degree of public awareness of the dangers of our life-style.

It is my hope that the Newfoundland Tuberculosis and Respiratory Disease Association will continue to receive the full support of every thinking citizen, so that it can not only continue its fight against tuberculosis, but also expand its efforts in the field of health education to all parts of Newfoundland and Labrador. — Presented as a Guest Editorial in The Northern Light.

While old charts and records were being overhauled during the past year, some interesting sidelights on San. life in days gone by came to light. One item, clipped from a Halifax Chronicle of 1928, told of an investigation by the Attorney General's Department into a series of thefts at the San., as a result of which a 20-year old patient had been arrested. He answered two separate charges of stealing watches from fellow patients. Dr. Miller, Medical Superintendent of the Sanatorium, was questioned as to whether it would impair the convicted man's health if he was lodged in jail. Dr. Miller gave as his opinion that it would not, as the man was practically cured. The man was then sentenced to 3 months in the County Jail, on each charge.

The prisoner then declared he would starve himself to death. The newspaper clipping goes on to say: "In the face of hunger, the prisoner's threat to starve himself to death quickly evaporated after he had gone without one meal, as this morning he ate, with great gusto, everything on the jail's bill of fare." — Contributed by Eileen M. Hiltz.

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ON LOVE, MARRIAGE AND WOMEN

By Joan Sutton

Thoughts about love, marriage and women, thoughts all penned by men.

"Love does not consist in gazing at each other, but looking outward together in the same direction."

Antoine de Saint-Exupery

"Changeable women are more endurable than monotonous ones; they are sometimes murdered but seldom deserted."

George Bernard Shaw

"Few, very few women ever dream that they haven't got sex appeal. As a matter of fact, some extraordinarily unlikely women DO have it."

Noel Coward

"Life is a flower of which love is the honey."

Victor Hugo

"Extraordinary beauty acts as an obstacle to men of fine sensibilities feeling attracted by a woman. The excessive perfection of a face encourages us to objectify its possessor and to keep at a distance from her in order to admire her as an aesthetic object. The only ones who fall in love with "official beauties" are fools and drugstore clerks. They are public monuments, curiosities which one views momentarily and from a distance. In their presence one feels like a tourist and not a lover."

Jose Ortega Y Gasset

"It is easier to be a lover than a husband, for the same reason that it is more difficult to show a ready wit all day long than to say a good thing occasionally."

Honore de Balzac

"Women, then, are only children of a larger growth; they have an entertaining tattle and sometimes wit; but for solid, reasoning good sense, I never in my life knew one that had it, or who reasoned or acted consequentially for four-and-twenty hours together . . . A man of sense only trifles with them, plays with them, humours and flatters them, as he does with a sprightly, forward child; but he neither consults them about, nor trusts them with, serious matters; though he often makes them believe that he doth both; which is the thing in the world that they are proud of; for they love mightily to be dabbling in business . . ."

Lord Chesterfield

"Modesty is a kind of youthful dress, which, as it makes a young woman more amiable, makes an old one more nauseous; a bashful old woman is rather like a hopeful old man; and the affected chastity of antiquated beauties is rather a reproach than an honor to 'em, for it shows the man's virtue only, not theirs."

William Wycherly,

The Plain Dealer

"I never had a chance . . . At the time, I used to think rather bitterly, that it was because women, even the best of them, prefer good looks to artistic sensibility, prefer brawn without brains to brains with that exquisite *je ne sais quoi* which was my speciality. Now I see what your irresistible attraction was. You were unhappy."

Aldous Huxley

"Casting aspersions on those we love always does something to loosen our ties. We shouldn't maltreat our loves; the gilt comes off on our hands."

Gustave Flaubert

"I walked almost in a trance: For the past ten years I have been in the highest realms of happiness: Now I wondered how the present situation could be consolidated into something definite and binding. Thus it is that we always try to pin down something exquisite and ethereal. No matter what happens there will always be the memory of big eyes gazing and the broad big smile."

Cecil Beaton, writing about his love for Greta Garbo, in his Diary. — Kentville Advertiser.

—:o:—

"My husband didn't leave a bit of insurance."

"Then here did you get that gorgeous diamond ring ?

Well, he left \$1,000 for a casket and \$5,000 for a stone. This is the stone.

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NADER WANTS PHYSICIAN DIRECTORIES

By Otha Linton

WASHINGTON — If consumer advocate Ralph Nader has his way, citizen groups across the United States will soon be publishing their own directories of area physicians listing fees, office hours, availability for house calls and other information not usually available on a comparative basis.

A prototype for such directories was published by Nader's Public Citizen, Inc., and its companion Health Research group to provide information on 115 of the 463 physicians practicing in suburban Prince George's County, Maryland. The others refused to cooperate by providing information, said Nader's health consultant, Dr. Sidney Wolfe.

Wolfe and Nader charged that they were hindered in collecting information from the doctors by letters and warnings from the county and state medical societies. Though the Maryland Medical and Chirurgical Faculty denied making threats against doctors who cooperated with Nader and Wolfe, a spokesman noted that Maryland law prohibits physicians from advertising, except as prescribed by the state board of medical examiners.

Such service directories should be published by consumer groups not only on health providers but also on plumbers, auto mechanics, electricians, painters and others who are now regulated. Nader said. His group has had inquiries about

publishing a medical directory from 150 groups in 32 states, he added.

Among the findings from the 115 "courageous Prince George's County doctors," the directory noted that—

Some 54% demand a cash fee at the time of the first appointment.

Fees of general practitioners range from \$5 to \$35 for a first visit. Pediatricians got from \$10 to \$20 and obstetricians from \$15 to \$30 for the first visit.

Urinalyses cost from \$2 to \$8 and throat cultures from \$3 to \$16.

No pediatricians and less than half of the general practitioners and internists will make house calls.

Of those indicating their specialization, 65% of the "internists" lacked national board certification. A similar lack was found for 38% of the "obstetricians" and 30% of the "pediatricians."

Only a third of the general practitioners indicated certification by the relatively new American Board of Family Practice.

Dr. Wolfe commented that many of the doctors he responded omitted listing or fees, though they quoted office hours and answered other questions. Responses about prescribing habits indicated a heavy dependence upon drugs which Wolfe characterized as being useless for the problems indicated for their use by the physicians. — Mediscope.

Growth Stimulant Banned

NEW MEAT PROBLEM raised last week has nothing to do with price. The United States' decision to ban diethylstilbestrol (DES) as an additive to cattle to produce faster growth has been thrown out of court. DES has been accused of being a carcinogen. Canada also bans DES but imports tons of American beef. Agriculture Canada spokesman says there's no immediate problem as it will take at least six weeks for DES to be produced in sufficient quantities to show up in U.S. cattle. Meantime, according to Agriculture Minister Eugene Whelan, "we are watching the situation."

Just Routine

Policeman: "Why didn't you report this robbery at once? Didn't you suspect something when you came home and discovered all the drawers opened and their contents scattered?"

Wife: "No, I didn't suspect a thing, I just thought it was my husband looking for a clean shirt."

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Safety In Soap

Modern public health practices advocate the banishment of many things used in common. The common hair brush, comb, drinking cup, and towel have been condemned, and the reasons that have led to the condemnation have been well publicized and are generally understood. Each of them contains the possibility, under the right circumstances, of passing pathogenic organisms from one user to another. It is well known that isolated cases of infection, small outbreaks, and even epidemics of communicable diseases have been caused by their use in common.

The question logically arises, therefore, in a great many lay minds, if the same danger lurks in a product even more commonly shared — the ordinary cake of soap. Within the family circle, in public washrooms, in school lavatories, and in other centers patronized by the general public, the common piece of soap is much in evidence. Sometimes it is found in the questionable company of a dirty wash bowl or sink. Often it is smudged with the grime of the previous user. In it, lie the common cup and the common towel, a menace to health.

Germs do not live on soap

Let it be stated at the very outset that according to the best medical authority germs do not propegate on soap. This means that even if pathogenic organisms were to adhere to soap from the washing processes of a previous user, they would not and could not multiply. Adherence is impossible on soap, moreover, because the very act of using it with water and creating a lather that runs down the drain, prevents organisms from remaining on the soap surface. The very action of soap as a cleansing agent, to say nothing of its possible germicidal properties, puts the use of the common bar of soap in an entirely different class from the use of, say, the common drinking cup. The common drinking cup receives the pathogens encased in sputum; the common towel receives pathogens in discharges or secretions from various body openings. In other words when pathogens are transferred they carry with them the vital, favorable soil which enables them to live and increase. In washing, however, this nourishing environment is removed, along with the pathogens, in the lather of suds created by the soap.—Selected.

In Appreciation

I would like to extend my very special thanks to Dr. Quinlan, Dr. Crosson, and the nurses and staff of the N. S. Sanatorium for giving me such wonderful care during my surgery, and for being so kind and considerate to me while recovering, and considerate to me while recovering.

May God bless each one of you.

(Signed).

Eric O'Neil

Lawrencetown, N. S.

* * * *

Please put the following in "Health Rays": I want to extend my deep appreciation to the staff of the Nova Scotia Sanatorium for their care to me while at the Nova Scotia Sanatorium. Their loving care has not changed in any way. They convey the feeling that they cannot do enough to make one feel at home. The only change I have seen, it is not as quiet as in the Thirties, but this can be overcome if each patient would consider the welfare of other patients, by using earphones on their radios.

Alexander Stewart

P.O. Box 302

Truro

* * * *

Editor's Note: Mr. Stewart was a patient this time from December 7 to January 25. His longer period of treatment at the Sanatorium was from 1933 to 1939, with a shorter "visit" in 1948. We have heard people remark that in the general hospitals, as well, the continued use of radios without earphones is a source of irritation. Certainly this is one of the great changes for a patient who remembers the quiet rest periods of earlier times.

————:o:————

Trees like Douglas fir, jackpine, lodgepole pine, red pine, aspen and white birch need almost full overhead light to germinate and grow and cannot compete with other vegetation without this advantage.

Editorial Comment

In our March issue we commented that the West Infirmary was continuing to go down by weekly stages — the west wing on March 1, and the center section at the time of writing, which was March 8. The east wing was taken down a week later, on March 15, and the following week was spent in clearing that away. Then the foundation was battered into moveable section and most of it was hauled away. A smaller amount of debris was pushed into the basement, and it was levelled with fill. The result is a gently sloping area of lawn-to-be, at present surfaced with sandy soil. The plan is to cover it with a great number of loads of loam, hopefully before it dries out enough to blow and drift in all directions. In a very short time there will be little evidence to indicate the recent existence of a building of that size. Perhaps no evidence of a building of any size, unless a section of paved driveway may remain exposed.

In all, the contractors did a very bit of work, in what seemed to be a shorter time than expected. Several shrubs fell victim, but they were careful to avoid damaging the trees.

Work is progressing on the new Service Building, but it is still in the foundation stage. There is considerable noise by times, but probably nothing to compare with things to come. Especially for those patients in the front of the East Infirmary who will need their windows open in warm weather.

* * *

A recent press release proudly announces that our country has a new symbol to add to our collection. It is described as a distinctive "M" and stylized maple leaf, somewhat resembles a section of a bicycle wrench, and will be the national symbol for metric conversion in Canada.

So far the metric system remains foreign terminology to most of us. The information that a person's height is 177.9 cm. seems awkward and uninformative compared to feet and inches. Weight given as 81.8 kg., without the aid of a conversion chart, or paper and pen, is the same. Also, temperature in centigrade, and purchases measured in grams. It will probably take a generation, or total immersion, to get used to the change-over — and then I suspect that

we will find that the U. S. will not have changed, leaving us stumbling between two systems of weights and measures.

* * *

It has recently been announced that children born on or after January 1, 1967, will be eligible for complete dental care through the MSI Children's Dental Care Program. No special registration is required, but parents are reminded that MSI cards should contain up-to-date information. All licensed dentists practicing in Nova Scotia will be eligible to participate and "will have the same rights and responsibilities as medical doctors and optometrists already participating in MSI". It is expected that MSI will pay 85% of the Dental Association's fee schedule. Officials estimate that 90,000 children will be eligible when the plan goes into effect on July 1.

Based upon experience the same officials could probably also predict a corresponding increase in fee schedules — and increased difficulty in obtaining dental services. We may find that 15% becomes approximately the same as we now pay. For example, several weeks ago it was necessary for the doctor "on call" to make a home visit so that he could prescribe medication for one of the children. The 15% as \$7.50, which would indicate that he was collecting \$50. for the call — and for how many others, in the course of his busy day.

The long-range value of the Children's Dental Care Program should out-weigh the other considerations. Certainly there are a tragically large percentage of young adults who have had no dental care other than the extraction of aching teeth. Much could have been done through a preventative program, such as is to be incorporated into the dental care program which is soon to be coming into effect.

* * *

The Kentville Advertiser, March 28, carries the announcement of the forthcoming marriage of Betty Anne MacPhail, popular former member of the Nursing Education Department. She is the daughter of Mr. and Mrs. Donald MacPhail of Kentville, and is a graduate of Grace Hospital School of Nursing. Betty has considerable musical talent

(Continued on Page 8)

EDITORIAL COMMENT—

(Continued from Page 7)

and used to be most helpful in directing student nurses when presenting musical entertainment in the Recreation Hall, and for the annual Christmas carol singing. She has been working as high school nurse in Tillsonburg, Ontario, and is marrying Matthew Scholtz, Chief Librarian of the public library in that city. The wedding is to take place in Wolfville on April 20. Our very best wishes go with you, Betty.

* * * *

We wish to make reference to the Health Rays Golden Jubilee Fund, the report on which will be found elsewhere in this issue. For the first time, our operating account showed insufficient funds to meet current expenses, and it will be noted that the sum of \$126.88 was transferred from the Jubilee Fund to operating expense. We had actually expected that withdrawals would have been necessary before this time, for the Fund was started by Dr. Hiltz for this purpose. We have had less support from the Department of Public Health, in the way of paying for Health Rays sent to Public Health personnel, for example.

* * * *

Do you realize that 1974 is an Anniversary Year? The Nova Scotia Sanatorium was officially opened on June 1, 1904, with the first patient admitted on June 15, 1904. Her chart is in the Archives cabinet in the basement, below Miller Hall. There has been some discussion as to how we should commemorate this Seventieth Birthday of the Sanatorium, such as a special edition of Health Rays, which celebrates its 55th Anniversary with the November issue. Then, too, there is to be the official opening of the new Service Building, which could well furnish a suitable opportunity for special observances. Any suggestion?

——:o:——

Mother to married daughter on phone: "Dear, would you let us leave your kiddies with you and Bill tonight? Dad and I are invited out for the evening."

At Wit's End

By ERMA BOMBECK

You mark my word. Mathematicians won't rest until they've ripped the American family structure to shreds.

First, it was modern math and no one has to be told the rivalry, the bitterness and the malice it left in its wake. Brothers turned against brothers. Wives drove husbands from their beds. And grandparents were put afloat on icebergs never to be seen again.

The ignorance gap that the new math created between parent and child has not even begun to mend when now they are going to convert the country to the metric system. Do you have any idea what that means?

A yard will become a meter; a quart, a liter; a mile, a kilometer; a grain, a gram; and heaven only knows what my waist measurement will be when this whole mess is over.

I remember how it used to be before my children suffered smart attacks. I knew the answers to so many things I used to get headaches, and then one afternoon my daughter was poring over a book and asked, "Mama, what's a variable?"

I snatched the book from her, 'It's a weirdo who hangs around playgrounds. Where did you get this book?'

"It's my new math book," she said. "I was hoping you could help me." I turned to a page at random and saw:

$$\log 10 (5.39 \times 10^{-3})$$

"They want me to locate the mantissa in the body of the table and determine the associated antilog 10, and write the characteristics as an exponent on the base of 10," she explained.

"How long has the mantissa been missing?" I asked.

She went to her room, locked her door and I never saw her again until she graduated.

The metric system will be no better. Once a child knows that a square millimeter is .00155 square inches, will he have respect for a Mother who once measured the bathroom for carpeting and had enough left over to slipcover New Jersey?

Already the trouble has started. "The metric system isn't hard to understand,"

(Continued on Page 9)

AT WIT'S END—

(Continued from Page 8)

said my son. "An inch is . . ."

"Three barley corns side by side," I interrupted. "And a yard is a length of material from the tip of my nose to my fingertips and from Columbus to Cleveland on the road map is a thumbnail and half a breath mint."

He went to his room and slammed the door.

Did I tell you? Math is tearing this family apart.

———:O:———

MARK SOIFER:

No matter how often
I level this weed,
It returns after rain
As if there is need
To remind men who sever
Life's delicate string
That destruction is never
A permanent thing.

—New York Times

* * *

One evening I tried to use the telephone, but could not get the dial tone. Realizing that someone on our party line must have forgotten to replace the receiver, I tried to attract his attention by whistling shrilly into my phone. Much to my surprise, I heard a clear, unmistakable "Moo." Unable to believe my ears, I whistled again—and again was answered by a loud "Moo."

Then a neighbor's voice broke in. "Oh, I'm sorry!" she apologized. "We've just had an extension phone installed in our barn and a cow knocked the receiver off the hook."

—Doloros Christoffel

* * *

Man fortells afar
The courses of the stars; the very hour
He knows when they shall darken or

grow bright;
Yet doth the eclipse of Sorrow and of

Death
Come unforwarned.

—From An Evening Prayer
by Wm. C. Bryant

AIMING TOO LOW

When a huge thug tried to grab the purse of a little old lady she reproved him thus: "You ought to be ashamed, holding up a little old lady. A big strong man like you should be holding up a bank".

* * *

INGREDIENT X

'I just made up a new hair tonic.'

"What's in it?"

"Calcium, magnesium, sodium and George."

"George!!"

"Well, I told him not to stand so near the vat."

* * *

A famous wrestler was visiting an old friend in a country village and the two spent their first evening in the local tap room. When they finally left the host led the wrestler on a short cut through a pasture, forgetting there was a mean bull in it.

The pair was halfway across the pasture when the bull made his presence known by attacking. The wrestler grabbed the bull by the horns and rolled around the field with him until the animal managed to free itself and run off.

"Too bad I had those last three or four drinks," said the wrestler to his friend, "or I would have got that guy off his bicycle."

* * *

The first grade children were having a wonderful time playing with a stray cat. After a while, one little boy asked the teacher if it was a "boy" cat or a "girl" cat. Not wishing to get involved in that particular subject, the teacher evaded the question by saying she didn't believe she could tell.

"I know how we can find out," said the boy.

"All right", said the teacher, resigning herself to the inevitable, "How can we find out?"

"We can vote," said the child.

* * *

Q. — What is it that has two heads, six feet, one tail and four ears?

A. — A man on horseback.

* * *

Q. — What did one flea say to the other when they came out of the theatre?

A. — Shall we walk or take a dog?



Chaplain's Corner

By REV. BRIAN M. GAZZARD

On a February Front Page Challenge show, James Irwin, one of the astronauts to walk on the moon, who has recently become a minister, was asked by Gordon Sinclair, "Is God a murderer?" Irwin replied, "No." "Well," said Sinclair, "then why does it say in the Old Testament that God killed thousands of men, women and children in the flood?" Irwin had no answer.

How would you answer? Is God a murderer? Of course not! Educated people recognize that in the development of religion there is a development of thought about God.

When primitive writers looked back on the flood and its devastation they explained it by saying that men were punished because of their sin. They thought that because men were disobeying God's laws God has destroyed them. But that's primitive religion.

A few months ago the world was shocked by the devastating earthquake in Nicaragua, yet no educated person said, "See, God is punishing them because of their sins!" Our ideas of God and natural catastrophes have developed far beyond that stage.

We have grown mentally and realize that there is such a thing as natural disaster which results from forces inside the earth, and has nothing to do with God's reaction to sin. They are "one of the facts of life."

But there is a far larger and more important category than natural disaster which disturbs people, and that concerns man's sin. There is no much trouble and suffering in the world that people wonder why a loving God would allow it to happen. Let's look deeper at this.

When God created the universe He created it with moral laws, and gave man the freedom to choose whether or not he would follow those laws. And man, in refusing to follow that law; choosing to live for himself, satisfying his own greed, has brought upon himself this present moral and social calamity. It is man's misuse of his freedom which lies at the root of our troubled world. Don't blame God for it!

Sinclair once said in an article that he turned from belief in a loving God when he encountered the suffering and poverty of India in 1931. He said, "I could never

figure out how a loving God could, or would, allow the suffering I saw. I've asked and prodded and probed and I come to no answer except my own answer. That is that God is indifferent to human affairs and does not intervene."

The answer to this disturbing issue lies in what we see of God in Christ. Christ tells us that God, far from being indifferent, loved the world so much that He immersed Himself in the human scene, suffers with us and tries to comfort and lift us up.

God is certainly not indifferent BUT HE WILL NOT INTERVENE! If God intervened to MAKE men change their ways we would not have a moral universe but a world full of robots who have no choice of action. God does not intervene, but through Christ He tries to INFLUENCE and draw men away from their sin; draw them back to Himself and to a deep love for each other; a love which works to wipe out the suffering which troubles us now.

This is where I take exception with Gordon Sinclair's type of criticism. He talks about suffering and as far as I can gather he stops there — with mere talk. But God calls us to do more than talk and criticize and rail against Him.

He calls us to be His "hands and feet"; He calls us to let Him work in the Human scene and spread His love through us. That's the way God operates; not through INTERVENTION but through the loving INFLUENCE of men and women filled with His Spirit.

Consider the attitude of Mother Teresa of Calcutta with that of Sinclair. Both were appalled by India's suffering and poverty; one turned aside from the faith and railed against God for letting it happen; the other turned to God and sought to be His instrument for healing, and she gave her life and drew others to her to be God's "hands and feet" in India's slums, working for the "poorest of the poor."

That's how God works. And that's the work which God calls us to do — the work of being His instruments through which healing can be brought to a suffering world.

(Rev. Gazzard is a minister at St. Andrew's United Church, Sydney, N. S.)

THOUGHTS AT LARGE

By SYDNEY HARRIS

—Most people, if you ask them to think about it would reply that "God" is a noun: only the better theologians would suggest that properly viewed. He is a verb.

Except for the very poor, it is not what we earn absolutely but what we earn relatively that determines our degree of content or discontent with our lot; it is easier to bear the thought of a stranger making a hundred times more than we do than of someone in our peer-group making only \$10 a week more.

—One profound difference between Europeans and Americans is that they can have violent arguments and still remain good friends, whereas we take every disagreement about ideas as a reflection on our personality, and our arguments are either repressed or, if expressed, end in estrangement.

—Trying to learn by other people's experience is customarily as futile as learning to swim without getting into the water.

—The only truth about child-rearing that I am absolutely positive of is the fact that if a sufficient sense of self-worth is not instilled in the child at an early age, even a lifetime of continual success cannot obliterate that person's nagging secret sense of inadequacy.

—In the end, every talented disciple turns against his master — if not by promoting a rival theory, then eventually by distorting the master's message so that it is no longer recognizable as his own. (As one may be sure that Plato did with the unwritten gospel of Socrates).

—Evil news travels around the world in the time it takes a good deed to get from one door to another — and this was true long, long before there were any newspapers, radio, or television.

—The people who are so fond of prating that we must "fight fire with fire" are ignorant of the way this is really done — which is by containment, and not by conflict.

—What scholars call "erudition" is mostly plagiarism with the patina of antiquity upon it.

—For every one tourist who goes abroad to savor the exotic, a hundred make the same trek merely to escape the humdrum — and take it along, by seeking overseas what they have become used to at home.

—To plant a tree whose full growth and glory you will never see is one of the most eloquent ways of demonstrating that you think more of others than of yourself.

—Nine-tenths of what we call our "philosophy" is our temperament; just as nine-tenths of what we call our "politics" is our economic position.

—More and more students are attending larger and larger universities, and the smaller college today is finding itself in desperate financial straits. Yet it is only in the smaller school (or in the larger one sensibly broken down into smaller compartments) that the teacher and the student can have personal contact and true evaluations can be made.

In the British "tutorial" system, of course, such as obtains at Oxford and Cambridge, personal contact is the core of the educational relationship, and each don is responsible for only a few students, with whom he chats, shares a pipe, and drinks beer, and knows precisely the shape and content of each mind he is called upon to grade.

—Things have changed less than we imagine in America since Benjamin Franklin observed in 1734: "I saw few die of hunger; of eating, a hundred thousand."

—I have never known a farmer who was satisfied with the weather for more than four days at a time.

—Thackeray was thoughtlessly (or ignorantly) wrong when he wrote: "Remember, it is as easy to marry a rich woman as a poor one;" far more perceptive was the anonymous aphorist who warned: "The hardest way for a man to earn money is by marrying it."

—No religious sect or creed I have ever heard of could not be improved by absorbing something of the values and insight of another, and sometimes opposite, creed.

OLD TIMERS

We will open the column with some news regarding three former patients who were certainly "Old Timers" in the length of time that they were with us. First, Mrs. Margaret Morse, who was here from 1950 to 1970. The news given to us by both Peggy MacEachern and Florence Belben is that Marg is now in an apartment in a senior citizens' housing unit, in Kingston, and is getting along just fine.

Regarding Florence Belben, there are two items of news. The first is that Florence has been getting along well, had put on weight, and had been at the San several times recently as Enumerator. That's the good news! The other item is that she became ill with a bad cold and arrived here as a patient on the last day of March — for a short time only, we are sure. She was here as a patient from January 1963 to June 1972 — which would be quite long enough — but had previously been here in 1946 and 1948-49.

The third long-termer is Alfred Osgood who is here for a re-assessment. His time at the San dates from November 1954 to June 1972 — which should be long enough for anybody. Alfred appears to enjoy good general health and is looking forward to getting his gardening done. His wife, who had been an invalid for many years, died quite recently. A few months ago their only son, Robert, was married to a young lady from Fox Point, Lunenburg County, we noticed from a photo and write-up in the daily newspaper.

We were talking with Mrs. Sophie Spencer, C.N.A. recently and we are sorry to report that she suffered a broken wrist in a fall. She is not letting it hold her back, however, and was visiting in her Salvation Army uniform.

Another of our former nursing staff members has also suffered a fracture. I was talking with Mrs. Nora Chessman, R.N., who is being restricted in her walking because of a walking cast. She has recently returned from Long Sault, Ontario, and has an apartment at 710 West Main Street, Kentville. That is next door to Mr. and Mrs. Barry Lloyd — brother-in-law and sister, I believe. I frequently see Barry Lloyd helping out at his son's service station, known as Lloyd's West End Texaco. Barry was in charge of Stores until his retirement, at

which time he was succeeded by Pat McEvoy for several years until Pat, too, retired.

Speaking of those afflicted, Mrs. Eileen Hiltz tells us that some of her activities, such as driving, have been restricted lately because of the fracture of a small — but not unimportant — bone in her foot.

A solitary note from Anne-Marie reads, "I had a letter from Edith MacSween recently. Edie, who porched with me in 1949, is a switchboard operator at the Izaak Walton Killam Hospital for Children, Halifax. She wrote that she sees Lucy Chiasson and Dora Romard occasionally. Lucy works in a wool shop at the Halifax Shopping Centre, and Dora works at Mill Brothers store. Elizabeth Barrett of Beaverbank works in the business office at the I.W.K. Hospital for Children. Elizabeth visits Alice Benjamin frequently." (Alice, another former patient, has to remain well for she works as receptionist in the busy office of Dr. D. H. Kirkpatrick, Kentville.)

Now, turning to the mail bag, we will make mention of some renewals that have arrived since our last issue: Mrs. Chester Hiltz, Chester; Mrs. Robert (Beatrice) Zinck, now of Harris, Saskatchewan, who writes, "I really enjoy receiving Health Rays, especially since we are so far from our relatives and friends. We are enjoying the West very much despite the cold and snow this winter. Some places near our charge have had 75 inches of snow at one time, and temperatures around 35 below zero. We will sure welcome spring weather. I had my last check-up in February and am in good health. Give my best to everyone at the Sanatorium, and many thanks for the kindness shown me while I was a patient." (Mrs. Zinck was a patient about two years ago, and her husband is a United Church clergyman.)

We have a note from James J. MacKinnon, 78 Evans Ave., Halifax, saying that he enjoys keeping in touch; a renewal from Mrs. Byron Corkum, 6379 Berlin St., Halifax, and I probably say every year that she was formerly Eleanor Coldwell, Occupational Therapist at the San, and now still at Camp Hill Hospital, and that Byron, a former patient, was canteen manager. It is good to hear something from our old acquaintance, even a signature (even a signature on a cheque, one might say!)

Also, Mrs. Mary E. Corbin, Pictou; Mrs. Paul Davison, Hantsport; Mrs. Et-

hel M. Shaw, P.H.N., Gyro Health Nurse in Charge of the Moncton Chest Clinic; Arthur Leslie, R.N., Leverett Ave., Kentville; Alexander Stewart, Truro; Kenneth A. Dean, R. R. 2 Shubenacadie; Mrs. Peter Gaudet, 36 Nelson's Trailer Court, Dartmouth. She is Mary Mae Gaudet, here for a check-up, and previously here from 1965 to 1968.

And a renewal from Francis McMahon who is still with us, but now makes his home in Canning; and from Mrs. Helen Taylor, Sheffield's Mills, former ward clerk on East 3. Also, from Budd Gert-ridge, R. R. 1 Wolfville.

—:O:—

Health Rays 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 this Fund as of February 28, 1974

Previously acknowledged:	\$5,079.89
Less transfer to operating expense	
Recent contributors:	126.88

Century Patrons:	\$4,953.01
Nil	

Patrons:	
Mr. and Mrs. Charles Welton	
Miscellaneous	
Total	10.00

Grand Total	\$4,963.01
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We wish to acknowledge, with sincere thanks, the following contributions: In memory of Mr. Joseph Leonard Melanson, Nictaux, who passed away at the Nova Scotia Sanatorium on March 21, 1974, a donation to our Health Rays Golden Jubilee Fund from Mr. and Mrs. Welton. Also contributions in memory of Joseph Leonard Melanson were made to the Nova Scotia Patients' Comfort Fund by Mr. and Mrs. Charles Welton and by the Baptist Friendly Club.

On The Common Cold

WALTER C. ALVAREZ, M.D.
Emeritus Consultant of Medicine,
Mayo Clinic, and
Emeritus Professor of Medicine,
Mayo Foundation

I read that our great National Institutes of Health have, for the most part, given up trying to find a vaccine against the common cold. According to one expert, there are 113 viruses known to cause colds, and no one yet knows how to make a vaccine containing that number of anti-virus elements.

Strangely, few doctors seem to know of a discovery Dr. Harold Diehl made while he was in charge of the student health service at the University of Minnesota. Dr. Diehl found that Copavin, a drug containing codeine and papaverine, is the most effective drug to block an oncoming cold, if two capsules are taken within the first hour or two when the person has signs of getting the cold. Dr. Diehl tried every cold remedy ever suggested on 30,000 university students, and Copavin was about the only one that worked well.

As I have said here before, until I was 50 or so, I had three or four bad colds a year; but since I began taking a little Copavin as soon as I feel a cold coming, I have had no more colds.

—:O:—

The secret in education lies in respecting the pupil.

* * *

A young child overheard in prayer; "Give us this day our daily breath."

* * *

Said the preacher as he slipped on the banana peel: "It's odd how old forgotten words spring to mind, isn't it?"

* * *

A man who isn't big enough to control his temper is too small for his own good.

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Ins And Outs



NOVA SCOTIA SANATORIUM

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MARCH 1 TO MARCH 31, 1974

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MARCH 1 TO MARCH 31, 1974

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—:o:—

MY RISEN LORD

My risen Lord, I feel Thy strong protection;

I see Thee stand among the graves today;

"I am the Way, the Life, the Resurrection",

I hear Thee say.

And all the burdens I have carried sadly

Grow light as blossoms on an April day;

My Cross becomes a staff; I journey gladly.

This Easter Day.

—Author Unknown

* * *

After a particularly trying day 2 teachers were discussing their hectic lives over coffee in the faculty lounge. Said one: "If there's anything to this business of reincarnation, I'd like to come back as a childhood disease.

* * *

A housewife admits that she often feels repelled by certain four-letter words. Such as cook, wash, iron, dust, work.

* * *

I'm all done with dames.

They cheat and they lie

They prey on us males

To the day that we die.

They tease and torment us

And drive us to sin—

Say — LOOK at that blonde

Who just came in!

* * *

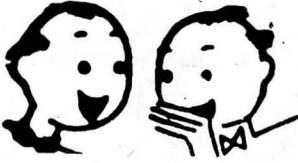
Sending your child to college is like sending your clothes to the laundry. You get out what you put in, but you don't recognize it.

—:o:—

To measure the distance to a thunderstorm count the number of seconds between lightning flash and thunder, divide by five, and the answer is in miles.

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Just Jesting



The subject today is air pollution. Or as it is clinically known, "television".

One of the best things people could do for their descendants would be to sharply limit the number of them.

—Olin Miller in Atlanta Journal

The ability to lie differs among people. For instance, a short-armed fisherman isn't as big a liar as a long-armed one.

Asked what gave him the idea for his second book, the novelist said it came to him while watching the movie version of his first book.

Being a woman is a terribly difficult trade, since it consists principally of dealing with men.

Woman driver to friend: "Will you notice how close that maniac is driving ahead of me?"

Teacher: "Give a definition for deficit."

Student: "That's what you've got when you haven't got as much as you had when you had nothing."

Did you hear about the two tigers who met in the jungle? One tiger said to the other, "Where the heck you been? You smell like gasoline."

In one fashionable suburb it is said there are so many foreign sports cars that no pedestrians have been hit above the knees in five years.

During the suffragette movement in England, a veteran crusader was arrested and placed in a cell with a novice in the cause. When the older woman heard her cellmate crying, she offered this solace: "There, there, dear don't cry, put your faith in God. She'll probably protect you."

Half-truths are like a half a brick—they can be thrown farther.

Surgeon (addressing students at a hospital): "The muscle of the patient's left leg has contracted until it is much shorter than the muscle in the right leg. Therefore, he limps. Now what would you do in such a circumstance?" Student: "Limp, too."

"Now now", said the psychiatrist trying to calm his patient, "you know perfectly well that your wife is not secretly in love with an elephant. You've been making this up in your subconscious. I assure you that your fears are groundless. Don't you agree with me?" "Well I guess so, said the patient rising from the couch. 'It is ridiculous, but I'll have to be running now—she's knitting a sweater and she asked me to stop off and bring home 800 balls of yarn."

There is a stunning blonde waitress in a certain restaurant who always obliges when the male customers ask for her phone number.

Their moment of disillusionment comes when they call the number and a voice answers: "Pest Control Service."

The question is whether modern Americans will like fresh air, now that they have been accustomed to sniffing stuff with a little bite to it.

A man who thinks marriage is a 50/50 proposition either doesn't understand women or doesn't understand fractions.

A NO-WANT AD?

The teacher asked the pupils to write out an application for a job as a waitress, a stenographer, etc.

One small girl wrote: "I saw you want a waitress. I hate to wait on a table. Can't you get someone else. Please answer."

Tell me, what kind of a noise annoys an oyster?

That's easy. A noisy noise annoys an oyster.

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

Ducks that fly upside down quack up.

PEDIATRIC TELEPHONE SERVICE FIRST OF ITS KIND IN CANADA

Canada's first formally organized pediatric phone consulting service was started recently at the Izaak Walton Killam Children's Hospital.

Organized by out-patient department director Dr. John Anderson and funded by the Nova Scotia Health Services Insurance Commission Tel-A-Pede — as the system is called — is designed to provide case management assistance to physicians with no immediate access to pediatricians and to Nova Scotia pediatricians themselves who may need subspecialty advice.

Dr. Anderson pointed out that the service is toll-free and no fees will be charged to either physician or patient. A similar service has been in operation for some time at the Los Angeles Hospital for Children with 36 per cent of the calls resulting in a significant change in the management of the child.

Dr. Anderson added, "Calls will be accepted from physicians only. I'd also like to stress that we are not in the business of soliciting consultations and that we don't want the service to disrupt the normal referring practices of provincial

physicians. We are also urging doctors who wish to use the service not to bypass pediatricians in their own practice area."

Tel-A-Pede will be in operation 24 hours a day. Calls will be taken by a nurse familiar with the system. She will record the essential information and then contact the appropriate specialist. If the desired specialist is not available, the call will be returned by another physician with special knowledge in the field. Dr. Anderson estimated that most calls will be returned within 30 minutes.

Although the 12-month pilot project will be limited initially to Nova Scotia, because the Children's Hospital in Halifax is a regional referral centre it could be extended to include calls from New Brunswick and Prince Edward Island doctors.

After Tel-A-Pede has been in operation for a while, Dr. Anderson intends to evaluate its effectiveness through a questionnaire mailed to participating physicians.

Mediscope

THE DILEMMA in which the Canadian government finds itself over alcohol and tobacco is somewhat illustrated by the Macdonald Tobacco Company affair. The government seeks to promote economic growth, which includes producing and selling these items; it wants to promote health, which includes reducing their consumption. The government also wants tax money, although this may be less of an influence than is commonly supposed. The more of Canada's manufacturers of tobacco and alcohol are foreign-owned, the easier for the government to adopt policies not in the companies' interests, one would think. Nevertheless, the Commons last month still found itself embroiled in protests against takeover of Macdonalds by a giant U.S. combine.

Mediscope

FEMINISTS will doubtless be pleased with figures on current women enrolments in Canadian medical schools. Those in their final years form 21% of all medical students; those with two years to graduation form 23%; with three years 25% and with four years 27%. At the universities of Montreal and Saskatchewan where there are five-year courses, women make up respectively 37% and 28% of first-year students. Unless the dropout rate of women is phenomenally higher than that of men, this clearly implies an increasing proportion of female medical students.

Mediscope

NOVA SCOTIA SANATORIUM

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*G. A. KLOSS, M.D., F.C.C.P.	Physician
E. W. CROSSON, M.D.	Physician

CONSULTANTS

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D. W. ARCHIBALD, M.D., F.R.C.P. (C)	Psychiatry
S. F. BEDWELL, M.D., F.R.C.P. (C)	Neurology
J. C. CROSBIE, M.D., F.R.C.P. (C)	Pediatrics
T. DOK, M.D., D.O.M.S., D.L.O. (Eng.)	Ophthalmology & Otolaryngology
P. P. GEORGE, M.D., F.R.C.P. (C)	Psychiatry
J. A. HYNES, M.D., F.R.C.P. (C)	Internal Medicine
C. E. JEBSON, M.D., F.R.C.S. (C)	Urology
*D. H. 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

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T. K. KRZYSKI, M.D., Ch.B.	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

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

PENTECOSTAL

Minister—Rev. T. Kenna

BAPTIST

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

ROMAN CATHOLIC

Parish Priest — Rev. J. A. Comeau
Asst. Priest — Rev. C. D'Eon

CHRISTIAN REFORMED

Minister—

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

UNITED CHURCH

Rev. Allan MacIntosh

ROMAN CATHOLIC

Pariest Priest—Father Angus MacLeod

PRESBYTERIAN

Rev. E. H. Bean

SALVATION ARMY

Capt. Alex Swan