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# *Health Rays*



# HEALTH RAYS

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## *Sanatorium Visiting Hours*

### NOVA SCOTIA SANATORIUM

DAILY: 10:15 — 11:45 A.M.  
DAILY: 3:15 — 4:45 P.M.  
DAILY: 7:30 — 8:30 P.M.

### POINT EDWARD HOSPITAL

Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.  
Sunday and Holidays: 3:00-4:30; 7:00-8:30 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.

## SANATORIUM IS AGAIN ACCREDITED

The Nova Scotia Sanatorium has been advised by the Canadian Council on Hospital Accreditation that it has once again been awarded accreditation status. This award was given following a survey of the hospital in August of this year by a representative of the Council, Dr. A. W. Taylor of Saskatoon, Saskatchewan.

The Canadian Council on Hospital Accreditation is sponsored by the Canadian Hospital Association, the Canadian Medical Association, the Royal College of Physicians and Surgeons of Canada, and L'Association des Medecins de Langue Francaise du Canada. Participation in the program by any hospital is voluntary and it demonstrates that the staff of the hospital is willing to accept outside appraisal and criticism of their work. Awarding of accreditation status is an indication that the hospital has substantially met or exceeded standards of care and operation

which have national and international approval.

In making the announcement, Sanatorium Administrator Peter S. Mosher noted the commendation by Council of all categories of staff for the excellence of care and the team approach. Also worthy of special mention, in the opinion of Council, were the excellence of medical records in all respects and the review and analysis of clinical care for which the medical staff were congratulated. The Council was impressed with steps taken to improve the environmental services to the patients.

The Council had seven comments and recommendations on which the hospital should act. The Administrator indicated that these were of a relatively minor nature and, where feasible, would be implemented at an early date. He said that all staff were very pleased with the results of the survey but far from complacent about the achievement.

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## GENERAL RESPIRATORY DISEASE

Pollutants in the air are by-products of man's activities and energy demands. High concentration of these impurities—from cars, power plants, incinerators, furnaces, and factories—weakens your lung's defenses and makes them more vulnerable to infection.

Pollutants can irritate your lungs and cause a narrowing in the air passages that may become permanent. You then have great difficulty breathing, and your heart has to work harder to compensate for the lack of oxygen.

A recent study shows death rates from chronic respiratory disease can double in areas where pollution is heaviest.

Fifty years ago, the important lung diseases in the United States were pneumonia and tuberculosis. The lives of all were touched either directly or indirectly as one or both of these diseases attacked friends and relatives.

The discovery of effective drug treatment for pneumonia and tuberculosis has sharply reduced the incidence of both, even though both remain formidable diseases.

Two lung diseases, Lung Cancer and Chronic Obstructive Lung Disease (COLD),

uncommon fifty years ago, are growing in importance as they affect more of our citizens. Both lung cancer and chronic obstructive lung disease (COLD) have been closely linked to the widespread increase in cigarette usage.

Lung cancer is the uncontrolled, wild growth of cells in the lung. The most common origin of the cells which become "wild" is the lining of the bronchial tree, that is, the tubes leading air into the lungs from the nose and mouth. Since the bronchial tubes are hidden from view, this wild growth is usually undiscovered until the cancer has become well established and difficult to treat.

Cigarette smoking, it has become increasingly evident, is closely linked to the development of bronchogenic cancer—cancer of the bronchial tubes. This link is so close that many lung specialists feel that cigarette smoking is the cause.

The disease which is known to many as EMPHYSEMA is presently thought to be a varying combination of true anatomic emphysema with chronic bronchitis. This combination is now being termed Chronic Obstructive Lung Disease (COLD) or

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## GENERAL RESPIRATORY—

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chronic Obstructive Pulmonary Disease (COPD). The cause of the disease is unknown.

The number of deaths reported from chronic obstructive pulmonary disease (COPD) is increasing at an alarming rate (600% in past 12 years). Central and Southern Illinois show a greater than expected percentage, though accurate statistical confirmation of this is lacking. Accurate statistical analysis of COPD and public health evaluation is in fact not available for the mid-west or any subsection of it.

Doctors saw more than half a million new emphysema patients in 1970, more than double the 1965 figure.

In the decade ending in 1970, deaths attributed to emphysema increased by 145 per cent and those from chronic bronchitis by 72 per cent. Emphysema caused more than one third as many deaths as did malignant neoplasms of the respiratory system, which increased by 77 per cent in the ten-year period ending in 1969. The ratio of reported deaths from emphysema and lung cancer was 1 to 15 in 1950 and 1 to 2.6 in 1967.

It is likely that pulmonary emphysema is not mentioned on the death certificates of many patients reported to have died from pneumonia, asthma, or congestive heart failure when, in fact, it has been the principal cause of death. Apart from changes in reporting and the effects of increased aging of the population, there has been a real increase in the mortality rate from COPD, and most authorities believe that the increased consumption of cigarettes is an important factor in this trend.

From 1965 to 1970, Chronic Bronchitis was the condition reported as the reason for the patient's first visit to a physician in a survey of private physicians in the United States in an average of 324,000 cases per year. During this interval, among some 621,000 visits in 1970, emphysema with or without chronic bronchitis increased 60 per cent as the reason for the first visit. In both the United States and Great Britain, chronic bronchitis is a common cause of absenteeism in industry. The highest prevalence of chronic bronchitis appears to be in middle-aged men in urban industrial areas.

Early detection of COPD involves finding physiological evidence of disease in adults that have symptoms of cough, sputum production, and shortness of breath, but with normal spirometry. Hopefully, research will provide better tests to permit this goal to be achieved.

— from the Illinois TBRDA "Focus"

## Co-operation Please

The TB patient who leaves the hospital against medical advice is one of the great problems of TB eradication today. The sick person gets sicker and meanwhile spreads his germs to other people.

But it isn't easy to stay put in a TB hospital. Compared to the length of hospital stay for other illnesses, the time in the hospital for the TB patient is a long one — often months. In spite of everything the hospital can provide to help pass the time, the minutes go by very slowly. The TB patient has too much time to think, and the weight of his illness tends to make him brood.

The least complaint or tone of anxiety from his family will be mulled over and exaggerated out of all proportion. Lack of any news may have the same effect. Something is wrong. The family isn't getting along without me. The bills aren't getting paid. The children aren't getting proper care. I'd better get out of here and go home and take care of things.

It is vital for all members of the family of a tuberculosis patient to understand their importance to his cure. Community agencies can help them through their other domestic difficulties. The family can keep the patient up to date on family news that will not depress him and include him in family discussions on matters which will not upset him. They can help him. They can help him by cheerful and confident acceptance of the fact that he or she must stay in the hospital until the doctor says its okay to leave.

—Selected

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## THOUGHTS A WOMAN THINKS

by Mary-Ellen

There are some things surrounding us which, if listed, would sound like a prayer of thanksgiving. These things of nature, and of beauty, are the real security of heart and soul which "belong" to the hearer and observer. These are the possessions which, as Nova Scotians, we are so lucky to have.

Take, for example, some of these "simple" joys which occur every day: The lilted song of a small yellow bird as it flits through a cloudless blue sky; the sight of a timid little woods animal whose fear is almost . . . not quite . . . but almost overcome by its curiosity; the sound of the seas sighing its heart out against the rocky shoreline; the sound of crickets clicking out their contentment; the sight of gently rolling fields of grass . . . themselves almost like the waves of the sea which bounds our Province; the look of sunset over a vast expanse of lake; the evident joy of a young boy patiently fishing in a little brook . . . quite convinced that at the very next moment he's going to land a "beauty" for Mom to fry; the looks of Nova Scotian faces . . . humorous, weather-beaten, and patient; the sound of peaceful church bells on Sunday morning; the smell of new-mown hay mixed with the scent of roses from a flower garden; the peaceful expanses of sand beaches where once can still be alone and not confined by thousands of other people seeking also to be alone; the quietness of the nights to provide rest and sleep; the taste of home grown vegetables, warm with the summer sun and naturally grown; the smile of a friend which says "I know all your faults, but I still like you"; the smell of the Ocean early in the morning; the sight of soft fog drifting over the land which always reminds me of a soft moisturizing cream for the earth's wrinkled

face; the "season" of things such as the season of the wild roses, the wild tiger lilies, the Blue Flags, and the ripening Cat-Tails; the berry season when one can pick strawberries or raspberries from the fields in the abundance we take for granted; the very warmth of the sunshine on our bodies; the refreshing sea if the sun becomes too warm; the feel of sand drying on our feet and gradually falling off; the sight of a small child hopefully building a sand castle which will be washed away by the tide . . . but the beauty of the child not knowing that it will be; the comfort of a home and its contents arranged the way we like best for our own comfort and convenience; the joy of reading a good book; the soul-satisfying enjoyment of beautiful music; the look of soft, fluffy summer clouds drifting aimlessly and gracefully across a blue sky; the joy of watching a sleek sail boat skimming across an azure-blue sea; the taste of our own lobsters and clams dipped in golden butter; the pleasure of the rural mailman bringing a letter from a friend; the smell of newly-mown lawns; the colours of the gentle sunsets; the fun of rhyming the old words "red sky at night, sailors' delight . . . red sky in the morning, sailors take warning"; the gorgeous smell of newly-baked pies; the joy of wanton idleness; the sight of the colours in a butterfly's wings; the fun of noticing a sea-green moth deciding he must be Irish; the taste of home-perked coffee in the morning after savoring the smell of it wafting through the house; the delight of seeing tea biscuits rising the way they're supposed to . . . and tasting the way they're supposed; the fun of watching a fat-posierored honey bee going about his chores; and the absolute wonderment of watching a hummingbird suspending himself in mid-air while he gathers nectar.

— from "The Mirror"

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The art of taxation consists in so plucking the goose as to obtain the largest amount of feathers with the least amount of hissing.

\* \* \*

Politics is the art of looking for trouble, finding it everywhere, digging it wrong, and applying unsuitable remedies.

## Strictly Personal

By SYDNEY J. HARRIS

One of the most fascinating phenomena of recent years is the renewed interest in antiques and mementoes of all sorts, from old muskets to classic cars. And the young, rather than the old, are leading this rearward march.

In his new book, "The Human Agenda," Dr. Roderic Gorney suggests that we are suffering from an "unsatisfied hunger for things with lasting significance."

Technology, he goes on, has robbed things of their enduring significance. Products today are part of our experience only briefly — they are bought, used and tossed away, without acquiring any identity. And since people tend to identify themselves and others by such "tools" of civilization, it becomes more difficult every year to relate one's "self" to another human being as a person.

We use cleansing tissue instead of linen handkerchiefs, ballpoint pens instead of personal fountain pens, change clothes every season, trade in cars every two years or so, move a dozen times in a career. The transience in our technological life breaks the continuity that people used to feel — there is no "loyalty" to products any more, nor do we feel that things have any lasting meaning in our lives.

In the past, he points out, "an American might enjoy his homespun clothes for 20 years, sit his favorite horse for 15, drive his wagon for 50 . . . All these durable things carried a supportive significance for your own, your forbearers' and your descendants' identities that practically nothing but an occasional book, dish or pocket watch can have for us today."

Tools are the most "identifying" features of man's activity, and the brief life of most modern tools results in our living "in a kind of chronic identity-deficiency state which exists largely outside our awareness." That is, we are hungry to belong to a continuing tradition, to find and "place" ourselves within a human and social framework. And this unsatisfied hunger, he concludes, "becomes distorted into a lasting craving to consume a significant number of things."

Obviously, we cannot return to the past. But we might improve the quality and durability of things, upon which our identity depends. Tools and artifacts have sig-

nificance as well as objective use. But we ignore their psychological meaning in producing for "obsolescence."

Young people turn to the past not to escape reality, but to find it — to rediscover their origins and trace the continuity of the species. It is basically a search for "family" in the rubble of the past.

The other day I dealt with the paradox, "The richer we get, the shoddier our goods." Today I'd like to throw another paradox your way: "The more we know, the less we know."

We live in the Age of Information; it has superseded the Age of Production. Information systems, beginning with the computer, have opened a new era of cybernetics, introducing a qualitative change into our whole social and economic order.

But as we learn more about controlling and directing the forces of nature, we find ourselves increasingly ignorant about decision-making in these areas. Let me give you, as they say in New York, a for instance.

Our Founding Fathers knew very little about anything, compared to what even a schoolboy knows today. Yet when the British Parliament passed the nefarious Intolerance Act, the American colonists had enough information to spark a revolt. The issue was clear and simple, and any farmer could weigh the alternatives and make a rational decision to remain loyal to the Crown or to join the band of revolutionaries.

What rational decisions can we, as an electorate, make today? Take the recent flap over the Navy's project to install an electrical grid under a major portion of northern Wisconsin, not too far from my home.

The proposal, called Project Sanguine, involves burying an underground cable

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**STRICTLY PERSONAL—**

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system to transmit low-frequency radio waves to missile-carrying submarines. This would give the U.S., according to the Navy, a "last strike" weapon system.

Now three University of Wisconsin scientists, sponsored by the state Committee for Environmental Information, have completed a study that totally refutes the Navy's claim. They insist that the project is unworkable, inadequate, and unnecessary for its purpose. Also, the U.S. Forestry Service has issued a report disputing the Navy's environmental view of the impact of the project on the territory.

Whom are we to believe? Is the Navy merely mistaken, or lying to us? Do we need to spend these countless millions? Will the system really work, or turn out to be an expensive fluke, providing more money for contractors and more realms of authority for Naval bureaucrats? Is the Wisconsin Committee for Environmental Information a reliable group, or just a coterie of extremists and alarmists and anti-militarists?

How do I know? How do you know? Before we can find out, the money will be spent — which might be wasted — or the project will be dropped — which might weaken our defenses. In this age of proliferating information, we are privy to none of the basic facts, and our discontent is rooted in our sense of frustration, doubt and disbelief.

Thoughts at Large:

It must seem awfully foolish to a child to read that we are spending millions to make nuclear bombs just after he had been told that setting off firecrackers is illegal.

Anyone can achieve the "golden mean" if he tries hard enough, but only the saint or the genius can achieve the "golden extreme" when it is necessary.

The common defect of all governments everywhere is that they have a vested interest in keeping the great body of citizens ignorant, and thus easily manipulated by emotional appeals; a truly educated electorate is feared by all bureaucracies.

We are by nature so partisan that even when we attend a contest in which both the contestants are strangers to us, we feel forced to pick one or the other to root for, in order to get the maximum enjoyment.

America is painfully learning, in the backlash of civil rights, the melancholy advice given by Solon thousands of years ago, that "no more good must be attempted than the nation can bear." (The wise and just Thomas Jefferson was fond of quoting this remark.)

Even though "English English" sounds more attractive to the American ear than "American English" (compare Oliver's diction to that of any American actor, for instance), nevertheless it is a fact that to foreigners English is easier to understand in the mouth of an American than when spoken by an Englishman.

If you give to someone more than he can possibly return, you set up in him an unconscious grudge beneath the conscious layer of gratitude.

All of what we call "philosophy" is really premature until we can acquire a better understanding of what man is.

People who take "the best pictures" are those who happen to look best in repose; for those who disclose themselves only in animation, all pictures taken in repose are falsifications. (Essentially, all "photogenic" people are static rather than dynamic.)

Artists are generally happier in their professional lives than entertainers, for the artist wants to please only those with taste, while the entertainer wants to please everybody, which is impossible; thus, the good artist can satisfy the goal of his craft, while the entertainer (no matter how popular) is always running to a receding goal.

To imagine that one's own church alone has found the answer is a greater blasphemy than atheism.

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Once again the new model cars have failed to provide that one extra we've needed for years: An automatic choke for lackseat drivers.

\* \* \*

Said the husband to his wife: "About these bills for clothes you bought before we were married. Don't you think it's unfair to ask the mouse to pay for the cheese he was trapped with?"

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## MEDICAL COLUMN

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

I just read a very interesting and thought-producing release from the American Hospital Association, telling people how to be good hospital visitors. This strikes a responsive chord in me because two friends of mine were telling me recently of their embarrassment when well-intentioned friends visited them in the hospital and without meaning to, caused them distress.

One patient had been very sick with an encephalitis (inflammation of the brain), and this made it very hard for him to be the good host that he wanted to be. After his many friends came to visit, he would be exhausted by the effort he had made to converse cheerfully with them.

The other man had just had a colostomy (an opening through his abdominal wall from his large bowel, through which feces passed to the outside). He was afraid that he smelled bad, and he was embarrassed when his friends stayed long.

This does not mean that a happy visit from good friends and relatives is to be avoided; it can be a good tonic to a sick patient. But not all patients should be treated in the same way, and visitors must exhibit much consideration, sensitivity to the sick person's needs, and tact.

The following "don'ts" were compiled from a survey of hospitals throughout the country.

1. Don't go into a hospital with a cold. You could give the patient a pneumonia.

2. Don't bring food or alcoholic drinks to the patient.

3. Don't bring home remedies to the patient.

4. Don't bring old prescriptions. Let the patient's doctor handle that.

5. Don't stay more than 10 or 20 minutes. The patient may tire easily — even though he may "seem like his old self."

6. Don't tell the patient tales of woe, and don't recount stories of other patients with the same symptoms who died.

7. Don't smoke in the room.

8. Don't talk loudly, especially if your

friend is in a semi-private room. And don't talk loudly while going through the corridors of the hospital.

9. Don't sit on the patient's bed. You may cause him pain, especially if he has had surgery.

10. Don't leave litter in the room. Take candy wrappers or empty paper cups with you.

11. Not more than two visitors should go at one time.

12. Don't pry for information about the person's illness. Leave it up to the patient to volunteer whatever information he want to give you. Do not ask the doctor or nurses for information about the patient's condition, unless you are part of the family.

13. Don't touch drinking glasses and towels and other objects in the room which are meant for use by the patient.

14. Don't phone the patient too often, and don't call to question his doctor.

15. Don't take children with you; they are likely to carry infections. Many hospitals keep youngsters under 12 years old out altogether.

16. Leave the minute a doctor or nurse comes into the room to examine the patient.

17. Use good sense about bringing flowers. Too many flowers clutter the room, and often mean work for the nurses. A small plant that the patient can take home with him is better.

1. Don't be a "know-it-all." Let the doctors do the diagnosing and treating, and let them make the recommendations.

19. Don't bring unannounced or unknown persons to visit. Don't force the patient to act as a host for an open house party. Let the patient know beforehand that you are coming, and who will be with you.

\* \* \* \*

In a release from the New York State Department of Health, I read that according to Dr. H. S. Ingraham, measles was responsible for 18,197 deaths in New York

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## Editorial Comment

The time goes by so quickly, for those of us who are not patients, that it comes as a surprise to see that we are already well into October and are surrounded by the beauty of autumn. Those who have been doing extensive travelling bear out our own impressions that the foliage is more colourful this year than usual. And the fruit stands are springing up in ever-increasing numbers — most of them seeming to be very well patronized — and displaying fruit and vegetables that are as colourful as the scenery and very tempting to the travelling public. I think that I especially like to see the heaps of orange pumpkins. I suspect, though, that most of them must be destined for the Hallowe'en market, or for processing. Certainly the processing plants do account for the bulk of the market, when you consider the vast quantities involved and compare it with the number of householders required to use a comparable quantity of, for example, beans, peas, apples, pears, and pickling ingredients. And, of course, the tons of potatoes that are going to the chip-manufacturing plant.

It is interesting to consider how much our Valley economy has, in the past, depended upon the apple industry. It used to be impressed upon us that the Valley was second to none, both in quantity and quality of our apples. Quantity-wise, we have been out of competition for first place for a great number of years, but it is very interesting to see just how much we are out-ranked, and by what countries.

I recently read an article by Mr. E. D. Haliburton in the Chronicle-Herald which gives some most interesting information regarding apple production in a number of countries that I thought would be poorly suited to producing apples on a commercial scale. This is what Mr. Haliburton has written:

"Comfort me with apples" said King Solomon. And he also said "As the apple tree among the trees of the wood, so is my beloved among the sons."

Obviously King Solomon had a high regard for the apple. The references to apples in the old testament, beginning with Eve, have sometimes been questioned. Some people have chosen to believe that Eve tempted Adam with some other fruit wrongly translated as the apple. The habi-

tat of the apple is in a temperate climate and Jaffa and Oranges seem more natural to Palestine.

But this simply isn't so. Israel is a small country. It is much smaller in area than Nova Scotia yet it currently grows three times as many apples — of the varieties popular in Europe, Golden Delicious and Red Delicious. As a matter of fact, apples are grown all around the Mediterranean. In Lebanon, (whose apples compete with ours in the English market) in Balkans, in Greece, in Italy, France and Spain, Morocco and Algeria.

Spain has recently plunged into apple production, planting out hundreds of thousands of young trees, but France and Italy have been producing enormous crops of American varieties, particularly since under the Marshal Plan. American nurserymen found a market for young apple trees, paid for by the American Government. Bulgaria, Romania and Yugoslavia, have not only cut into our old markets in Europe but have invaded Canadian markets with their concentrated apple juice.

Europe grows fantastic quantities of apples. They talk about production in tons. We talk about production in bushels and there are 50 bushels in a ton. So Poland, new to the export apple business, is planning to increase exports, presumably to the E.E.C. countries, to a total of 2,500,000 bushels next year. Holland is "grubbing", pulling out or removing, 24,000 acres of trees, (more than our total Valley acreage) by virtue of a government grant to cover the cost; but they are planting as many new acres to replace them with the more popular varieties. This past season the Dutch grew 520,000 TONS of apples, or twenty-five million bushels, and Dutch production is only a fraction of the French and Italian production.

In 1972 the Common Market countries produced 18.1 million tons of apples or 900 million bushels. Which seems like a staggering quantity with so many countries expanding acreage.

Our old traditional market, the United Kingdom is now producing about 15 million bushels a year, much more than it did in the years preceding World War II when we could market about 3 million bushels a year there. But it is still one

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## EDITORIAL COMMENT—

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of the big import markets for apples.

Since the Second World War the British growers have been protected by a quota system. Imports have been strictly controlled. Only a fraction of our previous exports were accepted and English growers had a field day. So did those of our exporters who were lucky enough to get licenses so that they could ship. High prices were maintained by import restrictions.

Now that Britain has gone into the Common Market all this is changed. The French and Italian apples, always in surplus and previously allowed in under the strict quota system, will now be controlled only by the demand. They will stop moving into Britain only when the English prices drop below those in their own countries. British growers fear the worst and have been bitter opponents of the idea of Britain entering into the Common Market agreement, naturally.

But some growers are still optimistic that demand will grow to keep pace with supply. The situation is difficult to estimate. A Dutch survey comes up with an optimistic note. It forecasts the U.K. demand for table apples rising from 525,000 tons in 1970 to 700,000 tons by 1975 and 800,000 tons by 1980. It expects the U.K. home production to remain around 300,000 tons a year so over a ten year period exports could increase by 300,000 tons.

Grower optimism about this report however, should be tempered by this paragraph from the English "grower" magazine.

In Europe as a whole, as we stated earlier, the situation after 1975 could fluctuate between a surplus of 700,000 tons and a shortage of one million tons (or 50 million bushels).

Such variation shows that the Report concedes its conclusions are only an optimistic guess. Never, while Nova Scotia was an important supplier of the British market, did the demand grow as suggested. It will have to be a new deal.

One difficulty in predicting the possible market for apples lies in the fact that apples are grown everywhere.

They are not just grown in Europe. Australia, New Zealand, South Africa, North America, Argentina, Chile, Tas-

mania, are all heavy producers. And while a few years ago, apples produced North of the Equator, did not compete with apples South of the Equator, that situation is no longer true. Apples produced in the North Temperate Zone can be held the year around in what is called "Controlled Atmosphere Storage." This is a combination of cold storage and Co2 gas storage. The storage chamber is sealed so that Carbon dioxide is concentrated in the atmosphere and puts the apple "to sleep." In this sort of storage MacIntosh apples picked at the end of September look just the same at the end of the following June. And taste the same.

The man who played an important part in developing and perfecting the technique for this sort of storage (which was pioneered in England), was Mr. Charles Eaves, international authority on apple storage, for many years head of the Storage Section of the Federal Research Station at Kentville, and recently retired. Just to show how "on the alert" some of the new apple producing areas are, it is significant that no sooner had Mr. Eaves retired (at the top level of his competence and usefulness) than he had an offer from the Turkish Government to spend a year in Turkey advising them on apple storage programs.

Naturally Mr. Eaves accepted the offer. With his wife, he is now comfortably settled on the shores of the Sea of Marmara, off the Black Sea, working at a Turkish Research Center. His assignment—to duplicate the research program established under his supervision in Kentville.

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When you're afraid, keep your mind on what you have to do. And if you have been thoroughly prepared, you will not be afraid. — Dale Carnegie.

\* \* \* \*

Victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory there is no survival. — Sir Winston Churchill.

\* \* \* \*

You cannot teach a man anything; you can only help him to find it for himself. — Galileo, Italian astronomer.

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RON ILLSLEY  
 ESSO SERVICE STATION

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## DENTAL REFORMS PLANNED

By JIM GOURLAY  
Staff Reporter

Nova Scotia's health minister is seriously considering the idea of drafting wide-ranging reforms in the province's dental setup.

The proposed reforms would seek to relieve existing problems stemming from an acute shortage of qualified dentists; the high costs of dental treatment, and be aimed at resolving the longstanding question of the role of the denturist.

This newspaper learned yesterday a government white paper on dentistry is expected to be completed and made public by the end of November. The document would represent government policy with regard to ways and means of improving dental care in Nova Scotia. It would also be regarded as a skeleton for new dental legislation expected to be introduced in the legislature next spring.

Confirming the new moves in an interview with this newspaper, Health Minister Scott MacNutt said he had decided to make the government position on the whole question of dental care public by means of the white paper so that interested parties would have ample opportunity to offer some input into the final draft of new legislation.

The white paper itself, the minister said, would have input from the on-going dental task force study, the Nova Scotia Health Council, the provincial dental society and from denturists on matters relating to dentures.

Mr. MacNutt hopes, after next spring, to see three main improvements in the province's dental setup:

—A means by which more dentists could be trained in the province, and, more important, persuaded to remain here.

—A "rationalization of the appropriate role of auxiliaries"—dental technicians, dental hygienists and denturists — designed to take more of the workload from qualified dentists.

—And a type of government subsidized dental health insurance program which would effectively reduce the cost of dental treatment, particularly preventative treatment, to low and even middle income groups

Improvements were long overdue, Mr. MacNutt said. A testimony to the ineffec-

tive dental setup in the province, he said, was the fact that the denturist question could become such an issue. With an effective dental health program so many people would not need false teeth.

Currently, the health minister said, Nova Scotia had only 160 effective, practising, qualified dentists. This figure had remained static since 1962.

A conceivable remedy to the shortage and difficulty in keeping dentists in the province, particularly rural areas, could lie in establishment of a financial incentive program, with such features as location grants and bursaries.

The dental society had made some effort toward alleviating the shortage of services by taking a mobile unit around the province, but it was not a long-term answer.

It may be necessary, in addition, he said, to shift more responsibility onto the shoulders of auxiliary personnel so that the limited number of qualified dentists could start to offer adequate dental care to 750,000 people in the province.

Many of the "time-consuming" duties of the dentist could be done, under proper supervision, by auxiliary people.

Making specific reference to denturists, Mr. MacNutt said the proposed white paper, and ultimately, the new legislation, would "attempt to make use of their skills and at the same time protect the public" by means of regulated training and controls.

(The concept of legalized denturists with adequate training and health authority control was the same one voiced by the minister during debate on the ill-fated denturist bill at the last session of the legislature.)

(Halifax Mail-Star, Sept. 16, 1972)

Dr. Wilson King, Nova Scotia Dental Director, says he concurs with every idea expressed by the minister in the above news item.

He said the Dental Division, for at least the last three years, had been making recommendations to institute dental reform and to see an established government policy on dental care.

(Continued on Page 12)



## Chaplain's Corner

Msgr. J. H. Durney  
from "The Veteran"

### GRATITUDE: THE DOOR TO LOVE

Gratitude is a sense of appreciation of favors received, accompanied by good will toward the one who granted us the favors. The motive for gratitude can be a minor one: our own self-interest. We can express gratitude simply to insure that our benefactor keeps up his good deeds to us. This is certainly a good thing to do, far better than the casual acceptance of favors without response, like the nine lepers who were cleansed, but did not return.

But the true Christian will rise above this limited motive. His expression of gratitude will be based on a true love of the one doing the good deed. This gratitude will be an expression of the Golden Rule which Christ gave us in the Sermon on the Mount: "Do unto others as you would have them do unto you."

To learn gratitude we should first examine ourselves. We should ask ourselves honestly if we are grateful and if we express our appreciation. If not, we should ask ourselves why. Perhaps we are just careless, thoughtless. Perhaps we take it for granted that the "world owes us a living." Perhaps we have too high an opinion of ourselves and too low an opinion of others. Whatever be our false attitude, we should correct it.

Next we should practice expressing our gratitude. We should never let a favor

done by another go without recognition, no matter how small that favor may be. We should be watchful for the next good deed done to us. Most especially must we thank those immediately around us, the members of our own family whose hundreds of little acts of kindness can so easily go unnoticed.

As we train ourselves to make the little and big "Thank you" a part of our daily dealings with our fellow human beings, we can get in those regular prayers "Thanks be to God." Often during the day we should raise our hearts and minds to God in gratitude. Whatever the occasion might be — a bright sunny day, a pleasant association with friends, a small success achieved by ourselves or a loved one — gratitude should flow naturally. Prayers of "Thanks" open the door to the perfect love of God.

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### Thanksgiving Prayer

God whose farm is all creation,  
take the gratitude we give;  
take the finest of our harvest,  
crops we grow that men may live.  
Take our ploughing, seeding, reaping,  
hopes and fears of sun and rain,  
all our thinking, planning, waiting,  
ripening into fruit and grain.  
All our labour, all our watching,  
all our calendar of care,  
in those crops of your creation,  
take, O God, they are our prayer.

\* \* \*

O Lord God Almighty, the Creator and Father of all: We yield Thee hearty thanks that thou hast ordained for mankind both seed-time and harvest, and dost now bestow upon us thy children the fruits of the earth in their sonson. For these and all thy other mercies we laud and magnify thy glorious name; through Jesus Christ our Lord. Amen.

Almighty God, whose loving hand hath given us all that we possess: Grant us grace that we may honour thee with our substance, and, remembering the account which we must some day give, may be faithful stewards of thy bounty; through Jesus Christ our Lord. Amen.

### Thanksgiving

Ah! on Thanksgiving Day when from East  
and from West  
From North and from South come the  
pilgrim and guest  
When the gray-haired New Englander sees  
round his board  
The old broken links of affection restored;  
When the care-wearied man seeks his  
mother once more,  
And the worn matron smiles where the  
girl smiled before  
What moistens the lips and what brightens  
the eye?  
What calls back the past, like the rich  
pumpkin pie?

—JOHN GREENLEAF WHITTIER

## An Inheritance To Treasure

By DON OAKLEY

In this day of concern over environmental pollution and all the other problems of a hectic, technological world, it may be refreshing to recall the famous "last will" of Charles Lounsbury bequeathing the joys of life and beauties of nature to generations to come.

Lounsbury, whose real name was Williston Fish, had the prosaic job of managing a streetcar line in Chicago. But his poetic will, first published in Harper's Weekly in 1898, continues to capture the imagination — possibly today more than ever. It reads in part:

"I, Charles Lounsbury, being of sound and disposing mind and memory, do now make and publish my last will and testament, in order, as justly as I may, to distribute my interests in the world among succeeding men.

"ITEM—I leave to all children exclusively, but only for the life of their childhood, all and every, the dandelions of the field and the daisies thereof, with the right to play among them freely, according to the customs of children, warning them at the same time against thistles.

"And I devise to children the yellow shores of creeks and the golden sands beneath the waters thereof, with the dragonflies that skim the surface of said waters, and the odor of the willows that dip into said waters, and the white clouds that float high over giant trees.

"And I leave to children the long, long days to be merry in, in a thousand ways, and the night and the moon and the train of the Milky Way to wonder at, but subject, nevertheless, to the rights hereinafter given to lovers.

ITEM—I devise to boys jointly all the useful idle fields and commons where ball may be played and all the snow-clad hills where one may coast, and all the streams and ponds where one may skate, to have and to hold the same for the period of their boyhood.

"And all meadows with the clover blooms and butterflies thereof; and all woods, with their appurtenances of squirrels and whirring birds and echoes and strange noises.

"ITEM—To lovers I devise their imaginary world, with whatever they may need, as the stars of the sky, the red, red roses



**RELIGIOUS  
SERVICES  
AT THE  
NOVA SCOTIA  
SANATORIUM**

### PROTESTANT

Worship Service (Chapel)  
Sunday: 10:00 a.m.

Vesper Service (Station San)  
Monday through Saturday: 6:25 p.m.  
Sunday: 5:45 p.m.

Communion is served quarterly in the East and West Infirmaries.

### ROMAN CATHOLIC

The Sacrifice of The Mass (Chapel)  
Sunday; 9:00 a.m.

The Rosary (Station San)  
Monday through Saturday: 6:45 p.m.  
Sunday: 6:15 p.m.

The Hour of the Crucified (Station San)  
Sunday: 6:30 p.m.

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by the wall, the snow of the hawthorn, the sweet strains of music, or aught else they may desire to figure to each other the lastingness and beauty of their love.

"ITEM—And to those who are no longer children or youths or lovers I leave memory . . . to the end that they may live the old days over again freely and fully, without tithe or diminution; and to those who are no longer children or youths or lovers, I leave, too, the knowledge of what a rare, rare world it is."

Need it be added that we, Lounsbury's "heirs," have not always been truly appreciative of the rare, rare world he bequeathed us?

---

Small boy: I'm not afraid of going to the hospital, mother. I'll be brave and take my medicine, but I ain't going to let them palm off a baby on me like they did you. I want a pup.

\* \* \*

"Dad," asked the small boy, "Why is a man allowed to have only one wife?"

"My son," replied the father, "when you are older you will realize that the law protects those incapable of protecting themselves."

## OLD TIMERS

We were pleased recently to have a visit from Mr. and Mrs. J. Stuart Roy who are now residing in Kentville. Mrs. Roy, the former Hilda Frye, was re-visiting after many years and showing her husband where she had spent some six months in 1931-32. They have been living on Halifax's Northwest Arm and have now retired to this area. Welcome to Kentville!

We expect that there will be news next month from those who have been taking advantage of the lovely autumn weather for travelling and, hopefully, visiting old friends. In the meantime, here are a few notes that Anne-Marie has kindly passed to us:

Vivian Talamini of Long Island, New York, who was a patient here in the '40s, was visiting Helen MacKinnon while on a summer holiday in the Valley. Vivian looked very chic and keeps well.

\* \* \*

When Velena Lloyd of the dietary staff was vacationing in Newfoundland, she saw Mrs. Mary Osmond and her little daughter, Paula, at Gander. Mrs. Osmond and Paula were patients here in 1969 and Paula will be starting school this year.

\* \* \*

Leona (Patterson) Thompson, Parrsboro, who was a patient here in 1944 accompanied her husband when he came down for his check-up recently. She looks extremely well and was amazed at all the changes that have taken place at the San of recent date.

\* \* \*

When Gladys and Hector McKean were at the Halifax Shopping Centre they saw Ralph Doherty at Webster's China and Gift Shop, where he is employed. Ralph was here in 1969 and keeps well. They also ran into Raymond Richard but did not get any details on him.

Linda Amirault of Belliveau Cove who was a patient here during the Clare epidemic in 1967 is now employed as x-ray technician at the Yarmouth Regional Hospital. Congratulations to Linda who led her class at the Halifax Infirmary!

\* \* \*

James Straughn was here for a check-up recently and reports that he is feeling well. He was here in 1970 and is now retired.

## 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 contribution will help Health Rays to remain healthy.

The standing of this Fund as of September 30, 1972.

Previously acknowledged: \$3992.64

Recent contributors:

Century Patrons:

Nil

Patrons:

John T. Pye

Brenick Sears

Interest & Miscellaneous

Total: 201.89

Grand Total: — \$4194.53

### DENTAL REFORMS PLANNED—

(Continued from Page 9)

There was "a dire need for a coordinated system for the delivery of dental health services. Present fragmented programs fail to answer the needs and demands of a large proportion of the Nova Scotia population."

Dr. King said "it is my personal opinion that one of the major solutions to the present dental problem is a government-sponsored preventively-oriented dental care program for children. In such a program, optimum use will have to be made of well-trained dental auxiliaries with expanded functions."

Take all the fools out of this world, and there wouldn't be any fun or profit living in it.

Josh Billings

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## Ins And Outs



### NOVA SCOTIA SANATORIUM

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**AUGUST 16 TO SEPTEMBER 15, 1972**

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Onslow Mountain, Col. Co.; MRS. SANDRA ELIZABETH GRIFFIN, 133 Exhibition St., Kentville; JOHN DOUGLAS MATHESON, 22 Victoria St., North Sydney; ALIK MEETSROK, 5264 Morris St., Halifax; FREDERICK LEWIS STEADMAN, Mount Uniacke, Hants Co.; LOUIS PHILIP THIBAUT, Comeauville, Digby Co.; MRS. ANNIE OLIVE MILLER, 382 Aldershot Rd., Kings Co.; ALEXANDER MacLAREN, 314 Granville St., New Glasgow; ALDEN LLOYD CLARK, Advocate Harbour, Cumb. Co.; OWEN RICHARD WHYNOT, Inglisville, Anna. Co.; EUGENE FRIEDRICK GMEINER, 15 Bay St., Wolfville; MARGARET JEAN WHETEN, Antigonish; MRS. ELSIE MAE SILVER, Isaac's Harbour North, Guys. Co.; FRANKLYN JAMES SMITH, Torbrook, Anna. Co.; MRS. ALICE ELIZABETH LOVELY, Wilmot, Anna. Co.; VINCENT LLOYD LEWIS, Spryfield, Hfx. Co.; ARCHIBALD JOSEPH MacDONALD, Thorburn, Pictou Co.; MRS. NINA AMELIA BURGESS, Walton, Hants Co.; ELLISON WILLIAM BURGOYNE, Springfield; CLARENCE WHITFIELD LATTE, Canning; MERVIN FRANK ROACH, West Head, Shelburne Co.; DONALD HENRY MORASH, Scotch Village, Hants Co.; JOSEPH BENJAMIN THOMAS, East Preston.

#### DISCHARGES

**AUGUST 16 TO SEPTEMBER 15, 1972**

GEORGE ALFRED BEACH, 37 Pleasant St., Wolfville; ANDREW JOSEPH MacDONALD, 164 Howe St., Sydney (Expired); RALPH LeROY LENIHAN, Lakeville, Kings Co.; MRS. BEATRICE CATHERINE PACE, Eastern Passage; WILLIAM BENJAMIN DESMOND, R.R.1 Monastery, Ant. Co.; HAROLD HULL NICOLLE, 15 Westminster Ave., Amherst (Expired); EDWARD FREDERICK CHASE, Bond Road, Waterville; WINSTON BERNARD MULLEN, Sheffield Mills, Kings Co.; ROBERT BURRY, 254 Cornwallis St., Kentville; GEORGE EDWIN FRANK, R.R.1 Lakeville; HARRY HATFIELD LAMROCK, Shelburne; HERMAN RAYMOND MARSHALL, East Torbrook, Anna. Co. (Expired); DAVID ZGODZINSKI, R.R.1 Paradise; MRS. HELEN LEONA WATERLOT, Joggins, Cumb. Co.; RENFORD RAY SMITH, Herrett Road, Springhill; MRS. ANNIE MAY HAYMAN, Tatamagouche;

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(Continued on Page 14)

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(Continued from Page 13)

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## POINT EDWARD HOSPITAL

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## DISCHARGES

AUGUST 1 TO SEPTEMBER 30, 1972

GUILLAUME ROGER LeBLANC, Mac's Motel, Cheticamp; PATRICK JOSEPH SLADE, 8 Main St., Glace Bay; DANIEL LAWRENCE MacDONALD, R.R.2 Judique, Inv. Co.; DANIEL NEIL NASH, 96 Cabot St., Sydney; JOHN JOSEPH CAMPBELL, 75 North St., Glace Bay; WILLIAM GEORGE SMITH, 275 Holland St., Reserve Mines; TRACY KIMBERLY BROWNER (Infant), 24 Kings Road, Dominion; MRS. CATHERINE MARIE BROWNER, 24 Kings Road, Dominion; HAROLD JAMES PITCHER, 131 Kitchener St., Sydney; WALTER JAMES MacPHEE, 149 International St., Glace Bay; HENRY JOSEPH DANIEL LAWRENCE, 1793 Oxford St., Halifax; WILLIAM JOSEPH MacISAAC, Cape Breton Hospital, Sydney River; DUNCAN MATTHEW MacLEAN, Spring Garden Villa, Sydney; HENRY ALOYSIUS GOUTHRO, Gardiner Mines, C.B. County.

Grocer: "Did that piece of boiled ham I sent along the other day do for the whole family?" Customer: "Almost, but they're getting better now."

\* \* \*

It is not true that women want a great deal. A woman is quite content with very little, if that very little is precisely what she wants; if not, then nothing is enough.

\* \* \*

He wrecked his car, he lost his job, and yet, throughout his life, he took it like a man; he blamed it on his wife.



## A STREAM IS NOT A GUTTER

By DON OAKLEY

The engineers call it "channelization," and the word is self-descriptive. Channelization is the deepening, straightening and clearing of natural watercourses so that heavy rains will drain off rapidly instead of overflowing banks.

"Gutterization" is what critics of the practice call it, however, and that word, too, is descriptive. A channelized river or stream is nothing but a big gutter designed to transport water in the most efficient manner from point A to point B.

"Gutterization" is also the direct opposite of all that makes a stream biologically healthy for fish and wildlife, writes conservationist John Madson in a slashing attack on the "river wreckers" in the September issue of Audubon magazine.

When the engineers remove the bends, pools, riffles, snags and sandbars of a stream, along with the trees that shade the streambank, all that's left, says Madson, is a barren ditch.

To date, he reports, more than 8,000 miles of living streambeds in more than 40 states have been "gutterized," 13,000 more have been scheduled for "improvement," and the U.S. Soil Conservation Service estimates that 175,000 miles of streams "need channelization."

The National Audubon Society has undertaken a major effort to publicize what it considered to be the excesses of the Soil Conservation Service and the Army Corps of Engineers.

Among other things, it challenges the alleged flood control benefits of channelization. Why, it asks, spend money on costly projects to protect fields from being flooded when the nation already has a surplus crop problem?

And anyway, it claims, the projects often fail to control floods but just transfer the flood threat to the next community downstream.

The trouble with such arguments is that they amount to accepting battle with engineers on their own terms.

A convincing case can always be made for the channelization of this or that river or the drainage of this or that "useless" marshland. The engineers cannot be faulted for knowing their job and doing it well.

What is sad is that there should be any need at all to defend the right of a river, and its animal dependents, to exist.

If, as Robert Frost said, "there's something that doesn't like a wall," surely there should be something inside a man that despises a gutter. Even an engineer should be able to concede the esthetic superiority of a natural, tree-lined meandering stream to a concretelined, arrow-straight ditch, especially if he remembers what it was like in its original state.

But that, precisely, is the danger: Each generation of Americans has fewer personal memories of what the land was like before it was "improved" or "developed."

As James Audubon himself wrote, the wilderness whose birds and other wildlife he observed and catalogued and painted disappeared in an astonishing short space of time, almost before his eyes — in only about 20 years, he reckoned, in less than the lifetime of the settlers who followed on his heels.

Today, nobody remembers the wilderness as Audubon knew it, which may be an acceptable price to pay for the good life being lived by tens of millions of people on that same land.

Tomorrow, the descendants of those millions may have to go to a national park to know what an "ungutterized" river looks like, and consider that acceptable.

It all depends on what people want, and what they value.

—:o:—

## Industrial Workers Accept Ear Muffs

Workers at a manufacturing plant in Nova Scotia say they do not know how they managed to get along without ear muffs or ear plugs to protect them from the industrial noise in the plant. Their adoption of these items was due to a follow-up of the Occupational Health Project's survey of the plant earlier this year.

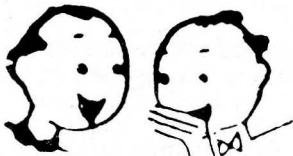
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## Just Jesting



"Yes indeed, my friends," bragged the politician speaking before a group of farmers whose vote he was wooing, "I can plow, plant and reap. I can milk, shear and shoe. Matter of fact, there's NOTHING that happens on a farm that I can't do.

The silence following his triumphant declaration indicated that his audience was signally unimpressed. Any doubt however, was removed when one farmer said to his neighbor in a loud stage whisper, "Don't know about all the rest of it, but he sure can lay an egg!!"

\* \* \*

We are a privileged people, that while the woes of living have not left us untouched, they have not robbed us of our ability to feel thankful.

\* \* \*

Thanksgiving is a time for reflection—a reflection on our vast resources. It is a time for renewal — a renewal of our lives to a wise use of these resources.

Thanksgiving is better translated "Thanks-living." For one cannot truly give thanks unless he lives it.

\* \* \*

History is the story of ideas at work. It writes the success of some and the failure of others. But always it relates the risks and requirements involved with ideas. It also reminds us, that without ideas, and without their risks and requirements, there is no history — only existence.

\* \* \*

The early settlers introduced the Indian to liquor. The Redskin took to firewater with a liking that persists to this day. . . In direct proportion to his alcohol consumption there is a high incidence of liver ailments among Indians.

But the Indian gave the white man tobacco, which he had used sparingly but for which the white developed a strong attachment. Lung cancer, virtually unknown among Indians, takes a steadily mounting toll among white smokers.

The Indian, for all his cirrhosis pain, has a sardonic laugh at the coughing spasm of his white neighbor.

## Pension Pact Signed

The provincial and federal governments have signed a reciprocal pension transfer agreement covering provincial and federal public servants. The pension portability agreement will enable employees of either government to transfer their service and pension contributions to the other level of government in the event of a change in employment.

The effective date of the agreement is retroactive to January 1, 1970. The new arrangements will afford a greater degree of flexibility in public service employment throughout Canada as most provinces have made similar reciprocal agreements.

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## MEDICAL COLUMN —

(Continued from Page 6)

State between the years 1910 and 1969, while polio caused only 8,666 deaths. But because polio is more dramatic and visible, our citizens have worked together and have virtually eradicated polio. Why don't we now eradicate measles?

As Dr. Ingraham says, many mothers do not have their children protected with measles vaccinations because they look on the disease as a normal event of childhood. They don't realize that in quite a few cases, the brain is left injured, and in some cases the child dies of a pneumonia or other complications.

The German measles just MUST be eradicated, because if this disease attacks a woman in her first two months of pregnancy, she is very likely to bear a defective child—perhaps one who is stone deaf, or blind or mentally retarded.

The great need for immunization to measles is shown by the fact that in upstate New York, there were 732 cases through October of 1971, which was much worse than the 323 cases for the same period in 1970.

# Nova Scotia Sanatorium

H. M. HOLDEN, M.D., C.R.C.P. (C), F.C.C.P. ....	Medical Director
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J. J. QUINLAN, M.D., C.R.C.S. (C) F.C.C.P. ....	Surgeon
F. J. MISENER, M.D., F.C.C.P. ....	Radiologist
A. LARETEI, M.D. ....	Physician
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G. A. KLOSS, M.D., F.C.C.P. ....	Physician
E. W. CROSSON, M.D. ....	Physician
D. M. MacRAE, M.D., C.R.C.S., (C), F.C.C.P. ....	Consultant Bronchoscopist
B. F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C) .....	Consult. Ortho. Surg.
DOUGLAS W. ARCHIBALD, M.D., C.R.C.P. (C) .....	Consultant Psychiatrist
D. H. KIRKPATRICK, M.D. ....	Consultant in Anaesthesia
C. E. JEBSON, M.D., C.R.C.S. (C) .....	Consultant Urologist
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. ....	Physician
W. MacISAAC, M.D. ....	Consultant Bronchoscopist
D. B. ARCHIBALD, M.D. ....	Consultant Urologist
MISS KATHERINE MacKENZIE, R.N. ....	Director of Nursing
MISS B. JOYCE LEWIS, B.Sc., M.A., P.Dt. ....	Dietitian
MRS. ELIZABETH REID, R.N. ....	Supervisor of Rehabilitation

## Church Affiliation

### NOVA SCOTIA SANATORIUM

**Co-ordinating Protestant Chaplain**  
Rev. Gary Tonks

**PENTECOSTAL**  
Minister—Rev. T. Kenna

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

**ROMAN CATHOLIC**  
Parish Priest — Rev. J. A. Comeau  
San. Chaplain — Rev. Harlan D'Eon

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

**SALVATION ARMY**  
Capt. Charles Broughton

**CHRISTIAN REFORMED**  
Minister—Rev H. Vander Plaats

**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. Robert Jones

**ROMAN CATHOLIC**  
Parish Priest — Msgr. W. J. Gallivan

**PRESBYTERIAN**  
Rev. E. H. Bean

### SALVATION ARMY

The above clergy are visitors at this hospital. Besides the above named many other protestant clergy from the surrounding areas alternate in having weekly services for our patients.

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# Think About These !

Remember the turtle - he never makes any progress 'till he sticks his neck out.

Failure is frequently the path of least persistence.

When the going gets tough, the tough get going.

The road to success is marked with many tempting parking places.

The average man has five senses: touch, taste, sight, smell and hearing. The successful man has two more: horse and common.

People don't plan to fail — they just fail to plan.

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

When you try to make an impression, that is the impression you make.

The man who makes every minute count becomes the man of the hour.

To be satisfied with yourself is a sure sign that your forward motion is about to stop.

Hit or miss methods usually miss.

He who laughs — lasts.

One doesn't need to be smart to say things that do.

The bigger a man's head gets, the easier it is to fill his shoes.

A man is as little as the things that annoy him.

Be nice to the fellows you meet on the way up — they are the same fellows you will meet on your way down.

The reason a dog has so many friends is that his tail wags instead of his tongue.

The man who removes a mountain begins by carrying away small stones.  
(Chinese proverb)

Swallowing angry words is much easier than having to eat them.

Great minds discuss ideas, average minds discuss events, small minds discuss people.

Great opportunities come to those who make the most of small ones.

If you growl all day, it's only natural that you feel dog tired at night.

When a person is always right, there is something wrong.

A task worth doing and friends worth having make life worth living.

Man is not paid for having brains, but for using them.

The man who makes a spectacle of himself is easy to see through.

He climbs the highest who helps another up.

It takes thousands of nuts to put an automobile together — only one to scatter it all over the road.

— submitted by Loran Geitzler

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