

THE NOVA SCOTIA SANATORIUM  
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*Health  
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# 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.

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

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## The Story Of Mother's Day

(Bilber D. Wheeler)

While thousands of Americans will be sending flowers to honor Mom on her day, few may realize how far back into history the roots of Mother's Day extend.

The Greeks and Romans chose the Ides (15th) of March to honor a universal mother — Mother Earth. Instead of a corsage the family wore a garland of leaves as they danced in the streets.

Many ancient nations worshipped mother-goddesses; in fact, some scholars think this was man's earliest form of religion. But the ancient Germans went a step further. They thought there was something divine about all women and mothers were sometimes regarded as living goddesses.

Mom has been treated like a queen, if not quite like a goddess, on many occasions since. By old English custom, mid-Lent Sunday was "Mothering Sunday," when people went back to the "mother church" of their baptism and also visited their mothers with flowers and other gifts. Small rich pastries called "mothering cakes" were popular presents for Mom.

But it wasn't till May 10, 1908, that mothers were formally honored anywhere in the United States.

On that day, a Miss Anna Jarvis sponsored a church service in Grafton, West Virginia, to honor her late mother and other mothers of the community. After an intensive letter-writing campaign, she saw Mother's Day recognized in every state in the union by 1911, and in 1914 President Wilson proclaimed it a national holiday.

Flowers have been connected with Mother's Day from the very beginning. Because Miss Jarvis' mother had loved carnations, they became the official Mother's Day Flower. But many people prefer THEIR mother's favorite flower, whatever it may be. If they can't bring the flowers too Mom in person, they send them by wire through their neighborhood flower shop.

Though floral tributes are probably the most popular Mother's Day gifts, modern mothers receive everything from dahlias to dishwashers. On May 12, American mothers will collect an estimated 1¾ billion dollars worth of gifts!

Even ancient German moms, "goddesses" though they may have been, never had it so good. But then, American mothers have earned every penny of this annual tribute. There are (at this writing) 63,616,058 individual mothers in this coun-

try—and they are raising, or have raised, 131,810,351 children!

Those mothers include women of all ages; young marrieds pushing spoonfuls of Pablum, PTA mothers worried about the new mathematics, working women beating the rush hour home, and grandmothers who, going full circle, are back pushing Pablum to their grandchildren.

Most moms of preschool children find motherhood a full-time job. Those who work outside the home number only 11,182,455, as compared with 29,930,338 working marrieds who have either older children or no children at all.

But whether or not she contributes to the family income, Mom is sure to be honored May 14 in almost every American household for the good job she has done. Whatever presents she gets, she is apt to feel like a famous mother of Roman legend, Cornelia.

One day a boastful lady called on her and displayed a flashy array of jewels, then asked to see Cornelia's jewels. Cornelia promptly sent for her two young sons and told the visitor. "These are my jewels—in which alone I delight."

---

"Oh, nurse, I hate to bother you  
Or give you anything to do;  
But could you please get me the 'pan'  
Just as fast, dear, as you can?  
And will you raise the window up?  
A little more; now pass my cup.  
Just hand it to me, dear; oh my!  
The water's warm and I'm so dry,  
Just run and get a bit of ice,  
A good-sized piece, not just a slice.  
And dear, my pillow needs a shove,  
Now my hot water bottle's cool,  
Just turn it over, that's right, love!  
Here, fill it up; and darn that stool—  
It should be underneath the chair.  
Dear, have you time to comb my hair?  
Don't go, nurse, my bed pan, please—  
You girls have such short memories!"

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### BRUCE BARTON:

Sometimes when I consider what tremendous consequences come from little things, I am tempted to think that there are no little things.

—Richard L. Evans, Faith, Peace,  
and Purpose (World)

## THE CANADA PENSION PLAN

DON BROWN

On the morning of Thursday, April 20. John Akin and Don Brown attended a seminar at the Royal Canadian Legion building, Kentville, for employers and agencies in Kings and Hants Counties. There was a panel presentation, directed by Mr. T. A. Wier, District Manager of the Canada Pension Plan, assisted by C. P. Baker, J. S. McConkey, and P. O. Terrio. Mr. C. P. Baker, who has been coming to the Canada Manpower Centre in Kentville every Wednesday, will now be visiting this office only on the first and third Wednesdays of each month. Those wishing to see him are requested to write to the Halifax office and ask for an appointment. If any of our patients wish to see him it is expected that arrangements can be made for him to visit the Sanatorium on the day before his regular Wednesday appointment days.

The Canada Pension Act is very complex but the following are a few notes which may be of interest to some of our readers:

**SURVIVORS BENEFITS.** The death benefit this year is \$550, as a lump sum, and \$69.79 for the widow, plus \$27.60 for each of the first four children, then \$13.80 for each additional child. This is based on the maximum amount of contribution. In the case of a widower, he may claim orphans benefits for his children if his wife's contributions were greater than his own. In the case of a common law relationship, this union must have existed no less than seven years and there must be a legal impediment to marriage.

**DISABILITY PENSION:** The widow of a pensioner receiving a disability pension has no entitlement unless she has a dependant child in her care. It was emphasized that, in order to qualify for the disabled pension, it must be proven to be a permanent disability, or a long term condition which will exist for at least twelve months. There are no benefits for any child conceived or adopted after the disability begins. Also, benefits are payable only while the child is in full time attendance, and not during the summer holidays. The allowance ceases when the child leaves school or marries.

Regarding contributions, there is a card available which may be completed and sent to the Data Processing Division in Ottawa so that the individual can have a record of his contributions. This is parti-

cularly useful in comparing the official figures with those reported on his T4 slips.

It was suggested that contributors having sickness and accident insurance policies should check with the Company regarding coverage. In some cases insurance companies deduct the amount paid by Canada Pension or by some other insurer, which would change the value of one's policy.

It was mentioned that under the White Paper proposals that are now before the Legislature, a disability pension recipient may be able to receive benefits past the age of sixty-five if he continues to show proof of his disability.

**RETIREMENT PENSION:** A person may continue to work and make contributions to the Plan beyond the pensionable age of 65 up to the age of 70. However, he may not make contributions after he begins to receive a retirement pension. The amount received will apparently be more significant after a person has contributed for ten full years.

**THINK BEFORE APPLYING FOR RETIREMENT PENSION:** From the Nova Scotia Government Employees Newsletter comes the above advice. At the age 65 you will be eligible for Canada Pension which now amounts to \$65 per month. With all government employees now covered by unemployment insurance, retirees should consider the benefits available to them under this plan. The new Unemployment Insurance Act provides a three-week lump sum payment to those applying for Canada Pension, after twenty weeks of unemployment insurance contributions. After that, no further unemployment insurance benefits are available.

If you wish to continue working after retirement, do not apply for Canada Pension. Instead, register for employment at Canada Manpower and file a claim for UIC benefits. Providing you don't apply for Canada Pension, you will be eligible for regular UIC benefits. That could mean a maximum of \$100 per week for up to 51 weeks.

Should you find work you will continue to make Canada Pension plan contributions until you reach 70. At that age UIC coverage will automatically discontinue.

## Do You Worry?

That is certainly a silly question as most people worry about something. A recent survey indicates that we worry about financial security, their husband's job, health of self and family, having too many activities, getting along with other people, the future and "borrowing trouble." In other words don't cross the river until you get to the edge and then be prepared to either wade, swim or row.

Mrs. Lennah Backus, Family Life specialist from Michigan State University, says that anxiety and tension are common and normal reactions to life. There are, however, ways you can help relieve tensions suggested by Mrs. Backus:

**TALK IT OVER.** When something worries you, don't bottle it up. Confide your worry in a person you can trust—your husband or wife, parent, clergyman, nurse, doctor or social worker.

Talking things over often helps you to see your worry in a cleaner light and helps you to see what you can do about it.

**ESCAPE FOR A WHILE.** Sometimes when things go wrong, it helps to escape the problem for a while. Read a good book, take a walk or a boat ride but be prepared to come back and deal with your difficulty when you are in better condition to deal with it.

**DO SOMETHING FOR OTHERS.** If you worry about yourself all the time, try doing something for somebody else. It's surprising how much better you'll feel.

**SHUN THE SUPERMAN URGE.** Some people expect too much from themselves and try for perfection in everything. No one is perfect. Decide which things simply must be done, and then put your major effort into these. Don't be too disappointed if you don't achieve all you had hoped to do.

**GO EASY WITH CRITICISM.** Some people expect too much of others and are disappointed when the husband, wife or child does not measure up. Each person

has his own virtues, his own shortcomings, his own values, his own right to develop as an individual. Instead of being critical, search out the good points and help others develop them.

**GIVE THE OTHER FELLOW A BREAK.** Competition is contagious, but so is co-operation. When you give the other fellow a break, you often make things easier for yourself. Give in occasionally, other people will too.

**SCHEDULE YOUR RECREATION.** It's a good idea for everyone to have at least one hobby—something for pleasure so he can forget all about work and of course, at the present your job is getting well. Sometimes the hardest thing in the world to do is "nothing."

—The Link

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## A New Wrinkle On Smoking

Trying to stay young — or at least look that way — is an obsession in this mod age. But looking young may be even tougher for men and women who smoke.

Facial wrinkles like crowsfeet may be caused more by cigarette smoking than by exposure to sun and wind — according to Dr. H. W. Daniell of Redding, California. In a recent article in the *Annals of Internal Medicine*, he describes his study of 1104 subjects between the ages of 30 and 70. Each subject was asked to fill out a questionnaire about his or her smoking habits, sun exposure, weight changes, and medical history.

After all correlations were made, prominent wrinkling and heavy smoking were related for all age groups. Dr. Daniell suggests that smoking may cause wrinkling because nicotine causes the small blood vessels to contract. Over a period of time, he says, this might cause deterioration in skin tissue.

The most striking finding, however was the correlation between heavy wrinkling and heart disease. Among male smokers over 50, those with the highest wrinkle scores had a past history of heart attacks almost twice as great as those of men with the same smoking habits but less wrinkling. And of the fifteen smoking men who had the highest wrinkle scores, seven developed major cigarette-related illnesses, including lung cancer and heart attacks, during the year after the study was completed. Deep facial wrinkles, says Dr. Daniell, can be a significant warning sign.

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## The Beothucks Of Newfoundland

In the Provincial Museum at St. John's, Newfoundland, there is a booth which contains the relics of a vanished race, the Beothuck Indians of Newfoundland. In a glass coffin lies in a complete skeleton of a huge Red Man, the only one of its kind on exhibition in the world. In adjacent cases are the mummified body of a Beothuck child, and a full display of artifacts of those strange people who were found by the first European discoverers. No friendly contacts were made with these aborigenes, and they remained in their primitive barbarism until famine and disease and persecution finally wrought their destruction. The last survivor, a woman named Shanahithi, died in 1829.

Little is known of the origin of these Beothucks. They had some of the characteristics of mainland tribes, such as construction of birch bark wigwams or mamateeks and birch bark canoes. It is thought their religion was some kind of sun worship, and their mythological emblems as sketched by Shanahithi show an affinity with those of western tribes such as the Crees and Blackfeet. They had a language all their own, not one syllable of which had any resemblance to that of any mainland races. They painted their bodies and all their belongings with red ochre or oxide of iron. In battle they took the heads of their enemies as trophies. In common with savage races elsewhere their weapons were the bow and arrow, stone axes and knives, and wooden clubs. For clothing, they used the skins of animals, often adorned with carved pieces of stone and bone and sea shells. These trinkets manifest a considerable skill, but the pots of stone used for cooking utensils were not comparable to those of the Eskimo and appear to have been but crude imitations.

The Beothucks led a nomadic life, coming to the coast in spring to catch seals and salmon, and to collect birds' eggs on the numerous islands where wild ducks, penguins, murrs and great auk hatched their teeming broods. In their frail canoes, the Red Men ventured as far as the Funks, thirty miles off Cape Fogo. This lonely group of islets was the home of the great auk, a large bird long since extinct. Towards autumn, the Beothucks retired to the interior of Newfoundland to winter quarters in the sheltering forests. Their favourite and final winter home was on the banks of Red Indian Lake on the Exploits River. One main cause of the tribe's ex-

inction was the arrival of the Micmac Indians from Nova Scotia. These were armed with guns, and they made relentless war upon the comparatively defenceless Beothucks. When white settlers spread along the coast to Notre Dame Bay, the Red Man's fate was sealed.

One of the greatest accomplishments of the vanished race was the building of deer fences along the banks of the Exploits River in order to slaughter caribou in the spring and autumn migrations of the herds. These fences made of felled trees were frequently forty miles in length. Gaps were left at intervals, and the Indians lay in ambush to kill the animals as the latter attempted to cross the river. The Beothucks had a process of smoking deer meat in order to preserve it for the long winter months. Caches of this food were stored in huts or buried at convenient places along the river banks.

The ethnologist will find the study of our vanished race an alluring and absorbing subject. They were described as of ordinary height—yet there are recorded instances of giant Red Men of seven feet in stature. There are also well authenticated accounts of fair haired specimens of both sexes, a fact that could suggest fusion with the Vikings. The generally accepted version of Beothucks origin is that they were of Eastern descent, possibly Malaysian.

They came across the Bering Strait to America, and were pursued by other warlike hordes across the American plains and finally found a happy hunting ground and a temporary respite from attack, on the island outpost of Newfoundland.

(Historic Newfoundland)

—From The Veteran

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A man lives by believing something; not by debating and arguing about many things.

(Thomas Carlyle)

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## NEWS AND NOTES

Marjorie Croft retired at an early age from the Business Office where she had worked for the past eight years. Members of the business office staff held a farewell party for her on Friday, April 28, and Joe LeFave made the presentation of a gift of earrings.

Marjorie is to be married on Saturday, May 6, to Henry Saulnier, a former Sanatorium patient. They are to be married in the Roman Catholic Church at Saulnierville, and will be residing at Meteghan River.

Our best wishes to this couple.

\* \* \*

Mr. Peter Mosher, Administrator, attended meetings, April 23 to 26, of the Canadian College of Health Services Executives, the meetings being held in Halifax.

\* \* \*

One day in March most of us in the former Nurses Residence became aware of an unusual visitor to the Sanatorium. There was a very large raccoon on the very high roof of what is now called the Administrative Building and some said that it had been there for several days. It was assumed that it had jumped onto the roof from a branch of one of the pine trees nearby. It had come to a good place and soon some very agile members of the Department of Lands and Forest were up on the ridge in pursuit. One got close enough to put a picnic hamper over the animal but it burst through the side of what was apparently styrofoam material.

As it was a cool day and "duty was calling" we could not see the climax but we understand that it was finally captured with a noose and taken off to the safety of the woods. At least, we have not seen any staff member sporting a coonskin cap!

\* \* \*

A Refresher Course for Nursing Assistants in Public Health is being held at the N. S. Sanatorium on May 3, 4, and 5. A full schedule has been lined up, and the following are some of the highlights:

Demonstrations and Audio-Visual Aids will be available, under the direction of Mrs. Florence Hersey, R.N., to include: Techniques in various nursing care procedures; Demonstration of inhalation ther-

apy equipment; Display of centigrade thermometers, various medications, etc.; Displays of literature.

On the first day the opening remarks were presented by Dr. H. M. Holden, Medical Director; Mr. P. S. Mosher, Administrator, and Miss E. J. Dobson, Director of Nursing.

First day presentations were as follows: Anatomy and Physiology — Mrs. C. Boyle, Director of Nursing Instruction; Nutrition — Mrs. V. Dekker, P.Dt.; followed by two more sessions by Mrs. Boyle, on Anatomy and Physiology.

Scheduled presentations for the second day are: Tuberculin Testing — Miss V. Skerry, R.N., Unit Supervisor, Recovery Room, Intensive Care Unit, and surgery; Anatomy and Physiology — Mrs. C. Boyle; Postural Drainage — Miss V. Skerry; Drug Therapy in Psychiatric Disorders — Miss G. Wilson, R.N., Head Nurse, Medical Floor.

Third day sessions are: Maternal and Child Health — Mrs. C. Boyle; Geriatric Nursing — Mrs. A. Elliott, R.N., Night Supervisor; Policies, Department of Public Health — Miss P. J. Lyttle, R.N., Director of Public Health Nursing, Nova Scotia; Summary — Miss E. J. Dobson, R.N., Director of Nursing; Question period.

\* \* \*

Dr. Helen M. Holden, Medical Director, attended a week-long Senior Management Seminar at the Dartmouth Inn, sponsored by the Civil Service Commission. The Seminar covered such topics as Current Trends in Management Thinking; Training, Direction, Management and Evaluation Process; Human Relations; Management Style—3D Theory; Role of Civil Service Commission in Personnel Administration, and Communications and Decision Making.

\* \* \*

Mr. Ken Wheatley, Manager of the Sanatorium Laundry, attended a three-day Seminar for Laundry Managers, held in Halifax.

\* \* \*

A Seminar on Smoking and Health is to be held in Saskatoon on June 6, just prior to the annual meeting of the Canadian Public Health Association. The seminar, being set up by Dr. V. L. Matthews, Association President, will cover such topics as "The Problem," "Health Studies," "The Way To Quit," "Persuade

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# Question Box

By J. J. Quinlan, M.D.



**Q.** Who is apparently in greater need of being immunized against, for example, diphtheria, the person whose skin test shows a marked reaction, or the one whose reaction is slight?

**A.** When discussing skin tests and immunization, it is well to remember that in some diseases, tuberculosis for example, a positive skin test eliminates the necessity for immunizing agents, whereas in others such as diphtheria, a positive test indicates that the patient is susceptible to the disease and therefore should be immunized. The test given to detect susceptibility to diphtheria which is called after its discoverer, the Schick Test, is not usually graded, and if the individual tested is positive he should receive immunization against the disease.

**Q.** When a person has a marked reaction to a tuberculin test could this indicate that he has acquired some immunity to the disease, or does it show that he is more susceptible to the disease?

**A.** In past years, it used to be the custom in some areas to consider a strongly positive tuberculin test as evidence of increased immunity to tuberculosis. Actually, all the tuberculin shows is that the patient has been infected by the germ of tuberculosis and that these bacilli are in his body, alive. The discovery of a positive tuberculin test calls for further investigation to determine whether or not there is any active tuberculous lesion present in the patient's body, and many authorities in the field of tuberculosis are of the opinion that a person with a newly discovered positive tuberculin test should receive what has been called chemoprophylaxis and which usually is given in the form of INH 300 mg daily for a year. The positive tuberculin test in one way is an indicator of immunity. A person who has a positive tuberculin test will not again be infected by the disease. If a breakdown occurs, it indicates that the original disease which continued to be present in the body even though too slight to detect by present diagnostic measures, has become active. In other words, a healthy individual with a

positive test is in no danger from being in contact with a patient whose sputum is positive for tubercle bacilli.

**Q.** One of the things which surprised me about present-day treatment at the Sanatorium is the absence of emphasis upon fresh air and light. Some patients are in rooms which are stuffy and poorly lighted. Some are with patients who smoke but do not want a window opened. With the reliance upon drug therapy, do the physicians feel that the open window is only a matter of individual preference?

**A.** While the absolute reliance placed on bed rest and fresh air has become rather obsolete with the advent of effective drug treatment for tuberculosis, it is difficult to understand why patients object to having their windows opened. This is particularly so when other people in the room are smoking. Fresh air is important to everybody, whether he has tuberculosis or is perfectly healthy. However, the old notion still persists that the open window is harmful, and that sick people should be looked after in rooms almost hermetically sealed. Nowadays, fresh air is becoming such a rare commodity that we should enjoy it, and as much of it as we can, at every opportunity.

**Q.** We think that the food at the Sanatorium is better than in the other hospitals, but are you going to "kill us with kindness" with the whole milk, bacon and eggs, the equivalent of two dinners per day — and little in the way of exercise. Do you think that the increase in heart trouble is related to overweight, overeating, especially of fatty and starchy foods, and insufficient exercise?

**A.** (As this question essentially concerns nutrition, I referred it to the Director of our Dietary Department, Miss Eileen Quinlan, P.Dt., and the question is discussed by her in the following paragraphs).

"Thank you for your kind words regarding our food. I agree completely that overeating and its end result, overweight, are related factors in many diseases. I go further in referring to overweight itself as a disease. As dietitians, it is our responsibility to educate people to know and to choose the kind and amount of food necessary to maintain their bodies in an optimum state of nutrition at normal (or slightly below normal) weight levels.

(Continued on Page 9)



## Editorial Comment

As I write this, May is being ushered in gloriously with the real feeling of spring in the air. In fact, there was nothing the matter with the way in which April was ushered out for it, too, had "spring" written all over it! In most years this would not be very noteworthy but this year April set something of a snowfall record. For awhile we were quite accepting of this. On the Easter weekend, for example, we had the "robin snow," then it was perhaps determined that this would be a form of discrimination and we had snow for other birds, possibly the grackles. Then we had the "smelt snow" and perhaps the Gaspereau snow. Subsequent snowfalls were simply labelled the "poor man's fertilizer" and should indicate bountiful crops.

\* \* \*

Our readers who are former patients or former staff members frequently express an interest in changes that take place at the Sanatorium — and changes are something that we do have and will continue to have! Probably our biggest change at the moment is the conversion of the dining room to cafeteria service. It had been announced that the cafeteria service would go into effect on April 17, but, due to problems in obtaining equipment, the date had to be set forward to April 24, and thence to May 1. At the time of writing, the new tables have arrived and the heavy round wooden ones, familiar to generations of patients and staff, are on the way out. We have been provided with a list of the goodies to be offered on the menu and it appears that we will just have to eat here more often. The prices appear to be most reasonable as well.

Another change which took place was the transfer of Mrs. Campbell and the sewing room from the former Nurses Residence to the Annex diet kitchen. This, once again, has made it possible for the patients to use the sewing machines, iron, etc. after the regular hours. An apartment size washer has also been provided in this room.

\* \* \*

We are very pleased with the number of readers who have renewed their subscription to Health Rays during the past month. The renewal sheets and notes have been passed to me in case there are some messages appropriate to the Old-timers column, and there are no less than twenty-one. Some are in response to reminders

sent out for the second time. Usually we send just one notice but the second one appears to have paid off in an appreciable number. We notice that with some of our own subscriptions to magazines we don't remember to send in the renewal with the first notice. By the third notice the Circulation Department have us convinced that we will really be missing something, like a friend whom we shall see no more, that this is our last chance, etc.

To all of our readers we would like to express our sincere thanks for your continuing support.

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### NOTES AND NEWS —

(Continued from Page 5)

Them Not To Start," and "Is Enough Being Done About Smoking And Health?"

\* \* \*

Miss Thelma Chute, Social Worker at the Sanatorium, enjoyed a short vacation in Bermuda in early April. We understand that the visit would have been longer if the reservations had been made some weeks in advance!

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### JOHN A. LAWRENCE DIES

Many ex-patients and former staff members were saddened to hear of the death of John Alexander Lawrence at the Nova Scotia Sanatorium on Friday, April 28, 1972. John, age 65 at the time of his death, had a long association with the Sanatorium as a patient and as a staff member. He was first a patient at Roseway Hospital in 1952, and this was followed by one year of treatment at home. He was admitted to the Nova Scotia Sanatorium in 1954 for approximately one year of treatment, and again in 1959. It was in 1959 that he joined the staff of the Sanatorium in the Medical Records Department, where he stayed until his retirement in 1970.

Following his retirement, which was on account of ill health, John remained active and, indeed, built a new home and landscaped it. He has had several readmissions to the Sanatorium since his retirement, and, at the time of his last illness, was here from February 26.

He is survived by his wife, Mrs. Endora Lawrence who is a school teacher, and six children: Allan, Douglas, Henry, Lillian, Ruth and Helen.

The funeral service was in Maitland. Our deepest sympathy to the members of his family.

## Thoughts At Large

Surely God would not have created such a being as man, with an ability to grasp the infinite, to exist only for a day! No, no, man was made for immortality.—Abraham Lincoln.

The man who will use his skill and constructive imagination to see how much he can give for a dollar, instead of how little he can give for a dollar, is bound to succeed. — Henry Ford.

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven. — George Herbert, poet.

The only method by which people can be supported is out of the effort of those who are earning their own way. We must not create a deterrent to hard work. — Robert A. Taft.

Either I will find a way, or I will make one.—Sir Philip Sidney, English dramatist.

A man can do his best only by confidently seeking and perpetually missing an unattainable perfection. — Ralph Barton, educator.

We must be truthful and fair in the ordinary affairs of life before we can be truthful and fair in patriotism and religion. — Edgar Howe, author.

Happiness is the full use of your powers along lines of excellence in a life affording scope. — John F. Kennedy.

No one is useless in this world who lightens the burden of it to anyone else. — Charles Dickens, novelist.

Go often to the house of thy friends, for weeds choke the unused path. — Ralph Waldo Emerson, philosopher.

Grant us brotherhood, not only for this day but for all our years — a brotherhood

not of words but of acts and deeds. — Stephen Vincent Benet, poet.

Ideals are like stars. You will not succeed in touching them with your hands; but like the seafaring man, you choose them as your guides, and, following them, you will reach your destiny. — Carl Schurz, German - American statesman.

Guard within yourself that treasure kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness. — George Sand, French novelist.

If thou wouldst conquer thy weakness thou must not gratify it. — William Penn.

The only true happiness comes from squandering ourselves for a purpose. — John Mason Brown, author.

Character and personal force are the only investments that are worth anything. — Walt Whitman, poet.

God has put something noble and good into every heart which His hand created. — Mark Twain.

Every great discovery I ever made, I gambled that the truth was there, and then I acted on it in faith until I could prove its existence. — Arthur H. Compton, physicist.

When there is a victory, even the cowardly share in the triumphal procession; when there is a defeat, even the brave share in the shame. (Thus, even though Lee was twice the general, and 10 times the man, that Grant was.)

Our fascination with "growth" has obscured the miracle for "creation" for most modern people; but, as Donne said in one of his sermons more than three centuries ago: "The distance from nothing to a little is ten thousand times more than from it to the highest degree in this life."

Amazed and then delighted smiles followed a young mother as she walked down a street in Pasadena proudly carrying her small baby. Perched jauntily on the infant's bald pate was a perky bow of pink ribbon — held in place by a piece of Scotch Tape. — Contributed by Gertrude F. Bell.

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## At Wits End

(By Erma Bombeck)

I don't care how many years you've been driving a car, the idea of taking a test to renew your license is enough to make you drink your breakfast out of an Old Fashioned glass.

I was standing in this long line at the department of motor vehicles the other morning when I noticed the woman in front of me. She could have been declared legally dead. Her face was ashen, her eyes fixed, there was no pulse and she dragged her feet like bowling balls.

I turned to look at the woman behind me. Either she was (a) wearing petite pantyhose that were crushing her kidneys, or (b) she just got word her mother-in-law broke her hip in her bedroom and couldn't be moved for three months.

Me? I work at being suspicious of the test. In fact, I regard it as a concentrated effort on the part of the department of motor vehicles to get me off the road. I have taken enough tests in my time to look for the hidden words like "always," and "everybody," and "never."

Despite the fact that I had studied up on how many flares I would need to light up my tandem axle truck on an interstate highway at dusk, I was posed instead with the following question:

"An elderly lady is crossing at an intersection against the light. Does the driver of the vehicle (a) stop suddenly to allow her to cross the street, thus snarling traffic behind you! (b) honk your horn and proceed with caution; (c) swerve and try to miss her."

I must have reread that question 50 times. If I stopped, I might cause eight rear collisions behind me. Legally, I had an obligation to keep traffic moving. But if I honked the horn, the pedestrian might have a heart attack and I would have to live with that the rest of my life. On the other hand, if I swerved, I might just pull into another line of traffic causing an accident.

I pondered the question a full 10 minutes before I asked the officer, "How old is the lady?"

"That's irrelevant," he said.

"I don't suppose you want to tell me where she is going?" I persisted.

"That's also immaterial," he said.

"Does she have a son in Kansas who hasn't written in three months?"

"What's that got to do with the question," he asked irritably.

"Because, I've just decided to run the old lady down and keep traffic moving!" I said.

The woman in the pantyhose leaned forward painfully and said, "Me, too, honey!"

St. John's Evening Telegram

Submitted by Doug Hallamore

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## QUESTION BOX —

(Continued from Page 6)

Diet has always played an important role in the treatment of tuberculosis which is a debilitating disease involving tissue breakdown. Our dietary program at the Sanatorium is a three-fold one:

1. We must provide our patients with a well-balanced diet, one which contains all the essential food nutrients to help restore them to health.

2. Meals must be attractive and appetizing, with sufficient variety and interest to satisfy patients of different backgrounds and tastes, and many of these individuals may be hospitalized for a considerable length of time. We therefore offer a selective menu, placing the responsibility of choice on the patient himself. Our dietitians watch all menus carefully and if any important food group is consistently neglected, the patient is given individual counselling.

3. We use the patients' time in hospital to teach good food habits for the future. While it is conceivable that our food could "kill with kindness" any patient who consumed everything offered on our menu, the same could be said of food offered in homes and supermarkets. There are a few general rules which apply to any person worried about an undesirable weight gain in or out of hospital, and if followed faithfully, these may eliminate the need for a restrictive reducing diet: Take skim milk rather than whole milk, reduce butter to one pat per meal, eliminate gravies and cream, cakes and cookies, and ask for small servings of main course items. Desserts, with the exception of fruits, usually offer lots of "empty calories" with little nourishment, and bacon and eggs can be bypassed for one boiled, poached, or scrambled egg. It takes will power, but it works.

Reduced exercise, a necessary part of the treatment of tuberculosis, can also contribute to weight gain, but this problem usually resolves itself once the patient returns to normal activity."



## Chaplain's Corner

MSGR. J. H. DURNEY  
from The Veteran

### HUMILITY: MEASURE OF GREATNESS

St. Matthew relates in his Gospel (8:5-13) the story of the centurion whose servant was cured by Christ. At that time the city of Capernaum was under the government of Herod Antipas, and a detachment of soldiers was stationed there. The centurion, a Gentile, held a command in this military body. He had heard of Christ's miracles and believed that Christ was sent by God. His servant was sick unto death. Christ was the only help. He did not dare go to Christ himself, so he sent some of his Jewish friends. The centurion apparently had not expressed the wish or entertained the hope that Christ should come in person. The Jewish friends, however, in their eagerness to obtain Christ's help, insisted that Christ should come down. When the centurion heard that Christ was on His way to his house, he went to meet Christ in the company of some other friends: "Lord, I am not worthy that thou shouldst come under my roof; but only say the word, and my servant will be healed."

Great humility is expressed in the cent-

urion's words. No soul, as a matter of fact, can be acceptable to God without this virtue. Only humility recognizes the nature of the creature and the nature of the Creator, and the fixed relations that exist between them. Humility is not opposed to greatness of soul; on the contrary, humility IS greatness of soul. Only great souls will face truth in all its aspects and consequences, and it is precisely humility which dares to face the full truth. Thousands are going away from Christ and are staying away from Him for want of humility.

The centurion's words convey also one of the finest expressions of faith ever uttered. Jesus, who was a reader of hearts, saw that the words of the officer were a true expression of his thought. Therefore, Jesus turned to the multitudes that followed Him and proclaimed openly that the faith of this Gentile was greater than the faith He had found in Israel.

Faith and humility must also be ours, if we wish to construct a spiritual edifice. Without humility there is no foundation; without faith there is no plan. Humility and faith, however, are not of our making. They are gifts of God to men, but we have the control of the conditions which foster or exclude these virtues.

## Look, Mom, No Bacilli!

"What I want to know is this. If TB's an adult disease, why do they want us to have our children tested once a year?"

The speaker was Mrs. Ella Rogers, a Pennsylvania mother. She asked her question during a local telephone-interview radio show. The announcer, a parent himself, didn't know the answer. It's a safe guess that the majority of American parents were in the same boat.

In such a situation, why not seek an answer from the horse's mouth—or, in this case, from the Christmas Seal Association that has fought TB on a national battlefield for 60 years? That's exactly what's been done; and here is the authoritative answer to Mrs. Rogers given by a spokesman for the National Tuberculosis Association:

"Your question is a sound and timely one. Tuberculin tests are important in childhood because, for one thing, the TB

germ can be thoroughly active in young children who have caught the germ from an infected person. This is what can happen when a TB control program breaks down, and in children up to the age of three, it can result in tuberculosis meningitis, a frequent and rapid killer.

"On the other hand—and particularly in somewhat older children—the germ may remain inactive in the body until many years later and then become active. A person found to have active TB in his forties or later may well have been harboring the germ since teenage or pre-teen days. In that case, a tuberculin test, taken at an early age, normally would have revealed the presence of the inactive germ and warned against the possibility of a later breakdown into active disease.

"In other words, the inactive TB child may be father to the active TB man. Another compelling reason why every child should have a regular periodic tuberculin test."

—Information Service  
Arkansas TB Ass'n.

## How About A Hobby?

**MANY PEOPLE HAVE ONE—  
EVERYBODY NEEDS ONE.**

"Young man, get a hobby, preferably two, one for indoors and one for out; get a pair of hobby-horses that can safely be ridden in opposite directions."

—A. Edward Newton (1864-1940).

Everyone needs a hobby of some kind. And everyone can afford to enjoy a hobby. In fact, few people can afford not to . . . especially in America today.

Hobbies are relaxation for the mind and the body. We've never had so much leisure time. And free time presents a challenge.

Doctors warn against too much inactivity as well as too much activity. Inactivity can produce boredom. You may enjoy being lazy now and then — but excessive boredom makes many people cranky, depressed, even physically ill. It is in the pursuit of a hobby that leisure time can be converted into relaxation — fun — even profit. Hobbies are not only for those who have ample time, or for bored persons, they are also very worthwhile for the busy working person who goes through a fixed routine day by day.

How can you invest your leisure hours?

Why not put them to work to make your life happier, more complete? You can find this kind of satisfaction in a hobby . . . as an emotional safety valve . . . a tension reliever . . . a pleasure always to be savored . . . even a fun-way to earn a little more!

Dale Carnegie may have missed the point when he wrote his famous book, but hobbies are practically gilt-edge insurance that you will "win friends and influence people!" When you have a hobby you become a specialist of a sort — you have something new to talk about, something you know about and want to learn more about, something that will intrigue and interest others. It doesn't take much equipment or know-how to get started . . . then you take it from there.

Begin now. Make your pastime an extension of your work—or something completely different. We all know people like the professional auto mechanic who spends every spare moment puttering with model (or old) cars . . . as well as the one who washes off the grease as soon as he gets home and switches to oil—oil paint, that is. And then we know the physician who spends much of his free time fishing.

Hobbies come in all shapes and sizes but in just four varieties and variations there-



**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)  
Saturday: 4:15 p.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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of: You can do something, make something, learn something, or collect something. In each case, your hobby may concern just yourself, or you can have a family or group enterprise. You may pursue it in blissful solitude or you can enjoy the companionship of the like-minded and therefore, highly desirable people

How many hobbies are there to choose from? Almost as many as there are people to enjoy them. It is interesting to note a few hobbies chosen by famous, busy people. The late Sir Winston Churchill and Lionel Barrymore chose painting . . . Yul Brynner and Roy Campanella are model railroad buffs . . . Mary Martin designs and makes hooked rugs . . . Henry Fonda prefers model airplanes . . . Billy Rose collects model ships . . . the Duke of Windsor enjoys gardening.

Anywhere your fancy takes you — go there the hobby way. By allotting some of your leisure time to constructive activities, you will be a happier and more interesting person to know.

—Sanatorium Outlook

## OLD TIMERS

We would like to mention some of the folks from whom we have had messages and, in most cases, renewals of their subscriptions: Leslie Asbell, Oxford, here in 1971, writes in April that he has just returned from Florida. Miss Madelon Spence, Ellershous, sends her best wishes to all of her friends. Mrs. Mary MacKinnon Brown writes, "It is with pleasure I look forward to receiving my copy of Health Rays. With all good wishes."

Joseph A. Poirier, here about two years ago, writes, "Thanks for reminding me about my subscription. I enjoy it very much and get lots of news from it. I am doing fine so far. Best regards to all."

From Edgar Scott we have a change of address from Toronto to 1122 Studley Ave., Halifax, as of June 1.

Other renewals in this current batch are from: Mrs. Claudia Putman, Debert; Annis Mosher, New Germany; Mrs. Alice Noble, Canso; Miss Hazel Carleton, Pictou; Mrs. Lilah Bird, Wolfville; Mrs. Ralph Hughes, New Ross; Edward LeBlanc, Saulnierville; Mrs. Hazel MacKinnon, Kentville; Chester Hiltz, Chester; Mrs. Dora Murphy, Port Williams; Harold Hodgson, Shelburne; Eugene Surette, Surette's Island; Desire D'Eon, West Pubnico; as well as several staff members living in residence.

We also had a note from Mrs. Stella (Arnold) Wiggins, Young's Cove Road, Queens Co., N. B.

We had notes from two ladies who were explaining why they would not be renewing their subscriptions at this time: Mrs. Constance Taylor, 1851 Walker Road, Windsor 20, Ontario, says, "I am writing to you to please cancel my subscription to Health Rays which I did so enjoy reading. The problem is I cannot see to read and I am doing my best to write. I lost complete sight in my right eye — now the cataract on my left eye is so bad I cannot do any reading and can see only a few feet ahead of me. I expect to have my left eye operated on in the near future and if and when I can see I sure will subscribe to Health Rays. With all best wishes." I am sure that

Mrs. Taylor has all of our very best wishes for a marked improvement in her vision.

The other note is from Mrs. Lillian Le-gacy of Amherst who writes, "Please excuse me for being so late but did intend writing sooner. Had been in hospital for a couple of weeks, then we were away for awhile. It seems you just can't get time to read all the material that comes into the house so, after due consideration, I think I'll cancel my subscription for the time being. Have been feeling fine again and am kept pretty busy with the usual housework, visiting my ninety-year old mother in a nursing home, helping my good hubby with his Knights of Columbus work as we have a Ladies Auxiliary too, and still do voluntary work with the TB Association, Heart Fund and Cancer Society. With every good wish to Health Rays and the Sanatorium patients and staff." A very nice note from a lady who certainly does have her time well taken up.

Some of the former patients whom we have seen recently were: Mrs. Gayle Meagher from Springhill, who was discharged in August, 1971, says that she is feeling fine (and certainly looks it).

Robert Fisher, Middle Stewiacke, discharged just one year ago, is also looking very well indeed.

Stan Robichaud reports that over the Easter weekend he was talking with Mrs. Mildred Romain and husband from Yarmouth, and Mrs. Amelia Maillet and husband from Saulnierville Station.

Also, Stan had a visit from Louis Dakin who was here in the forties and early fifties. Lou became an expert weaver during his period on the cure, and was also assistant librarian from 1952 to 1953. He is keeping well and wished to be remembered to his friends.

Mrs. Violet Silver reports that she had a visit from Dr. Clarence Young, Mrs. Young, and daughter Joan. If the information which we jotted down is correct, their son Gordon is a third year medical student, and their son George is expecting to follow the same path.

A photo in a recent issue of The Kentville Advertiser shows poultry producer Kermit Young of Bridgewater (actually Cookville). He is shown with "the super chicken", an eight foot high sculptured chick that will be used throughout the Maritimes for the promotion of Nova Scotia poultry products. Kermit has been at

(Continued on Page 15)

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*Ins And Outs***NOVA SCOTIA SANATORIUM****ADMISSIONS:****MARCH 16 TO APRIL 15, 1972**

HENRY KANE, RR 5, Canning, Kings Co.; ROBERT GEORGE STEWART, 23 Lynwood Drive, Dartmouth; WILLIS ROBERT GATES, Springfield, Annapolis Co.; HUBERT GERALD HARNISH, Mill Cover, Lunenburg Co.; MRS. ALICE MAUDE O'BRIEN, West Gore, Hants Co.; JOSEPH DEMETRIUS AMIRAULT, Weymouth, Digby Co.; MRS. IRENE GRACE RICHARDS, River Hebert, Cumberland Co.; MRS. DOROTHY M. KIRSHAW, P.O. Box 4, Margaretsville, Annapolis Co.; ELDRIDGE HOLLAND RAMEY, Liverpool, Box 325, Queens Co.; DONALD KEANS, Milton, Queens Co.; ISAAC DOUCET, Saulnierville, Digby Co.; ALFRED JOSEPH CORMIER, RR 1, Brighton, Digby Co.; ALBERT EDWARD BENNETT, Brooklyn, Annapolis Co.; JOAN MARILYN SIMPSON, RR 1, Debert, Colchester Co.; GARNET HOGG, 236 Grey St., Windsor; WEBSTER CLAYTON LENIHAN, RR 2, New Ross, Lunenburg Co.; MRS. ELEANOR RUTH DONNELLY, Mount Hanley, RR 1, Middleton; JAMES CURRIE HUDSON, Young's Cove, Annapolis Co.; HAROLD ST. CLAIR KENNEDY, Boutiller's Point, Halifax Co.; MRS. RITA MARION RHYNOLD, 8 Sherry Ave., Kentville; ISRAEL GARDNER KILPATRICK, Port George, Annapolis Co.; RALPH LEANDER MASON, Box 601, Lunenburg Co.; MRS. GLADYS ABBIE ROGERS, Grand View Manor, Berwick; WALTER AMOS SNELL, Athol Road, Springhill, Cumberland Co.; RUDOLPH MOHAMED CHUNG, 173 Pike St., Kitty, Demerrara, Guyana; ALFRED EARL WEARE, 230 Exhibition St., Kentville; URBAN THOMAS LAHEY, Main-a-Dieu, Cape Breton; MRS. ROSE

MARY BERRY, Hortonville, RR 3, Wolfville; MRS. MARY VIOLA McCULLOCH, Cheverie, Hants Co.; ERIC ALEXANDER CAIN, 2429 Davison St., Halifax; MALCOLM ANGUS LIVINGSTONE, 269 Holland St., Reserve Mines; CHARLES ALBERT SWEET, Blue Mt., Kings Co.; JAMES MARSHALL No. F 87788, Bayfield Road, Antigonish Co.; SIMON FRANCIS NEVIN, Micmac, Hants Co.; ANDREW JOSEPH MacDOUGALL, 164 House St., Sydney; FRANK PRESTWOOD BALTZER, South Williamston, Annapolis Co.; MRS. AMELIA CAROLINE LLEWELLYN, Parrsboro, Cumberland Co.; MRS. LINDA LOUISE WILE, Wileville, RR 5, Bridgewater; ROBERT NICHOLAS FERGUSON, 24 Webster Court, Kentville; CHARLES LEWIS SPERRY, Eureka, Box 227, Pictou Co.; MRS. HEATHER ANN BISHOP, Clarence, Annapolis Co.; ALBERT ELLSWORTH BEZANSON, Nictaux Falls, Annapolis Co.; MRS. MARY ELIZABETH RANDALL, Bayfield, Antigonish Co.; MRS. MARGARET RITA MAY MEDLEY, 633 Young St., Truro; MRS. NELLIE AUDREY VERMEULEN, Canaan, Kentville; NILS JOHN JOHANNSSON, Pictou, P.O. Box 294, Pictou Co.; MRS. MARGARET ELINOR PARRY, Harbourville, Kings Co.

**DISCHARGES:****MARCH 16 TO APRIL 15, 1972**

MRS. MARIE WEBB, 10 Acadia St., Wolfville; MRS. LUCILLE MARY LEJEUNE, West Arichat, Richmond Co.; MRS. BEATRICE LOUISE ZINCK, Old Barns, RR 1, Colchester Co.; MRS. MINNIE MacLELLAN, RR 1, Walton, Hants Co.; MRS. GRACE LILLIAN MORRISON, RR 5, Antigonish; MICHAEL ANTHONY PETTIPAS, 55 Chappell St., Dartmouth; ALFRED EARL WEARE, 230 Exhibition St., Kentville; MRS. DOROTHY MARIE FURLONG, Indian Harbour Lake, Guysborough Co.; FLOYD JOSEPH FURLONG, Indian Harbour Lake, Guysborough Co.; CHRISTOPHER JAMES FURLONG, Indian Harbour Lake, Guysborough Co.; MAURICE WALTER WILKINS, Nictaux, Annapolis Co.; ALAN LEONARD MUNROE, Wallbrook, Kings Co.; LESTER PACKARD GRATTO, 39 Nelson Drive, Lower Sackville; DANIEL AMBROSE MacDONALD, RR 2, Iona, Victoria Co.; MRS. GRACE JANET GUILDERSON, 43 Park St., Amherst, Cumberland Co.; HERMAN LLOYD MANSFIELD, Westfield, Queens Co.; HAROLD LESTER HODG-

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(Continued on Page 14)

## INS AND OUTS —

(Continued from Page 13)

SON, Shelburne; MRS. MARION WINONA BARBARA WHIDDEN, 179 Main St., Wolfville; MRS. ALICE MAUDE O'BRIEN, West Gore, Hants Co.; ALICE LOUISE CAMERON, 58 Kent Ave., Wolfville; BEATREAL GEORGE BLANCHARD, West Arlington, Annapolis Co.; PERCY STAFFORD WENTZELL, 91 Exhibition St., Kentville; LEWIS AUBREY ROBINSON, 30 Schofield Road, Kentville; WINSTON BERNARD MULLEN, RR 5, Canning, Kings Co.; JOHN LOUIS KERR, Belcher St., RR 1, Port Williams; MRS. GRETA MARIE HERMAN, Italy Cross, Lunenburg Co.; WILLIS ROBERT GATES, Springfield, Annapolis Co.; FREDERICK CARL DENNIS, 226 Exhibition St., Kentville; FIDELE (BOURQUE) BURKE, 61 High St., Pictou; PAUL DOUGLAS MACDONALD, 25 Inverness Court, Greenwood; BENJAMIN ALBERT LeBLANC, Amirault Hill, Yarmouth Co.; HOWARD SINCLAIR RILEY, P.O. Box 413, Dartmouth; ALMA LILLIAN HAIGHT, % Mr. Earle Haight, RR2, Digby; MRS. LEONA BEATRICE HUSSEY, Box 202, Berwick; KENNETH EVERETT MacDOW, Upper Musquodoboit, Halifax Co.; JOHN LEONARD RAFUSE, Box 342, Chester, Lunenburg Co.; JOSEPH DEMETRIUS AMIR-AULT, Box 54, Weymouth, Digby Co.; MRS. BERTHA MARGARET THERIAULT, RR 1, Box 800, Yarmouth; GEORGE EDWARD HUNTLEY, Morristown, Kings Co.; MISS EDYTHE JEAN HARNISH, Annapolis Home for Disabled, Bridgetown, Annapolis Co.; JAMES CURRIE HUDSON, Annapolis Home for Disabled, Bridgetown, Annapolis Co.; MRS. RITA MARION RHYNOLD, 8 Sherry Ave., Kentville; CHARLES LEWIS SPERRY, Eureka, Pictou Co.; PERRY JAMES DOWELL, Oldham, Halifax Co., (Expired); MRS. GLADYS ABBIE ROGERS, Grand View Manor, Berwick (Expired).

## POINT EDWARD HOSPITAL

## ADMISSIONS:

APRIL 1 TO APRIL 30, 1972

CHARLES HECTOR MacNEIL, Cape Breton Hospital, Sydney River; MRS. LAVINA JEAN MacCALLUM, Pictou Island; WALTER JAMES MacPHEE, 149 International St., Glace Bay; NEILAND BUCHANAN MacLEOD, Dingwell; MRS. ELLEN ELIZABETH HOLMES, 153 MacLean St., Glace Bay; MICHAEL JAMES MacDONNELL, 204 Dominion St., Glace Bay; WILLIAM PATRICK McINNES, 68 Mansfield St., Glace Bay; GARDINER JOSEPH RYAN, Box 108, Port Hawkesbury; JAMES McVEY HICKEY, 710 Winnifred Square, Glace Bay; ALECIA EMILY CAMPBELL, 74-C Sidella Drive, Sydney; PATRICK BRADY NEARING, 356 King Edward St., Glace Bay; JOHN ALEXANDER BROWN, Cape Breton Hospital, Sydney River.

## DISCHARGES:

APRIL 1 TO APRIL 30, 1972

CHARLES HECTOR MacNEIL, Cape Breton Hospital; JOHN WILLIAM PYE, 12 McNamara St., Sydney Mines; WILSON ROBERTSON KELLOWAY, Donkin; MAURICE MacPHERSON, Braemore Home (P. E. H. Section); HOLLY LYNN MATTHEWS, Whyccomagh; EARL STEPHEN MATTHEWS, Whyccomagh; NEIL ALEXANDER BEATON, West Bay Road, Inverness Co.; WARREN MOFFATT JOHNSTON, 143 MacLean St., Glace Bay; HAROLD SEYMOUR, 38 Pierce St., North Sydney; EARL FRANCIS MOORE, Bras d'Or Road, Florence; MRS. ANNIE JANE LEWIS, Nyanza; MRS. JUANITA JOHNSON MATTHEWS, Whyccomagh; MRS. KATHLEEN BALSILLIE, Sydney Forks, RR 3, Sydney; SARAH ANNE MacDONALD, 178 George St., Sydney; HUGH DOWLING, 1 Manning St., North Sydney; JAMES McVEY HICKEY, 710 Winnifred Square, Glace Bay.

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Employment agency manager; "There's a job open in Florida, but can you pick lemons?"

Applicant: "Boy can I! I've been married five times."

\* \* \* \*

When you flee temptation, be sure you don't leave a forwarding address.

—The Irish Digest



## 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 April 30, 1972.

Previously acknowledged:	\$3,736.69
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Bank Interest:	126.88
Miscellaneous:	12.00

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Grand Total \$3,875.57

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I was with an air force unit at an overseas base when the medics decided to give us our annual immunization shots en masse. They set up a regular assembly line and even pressed the unit veterinarian into helping out. I got my shots from the vet.

"Gosh, doc," I said, "you did that so gently I hardly felt it. Where'd you get so good at giving shots?"

"I have to be gentle," he replied. "My patients can bite!" — W. H. Jacobsen.

\* \* \* \*

An elderly couple, standing in a pouring rain, were engaged in a friendly argument over who should take the one umbrella they had between them. Finally the wife put an end to the argument: "You take it, dear. I'm all drip-dry and you aren't". — Contributed by Avery Keener.

\* \* \* \*

To fight a war on calories, it would appear is vain, for if you win, you're sure to lose, and if you lose — you gain!

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## OLD TIMERS —

(Continued from Page 12)

the Sanatorium several times since his first admission in 1935 and is well known to many of our "old-timers".

Next some notes from Anne-Marie:

The Yarmouth Light-Herald of March 30 carried an article on the Yarmouth teachers and our ex-patient, Roy Saulnier. was one of them. He teaches at the Yarmouth High School Annex in the Industrial Arts Department, teaching woodwork to Grades 7 though 10. Roy also owns the Acadian House of Handcrafts which he opens in the summer months. He is married to the former Rose Anita Comeau. They were both here as patients in 1967.

Mrs. Reta Laffin (nee Densmore) of Walton RR 1, Hants County, who was a patient here in 1942 has kept well since discharge. She is the proud mother of three children, a boy and two girls.

Evelyn Lombard (nee Comeau), formerly of Belliveau Cove and now of New Edinburgh, a patient here in the '40's' was visiting Mary and Percy Doucette recently. Evelyn is a busy housewife and keeps well.

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## The Cowman's Lament

A recent News Bulletin from the World Ploughing Organization contained the following anonymous poem which is worth a chuckle, if not a sigh to all dairymen!

I long for a cow of modern make,  
That milk's five days for leisure's sake,  
That rests on Saturday, snores on Sunday  
And starts afresh again on Monday

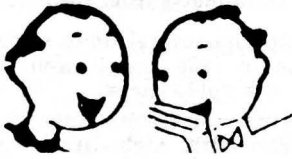
I long for the cows that know the way,  
To wash each "udder" day by day,  
And never bother to excite us,  
With chills and fevers and mastitis.

I long for a new and modern breed,  
That needs less grooming, and less feed,  
That has the reason, wit and wisdom,  
To use the seat and flushing system.

---

Heard of Cigarettes Anonymous? When you feel like smoking, you dial a number and hear a lot of coughing. — Earl Wilson. Hall Syndicate.

## Just Jesting



### COVER STORY

My husband thoughtfully bought me an electric blanket, since I always complain about cold sheets. I was a little reluctant to sleep under all that electric wiring, but he assured me it was safe, and in minutes I was dozing off contentedly.

What my husband did not know was that I had put a ham in the oven to bake all night at low heat. When he awakened in the night and smelled something cooking, he reached over and shook me. "Dot, Dot, honey!" he cried. "Are you all right?" — Contributed by Mrs. Judson Ruth.

\* \* \* \*

When Dudley, the slowmoving clerk in a small store, was not around one morning a customer asked, "Where's Dudley? He ain't sick, is he?"

"Nope, he ain't workin' here no more."  
"That so?" said the customer. "Got anybody in mind for the vacancy?"

"Nope. Dudley didn't leave no vacancy."

\* \* \* \*

Said one man to another: "You didn't laugh at Smith's joke. I thought it was quite a good one.

"It was a good one," replied the other, "but I can't stand Smith, I'll laugh when I get home."

\* \* \* \*

Judge: How can you insist you're innocent of the burglary charge when there's so much proof of your guilt?"

Defendant: "Well, how can that man identify me as the burglar when he had his head under the covers the whole time."

\* \* \* \*

The major obstacle to marriage these days is supporting a wife and the government on one income.

\* \* \* \*

A "restricted" real estate development is one in which no one is allowed to buy a home which he can afford.

\* \* \* \*

Nothing ruins a class reunion like the fellow who managed to stay young-looking and get rich at the same time. — Indianapolis Star.

### ALL IN A WIFETIME

"Each morning," sighed one man, "my wife and the coffee begin to boil at the same time."

— Al Bernstein, quoted by Larry Wolters, Chicago Tribune - New York News Syndicate.

\* \* \* \*

"As my wife was backing out of the garage," a man reported to his insurance company, "she hit the garage door, ran over our son's bicycle, drove across the lawn, tore up the roses, and then she lost control of the car." — Edward D. Muntwyler, quoted in Journal of Insurance Information.

\* \* \* \*

Holidaying in Spain, I was introduced to a police inspector who spoke fluent English. We became good friends and when my vacation ended he came to say adios. Waving to him as I drove off, I turned the wrong way on a one-way street. A shrill whistle brought me back to reality as a policeman ran toward me, arms wide apart. Before he could throw the book at me, my friend caught up with us and dismissed the policeman. Turning to me he declared, "Anyone else, one-way street. My friends — both ways!" — Contributed by Garside Allison.

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A fashion is nothing but an induced epidemic. — George Bernard Shaw.

\* \* \* \*

"I hope," said one boll weevil to the other as they crawled into a new boll, "that this farmer is like the three wise monkeys."

"What do you mean, wise monkeys?" asked his mate.

"You know, hear no weevil, see no weevil. . ."

\* \* \* \*

The best way to save face is to keep the lower part of it shut.

\* \* \* \*

A visiting tourist who lost his way in Dublin stopped to ask a policeman for directions. "Take the first turning on your left, sir. You'll find you're on a one-way street going the wrong way. But don't let that worry you — you're doing that now." — Quote.

# Nova Scotia Sanatorium

H. M. HOLDEN, M.D., C.R.C.P. (C), F.C.C.P. ....	Medical Director
PETER S. MOSHER, B.Sc., D.H.A. ....	Administrator
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
MARIA ROSTOCKA, M.D. ....	Physician
G. A. KLOSS, M.D., F.C.C.P. ....	Physician
E. W. CROSSON, M.D. ....	Physician
V. D. SCHAFFNER, M.D., C.R.C.S. (C), F.A.C.S. ....	Consultant Surgeon
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 JOYCE LEWIS ....	Dietitian
MRS. ELIZABETH REID, R.N. ....	Supervisor of Rehabilitation

## Church Affiliation

### NOVA SCOTIA SANATORIUM

#### Co-ordinating Protestant Chaplain

Rev. Howard Taylor

#### PENTECOSTAL

Minister—Rev. Robert Cross

#### ANGLICAN

Rector — Archdeacon Dr. L. W. Mosher  
San. Chaplain—Rev. W. A. Trueman

#### 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 Plaet

#### 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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