

STACKS

NOVA SCOTIA SANATORIUM

VOL. 50

JANUARY, 1969

No. 1

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# Health Rays

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# HEALTH RAYS

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## *Sanatorium Visiting Hours*

### NOVA SCOTIA SANATORIUM

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

### POINT EDWARD HOSPITAL

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.

# The Sanatorium Cracker Barrel

J. E. HILTZ, M.D.



Recently I talked with an ex-patient who used to smoke six packages of cigarettes a day. He said that it left him very little time to do anything else. In fact, he could not "get going" after breakfast until he had finished ten cigarettes. When he got to the point that he could not walk across the road

to get his mail without resting three times on the way, he decided to "quit". He found that he could not "cut down" on the number smoked each day, so he stopped completely. Now he hunts rabbits and can walk up to six miles a day if he does not travel too fast. Smokers should talk to him. He has a real first-person-singular true life story to tell.

\* \* \* \* \*

In Miller Hall on Tuesday evening, December 8, certificates were presented to about fifteen persons who had completed a special course in St. John Ambulance First Aid. It had been conducted over a period of nine weeks by Mr. Jagosh who is Chief Technician in our Department of Physical Medicine. He was assisted by Miss Barkhouse, C.N.A., and Miss Betty McPhail, R.N., one of our Nursing Instructors. Special lecturers were Dr. Holden, Dr. Annand and Dr. Ram. Dr. Quinlan was the examiner. This was a very enthusiastic and capable class and a number of them spoke to the group very nicely about the value of the course. This is another public service performed by a number of Sanatorium staff members.

\* \* \* \* \*

Our congratulations are extended to Amos Stevens who has been appointed Assistant Co-ordinator of the Nova Scotia Committee on Human Rights. Mr. Stevens was a patient here in 1954 and since leaving us has been with the Provincial Department of Labour and is president of Division 8 of the Civil Service Association. His present appointment to this important position is in recognition of his ability and sincerity. His many Sanatorium friends wish him every success in his new undertaking.

It may be a peculiar time to mention flies and bugs but a member of our staff came across a copy of a petition which was sent to me by patients in 1951. This started off "The flies, hornets, army worms, bats, bumble bees, mosquitoes, June bugs, fruit flies, wasps, moth millers, etc. which fly in the unscreened windows of the Old Infirmary during the summer months are a constant source of worry and annoyance to the patients".

The Old Infirmary, of course, is our present West Infirmary and the windows are well screened long since. It cost a "pretty packet" to do so, I might add, as the West Infirmary is all windows. How the patients got along in it from 1918 to 1952 without screens, I cannot imagine. It just goes to show, however, that no situation is hopeless and, if we are patient and live long enough, needed changes will be made. The petition is now just another moment in history. Best wishes for 1969.

\* \* \* \* \*

Our hearty congratulations are extended to Miss Elizabeth MacPhail and her choir of Student Nursing Assistants. Their singing throughout the Sanatorium at Christmas time was wonderful and, indeed, sounded quite professional. It is hoped that the choir will continue into the year ahead. I am sure that all of us could enjoy a program of love songs on Valentine's Day and special music at Easter time. There are more ways of healing than providing medicine and surgery. Such music nourishes the spirit.

\* \* \* \* \*

On behalf of patients and staff of the Sanatorium, I wish to thank all-patients, ex-patients, staff, and friends of the Sanatorium who contributed to the spirit of Christmas during the holiday season. To all of them and to all of you, our readers, may the New Year bring the fulfilment of all reasonable wishes accompanied by the best of health and a large portion of contentment.

All the best in 1969.

Bless the Lord, O my soul, and forget not all His benefits.

# LIFE IS A TWO WAY STREET

J. E. HILTZ, M.D.

(This is a talk given by our Medical Superintendent to the Lions Club of Kentville on October 10, 1968. Ed.)

The Nova Scotia Sanatorium, as its name implies, belongs to the whole Province. Patients come to it from Cape Sable to Cape North. It is supported almost entirely by tax money and therefore truly belongs to all the people of Nova Scotia, but its greatest impact is upon the local community centred upon Kentville and Kings County.

It was not always as welcome in this area as we hope that it is now. In 1904 when it was under construction there were many outcries from the local citizenry who feared that the very air would be contaminated and their children infected by the germs of tuberculosis. Their fears were unfounded.

The Sanatorium grew from the original 18 beds in 1904, at which time it was the first tuberculosis hospital in Canada to be built by a provincial government for the treatment of tuberculosis, to a total of 400 beds by 1945 to be reduced subsequently to 200 beds which is the capacity at the present time.

This reduction in the number of treatment beds which are required to meet our needs was brought about, not so much by any tremendous reduction in the number of new cases of the disease being found, but rather by the introduction of drug treatment for tuberculosis which made it possible for most patients to spend a short time under treatment and only about one half or less of the shortened treatment period actually in the Sanatorium. The remainder can be spent safely at home. Due to this fact, the same number of patients can be looked after in half the number of beds over any two to three year period.

During the past ten years the number of new active cases of tuberculosis found in Nova Scotia each year, beginning with 1958, has been 268, 287, 234, 225, 228, 223, 168 (1964), 201, 217 and 174. This represents a total of 2,225 new active cases of tuberculosis found in Nova Scotia during these ten years. In addition, 788 persons with tuberculosis which appeared to be well healed reactivated their disease so that treatment was required again. This, then, represents a new treatment load in Nova Scotia of about 3,000 persons since

1958. There are, at the present time, the names of over 13,000 Nova Scotians on our Tuberculosis Register, their tuberculosis being either active or healed, but a possibility of reactivation in about  $\frac{1}{2}$  of 1 per cent of them each year.

So much for tuberculosis as an ever present problem. Besides just looking after tuberculosis patients what part does the Sanatorium play in the life of our community and our Province?

As beds became available at the Sanatorium and our provincial general hospitals became more and more crowded, it was inevitable that patients with chest diseases other than tuberculosis would be referred to us for diagnosis and treatment. Especially is this so when it is realized that the Sanatorium is especially equipped and staffed to provide specialized diagnostic services for chest conditions. The Sanatorium has served as a Chest Surgical Service for the whole Province since Dr. Vernon Schaffner joined our staff in 1934 to be augmented later by Dr. John Quinlan who is also a qualified Thoracic Surgeon. We have available sophisticated equipment for the evaluation of all kinds of chest conditions. During 1967, 145 such non tuberculous patients were referred to us. Unfortunately, too high a proportion of such patients suffer from lung cancer.

When it is remembered that the Kentville area has 60,000 persons within a radius of 25 miles and that there are 200,000 Nova Scotians who live closer to Kentville by road than they do to Halifax, it is not surprising that the Sanatorium has developed a sizeable clientele of non tuberculous patients referred by their family physicians for specialized help as required.

In addition to patients admitted to the Sanatorium, there is an active Chest Clinic operating every Tuesday and Wednesday afternoons and each Saturday morning.

(Continued on Page 3)

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**LIFE IS A TWO WAY STREET —**

(Continued from Page 2)

To this Clinic, there are referred by the family physicians and the Health Unit Director patients known to have or suspected of having chest disease of one kind or another. During 1967, 3,389 such persons were referred to our Chest Clinic from all over the Province but mainly from the aforementioned 200,000 population constituency.

In other parts of the Province chest clinics and tuberculosis surveys are carried out by Health Unit Directors. Many of their chest x-ray films are sent to us to be developed. These films numbered 18,000 last year and these are extra, over and above the films taken at the Sanatorium. Also, we not only develop but read or interpret about 1,000 chest x-ray films for the City of Halifax each year.

From time to time one reads in the newspaper that someone's well water or some municipal water supply is not potable. The Sanatorium Laboratory provides a Milk and Water Analysis Service for the Dept. of Public Health from Cornwallis Naval Base to Windsor. Each month, the Sanatorium carries out tests in excess of 1,000 units of work, each unit representing about 10 minutes of a technician's time. These 1,000 units then are equal to 10,000 minutes or almost the entire time of an especially qualified technician every work day throughout the year. This is a community service.

At the Sanatorium, we have an active teaching program for nurses. This is centered in Miller Hall named for the late Dr. A. F. Miller who was Medical Superintendent from 1910 to 1947. Training is provided on three levels:

a) Postgraduate, which is a three month course in Chest Disease Nursing made available to nurses who have not had such training before graduation. We have had a number of nurses from Britain, Formosa and the Philippines take this course. At the moment, a nurse from Thailand is undergoing such instruction.

b) Affiliate Student Nurses who come to us from all the Nursing Schools in mainland Nova Scotia for a 28 day course in Chest Diseases, mainly tuberculosis. About 250 individual student nurses from all parts of the Province spend a month with us each year.

c) Student Nursing Assistants. This is a one year course with an average enrolment of about 75 per year. Ours was the first course for Nursing Assistants in Nova Scotia and was begun in 1948. These students, too, come to train here from all over Nova Scotia.

Miller Hall serves also as a meeting place for numerous organizations:

T.O.P.S. meets here every Monday evening.

The Evangeline Nursing Division of St. John Ambulance holds its fortnightly meetings here. Each week during the fall and winter, there are weekly classes given in St. John Ambulance First Aid and Home Nursing, frequently by instructors who are members of the Sanatorium staff. The Department of Public Health holds its Prenatal Clinic in Miller Hall each week.

Each fall, during October, you will find the Cornwallis Inn packed to the roof with paying guests for four days. The first two days are occupied by the annual meeting of the Department of Public Health when nurses, nutritionists, doctors, public health inspectors, dental hygienists, and administrators gather for their annual briefing. This brings approximately 200 persons to Kentville. The Sanatorium provides the innumerable meeting rooms required and, if we could not do so, the meeting would not be held in Kentville at all.

The second two of the four days are occupied by the annual meeting of the Canadian Public Health Association, Nova Scotia Branch. The same people attend who were at the earlier meeting but their numbers are augmented by speakers and other health workers from outside and inside the Province.

We have our own fire department at the Sanatorium which functions as an auxiliary to the Kentville Department. It is made up of 20 men including our Chief, Bernie Robinson, plus a ladder truck and a hose truck. When the call goes out for Mutual Aid our men respond to the call and our equipment usually acts as standby within the town.

As a contribution to Emergency Measures Organization we have, in storage ready for immediate use, a 200 bed mobile hospital which could be set up on very short notice in any of our large rural schools.

The Sanatorium operates its own Combined Charities Fund which has a single campaign each year and contributions amount to approximately \$2,000. The Sanatorium staff members, for the past four years, have supported three children under the Foster Parents Plan. We also operate our own Credit Union as an inducement for staff members to save and to borrow when required.

Sometimes people send us letters addressed to the Kentville Sanatorium in-

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## LIFE IS A TWO WAY STREET —

(Continued from Page 3)

stead of the Nova Scotia Sanatorium. This is a great error both in nomenclature and in geography. Not a single patient or staff member on the Sanatorium grounds lives within the limits of the Town of Kentville. Only one small corner of the east end of Pavilion 7 comes within the town limits. As individuals we pay taxes to the Municipality not the Town, but we buy our water and our electricity from the Town and spend much of our money there.

In terms of dollars and cents what does the Sanatorium mean to the County of Kings and the towns of Kentville, Wolfville, Canning, but mainly Kentville and the County?

We are responsible for about 440 persons who are occupied here. This number includes about 25 affiliate student nurses and 50 to 75 student nursing assistants. But even students spend money. This number also includes about 33 casual staff members who work only one to three days or evenings or nights per week, mainly nursing staff. It includes a full time barber, two postal clerks, two canteen clerks and a librarian, all of whom are required in order to provide service to long term treatment patients.

Our staff members are all relatively well paid so they should not be any drain upon the welfare purse of the Town or Municipality. Indeed, they contribute very substantially in taxes, whether poll, property, hospital, gasoline or income tax.

The Sanatorium payroll during the last fiscal year was over a million dollars and our total budget was over one and three quarter million. Most of this money was spent locally for salaries, gasoline, coal, electricity, water, printing and office supplies, provisions and household supplies. Provisions alone account for \$150,000. annually.

More and more of our staff members are moving off the Sanatorium grounds and are establishing themselves in homes or apartments. We encourage this. Thereby they make a greater contribution to their community. We encourage them also to participate in church and community activities.

So much for the Sanatorium contribution to the community at large. I trust that it is acceptable. I trust, too, that it will continue to grow as new avenues for service open up.

May I say now a few words about what is lacking in our community that keeps it

from attracting needed young people trained in the skills required by hospitals. Our young students say "Kentville is beautiful, it must be wonderful to live here when you are old but what is there for young people to do?" Recently some of our Nursing Assistants helped to form a Young Adult Club for those who are "too old to be young and too young to be old." They met with moderate success but they are moving on now to Ontario where there is "more going on" and "more young men." I have pointed out to them that there are football games, basketball games, hockey games in Wolfville, there are fine concerts there, they could meet many nice Acadia boys at the University and perhaps get invited to their dances. But they reply "How do we get there?," "How do we even get from the Sanatorium to the swimming pool in Memorial Park?," "If we go to Wolfville to a movie, how do we get back at night?" "Hitchhiking is not very good or very safe for young ladies after dark!"

Indeed, how do young people from Wolfville get down to Kentville to enjoy skating in our rink, attend a movie here, attend some church group or do some shopping?

Will we ever be able again to support or to subsidize an hourly bus service from the Blanchard Fraser Memorial Hospital to the Duckpond in Wolfville and return from 8 a.m. to 12 midnight? Will we ever be able to afford a non denominational, public supported youth recreation and development centre such as a Y.M. - Y.W. C.A.? Our churches are doing good work with our young people but they are fragmenting them along denominational lines. The churches, too, are understaffed and too frequently their volunteers are willing, enthusiastic, but untrained. Could they not pool their efforts to support a Young Men's or Young Women's Christian Association or a combination of both.

Improved transportation plus extensive organized, ecumenical, non denominational, supervised recreation and athletics for the post-high school young adults would solve our staff problems at the Sanatorium and be a boon to the community.

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## Occupational Therapy In A Tuberculosis Sanatorium

Norma Cassidy, O.T. Reg. — Nova Scotia Sanatorium

What is occupational therapy and why do we need it in a hospital? Occupational therapy uses a program of normal activity to help a patient adjust socially and emotionally; as a treatment to restore his physical health; or as a simulated work situation. The physician refers a patient for occupational therapy to achieve certain goals. The therapist is trained to choose from a wide variety of activities the "occupation" which will aid in reaching these goals. O. T. thus provides the link between a patient's everyday life and the hospital, and it is the therapist's aim to prepare the patient for his return to the community.

What are our objectives in working with you, a patient, in a hospital for respiratory diseases?

We have four basic aims. Was there time left over in your busy work days for leisure activities at home? Were sports a favourite pastime? One of our aims is to help you develop an interest in a hobby that will be suitable not only during hospitalization, but after you are discharged. It may be necessary to teach you procedures, care of tools, etc., or to give you information regarding appropriate equipment and supplies as well as reference materials. It is also our goal to assist you to use your leisure time moderately by helping you develop an interest in recreational activities, that are less active and more relaxing.

Occupational therapy can help to prevent or correct a deformity or disability resulting from chest surgery by using a range of motion exercises while doing a craft such as weaving. This can be promoted by increasing the amount of time you are allowed to do the craft and by adding resistance (such as weights added to the weaving loom). O. T. can also aid in disabilities brought on by secondary illnesses such as arthritis, hemiplegia, etc. We feel that it is important for you, the patient, to have good posture, adequate lighting, and proper placement of equipment and materials. It is our aim as therapists to help you to stay within the limits of your "exercise" by limiting supplies and equipment, and instruction time when necessary; by grading your activity from light, e.g., copper tooling, toy-making, mosaics, etc. to heavy e.g., woodwork, weaving on foot looms, etc. Activity that is graded will gradually increase your work tolerance and general physical well-being, so that, when discharged, you

will have the necessary energy required for daily living.

What about your job after discharge? If your position is waiting for you, you are fortunate. If not, our goal is to help you to develop new skills by arousing your interest in academic or vocational subjects. Therapists are often called on to do vocational testing to help you choose a new and suitable vocation. By using your hospitalization time wisely, you can actually increase your earning capacity! Some hospitals are fortunate in having an industrial therapy set-up where patients can learn new skills and be paid while doing so. We want to help you develop good work habits and excellent workmanship, and to plan a work schedule in a manner to avoid fatigue. Increasing your ability to learn and understand instructions, and developing skills in handcrafts can help prepare you for discharge.

A very important goal is to help you, as a patient to adjust to tuberculosis and its treatment. Since we, as part of the hospital team, realize how important your hospitalization and treatment are in helping you regain your health, we must help you to adjust to that treatment by having a variety of projects, supplies, and equipment readily available in a relaxed atmosphere within the hospital. Activities may be recreational, vocational, or arts and crafts. Whatever activity is chosen, it should provide an interest and an outlet for tensions, as well as providing you with a profitable use of your time. Well-made handcraft articles can provide an introduction to new skills, a sense of achievement, and closer ties with home. Recreational activities can help you gain new friends and divert attention from constant thoughts of personal problems. It is not easy, when confronted with several months of hospitalization, to keep from slipping into inertia! We wish you to think constructively, and to help you set for yourself goals which you can

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# Question Box

J. J. Quinlan, M.D.



**Q.** Is there more than one type of tubercle bacillus?

**A.** There are numerous types of tubercle bacillus other than the classical mycobacterium tuberculosis, the organism which causes human tuberculosis. We have known about them for many years but except for the bovine and avian tuber-

cle bacilli, the cause respectively of tuberculosis in cattle and birds, they were considered of little importance to man. For the most part they were regarded as saprophytes or germs incapable of producing disease in the human. Extensive investigation particularly in the last ten years have shown that these organisms are responsible for a great deal of lung disease which is indistinguishable pathologically from pulmonary tuberculosis. By and large these atypical tubercle bacilli appear to affect only the lungs and unlike the mycobacterium tuberculosis are not spread by the blood stream to various other parts of the body such as the skeleton and the kidneys. For want of a better term, but to distinguish it from pulmonary tuberculosis, we have called the lung disease due to these germs atypical mycobacteriosis.

These organisms have been under study for several years at the Nova Scotia Sanatorium and in a recent issue of the Canadian Medical Association Journal, Drs. Hiltz and Kloss have described the finding of these organisms in a group of 46 patients. Undoubtedly we shall be running up against these atypical tubercle bacilli more and more with increase in our knowledge of them and of the disease process they produce.

**Q.** How do medicines get to the tubercle bacilli?

**A.** The most effective manner in which drugs can be brought in contact with the tubercle bacilli is through the blood stream. Whether taken by mouth or injected into the muscle, the drug quickly finds its way into the blood stream and is transported rapidly to the site of the tuberculosis infection. One of the characteristics of chronic tuberculosis disease is that the blood

supply to it is very poor and in many cases an adequate concentration of the drug cannot be built up where it is most needed. Drug treatment is far more effective in recent comparatively acute forms of tuberculosis than in the long standing chronic destructive type.

The drugs may be used also locally, that is, delivered directly to the tuberculosis disease without entering the blood stream. For example, they can be blown deep into the lungs in the form of a fine spray by the use of an intermittent positive pressure machine, they can be installed into the pleural cavity in cases of tuberculosis empyema and they can be used incorporated in dressings for tuberculosis wounds. By and large this method of administration is far less effective than if the drug is taken by mouth or by injection and reaches the disease by way of the blood stream.

**Q.** What is happening inside the lungs of a person who has tuberculosis, and what happens during its treatment?

**A.** The first change from normal in the lung infected with the tubercle bacillus is the development of a small patch of pneumonia identical to any pneumonia except that tubercle bacilli are present. In some cases the disease process may behave like an ordinary pneumonia and clear completely. However, in the great majority of instances the involved portion of the lung undergoes partial destruction. At the same time the natural defences of the body are called upon to fight the tuberculosis infection and to either eliminate it or at least contain it in the lung. Usually the tuberculosis area is either completely walled off by scar or in some cases replaced by scar and or calcification. In a small percentage of patients, this walling off process does not occur, progression of the disease continues and the bacilli enters the blood stream.

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## QUESTION BOX —

(Continued from Page 6)

During the development of these changes of what is known as primary infection tuberculosis the tuberculin test becomes positive.

Chronic pulmonary tuberculosis in the adult, the common form that we encounter, is usually due to breakdown of the scar left by the primary infection. A somewhat similar sequence of events occurs as in the first infection with destruction and surrounding pneumonia. In some patients the products of lung destruction break into a bronchus and are coughed up, forming a cavity in the lung.

On treatment with drugs, the pneumonia quickly clears up and over a much longer period the destructive process may completely heal or it may again wall off. In the latter instance, because of the danger of future reactivation we feel that surgery is indicated for the removal of the residual and potentially dangerous disease.

Q. What can be done about my friends and neighbours who are afraid of me?

A. It is assumed that you are an individual with pulmonary tuberculosis who has undergone adequate treatment and in whom the germs of tuberculosis have disappeared from the sputum.

While the tuberculosis individual no longer bears the stigma so common 50 years ago it is surprising in view of the vast amount of educational material to which the general public has been exposed, how much ignorance there still is about tuberculosis and how it is spread. The only way that such unreasoned fear can be countered is by continuing education, pointing out that it is not possible to acquire the disease from a person who is not throwing off tubercle bacilli from his lungs, and that the real danger is from exposure to the known case who will not take treatment or, and more important, to those individuals, usually older people, who have had a cough and sputum for years due to what they call bronchitis but which in reality may be active tuberculosis.

Q. Does a flushed cheek, not always on the side of involvement, necessarily denote activity?

A. The causes of flushed cheeks are myriad. One of them is the scene of fever. If the fever is due to pulmonary tuberculosis there may be flushing of the cheeks. However, the phenomenon is a most inadequate indicator of activity in pulmonary tuberculosis.



## SONG OF THE NEW YEAR

I heard the bells at midnight  
Ring in the dawning year  
And above the clanging chorus  
Of the song I seemed to hear  
A choir of mystic voices  
Flinging echoes ringing clear,  
From a band of angels winging  
Through the haunted atmosphere;  
"Ring out the shame and sorrow,  
And the misery and sin,  
That the dawning of the morrow  
May in peace be ushered in."

And I thought of all the trials  
The departed years had cost,  
And the blooming hopes and pleasures  
That are withered now and lost;  
And with joy I drank the music  
Stealing o'er the feeling there  
As the spirit song came pealing  
On the silence everywhere:  
"Ring out the shame and sorrow,  
And the misery and sin,  
That the dawning of the morrow  
May in peace be ushered in."

And I listened as a lover  
To an utterance that flows  
In syllables like dew drops  
From the red lips of a rose,  
Till the anthem, fainter growing,  
Climbing higher, chiming on,  
Up the rounds of happy rhyming,  
Slowly vanished in the dawn:  
"Ring out the shame and sorrow,  
And the misery and sin,  
That the dawning of the morrow  
May in peace be ushered in."

Then I raised my eyes to Heaven,  
And with trembling lips I pled  
For a blessing for the living  
And a pardon for the dead;  
And like a ghost of music  
Slowly whispered — Lowly sung —  
Came the echo pure and holy  
In the happy angel tongue:  
"Ring out the shame and sorrow,  
And the misery and sin,  
And the dawn of every morrow  
May in peace be ushered in."

James Whitcomb Riley



← **EDITORIAL STAFF OF  
X-RAY MAGAZINE, 1922**

Top to bottom: E. W. Sterns, Editor; A. D. McRae, L. A. Ferguson, L. W. MacDonald. Missing from picture: J. D. AuCoin, Associate Editor.

## Happy Anniversary

1969 is Health Rays' Anniversary Year and in November it will celebrate its 50th Anniversary. It began life with the name "The X-Ray" and has been published continuously eleven times a year since its first appearance. In January 1928, following a competition to choose a new name, it became known as "Health Rays" in keeping with the suggestion of the winner of the contest, a Reverend Dean of Granville Ferry.

It seems fitting, in the first issue of its anniversary year, to pay tribute to its various editors who have always striven to maintain a high literary standard and at the same time present news of interest to patients and information of help to them. During some years Health Rays had three or four different editors, each carrying on where his or her predecessor left off.

The following is a list of these editors, showing the dates during which they held office:

- 1919—J. D. Borden
- 1920—F. W. Coulter, D. A. Grant, M. R. Chipman
- 1921—H. Clarke, A. O. Hickson, W. B. Creed
- 1922—W. Ross Cameron, E. C. Leslie, Ed. W. Sterns
- 1923—Ed. W. Sterns
- 1924—Clifford L. Baker
- 1925—Tom A. Kirkpatrick
- 1926—Ken. A. Wyatt
- 1927 to 1930—Bernard Chisholm
- 1931 to 1933—G. Harold Murphy
- 1934—Margaret MacLeod
- 1934 to 1937—Eileen E. MacKay
- 1937 to 1938—Alfred C. Milner
- 1938 to 1939—Allen W. d'Entremont
- 1939 to 1941—Cecil H. Kennedy
- 1941 to 1942—Austin W. Jollimore

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## Editorial Comment

Once again the Christmas season has come and gone and we look ahead to a new year. With the tremendous amount of preparation that goes into the modern observance of Christmas many are left feeling somewhat spent, physically, emotionally (and financially, of course). This is probably because the buildup begins earlier each year and it is difficult to sustain it over such a period of time. 'Tis worth it all though, we hasten to add, just to see the expression in the eyes of the little ones.

Speaking of little ones, our children in the Annex received many fine gifts and much attention, which must have gone a long way toward compensating for what they missed by not being able to be at home for the holiday season. Some were more fortunate still, in being able to enjoy "the best of two worlds" by receiving gifts here and also being able to go home on pass. Not only the children, but the adults as well received numerous gifts through the kindness of the many friends of the Sanatorium. It is always our pleasure at this time to acknowledge, with our sincere thanks, the many gifts received from church organizations, service clubs, other groups and individuals. What would Christmas at the Sanatorium be like without the support of so many? It is not only the receiving of material gifts that is important to our patients, but also the realization that there are so many people who, through time and effort, demonstrate their interest and concern.

Our thanks also, to the individuals and groups who again provided entertainment for the enjoyment of the patients:

First on the list were the combined choirs of the Margaretville Baptist and United Churches who favoured us with a very fine evening of music on Dec. 5th, preceded by a chapel service carried over Station San. Under the direction of Rev. John Leddicote the group then travelled to the various floors when they sang carols. Saturday, December 7th, Billy Whalen presented a program of western, folk, and gospel music in the Recreation Hall. This program is written up elsewhere in this edition. Monday, 16th: The Avonport mixed choir, under the leadership of Rev. Nelson Metcalfe, presented a program of Christmas music over Station SAN. Wednesday, 18th: There was a patients' party sponsored by the AOTS, United Church Men. This, too, is written up under patient activities elsewhere in this issue.

Thursday, 19th: The student nursing assistants, classes '69A and B, sang carols on the wards, following the patients' afternoon rest period. This was under the leadership of Miss Betty MacPhail of the Nursing Education Department. This has become an annual event to which we have come to look forward. Monday, 23rd: The Salvation Army carol singers visited each ward singing carols and distributing sunshine packages to each patient.

We wish to extend our thanks to each of the above groups, and to the many others who, as individuals or as members of groups, have done so much to make this a good year for us at the Sanatorium.

\* \* \* \* \*

With this January issue of Health Rays we are beginning our 50th year of continuous publication for this journal. We are hoping each subsequent month to be able to include articles which will describe the earlier days of Health Rays and the people who have been closely associated with it through the years. We will welcome from our readers any suggestions as to articles which you feel would be appropriate in marking this, our Golden Jubilee Year.

Finally, those of us on the Health Rays staff, as well as all of us in the Rehabilitation Department, join in wishing our readers good health and happiness in 1969.

## HAPPY ANNIVERSARY —

(Continued from Page 8)

- 1942—Fred O. Mitchell
- 1943—Howard J. F. Ade, Fred Mitchell, Edmund Quinlan, Eileen M. Hiltz
- 1944 to 1945—Catherine H. Servant
- 1945—John R. Moore, Carl W. Mongo
- 1946—George Brennan
- 1947 to 1951—Mary Muirhead
- 1951—Joe LeBlanc
- 1951—Keilor Bentley
- 1951—Joyce Ogilvie
- 1952 to 1954—Robina Metcalfe
- 1954 to 1960—Elizabeth Mulloney
- 1960 to 1962—Eileen M. Hiltz
- 1962 to 1964—May Smith
- 1964 to 1966—Eileen M. Hiltz
- 1966 to 1967—Fred G. Barrett
- 1967—Donald M. Brown

Alfred: "If the barometer falls suddenly isn't that a sign it's stormy?"

Arthur: "Either that or the nail came out."

## Chaplain's Corner

Rev. Robert Cross — Kentville Pentacostal Church

### AN OPEN DOOR

The door has opened for us into another New Year. However, as we begin, we cannot enter without looking back at the door of another year which has closed behind us.

Doubtless, the year which has passed was filled with many joys and sorrows for all of us, Perhaps for some of us more sorrows than joy. Will another year follow the same pattern? I am sure we enter the door of another year with apprehension and anxiety. However, we need not fear, for there is One Who knows the future and if you know Him, He holds your hand.

As we look back over 1968 let us think of our past for a few moments. I am sure all of us have spoken words and have done things which we should not have done, also we have failed to do good when the opportunities came our way. We could enter the New Year with a guilty complex and this would spoil the future for us.

The Scripture states, "All have sinned and come short of the Glory of God". We have sinned without doubt, and the wages of sin is death; death not only physically, but spiritually.

To the woman taken in the very act of adultery Jesus said, "Neither do I condemn you, go and sin no more". The Bible says, "If we confess our sins, He is faithful and just to forgive our sins and to cleanse us from all unrighteousness". We have sinned, but God will forgive. We must repent, turn from our sins, confess them to God, ask for forgiveness, then believe that God has forgiven us. It is a wonderful feeling to be forgiven; to know all is well with your soul. God will do this for us all because He loves us and provided a Saviour through Jesus.

What about the future? Some of you are sick, others are troubled, doubts and fears assail, and you ask yourself, "What lies beyond the open door for me?" Many people have done themselves much harm worrying over the future.

The Bible says, "Seek ye first the Kingdom of God and all the daily necessities of life will be added unto you". Again the Scriptures declare, "Set your affection on things above, not things on the earth".

To those who love God, He has promised to always be with us, never to forsake, "Lo, I am with you always even unto the end

of the age". If Christ is with us, skies may not always be blue, but knowing He is always near certainly brings great consolation.

Others face the New Year with great plans, great prospects, and there is nothing wrong with this if we keep God in our plans. The Bible says we are to say regarding future plans "If the Lord wills, we will do such and such, or go here or there". The Bible says, "Boast not thyself of tomorrow, for thou knowest not what a day may bring forth".

What about the future? Must we keep on sinning? Is there no deliverance for mortal man? Is there no release from sin's dominion? Yes, thank God there is! By giving our hearts and lives to Christ, He not only forgives our past but gives grace for the future, and day by day His grace is sufficient to carry us through. Thanks be unto God Who giveth us the victory through our Lord Jesus Christ. Jesus said, "If the Son therefore shall make you free ye shall be free indeed".

To those of you who are sick, may 1969 open the door of health and healing. Jesus cares! He knows your need! He was moved with compassion on earth and healed all the sick who came to Him. He can heal you. The Scripture says, "If thou canst believe, all things are possible to him that believeth. By His stripes ye were healed. Only believe and thou shalt see the Glory of God".

To those who are lonely, may your loneliness depart. He careth for you! Put your trust in Jesus. The hymn writer said, "How can I be lonely when I've Jesus only, to be my companion and unfailing guide? How can I be weary, or my path seem dreary, when He's walking by my side?"

To those who are bound by fear, there is One Who can deliver; your case is not too hard for God. When the disciples were overcome by fear on the Sea of Galilee, Jesus said, "Be not afraid". May He speak those words to you. Do not worry over the future, but put your trust in Him Who knows the future.

Jesus said, "I am come that men might have life, and that they might have it more abundantly". Perhaps you are hoping that this might be your experience in 1969. It can be! Doubtless, Jesus was not talking

(Continued on Page 11)

**CHAPLAIN'S CORNER —**

(Continued from Page 10)

about physical life, but spiritual or eternal life. This life is found in Christ and in Him alone.

May you, in 1969, find this abundant life, know your sins are forgiven, and know all is well with your soul.

In closing may I suggest that we leave the unknown future in the hands of a knowing, loving and all-powerful God.

**Chapel  
Notes**

Mr. Kenneth Downey, patient on Second Floor East Infirmary, sang "Peace in the Valley," at the Sunday morning service, November 24th. Mr. Downey, who has been most faithful in attending these services, is soon to be discharged to his home. He will be missed and we wish him a future of good health.

\* \* \* \* \*

Miss Faye Veinot, student C.N.A., was soloist on Sunday morning, December 8th. She sang "While Shepherds Watched Their Flocks By Night."

\* \* \* \* \*

On December 15th, our soloist was Miss Cheryl Matthews, student C.N.A., who sang "Gentle Mary Laid Her Child Lowly In A Manger."

**Health Rays  
Golden Jubilee Fund**

Our Jubilee Fund gets underway officially this month and will continue throughout the year.

Contributions should be addressed to:

Health Rays Jubilee Fund  
Health Ray Magazine  
Nova Scotia Sanatorium  
Kentville, Nova Scotia

An official receipt will be sent to all contributors.

The standing of the Fund as of December 22, 1958, was as follows:

Previously acknowledged	\$231.48
Subsequent contributions:	
Century patrons (\$100 or more)	
Dr. and Mrs. J. E. Hiltz	100.00
Other patrons:	11.70
Olive Lynch	
Susan Jane Ackles	
Total to date:	\$343.18

**November Seminar**

Episode two of our Sanatorium Improvement Seminar was held in Miller Hall on Friday afternoon, November 22nd. As before, members of the Medical and Senior Nursing Staffs, Departmental Heads, and other personnel were present.

Before presenting the panel, Dr. Hiltz, Medical Superintendent, gave a brief resume of episode one, and pointed out that already action had been taken to improve some procedures.

Again acting as Moderator, Dr. Hiltz introduced the members of the panel: Mr. Donald Brown, Director of Rehabilitation; Mr. Carl Wagner, Head Storekeeper; and Mrs. Jean Ells, Head of the Housekeeping Department. The fourth member, Mr. Charles Sheffield, Chief Engineer, was unavoidably absent. Attention was drawn to what the panellists considered weaknesses in some of the existing services, and in some instances suggestions of methods that should insure greater efficiency of execution were made. A bit of needful explanation of some phases of service not readily obvious to the uninitiated was also given.

Discussion from the floor was active, mainly centering around the problems of the Medical and Nursing Departments.

There is no doubt that these meetings will bear fruit, nor will they end with episode two.

**Red Cross Members Visit  
Sanatorium**

On November 26th a group representing the Senior Red Cross of Cornwallis District High School met in Miller Hall.

Dr. Hiltz was on hand to greet the guests, and Dr. Holden showed an interesting film on tuberculosis, called "The Inside Story." A question and answer period followed. Mary MacKinnon represented the Rehab. Department.

The evening wound up in the Coffee Bar, where hot chocolate and doughnuts were served to the visitors.

**A NEW YEAR PRAYER**

God grant that through the coming year  
I cause to fall no useless tear.  
That through the mists of self I see  
My neighbor's need of mine and me.  
And if I tremble, falter, fear;  
May one strong friend be always near.  
And at the end, please let me find,  
No act of mine has been unkind.

## Old Timers

The old year with its accumulation of joys and sorrows, triumphs and defeats, will soon be bowing out and making way for a brand new one — an opportunity for each of us to make a fresh start. That your journey through 1969 will be made in continued or renewed good health, with many additional bonuses, is the sincere wish of Anne Marie and Yours Truly.

A number of former patients have visited the Sanatorium lately. Karl Harnish of Mill Cove was here on December 1st. He is extremely well and looks back with considerable satisfaction upon his time spent at the Sanatorium in 1949 as well as his previous cure period in 1937. He has recently given up smoking and is very proud of it.

Richard Kay, here in 1956, also paid a visit to the Sanatorium. Now stationed in Halifax as a recruiting officer for the R.C.A.F., Richard has lived in Germany and flown jets since his discharge from the San. He still finds time for his favorite sport — hunting — and plays the occasional game of bridge.

Richard Pottie, here in 1951, was in for a check-up. He and his family have moved to Berwick where they have bought a home ideally situated within easy walking distance of the hospital where Richard works. Richard and his wife (nee Rose Borgal, also a former patient) have two children — a boy and a girl.

Also in for a check-up was Ivan Pauls of Seabright. Although not yet back to work since his discharge last July, Mr. Pauls looks and feels well.

When Hector McKean was in Halifax, he saw Raymond Richards who was a patient here in 1939, and later worked as an orderly. Raymond now works at the Grace Maternity Hospital and is well.

On one occasion Christmas shopping took your columnist to Eastern Home and Auto in Liverpool. The clerk in attendance was Adoloh LeBlanc. Not being especially busy just at that time, Adoloh stopped to reminisce about San days back in the mid-thirties. He is proud of the fact that he has kept well over the years, and has been able to work steadily, although not continuously at the same job. He has been with Eastern Home and Auto for eight years.

Mrs. Gladys Surette of Yarmouth, who was readmitted to the Sanatorium a few days ago, passed on some good news of old timers from down that way. Her sister, Mrs. Dorothy Muise, became Mrs.

Leslie Muise last May, and we offer belated good wishes. Anne LeBlanc keeps well, and hears from May Chymist of Lockport, who is also doing nicely. Bobby Melanson of Belleville North, has closed his little store, and taken over the Fuller Brush agency for that area.

Although you will be reading this column in mid-January, it is being written several days before Christmas — just as very welcome letters are being received from old-timers — some of them former pupils or porchmates of this scribe.

Rosalita (Bush) Tumblin of West Dublin sends regards to doctors, nurses, and patients. Rosalita, who was here in the earlier 'Sixties, enjoys good health and is proud of her three-year-old son, Randall, whose company she particularly appreciates when her husband is away lobstering.

Alberta (Vidito) Learmouth of Halifax has had a good year. She and husband Bob spent the early spring in Florida, and since that have acquired some racing horses. Sackville Downs now claims lots of their attention.

Anne (Bower) Hogg of Baccaro has two reasons for being especially happy— first, she is on her feet again and able to work some after being hospitalized for several weeks; secondly, for the renovations to their home, which make it even more comfortable and convenient than before.

Greetings also came from Mrs. Sigrid Hatlen, St. Petersburg, Florida, who says this about the weather down there: "So hot here today we had to have the air condition on. Sure doesn't seem like Christmas." Mrs. Hatlen remembers the kindness shown her during her Sanatorium days back in 1958, and sends regards, especially to Dr. Quinlan.

Wedding bells rang last December for two old timers of the 'Thirties — Nora Fisher and Harold Peach of Halifax—but the word did not reach here until this year's Christmas mail came. Late though it is, we offer good wishes.

Shirley Williams of Lockport, an old timer of a slightly later era, has a very busy schedule as medical secretary at Roseway Hospital, Shelburne.

Edith (Nickerson) Allen of McGray's

(Continued on Page 13)

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## OLD TIMERS —

(Continued from Page 12)

Post Office, C.S.I., is employed as floor manager of Toyland at Wilson's Shopping Centre, Barrington Passage, and enjoys the work very much. Edith cured here in the 'Fifties.

Ernest and Ellen Nickerson, patients in the 'Fifties, have sold their lovely new modern home in Barrington Passage and moved to New Brunswick where Ernest is giving full time to church work and preaching.

Greetings have come from a number of other old timers including Bea and Glen Seamone of Kentville, who are wintering in Florida; Hazel Duran of Weaver's Settlement; Anne LeBlanc of Grosses Coques, and Cora Briand of Dartmouth; also from Jane (Brown) Cummings of Rockingham, a former Rehab. Handcraft Worker.

Some of the staff have had letters from May Smith, a former **Health Rays** editor May is still teaching at Val D'Or, P. Q., and is planning to spend Christmas in New York with son Steve, who seems to be carving a very successful stage career for himself in that city.

Pat McEvoy had greetings from Norma Kennedy of Sydney, who was here in 1952. Norma enjoys good health in these days.

From Merrie England came greetings from Mrs. Peter McCarthy, (nee Joan Daurie of Clearland, Lunenburg County). Joan and her husband live in Nottinghamshire and in November moved into their new home — a delightful chalet bungalow.

## The Billy Whalen Show

On Saturday afternoon, December 7th, a most enjoyable show was presented in the Sanatorium Recreation Hall by Billy Whalen who was featured both as master of ceremonies and performer. Mr. Whalen is well known to those familiar with folk and western music, having been heard through the media of radio and public appearances for a number of years. Appearing with Mr. Whalen were the following entertainers: Vic Mullen, well known to viewers of the Don Messer Show; Dave (Sonny) Fenerty of the Downeasters; and Earl J. B. Wentzell, from Barss Corner, who was featured both as a vocalist and harmonica player; Elizabeth Coulter, from Tatamagouche, featured as a vocalist; and the fam-

ily group of George, Rick and Kay Coffin from Hantsport.

It should be mentioned that the Coffin trio are the children of Constance and Robert Coffin and that Mrs. Coffin was with us at the Sanatorium in the early 1960's. Both parents were present for the performance and are justifiably proud of George, Rick and Kay who should go far in the field of entertainment.

Another young person, Elizabeth Coulter, also shows a good deal of talent and ability as a performer.

The program was enjoyed very much by the patients and staff who were present in the Recreation Hall and also by the other patients who listened to it on their wards over radio station SAN.

## Patients Christmas Party

On the evening of December 18 the patients gathered in their beautifully decorated dining room for the annual Christmas party, sponsored this year by the United Church A. O. T. S. Men's Club. Present, in addition to Rev. K. G. Sullivan and Licentiate Woodrow Hewitt, were President Al Carrie and members Ken Barron, Bob Middleton, Jim Petrie, Fred Graham and Lennie Mason.

After the men were introduced by Mrs. Mary MacKinnon of the Rehab Department, a very enjoyable evening was spent in playing games. Prizes were awarded as follows: Auction 45: ladies' high — Roberta Galbraith; low — Florence Belbin. Gent's high — Ernest Stephenson; low — Joe MacDougall. Chinese Checkers — David McLaughlin and Lorne Barnaby. Lucky prizes went to Edith Amberman, Ardena Lewis, Nellie Corkum, Arthur Abbot, Sophie Perro, Stanley Crockett, and Ernest Stephenson.

Delicious refreshments, provided by the hosts, were served by the staff of the Dietary Department.

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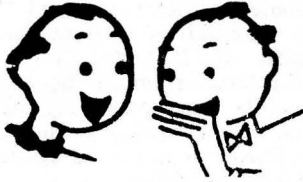
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## Just Jesting



Tommy's January report card was not nearly so good as the last one.

"What happened?" his father asked. Too much excitement over the holidays?"

"Well, you know how it is, Dad," the boy explained in an injured tone, "everything is marked down after Christmas."

\* \* \* \* \*

Jacqueline: "I have a splinter in my hand again."

Patricia: "Don't scratch your head so often."

\* \* \* \* \*

Raymond: "How does the clock go that you won at the fair?"

Bruce: "Fine; it does an hour in fifty minutes."

\* \* \* \* \*

Florence: "What is the spinal column?"

Hazel: "It's the long knotted bone in your back; your head sits on one end and you sit on the other."

\* \* \* \* \*

Nina: "Please don't make such a noise; I can't read."

Ardena: "You should be ashamed. I could read when I was five years old."

\* \* \* \* \*

Said the dowager as she watched the crowd busily enjoying themselves: "In my young days shaking in one's shoes was a sign of timidity, but now it is merely a new dance."

\* \* \* \* \*

Elizabeth: "Which is correct: "A hen is sitting or a hen is setting?"

Rachael: "I don't know, and I don't care. All I worry about is, when she cackles, is she laying or lying?"

\* \* \* \* \*

"Not married yet?"

"No."

"But I thought you had serious intentions in a certain direction,"

"I did, but the evening I intended to propose to her she told me she loved Brown- ing, and Kipling, and Shelley. Now, what chance did I have with a girl who is in love with three other fellows?"

\* \* \* \* \*

Every duty we omit obscures some truth we should have known. — John Ruskin.

Margot Asquith (Lady Oxford) tells this as the funniest joke she has ever heard:

A young man and his bride on their honeymoon arrived at Monte Carlo. Upon their first night they strolled down to the beach in the moonlight and sat here gazing out over the water.

Presently the man quoted: "Roll on, thou dark and deep blue ocean, roll!"

Whereupon the young bride grasped her husband's arm, and exclaimed: "Oh, Richard, dear, look—how wonderful you are—it's doing it!"

\* \* \* \* \*

A class in English was given the task of writing four lines of dramatic poetry. One boy wrote:

"A boy was walking down the track  
The train was coming fast,  
The boy stepped off the railroad track  
To let the train go past."

The teacher said, "It lacks the dramatic," so the boy submitted the following:

"A boy was walking down the track,  
The train was coming fast,  
The train jumped off the railroad track  
To let the boy go past."

\* \* \* \* \*

A young theologian named Fiddle

Refused to accept his degree;

"For," said he, "It's enough to be a Fiddle  
Without being Fiddle, D. D."

\* \* \* \* \*

"If I am the first girl you ever kissed, how is it you kiss so well?"

"If I am the first man you ever kissed, how do you know I kiss well?"

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The class in public speaking was to give pantomimes that afternoon.

One freshman got up when called on, went to the platform and stood perfectly still.

"Well," said the Professor after a minute's wait for something to happen. "What do you represent?"

"I'm imitating a man going up in an elevator," was the quick response.

\* \* \* \* \*

Tries to make the little things count.—  
A School Teacher.

\* \* \* \* \*

Strive to realize a state of inward happiness independent of circumstances. — J. P. Graves.



## Ins And Outs



### NOVA SCOTIA SANATORIUM

**Admissions: November 16 to December 15**

MRS. ELSIE MARIE AMIRAULT, Amiraault's Hill, Yarmouth Co.; HENRY ALLEN ATKINSON, 20 Park Rd., Truro; LORNE BARNABY, Kings County Hospital, Waterville; MRS. HELEN GERTRUDE BRUCE, 51 Erskine St., Dartmouth; MRS. MARY PRISCILLA BURGESS, Upper Dyke, Kentville (Box 524); WESLEY LEPEEN BURNS, R.R. 1, Barss Corner, New Germany; DONALD PATRICK CAMERON, 6520 MacDougall Ave., Apt. 2, Halifax; MARGARET ANNE CAMERON, 6520 MacDougall Ave., Apt. 2, Halifax; NORMA JEAN MARY CAMERON, 6520 MacDougall Ave, Apt. 2, Halifax; JOHN ANGUS CHISHOLM, Malignant Cove, Antigonish Co.; AUBREY GIDEON CORKUM, Pleasantville, Lunenburg Co.; DONNA DARLENE CORKUM, R.R. 1, Pleasantville, Lunenburg Co.; JOHN ARTHUR DEVEAU, Weymouth Mills, Digby Co.; MRS. MARY ELIZABETH DHOGE, Monastery, Ant. Co.; JOSEPH DOMINIX, Fox St., Lunenburg; MRS. HAZEL VILDA GOREHAM, Barrington Passage, Shelburne Co.; JOHN JOSEPH GOUCHER, R.R. 1, Annapolis Royal (Moschelle). RHODERICK FRANCIS GRANT, Heatherton, Antigonish Co.; CYRIL LESTER GREENOUGH, Hillside Residence, South Maitland, Hants Co.; GEORGE FRANKLYN HARVEY, Black Rock, Kings Co.; CECIL HOPKINS, Port Medway, Queens Co.; PHARES WARREN JUDGE, R.R. 2, New Germany; JACQUELINE KELLOWAY, 25 MacPherson St., Glace Bay; JOSEPH ALAIN LeBLANC, R.R. 1, Weymouth; DONALD HUGH LIGHTBODY, 80 Brunswick St., Truro; MRS. IVA MAUDE MARR, Walton, Hants Co.; MRS. BERTHA CHRISTINA MOORE, 139 Lanzie Road, Kentville; ANNIS CLAYTON MOSHER, Osborne Road, Lunenburg Co.; STEPHEN EVERETT MULLEN Nova Scotia Sanatorium, Kentville; DAVID CHARLES MacLAUGHLIN, Kings County Hospital, Waterville; HENRY FORMAN McCARR, Box 105, Guysborough; MRS. RUTH HOPE

SANFORD, R.R. 3, Aylesford; MRS. EVELYN JOAN SICARD, 121 St. Margaret's Bay Road, Halifax Co.; CHARLES EDWARD SLAUENWHITE, Terrance Bay, Halifax Co.; MRS. GLADYS MARION SURETTE, 52 Cliff St., Yarmouth; LESTER CLIVE TURNER, Torbrook, Anna. Co.; (mailing address "Wilmot"); THOMAS VINCENT WALKER, Carleton Corner, Annapolis Co.; JOHN FRANK WEALE, 30 Acadia St., Middleton; HAROLD AUSTIN WEBSTER, Cambridge, R.R. 1, Kings Co.; JAMES KENNEDY WILSON, Morristown, R.R. 1, Berwick.

**Discharges: November 16 to December 15**

PAULINE FAYE AALDERS, Lunenburg; BALJET JUMARA AHLUWALIA, 175 Albro Lake Road, Dartmouth; HANS MARTIN ANDERSON, Sherbrooke, Guysborough Co.; MRS. HAZEL GWENDOLYN BEATON, 57 Shearwater Trailer Court, Dartmouth; DR. ARTHUR JAMES BRADY, 115 South St., Bridgetown; ARTHUR FREEMAN BROPHY, Terrance Bay, Halifax Co.; MRS. HELEN GERTRUDE BRUCE, 51 Erskine St., Dartmouth; PHYLLIS BUCHANAN, Kings County Hospital, Waterville; HAZEL ROBERTA CARLETON 10 School St. Pictou; JOHN ANGUS CHISHOLM, Malignant Cove, Antigonish Co.; ANNIE MAY DIXON, Oxford, Cumberland Co.; KENNETH JUNIOR DOWNEY, North Preston, Halifax Co.; ROSALIE EVALINE FLYNN, Newport Station, Hants Co.; JOHN MAXIMUM GAUDET, 71 Brun. St., Yarmouth; WANDA ANN GILLIS, 344 Tremont St., New Glasgow; MRS. HAZEL VILDA GOREHAM, Barrington Passage, Shelburne Co.; WILLIAM HENRY HARNISH, Sober Island, Halifax Co.; GEORGE FRANKLYN HARVEY, R.R. 1, Grafton, Kings Co.; PARICIA MARY JACKMAN, 170 Gannon Road, North Sydney; TRACEY KAULBACK, Fall River, R.R. 1, Windsor Junction, Halifax Co.; GERALDINE EDNA LeBLANC, Little Brook, Digby Co.; MARY DELPHINE LEGERE, 5300 Morris St., Halifax; MRS. MAUDE MARR, Walton, Hants Co.; GEORGE ALEX MATHESON, Sunset Home for Disabled, Pugwash; GENE WILLIAM

(Continued on Page 16)

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**PETERS' LUNCH**

**INS AND OUTS —**

(Continued from Page 15)

MUISE, 11 Tooker St., Yarmouth; HENRY FORMAN McCABE, Box 105, Guysborough; HELEN CATHERINE MacDONALD, Purlbrook, R.R. 5, Antigonish Co.; MRS. ELLA MARJORIE NICKERSON, Doctor's Cove, Shelburne Co.; BRUCE STEWART OLIVER, Lawrencetown, Annapolis Co.; JOSEPHAT ROBERTS, Basin View Home, Halifax; SYDNEY CLIVE ASHTON ROBERTS, 80 Belcher St., Kentville; JOSEPH SACK, Micmac, Shubenacadie, Hants Co. (to Hillside Nursing Home, Shubenacadie); MRS. RUTH HOPE SANFORD, R.R. 3, Aylesford; MRS. EVELYN IRENE SCHOFIELD, Lockhartville, R.R. 1, Hantsport; MARY PAULINE SMITH, Box 494, Middleton, Annapolis Co. (to V. G. Hospital); MRS. MARGUERITE EVELYN SPIDLE, Maplewood, R.R. 1, Barss Corner, Lunenburg Co.; MRS. GLADYS MARION SURETTE, 52 Cliff St., Yarmouth; LESTER CLIVE TURNER, Torbrook, Annapolis Co.; JOHN FRANK WEALE, 30 Acadia St., Middleton; MRS. KATHERINE OLIVE ZWICKER, Somerset, R.R. 4, Berwick, Kings Co.

**POINT EDWARD HOSPITAL****Admissions: November 16 to December 15**

MRS. ELIZABETH BERTHIER, West L'Arcaise; ALEXANDER F. CAMERON, 4 Union Highway, New Waterford; ARTHUR CLOAKE, 19 Warren St., New Waterford; SISTER MARIE CORMIER, MacGillivray Home, Sydney; JOHN F. DALEY, Ingonish Centre; ANN MARIE FITZGERALD, Dingwell, Victoria Co.; JOHN ANDREW GOOGOO, Afton Station, Antigonish Co.; CHARLES R. HOLMES, 756 Westmount Road, Sydney; LEVI ISADORE, Nyanza; MRS. MARY CATHERINE JOLLIE, 17 April Terrace, Sydney; MRS. BEATRICE L. LAHEY, Main-a-Dieu; GEORGE DOUGLAS LYONS, R.R. 1, Glace Bay; WILLIAM EDWARD MacADAM, 8 Disraeli St., North Sydney; GRAHAM K. MacKENZIE, 69 St. Peters Road, Sydney; MRS. ANNIE RITA MacNEIL, 43 Pitt St., Glace Bay; MRS. CHRISTENA MacNEIL, R.R. 2, Christmas Island; PETER HECTOR MacNEIL, 212 King Edward St., Glace Bay; MRS. SHIRLEY MacPHERSON, 132 Wilson Ave., New Waterford; ARTHUR JOSEPH MacRURY, 149 Cornishtown Road, Sydney; RONALD J. OAKEY, Wolfe St., New Waterford; JOSEPH W. PARSONS, 29 Napoleon St., North Sydney; MRS. MARY ANN PAUL, 28 Gallagher St., Sydney;

MRS. ELIZABETH PHILLIPS, Whycocomagh; NOEL JOSEPH STEVENS, Barra Head, Richmond Co.; JUDITH ANN WHITE, 18 Reserve Rows, Reserve Mines; GERALD A. WHITE, 18 Reserve Rows, Reserve Mines; ROBERT YOUNG, Whycocomagh.

**Discharges: November 16 to December 15**

PATRICK BREZUK, C. B. Hospital, Sydney River; JOAN MAUREEN HULL, 96 Main St., Sydney Mines; JACQUELINE KELLOWAY, 25 MacPherson St., Glace Bay; CRAWFORD ANDERSON MacDONALD, 453 Second St., New Aberdeen; MRS. MARTHA C. MacDONALD, 80 9th St., New Waterford; GRAHAM K. MacKENZIE, 69 St. Peters Road, Sydney; MRS. CHRISTENA MacNEIL, R.R. 2, Christmas Island; JOSEPH WILLIAM PARSONS, 29 Napoleon St., North Sydney; OCAR VANDERLINDEN, 17 Lingan St., Dominion; BARTHOLOMEW WATKINS, Rear 14 Hellan St., New Waterford; MSTR. FRANCIS GREGORY WHITE, 18 Reserve Rows, Reserve Mines.

**OCCUPATIONAL THERAPY —**

(Continued from Page 5)

accomplish immediately within your exercise limits.

Occupational therapy should provide each patient with a graded activity program that will permit an outlet for energy, broaden knowledge and skills, increase concentration span, and widen interests. In other words, it should help each patient to prepare for that all-important day that spells "Discharged"

Jim: "So you had dinner with your new girl last night. What's she like?"

Wally: "Everything on the menu."

\* \* \* \* \*

Two men, Wood and Stone, were standing on a corner. A pretty girl walked by. Wood turned to Stone. Stone turned to Wood. They both turned to rubber and the girl turned into the post office.

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MONTREAL

CANADA

FOUNDED IN CANADA IN 1899

# Nova Scotia Sanatorium

J. E. HILTZ, M.D., D.P.H., C.R.C.P. (C)	Medical Superintendent
H. M. HOLDEN, M.D., C.R.C.P. (C)	Asst. Superintendent
J. J. QUINLAN, M.D., C.R.C.S. (C)	Surgeon
F. J. MISENER, M.D.	Radiologist
A. LARETEI, M.D.	Physician
MARIA ROSTOCKA, M.D.	Physician
G. A. KLOSS, M.D.	Physician
E. W. CROSSON, M.D.	Physician
V. D. SCHAFFNER, M.D., C.R.S.C. (C)	Consultant Surgeon
D. M. MacRAE, M.D., C.R.C.P. (C)	Consultant Bronchoscopist
B. F. MILLER, M.D., F.R.S.C. (C)	Consultant Orthopedic Surgeon
E. J. CLEVELAND, M.D., C.R.C.P. (C)	Consultant Psychiatrist
D. H. KIRKPATRICK, M.D.	Courtesy Consultant in Anaesthesia
C. E. JEBSON, M.D., C.R.C.S. (C)	Consultant Urologist
MRS. HOPE MACK, R.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
RONALD GERRARD, B. Comm., C.A.	Administrative Assistant

## 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
MISS HELEN J. MacKENZIE, R. N.	Supervisor of Rehabilitation

## Church Affiliation

### NOVA SCOTIA SANATORIUM

#### ANGLICAN

Rector—Archdeacon L. W. Mosher  
Sanatorium Chaplain—Rev. W. A. Trueman

#### Co-ordinating Protestant Chaplain

Rev. Dale MacTavish

#### BAPTIST

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

#### ROMAN CATHOLIC

Parish Priest—Rt. Rev. J. N. Theriault  
Curate—Rev. G. E. Saulnier

#### CHRISTIAN REFORMED

Minister—Rev. J. G. Groen

#### SALVATION ARMY

Capt. H. L. Kennedy

#### UNITED CHURCH

Minister—Rev. K. G. Sullivan  
Sanatorium Chaplain—Dr. (Rev.) Douglas Archibald

#### PENTECOSTAL

Minister—Rev. Robert Cross

The above clergy are constant visitors at The Sanatorium. Patients wishing a special visit from their clergyman should request it through the nurse-in-charge.

### POINT EDWARD HOSPITAL

#### ANGLICAN

Rev. Weldon Smith

#### ROMAN CATHOLIC

Parish Priest—Msgr. W. J. Gallivan

#### UNITED CHURCH

Rev. Robert Hutcheson

#### PRESBYTERIAN

Rev. E. H. Bean

#### SALVATION ARMY

Mr. William Brewer

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.



# The Canteen . . .

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AND BENEFIT

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- Clocks, Watches, and Costume Jewellery
- A wide variety of grocery items
- Ladies' and Men's wear — Nylons