

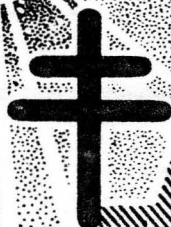
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# Health Rays



**The Miller Hospital**

Vol 57

June 1976

No. 6



# HEALTH RAYS

## STAFF

MANAGING EDITOR . . . . . DONALD M. BROWN  
ASSOCIATE EDITOR . . . . . EILEEN M. HILTZ  
BUSINESS MANAGER . . . . . JOHN AKIN

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Please address all communications to: The Editor, Health Rays,  
Miller Hospital, Kentville, Nova Scotia

## TABLE OF CONTENTS

PETER MOSHER ADDRESSES ROTARY CLUB	1
A JUNE MORNING, Lilah Smith Bird	2
THERAPY	2
THEY WILL BE MISSED	3
YOUR AMAZING LUNGS	4
ARE YOU SENSITIVE OR RESISTANT?	5
RETIRING THIS YEAR?	6
TRY WALKING	6
EDITORIAL COMMENT	7
THE SONG OF THE BROOK, Bessie Fairn Mason	9
DON'T GIVE UP, Bessie Fairn Mason	9
CHAPLAIN'S CORNER, Lic. Gordon Kissner	10
FATHER'S DAY, Msgr. J. H. Durney	11
A PRAYER, Bessie Fairn Mason	11
OLD TIMERS	12
INS AND OUTS	14
JUST JESTING	16

## Hospital Visiting Hours

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

## Peter Mosher Addresses Rotary Club

Merger of the Nova Scotia Sanatorium with the Kentville Hospital Association probably assured a future for the San, Peter M. Mosher, executive director of the K.H.A. told the Rotary Club of Kentville, Monday, June 14th.

The Sanatorium, renamed the Miller Hospital at the time of the merger in December 1975, and the Blanchard Fraser Memorial Hospital complement each other, he said.

Mr. Mosher titled his address "Health Care in Nova Scotia, and a Look into the Future."

### THREE-TIER SYSTEM

The organization of health services as they presently exist "have in effect, a three-tiered system." These are federal and provincial governments and "the providers of health services at the community level," each of which has a number of subsidiary operations, Mr. Mosher said.

Federal government, while not having statutory authority to provide health care, has greater access to revenues "and can exert a levelling influence on the quantity and quality of health care throughout the country," Mr. Mosher said.

"The provincial government has the statutory authority for providing virtually all health services," he said.

Cost sharing between the two governments has been arranged in a manner which allows the province to provide the services.

Mr. Mosher said that all concerned "are sincere and earnestly trying to match scarce resources against apparently overwhelming needs."

He said that little has changed in the health care situation since the Nova Scotia Council of Health report was released three years ago. This report noted an over abundance of active treatment beds, and a shortage of extended care beds. Provision of alternate levels of care — home care program, community health care centres and integration of programs at provincial level were placed in high priority.

Introduced by the meeting's chairman, Garth Calkin, Mr. Mosher said some new programs have emerged such as children's dental and senior citizens' drug.

"The report of the health council clearly pointed out disparities in the distribution of hospital beds. Probably the low point is about right and the high point is excessive. What has been done to rationalize these excesses? That is where we must look to find the needed resources in time of restraint. To do otherwise will compromise the quality and accessibility to the basic and necessary services that the population requires.

"All of us at the community level have to be prepared to stop protecting and conserving the non-productive parts of the health system that we administer in order that funds can be devoted to a higher priority use. This rationalization has to be the answer in the time of restraint because arbitrary across-the-board increases to hospitals operating budgets on an equal basis across the province does not, in my opinion, lead to equality. It penalizes the efficient operator and gives a bonus to areas where inefficiencies or excesses already exist."

If negotiations currently underway at the first ministers' conference in Ottawa are successful "I think we can look to some rather dramatic changes in the next few years," the speaker said. But he was not optimistic that an agreeable formula would be found. He said he believed that "we should be striving for a common health standard for all Canadians that is free of disparities.

"As imperfect as our present cost-sharing agreements may be, they are, nevertheless, more fair and equitable on a

## A June Morning,

Lilah Smith Bird

I hastily plumped the pillows and drew up the spread in my eagerness to breakfast out doors on our back porch. June's blue skies and sweet-smelling air beckoned to the "within" of me.

The butterflies and bees, both honey and bumble, are frequenting the apple blossoms which hold up their sweet cheeks for morning kisses. A robin sings, and June dew rests heavily upon the spring grass on the cottage lawn. Balmy, scented breezes sift through the wild field opposite, and across the front lawn, to keep company with us.

We often eat breakfast and lunch on this little porch and enjoy June's tranquil landscape. We pass many joyous hours exchanging personal philosophy and sharing some of our innermost thoughts.

We discover we often meet on common ground and agree it is much wiser for fellowman to cultivate a single complimentary tongue, in lieu of a critically oriented one, for a pleasant personality creates pleasure all along its pathway through life, but the road of the carping tongue is often stony, cold and lonely.

The mantle clock sounded its Westminster chimes, and the hour bong told me the time. I hurried to the oven to take out the angel food cake. Whenever I bake this cake I think of friend Maggie's witty remark, "Eating a piece of angel food cake is like chewing on a mouthful of fog."

Husband's vegetable garden is growing nicely. He reports his potatoes, beans, etc., are up. The June road is a fragrant road, and the wild field wears a gown of soft spring green, hemmed with red and white clover. The June road is a friendly road; greetings hail from flower beds of tulips and daffodils, tree tops, and the lowliest limb and tiniest snail that has abandoned the shelter of the great field to creep across the road.

We have friendly people passing our cottage who exchange a few words of greeting. People from near and far have passed over our threshold and many cups

of tea and biscuits have we enjoyed together. We exchange ideas, books, magazines, recipes, directions for lace and knitting. This summer we plan to return some of their visits.

It saddens me to think of "Health Rays" being discontinued. What a useful little magazine this has been down through the years for patients and ex-patients who keep in touch with each other. I shall miss "Health Rays", but all good things come to an end.

I wish you all a very pleasant summer with health and happiness.

Thank you all for your friendly letters, and may God bless you all.

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## Therapy

Man's best friend is branching out into new areas. Long known for his friendliness, the ever-faithful dog is now helping psychiatric patients face their problems. According to Dr. Samuel A. Corson of Ohio State University: "Man's best friend may also be his best therapist."

In an experiment, 20 patients who hadn't responded to conventional psychotherapy were each offered a pet dog., especially chosen for their warmth and friendliness. Eighteen of the patients accepted their new canine friends and consequently showed improvement. A severely withdrawn schizophrenic patient who hadn't responded to drugs or shock treatment was given one of the dogs and recovered sufficiently to be released from the hospital.

Anyone who has owned an affectionate puppy knows how it will continue to love and accept its master, no matter what is said or done to it. This type of unconditional love seems to be just what disturbed persons need. In this "dog-eat-dog" world, maybe it's what we all need!

## They Will Be Missed

We clipped two fitting tributes to Joseph Lellis LeBlanc, who died on Monday, May 24, 1976, at his home in Yarmouth. The first, from the Yarmouth Light, has been copied in part: Newspaper Joe, as he was commonly referred to, had been an active journalist since the early '30's and throughout the course of his career had been a mainstay in local journalistic circles. He was the News Editor of the Yarmouth Light and Yarmouth Herald. At the time of his death he was still actively contributing to the local press with his column "Down Through the Years".

He started his journalism career in the early 1930's while a patient at the N.S. Sanatorium where a radio system had been set up in the recreation building to broadcast daily live programs to the patients.

When he returned to Yarmouth in 1934 he commenced writing sports for the Yarmouth Light under the heading "Sports by J.L.B." In 1937 he became sports editor of the Herald and from 1940-1967, with the exception of a two-year period from 1939-40, he was sports and news editor of the Yarmouth Light and Yarmouth Herald. He was also resident correspondent for the Halifax Chronicle-Herald from 1936-71 (with the exception of the 1939-40 period).

Throughout his career he interviewed numerous people, many of them well-known throughout the world. Among those he interviewed were such diverse personalities as Cyrus Eaton, Kate Smith, and boxers Jack Sharkey and Gene Tunney. He also covered the visit of President F. D. Roosevelt who was in the area in search of tuna. He covered the international tuna matches yearly throughout his career.

He is survived by his wife, the former Doris Lavine, his mother, Mrs. Lena LeBlanc, and two daughters, Leona, Halifax, and Jeanne (Mrs. Gerald Boudreau) of Church Point. Funeral services were held on May 27 at St. Ambrose Cathedral. Donations were to be made to the N.S. TB and R.D. Association, Yarmouth Branch.

The other tribute was written by Harold

Shea - a combined tribute to Bob (Robert) Chambers and Joe. Quoting part of it:

"Bob Chambers and Joe LeBlanc had a great deal in common. Their quiet dignity, strong sense of humour, keen desire to entertain and inform their readers and followers, and outstanding ability to provide inspiration to their colleagues set them apart as special people in the newspaper business.

"Theirs was that refined and respected skill that helped give the business a good reputation. They helped make over the trade of reporting into the profession of journalism.

"It's sad to see them leave - Bob Chambers in retirement, Joe LeBlanc in death. Their shoes are tough to fill. Both came from the quiet parts of the province where people have time for one another. Robert W. Chambers was born in Wolfville; Joseph L. LeBlanc in Wedgeport....

"Joe wrote for the papers, the magazines and the radio stations - sports mostly. It was said of him that he knew the batting averages of every player in the baseball leagues around south-western Nova Scotia - 20 years back. He spent a good deal of time around the ball fields, and was active in the Yarmouth Amateur Athletic Association. He was also extremely interested in Boxing and wrestling.

"Joe spent much of his time in hospital, too. He knew every nook and corner of the Nova Scotia San in Kentville. "That's where you really learn to pray," he once told me.

One learns a great deal from people like Bob Chambers and Joe LeBlanc. They always demonstrated kindness, warmth, friendship and concern for how you were getting along. Most of all, they always made you welcome when you dropped in for a chat. Real people are like that."

---

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

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

## Your Amazing Lungs

What is it that you do normally 18 times a minute, 1080 times an hour, and about 25,000 times a day—yet rarely notice? The answer: **You breathe.**

Yet for something at which we are expert, it's surprising how many false ideas we have about breathing and the organs that do the breathing — the lungs. For example, are these six questions true or false?

1. The lungs of an adult are red.
2. Both lungs are exactly alike.
3. It is possible to live with only one lung.
4. Coughing does no harm.
5. there's no difference between the way men and women breathe.
6. More air is breathed in than out.

All these statements except number three are false.

A child has pink lungs; an adult has gray or black lungs. And the city dweller, who breathes in industrial fumes and smog, has darker lungs than the one who lives in the country.

The lungs are similar but not identical. The left lung is smaller and it has two lobes (parts), while the right lung has three lobes.

These two organs, in proportion to their size, are the lightest ones in the body. (They float on water.) In women, the lungs average two and three fourths pounds; in men, three and a half pounds. The lungs are located in the chest cavity, one on each side of the heart and above the diaphragm, the muscle that helps them expand and contract.

The purposes of the lungs is to bring oxygen to the body's cells and to take away a waste product, carbon dioxide. It's the air cells inside the lungs that do this—699,000,000 of them, each of which measures 1-250th of an inch.

The size of the lungs is surprising. Their surface is 50 times that of the skin. And if their walls were spread out flat, they would cover some 2,600 feet.

Yet, as important as the lungs are, some people have lived for years after the removal of one lung.

A person generally coughs for the same

reason that he breathes: A part of the brain, called the medulla oblongata (the medulla also controls your heartbeat and your swallowing) takes care of it automatically. Coughs can be voluntary.

The air that enters the lungs is partially purified by hairs in the nose; nevertheless foreign matter does enter. And that's the reason for the cough, to get the foreign matter out of the lungs. The air that rushes out of the lungs during a cough can reach the velocity of a hurricane.

According to Dr. Andrew Banyai, an expert in chest diseases, coughing is a device to clean the lungs, and a good one. On the other hand, coughing should be "purposeful", that is, it must be doing something. For as Dr. Banyai has pointed out, violent coughing spells have fractured peoples' ribs, brought on fainting spells that lasted up to three minutes, strained hearts, caused headaches, led to fatigue, and even tore holes in the diaphragm.

Over the centuries, all kinds of bizarre cough remedies have been employed. An effective approach came with the use of medicines containing narcotics.

Any time that coughing is persistent, it is wise to see a physician, for coughing is a sign of trouble. According to a survey made in the state of Washington, respiratory diseases — colds, flu, bronchitis, and pneumonia — are among the most common cough-causing ailments.

Curiously men and women do not breathe alike.

The woman's ribs move more than the man's in breathing. The child's breathing also differs from the adult's; the child's diaphragm moves more.

Reprinted from a previous issue.

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## Are You Sensitive Or Resistant?

Many times a patient will ask: "Am I sensitive or resistant, and what does it mean?" First of all, to understand these two terms, it is necessary to define them.

Sensitivity to drug or antibiotic means that a patient will probably benefit by continuing this type of treatment. Resistance to a drug or antibiotic on the other hand, means that a patient will probably not benefit by further use of that preparation.

To further understand why that happens, let us take the tubercle bacillus and see what part it plays in this sensitivity or resistance question.

There are many varieties of tubercle bacilli. Some types are capable of quickly adjusting to an environment created for them by a patient taking a certain drug. These bacilli are known to be resistant. Other types of bacilli are affected considerably by the new environment as a result of a drug. These bacilli, if not actually killed by the drug, are in a dormant state since they do not readily adjust to their new surroundings, and are known to be sensitive.

In order to test sensitivity or resistance it is necessary to know the following three things:

First: A patient must have a positive sputum which when cultured will yield a positive culture.

Second: We must know what drug or antibiotic or any combination of these a patient is taking or has taken in the past.

Third: The dosage and length of drug or antibiotic therapy must be known. The first requirement is self explanatory. If the culture is negative there are no tubercle bacilli available to test for sensitivity or resistance. The second requirement tells us what specific drug or antibiotic we must use in order to test each case. For example, it is useless to test for INH when a patient is taking streptomycin and vice versa.

This last requirement is very important, for in order to perform the test, the average concentration of the drug or antibiotic present in the patient's blood must be

duplicated in the culture plate; only then can the true value of sensitivity or resistance be determined. This concentration is usually referred to as the drug or antibiotic blood level.

Briefly, this is now the test for sensitivity is evaluated: Patients are tested for sensitivity every 3-6 months. Culture plates in the laboratory are especially made having the drugs or antibiotics incorporated in the culture medium at blood level concentration.

When a test is made for sensitivity, the positive sputum is concentrated and placed in identical amounts on the control plate without drugs, and on the specific sensitivity plates containing drugs, antibiotics or combination of these.

After four weeks of incubation at body temperature, the plates are examined for evidence of colony growth. If the control plate is positive and there is no growth on the sensitivity plate, it means that the drug has stopped the growth of tubercle bacilli, and the bacilli are therefore sensitive to this specific drug or combination of drugs.

On the other hand, if both the control and the sensitivity plate show growth, then it signifies that the tubercle bacilli grow despite the presence of the drug or combination of drugs, and that, of course, identifies them as being resistant.

The degree of resistance can be estimated by comparing the number of colonies on the control plate with the number on the sensitivity plate. Thus, patients on drug therapy are tested periodically in order to determine their

(continued on Page 15)

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## Retiring This Year?

It's not much fun getting old; hair and teeth fall out, eyes grow dim and the stairs get harder to climb. But, according to **Esquire** magazine, people owe it to themselves to fight against 'bad old age' and learn to accept old age with grace - and of course, 'style'. Here are **Esquire's** eight basic rules for all of us who are old:

1. Stand up straight. Imagine you are George Balanchine.

2. Mind your gerontic zones. Make sure the hair in your ears is trimmed and your socks are up well over your shins. Women: wear sleeves.

3. Never stop working. The best, of course, is to get so powerful at your job that you can't be thrown out. Second best: and all-consuming hobby.

4. No cosmetic devices. Enough said.

5. Learn to narrate. Old people have a lot to say that's worth listening to. They should cultivate the art of story telling. There's quite a difference between an old wind bag and an old person with stories to tell.

6. Rage, don't whine.

7. Embrace winter. Spend at least two months a year in a cold climate. Year-round living in warm climates leads to jungle rot or permanent suntan.

8. Acquire a big ego. Old age isn't easy. But a big ego helps.

- from **American School Board Journal**.

## Try Walking

When he was president, Harry Truman was asked how he managed to handle the many pressures of his job. "Regardless of how busy I am or what kind of weather it is or what kind of problem I am faced with," he replied, "I never fail to take a long, brisk walk!"

The late Dr. Paul Dudley White, world-famous cardiologist, contended that there is a relationship between the increasing incidence of heart-circulatory diseases and the decrease in the amount of walking required in modern life.

Dr. White demonstrated his belief in the value of walking several years ago when he arrived with a group of cardiologists at a Chicago conference. While the others waited for the elevator, Dr. White, then in his 70's walked to the meeting room - 14 floors up! He made the trip with no discernible fatigue - and arrived ahead of the others!

Scientific investigation has shown that regular walking can keep you just as fit as jogging. And it doesn't create some of the muscle and joint problems sometimes associated with jogging for those over 40. Brisk, deliberate walking involves the use of 150 pairs of muscles and is a good, inexpensive preventive medicine.

How about it? Too busy? Maybe you need to plan to walk each day. It probably should take priority over many of those things that are keeping you too busy.

### UNNEEDED SENILITY—

Senility, often thought synonymous with old age, is not only avoidable but predictable and, at times curable, according to Dr. Muriel Oberlander, a clinical psychologist, and Dr. James Folsom, a psychiatrist.

The assumption that something can be done about senile persons is half the battle, the two experts say, and this is where physicians and family members fail.

The two doctors use the technique of "reality orientations." Senile patients are bombarded with everyday facts and tasks. Result: Many have returned to normal lives with their families.

A little girl, new to baby sitting, was asked her prices. After some thought she wrote them down: "Sleeping babies, twenty-five cents; crying babies, thirty-five cents; wet babies, forty cents; and worse than wet babies, seventy-five cents."

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



## Editorial Comment

June is nearly over, as I assemble this material, and we are undecided as to whether to call this the June issue, or combine it with July. The decision will probably be based upon how busy the printing office is between now and July 1st. That is, of course, a holiday for the printing office as well.

We have had remarkably hot weather throughout most of June, with the exception of two unseasonably cool Saturdays, and it certainly has been too warm and humid for working very efficiently. It is fortunate that we don't have the numbers of patients on bed rest as in past years, for air conditioning units are few and far between.

We were fortunate in having two of our traditional outings in early June. The first, of course, was the trip by Perry-Rand bus to view the Apple Blossom Parade on Saturday, June 5. It was a hot day, as Parade days usually have been in past years, and we were pleased that we were able to park the bus in the shaded area of the United Church driveway, where we were able to view the parade without leaving the bus. The second trip was on the following Monday when a group of patients enjoyed a drive by bus to Blomidon Park. The apple blossoms were at their best about a week before the festival weekend, but the countryside was fresh and green and the drive was enjoyed.

On a Tuesday evening near the middle of June members of the Kentville chapter of the Barbershoppers visited the Third Floor and sang for one of their members, Dr. K. B. Eaton, who was a patient for a short time. They had time for singing only on Third, after which they called upon one of their charter members, Bill Brown, 15 Academy Street, for the remainder of their "practice session", and to present him with a scroll.

x x x x x

We were pleased to have a visit from Fred Barrett, former Director of Rehabilitation. He is "making no promises" but is still considering writing an article for

Health Rays concerning the Rehabilitation Program as it used to be. The Barretts are still in Annapolis Royal, and their daughter is living in North Sydney.

x x x x x

Speaking of the Sydney area, we have just had a visit from Dr. D. S. Robb, Mrs. Robb and daughter Marjorie. (We are sure that all who know the Robbs were as grieved as we were to learn of the tragic death of their daughter Jane in a highway accident less than a month ago). Point Edward Hospital has indeed closed, and Dr. Robb is now attached to the Northside General Hospital. We understand that of the numbers of us who were employees of the Province of Nova Scotia, only Dr. Robb and Dr. Holden have retained that status. The Robbs, by the way, were able to visit Miss Mariam Clifford in Tiverton, the Fred Barretts in Annapolis Royal, and partially move Marjorie's "household effects" from Middleton, where she has been teaching, to Liverpool, where she will be teaching next term.

x x x x x

There is probably a great amount of news of the Miller Hospital that would be of interest to many of our readers. One item of interest is that for the months of July and August, at least, Floor I is being closed - along with one floor at the B.F.M. Hospital. Another item is that Dr. Holden is now Director of Tuberculosis Control - as Dr. Hiltz had been. Of interest especially to former nursing staff is the news that the patients' charts have now been moved from the Medical Records Department to the floors.

In the process of amalgamation, department heads from the Miller Hospital and the B.F.M. have been meeting together weekly with Mr. Mosher as chairman. Those in our Business Office who are involved in purchasing are in the process of moving to the B.F.M., and Mr. Betik, Bun Akin, and

## EDITORIAL COMMENT

(continued from Page 7)

many others, divide their time between the two hospitals. I learned only recently that the noticeable improvement in the appearance of the B.F.M. grounds is likely due to the fact that Bob Middleton has been devoting part of his special talents to the beautifying of the landscape at "the other unit".

x x x x x

Lest the reader should think that it is a one-way street connecting the hill tops, let us say that we have gained a part-time physiotherapist, in the person of the personable Mrs. Waterbury, who divides her time between the two units. Probably it is just that we have more personnel spending part of their time over there for the reason that we had more to lose in the first place. Incidentally, since early June there has been an ad in the local paper inviting folks to suggest an appropriate name for the Kentville Hospital Association. It will be interesting to see some of the suggestions.

x x x x x

We are pleased to welcome Lic. Gordon Kissner to the Miller Hospital for the summer months. Mr. Kissner is a Masters Student at Acadia Divinity College, and has previously worked as a student chaplain at the Kings County Hospital and the Grand View Manor. Originally from Western Canada, he is married and living in Wolfville, where his wife is employed in the Bursar's Office at Acadia University. His parents are living in Victoria. We hope that he will enjoy his work at the Miller Hospital.

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

## PETER MOSHER ADDRESSES ROTARY

(continued from Page 1)

national basis than any alternative proposals of which I am aware that have been put forward in the past three or four years. The whole question will be a matter of concern to us in the future."

He said we would be "totally blind if we did not look at what has been accomplished with the system in Great Britain and take some lessons from it."

"I believe that we have two choices," Mr. Mosher said. The first would be to transfer all responsibility for provision of health services to the provincial government or "accept the responsibility of looking realistically at what the health needs of our community have to be in terms of meeting expressed and identifiable demands, and in comparison with other areas of the province and the rest of Canada, and strive to achieve equality.

"Equality does not mean that every community must have a hospital or a full range of health services. Obviously there is a range of services that should be provided in every community but this is largely dependent upon the size of the community and the population served."

"Reasonable access," he said, "may mean a 30-minute drive at the most to the nearest primary care facility or an hour at the most to the secondary level of service.

"One thing is certain, however, and that is the days of easy spending are probably over forever. We must justify our existence by providing reasonable access to good quality services."

The club's appreciation was expressed to Mr. Mosher by Rotarian John Drew, who is chairman of the Kentville Hospital Association.

(Kentville "Advister", June 17, 1976.)

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# The Song Of The Brook

Bessie Fairn Mason  
(Written at Age 16)

I wandered today by the brookside, and  
as I watched the stream,  
Sweet memories of my childhood came  
back, like a beautiful dream.  
'Twas here with my little companions I had  
roamed in days gone by,---  
And we played in the sparkling water, and  
chased the butterfly.

O carefree days of childhood! Vain longing  
fills my heart;  
The brook gurgles on, and above it the busy  
swallows dart,---  
The same as of old. But the playmates of  
childhood's happy hours  
Are gone. The Blessed Redeemer to His  
beautiful Heavenly bowers  
Has taken some of the brightest, and borne  
them on His wings of love  
To bloom, in joy and gladness, in His  
matchless garden above.

And some have crossed the ocean to distant  
lands away,--  
And wandered farther and farther from the  
brook where we used to play.  
And so, of the dozens of children who have  
played here in days that are gone,  
I, weary and sad, am standing on the old  
playground, alone.

But hark! As I stand here and listen to the  
water close at my feet,---  
Its rippling gurgling chatter seems changed  
into music sweet;---  
And instead of the noisy babble among the  
pebbles below,  
I catch a strain of music, so soft, and sweet,  
and slow,---

"What odds if the way be darksome? What  
odds if the lightning flash?  
"Who cares for the rough wind blowing?  
Who cares for the thunder crash?  
"Of course along the pathway are cold  
unsheltered spots!  
"But close to the tangled briars are God's  
forget-me-nots.

"So I flow and flow to the ocean, though the  
way seem long and drear:---  
"The path that Today is gloomy, Tomorrow  
may be bright and clear".

Spellbound, I waited, and listened; But the  
brook had finished its song:---  
Rushing, and tumbling, but happy, its  
waters were carried along.  
But the brook had fulfilled its mission. And  
as slowly I went my way,  
I knew that my scattered companions  
would meet me again some day,---  
Where parting and pain shall be ended,  
where sorrow and care will be past.  
And I sang like the little brooklet, "So long  
as I reach Home at last,  
"What odds if the way be darksome? Who  
cares for the tempest's roar?  
"Twill all seem as naught, when we've  
anchored on Heaven's peaceful shore.

## Don't Give Up

By  
Bessie Fairn Mason

It isn't just the work you've done  
That makes you tired out;--  
'Tis the thing called "Mental Attitude"  
That fills the heart with doubt.

'Tis the thought behind the action  
That determines in your mind  
Whether peace and satisfaction  
Make worthwhile the daily grind.--

Fills your heart with jubilation,--  
When 'tis time to go to bed,--  
Knowing, spite of great frustration,  
you fought well, and WON INSTEAD.

Melvorn Square  
Kingston, R.R. 2  
Annapolis Co., N.S.



## Chaplain's Corner

Gordon Kissner  
Student Chaplain

### WHY ME LORD?

When was the last time you asked the above question?...

At one time or another, all of us have asked this question. Sorrow, tragedy, disappointment, failure and the multitude of pressures and perplexities of daily living can make us feel so low that we must look up to see the bottom. As a result the above question forms on our lips.

We search for an answer, but only the sound of silence is heard. "Why...why has this happened to me?" The many offered explanations only pale. They seem so inadequate for our circumstance.

Out of sorrow and frustration, anger and hostility, we direct our feelings towards God. Belief in His existence, love and concern becomes extremely difficult to maintain. Our inner being cries out for help and hope.

The whole question of suffering is a very difficult area to discuss in a short article. However, out of my own experience, I would like to offer some observations which may be helpful.

To live in the world, to be human means to experience suffering. We are potential victims. This is a fact we must accept. Yet we need not be helpless, possessing no hope. In the face of human tragedy, God reaches out to us.

But does God understand our situation? At His crucifixion, Jesus cried these words from the cross. "My God, my God, why have you deserted me?" Mark 15:34 (The Living Bible). Out of His suffering situation, God's Son identified with us. God, through His Son, experienced the same agony of soul as each of us. He understands our suffering because He suffered Himself. God understands how we feel.

But understanding is not enough. Therefore, God does offer us help and hope. The writer of Hebrews understood this fact

when he wrote, "for since he himself has been through suffering and temptation, he knows what it is like when we suffer and are tempted, and he is wonderfully able to help us." Hebrews 2:18 (The Living Bible).

How does God help? First, there is His presence. As the sun is hid sometimes by dark storm clouds, so too God may appear absent. But just as the sun is present despite the clouds, so God is also present. In facing our trying circumstances, God is present with us. Accept His companionship which can be experienced both through His Spirit and other people.

Second, He has promised us comfort and strength. As God empowers us, we are able to live above the tragedies, sorrows, defeats and failures. He offers us inner strength, peace and encouragement.

We may not understand our tragic circumstances, but we can experience God's help. The invitation is extended, "Look! I have been standing at the door and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him and he with me." Revelation 3:20 (The Living Bible).

Will you change the plea, "Why me, Lord" to the invitation prayer "Help me, Lord"?

They say the world is round and yet,  
I often think it's square -  
So many little hurts we get  
From corners here and there.  
But there's one truth in life I've found  
While journeying, East and West,  
The only folks we really hurt  
Are those we love the best.  
We flatter those we scarcely know,  
We please the fleeting guest  
And deal too many a thoughtless blow  
To those we love the best.

- Selected

## Father's Day

Today is Father's Day, that day each year when we are reminded that we have a Father to whom we owe much more than we can ever repay. Unfortunately there are some who think that a nice card with some sentimental words written on it satisfies their obligation of recognizing the existence of their Father. They imagine that a small, inexpensive gift is all that is necessary to say "Thanks" to one of the two most wonderful people it has been our good fortune to have met.

How did I get my Father? Through the infinite plans of Almighty God and in His divine wisdom He decreed that I should have as my Father a certain person, and he and my Mother, working with the Divine Master, gave me that most precious gift called Life. After my birth Dad was personally very interested in my welfare and development, and he dedicated many years of his life to my training and education. This dedication cost him much money, a great deal of thought and planning, many moments of worry and anxiety, and a lot of time and effort trying to give me the opportunity to prepare myself for that time when I would have to face the world alone. Sometimes this very demanding combination was more than his physical being could stand, and he did not live to see the accomplishment of the task he set for himself.

How did I react during the time of growing up? In the beginning I didn't even think of it. I knew I had a Dad, and when I wanted something I simply asked for it. In many cases I received what I wanted, never realizing what it cost Dad in time and money and self-sacrifice. Later on I began to learn that these things cost money, and that money is sometimes very hard to acquire.

Gradually it began to dawn on me what my Father meant to me, and what a wonderful person he was. The patience and perseverance he showed towards me and my childish, and sometimes not so childish foolishness and stubbornness. The sacrifices he made for me; the efforts he made to give me an education; in fact the list grows until I suddenly realize there is no way I can adequately thank Dad, except perhaps by striving to become and remain THE PERSON MY FATHER HOPED I WOULD BE! THANKS DAD, THANKS A MILLION!

Msgr. J. H. Durney  
in The Veteran, June 15, 1975

---

## A Prayer

Bessie Fairn Mason

For home, and country, and loved ones who care,---

When our hearts are burdened with dark despair;---

for the Sun by day, and the Stars by night,---

Which Thou didst create to give us light;---

For the brook's merry ripple, as it hurries along

Over woodland and meadow----How joyful its song!

By the old willow tree it tarries awhile,  
Then hurries again for many a mile,---

To add its wee wavelets to the billows that be

The great busy river, enroute to the sea.

For the beautiful flowers that brighten our days,---

Sweet symbols of Purity: Their Creator we praise;---

For refreshing raindrops from Heaven that fall

To bless us, Dear Father, we thank THEE  
FOR ALL.

Melvorn Square  
Kings Co., Route 2  
Anna Co, N.S.

## Old Timers

From our Switchboard I have a note regarding the recent visit of an "Old Timer", Mrs. Nina Dairou, whose home address was Sydney at the time of her first admission in 1936. Formerly Nina Dennis, her husband, Robert Dairou, has since passed away and she is now living at 5515 Victoria Road, Halifax. Accompanying her was her daughter, who was only three when Mrs. Dairou came to the San., and her daughter's husband. Mrs. Dairou says that she left the San in 1939 (after three admissions) and still expresses her praise for the care received from the nurses and Drs. Miller, Hiltz and Beckwith. She was thrilled to come back and see all the changes, and was surprised to see that all of the patients are now in only one building.

We have a letter, dated June 4, from Rev. Peter A. Nearing, whose name is well known to many of our readers. He says that he visited Mrs. Eileen Hiltz a couple of weeks earlier - but let me quote part of his letter:

"She (Eileen) told me that the old Health Rays will soon see its own departure, after marking that of so many for so many years. Like many old timers, I regret to see it go, while grateful it no longer has its original cause for existence.

"In some of the issues that came out between May '29 and May '36 there were some poems and essays by myself. I wonder if it would be possible to obtain copies, at least of the poems. . . I am in the process of gathering together, with a view to publication, some of the poetry I have written, and there just might be one or two among those in Health Rays worth including. The fact that one of my Kentville friends recited one of them verbatim for me during my recent visit makes me hopeful!

"I did go to the San, looked around the buildings, let my heart be broken a little as I walked through the round porch of the Ladies' Pavilion, then being demolished, but could not find a single soul I might know. Fortunately, I did see Dr. and Mrs. Giffin in town and had a delightful visit with

them.

"Incidentally, you will likely find whatever I wrote under the pen name I used, "Con Travers", rather than under my own name.

"Also, may I add, in case the San authorities dispose of the back issues of Health Rays, it might be well to offer them to the Provincial Archivist in Halifax or to the Librarian at Acadia."

Father Nearing's address, by the way, is Madonna House, Combermere, Ontario, K0J 1L0. I think that it is safe to say that we will not be disposing of our bound volumes of Health Rays. One collection, intact, is in the Medical Librarian; the other, fairly complete, is in the Patients' Library. I looked through one volume for the works of "Con Travers" and found it pleasantly time consuming. Will continue when time permits!

F. Gordon Sanford, Grand View Manor, Berwick, sends his renewal and writes, "Just returned from W.K.M. Hospital where I have spent some time this spring. Feeling much better now and hope to carry on for some time yet. Am going to miss this magazine very much. I have been going to the San, off and on, since 1921. Always received the best of care, and my life was saved different times by Dr. Holden with the help of other doctors. I always received the best of care from the nurses and staff as well."

Byron Corkum, 6379 Berlin St., Halifax, remembered by many of our readers, sends his best regards to all of his friends. A former patient, Byron was later Canteen Manager.

We have renewals from Mr. and Mrs. Ernest (Buddy) Boudreau, who are now back in Kentville following their usual Sarasota, Florida, winter away from the cold; Frank Weatherbee, 15 Orchard Ave., Wolfville; Roland M. Hopper, R.R. 2, Trenton; Alastair MacDonald, Box 73, Pictou; Mrs. Budd Gertridge, R.R. 1, Wolfville; Howard J. Cross, Box 242, Wolfville; Mrs. John (Dora) Murphy, Port Williams; Charles C. Dort, R.R. 2, Halfway Cove, Guys. Co.; Mrs. Kathleen Randall, R.R. 2, Centreville; and Mrs. Cecil (Jean)

Jordan, R.R. 2, Sherbrook, who was visiting recently (but I didn't see her).

Howard Cashin, Tracadie, writes, "Sorry to hear Health Rays will be discontinued at the end of the year. I really enjoy reading them. Kind regards to the staff and patients at the Hospital."

We have a renewal and article from Mrs. Lilah Bird, R.R. 1, Wolfville, who tells us that she expects that they will be spending a good part of the summer at a cottage, close to nature and apart from telephones and newspapers.

We have renewals from Sister Therese Arsenault, Box 159, Cheticamp; Sister Christine Forbes, Box 638, Port Hawkesbury; Miss Helen M. Wolfe, 80 Windmill Road, Dartmouth; Mrs. Leslie Asbell, Oxford; Mrs. Verna Whyntott, R.R. 3, Middleton; Miss Isabel MacNeil, for herself and for Sister Mary Calixtus, Sacred Heart Convent, Meteghan; and Mrs. Mary A. Crossman, 10 Davidson St., Amherst, who says, "Sorry we won't be receiving Health Rays - will always look for it. I am fine and crocheting bed spreads. Am on my second one for my daughters. My eyesight is just perfect since the San fixed my up and brought back my sight. My thanks to the good doctors and to the nurses who tended me."

Mrs. Sadie MacKenzie, R.R. 1, Scotsburn, writes, "I enjoy reading Health Rays very much, and would miss it. My father, George MacKay of Church Street, Westville, who was a patient at the San in 1971-72, is feeling quite well. He sends his best wishes to all the friends he made, as well as to the doctors and nurses who were so good to him while he was there."

Miss Mary M. Chisholm, 22 Burnyeat St., Truro, writes that she enjoys Health Rays and will miss it. Mrs. Stanley Porter, R.R. 1, Cross Roads, Country Harbour, says the same - and sends her best wishes to all of those whom she knew at the San.

Arthur L. Williams, Haue Boucher, sends his regards to the medical staff, the nurses on Second Floor, and the friends whom he met when a patient in early 1973. He hopes to drop in for a visit this summer.

We have renewals from Raymond

MacKinnon, R.R. 3, North Grant; Mrs. John Durant, also R.R. 3, North Grant; George G. Stevens, R.R. 1, River Hebert; Miss Marion Howarth, River Hebert East; Basil C. Whalen, 635 Brother St. Ext., New Glasgow; and J. B. Gustave Comeau, R.R. 1, Saulnierville, who says, "Have been confined at home all of last year, but able to get out now. Still enjoy playing cribbage very much. Best wishes to everyone at the Miller Hospital."

Annis Mosher, R.R. 2, New Germany, writes, "Sorry to hear that Health Rays will no longer be coming after December. My whole family enjoys the magazine. Good luck to the patients at the San, and I sure hope they will get the same good care I received in 1968 and '69."

Mrs. Marguerite H. Comeau, Box 3479, R.R. 1, Yarmouth, writes, "Best wishes to the new Miller Hospital. It's nice to know that TB patients are no longer bedridden for years. although the San always provided a pleasant atmosphere and good care. My best to Health Rays for the remainder of 1976."

We have renewals from the following staff members: Miss Eileen Quinlan, Mrs. Dianne Dunstan, and Mrs. Velena Lloyd, all of the Dietary Department; Mrs. Louise Wood, Mrs. John Hines, and Mrs. Grace Nickerson, of the nursing staff; and Mrs. Barbara Taylor, ward clerk on Second Floor. Also, from Mrs. Florence Hartlen, of the Nursing Staff, who is back at work now on Floor I.

We have a renewal from Mrs. Thomas Withers, 23 Forest Hill Drive, Rockingham, who was here about two years ago, and that appears to be all of our notes for this time. We will hope to have some from our "correspondents in the field", when summer visiting brings news of old timers.

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## Ins And Outs



### MILLER HOSPITAL ADMISSIONS

MAY 1 TO MAY 31, 1976

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WILLIAM HERBERT ATWOOD, Smithville, Shelburne Co.; GEORGE HENRY VEINOTTE, Harbourville, Kings Co.; LLOYD GEORGE COGSWELL, Brooklyn Corner, R.R. 1, Kentville; COL. DANIEL HUGH SUTHERLAND, Box 191, River John, Pictou Co.; CHARLES EDWARD HURSHMAN, New Ross; WALLACE LORAIN LIGHTFOOT, Canning; MRS. MILDRED MADELINE MILES, Avonport; MRS. EMMA KATE TAYLOR, Kingsport; ERNEST GEORGE FEENER, New Albany, R.R. 3, Middleton; MRS. ELLA JANE MOORE, 86 Main Ave. Fairview, Halifax; GEORGE ALBERT STUART, Hall's Harbour, R.R. 3, Centreville; MRS. MARJORIE EVELYN HARDING, 420 Main St., Middleton; CLYDE WILLIAM O'NEILL, Inglisville, R.R. 2, Lawrencetown; MRS. CLARA MAY PELLERIN, Larry's River, Guys. Co.; LESTER LEON WARD, Upper Dyke, R.R. 2, Centreville; RALPH HENDERSON BEARD, Box 1266, Middleton; CHARLES PURCELL SR., Green St., Lunenburg; CALVIN JAMES JOHNSTON, 15 Gray Avenue, Toronto; CLIFTON JAMES SAWLER, Lakeville, R.R. 1, Kentville; MRS. ANNA JANET SLOCOMB, 96 Palmetter Ave., Kentville; MRS. TERESA MARY LEGAULT, 37 Maple Street, Greenwood; HERMAN ARMSTRONG MILLER, R.R. 3, Waterville; CORNELIUS LEON HENNESSEY, Box 34, Joggins; MRS. MARY ROSIE FARRIS, Gaspereau Extension, Wolfville; EARLE GREY COLLINS, 10, Oakdene Place, Kentville; NOEL JULIAN, Shubenacadie.

### DISCHARGES

MAY 1 TO MAY 31, 1976

BARTHOLEMME DANIELS, Seaforth Rest Home, Berwick; JAMES HERBERT RANDALL, Bayfield, Ant. Co. (Expired); GEORGE EUGENE FITCH, 132 Belcher St., Kentville; KENNETH ARCHIBALD LLOYD, Cambridge Station; MRS. RITA MAE MacCARTHY, Box 60, Auburn, OSBORNE LEWIS MORRISON, 4 Homco Drive, New Minas; MRS. FLORENCE MABEL BARKHOUSE, 55 Oakdene Ave., Kentville; MRS. ELMA JEAN DeMONE, Box 102, New Germany; JAMES JOSEPH MacKINNON, Everett St., Dartmouth; MRS. BEULAH



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LLOYD GEORGE COGSWELL, Brooklyn Corner, R.R. 1, Kentville; ALLAN LEONARD MacLEAN, 226 Reservoir St., New Glasgow; MRS. HAZEL GLADYS SCHAFFNER, South Williamston, R.R. 1, Lawrencetown; MRS. GOLDIE ELIZABETH KNIGHT, Box 16, Joggins; CLARENCE JOHN CHAPMAN, Millvale, Cumb. Co.; EMERSON LEE BARTEAUX, Somers, R.R. 5, Berwick; GEORGE HENRY VEINOTTE, Harbourville; WHITNEY LESTER RAINFORTH, Morristown, Kings Co.; WILLIAM KENNETH SHARPE, Avonport (Expired); MRS. RUTH MILDRED WENTZELL, Waterville (Expired); MRS. MAJORIE EVELYN HARDING, 420 Main St., Middleton (Expired); MRS. MILDRED MADELINE MILES, Avonport; ARTHUR GERALD ROACH, Mosher's Corne, R.R. 4, Middleton; WALLACE LORAIN LIGHTFOOT, Pereau, Kings Co.; CLYDE WILLIAM O'NEIL, Inglisville, R.R. 2, Lawrencetown; THOMAS ALFRED CARRIGAN, Main Street, Antigonish; ALBERT GEORGE OXNER, Upper Kingsburg, Lun. Co.;

MURIEL AGNES LANG MURRAY, Chipman Corner, R.R. 1, Port Williams; mrs. lorna beatrice bowden, Church Street, Parrsboro; GILBERT JAMES MILLER, Cherry Hill, Lun. Co.; CLIFFORD HENRY HENDERSON, Port Williams; JAMES BERTRAM HILL, Cape Negro, Shel. Co.; CLAYTON HARRIS STEADMAN, 173 Main Street, Berwick (Expired).

## ARE YOU SENSITIVE OR RESISTANT?

(continued from Page 5)

sensitivity or resistance status to various drugs or antibiotics and this information is very important in the subsequent choice of drug therapy used towards recovery.

This has been a single explanation of a complicated subject; "Sensitivity and Resistance." There are still, however, many questions left un-answered in this field where many diverse factors are involved.

Selected

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

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

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

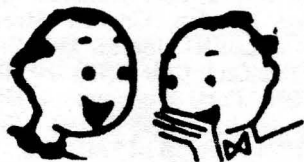
"Indeed he did!" replied the widow, "The compensation came to fifty thousand dollars."

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

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

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## Just Jesting



Sign in a plant, near Xerox machine.  
PLEASE DO NOT ASK TO USE  
SECRETARY'S REPRODUCING EQUIP-  
MANT.

Gasoline prices are so high! I pulled into a station and asked for a dollar's worth and the guy dabbed some behind my ears.

Two hippies went to an art gallery and one of them stared at a display and griped, "I hate this modern garbage."

The other said, "Get with it, man...That's a mirror!"

I dreamed I was eating spaghetti. When I woke up, my pajama string was gone!

Finding a fly in his soup, the customer hailed a waiter and demanded: What is that fly doing in my soup?

The waiter peered in quizzically for a moment, then observed: I'd say he's doing the backstroke, sir.

The kids were being taken on a tour of the government mint.

"Why is it," one kid asked, "that they stamp 'In God We Trust' on the pennies?"

"That" explained the guide, "Is for the benefit of people who use them for fuses."

"Doctor, I've got a terrible cold. What should I take for it?"

"Don't refuse any offers."

A student filling out an application for financial aid came to the space marked:

"Parents' Estimated Worth." He thought for a moment, then wrote: "Sentimental value only."

Remember reading in the Bible about the baby Moses being found in the bulrushes? That was one time the Egyptian banks showed a little prophet!

Recession - When the man next door to you loses his job; Depression—when you lose your job; Panic—when your wife loses her job.

Husband: My wife has this terrible habit of sitting up till three or four in the morning...

Sympathetic friend: Why in the world does she stay up that late?

Husband: Waiting for me to come home.

Note on parcel post package: Fragile, throw underhanded.

"My apartment is on the third floor, apartment E. Put your elbow against the door bell and push, hard."

"Why can't I use my finger?" asked the friend.

"Surely, you're not coming empty handed."

"Temper is a funny thing. It spoils children, ruins men, strengthens steel."

— 0 —

Two Workmen sat down to eat their lunch, and one began unwrapping a parcel about 18 or 20 inches long.

"What's that?" asked his friend.

"Well, my wife's away, so I made a pie myself."

"A bit long, isn't it?"

"Of course it's long, it's rhubarb."

— 0 —

A dignified lady, a pillar of the church, shook hands with the pastor at the end of the services. "Wonderful sermon," she exclaimed. Everything you said applies to somebody I know."

THIS HALF PAGE SPONSORED BY

*Hiltz Dry Goods Ltd.*

### TIME & EFFORT

When you ask people to do something, be sure to tell them also why. It's worth the time and effort.

It's very easy for a busy person to fall into the habit of simply telling people to do things without further explanation. It seems like the quickest and easiest way to get things done.

But it's rarely the best way. When you ask a subordinate to do something, take time to explain why. It's an excellent habit with a lot of good side effects.

Explaining why you want something done automatically removes the curse of "bossiness." When there's a good reason why something ought to be done, it puts you in the position of simply making a logical, reasonable request. It completely removes the bad taste that comes from "ordering people around."

When you explain why, you also lessen the chance of error. People who understand why they're doing something are less apt to foul it up. And if the situation changes...so that the action is no longer required....-they'll have sense enough to stop. If they don't understand, they'll have no choice but to go blindly ahead doing what you told them.

People aren't robots or push buttons. The more you treat them as intelligent human beings with good brains in their heads, the better your results will be.

Sure....there are times when the reason is so obvious to everyone that it isn't worth mentioning. And there are also times of emergency when people have to do what they are told, and pronto! But the general rule still stands: When you ask someone to do something, explain Why!

- The Pine Log

### WHY YOU SAY IT: ---HALIBUT!

Meatless meals, now frequently occasioned by high prices, were long encouraged by religious authorities. Some groups have abandoned this type of fasting, but others feel that it still has disciplinary value. No moderns, however, carry the practice to the extent of medieval persons.

Numerous holy days were included in the official church calendar; others were instituted by regional leaders. As a result there might be as many as seventy days out of the year when a pious person could not eat meat.

This created a great demand for substitutes of which fish was the most popular. One type of flounder, or butt, was customarily reserved especially for use on holy days. It therefore came to be known as "holy butt." Captain John Smith recorded finding this fish in the New World in 1616. Within a few generations after he noted it in his diary, fasting was modified and partly abandoned. No longer reserved for fast days, the holy butt came to be called halibut.

(Why You Say It.)

Through the centuries, the family has taken foremost place, not only in the safeguarding of morality, but in the evolution of human culture. Wherever the family flourishes in a state of vigor and unity, there will be found a strong and sound society.

- A. J. Cronin

Robert Bacon, a thirteenth century English philosopher, was one of the first to study the properties of mirrors and lenses. From these studies came his historic suggestion that certain problems of vision could be overcome by the use of convex lenses, and so it was that spectacles came into use about 1300

"For one word a man is often deemed to be wise, and for one word he is often deemed to be foolish. We ought to be careful indeed what we say."

## THE MILLER HOSPITAL ACTIVE STAFF

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J.J. QUINLAN, M.D., F.R.C.S. (C), F.C.C.P. . . . . .	Surgeon
F.J. MISENER, M.D., F.C.C.P. . . . . .	Radiologist
MARIA ROSTOCKA, M.D. . . . . .	Physician
*G.A. KLOSS M.D., F.C.C.P. . . . . .	Physician
BARBARA LEITCH, M.D. . . . . .	Physician

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D.W. ARCHIBALD, M.D., F.R.C.P. (C) . . . . .	Psychiatry
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\* Certified by P.M.B.

## ADMINISTRATIVE

J.T. BETIK. . . . .	Administrator
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

## Church Affiliation

### ANGLICAN

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

### BAPTIST

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

### CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

### PENTECOSTAL

Minister — Rev. T. Kenna

### ROMAN CATHOLIC

Parish Priest — Rev. Clarence Thibau  
Asst. Priest — Rev. Luc Gaudet

### SALVATION ARMY

Capt. Sidney Brace

### UNITED CHURCH

Minister — Rev. Ian MacDonald  
San. Chaplain — Dr. J. Douglas Archibald

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