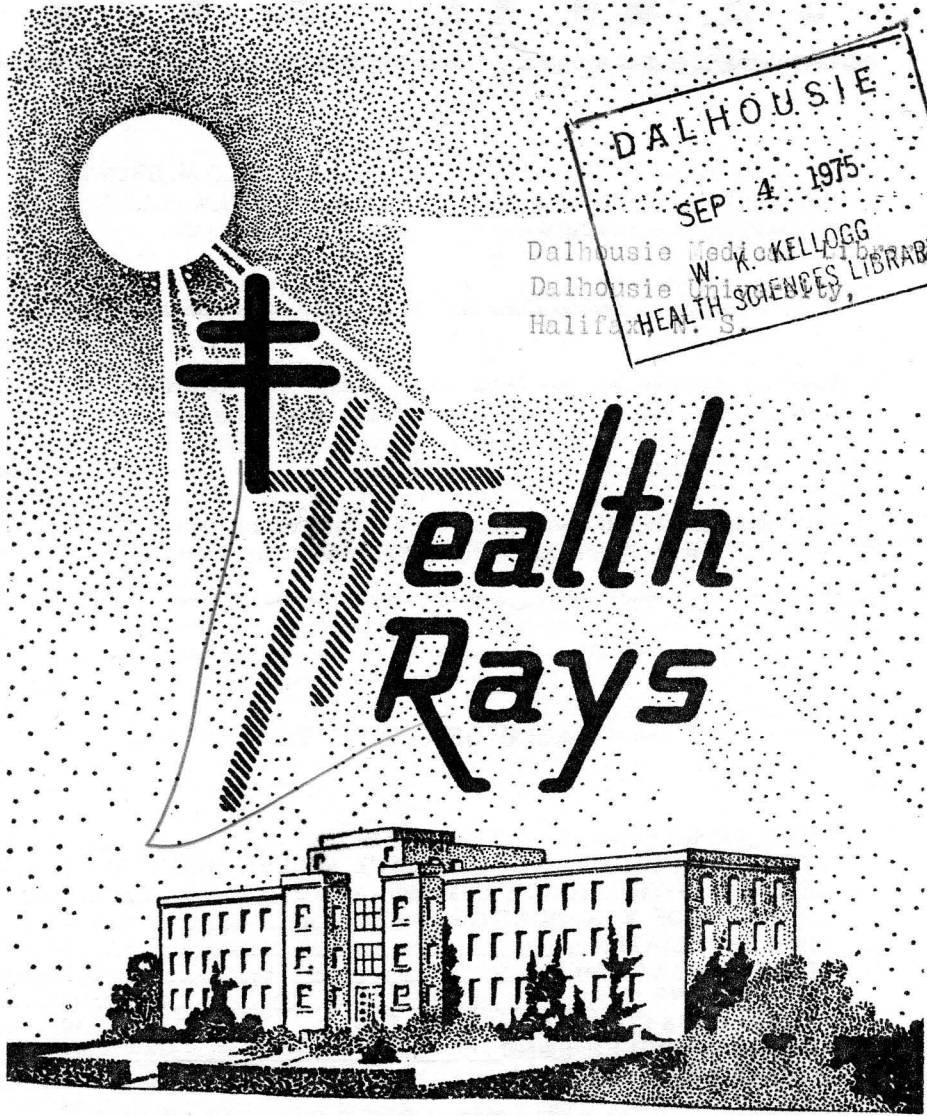


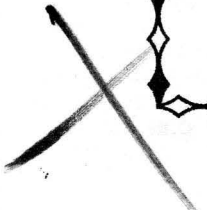
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*Health  
 Rays*

**THE NOVA SCOTIA SANATORIUM**  
 Vol. 56 July-August 1975 No. 7



# HEALTH RAYS

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## Sanatorium Visiting Hours

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

## Valley Hospitals To Affiliate

The Nova Scotia government is working out arrangements to affiliate the Nova Scotia Sanatorium with the Blanchard Fraser Memorial Hospital, both in Kentville.

Health Minister, Bill MacEachern interviewed in Halifax yesterday said the affiliation of the general hospital and the sanatorium should have no effect on the sanatorium staff.

"This is part of the decision," said Mr. MacEachern.

The amalgamation will enable the province to recoup some cost of sanatorium health care from the federal government.

At present, the provincial government pays the "whole shot" for patients in the sanatorium. The responsibility was assumed in 1946, prior to MSI.

In discussion, the health minister said the government recognized the value of the staffs expertise, built up at the sanatorium and the value of Dr. J. J. Quinlan, the leading chest surgeon and sanatorium staff member since 1941.

"We are trying to do our best for people in the sanatorium because of those like Dr. Quinlan," said Mr. MacEachern.

Tuberculosis is on the decline, the sanatorium has built up expertise in the treatment of other lung diseases, said the minister.

Nova Scotia is one of two Canadian provinces which have separate facilities for the treatment of tuberculosis.

"The crunch is the cost to medical insurance," said Mr. MacEachern.

"By integrating TB care into the regular health delivery, we will recover about \$1.5 million annually from Ottawa.

"Ottawa has made different

arrangements with different provinces.

"Any facility where 15 percent, or more, of beds are for TB patients will not be eligible for cost sharing.

"By combining the Sanatorium and the Blanchard Fraser, and getting all the beds together, we will still have beds for treating hard core TB cases without violating that guide line."

The health minister said it was recognized the sanatorium had been treating patients with respiratory ailments other than tuberculosis for some years, and the province had paid the bills.

"In that respect we are trying to regulate treatment of other bronchial ailments which has been going on for years," said Mr. MacEachern.

The affiliating also concerns other provincial government departments, such as public works, which is responsible for the sanatorium buildings.

The Point Edward Hospital, Cape Breton's sanatorium housed in the Little Flower Institute, Sydney, is to be phased out, and closed down.

At one point, there were only two TB cases at Point Edward and a staff of 70, he said.

Earlier this month, of the 114 beds at Kentville Sanatorium, 64 were occupied by TB patients. A total of 99 people were in the sanatorium under treatment for various chronic obstructive lung diseases.

Chronicle-Herald  
June 17, 1975

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The world will often forgive you for being blue, sometimes forgive you for being green, but never forgive you for being yellow.

# The Sanatorium To Become The Miller Hospital?

By Barbara Hinds  
Staff Reporter

The Sanatorium at Kentville is going to have its name changed.

It will no longer be known as The San, but as The Miller, after the first superintendent of the first provincial sanatorium in Canada. Dr. Arthur Frederick Miller.

Although to be known by another name, the sanatorium's role - treating lung disease - will remain unchanged.

A steadily increasing incidence has made chronic obstructive lung disease the most common disease in North America, according to chest surgeon, Dr. J.J. Quinlan.

"We knew it was a big problem, but not how big until Dr. Holden did a survey questionnaire sent to every MD in Nova Scotia in February, 1971", he said.

"In one month, 5,000 patients were being treated for emphysema or lung disease. That's horrifying.

"We have only 800,000 people in Nova Scotia and most people with chronic obstructive lung disease (COLD) are not being treated at all. They're at home."

Emphysema, more closely watched in recent years, is increasing rapidly. Deaths from the condition doubled in a 10-year-period.

From a death rate of .8 per 100,000 in 1950, it rose to 5.1 per 100,000 in 1960 and 9.6 per 100,000 in 1965, with fatalities higher in urban than rural areas.

"The lung", said Dr. Quinlan, "is like a room, divided up into millions of tiny compartments to give a great total surface area where the exchange of oxygen and carbon dioxide takes place."

"In emphysema, the partitions

have been knocked down. Instead of thousand tiny air sacks you have one. Once the lung is damaged the injury is permanent. Once the air sacs have been affected they are gone," he said.

Dr. Quinlan is a moderate cigarette smoker when patients are not present. Puffing on a cigarette, he said: "It's no use cutting down if you have emphysema. We know cigarettes play a part ...and with bronchitis, once you stop smoking the conditions quickly clears up..."

Another group treated at the sanatorium are people who have suffered chest injury in accidents.

"We lose a lot of people in accidents, through steering wheel injury. People may have broken ribs and they are far more important to treat than a broken leg. If not treated quickly, broken ribs can kill a patient off, yet often you see first attention is given to the leg."

The sanatorium's expertise in treating chest conditions is probably not paralleled in the rest of Nova Scotia. Expertise was garnered in a hard school; treating thousands of cases of tuberculosis. Knowledge, and a tradition of kind competence have been handed on to new staff members by dedicated people.

The introduction of drug treatment to combat and cure tuberculosis greatly reduced the need for beds at the sanatorium.

"If you go back to the days of TB, from 1956 on, we could see we were going to have an excess of beds, equipment and of staff who were specialists in treatment of lung disease," said Dr. Quinlan.

"Staff members went away to

learn more, how to treat non-tuberculosis patients, people with other lung diseases.

"We developed a non-TB section. In 1957, we started closing buildings one by one as the number of TB patients diminished."

As extra beds became available, the sanatorium took in patients with emphysema, chronic bronchitis, respiratory disease cases which the Victoria General Hospital in Halifax could not handle.

"At first we had criticism from the university that we were taking the bread and butter out of their mouths.

"They said people we were treating free were sources of income for physicians in Halifax.

"We were doing something we should not (taking in non-TB cases.) We got authority in 1961 to say we could admit people for non-TB treatment.

"Over the past 12 years, we developed a non-TB section.

"We have three of the best respiratory technologists, nurses who are expert in chest disease, and we have always had a reputation for TB treatment, but now we have another reputation, especially in The Valley... People come in for investigation and diagnosis."

Last year, Dr. Quinlan performed about 100 major lung resections for a variety of lung diseases, - cancer, chronic infections, abscesses, cysts and chest injuries.

The provincial government has paid the total cost of treatment given at the sanatorium since 1946, now about \$3 million a year.

In general hospitals, health care costs are borne by both provincial and federal governments.

A change in administration at the sanatorium was rumored, and Dr. Quinlan said he first heard of possible amalgamation with the Blanchard Fraser Memorial Hospital in 1974.

A series of meetings was held at

the sanatorium between Health Minister William MacEachern and health department officials.

At first, Dr. Quinlan was told the sanatorium was to be phased out and closed, but later he was told the San and the Blanchard were to be affiliated, to reduce provincial health care costs.

According to Health Minister MacEachern, in a recent interview, the Nova Scotia Sanatorium will be a major unit for treatment of chest disorders.

The San will have a new name, and be of wider service in the last quarter of the century which has seen tuberculosis made a curable disease.

- The Chronicle-Herald

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#### DR. C. J. W. BECKWITH

In our May issue we printed a tribute to Dr. C. J. W. Beckwith, who died on April 30th. I did not have much information at hand when writing it, but have recently been passed The Nova Scotia Medical Bulletin for June 1975, which opens with a tribute to Dr. Beckwith. He had developed the first health unit in Cape Breton, and was there for eight years before moving to Halifax, where he became Superintendent of the Halifax Tuberculosis Hospital.

Dr. Holden has drawn my attention to the Dalhousie Medical Alumni Association publication, "MeDal", February 1972, which contains an excellent write-up on Dr. Beckwith. It appears that he was 24 in 1927 when his objective of specializing in gynecology and obstetrics was interrupted by the diagnosis of

(continued on Page )

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# A Walk In The Woods

Lilah Smith Bird

All the morning there were large flakes of snow falling, covering the ground and trees. Toward noon the sun showed its shining face, the cold wind abated, and the air became mild for this time of year. The time of year was late February, in the early afternoon. I went to the basement for a box which I remembered contained my snowshoes and other outdoor equipment. Seven years ago I had put them in a box to be ready for the next time - little thinking that the year would pass before I would again use them. Now, I had the urge this day to tramp through the woods, as I had for so many years in the past.

I started to walk and it seemed so easy, but to my dismay I was zig-zagging all over the place, as if I were beginning to walk for the first time. I headed for a pasture; there I would find peace and comfort. In a paper bag I had some bread crumbs and seeds for small birds, and I carried my binoculars. My steps were very uneven and unsteady but I managed to arrive at an old snake fence. I sat down, experiencing the peacefulness and the warmth of the sun.

All at once I heard a noise, and coming toward me was a black raven. It was limping, and I saw that its leg was injured. I spoke very quietly and scattered the crumbs. I tried to get near him, so I could see what the trouble was, but being so clumsy on my snowshoes made him even more cautious.

One day I read in a magazine that at this time of the year if one listens on the snow one can hear many noises. The author suggested there might be small rodents or insects feeling the early signs of spring. I put my ear to the ground and, sure enough, I could hear tiny noises. Was

it really rodents or insects, or ice and snow melting?

While in this position I hear footsteps and, to my amazement, when I looked up a young couple on skis were coming toward me. I must have looked a fine sight, bent over sideways. I explained what I was doing; all the time Mr. Raven was perched on a limb watching us.

This young couple were Asian, and their bright eyes and rosy cheeks were a pleasure to see. We sat down on the decrepid and aged fence and talked of many things - the woodland around us, their impressions of the way of life compared with life in China. We talked on and on. What a delightful couple! They were both university students and following this semester, and graduating in science, they were going to study medicine in the United Kingdom. After graduating from Acadia they planned to be married.

I had quite a bird watching lesson from these young people. They were biology students and told me many things about different birds, their nesting and mating habits, etc. I wrote down on a pad information I received from them, and was very grateful to them for so much interesting knowledge they passed on to me.

Before leaving home I had put some tea biscuits. I mentioned this to them and invited them for a cup of tea and some fresh biscuits. Soon they arrived at my door, bubbling over with mirth and good spirits. It

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did my heart good to hear them, they were so full of life and in love.

When they left they promised to return and indeed they did, many times this spring - each time filling our lives with pleasure. There seemed to be no generation gap. When they said their last good-bye we felt we had met two loyal young people. We were sorry to see them depart, but happy for their ambitions.

Today, we had a wedding invitation from these young people. Unfortunately we could not accept. Our lives were richly blessed with their kind hospitable ways, and we never would have met each other if I hadn't taken a walk on my snowshoes that early spring day.

A few days later I went back to these woods, and Mr. Raven was sitting on a branch of an old spruce tree. His leg seemed to be improving. As soon as I saw him I rattled the paper bag and began scattering crumbs and seeds on the ground. I talked quite awhile to him, and several times after that I went to visit him. One day he flew, and watched me when I was going home. Now, he is a frequent visitor to my home. I hear a funny croaking sound outdoors in the mornings and he devours what I have for him. Most of the time he just sits. The young people I met thought he may have lost his mate, and thought he was getting on in years by the way he flew. He seemed to be a loner.

The last time I saw ravens was at the Tower of London, a few years back. The story goes, "if there are no ravens left at the Tower the British Monarchy will fall."

In a few short days we are looking forward to a month's holiday with relatives and friends in Toronto and New York State. Wishing my friends and retired friends at the Nova Scotia Sanatorium health and happiness for a pleasant summer. I will close with

an Irish Blessing to you all:

"May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
May the rains fall soft upon your fields,  
And, until we meet again,  
May God hold you in the palm of his hand."

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#### DR. C. J. W. BECKWITH

(continued from Page 3)

pulmonary tuberculosis. He came to the Nova Scotia Sanatorium and, in early 1928, assumed a double role as both patient and staff member. Two years later he became the Assistant Medical Superintendent and, in the same year, was married to Hazel Pearson. In 1936 he resigned from staff and entered the University of Toronto where he obtained his Diploma in Public Health in 1937. It was at this time that he and Mrs. Beckwith went to Sydney, where he developed the health unit which for a time included Guysborough and Antigonish counties. It was in 1945 that he returned to Halifax, where he was Director of Tuberculosis Control and Assistant Professor of Medicine at Dalhousie University, along with his position as Superintendent of the Halifax Tuberculosis Hospital. It was in 1956 that he became the first full-time Executive Secretary of the Medical Society of Nova Scotia, a post which he held until 1968. In his "retirement" he continued to be active as chairman of the Archives Committee of the Medical Society.

While the Beckwiths were in Cape Breton their son, Pearson "Skip" Beckwith was born, in 1939. It is interesting to note that he is music director for Anne Murray.



**RON ILLSLEY**  
**ESSO SERVICE STATION**

## Reunion Of V.G. Nursing Class Of '55

On Saturday, July 26th, the Victoria General Hospital Nursing Class of 1955 had a luncheon in the Sanatorium cafeteria as part of their anniversary reunion. Dr. Holden, Dr. Quinlan, Mr. Betik and Miss Eleanor MacQuarrie attended, with Miss MacQuarrie representing the Sanatorium nursing department, in the absence of Miss Jean Dobson. A Bing Miller painting, "Nickerson's Wild Daisies", was presented to the Sanatorium by the V.G. Class of 1955. Members of the class who autographed the painting and signed the accompanying card were: Ruth Watson, Port Williams; Vera Wambolt, Halifax; Jean Weldin, Lower Sackville; Martha Crosbie, Kentville; Maxine Trask, Sydney; Norma Potts, Dryden, Ont.; Myrtle Ostrom, Prince Rupert, B.C.; Maxine Trask, Sydney; Betty Dupuis, Fredericton, N.B.; Dale Chisholm, Dartmouth; Joan Cameron, Toronto; Barbara Adams,

Dartmouth; Barbara Fulton, Halifax; Barb Huskison, Shelburne; Shirley Charlton, Kingston; Shirley Lacey, Moncton; Cecilia Jewers, West Quoddy; Roxie Pace, Dartmouth; Betty Coombs, Dartmouth; Lorraine Avery, Bedford; Helen MacMillan, Nobleton, Ont.; Hannah MacLean, Margaretsville; Carol Mosher, Truro; Lorraine Prosser, Old Town, Maine; Dorothy Luck, Markham, Ont.; Ariel Thompson, Halifax; Shirley Macaulay, Irvington, N.Y.; Erna Scriven, Dartmouth; and Barbara Gunn, Halifax.

Convener of the meeting was Mrs. Martha Crosbie, wife of Dr. Jack C. Crosbie, Pediatrician, Kentville.

It was pleasant to have the group use our facilities at the Sanatorium, and gratifying to hear that they have pleasant recollections of their affiliation at the Nova Scotia Sanatorium. Your gift of the painting will be a reminder of your visit, and we hope that you will return before twenty more years have passed.

### IN APPRECIATION

A year ago (July 1st) I was admitted to the Sanatorium with Asthma. I spent five weeks there and returned home in good health, which has continued.

My five weeks at the San were very pleasant ones thanks to all the nurses and doctors, especially Miss Skerry, Mrs. Durno and Dr. Quinlan.

Frieda Tobin  
Bridgetown, N.S.

I would like to express my sincere thank you to the doctors, nurses and staff at the San, who through their cheerfulness made my stay such a pleasant one.

James LeRoy Hurley

I would like to send a sincere "Thank-you" to the Doctors, Nurses, and the staff of the Respiratory Centre of the Nova Scotia, for the excellent care given while I was a patient there. Your kindness was much appreciated.

(Mrs.) Vera Jane Christenser

I wish to express my gratitude to the Doctors, Nurses and all other Staff of the Sanatorium for the care given to my wife, Gladys Fellows Dakin, during her weeks of lingering illness before her death, on August 8th. Her mother, Mrs. Allen, wishes to join me in expressing our thanks, for the kindly care of Gladys, and for the kindness shown to us when visiting.

Lovett Dakin



## Editorial Comment

We have had near-perfect weather during July, and thus far in August - it being the twelfth day of the month as I begin this. We seem to have had little rain, with the exception of the heavy thunder shower this afternoon, yet the Valley looks green and fresh. Already the stands by the wayside are displaying corn, squash, beans, beets, carrots, potatoes, and early varieties of apples. Characteristic of August is the speed with which it passes by, making us aware of all the things we had intended doing during the summer. May as well relax; we won't get them done this summer!

As this is our combined July-August issue, it seems like a long time since I have written anything for this column. Looking at the June one I see that the new service building was put into partial use on the 16th of that month. At that time those whom I had asked had given reasons why it would likely be some time before the cafeteria and stores could be in their new location. Actually, they both moved within a matter of days and both appear to be very conveniently arranged. Visitors like the new entrance, and it is good to have a waiting room available.

The barbeque pit was moved from the greenhouse area to the area just north of where the Recreation Hall used to be located. At the first barbeque, June 25th, we had music provided by the K.C.A. Band. The Maintenance Department came to the rescue with many lengths of extension cords, when it was found that two of the players needed power for their instruments. The nearest outlet is just inside the entrance to the Out-Patient Department.

On Friday, August 1st, we took three carloads of patients for a drive and spent some time at the Berwick Camp Meeting, with some going afterward to visit the fish hatchery in

Coldbrook.

On August 6th the Canadian Forces Band, Maritime Command, provided an outdoor concert which was very enjoyable. They have many commitments, but we were told that they may be able to come again, perhaps on a day when a barbeque is being held.

I didn't mention that on July 16th, a Perry Rand bus was obtained for taking patients to Ross Farm. There, a picnic lunch was served, provided by the Dietary Department, and afterward there was a tour of the Farm.

I was on vacation at the time, so this is just hearsay. Perhaps there was no bus, and perhaps my fellow workers ate the picnic lunch. Who knows!

Speaking of vacation (and I took little more than half of it and may dash off again), we spent our time in the Bonne Bay area of Newfoundland. It was unusually hot and dry, so just right for vacationing and we enjoyed some of the fine beaches in the very extensive area. An increasing number of tourists are discovering the area, but there should be plenty of room for many years to come. We spent one weekend at Squires' Memorial Park, also known as Big Falls, on the Humber River. There, especially in the early morning and evening, you can see an impressive number of salmon making their way up the fishway beside the falls. It is really good to see at least one place where there is still evidence of the abundance of fish that there used to be in so many streams.

xxxxx

I was just arranging the article titles for the Table of Contents and it

(continued on Page 13)

## Old Timers

As this is our combined July-August issue it seems like a long time since we have worked on this column. We have heard from an encouraging number of readers, mostly with subscription renewals, so we will begin with our mailbag:

Mrs. Stanley Porter, R.R. 1 Crossroads, Country Harbour, Guys. Co.; Colin Zinck, Riverport, Lun. Co., with special wishes to all the staff on East II; a note from Mrs. Brian Bent (the former Judy Bennett), Box 1556, Stellarton, written away back in June, telling us that she was expecting her first baby approximately June 20th. All our best wishes to the three of you!

Here is a kind note from Mrs. Genevieve Carter, 42 Lyle St., Dartmouth, renewing for five more years and enclosing a donation to the Fund. She writes, "I often remember my year at the San, and shall always be grateful for the help and friendship I received while there. My very best wishes to the entire staff and to all the patients I met while there. I also wish a speedy recovery to all patients now at the San. God bless you all."

Mrs. Theodore S. Muise, East Quinan, Yarmouth Co., spent two weeks in P.E.I. early in July, is feeling fine, and sends her best wishes to the San staff and patients. She also wonders if it isn't time for us to have another picture of Dr. Maria Rostocka, commenting that the last one was in the November 1969 issue. Actually, the only photo we have attempted since changing over to Gestetner was the Valentine Party one which showed Mrs. Pineo, Charge Nurse on East I, and three of the children who were patients at that time. We will try another one sometime, so perhaps the time is approaching!

Continuing with our renewals, we have heard from Mr. and Mrs. John

O'Leary, 26 Arvida Ave., Spryfield; Miss Margaret MacDonald, R.R. 1 River Denys; James G. Greene, R.R. 1 Barney's River; Cecil T. Jones, Upper Ohio, Shelburne Co.; H. Noble Ayer, 30 Spring St., Amherst; Miss Helen M. Wolfe, 80 Windmill Road, Dartmouth; Frank Earl Weatherbee, 15 Orchard Ave., Wolfville; Charles Dort, R.R. 2 Halfway Cove, Guys. Co.; Mrs. Ralph Logan, 10 Oakdene Place, Kentville; Mrs. Eva Downey, 14 Dundonald St., Amherst; Miss Clara E. Gray, 15 Oakdene Ave., Kentville; George Cleaves, Annapolis Royal; George G. Stevens, River Hebert East, Cumberland Co.; Delbert Slauenwhite, R.R. 1 Italy Cross, Lun. Co.; and Horace Seymour, 38 Pierce St., North Sydney, who writes that he enjoys reading our publication, is feeling fine, and sends his regards to all at the Sanatorium. He hopes to be able to visit this summer.

We have also heard from Dave Barrington, Sydney; Joseph Poirier, 1271 Wright Ave., Halifax; Mrs. Frieda Tobin, Bridgetown; Miss Mary Margaret Chisholm, 22 Burnyeat, Truro; Thomas Kitson, R.R. 3 New Glasgow, who says that he is keeping in good health, is working, and wishes to say Hello to all the staff; Mrs. Marlene Harris, Jordan Falls, Shelburne Co.; Arthur L. Williams, Havre Boucher, Antigonish Co.; Mrs. Evelyn Clark, Enfield, Hants Co.; J. Patrick Comeau, Saulnierville, Digby Digby Co.; Albrecht G. Lokowandt, R.R. 1 Whycocomagh; Mrs. Violet Silver, 30 Caldwell Ave., Kentville; Mrs. John Durant, North Grant, Antigonish Co.; Mrs. Muriel Kay, Box 643 Wolfe

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Ave., Deep River, Ont. (for 3 years renewal); and Mrs. Vivian Somers, 470 Main St., Kentville.

John Daniel Casey dropped in on July 10 and renewed for 3 years. He said that he has been in good health, and remarked that he was impressed with the new building.

Mrs. Mildred Romain, 422 Main St., Yarmouth, writing the last week in July said that it had been foggy for the past four weeks, and was thinking of how sunny and dry it has been in the Valley. She writes, "It is nine years ago this month since I left the Sanatorium and I have kept well ever since. The San is a wonderful place to be when you are sick. Best wishes to you all."

Marguerite MacLeod, Box 381, Liverpool renewed her two subscriptions and writes, "I am hoping to get up to visit the San sometime this summer. There is almost no one around when I come for my Saturday check-ups in April and October. Long live **Health Rays** and the Sanatorium! Kind regards to any who may remember me."

Ada Martell, 1350 Birmingham St., Halifax, writes that she has been busy with company from Cape Breton and the States, but hopes to be able to visit the San this summer. She closes with, "Best wishes to everyone at the San. As always, a friend of the San."

A note from Harold Kennedy, R.R. 1 Boutillier's Point reads, "I enjoy reading **Health Rays** very much and look forward to each issue. I am keeping well and keep active tending my vegetable garden, mowing the grass and being a general help doing errands. I hope to visit the San later on and look up some of the patients and the staff who made my recovery possible."

We have had renewals from Mrs. Willard MacDonald, R.R. 2 Pictou; Edgar Scott, 1460 Edward St., Halifax; Mrs. Helen Grant, R.R. 3 Truro; and George H. Harris R.R. 1 Timberlea, Halifax Co.

We had a chat with Ann Moody early in August when she was in for a brief visit and was looking at the new surroundings. Ann was here in early 1971 and is still working as a stenographer with the Department of Social Services, Halifax. She has worked in the department in which Lillian Romkey had worked, and commented that Miss Romkey has completed her theological studies.

Now it is time to turn this over to the notes that have been contributed by Anne-Marie, who has been back for several weeks from vacation and sick leave and has been facing a heavy work load in the Steno Pool, because of vacations, and all.

Vivian Talamini of Long Island, New York, visited Helen and Al MacKinnon in July. Vivian and Helen came to see the old timers at the San and had a tour of the new wing. As usual, they looked very chic. Helen works at her vegetable garden when not busy with her flower garden. They dropped in also to see Frances Gates in New Minas and had a great time reminiscing.

Dorothy MacDonald of R.R. 2 Pictou, was in for a check-up late in July. Dorothy teaches school, Grade II, and looks very well. She was telling me that she sees Ethel Murray occasionally. Ethel, who is blind, lives alone and gets along fine. Her favorite pastime is talking to her friends on the telephone.

Elizabeth Morrel, formerly of Digby, who was here in 1964, now resides in Montreal and has changed her name to Ranger. Libby was visiting her relatives in Digby in July and went down to Belliveau Cove to see Delphine Belliveau, a former porch-mate of hers. The Rangers have one daughter.

While at the Acadian Festival in Church Point on July 12, I met several old-timers, some of whom I had not seen in years.

Pat Comeau of Saulnierville who was here in 1949 still has his barber



## Chaplain's Corner

by Lic. Peter Day  
Student Chaplain, N.S. Sanatorium

### GROWING PAINS

After this Job opened his mouth and cursed the day of his birth. And Job said:

"Let the day perish wherein I was born,  
and the night which said,  
'A man child is conceived.  
Let that day be darkness!  
Why did I not die at birth,  
come forth from the womb and  
expire?"

Why is light given to him that is in misery,  
and life to the bitter in soul,  
who long for death, but it comes not,

and dig for it more than hid treasures;

For the thing that I fear comes upon me,  
and what I dread befalls me.

I am not at ease, nor am I quiet;  
I have no rest; but trouble comes."

Job 3 selected verses.

What can cause a person to curse the day he was born? In the verses above Job curses his own birth and longs to die, to escape from his present trouble and suffering.

If you have read the book of Job in the Old Testament you learned that originally Job was a very wealthy man, with a fine family of ten children, seven sons and three daughters. Job was a great person of faith for he looked to God for all that he received.

Suddenly at the height of his prosperity, health and good fortune, everything went from very good to very bad. All his cattle and servants were killed or taken captive by bandits and his children died suddenly in an accident. Then Job

became so sick and his body covered with sores that he couldn't work or rest. He hit the bottom, he couldn't go any lower. The torment in his soul is captured in the verses above.

The case of Job is exceptional of course, but if a man ever suffered greatly it was Job.

We too must suffer at times and we ask ourselves and God, "Why me?" Why anybody?

The whole question of suffering is a difficult area to discuss in a short article, but perhaps we can point out a few positive results.

Suffering can lead to the growth of a person. Through enforced rest and confronting reality many people have a chance to take stock and re-order their lives. They realize what is important and what is not important.

Suffering can also lead to a change in the life of a person. Through the experience of tragedy or illness people can grasp a new sense of purpose. A new way of life with strength and hope.

Suffering can lead one to make a spiritual commitment as well. This last affect is the most important one as it affects the whole person and his or her whole life. A book was written by Earnest Gordon, entitled "Miracle on the River Kwai" in which he describes his life in Japanese prison camps during W W II. The suffering, brutality and dying encountered by Gordon had a great effect on him. He was demoralized, ready to give up when God touched him through the example of two close friends.

Gordon gained a new awareness of the Presence of God and he became a "new" man. A man who was able to care and love both prisoners and

guards because of the love shown to him. Gordon made a commitment to God in that prison camp and his life was never the same. Upon release he entered the ministry and is now teaching in the U.S.

In our story of the sufferings of Job we left him there at the bottom of the well. Down so far he couldn't go farther. But if you read to the end of the book of Job you see him getting stronger in his faith till in the end he can say "I had heard of thee by the hearing of the ear, but now my eye sees thee." Job 42:5

Job gained a new vision of God. May we, like Job, capture this vision and be able to say "now my eye sees thee!" In our times of suffering may we grow in faith and trust God.

### Thanks

Through the thoughtful generosity of the Dorcas Society and the '62 Auxiliary of the Kentville Baptist Church, we have been able to purchase four recorders for use in a tape ministry to patients at the San.

Tapes are obtained with meditation, scripture readings and music and made available to patients on a request basis. Hopefully other tapes will be purchased so as to expand our little tape library. These tapes and recorders will be used throughout the year.

Our thanks go out to both of these groups at the Baptist Church for this important contribution to the ministry of the whole person at the San.

Peter Day  
Student Chaplain

### LEFTOVERS

Leftovers are such humble things,  
We would not serve them to a guest,  
And yet we serve them to our Lord,  
Who deserves the very best.

We give to Him leftover time,  
Stray minutes here and there.  
Leftover cash we give to Him,  
Such few coins as we can spare.

We give our youth unto the world,  
To hatred, lust and strife;  
Then in declining years we give  
To Him, the remnant of our life.

- Mrs. Mildred E. McConnell

---

The year is ripening; her girlhood's  
thrill

Is growing fast into a matron's  
care.

In clustering grapes the blood begins  
to fill-

The smell of blooming cornfields  
loads the air

With richness. Hear, O Heaven, a  
mother's prayer,

And gently lead her anxious feet  
until

In autumn's perfect joy thy blessed  
will be done.

She hears; and Virgo intervenes,  
Blending her smile with Sol's too  
fervid glare.

Severely chaste she tempers it, and  
screens

The panting earth. But do thou still  
beware

The dog star's reign. Look  
skyward! Sirius there

Now rages, while he bays the rising  
moon -

The harvest moon, as soft as eve  
and fair as noon.

- From "August"

by Joseph Hudson Young

---

Many things that start off easily end  
in misery. Meditation starts with  
difficulty and ends in pleasure, bliss  
and harmony.

Bernard Gunther

Wouldn't it be nice if anyone tempted  
to point a finger would hold out a  
hand instead?

## OLD TIMERS

(continued from Page 9 )

shop and looks very well. He says that he enjoys reading about the old-timers.

Evelyn Lombard of New Edinburgh and her sister, Zelma LeBlanc of Grosses Coques were also at the festival. Evelyn and Zelma were both here in 1944 and the ones who were here then will remember them as the Comeau sisters.

I also saw Mrs. Marguerite Comeau of Mavillette who looked lovely in her Acadian Costume. Marguerite was here in 1970 and has since retired from teaching. She has now plenty of time for travelling.

Another expatiant who was busy at the festival was Albert Melanson of Church Point --shooting pictures. Albert has retired as postmaster but keeps busy with photography and community activities.

I also learned that Julien LeBlanc of Little Brook who was here during the Clare epidemic is in the armed forces, stationed in Ottawa, and is a medical orderly. He is doing well.

Helen Comeau of Salmon River spent a week in New Minas visiting Mary and Percy Doucette. I had reported in the last issue that she has planted a vegetable garden, but I since learned that she has planted two apple trees! I'm already looking forward to getting a jar of apple jelly....

While shopping in town yesterday, I was surprised to hear someone calling me and turned around to see Enid Davis of Newport Station. She, too, was doing some shopping so we stopped and had an old-timers' reunion on the street! Enid cured with me in the early '50's. Her health is fairly good as she has had quite a bit of surgery since leaving here, but her spirits are as good as ever. She still has that twinkle in her eye.

Grace Adams of Masstown who is visiting me (and Mrs. Campbell) was telling me that Mrs. Elsie Quigley of

Halifax is well enough to live alone in an apartment. Quig, too, was here in the early '50's

Austin Amirault, a real old-timer, just dropped in for a minute to enquire if I still used his old desk that has his signature and the date 1929 in the lower drawer. I feel that I am using an antique! Austin looks very well and makes his home in Coldbrook.

Mrs. Amy Lockhart of Kingston, N.S. was visiting at the San in August. Amy, formerly from Brooklyn, Hants County, was here in 1949 and has lived in Chatham, N.B., Germany, and Kingston since leaving here as her husband is in the Canadian Armed Forces. She still looks the picture of health.



## HEALTH RAYS GOLDEN JUBILEE FUND

Contributions to this Fund may be addressed to:

Health Rays Jubilee Fund  
Nova Scotia Sanatorium  
Kentville, N.S.

An official receipt will be sent to all contributors, and all contributions are tax deductible. Your contributions will help Health Rays to remain healthy.

The standing of the Fund as of July 21, 1975:

Previously acknowledged: \$5,433 20

Recent contributors:

Mrs. Genevieve J. Carter  
Mrs. Bertha B. Wilbur  
Mrs. Eva Downey  
Miscellaneous

Total 43 00

Grand Total \$5,476 20

## NOTES AND NEWS

We are pleased to see that Dr. D. S. Robb and family will be with us for awhile. They are occupying the home of Dr. Quinlan and Dr. Holden while the latter are on holidays. Dr. Robb has been with the Department of Public Health since 1942 and is well known as a former staff physician at the Nova Scotia Sanatorium, Superintendent of Roseway Hospital and, at the present time, still Superintendent of Point Edward Hospital. Daughter Marjorie is preparing to go to India for a couple of months, and Janie has just finished summer music camp and is attending university this fall.

XXXXX

Lic. Peter Day, summer chaplain at the Sanatorium, proudly announced the arrival of their first-born, Nicole Marie Day, 7 pounds, 7 ounces, July 3rd. As mentioned previously, Mrs. Day is the former Mary Lou Parker, who worked in the Annex in 1966. Congratulations and best wishes!

X X X X

Congratulations to Gloria Salsman for achieving the Grade XI level on the G.E.D. Tests written at the Kings County Vocational School. Gloria has been working with the nursing department since 1973, and has worked at the Sanatorium a total of 11½ years altogether.

X X X X

Best wishes to Cecilia Marie (Fortune) Wilson on her recent marriage. Cecilia has been a member of the nursing staff since October, 1, 1971.

X X X X

Cathy Jebson, daughter of Dr. and

Mrs. C. E. Jebson, has completed two years of the Bachelor of Nursing program and is working of East III for the summer.

X X X X

Mary J. MacDonald, who is a student and a sister of Peter MacDonald, formerly a patient, is working on East III for the summer as a nurses' aide.

X X X X

Gladys McKean and Eleanor MacQuarrie were each successful in obtaining a diploma in Nursing Unit Administration, taken as an extension course.

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**EDITORIAL COMMENT**

(continued from Page 7)

had not occurred to me that in the wording it looks like the "official word". Actually, we have heard nothing more than what has appeared in the press. The two leading articles, "The Sanatorium to Become the Miller Hospital", and "Valley Hospitals to Affiliate" are likely based upon factual information, but having heard or read no official statements we will publish them without further comment.

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A small trouble is like a pebble. If one holds it close to his eyes, it fills the whole world and puts everything out of focus. If the pebble is held at a proper distance, it can be examined objectively for what it is worth. If the pebble is thrown on the ground, it is seen in its true setting - a tiny bump in one's path.

- Selected

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## Ins And Outs



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\*\*\*\*\*

### SOME DRINKING DRIVERS GET SHOT

If you think your local constabulary is too tough with drinking drivers, consider some penalties invoked in other countries.

In Malaya the drunk and his wife go to jail: in Turkey the drunk driver is driven 20 miles out of town and forced to walk back under escort; in South Africa he gets a 10-year sentence and-or a \$2,800 fine.

But the toughest sentence is probably that levied in San Salvador: drunk drivers are executed by firing squad. - CNS

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San. Chaplain — Rev. William Martell

#### BAPTIST

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

#### CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

#### UNITED CHURCH

Minister — Dr. K.G. Sullivan  
San. Chaplain — Dr. J. Douglas Archibald

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

### POINT EDWARD HOSPITAL

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#### ROMAN CATHOLIC

Parish Priest — Father Angus MacLeod

#### PENTECOSTAL

Minister — Rev. T. Kenna

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