

Stacks

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## *Sanatorium Visiting Hours*

### **NOVA SCOTIA SANATORIUM**

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

### **POINT EDWARD HOSPITAL**

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

Absolutely NO VISITORS permitted during

QUIET REST PERIOD 1:00 P.M. - 3:00 P.M.

Patients are asked to notify friends and relatives to this effect.

## *Church Affiliation*

### **NOVA SCOTIA SANATORIUM**

#### **ANGLICAN**

Rector—Archdeacon L. W. Mosher  
 Sanatorium Chaplain—Rev. J. A. Munroe

#### **BAPTIST**

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

#### **CHRISTIAN REFORMED**

Minister—Rev. J. G. Groen

#### **PROTESTANT CHAPLAIN**

Rev. Dale McTavish

#### **ROMAN CATHOLIC**

Parish Priest—Rev. J. F. DeLouchry  
 Asst. Priest—Rev. G. E. Saulnier

#### **SALVATION ARMY**

Capt. H. L. Kennedy

#### **UNITED CHURCH**

Minister—Rev. K. G. Sullivan  
 Sanatorium Chaplain—Dr. D. Archibald

#### **PENTECOSTAL**

Minister—Rev. Robert Cross

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

### **POINT EDWARD HOSPITAL**

#### **ANGLICAN**

Rev. Weldon Smith

#### **ROMAN CATHOLIC**

Parish Priest—Msgr. W. J. Gallivan

#### **UNITED CHURCH**

Rev. Robert Hutcheson

#### **PRESYTERIAN**

Rev. E. H. Bean

#### **SALVATION ARMY**

Mr. William Brewer

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



# HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER

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## Bluebird



*A flash of blue where cherry blossoms drift,  
Like snowflakes, when a May wind shakes the trees;  
A feathered iris swinging; now the rift  
Reveals a flutist lilting ecstasies.  
The blended shades of earth and sea and sky  
And mists that lace the loveliness of dawn;  
Music of laughter fleeting as a sigh;  
Of love in bud and love when bloom is gone.  
Seeking the beautiful I watch your wings  
Lift beauty into flight that is a song,  
Whose cadences inspire a tune that sings  
Within my heart of hearts the whole day long.  
—Thus might a poet dreaming of a star  
Revel in thoughts the soul of which you are.*

—F. G. Hager



# The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.



Our Medical Library has undergone its facelifting so that it can now accommodate its books and journals in a more efficient manner. The next need is to develop a better system of cataloging them and of its operation in general. To aid us in this undertaking we

were honoured by a visit from Miss Doreen Fraser, Librarian-in-Chief of the Kellogg Health Services Library at Dalhousie Medical School. Hers is a fabulous library which, in addition to all its books, subscribes to over 1500 different scientific journals. Our library, of course, is very small by comparison but it meets a great need here. It contains a basic collection of new books and journals and a few very old and somewhat valuable tomes. The history of the struggle to bring tuberculosis under control is well documented on its shelves.

Our sincere congratulations are extended to our classes 68A and 68B of Student Nursing Assistants. The former have completed their period of education at the Sanatorium and are waiting to write the examinations which will lead to Certification. The members of the B class of 68 have a few months yet to go before completing their course so they graduated (but did not finish) with their classmates at this time. Every year we have greater reason to be proud of the fine groups of students who study here before going out to serve the sick as Certified Nursing Assistants (C.N.A.'s) from the Nova Scotia Sanatorium. Fortunately, a few of them elect to remain on our staff. Our very best wishes, mingled with pride of them, are expressed to each and all.

Our patients and staff are to be commended for their careful habits in not throwing trash around the Sanatorium grounds. Nearly everyone appreciates beautiful scenery. It even makes one feel better. The absence of litter makes our surroundings that much more attractive.

One habit I find very disconcerting among my friends is an absolute disregard for proper disposal of cigarette ashes. Sometimes a visitor (never a patient

or staff member) flicks his cigarette ashes on the floor of rooms or hallways. They have even been known to grind out a cigarette butt on the linoleum floor. One wonders what their homes are like and, indeed, what their families are like if they do the same at home.

And speaking of smoking, I wonder just how many smokers wish that they had never taken up the habit. Did you read in the papers recently about the millions of dollars of damage due to fires caused by cigarettes in Canada each year, to say nothing of the persons badly or even fatally burned? About fifteen years ago, a doctor friend of mine was burned to death in a sleeping car compartment—presumably having fallen asleep while smoking.

We talk to friends and students about the lung cancers, the heart disease, the diseases of arteries, the chronic bronchitis and the very disabling disease, emphysema, all of which are precipitated and aggravated by cigarette smoking. We sometimes forget to mention the horrors, the financial loss and the suffering which result from fires caused by careless smoking.

Sorry about the three grass fires this year that caused the calling out of both the Sanatorium and the Kentville Fire Departments. Irresponsible youngsters or adults started the fires on the bank below our fence and the wind carried the fire up the hill and through the fence. When the fence was put up we requested that it be placed at the bottom of the bank to eliminate just such occurrences, but our request was considered impractical on financial grounds. Fortunately, little damage resulted from the fires but we did lose one nice hemlock tree which we have been nursing along for some ten years. Ten years effort gone in ten minutes.

Recently, it was my privilege to listen to Mr. G. E. Benoit, Vice President of Canadian Pacific who was addressing the Commerce Class of Acadia University. He looked into the future and provided some statistics which may be of general interest. They were that, "by 1975, the total population of Canada should reach 23 million—about three million more than in our country today. This increase will

(Continue on Page 8)



# A Thumbnail Sketch Of Bermuda

VIRGINIA ALLEN

DIETARY DEPARTMENT, N.S. SANATORIUM

Bermuda—a group of 150 islands, the largest seven of which are joined by causeways and bridges. It is 580 miles south of Nova Scotia and approximately 25 miles long and two miles wide. But this is merely the charcoal sketch.

A true picture of Bermuda is difficult for even the most accomplished artist to reproduce. Therefore, I cannot do it justice in a brief (or even lengthy) written description. A visit to this fair island is highly recommended.

If I were to attempt a painting perhaps I would begin with the water around the islands. Sometimes far off on the horizon this is a dark blue but more often as far as one can see it is a beautiful aquamarine. Nearer shore or in more shallow spots it is usually a special shade of yellow green. Along the shore the breakers roll gracefully up on the white sand beaches tinged with pink coral or break majestically against rocky cliffs. There are many bays and inlets for anchoring small sailing craft of all description and many a luxury liner sails into Hamilton's lovely land-locked harbour to dock right along the main street.

If one wishes, it is possible to take a trip in a glass bottomed boat for a look at the various types of coral, sea fans and the many colorful fish which live in this sea garden. I visited the aquarium instead, but can recommend the harbour cruise.

On the islands, there are many man-made gardens, but equally as many artistically arranged and carefully nurtured by Mother Nature. Oleander and hibiscus shrubs grow everywhere. Morning glory trails along the walls or entwines itself among the shrubs and trees. As well as the Easter lilies which were just coming into full bloom, there were snapdragon, larkspur, sweet peas, calendula and glads which we associated with late summer and fall. There are also many other flowers and trees. One type of pine actually looks artificial and there are many varieties of palm. One sees such fruit as bananas, oranges, grapefruit and pawpaws growing on their particular kind of tree.

The roads are very narrow which necessitates the use of small cars and motorized bicycles for travel. Traffic keeps to the left and the speed limit is 20 m.p.h. except in the city where it is 15 m.p.h. The width of the road is 20 feet with a curb or stone wall on either side

at the very edge of the pavement, leaving no margin for error. In some places the road is hewn out of solid rock and the bus stop is just a narrow indentation with a striped pole to mark it.

Nestled among the flowers and on the hillsides are the homes made of coral and painted in pastel shades of pink, green, blue and yellow, always with a white-washed corrugated roof of coral slabs. Rain is the only fresh water supply on the island and the rain water from the roof is collected in a tank near or under the house. Sometimes a limewashed catch basin is located on the hillside near a house to collect water also.

Some of the buildings date back to the 1700's. The house in which we stayed is over 250 years old. One of the cottages had been the slave quarters and still has a brick oven. St. George's is the oldest part of the island. Its narrow streets have such quaint names as Featherbed Alley, Shinbone Alley, and Old Maid Alley.

No picture of Bermuda would be complete without people for their happy smiling faces and kind hearts are very much a part of the charm of the island. Perhaps they have reason to be happy—surrounded by beauty, no taxes to pay, and, at least from our brief observation, no prejudices to overcome. They appear like little Rastus in the April issue of Health Rays, "they ain't got nobody or nothing in their despisory". Two thirds of the population is negro.

The gentleman who drove several miles out of his way to take us home and then remarked that it would be impossible to take a Bermudian out of his way; the policeman who got us a taxi at five a.m.; the integrated church service on Easter Sunday, and the people who picked us up and drove us to church when we were waiting for a bus; the chocolate coloured school children in their neat uniform; the little girl in pigtails who was so anxious for me to share some of her flowers—all this is Bermuda.

## Cheery Days

We cannot change yesterday, that is quite clear;

Nor begin on to-morrow until it is here. So all that is left for you and for me

Is to make today cheery and gay as can be.

—Writer Unknown



(Continued from Page 6)

be the equivalent of adding a new province to Canada—only slightly fewer people than now live in the Prairie Provinces. Almost the entire three million increase will occur in urban areas and almost 80 per cent of our people will be living in urban areas. By 1975, some 55% of our population will be living in cities having a population of over one hundred thousand. Canada has grown from a nation with just five large cities at the turn of the century to a nation of 18 cities or metropolitan groupings of more than one hundred thousand people. Our population will not only be larger, it will be younger. By 1975, only two fifths of the voting population will remember the Great Depression. About half the voters will remember the Second World War. Our labour force will be one third larger than at present."

Talking about computers, he said, "I remind myself that a computer's main competition is a unit about the size of a grapefruit, using only a tenth of a volt of electricity with a memory ten thousand times as extensive as any existing electronic computer. I am talking about the human brain". This is something to be remembered. Without the human brain the computer cannot function. There is still need in this world for the development of brain power.

We hear about horse power, black power, student power, flower power, but the master of all these is brain power—properly developed. What have you read or heard or thought about today? All of us are responsible for the development of our own brain power. Let us not pass up our opportunities. Perhaps we shall never have so much available time again. This is the hidden bonus which accompanies taking the cure for tuberculosis. Our librarian, our teachers, our craft workers, are all anxious to help, but yours must be the first move. Ask to talk to someone from our Rehab. Department.

### VICTORIA DAY

Since 1904 Canadians have honoured the memory of Queen Victoria by celebrating her birthday on May 24th, or the Monday nearest that date. This is known as Victoria Day. Victoria, known as "The Good" reigned for sixty-four years. (1837-1901).

He: "I suppose you have read of the danger in kissing."

She: "Yes, but I come from a family noted for courage."

### PLEURISY

Pleurisy is a bewildering ailment. There's **wet pleurisy** and **dry pleurisy**. Sometimes it hurts and sometimes it doesn't. It may be an illness in itself or it may be a complication of some other chest disease.

Pleurisy is an inflammation of the pleura. The pleura is a two-ply membrane, one layer enclosing the lung and the other lining the chest wall. There's no space between the two layers. A very thin film of fluid lubricates the inner and the outer linings. This fluid gives the lung free movement within the chest for normal breathing.

... "Primary" pleurisy is an inflammation of the pleural tissue either as a result of a germ attack or perhaps from an injury or a growth.

... "Secondary" pleurisy is an added effect of some other chest disease, such as pneumonia, tuberculosis, lung abscess.

Dry pleurisy is an inflammation that has not formed fluid. It can be very painful, especially when the two layers of the pleura, perhaps stiffened and swollen, rub against each other.

Wet pleurisy, or as the doctors call it, "pleurisy with effusion," is an inflammation with the accumulation of extra fluid in the pleural space. The fluid may be blood, lymph (supplementary body fluid), or pus, or a combination of these. In wet pleurisy, the fluid may expand the pleural space enough to restrict the movement of the lungs and hamper breathing.

In addition to knife-like pain with breathing, the symptoms of pleurisy may be shallow or difficult breathing, dry cough, weakness, headache, loss of appetite, as well as chills and fever.

Anyone who has the symptoms of pleurisy should consult a doctor without delay. The discomfort of primary pleurisy can be relieved. And it is important that the doctor find and treat the underlying cause of secondary pleurisy.

—Oregon State TB and Health Association.

What is so sweet and dear

As a prosperous morn in May,  
The confident prime of the day,  
And the dauntless youth of the year . . .

—From "Ode in May"  
by Sir William Watson

Boss: "You're an hour late getting back with those mules!"

Bill: "Yeah. You see, I picked up Parson Jones down the road about a mile, and from there on, those mules couldn't understand a word I was saying."



# The Importance Of Sputum Examinations

Laboratory Work Vital to Diagnosis and treatment of Tuberculosis

Dr. W. Duane Jones

Sputum examinations are extremely important in all phases of the treatment and control of tuberculosis.

First, a definite diagnosis of tuberculosis of the lung cannot be proven without the demonstration of tubercle bacilli in the sputum or the lung tissue. **The tubercle bacillus is the cause of tuberculosis and its presence must be found to prove that the patient is sick with tuberculosis.** Sometimes the bacillus cannot be demonstrated but from other evidence we feel justified in diagnosing tuberculosis. However, the final proof is the finding of the tubercle bacillus. Secondly, once the diagnosis is established then the course of the disease while under treatment is gauged by the changes in the X-ray, the general condition of the patient, and the presence or absence of positive sputum. When the patient's sputum becomes negative and stays negative for several months we feel that the patient is certainly improving. If this evidence is accompanied by X-ray clearing and cavity closure, we feel confident that the patient is doing well. If the patient still has cavities in his lungs, then we are less certain that he is getting well. If after several months of treatment he still has cavitory disease in his lung, even though his sputum is negative, we believe it is best to remove, if possible, that part of the lung containing the cavity or cavities. Thirdly, when a patient is considered to have reached the stage of being classified as having inactive tuberculosis then, as before, he must continue to be observed every few months for a long time not only by X-ray examination but by sputum examination as well. This must continue for months and years because tuberculosis has a tendency to recur, and patients with considerable scarring in their lungs may have positive sputum before any change is seen in the X-ray. If X-ray examinations only are done, the patient may be putting out positive sputum a long time before anyone is aware of this. The examination of the sputum is very important to establish the diagnosis and to follow the progress of the patient.

We examine the sputum several ways. First, by smearing the sputum on microscopic slide, staining it, and examining it with a microscope for the tubercle bacilli. If the bacteria are seen, then this is reported as a **positive smear**. Secondly,

we take a portion of the sputum and spread it over a media in sterile glass tubes containing things that the tubercle bacillus needs for its growth. These tubes are checked every week to observe for the growth of the tubercle bacillus. We call this examination a **sputum culture**. If the bacteria are found, it is reported as a **positive culture**. Thirdly, many patients who do not raise much sputum do swallow some sputum during the night. Therefore we take washings from their stomach in the morning and make cultures. If the bacteria are found, this is reported as a **positive gastric culture**, gastric referring to the stomach.

Often there are misunderstandings about sputum examinations. First, it must be realized that any patient may have positive sputum one day and negative the next. If you take a series of five or six sputum specimens you may find three of them positive and the others negative; and of course, you may find all of them positive. However, the appearance of the first negative sputum does not necessarily mean that this patient is going to continue to be negative from then on. Fortunately, with the drug therapy we now have, it is often the case that once patients start to become negative they stay negative. However, sometimes when they have residual cavitory disease persisting in their lungs, their sputum may again become positive. This is usually an indication that the bacteria which have shown up at that time are resistant to the drugs the patient has been receiving.

Patients may have negative sputum smears and positive cultures. This simply means that the number of bacteria in the sputum are relatively few and are not seen on the slide but are still there and will grow if put in the proper situation. When one obtains the status where he is persistently negative by culture this means much more in respect to the control of his disease than to have consistently negative smears. There are additional advantages to the cultural method of determining the presence of tubercle bacilli. First of all, there are some bacteria which would appear to be tubercle bacilli on smear which are not tubercle bacilli. The bacteria can be properly identified only by some cultural method or animal inoculation. Even after we obtain the growth of the tubercle bacilli on cul-



ture, we subject it to other tests to make certain that this is the usual human strain. These cultures are quite useful in determining the susceptibility of the bacteria to the various drugs available for the treatment of tuberculosis.

It can be seen from the above that the examination of sputum for tubercle bacilli is an extremely important part of the management of the tuberculous patient and that the more frequently we do this the better knowledge we have of the status of the patient. This requires a tremendous amount of work by the laboratory which is tedious and must be done most accurately to be of real value. The bacteriology of tuberculosis is becoming more and more complicated. We are making every effort to keep up to date, and we believe our laboratory is doing an excellent job in these areas.

—Sanatorium Outlook

## The Story Of Mother's Day

Wilber D. Wheeler

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

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

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

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

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

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

President Wilson proclaimed it a national holiday.

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

Though floral tributes are probably the most popular Mother's Day gifts, modern mothers receive everything from dahlias to dishwashers. On May 12, American mothers will collect an estimated 1¼ billion dollars worth of gifts!

Even ancient German moms, "goddesses" though they may have been, never had it so good. But then, American mothers have earned every penny of this annual tribute. There are (at this writing) 63,616,058 individual mothers in this country—and they are raising, or have raised, 131,810,351 children!

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

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

But whether or not she contributes to the family income, Mom is sure to be honored May 12 in almost every American household for the good job she has done. Whatever presents she gets, she is apt to feel like a famous mother of Roman legend, Cornelia.

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

—San-O-Zark

An eight-year-old was the author of one of the best essays ever written on what a mother means to a boy: "A mother is a person who takes care of her kids and gets their meals and, if she is not there when you get home from school, you wouldn't know how to get your meals and you wouldn't feel like eating them anyhow."



# Guidelines For The Ex-Patient

## Key To Remaining Well – Moderation In Work And Play

H. WORTH KEPLEY

The word "guideline" is not defined in the dictionary, but to me, a former patient in a sanatorium, it means a new set of rules to live by and to be governed by as applied to physical and mental activities.

Why do we need these new guidelines? What is wrong with rules that governed us before entering the sanatorium? First we need new rules because we have had tuberculosis. While the disease has been arrested, it usually leaves the patient without the perfect lungs and strong body that he once enjoyed. As for the old rules, they are the guidelines that let us down in the first place. They certainly won't do the healing job that we want done for us now, because they were not good enough to **retain** health that we once had. Now, I don't want to depend on them to **build** health. Do you?

Specifically, what are some of the problems that the ex-patient has in his continued convalescence? How will guidelines help?

Usually there are pills (friend, you can bet you'll get pills). Each morning take an empty container, small bottle or box, put your daily pill requirement in this container. At the end of each day a quick check should show this container to be empty. Sounds simple! You will be surprised at how often you need reminding.

So you think you've had enough rest to last a lifetime—won't take you long to learn that 18 holes of golf is too much, try 9 for awhile. After you have returned to work and the boss wants a 12-hour day (would you believe at time and one-half) your new guidelines will really get the test. Pal, you only have 8 hours to give to the boss—try for more and you join the "Goin' back to the San Club."

Then, there's a little matter of sleep. Sure, this Daylight Saving Time is fine. Somebody figured that somewhere in the 24-hour day he was going to find an extra hour for work or play. But, Brother, it doesn't add up that way. There are still just 24 hours in a day and the ex-patient better remember that. You say you can work or play awhile longer. The sun is still high in the sky. That alarm clock is going to buzz at the same time in the morning, so watch the clock, not the sun. Six hours of sleep can't do the work of eight. And a good night's sleep

is the best insurance for a good day's work. As the days grow shorter and the nights longer late TV shows may become tempting. Leave late TV viewing for the weekends when you can get an extra snooze in the morning.

When you were in the Sanatorium you were taught some simple rules of hygiene: Never spit on the floor or street, always cover your mouth with disposable tissue when you cough or sneeze, keep your hands as free as possible of germs, wash them often. Do you still have to practice these rules after discharge? True, if you received a medical discharge you no longer have active tuberculosis. Your family and friends have no reason to fear being in close contact with you. But these rules should have become a fixed habit by the time you leave the hospital—so fixed that you will be horrified when your friends and associates do not practice them. When they cough or sneeze in your face you'll keep your distance. You don't want their cold or flu germs.

Proper food must be mentioned as a strict guideline item. Remember the so-called "good ole days" when one little chicken wouldn't quite go around the table and you either got the neck or back. Well, now, these days are gone forever. You must have white meat or a leg. (Why not try for both) Seriously, there can be no compromise here. Remember well-balanced meals are a must.

While in the Sanatorium we don't concern ourselves about designing guidelines, because they are there, disguised as rules. We are told when to rest, when and what to eat, etc. We practice good health habits and don't have to ask for clean facilities.

As the years pass for the ex-patient these guidelines may relax somewhat but for the ones who are willing to work at "not going back" these guidelines should not be forgotten. Maybe with our help and the application of proper guidelines the medical people can make the Sanatorium a place in memory only.

—Voice of The Sanatoriums.

—So Ca San Piper

Prayer should be the key of the day and the lock of the night.



## GRADUATION EXERCISES

### At The Nova Scotia Sanatorium

On Tuesday, April 23, the Nova Scotia Sanatorium graduated its largest class in the history of its 20 year old School for Nursing Assistants. Fifty young ladies, and one young man, received their diplomas, 21 of them in Class 68A which finished in February, 1968, and the remaining 30 to finish their one year course within the next few weeks.

Guest speaker to the graduates was Dr. Harold M. Nason, Deputy Minister of Education, who stressed the importance of the work of the Nursing Assistants and the need for diligence, an enquiring mind and integrity of purpose. The invocation and benediction were given by Rev. J. A. Munroe, Anglican Chaplain.

The students were presented by Mrs. Catherine Boyle, Instructor in charge of Nursing Education, and they received their diplomas and hospital pins from Miss Madeline Spence, Director of Nursing Service and Dr. J. E. Hiltz, Medical Superintendent. Mrs. Hope Mack, Director of Nursing, presided over the ceremonies. Music was provided by Miss Elizabeth McPhail, Nursing Instructor, who officiated at the piano.

Six of the young graduates will remain on the staff of the Sanatorium. Most of the remainder will be going to other hospitals to work or will be joining the Department of Public Health.

### GRADUATES 1968A

Barkhouse, Miss Sadie Elva—New Germany, N.S.; Buchanan, Miss Eileen Dorothy—Yarmouth, N.S.; Churney, Miss Jeanne Marie—Glace Bay, N.S.; Deveau, Miss Joan Marie—Meteghan, N.S.; Firth, Miss Myrtle Joyce—Lockeport, N.S.; Gould, Miss Gertrude Ellen—Middleton, N.S.; Gould, Miss Kathleen Sheryl—Grafton, N.S.; Hughes, Miss Patricia Audrey—Kingsport, N.S.; Johnstone, Miss Sadie Geraldine—Centreville, N.S.; Kennedy, Miss Doreen Ann—Cambridge Station, N.S.; LeBlanc, Miss Barbara June—Yarmouth, N.S.; LeBlanc, Miss Mary Delpine—Margaree Harbour, N.S.; MacDonald, Miss Jessie Elizabeth—Glace Bay, N.S.; MacDonald, Miss Karen RONALDA—Sydney, N.S.; MacIntyre, Miss Mary Louise—Glace Bay, N.S.; McNeil, Miss Angela Maureen—Reserve Mines, N.S.; MacPherson, Miss Judith Dianne—North Sydney, N.S.; Penney, Miss Audrey Anne—Glace Bay, N.S.; Sanders, Miss Lorna Doreen—South Ohio, N.S.; Sanford, Miss Faye LeVerne—Cambridge, N.S.; Wile, Miss Wanda Lynn—Falmouth, N.S.

(See picture on Page 17)

## AFTERNOON TEA

On Thursday, March 28, 1968, a tea was held at the Nurses Home for the Student Nursing Assistants, class '68B. The class received their full red cap bands, distinguishing them now as senior students. The tea had a double purpose. Mrs. Lamoureux, R.N., who is leaving this month to await a "blessed event", was presented with an engraved silver tray "in appreciation" from the students and a baby blanket from the, teaching staff.

### THE NURSE

To those who serve beside sick beds,  
Clad in white with snow-capped heads,  
This little word of sincere praise  
I speak to gladden weary days.  
Tall monuments are built by you  
In hearts that suffer long nights through;  
I've had dark nights of cruel pain;  
The hurt is gone, only remain  
The pictures of some kindly face  
And patient hands that won't erase  
From memory. A word soft spoken  
Echoes still. You are a token  
Of the Master's touch to me,  
Serving all humanity.  
Were your shrine of wood or stone,  
No worthier name could you enthrone.

—Ruth B. Statler

\* \* \* \* \*

May 12th, the anniversary of Florence Nightingale's birthday, has been designated as "Hospital Day." Miss Nightingale is universally known as the founder of modern nursing.

### TUBERCULOSIS CONTROL

The behavior and control of tuberculosis whether in the individual suffering from the disease or as a community problem, depend on the proper control and disposal of bacilli laden sputum. Control the sputum and spread is prevented; neglect this measure and cases multiply.

San-O-Zark

A tourist stopped to talk with a backwoods farmer. "I see you raise hogs almost exclusively around here," he said. "Do they pay better than corn and potatoes?"

"Well, no," drawled the farmer, "but hogs don't need no hoein'."

—Variety.

Via So Ca-San Piper

### THE SILENT PARTNER

Pat: "Oim after hearin' ye and the misus had worrds last noight."

Mike: "Shure, but Oi didn't get a chance to use moine."



## Question Box

J. J. Quinlan, M.D.



Q. Can tuberculosis be prevented?

A. As tuberculosis is caused by invasion of the body by the tubercle bacillus, if there is never any contact with the germ the disease cannot develop. At the present stage of our control of tubercu-

losis it is quite possible for the great majority of people in this part of the world to go through life without ever coming in contact with the tubercle bacillus and in these individuals, though not by design, tuberculosis is being prevented.

However, because tuberculosis is still very much with us and one never knows when there is going to be contact with a person with infectious tuberculosis it is not possible to state which individuals will be in the minority group that is going to be infected. It is for this reason that our tuberculosis control program is concerned with discovering particularly by tuberculin test surveys, those people who harbour tubercle bacilli in their bodies. The great proportion of those who have positive tuberculin tests will have no evidence of active tuberculosis, but many of them, particularly the recent converters, individuals who were previously negative to tuberculin tests, are in constant danger of developing progressive disease. In such people it is the practice nowadays to administer preventative drug treatment in the form of isoniazid and PAS for one year. This is a relatively new approach to the prevention of active tuberculosis and the results to date would indicate that it is a very effective one.

The other measure used in the prevention of tuberculosis is vaccination with Bacillus Calmette-Guerin or as it is commonly known, BCG. This is a vaccine made from bovine tubercle bacilli so treated that they are no longer virulent or capable of causing disease. Many studies throughout the years have demonstrated that this vaccine is of considerable value in the prevention of tuberculosis and is routinely used in Nova Scotia in the so-called

high risk group; that is, people who either because of their profession, such as medical students, doctors, nurses, or familial contact with open cases of tuberculosis are in much greater danger of developing tuberculosis than the general population.

Q. How does a tuberculosis lesion heal itself without the aid of rest or medicine?

A. Spontaneous healing of tuberculosis follows the same pattern as when the disease is treated by rest and drugs. In such cases the body defences are so strong that the tuberculous process completely resolves or else is replaced by scar tissue.

Q. Are anaesthetics particularly dangerous to a tuberculous patient?

A. The agents used in the modern practice of anaesthesia are entirely safe as far as aggravation of the tuberculous process in the lungs is concerned. The notion that inhalation anaesthesia was harmful to patients with tuberculosis is a carry-over from many years ago when in patients with active pulmonary tuberculosis agents as ether with an open mask were used.

Q. Do you think exercise ever helps to heal tuberculosis of the lungs?

A. It is very difficult to visualize how exercise could help a tuberculous lesion in the lungs to heal. Exercise increases both the depth and rapidity of breathing which means that if an active focus of tuberculosis is present in one or both lungs it would undergo much more stress and strain than when the patient is resting. However, when the disease is coming under control by effective drug therapy and rest, graduated exercise is beneficial to the body as a whole.

Q. Are tuberculous glands in an adult person likely to lead to considerable trouble in the lungs? Does the infection of the glands take place in childhood or in later life?

A. This question was gone into fairly thoroughly in the column a few months ago. Tuberculous glands may or may not indicate that there is lung involvement by the disease. In many cases, however, the portal of entry of the tubercle bacillus would appear to be the throat and the lungs are never infected. Tuberculosis of the glands may take place at any age but is more common in childhood.



## Some Hints For The Visitor

Visitors mean a lot to a patient. True, he needs the help of well-trained doctors and nurses, but family and friends can help him a lot. This may show you how. It gives some hints on how to be a welcome visitor to the TB patient—but as you will see it can apply to almost any kind of patient.

**Come often and don't stay too long.** The patient looks forward to your regular frequent visits. But anything that tires him slows his recovery. You'll help most if you don't stay too long and if you try to make sure that there aren't too many visitors at a time.

**Visit when you're well.** You should stay away if you have an infectious illness. How about writing a letter when you can't visit?

**Bring good news — but be honest.** Tell him about the happy things that happen. However, don't try to hide all troubles—the patient can quickly see if something is worrying you. He may imagine things worse than they are. When problems should be talked over, do it simply and honestly. Lay them aside when you're finished and go on to something pleasant.

**Help the patient to be confident.** A sick person can use a lot of encouragement. Never let the patient see you feeling sorry for him—oh, a little bit now and then, maybe to show that he's important to you. But it's far better to admire his desire to get well, his ambitions for the future.

**Help the patient to stick with his treatment.** One of the things that makes TB hard to take is that the patient can look fine and feel wonderfully strong — but be very sick. Patients need to be encouraged to continue their treatment.

**Don't worry about bringing gifts.** The patient wants to see you, not a present. But sometimes you'll want to bring a little something that the patient can enjoy after you're gone. It doesn't have to be much — something like snapshots or news clippings, stamps and post cards, bedsocks, cosmetics, razor blades or a favorite magazine. If you plan to bring cigarettes, candy or food, ask beforehand if the patient can use this particular gift.

**Talk to the doctor or nurse if you have questions.** We've all seen people who don't know anything about his disease try to tell a patient what kind of medical treatment he should have. If you have any questions or suggestions, take them to the doctor.

**Can you catch TB from visiting a patient?** The chances are very small. Usually you have to breathe in a large num-

ber of germs many times before you can catch TB. (TB patients are also taught how to prevent their germs from spreading to others.) However, here are a few rules which will protect you.

Don't kiss the patient.

Avoid handling things he uses.

Sit on a chair, not on the bed.

Leave children under 16 at home.

Wash your hands after you leave.

There is no reason to be afraid if you follow these rules.

## MAY DAY

It is quite probable that the month of May derives its name from the Roman goddess "Maia". Since this was the month in which the Romans celebrated the festival of the unhappy dead, they considered it an unlucky month for marriages.

In medieval England May Day (May 1st) was a great public holiday. Everybody got up before dawn to go "a-maying", returning in procession with branches of trees and flowers. One of the most delightful features of these May Day celebrations was dancing around the maypole. This was a tall wooden pole to which were attached flowers and colorful ribbons. Though later frowned upon by the Puritans, the custom persisted, and eventually crossed the Atlantic to find a place in our Canadian school and civic celebrations.

May Day was selected as an international labour holiday by the International Socialist Congress of 1889.

## ATTEND CREDIT UNION CONVENTION

Mrs. Alta Covert and Miss Marguerite MacLeod of the Rehab, Department represented the Nova Scotia Sanatorium Employees Credit Union at the 34th Annual Convention of the Nova Scotia Credit Union League in Halifax on April 24, 25, and 26. The meetings, which were held in the ballroom of the Lord Nelson Hotel, were very interesting, and featured such outstanding speakers as Premier G. I. Smith of Nova Scotia, Judge Dubinsky and Dr. J. D. N. MacDonald of Halifax.

Although there are still problems to be solved, the League has much of which to be proud. Structurally, it is the envy of the other Leagues of Canada as it embraces Co-Ops also, and is the only League that can boast a one hundred percent membership.

I hear the wind among the trees  
Playing celestial symphonies;  
I see the branches downward bent,  
Like keys of some great instrument.

—Longfellow



# HEALTH RAYS

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No. 5

## STAFF

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## EDITORIAL COMMENT

We are pleased to have seen the large number of patients who were able to go home on pass for the Easter holiday. More pleasing, of course, is to see the considerable number of discharges since our last edition of Health Rays. Our best wishes go out to you, and we hope that you will have continuing good health.

It is pleasing, too, that so many of you express an interest in subscribing to Health Rays at the time when you are going home. It is good to know that you have a continuing interest in the Sanatorium and we are always interested in hearing items of interest from you.

With so much of vastly greater importance going on in the world our own little interests and concerns appear quite trivial. The assassination of Dr. Martin Luther King, for example, was a shock to people everywhere and in all walks of life. The rioting, looting and burning which followed this event shows the potentially explosive situation which smolders in many of the cities in the United States.

Then there has been the Liberal leadership convention, with the resultant selection of a new prime minister. As I write this the news has just been announced that there will be a federal election in June. Relationships within the party, loosened by the leadership struggle, may be strengthened by an election. It does little, however, for unifying factions within the country.

\* \* \* \* \*

On Thursday, April 9th, the closing exercises of the Wolfville Evening School and Adult Evening Classes were held in the Junior High School auditorium. This was of direct interest to us for two reasons: Stan Robichaud, of our Sanatorium Rehab Department, was one of seven students awarded a full Grade X Certificate. Fred Barrett, Regional Supervisor of

Adult Education—and former Director of Rehabilitation at the Sanatorium—was the guest speaker, and personally awarded the certificate to Stan. We offer our congratulations to Stan for the satisfactory completion of two years of study.

\* \* \* \* \*

Much of our work is in direct association with the Department of Public Welfare. It is, therefore, appropriate that we should make mention of the fact that one of the pioneers of Social Welfare in Nova Scotia is retiring after thirty-five years of service. We refer, of course, to Mr. Hiram S. Farquhar, Director of Old Age Assistance. Indeed, his public service goes beyond his association with the Department of Public Welfare, for he was previously Municipal Clerk and Treasurer for West Hants, and Magistrate for that area from 1924 to 1933.

At our annual conferences on rehabilitation Mr. Farquhar was a valued "source person" and we always felt that we benefited greatly from his participation. We would like to join the many others who are wishing Mr. Farquhar well in his retirement. We are sure that he will not remain idle!

## CONTENTMENT

Be ambitious to live, content with small means; seek elegance rather than luxury, and refinement rather than fashion; be worthy, not just respectable; and wealthy, not rich. Listen to stars and birds, to babes and sages with open heart. Hear cheerfully, act bravely, hurry never, and always let the spiritual grow up through the common.

—W. H. Channing

## *Birthday Cakes are our Specialty*

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**Dr. Harold Nason, Deputy Minister of Education, addressed the graduating class of Nursing Assistants at the Nova Scotia Sanatorium. Reading left to right are: Miss Carol MacPherson, president of Class 68B; Dr. Nason; Miss Jessie MacDonald, president of Class 68A; and Mr. Herbert Boudreau of Class 68B.**

#### A NEW DAY

Never mind what has been. Remember that every morning begins a new day—a day of fresh endeavour, a day that may and should be filled with hope and gladness. Don't add to your blunders by condemning yourself too harshly for your errors and shortcomings. Better folks than you have made worse mistakes and bigger failures. Forgive yourself as fully and freely as you would forgive another, and go cheerily on, leaving the shadows of regret behind.

—Writer unknown

#### NOT LOST—NOT EVEN HIDDEN

Tuberculosis, the supposedly “vanishing” disease that refuses to get lost, still attacks more than 50,000 Americans every year.

\* \* \* \*

TB can be cured a lot faster today than it used to be. But it still sometimes takes months. For the best results, treatment should begin in a hospital or sanatorium properly staffed and equipped for the treatment of tuberculosis.

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# Chaplain's Corner

By Captain Harold Kennedy

Salvation Army

In this age of automation and self-service, it is a rare, but enjoyable experience to have someone take an interest in us and wait on us in a store. The merits of the items shown us can be extolled and we can ask questions if we desire. We like that personal interest that is shown to us. I guess it is just human nature to want people to take an interest in us. We have personalized letterhead and envelopes with our name on it; you can even have cheques with your name printed on them now; and for years the monograms on silverware, towels and other fine linen have given prestige and pride to their owner.

But these are only earthly possessions which Scripture tells us will pass away. What about our religion? Is it a personal experience too? It should be. That is what God wants for us and it is only our personal relationship with God that will bring us lasting satisfaction.

We have just celebrated Easter, the most meaningful of all Christian Holy days. We remember that Jesus died on the Cross of Calvary to save sinners and by His resurrection He defeated sin and death. While Jesus' sacrifice was for all the world, it is up to the individual to accept the Grace of God for himself. This is illustrated for us by the penitent criminal as he hung there by the side of our Lord, for he turned to Jesus and sought His pardon and was given the glorious promise that he would be received into Paradise, while the other man rejected Jesus and what He stood for, and we read of no peace coming to him.

Now a personal contact with Jesus can be a very revolutionary experience. Matthew the tax collector left his work to be instructed by Jesus and then to go on to tell others about Him. Several fishermen were sufficiently impressed by this man of Nazareth, to leave their employment and all that they had invested in a business, to follow Him. Certainly those whom Jesus healed had a revolutionary experience. What a joy to those people who were born blind, or were lame, to suddenly have their sight restored, and their limbs strengthened! Life began for these people at that moment, when Jesus was moved from a man who was only talked about, to One Whom they knew and had had a personal contact with

them. This young man, with His humble beginning of life there in the small town of Bethlehem, with only a small handful of true followers, made a tremendous impact upon the whole world, and down through the ages His teachings and His example have moved men and women and even children to believe on Him as the Son of God. And what a change this brings about in the individual! Jesus Himself called it a re-birth, or as He said to Nicodemus as recorded in John 3 'be born again'. I knew a young man once who was arrogant, hateful and ugly. He had been convicted of murder and sentenced to hang. He did all that he could to make the lives of his jailors miserable. During my visits weekly at the jail, we talked of Jesus, and finally his interest in this Man was kindled so that he wanted to learn to read so that he could learn from the Bible himself. And gradually, like a small child watching the unfolding of the wings of a beautiful butterfly is amazed at the beauty, so this young man began to see that Jesus wanted to be and could be his Saviour, too, and it was with joy in my heart that we prayed together and he sought the forgiveness of Jesus. His forgiveness by the Lord, did not alter the sentence imposed upon him by man's laws and I was privileged to stay with him as the awful end came. As he walked to the gallows that night, outside the building there were those of a vengeful nature who only waited for the death notice to be posted. Inside, his jailors had tears in their eyes, for this young man had so changed, that his new-found peace with God had touched them as well.

What about your life? Does the inner peace which comes only from God flow through you to bless others, or should some changes be made? Have you a selfish attitude that insists on having your own way? Is that tongue of yours too quick, too sharp in criticism, gossip or telling untruths? Perhaps as you think back over the days now in history, you can see where you have hurt loved ones and friends and you yearn to undo the wrongs done. All these are sinful and it was for this that Jesus came. He came to forgive man his sin. He came also to change man, by removing the sinful nature, and-by placing His Spirit within to



bring about this revolutionary change. He came really to change sinful man into a Holy person!

Just about now perhaps you are saying, "yes, but what about the other people I have to live with—they're not going to change". Remember we started out talking about the personal touch that we like to receive? Well, now is your chance to have a personal experience with God. Certainly as a prisoner it was difficult to live as a Christian, yet my friend did just this and made a tremendous impact on others. You, too, can influence others for Him, when once you become His completely, for you will receive benefits from His hand and others will share in them. In Galatians we read, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith". These are all graces that you can receive when you seek Jesus Christ as your personal Saviour. He will give you the ability to love people as never before, sharing in their needs and desires. The joy you will receive will not be a passing thing that must continually be renewed, but a joy within welling up and overflowing to touch others' lives. There comes a peace which will give you calmness and contentment in every situation, no matter how trying it may be and with it the ability to withstand the difficult times of life, knowing that you are in God's care and the Bible tells us that 'He will not cause us to suffer above that we are able to bear'. The gentleness of will and speech and action will be a balm to others, and your new-found goodness, based on the righteousness of God, will

bring honour and glory to His name. And your faith in Him will grow, for when you see what He can do in and through you, you'll learn to trust Him more and as you do this, you'll find yourself spending time in prayer which you never before thought to, and you'll want to discover in the Bible some of the wonderful messages God has sent to those who believe on His Son.

If a small thing like personal service in a store, or monogrammed towels can please you, think how much more a 'personal encounter' with Jesus can thrill you and change you. It is my prayer that you might seek Him and know Him as your Lord and Saviour, and that you will enjoy His Grace in your life.

Search thine own heart. What paineth thee in others, in thyself, may be.

—Whittier.

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## Old Timers

It is difficult to recall when Nature provided Nova Scotians with a more appropriate setting for the joyous observances of Easter than she did this year. The glad message of renewed life which the Season proclaims was suddenly manifested on every hand. Crocuses, in their dainty mauves and whites, popped up on the lawns to revel in the bright sunshine and delicious warmth; tulips pushed up a full four inches above the ground; and the buds on the trees and shrubs seemed to swell visibly.

Anne Marie spent her Easter in Belliveau's Cove and brought back the news that her cousin, Mrs. Maria Chaisson, who cured here in 1965, gave birth to a son on March 13th. This is Maria's second son and she calls him Julien.

Maria's mother, Mrs. Delphine Belliveau, lives with her and frequently hears from Mrs. Marguerite MacDormand of Westport. This friendship had its beginning back in 1964 when these two ladies cured together at the Sanatorium.

When the Windsor Royals met the Port Hawkesbury Strait Pirates in a hockey match in Port Hawkesbury, it was announced on the radio that Father James Mombourquette of Petit de Grat was the three-star selector. Father Mombourquette was a patient here in 1956.

John Thompson of Enfield was in for a check-up recently. He looks and feels well and is currently employed at Elmsdale Lumber Company. Mr. Thompson was a patient here in the early 'Sixties.

Also in for a routine check-up was Alma Johnstone of Cherrybrook, Halifax County. Alma, who cured here in 1966, is glowing with health and continues to teach her little grade three charges. She has been awarded a scholarship and is looking forward to attending Dalhousie Summer School.

When in Bridgewater one day Hector McKean of Medical Records saw Mervin Hebb, an ex-Roseway Hospital patient. Mervin still works at the T.V. Station in Saint John, N.B. His wife, nee Frances Romkey, is also an ex-Roseway patient. They have two children.

On a recent trip to Halifax Clifford Beeler, retired Rehab. Handcraft Worker, saw Bernard Hum, who was one of our San children only last year. "Bernie" has grown considerably and still makes the advertising posters for his father's restaurant.

We were pleased to have Mrs. Eleanor (Archibald) Chase at our Chapel Service one Sunday morning when her father,

Dr. D. Archibald, conducted the service in the absence of Rev. Dale MacTavish, the regular Chaplain. Mrs. Chase, a former Sanatorium patient, was also a student social worker here a few years ago. She makes her home in Halifax at present, and follows her profession in that area.

While viewing the Liberal Convention on T.V. Max MacLeod of Liverpool (Sanatorium patient in 1935) recognized Senator Donald Smith and Mayor Frank Trainor of Liverpool among the throngs of people present. Both the Senator and Mayor are ex-Sanatorium patients whose curing days were back in the 'Fifties.

Just about everyone agrees that the world is a small place now. At least three of our Sanatorium staff members — Misses Virginia Allen, Joan Walker, and Helen Morse—are convinced of it. When they went to St. James Church in Somerset, Bermuda, on Easter morning they found themselves seated immediately behind Miss Margaret Markham, a former Sanatorium Occupational Therapist. Talking with Miss Markham after the Service, they learned that she, too, was vacationing. They all returned to Nova Scotia on the same plane. Bermuda was enchanting and a wonderful ten-day interlude it was. The ideal time to visit this fairyland — and they have this on good authority—is June, July and August when the temperature is perfect and all the flowers are in bloom. As comments one of the participants: "But who wants to leave our own 'vacationland' during these months?"

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THIS HALF PAGE WITH THE  
COMPLIMENTS OF

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---

Matron (Showing sweet young thing through the San.): "Yes, and the patients consume about a hundred gallons of milk daily."

Sweet Young Thing: "Good gracious! I suppose you keep a cow."

The first day at kindergarten was drawing to a close when a little boy approached the teacher. "Mrs. Allen, could you please tell me what we learned today?" he asked. "Because when I get home, my mommy is sure to ask me."

San-O-Zark



## MOTHER

You set my feet in ways of truth,  
And gave them wings new heights to  
find;

O friend and counsellor of youth,  
God gives a mother our wounds to bind!

And when one day I went away,  
You placed a lantern in my hand  
To light the long and weary way,—  
To teach my soul to understand.

I went away,—but still your song  
Blesses many a weary hour,  
And in the tumult of life's throng,  
Memory is a shining tower.

—Elizabeth Howe Harris

\* \* \* \*

The best way to cheer yourself is to  
try to cheer somebody else.

## ROBIN RED BREAST

This gnarled old apple tree  
That lifts its twisted limbs so high,  
How many radiant summers it  
Has seen bud, bloom and die!

Within its hollow trunk  
Secure, the jovial flicker nests;  
Alert, the wily crow among  
Its topmost branches rests.

A trysting-place for birds!  
Here, too, they scold and wrangle;  
Who braved first the frost, the cold,  
Seems hardest to untangle.

Till at last the old tree  
Spoke: "I was here—ask me! I know!  
'Twas Robin who came first—I saw  
His red breast in the snow!"

—Cora W. Smith

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## Just Jesting

The hold-up man shoved a note at the bank teller ordering, "Hand me all the dough in your cage. I've got you covered."

The teller scribbled his reply, "Kindly go to the next window I'm on my lunch hour."

\* \* \* \*

Gurney Finlop tells about the high-ranking railroad official who got lost in the North Woods and finally found his way to a small railroad station. But the waiting room was just as cold as the outside. The man banged on the office window and demanded to know why there wasn't some heat in the place. "Look, mister, I'm too busy sending telegrams to bother with stoves," the agent snapped. The official grabbed a telegraph blank and wrote to the superintendent: "Fire agent this station immediately." He shoved the blank through the window. In a few seconds the agent appeared with kindling and a scuttle of coal. "Did you send my message?" the official asked. Said the agent: "Look mister, I'm too busy building fires to send messages."

—San-O-Zark

Joe: "What is your dog—a setter or pointer?"

Steven: "Neither. He's an upsetter and disappointer."

\* \* \* \*

Student: "Were you out in all that rain, Professor?"

Professor: "No, I was merely in the portion of the rain that descended in my immediate vicinity."

\* \* \* \*

"What flavors of ice cream have you?"

The pretty waitress answered in a hoarse whisper, "Vanilla, strawberry, and chocolate."

Trying to be sympathetic the diner said, "You've got laryngitis?"

"No," replied the girl with an effort, "just vanilla, strawberry and chocolate."

\* \* \* \*

Announcer at concert: "Miss Periwinkle will now sing, "Oh That I Were A Dove, I'd Flee."

Young lad: "What's a dove-eyed flea?"

\* \* \* \*

The little boy was afraid of dogs. One day his mother had to carry him past a playful French poodle, and afterwards she admonished him for his timidity.

"You'd be afraid of dogs, too, if you were built as low as I am."

A grizzled old-timer was watching his first airshow. He stared with open mouth as four jets thundered straight up in a tight diamond formation. Suddenly they went off in four different directions. At this the old man paled and exclaimed, "I knew that dern thing was gonna come apart if they kept goin' that fast!"

Mrs. MacKinnon: "How would you use the word 'miniature'?"

Jean: "The miniature asleep you snore."

\* \* \* \*

Dr. Quinlan: "Smoking, hey?"

Dolphie: "No, tobacco."

\* \* \* \*

Keith: "Who's the blonde you were out with Friday?"

Maurice: "Oh she's the brunette I was out with Wednesday."

\* \* \* \*

Kenneth: "Name three articles containing starch."

John: "Two cuffs and a collar."

\* \* \* \*

### AMEN

The new minister had asked Eph Brown to lead in prayer. It was Eph's first experience of this sort but he didn't want to disappoint the new pastor and so he complied. Twenty minutes later found Eph still praying. He had prayed for everybody and everything he could think of. The congregation were becoming restless. Finally from one of the deacons came a strong "Amen."

Eph looked at the deacon and said: "Thanks, deacon; that's the word I have been trying to think of ever since I started."

\* \* \* \*

Newsboy: "Sir, my beautiful sister is dying of starvation. Will you buy the rest of my papers?"

Gent: "No, but I'll take your sister out to dinner."

\* \* \* \*

"I have a letter saying my uncle was overcome by heat the other day."

"What! How'd he get overcome at this time of year when it is so cold?"

"Well, he was cooking and the cookbook said, "Sit on the stove and do not stir."

\* \* \* \*

Hotel Clerk: "Inside or outside room, sir?"

Guest: "Inside, I guess; it looks like rain."

\* \* \* \*

Living for others is life's fullness; living for self is poverty, nakedness, starvation.

—Theodore G. Weld

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#### A BAG OF TOOLS

Isn't it strange  
That princes and kings,  
And clowns that caper  
In sawdust rings,  
And common people  
Like you and me  
Are builders for eternity?

Each is given a bag of tools,  
A shapeless mass,  
A book of rules;  
And each must make—  
Ere life is flown—  
A stumbling block  
Or a steppingstone.

—R. L. Sharpe

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### SPRING CLEANING

A chap we know whose business it is to organize mass surveys reports that right at this time of year he has a very trying time getting canvassers. And why? As nearly as he can make out, because of spring cleaning in the house and around the yard.

Years and years ago a precise looking lady told her class in home economics that there should really be no need of spring housecleaning. If one worked methodically, dusting when and where dust appeared, scrubbing here one day and somewhere else the next, sweeping for cobwebs in one bedroom one week and another in a fortnight, this awful business which exhausts the woman power of the country in the merry month of May just would not occur.

It sounded wonderful. But 35 years later I'll bet everyone in that class still finds that in the spring there is general disorder in bureau drawers, in clothes cupboards, in basements—in fact all over.

Were the bureau drawers equally disorganized in February and March? Was there even then a certain amount of confusion among shoes in the cupboard? Well, yes, one admits, maybe there was.

Why wasn't the cleaning operation started then and done bit by bit? That's easy. We didn't feel it was spring.

The urge to clean house in the spring must be very deep in human nature. Perhaps it is evidence that no matter how big our cities get, how many labor saving devices move into our houses and offices, we still retain an impulse to start in afresh. Nest building may be for the birds, but human beings also want a new look to their quarters. Though they may groan and moan about work, they seem impelled to do a good bit of it themselves.

Interesting isn't it that even though we have gone from carriages, to trains and cars, to planes and perhaps to rockets we should stick to a thing like spring cleaning. It must do something for our souls or we would not have clung to it so long.

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### MORE ABOUT MICROBES

Leaving tubercle bacilli for a moment, let's consider germs in general.

Sir William Osler said the "Bullets and bacilli are as Saul and David; Saul has slain his thousands and David his tens of thousands."

Despite the progress of modern medicine we have a hunch this is still true. Modern armies look after the health of men in uniform in a way not possible in centuries gone by. History has many examples of armies being wiped out by disease, sometimes before they ever reached the enemy.

There was the story of Sennecharib's army, for example, made famous by a poem of Lord Byron. It started out

The Assyrian came down like the wolf  
on the fold

And his cohorts were gleaming with  
purple and gold.

The army perished. Nobody then seems to have associated the plague that beset them with the fact that at a point on the march the camp was overrun with rats, the great carriers of plague.

When during the Crimean War the English people heard that disease was causing more death than bullets they were shocked. The intrepid Miss Florence Nightingale did not let the general get over the shock. She told the top brass that they might as well line men up on Salisbury Plain and shoot them as fail to provide proper sanitation in barracks and base camps.

Miss Nightingale was persistent, outspoken and revered. The generals had to heed her. In the long run they saw that it was good military tactics to protect the health of troops—one of the inconspicuous revolutions of history.

—TB—and not TB

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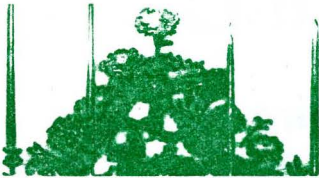
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