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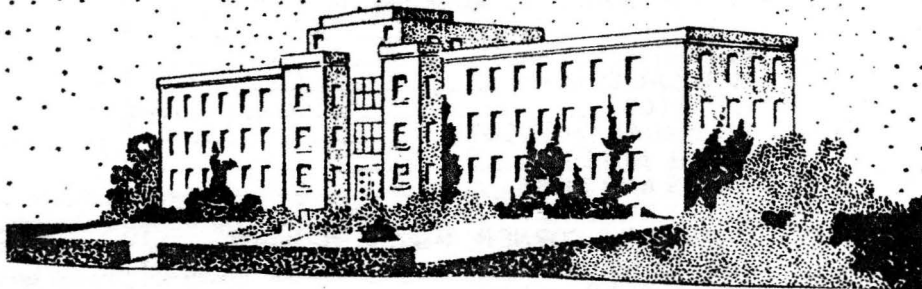
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Health Rays



The Miller Hospital

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No. 5



HEALTH RAYS

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Hospital Visiting Hours

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

Kick The Habit Week, May 2-8

MANY WISH TO QUIT BUT NEED HELP

By Dr. C. Stuart Houston Professor of Diagnostic Radiology University of Saskatchewan

Radiologists, in my opinion, are the central people in any hospital and obtain a better overview of disease incidence than any other specialist, with the possible exception of the pathologist. Over the last 40 years, radiologists have watched tuberculosis once the major lung health problem, decline, as lung cancer and emphysema increase to become even greater problems.

Probably half the illness in any hospital is, with present knowledge, potentially preventable. It is difficult to change human behaviour and it is difficult enough to get patients to take medicine that doctors prescribe for

them. It is even more difficult to persuade people to stop practices that doctors know to be harmful to their health.

Many people wish to quit smoking for the sake of their health but most cannot quit without help. In the United States, there are 55 million regular cigarette smokers, fourteen million wish to continue for the pleasure they receive. Forty-one million wish to quit and many of them have tried to quit without success.

Knowledge—presentation and acceptance of proven facts—can change the behaviour of some.



I WAS HUNGRY

I was hungry
and you formed a humanities club
and discussed my hunger.
Thank you.

I was imprisoned
and you crept off quietly
to your chapel in the cellar
and prayed for my release.

I was naked
and in your mind
you debated the morality of
my appearance.

I was sick
and you knelt and thanked God
for your health.

I was homeless
and you preached to me

of the spiritual shelter of the
love of God.

I was lonely
and you left me alone
to pray for me.

You seem so holy;
so close to God;
But I'm still very hungry,
and lonely,
and cold.

-Selected



INTERLUDE

I sometimes yearn for solitude
And time which I can call my own:
Then, granted such an interlude,
I'm apt to merely feel alone...

-Lilah Smith Bird

In The Sugar Bush

By Eileen M. Hiltz

When the snows of winter are melting fast,
 And the sap begins to rise,
 And the biting breath of the frozen blast
 Yields to the Spring's soft sighs,
 Then away to the wood,
 For the maple good
 Shall unseal its honeyed store.

--Susanna Moodie, Canadian poet,
 (1803-1885)

Easter came mid-April this year, which is almost as late as Easter can be. The weather had been blessedly mild for some time, and Good Friday was like a day in June. It was a day for being out of doors, and perhaps that was chiefly responsible for a delightful outing I experienced that day.

I was visiting with relatives in my old stamping ground, Pictou county. When on Good Friday my cousin proposed an expedition down into the country to visit a maple syrup camp, I agreed with happy anticipation, and a wave of nostalgia.

My memories of tree-tapping and maple syrup-making go back a long, long way, to when I was a fairly young child and spent four wide-eyed years on a farm. In late winter my father tapped the sugar maples that formed the boundary lines of the farm. For days we collected the sap, so slow dripping, and tasting like faintly sweetened water. When we had gathered, possibly, a gallon of this precious stuff, we commandeered mother's largest pots and pans and slowly and painfully "boiled it down". I do not now remember amounts, but I doubt if we got more than a cup of the genuine article, home-made maple syrup.

We saw different type of undertaking at the camp we visited on Good Friday. The family who ran the camp had installed sophisticated machinery, albeit on a small scale. They tapped

trees in more than one "sugar bush", each of which bore thousands of sugar maples. The sap from the nearby woods was gathered into a large tank which sat on a flat wagon pulled by a tractor. But the sap from the more distant woods was collected and transported to the camp by a pipe-line, which was supported and carried above ground much as our telephone wires are.

The camp, a shed-like building, is fairly well taken up by the great evaporating pans. As the secret of fast transformation of sap into syrup is maximum evaporation, you can envision the amount of steam engendered. Entering the shed is like stepping into a mild form of sauna bath, and we were advised to tie something over our heads to save our hairdos. The great fires beneath the evaporating pans were stoked unceasingly with slab wood. On that strangely warm April day it was something of an inferno!

Our visit to the syrup-making camp was a fascinating experience for all of us, but the visit held an added interest for me. This was a one-family operation, the family of William Stalker of Kenzieville. I recalled some fifteen years ago a unique father-son patient team at the Sanatorium. The father was William Stalker and the son, seven year old Robbie, and this was indeed the family I had known at the San.

I talked with Mr. and Mrs. Stalker at the camp, and was delighted to learn that Robbie is a medical student at Dalhousie, about to enter his final year there. The Stalkers feel that Robbie's stay at the Sanatorium may have influenced him in his choice of a career

(continued on Page 4)

HABITAT, THE UNITED NATIONS CONFERENCE ON HUMAN SETTLEMENTS

Neanderthal man, in his cave, was better housed than millions of people are today. Our situation is not improving. HABITAT, the United Nations Conference on Human Settlements, will consider this and other problems.

When the United Nations convened in 1972 at Stockholm, Sweden to discuss the environment, human settlements had first priority. But so dismaying were the findings that Canada suggested a further conference. Consequently, from 29 May to 11 June 1976, as many as 6,000 delegates from about 125 nations will gather in Vancouver at what likely will be the largest ever UN meeting. The city will simultaneously host a convention of non-governmental organizations interested in settlements.

The problems facing the HABITAT conference are immense. Between 1976 and the year 2000 the world's population will nearly double and, for the first time, the planet will be more urban than rural. Experts are having ghastly visions of a city in India with 30,000,000 people. By 1985, Tokyo will probably have more inhabitants than Canada. Everywhere, more and more individuals will suffer the poverty and hopelessness of slums which destroy the family and neighbourhood and which promote violence. Over the next three decades, more buildings will be required than humans have erected in history.

Inadequate food and energy, increasing illiteracy and the possibility of fifty percent unemployment, complicate the settlements question in developing nations. While most citizens of rich countries have adequate housing, these people can no longer be sure of finding peace and quiet, creative recreation or

privacy. Sudden death at the hands of the automobile, and smog-borne lung cancer and emphysema threaten the prosperous. The suburban lifestyle divides numerous families by trapping one spouse at home and keeping the other absent for long periods. Regional disparities, land speculation and high costs plague some nations. There is a "pervasive lack of beauty, order and stimulus..." Many of earth's rural areas are losing vigour, as the young and the educated throng to the cities.

Canadians are generally well housed, although we too are encountering difficulties. Should current population and urbanization trends continue, we will, within twenty-five years, need the equivalent of forty or fifty new cities the size of Halifax. One-third of the population could be crammed into Montreal, Toronto and Vancouver. Rural decay will accompany this growth as farm land ceases production and as the new generation leaves the soil.

Despite these nightmarish dilemmas, there will not be any wailing and gnashing of teeth when the delegates congregate in Vancouver. The accent will be on the search for, and the exchange of, workable solutions to the settlements crisis. Each country has been asked to film a few of its outstanding achievements in the settlements field. Canada has helped nearly thirty developing nations prepare their presentations. In turn, we expect to learn much. Thus, HABITAT is bound to create a positive attitude and to achieve positive results.

— From a Canada Post publication

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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, or layer enclosing the lung, and the other lining the chest wall. There's no space between the two layers. A 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 the 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 say, "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 one or more 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 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.

-Selected

IN THE SUGAR BUSH

(continued from Page 2)

in medicine. Mrs. Stalker, with understandable pride, confided to me that Robbie had won the prize for his class this year for best doctor-patient relationship, and for that honor she gave credit also to his early experience at the Sanatorium.

It is always gratifying to come across "Old Timers" who have made it back to health and successful living. So I thought, as I listened to the story of Robbie's achievement in his challenging medical course, and watched Mr. Stalker, looking in robust health, driving the heavy tractor for the sap gathering operation.

All in all, a most pleasant Good Friday.

A FAMILY IS...

A deeply rooted tree with branches of different strengths all receiving nourishment from an infinite source.

Where character is formed, values are learned, ethics are created, and society is preserved.

Where all members contribute and share, co-operate and work, and accept their responsibilities toward the good of the group.

Where holidays are celebrated with feasting, birthdays acknowledged with gifts, and thoughts of days gone by kept alive with fond remembrances.

Where each can find solace and comfort in grief, pleasure and laughter in joy, and kindness and encouragement in daily living.

A haven of rest, a sanctuary of peace, and most of all, a harbour of love.

(Manny Feldman in Recovery)

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Medical Column

By Dr. William J. Welch

The threat that next winter might be the occasion of a 1918 style influenza epidemic has generated concern among public-health officials, controversy among virologists and panic-button appropriations by politicians who know an election year when they see one.

The concern has come about because, for the first time in the history of the study of influenza viruses, human-to-human transmission has been demonstrated of a virus normally confined to swine. The swine influenza virus has been known to spread from swine to man but never before from human being to human being.

In the Fort Dix, New Jersey, army base, 11 cases of swine type A influenza have been reported. More important, blood studies among 308 of the personnel have demonstrated antibodies to the virus in 68 of them — a clear indication of exposure to the virus.

A virus very similar to this swine influenza virus is believed to have been the causative agent of the flu epidemic of 1918-1919. It resulted in 2,000,000,000 cases of illness around the world and 20,000,000 deaths, about half a million of them in the United States.

The reason for believing that the 1918 "killer flu" virus was closely related to the modern swine virus is because many people still living who were exposed to the 1918-1919 virus have antibodies in their bloodstream which are active against swine influenza virus. This indication of exposure is much less prevalent in people born after 1924.

There is uncertainty as to whether the deaths in the 1918-1919 epidemic, especially among people between 15 and 50, were due to virus pneumonia, or to superimposed streptococcus or

staphylococcus bacterial pneumonia. The latter, if it were to occur today, should respond to antibiotics not then available.

All in all, highly suggestive circumstances relate the emergence of modern swine influenza viruses to the possibility of a highly virulent epidemic in the making. For that reason, Dr. Fred W. Davenport of the University of Michigan School of Public Health, an expert in virology, is among those who have recommended a crash program beginning now to develop enough swine influenza vaccine to immunize the public and thus abort the epidemic.

The question of whether or not to push on with broad scale vaccine production is now under study at the National Institute for Allergy and Infectious Diseases in Washington, the Center for Disease Control in Atlanta and the Federal Drug Administration. Vaccine manufacturers have been alerted and are said to have already received samples of the virus in order to be ready if needed.

State health departments, the Department of Defense and the World Health Organization have been asked to start the difficult task of laboratory screening for the presence of the swine influenza virus in suspected cases.

The object is to determine whether or not seeding of the population with the swine virus is now going on. Only time and much study will tell.

If the news is bad, this time, unlike the situation in 1918, the experts are determined to prevent the epidemic before it gets underway.

Halifax "Chronicle-Herald"



RON ILLSLEY
ESSO SERVICE STATION

Asbestos

Asbestos is being found in the lungs of people in big cities. These people have never knowingly been exposed to asbestos, but brake linings are made with asbestos and every time you step on your brakes you let a little bit of it into the air and make it available for people.

Asbestos air pollution warrants special consideration. People related (by work or proximity) to various branches of the asbestos industry, especially the mining of the mineral, run an extraordinary risk of developing malignancies. Asbestosis is that condition of scarring of the lungs directly attributable to asbestos dust. Whether the number of fibers found in the lungs of the average citizen is too small to be dangerous will only be known with the passage of time. In the meanwhile, we must be knowledgeable concerning this form of air pollution and take intelligent steps to limit it.

Asbestos is called the "Twentieth Century Mineral". Oil production is generally used as a measure of industrial growth. Its output has increased only 50 fold in the past 60 years, that of asbestos 100 fold. In the 1880's 50 tons of asbestos were produced annually. By the mid 70's, 4,000,000 tons were being produced annually, with production still on the increase.

Asbestos is made into fire-proof clothing, fire-proof bulkheads for ships and submarines, brake shoes, cloth plates, fire-proof furnace cements, plastics, floor tiles, re-entry nose cones for space ships, filters for beer, wicks for cigarette lighters, and other uses numbering into the thousands. As the asbestos is handled, fibers scatter. When material into which asbestos has mixed wears out, the asbestos fibers are liberated into the environment. Once liberated, these fibers are permanent features of our atmosphere. Many are inhaled and become em-

bedded in human and animal lungs.

In the lungs of people exposed to the concentrations of asbestos in and around industry, asbestos causes scarring. The scarring may reveal itself 20 to 30 years after the initial exposure. Those, whose lungs are scarred have death rates from mesotheliomas (malignant tumors of the covering tissue of the lungs and intestines) all out of proportion to the incidence of this rare tumor in the general public. Victims of asbestosis also suffer from markedly increase rates of lung, stomach and colon cancer.

In the 1960's, reports began to appear concerning the finding of asbestos fibers in the lungs of people dying from all causes in places like Miami, Florida, virtually free of industrial air pollution. With careful postmortem search, asbestos fibers can probably be found in the lungs of all people, regardless of where they lived, what they died from or what their profession was.

Obviously, we must be more strict regarding the use of asbestos. Uncontrolled use of asbestos in the form of a spray to fireproof new construction must be halted, as it already has in a number of major cities. We must be vigilant to unexpected uses of asbestos - as in the use of woolen coats sent to the U.S., from Italy a few years ago. The coats had an asbestos content of 20 percent. The manufacturer decided to avoid the high tariff on 100 percent wool garments by altering the wool with asbestos. A leading expert in the field said the coats were too dangerous to the worn and, in his opinion, had to be buried to be disposed of safely.

Concern for all pollutants is justified. The indestructibility of asbestos and its real, as well as

Editorial Comment

Well, things are going right ahead (I think) at the Miller Hospital. The Annex-Service Building complex is down and just about cleared away. There is much more room in our parking lots each week, indicating an ever-decreasing staff population, and/or an ever increasing price of cars and gasoline. A number of our staff are spending more time at the "B.F.M. Unit", with some being transferred there permanently. There is still considerable speculation as to proposed use of parts of our "San" facilities. Of special interest to us is the proposed use of some of our facilities by patients now at the Kings County Hospital, as reported in the Berwick "Register" and the Halifax "Chronicle-Herald. The proposals haven't met with much favor so far, and the chairman of the Provincial Health Services and Hospital Insurance Commission looked "with jaundiced eye" upon the Sanatorium as a likely site for a psychiatric facility - or so it is reported. Meanwhile, we continue with our work and hope that the decision-makers will not be too error prone.

Right now we are looking ahead to the annual Apple Blossom Festival, and hoping that the weather will improve to what it used to be at this time of the year. The past two years have been disappointing, weather-wise, and at present we are having much colder than usual days. We will plan on getting as many patients as possible to the Parade, however, and hope for the best.

x x x

We will take this opportunity to mention again that we are expecting to discontinue "Health Rays" at the end of December. It has been decided that a reasonable rate for new subscriptions and for renewals will be

\$1.00, rather than \$2.00 from now on. It does seem strange for us to be discouraging contributions to the Jubilee Fund, but we have returned the several that have come to us since the decision was made. We haven't sent out any reminders in the past couple of months, but will try to get around to some form of a modified reminder for those whose subscriptions are up for renewal. Our thanks to those of you who have continued to support "Health Rays".

ASBESTOS

(continued from Page 6)

potential long range, dangers single it out for special concern.

From "Focus"
(Illinois Lung Association)

HAPPINESS

Happiness is loving, caring, and having friends,
It's passing a test when you thought you failed.

It's being inside when there's storm and hail.

To know your neighbor understands and is always there,
It's having parents that know how you feel and are fair.

It's hearing great music, and knowing that others share what they have.

This is happiness to me; and it is a great thing to have,
Because happiness is a precious gift that exists in us all.

(Peggy Langille in *Bluenose Rambler*)

"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained".

A.S. Roche

Social Notes

On the evening of Thursday, May 20, a card party was held in the Cafeteria, sponsored by the United Church (of Saint Paul and St. Stephen) Men's Club. Bob Middleton was our go-between, and William Hamm, (the President), Rev. Ian MacDonald (the Pastor), and four other club members were in attendance, assisting with the play, and bringing the prizes.

Refreshments, in the form of doughnuts, tea and coffee were served. Staff members present were Morag Manzer and Don Brown. We are indebted to Mrs. Manzer, as well, for the artistry of her posters and decorations at this, as well as at the previous parties. This time, capable assistance was given by Paul MacDonald, who displays a good deal of talent and organizational ability. Our thanks to all those who contributed in making this a pleasant evening.

OOO

A pleasant evening was enjoyed on April 21, when Father B. D'Entremont of Berwick entertained with songs and provided leadership in the sing-along tradition. "Father Beni" demonstrates a tremendous amount of energy and his good humour is most infectious. With him was a lady accompanist. Otherwise, we could say that his is definitely a "one-man show"! We hope that we will again have the opportunity of hearing him again. This was the third time that Father Beni has provided an evening of entertainment for our patients.

The Cafeteria was decorated by Mrs. Manzer and a number of the patients, with "Spring" as the theme. Tasty refreshments were provided by the Dietary Department.

OOOO

On the evening of May 14, a Young People's Group from the Apostolic Church in Gaspereau made a return visit, visiting the wards with songs and prayer.

Notes And News

On May 26 there is to be a Tea in the Cafeteria in honor of Joan Walker who will be retiring at the end of the month, after 34 year's service. Joan, a former patient, has been secretary to the Medical Superintendent and, more recently, to the Medical Director and Administrator. She has been truly a key person at the Sanatorium (and The Miller Hospital) and will be very much missed. At the same time, we are glad for her that she is able to retire and enjoy to a greater extent the home in which she has invested a good deal of energy. We wish you many happy years in which to enjoy life, Joan.

OOOO

Mrs. Sarah Zirkel, R.N., has been on sick leave for a time and we overlooked the fact that she had officially retired, I believe, at the end of March. Mrs. Z. has been on nights for the past several years and we didn't see her as frequently as when she was Charge Nurse on West II. Our best wishes to you, Mrs. Zirkel!

OOOO

We were sorry to hear of the death of one of our former nurses whom we usually associate with the night shift: Mrs. Muriel Dulhanty, who passed away on May 14 at the Wolfville Nursing Home. She was born at Starr's Point, the daughter of Rufus and Emma Starr, and is survived by a daughter, Marie (Mrs. Frank McNeill) Moncton; a son, Ronald, Toronto; a sister, Mary (Mrs. Rowland Sutton, Church Street; and four grandchildren.

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Becky Struthers' Faith

Bessie Fairn Mason

The parson went to call one day
On poor old Becky Struthers,
Who had no home of her own, but lived
In the family of one of her brothers.

Her attic room was small and bare;
Her bed was a lumpy straw tick.
As the parson sat on a rickety old chair
He thought "What a place to be
sick!"

He tried to think of something to say,
And his face and his manner were
glum,
But Becky's face wore a toothless grin,
As she said "Parson, I'm so glad
you've come!"

"I just lay here day after day,
A-thinkin' how lucky I be,
When so many old folks ain't got
nowhere to stay,
And are so much worse off than me!

"I've a quilt and a blanket to keep me
warm,
And a pillow under my head!
When my rheumatism tells me it's
goin' to storm
I'm thankful I've got a good bed!

"When the pain gets so bad I can't
stand it no more,
They put a hot stone to my feet;
And the boys nailed a piece of tin on
the roof
In the places where it used to leak.

"Someday, I hope, I'll get round again--
Like as not I'll always be lame;
But I've got two crutches that's good
and strong:-
Maybe some day I can walk with a
cane!

"They make my bed, they comb my
hair,
Bring me tea and toast to eat---
And when they've got it I get my share
Of 'taters, and salt, and meat.

"I often wonder why the Lord
Is so wonderful good to me!
And when I count my blessin's
I'm as thankful as can be!"

The parson rose from the rickety
chair,
And stood by the bed; and then
He humbly prayed - "Lord, give me
faith
Like Becky Struthers. Amen!"

IN APPRECIATION

I would like to express my sincere
thanks to the doctors, nurses, and staff
members for the care given me while a
patient in the Miller Hospital. I cannot
thank each one individually, but would
like to take this opportunity to thank
the staff for making my stay more
pleasant.

I would also like to thank the friends
and relatives who were so helpful to
me and to my wife, during the time that
I was in the hospital.

Kenneth MacLean
139 Main St. West
Kingston, N.S.

ECONOMIC DEFINITIONS

Capitalism: You have two cows. You
sell one and buy a bull.

Socialism: You have two cows and
give one to your neighbor.

Communism: You have two cows. The
government takes both, and gives you
some of the milk.

Totalitarianism: You have two cows.
The government takes both and shoots
you.

Great Societyism: You have two cows.
The government takes both, shoots
one, milks the other and throws the
milk away.



Chaplain's Corner

Msgr. J.H. Durney
in THE VETERAN

SERVICE - A MUST

When Jesus was brought before Pilate He made it clear that He is KING, and that His Kingdom is of heaven and resides in the souls of men. We who possess the faith know these truths. They are an unchallenged part of our spiritual thinking, but in their implications we may have much to learn. If Jesus is our King, then He has the right to rule us, and we have the corresponding obligation to obey. This sounds very fine and, though we recognize the truth of it, we cannot pretend that all things are right on this score. Though we wish to be completely loyal and obedient to our King, we have to admit that we fail miserably at times. We must strive to live in the state of grace at all times; we must never try to live by the minimum required. Our King will see good faith in us and send us even more of His divine aid.

Christ died to save the souls of all men, and in this work of salvation He wants us to assist Him. But before we can help Him we must train hard, so that we can fight for Him as efficient soldiers. It is here, in our so-called "boot-training" in the spiritual life, that we fall short of our goal. Before we can ever take the field of battle for our King in His work of saving souls, we must ourselves learn well the art of self-defense against our enemy.

To capture our souls Lucifer uses very definite and well formulated plans. It would be well on our part to realize that he approaches us in four ways; through our flesh, our senses, love of self, and love of the world. These are the dangers we must face and conquer, and control before we can don effectively the uniform of Christ's army. For it is warfare we

must enter if we want to help our King. Jesus is battling for souls. We must fight under Him. At times we shall be afraid; but a real hero is one who is afraid, but fights on. By a kind gesture, a tactful and gracious invitation, a generous interest, good example and prayer, we can lead wavering soldiers back to their King. We can enable them to take up arms once again in His cause.

Finally the day will come when we shall be mustered out of service. It will be at the moment when our soul leaves our body. If we have been faithful to our King in the battle of this life, we shall see Him face to face in His eternal kingdom.

CHARITY IS A PERSONAL THING

The parable of the good Samaritan is one which contains much instruction for people of our age. We are living in times when a false philosophy of man has made great inroads into even popular Christian thinking. The heresy of collectivism has deceived many. It is primarily a philosophical heresy, one that concerns basic truths in the realm of natural reason. The promoters of this heresy are those who have lost faith in man as a person. They find the way of obedience to God and the way of Christian virtue difficult. They want to see betterment accomplished, but they do not believe that Christ's doctrine of seeking first the Kingdom of God will meet the problem, because Christ's command is to persons and, they say, persons are helpless in the face of the great social needs of our day. They by-pass man as a person and put all their faith in organization. They have socialized charity, the basis of Christian conduct, not realizing always that in socializing charity they are liquidating it. God can

only be loved with the whole heart, the whole strength and the whole mind of a person. Love is the human soul's faculty of choosing that which is good. It is always and only personal. There can be no such thing as social love, social virtue and social truth, truth except in the sense that many persons, as persons, love, do good and accept truth. So charity, to be of Christ, is always personal.

The good Samaritan was first of all one person. He saw another person in need. He used his resources as a person to relieve his fellow's suffering and need. And yet the parable has great social significance. It gives the formula for world betterment; it establishes an order for charity; it specifies who is our neighbor. The one near us who is in need has first claim on our resources and efforts even though his need may exhaust our total reserves. Both the Samaritan and the victim of the robbers were persons - in the singular. They are a marvelous illustration of God's confidence in man, man's worth as a person, his power as an individual, his effectiveness. All the social needs of mankind will be fulfilled only when enough persons as persons take care of other persons, as persons, in need. Impersonal organizations as such are powerless, no matter how great their resources, no matter how effective they seem because of these resources.

TODAY'S THOUGHT :-

"Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience, and we soon shall see them in their proper figures."

(Joseph Addison)

"There is no trifling with nature; it is always true, grave, and severe; it is always in the right, and the faults and errors fall to our share. It defies incompetency, but reveals its secrets to the competent, the truthful, and the pure."

....Goethe

GOD IS.....

God is **Love**; His mercy reacheth
To the humble and the low,--
Ever present, all sustaining,
Boundless in its healing flow.

God is **Strong**! His arm is mighty,
Power, all power; is His to give.
In His strength my weakness resteth, -
If I choose for Him to live.

God is **Near**, omnipotent, --
He my stumbling feet will guide,
Through life's tangled maze, till one
day
I shall rest at eventide.

Loved ones there await my coming;
Friends I love will join me there;
What a joy when they come homing, -
To that Land beyond compare.

God is **Mine**! I own His power,
In His mercy, full and free;
Unafraid, though storm-clouds lower,
I shall dwell eternally.

Bessie Fairn Mason-Age 88
Written Good Friday-1976
In Soldier's Memorial Hospital

OPTIMISM

Count your blessings - instead of
your crosses,

Count your gains - instead of your
losses,

Count your joys - instead of your
woes,

Count your friends - instead of
your foes,

Count your smiles - instead
of your tears,

Count your courage -
instead of your fears,

Count your health -
instead of your wealth,

Count on GOD - in-
stead of yourself.

Old Timers

A couple of years ago, when renewing his Health Rays subscription, Earl Fraser Matheson of Poplar Hill, R.R. 2, Scotsburn, expressed his intention of revisiting the Sanatorium to see what changes had taken place since he was a patient on the Hill in 1940-41. On May 10th, he "made good his promise" and spent part of the day with us. He had arrived by train, had stayed overnight at a motel in New Minas, and arrived in the morning by taxi. Otherwise, he probably would have gotten lost, so great is the change that has taken place in that time. The Pavilions on The Hill are missing, and there appears to be a pine forest where there was once a grassy slope from the Pavilions to the Recreation Hall and the East Infirmary. The Annex had just been torn down and the Service Building was under attack, and there was not a trace of the West Infirmary. However, Mr. Matheson thought that his visit was worthwhile and the grounds were lovely. He tried out our Cafeteria at noon, then proceeded to Deep Brook to visit with a niece who is a nurse at the Digby General.

Cecil Rushton, R.R. 1, Debert, called at the Business Office on May 5 and renewed his subscription. It is reported that he is looking fine.

Phares Warren Judge, New Germany, was in for a check-up on May 4 and we had a talk with him. He is still feeling well and doesn't look like he's approaching the age for Old Age Security (which he says he will soon be getting, if he can prove that he was born!)

Here is a note from another resident of the New Germany area (R.R.2), Walter Veinot, who writes that he enjoys Health Rays, and sends his best wishes to all the patients at the Miller Hospital. He says, "I was there in 1929, and received wonderful care."

Mrs. Eleanor Hicks, Ridge View Villa, Summit Street, Amherst, enjoys keeping in touch, through Health Rays, with people that she met while a patient here.

Mrs. Judy Leeman, Great Village, writes, "I'm sorry to learn publication of Health Rays is about to be ended. I really enjoy reading each issue from cover to cover. In fact, the whole family enjoys it, but I guess "all good things must come to an end. We cannot stand in the way of "progress"!"

We have renewals from Miss Catherine MacFarlane, Strathcona Place, Pictou; James Gunn Greene, R.R. 1, Barney's River; Kenneth A. Dean, R.R. 2, Shubenacadie; Mrs. Ernest Salsman, Greenhill, R.R. 1, Westville; Cecil T. Jones, Upper Ohio, Shelburne Co.; Douglas Smith, Berwick; and two staff members: Mrs. Mildred Schofield, R.R. 1, Cambridge; and Doug Hallamore, R.R. 1, Port Williams.

James Harding visited on April 28 and renewed his subscription. He has worked on the ferry "Bluenose" ever since it went into service - which was shortly after he was discharged from the san.

I have some notes given to me by Peggy MacEachern, Switchboard Operator: Mrs. Ardith Clark, better known at the San as the former Ardie Huntley, is remaining well and lives in Kamloops, B.C. Her last child, David, now in Grade 10, was born while she was at the San. A daughter, Linda is in college. Ardie is said to be the first patient to take Strept. at the San. Her husband died two years ago in a plane crash.

Another note is concerning Mrs. Mabel Ester Mason, a patient here in 1936. She is well and happy, her three children have all married, and she lives at Head of St. Margaret's Bay.

Another note says that Edgar Scott, who was here as a patient some years ago, is now an Associate Professor at Dalhousie University.

Clarence Chapman, R.R. 1, Collingwood, is a patient at the time of writing and a note indicates that his daughter is June (Chapman) Sellars, R.R. 4, Amherst, who was a patient at the San some years ago.

We had a note from Mrs. E. Grace MacIsaac, R.R. 3 Sydney, telling us that her husband, Allan Joseph, who was a patient here in 1954, died April 9, 1976.

Warren Furlong, former patient and, later, barber at the San, was here recently for a check-up and to see his old friends. He had just spent some time in the Sheet Harbour Hospital as a result of the 'flu,' but appears to have made a good recovery.

Steve Mullen is in for a check-up these past few days but he, too, appears to be in good health. The last time we mentioned him it was just following the February 2nd storm, when Steve wrote us a note telling of the length of time he was without electricity for his respirator. Like he says, he is still breathing once in awhile!

A humorous note was added to the otherwise very un-humorous Groundhog Day storm. Anne-Marie tells us that she visited Tommy Doucet when she was home at Easter, and we should explain that he is confined to his bed but keeps very well informed by way of his amateur radio hobby. As his room overlooks the sea he had a close-up view of the exceptionally violent storm, and he was telling Anne-Marie about the only good thing that came of it. There was an old shack partly obscuring his otherwise panoramic view, and the owner had previously stated that it would not be possible to move it. Tommy was amused to watch it rise with the waves, glide smoothly between two boats, and come sailing across the street, where it remained unharmed!

Tommy is felling well and wishes to be remembered to patients and staff at the Miller Hospital.

Another patient who is with us now is Mrs. Vivian Skelhorne, who will be remembered by many who were at the San some years ago.

While writing this we have just had a brief visit from Marguerite MacLeod, from Milton. She is looking just fine and is keeping herself well occupied. It was fortunate that she and her brother Max were at Towers store at the right time for having lunch with Alta and Murray Covert. Otherwise, her contact with folk at the Miller would have been very brief indeed.

Well, this looks like all that I will have time for this issue. If there is any left over it will come in handy when looking for notes for the June issue. Hope to see you all next time.

WHY YOU SAY IT! ---Chapel, Chaplain:---

Martin of Tours, a young Frankish soldier, came under religious conviction in the early part of the fourth century. As first token of his new purpose in life he took off his cloak and divided it with a beggar. Later he became one of the most famous of religious leaders.

Early kings of France regarded Martin as their patron. They preserved his severed cloak, or cappella, as a sacred relic. So profound was their respect for it that they regularly took the cappella into battle at the head of their columns. At other times they housed it in a special sanctuary.

Centuries passed, and the shrine which held Martin's cappella also came to be known as a cappella. Those who guarded it were termed cappellani. These designations later became chapele and chapelain, and later on in English, chapel and chaplain. (Why you say it.)

From "The Veteran"

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Ins And Outs



MILLER HOSPITAL ADMISSIONS

APRIL 1 TO 30, 1976

ERIC DOUGLAS GRANT, 249 Main St., Middleton; HAROLD FRANCIS BOUTILIER, 304 Maple View Drive, North Sydney; ALLAN LEONARD MacLEAN, 2399 Creighton St., Halifax; MRS. MARGUERITE LINDA ADAMS, R.R.1, Kentville; EDNA KEATON LYONS, Berwick; RHULAND BURGESS PROUDFOOT, Port Williams; VICTOR LeROY BRUCE, Queen St., Bridgetown; IRA OWEN SABEAN, Chestnut St., Windsor; CLARENCE VICTOR FRASER, Glenmont, R.R. 5, Canning; JAMES HERBERT RANDALL, R.R. 1, Afton Station, Antig. Co.; CARL FREDERICK HAMILTON, Noel Shore, R.R. 1, Maitland; HARRY ERNEST KENNEDY, 52, Herring Cove Road, Halifax; FRANK MELVIN CLARK, 10View St., Sydney Mines; CHARLES DAVID CORKUM, Sheffield Mills, R.R. 2, canning; ARTHUR HENRY SKINNER, Rose Bay, Lunenburg Co.; GEORGE EUGENE FITCH, 132 Blecher St., Kentville; KENNETH ARCHIBALD LLOYD, Cambridge Station; FLOYD CLARKE COGSWELL, R.R. 1, Kentville; HAROLD MURRAY PETERSON, R.R. 1, Lockeport; JAMES JOSEPH MacKINNON, Everett St. Dartmouth; WALTER IRVIN SOLLOWS, Port Maitland, Yar. Co.; FRANK MORTON KNICKLE, Blue Rocks, Lunenburg Co.; REGINALD HERMAN KAISER,

Brickerton West, Guys. Co.; MRS. RUTH ELNORA BELL, Smith's Cove, Digby Co.; MRS. ANNA ETHELWYN PETERSON, 57 Parkview Road, Kentville; JOHN THOMAS QUILTY, R.R. 1 Londonberry; HARRY PARKER KNICKLE, R.R. 1 Garden Lots; ALFRED STANLEY RHYNOLD, Coldbrook, Box 573, Kentville; CLAUDE CLEVELAND WENTZELL, 271 King Street, Bridgewater; VICTOR LESLIE WALSH, North Grand Pre; HERMAN ARMSTRONG MILLER, Waterville; ERNEST LEE LANGFORD, Annapolis County Home for the Disabled, Bridgetown; IVAN HALLETT LITTLE, Berwick; EMERSON LEE BARTEAUX, R.R. 5, Berwick; MRS. JOAN BOUDREAU, Upper Wedgeport; FREDERICK THOMAS BROWN, 6 Hillcrest Drive, Drive, New Minas; NEIL JAMES BARRETT, 1014 Bonavista Drive, New Minas; JAMES BERTRAM HILL, Cape Negro, Shelburne Co.; MRS. BEULAH MAY DAVISON, Forest Hill, R.R. 1, Wolfville; MRS. DONNA M. WEATHERBEE, Front Street, Wolfville; CLAYTON REGINALD HILTZ, R.R. 1, Mount Denson; DONALD JOSEPH MacNEIL, 127 Oakville Drive, Sydney; OSBORNE LEWIS MORRISON, 4 Homco Drive, New Minas; MRS. JOYCE EILEEN JOLOTTA, 9 Alma Street, Amherst; MRS. FLORENCE MABEL BARKHOUSE, 55 Oakdene Ave., Kentville; MRS. ELMA MYRTLE FRITZ, Port George, R.R. 4, Middleton; BARTHOLOMEW DANIELS, Seaforth Rest Home, Berwick; MRS. KATHLEEN BERNEICE CLARKE, 31Lincoln St., Lunenburg; MRS. RITA MAE MacCARTHY, Box 60, Auburn; PAUL ALLISTER MacDONALD, College Road, R.R. Truro; JOSEPH WILLIAM HENWOOD, 33 Hill Street, Amherst; MRS. VIVIAN ALVORA SKELHORNE, R.R. 2 Southampton, Cumb. Co.; JEANNETTE LEE, Kingsport; CLIFFORD HENRY HENDERSON, Port Williams; MRS. RUTH MILDRED WENTZELL,

Waterville; EDWARD JOSEPH KELLY, 2340 Agricola St., Halifax; LLOYD GEORGE COGSWELL, Brooklyn Corner, R.R. 1, Kentville; RALPH WILLARD HEIGHT, North Range, R.R. 1, Barton.

DISCHARGES

APRIL 1 to 30, 1976

MRS. MARY ELIZABETH FALKENHAM, 173 Green Street, Lunenburg; MRS. BLISSMARIE MACKINNON, 3 Seaview Ave., Wolfville; THOMAS MAYNARD BROOKS, Shubenacadie; EDWARD ROSS SAMMON, Church St., Port Williams; GEORGE ALBERT STUART, Hall's Harbour, R.R. 3, Centreville; ELROY WILLIAM HILL JR., 149½ McKittrick Road, Kentville; WILLIAM ELIHU HINDS, Nictaux South, R.R. 3, Middleton; CARMEN LLOYD SLAUNWHITE, Lower LaHave, R.R. 1, Riverport; LEWIS KEMPTON LEOPOLD, 171 Exhibition St., Kentville; ERIC WILSON DAHR, 41 Union Street, Bedford; MRS. SHIRLEY RUTH METLIN, Bishop Road, Coldbrook; RHULAND BURGESS PROUDFOOT, Port Williams; LESTER LAWRENCE McMULLIN, 9 Aberdeen St., Kentville; ROLAND TRUEMAN ENSLOW, West Green Harbour, R.R. 1, Lockeport; REV. JOHN STEPHEN SHERREN, 12 Connaught Ave., Middleton; ARTHUR ROY HARDACKER, Melanson, R.R. 3, Wolfville; ALLEN LORAN JESS, R.R. 1, Port Williams; CONLEY ANDREW DeLEON, Beechville, Box 23, Site 4, Armdale R.R. 1; AUBREY ALFRED BOYD, Box 371 Brickyard Road, Bridgetown; JOSEPH HAROLD SMITH, White Rock, R.R. 2, Wolfville; MRS. JOYCE EILEEN JOLLOTA, 9 Alma Street, Amherst; CLARENCE MICHAEL GROVER, Cole Harbour, R.R. 2, Larry's River; JOHN DANIEL MacDONALD, R.R. 2, Antigonish; MURRAY EDWARD KNOCK, South Alton, R.R. 2, Kentville; MRS. LOIS

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(continued on Page 17)

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Just Jesting



Since it's well known that there are no perfect husbands in the world, what becomes of all those perfect sons we always hear mothers bragging about?

xxx

Lady with an out-of-state licence on her car tried to make a turn that would take her up a one-way street in New York—the wrong way. With a shrill blast of the whistle and waving his arms, a traffic cop directed her straight ahead.

"But how will I ever get back to that street?" she demanded.

"The world is round, lady," advised the cop.

xxxx

Lady taking her exams for citizenship papers was asked, "Do you advocate the overthrow of the government by subversion or violence?"

"Do I have to choose one?" she asked.

xxx

Trying to say something nice about a parishioner, but determined to be entirely truthful, a clergyman gave this description: "She's kind of person you like better the more you see her less."

xxx

Down at the fish market, there were two tubs of live lobsters, side by side. One tub was marked \$3.50 per pound, and the other tub, \$4.50 per pound.

Fellow standing at the counter noticed that one lobster, with great labor and persistence, was hauling itself up over the side of the \$3.50 tub, and finally flopped into the \$4.50 tub.

"That's the kind of thing," he said, "that can only happen in the good old U.S.A."

When he came to a quiz question that said, "Name two ancient sports," the sophomore thought carefully and wrote, "Anthony and Cleopatra."

xxxx

One of the shortest books in the world is called "The History of Money." All it says is, "Here it is—and there it goes."

xxx

The teacher posted a picture of Abraham Lincoln on the bulletin board in second grade.

"Do you know who this is?" she asked the class.

From the rear of the room a voice piped up, "That's the man who makes pennies!"

xxxx

A man traveling through a small town stopped at the grocery and bought some peaches.

"They're mighty small," he remarked unhappily as he paid for them.

The grocer said nothing.

Then the man took a bite out of one. "Not very flavorful, either," he complained.

"Then isn't it lucky they're so small?" said the proprietor.

xxx

A political pollster rang the doorbell, and when a woman answered he asked, "What party does your husband belong to?"

"Young man," she said, "I'm the party he belongs to!"

xxx

Who but a man would describe confusion as one woman plus one left turn; excitement as two women plus one secret; bedlam as three women plus one bargain; chaos as four women plus one luncheon check?

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INS AND OUTS

(continued from Page 15)

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 ERNEST KENNEDY, 52 Herring
 Cove Road, Halifax; WINSTON
 BEALS, 2615 Fuller Terrace, Halifax;
 LAWRENCE ARTHUR WAGSTAFF,
 Harbourville, R.R. 5, Berwick; MRS.
 DONNA MARIE WEATHERBEE,
 Front Street, Wolfville; MRS. RUTH
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 Anna. Co.; WILLIAM HERBERT
 ATWOOD, Smithville, Shel. Co.;
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 Seaforth Rest Home, Berwick.

NEW RESEARCH ON ALCOHOL

Heavy use of alcohol has been implicated in the development of certain cancers, especially of the upper digestive and respiratory systems. In studies done by the Addiction Research Foundation of Ontario, it was found that 16 percent of deaths due to the combined group of cancers of the mouth, larynx, pharynx, and esophagus occurred among alcoholics or persons with a heavy alcohol use. In a follow-up of more than 6,000 individuals treated between 1951 and 1963, it was found that cancer of the mouth, larynx and pharynx was five times more frequent among alcoholics than in the general population.

Health-Winter, 1975-76

We like the excited exclamation of the man when the doctor told him he was the proud father of twins: "Well, as I live and breed!"

"Why did you buy so much frozen food?"

"Because they are the best foods I ever thaw."

EXCUSE ME

See how quickly you can answer these ten riddles, and then try them on your friends.

1. If a blue stone fell into the Red Sea, what would happen?
2. Do you believe in clubs for the young folks?
3. When does an automobile go exactly as fast as a train?
4. What three words do pupils in school use most?
5. Where did Christopher Columbus stand when he landed in the New World?
6. What coat is always finished without buttons?
7. When is a piece of wood like a king?
8. What do you call a cow who wears a crown?
9. Why did the rabbit go over the hill?
10. What would a nation be like if all cars were red?

Answers:

1. The stone would get wet.
2. Only when kindness fails.
3. When it is on the train.
4. "I don't know".
5. On his two feet.
6. A coat of paint.
7. When it is a ruler.
8. A dairy queen.
9. He couldn't get under it.
10. A red car nation.

How do you feel about spring house cleaning? Do you know that it has ancient Jewish and Christian origins? Jewish housewives were preparing their homes for the Feast of the Passover, and later, Christian women scrubbed and cleaned away all traces of meat grease before the fasts of Lent. The Monday of Holy Week is known as Clean Monday in remembrance of Jesus' cleansing of the Temple. He drove out the evil, that the Temple might once more be a house of prayer. Today, as we spring clean, we can do it with the thought that we are preparing for our special Easter Guest.

-Selected

THE MILLER HOSPITAL

ACTIVE STAFF

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

CONSULTANTS

S.V. ANAND, M.D., F.R.C.S. (E & C) F.A.C.S.	General Surgery
D.W. ARCHIBALD, M.D., F.R.C.P. (C)	Psychiatry
S.F. BEDWELL, M.D., F.R.C.P. (C)	Neurology
J.C. CROSBIE, M.D., F.R.C.P. (C)	Pediatrics
T. DOK, M.D., D.O.M.S., D.L.O. (Eng.)	Ophthalmology & Otolaryngology
P.P. GEORGE M.D., F.R.C.P. (C)	Psychiatry
J.A. HYNES, M.D., F.R.C.P. (C)	Internal Medicine
C.E. JEBSON, M.D., F.R.C.S. (C)	Urology
*D.H. KIRPATRICK, M.D.	Anaesthesiology
D.M. MacRAE, M.D., F.R.C.S. (C), F.C.C.P.	Bronchoscopy
G.M. SMITH, M.D., D.P.H.	Preventive Medicine
P.W.S. WATTS, M.D., M.R.C.O.G., F.R.C.S. (C)	Obstetrics & Gynaecology

* Certified by P.M.B.

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MISS E. JEAN DOBSON, R.N., B.Sc.N	Director of Nursing
MISS EILEEN QUINLAN, B.Sc., P.Dt.	Senior Dietitian
DONALD M. BROWN, B.A., B.Ed., M.S.W.	Director of Rehabilitation

POINT EDWARD HOSPITAL

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T.K. KRZYSKI, M.D., ChB.	Assistant Medical Superintendent
D.B. ARCHIBALD, M.D.	Consultant Urologist
R.G. CHOKSHI, M.D.	Consultant Bronchoscopist
E.C. MacDONAGH, M.D.	Consultant Psychiatrist
H.R. CORBETT, M.D.	Courtesy Consultant, radiology
R. MATHIESON, M.D.	Courtesy Consultant, pathology
H.M. HOLDEN, M.D.	Courtesy Consultant, cardiology
MRS. EDNA MacDOUGAL, R.N.	Director of Nursing
MRS. JOAN CHIASSON.	Dietitian

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ANGLICAN

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Hosp. Chaplain -- Rev. William Martell

BAPTIST

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

CHRISTIAN REFORMED

Minister -- Rev. H. Kuperus

PENTECOSTAL

Minister -- Rev. T. Kenna

ROMAN CATHOLIC

Parish Priest -- Rev. Clarence Thibeau
Asst. Priest -- Rev. Luc Gaudet

SALVATION ARMY

Capt. Sidney Brace

UNITED CHURCH

Minister -- Rev. Ian MacDonald
Hosp. Chaplain -- Dr. J. Douglas Archibald

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

POINT EDWARD HOSPITAL

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Rev. Weldon Smith

ROMAN CATHOLIC

Parish Priest -- Father Angus MacLeod

UNITED CHURCH

Rev. Allan MacIntosh

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