

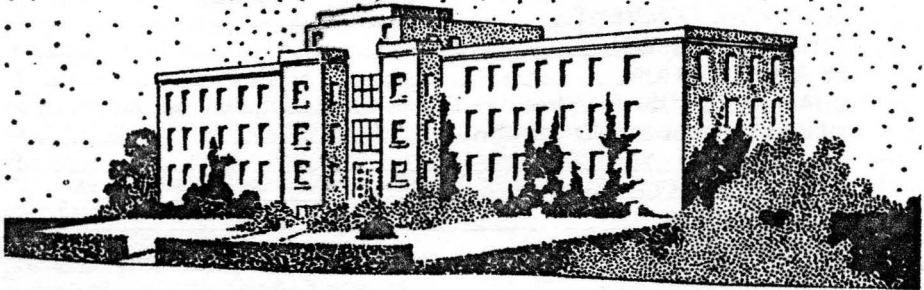
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Health Rays



THE NOVA SCOTIA SANATORIUM
Vol. 56 October-November 1975 No. 9

HEALTH RAYS

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Sanatorium Visiting Hours

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

THE GOODLY, PLAIN THINGS

Lilah Smith Bird

Today, I walked a winding old road that leads to a pasture. On my way, I smelt an aroma which was very pleasant - someone was burning leaves. I entered this small garden and a gentleman was getting this plot ready for next spring, sorting the chaff from the wheat - so to speak. Some of the vines and dried maple leaves he was making into a compost, and the rest was being burnt.

This neighbour, eighty-one years young, is a source of information to me. When I find a wild flower or bird I am not acquainted with, or anything regarding gardening, he always seems to know the answers.

When this gentleman was a young stripling he helped his father, who was one of the gardeners at Windsor Castle. Many a time when their Majesties were in residence at the Castle the two little princesses, Elizabeth and Margaret, with their governesses, would wave the workmen a cheery good-morning.

This beautiful October afternoon with warmth from the sun, the sweet stillness of the air, and the beauty around me with such vivid coloring of the trees, made me very happy - this was music to my ears and bread for my soul.

I sauntered along enjoying every minute of my walk; finally I arrived at an old weathered fence, built by my father many years ago. Near this fence is a thorn apple tree. In June, pink and white blossoms appear; they are a sight to behold. Today, I gathered small, red apples hanging from the boughs. I took them home and am in the process of making apple jelly.

Every time I take a walk I carry a small book and my binoculars with me. When I get tired of reading, I look

through my glasses for things a naked eye cannot see. I could not find any feathered creatures, apparently they had taken flight for a warmer clime.

Finally, I looked on the brown and faded grass. A few feet from me was a snake enjoying this lovely October day as well as I. I have never seen such beautiful coloring - green, yellow, orange spotted, with small red dots every now and then, and then his red tongue would appear. He was about 2½ feet in length. He did not move, neither did I, and we looked at each other. At one time, in my younger years, the word "snake" would send cold shivers up and down my spine, but not anymore. When I arrived home I telephoned the Biology Professor at Acadia University and described the snake. This was a garter snake and at this time of the year they are very sluggish, with milky eyes. The reason for the vivid coloring, they shed their skin this time of year, the skin becomes very dry and then they hibernate for the winter.

October is such a lovely month, a month of many moods. Something like our own lives; one day warm and glorious, the next day depressing and dark.

This month is the time of Thanksgiving to our Heavenly Father.

In the small mission church where I play for the evening services, the Sunday School children and young people had a Thanksgiving service. They sang very heartily, "Come ye thankful people, come, raise the song of Harvest Home. They sang on until the end, their sweet young voices on the still autumn air.

These young people decorated the sanctum with leaves and flowers,

(continued on Page 4)

RADIOLOGY APPOINTMENT

RADIOLOGY - A DIAGNOSTIC TOOL

The X-ray, marking its 80th anniversary this year, may be the most powerful diagnostic tool ever discovered in terms of its impact on the medical profession.

So contends Dr. Eric N.C. Milne, newly appointed chairman of radiological sciences at the College of Medicine of the University of California, Irvine.

"News of the discovery of a beam that could penetrate human tissues spread with astonishing rapidity", Dr. Milne says. "The rudimentary equipment required to generate X-rays already existed in most physics laboratories. X-rays were therefore readily available to large groups of patients throughout the world and rapidly became the single most important diagnostic tool of the physician".

"Less than 20 years after the discovery, portable X-ray machines were being used on the battlefields during World War I to diagnose injuries and disease".

The X-ray was discovered in 1895 by German physicist Wilhelm Conrad Roentgen. A few years later, in 1899, Pierre and Marie Curie isolated the chemical element radium. From the two discoveries the branch of medicine called radiological sciences was born. Roentgen was awarded the Nobel Prize in 1901 for his discovery, and the Curies were co-winners with H.A. Becquerel of the 1903 Nobel Prize in physics for research on spontaneous radioactivity. Marie Curie received another Nobel Prize, this time in chemistry, in 1911 for the discovery of radium.

X-rays are produced by bombarding a metal target with a concentrated fast-moving beam of electrically charged particles. Interaction between these electrons and the atoms of the "target" produces an enormous

amount of heat and a small quantity of X-radiation. This differs from ordinary light in having an extremely short wave length which allows the beam to penetrate different thicknesses of materials. The radiation emerging from the other side of the object is recorded on photographic film to produce an image - called a radiograph.

Today radiological sciences, the branch of medicine that studies certain forms of radiant energy used in diagnosis and treatment of disease, has been considerably expanded beyond interpretation of the traditional radiograph, although more refined techniques for studying the X-ray remain an important part of medical research.

Now in use and under study are many other radiation sources such as the gamma ray, a powerful penetrating ray given off by radium and used in the treatment of malignant tumors, and radioactive isotopes, substances which emit radiation either naturally or by bombardment in an atomic reactor. Isotopes may be injected into the body in minute quantities; they localize in specific pre-selected areas and this enables the specialist in nuclear medicine to "see" internal organs and to determine their function.

Ultrasound, a relatively new technique using sound waves to delineate location and function of body organs, also is being researched by radiological scientists.

Dr. Milne believes the X-ray has been influential in diagnostic medicine because of its visual impact.

"Light always has had a fascination for people as do shapes and colors, and many people think in visual terms", Dr. Milne said, "If persons see something, they will believe it.

"The psychology behind mammography, for example, has played an important role in control of breast cancer. It is 10 times easier to convince a woman that she needs a biopsy or a

mastectomy if she can see the lesion in her breast. And this same visual psychology also makes radiology an important teaching tool for medical students."

Dr. Milne's research interests include earlier detection of lung disease, a major cause of death in the United States. Dr. Milne believes that such lung diseases as pulmonary edema, particularly in the small child, can be diagnosed by radiological tools long before any other diagnostic method. Such a diagnosis, especially for hospital intensive care units, may play a significant role in cutting hospital morbidity.

He currently is involved in developing more refined techniques of diagnosis, including ways to magnify specific areas of the X-ray while reducing the amount of radiation necessary to produce the image.

Unlike many researchers, he believes the beneficial effects of radiology far outweigh its potential harm.

"If one get so concerned about the small doses of radiation a patient gets that one cuts down or doesn't use radiology, then one loses the opportunity to make a correct diagnosis, and a patient suffers much more from the disease process than from the theoretically harmful effect of a small dose of radiation", Dr. Milne contends.

Dr. Milne was professor and director of radiological research laboratories at the University of Toronto from 1969 until his appointment this past summer at the UC Irvine College of Medicine. He has been a faculty member of Harvard University Medical School's Peter Bent Bringham Hospital and the University of Western Ontario Victoria Hospital, Fort William, Ontario.

He received his master's degree and doctor of medicine degree from Edinburgh University in Scotland. His post-graduate studies were carried out at Monmouth Memorial Medical Centre in New Jersey, the Tulare-Kings Counties Hospital in the San

Joaquin Valley, Edinburgh University and the Cardiovascular Research Institute at the University of California, San Francisco.

His professional associations include membership in the Association of University Radiologists, the American College of Radiology, the Canadian Association of Radiologists, the New England Roentgen Ray Society and the Society of Photo-Optical Engineers. He is a Fellow of the Royal College of Radiologists, England, and of the Royal College of Physicians and Surgeons of Canada.

Dr. Milne is a founder member of the Fleischner Society, a group of international authorities on chest disease.

BE A GOOD FORGETTER

Be a good forgetter. Life is too short to remember that which prevents one from doing his best. "Forgetting the things that are behind, I press forward", said a brave old man in the first century: The successful man forgets.

He knows the past is irrevocable. He lets the dead past bury its dead. He is running a race. He cannot afford to look behind. His eye is on the winning post.

The magnanimous man forgets. He is too big to let little things disturb him. He forgets quickly, and forgets easily, if any one does him wrong, he keeps sweet.

It is only the small man who cherishes a low revenge: Be a good forgetter. Business dictates it, and success demands it.

Author Unknown
[The Link]

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MEDICAL COLUMN

By Dr. William J. Welch

(Dr. Welch is a practicing physician and an Associate Professor of Clinical Medicine).

In the 20 years since polio vaccine became available, the number of cases in the United States of that crippling and sometimes fatal disease has fallen from a peak of 58,000 in 1952 to seven in 1974.

The brilliant effectiveness of preventive medicine has rarely been more clearly demonstrated in the annals of the contemporary public health. Indeed it is comparable to the near eradication of smallpox in this country a devastating disease once widespread and dreaded, now virtually nonexistent, thanks to almost universal vaccination.

But along with the disappearance of the annual national panic which attended the inexorable summer epidemics of infantile paralysis, as it used to be called, there has appeared an ominous forgetfulness and apathy.

Perhaps this is because a new generation of mothers, and even doctors, are too young to have been aware of the anguish of successive waves of crippling and deadly epidemics.

But whatever the cause, the facts are that while in 1963, 84 per cent of all one- to four- year-old children were immunized against polio, in 1973 only 60 per cent were immunized, leaving a pool of 40 per cent of children susceptible to an epidemic.

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.

Longfellow

A man is very apt to complain of the ingratitude of those who have risen above him.

Johnson

THE GOODLY, PLAIN THINGS

(continued from Page 1)

vegetables and fruits. This service was very impressive to all present.

The goodly, plain things - the smells, sights and sounds are touches and tastes of the country. To paraphrase Ruskin, these are the pieces of time, knowledge, or sight which my share of sunshine and earth has permitted me to seize.

To all my friends at the Sanatorium, to the retired staff, and former patients whom I knew, good health and happiness to you all.

I will close with this poem:

GRATITUDE

I thank you for these gifts, dear God
Upon Thanksgiving Day,
For love and laughter, and the faith
That makes me kneel to pray.

For life that lends me happiness
And sleep that gives me rest,
These are the gifts that keep my heart
Serene within my breast.

Love, laughter, faith and life and sleep,
We owe them, everyone,
They carry us along the road
That leads from sun to sun.

Live with men as if God saw you;
converse with God as if men heard you.

Seneca

Charm is nothing but vitality and not
thinking eternally about yourself.

William Penn

Right and reason is the only rock on
which liberty can permanently rest.

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3rd. They have two boys, Brian, two in November and Brent, the new baby who was our 21st grandchild. We are waiting for our fifth great grandchild, it will be a grandchild to Lorraine (Garrison) Wilson who trained as a CNA at the San in 1952. She is now working at the Abby Lane Hospital, Halifax.

I did forget Douglas Doherty who is a going concern, in grade 8 and has a job delivering fliers every weekend. His father, Ralph Doherty, is doing well as manager of G.B. Murphy's new store in Simpson's new shopping centre, Halifax.

This has been more lengthy than I expected, use any or all that you think the readers will be interested in. I am inclined to get carried away.

With every good wish and holiday greetings in advance to all at the San, especially to any who were there in the late 40's when I was there and to the Staff, a few who I still know and think of with gratitude and affection for being so kind and assisting me to return to my family and a normal life.

Very sincerely,
Margaret Garrison
RR 1 Enfield
October 9, 1975

FROM YELLOWKNIFE

October 3, 1975

First, here is a clipping from a newspaper:

Douglas Knockwood has been appointed to the position of Rehabilitation Co-ordinator for the Yellowknife Detoxication - Rehabilitation Centre.

At the Detox-Rehab Centre, Mr. Knockwood will be responsible for the development, co-ordination, and evaluation of a community-based rehabilitation program. Through mobilizing community resources into an integrated system, it is hoped to meet the many requirements of the recovering clientele.

Mr. Knockwood will commence his duties August 18, 1975. The new position, according to the Executive Director, Mr. Gerry G. Busch, is one of the recommendations of a recent research project.

Now, the letter from Doug Knockwood:

I was home for a couple of weeks in August and my mother had a copy of the Health Rays with the write-up of my going to Manitou College. I want to thank you very much, Don. I am sorry I've neglected the people who had a lot to do with my life. The fine work of the staff at the Sanatorium will always be on my special thank-you list, with the One who has all the control of these situations.

I worked with the Native Students at Manitou College for two years, and the experience was a very great asset to me in my future endeavors.

I have accepted a position here in Yellowknife as a Rehabilitation Co-ordinator for the Northern Addiction Services, primarily in the field of alcohol.

It is a new program for the area, and I am climbing very slowly the ladder of success, one step at a time.

I would like for you to send me the Health Rays, and would you let me know how much the subscription fee will be.

Enclosed is a write-up from one of the local papers. It was the same in all the papers.

I wish to send my regards to all the people at the Sanatorium, both staff and patients. I have not had any setbacks as far as my T.B. is concerned. Dr. Quinlan and Dr. Schaffner had a very successful operation, after the complications were remedied.

The best of luck to you and your staff, Don. I will not wait so long to write next time.

My regards to all.

Doug Knockwood
P.O. Box 373
Yellowknife, N.W.T.
X0E 1H0

Editorial Comment

It was not our intention to publish another combined issue of Health Rays in the current year, but here we are, with an October-November issue. With the postal strike still unresolved it seems rather overly optimistic of us to try to meet deadlines, for we may have stacks of magazines on our hands for some time. With the backlog of mail that the post offices will have on their hands they will probably not be enthusiastic about seeing the familiar cover of Health Rays. Of greater importance is the question of the tremendous volume of Christmas mail which would normally be starting to build up at about this time.

So far, the government departments have been doing quite well with the delivery of cheques, such as Old Age Security, Canada Pension Plan, D.V.A., and the Provincial Social Assistance cheques. Our own pay cheques have been arriving very near, to somewhat past, our normal working hours, but so far we haven't been forgotten.

In some other areas we sometimes feel that we are being forgotten by the Halifax Head Office. As the date of amalgamation draws ever nearer there are still many things that we would like to know concerning the not-so-minor details. At the time of writing - Nov. 27 - we have just been told that the effective date of the union is to be December 21. Perhaps in our "Christmas Issue" we will be able to tell you more of the details!

Speaking again of the lateness of this issue, I should be honest and confess that the postal workers' strike is not solely to blame for this combined issue. Your editor was struck down by the 'flu, which progressed into pneumonia and I missed about five weeks of work. In fact, it was from October 15, which

was just about the first day of the closure of the post offices, so I wouldn't have been doing much with Health Rays anyway. I hope that our readers will not get this particular 'flu bug, for it is a hard one to shake.

I recently phoned Eileen Hiltz and found that she has not been able to provide any material for this issue, but will try to have something for December. She is busy as usual, and is taking studies at Acadia, as well as being actively involved in a Co-operative Housing venture, which she may tell us about later.

We do have an article from Mrs. Lilah Bird, who is a former San nurse and is remembered by many. I thought that her description of the snake was very interesting. There seem to be very few snakes in this area and I have certainly never seen one so colorful as she describes. It is well that she can admire the beauty of it, for snakes are not universally admired. I was very much interested to find that our younger daughter, age 7, wanted a snake and last summer was able to obtain a small ribbon snake, brown in color, with a lateral line on either side. This, she treasured for some weeks until it somehow disappeared. It seemed to like being held and was not anxious to get away. However, following the loss of this pet, a kindly friend gave her a much larger garter snake, very green with white underside, and very wriggley. This, too, she enjoys holding, though the pleasure is not mutual. I am hoping it will hibernate, though it will probably emerge in the spring even larger.

As can be noted from my topics, I don't have much to write about and the rest of the material is all ready to go - and so, then, shall I. Hope to see you all next time.

NOTES AND NEWS

On September 26 we had a visit from 50-60 students, in the Grade 8 level, from Cornwallis District High, accompanied by Miss Wile, Health and Physical Education Teacher. They were shown the film, "The Elusive Enemy", were shown x-ray films and heard a discussion regarding tuberculosis and cancer. This was followed by a question-and-answer period.

The following are some of the staff members who have left us since our last report:

Stub Sweet retired as Maintenance Manager, October 31, and a tea was held in his honor in the Cafeteria.

Mrs. Cliff Beeler retired from the Dietary Department on October 31. Her husband had retired as a handcrafts instructor with the Rehab Department about five years ago.

Mrs. Mary MacKinnon, Teacher with the Rehab Department, had intended to retire at the end of November, but left us at the end of October for health reasons. A departmental tea was held in her honor in the Library.

Some of the nursing staff who have left the San are:

Marion Elizabeth Harding, because of family illness; Honor May Mosher (Mrs. Peter); Arlene Ruth Cormier, who has gone to Antigonish; M. Donna Trainor, who has gone to P.E.I.; and Lorraine Linda Collicutt.

Some of the newer staff members are: Meredith Anne DeViller; Marie Suzanne Brewster; Carolyn Elaine Shaw; and Frances Anne Fraser.

To paraphrase a former correspondent for one of our weekly newspapers, "Our best wishes to those comin', goin' and while here"!

There have also been several deaths since our last issue of Health Rays:

Mrs. Mary Elizabeth Durno, Port

Williams, died at the Sanatorium on September 19, at age 54, a member of our nursing staff on Third Floor. She had nursed in the Valley area for 30 years and was active as an instructor with the St. John's Ambulance. Mrs. Durno had been ill for some time and had been a patient at the Sanatorium on several occasions for treatment of a respiratory condition.

Mrs. Nora Gertrude Cheesman died on September 19 at the B.F.M. Hospital, at age 67. She had retired approximately three years ago from the nursing staff of the Sanatorium, had then lived for a time at Long Sault, Ontario. Since then, she had made her home at 710 West Main Street, Kentville.

James F. Durno died in W.K.M. Hospital, Berwick, on November 21, at age 85. He had retired in 1956 as Business Manager of the Sanatorium, a position he had held for 23 years. Prior to this appointment he had worked as a commercial traveller and as an apple exporter. He was past president of the Kings County Liberal Association and for many years was an active worker for that party. He was a former Kings County Councillor, a member of the Valley Masonic Lodge No. 90, and an active member of the Kentville Rotary Club.

It was as a member of the Kentville Rotary Club that we used to see Mr. Durno in recent years, when that group would be taking patients for drives.

In the Chronicle-Herald of September 22 was the obituary of Dr. Thaddeus Mark Sieniewicz, who died

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on September 20 at age 80. He had graduated from the Dalhousie School of Medicine in 1917 and served with the RCAMC in World War I and was overseas during World War II as Lt. Col. and chief of medicine with No. 7 Canadian General Hospital.

It was immediately following World War I that he was at the San.

Dr. Holden has been absent due to further treatment for an eye condition, but we are happy to report that she is now at home and is reportedly doing well.

On Saturday evening, September 20, we were favored with a concert by The Drifters - a group of young musicians from Dartmouth, playing Country and Western Rock music. This group performed in the Cafeteria and there was a good turn-out of patients, together with some staff. The group was under the direction of Paul Begin, with John Begin as drummer, Scott Bell as vocalist, and Chris Legere on the bass guitar. Coffee and doughnuts were served during intermission, and Thelma Chute was in attendance, representing the Patients' Recreation Committee.

IN APPRECIATION

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

Minard Hayman
Tatamagouche

I would like to sincerely thank the doctors, nurses and staff of the Sanatorium for the excellent care I received while a patient there. The friendliness of the staff and patients made my stay a very enjoyable one.

Douglas C. Embree
12 Hayward Court
Truro, N.S.

Thanks to Dr. Quinlan and Dr. Holden and all of their staff. I am doing fine since I've been in the San last year. I haven't had any problems since. So I advise anyone who has chest problems to go to the Sanatorium. Thanking you all for the good care I received while I was there. I feel like a new person.

(Mrs.) Joan Silver
RR 3 Lunenburg

Please renew my subscription, for I don't want to miss an issue. With arthritis, I am in quite a lot of the time, and have spare time to read. First I go to Old Timers, but I cover the whole issue.

I'm sure if I had not gone to the San in 1973 I would not be writing this today. I was down to 87 pounds, but the excellent care gave me a new lease on life. May 1976 find all the nurses and staff enjoying a good year. God bless you all.

Sincerely,
(Mrs.) Gladys MacDonald
Boutillier's Point

Dear Friends, Doctors and Nurses: I could never thank you enough for your kindness to my son, Bernard MacDonald. He spoke very often about you. I suppose it was God's Will, but I still miss him. He was a wonderful son and brother to me and his sisters. I am 94 years old. My husband is 21 years dead, but God is good to me.

I should have written you before, but I have been in the Hospital and not very good at present.

Thanking you again, I am
Mary E. (Mrs. Colin D.) MacDonald
339 Marsh Street
New Glasgow

"Little Betty, watching the farm hands spreading out a stack of hay to dry could contain her curiosity no longer, so she politely asked:

"Is it a needle you're looking for?"



Chaplain's Corner

MSGR. J. H. DURNEY IN THE VETERAN

WHO AM I?

When someone asks me who I am, I generally answer, without much thought, I am John Doe or Mary Brown, or whatever my name might be. But what answer do I give when I ask myself "Who am I?" The more I think of it, the more I realize that I cannot adequately answer that question by just stating my name.

WHO AM I? I am a human being created by God with the co-operation of my parents. I have a human body with its usual parts - hands, feet, eyes, ears, nose and all the internal parts which are usually found in a human body. So far I am very similar to all the other animals found on earth, in that I can see, hear, feed myself, move about, and when necessary protect myself from some of the dangers around me.

However, over and above these natural gifts, I have something very special, an IMMORTAL SOUL, with its gifts of Intelligence, Understanding and Free Will, and these gifts raise me above the animals and distinguish me from them. With these gifts I am able to learn and to use what I have learned to the best advantage; I am able to understand what I read or hear from others. With these two gifts I am able to reason and to apply what I have learned to the solution of other problems. And finally I have Free Will, by which I am able to make a choice between this and that, between what is right and what is wrong.

These gifts form the foundation upon which is built the person or character that is ME. I have a name given to me by my parents. I received the Grace of God through His Sacraments, especially Baptism and Confirmation. Through Baptism I was made a Child of God, and after a period of study and training I was Confirmed and thereby became a Soldier of Christ.

I received a Vocation from Almighty God together with the Talents and Gifts necessary for me to perform the tasks of the Vocation which I accepted. I received an education through which these Talents and Gifts were developed and I learned how to use them.

I am LIKE EVERYONE ELSE in that I have all these things. However I AM UNLIKE EVERYONE ELSE in that the Talents and Gifts I received were given ONLY to me. Others received Similar talents and gifts but not the ones given to me. The Vocation which I received was given ONLY to me; others received similar vocations, but only I received mine.

Having answered this question "Who Am I?", the next question is "Where am I going?" or "What am I doing with these gifts?" I must first of all realize that these gifts were given to me for a purpose. I cannot regard them as something just for me. I must use them to work out God's plan for me, to help my neighbor and to bring my soul back to God. Remember the story of the three stewards in the gospel who each received a share of their master's estate when he was going away. On his return the first two men were rewarded because they had used their talents to acquire more for the master. The third man was punished because he hid his talent in a hole in the ground. He had not misused it or lost it; he simply had not used it as he was expected to do.

Because I am a human being I have certain rights and privileges, but I also have certain duties and obligations and one of these is to remember that others have rights and privileges as well, and that I must acknowledge and respect them.

Finally I must realize that while I am especially gifted by Almighty God, there are limits to what I can do, and I must recognize and admit there are

certain things which I cannot do simply because the good Lord has not given me the talents to do them. Therefore I recognize the limits of my abilities and stay within these boundaries.

So, I am a human being created by Almighty God, endowed by Him with special gifts and talents and abilities which are to be used in the fulfilment of the duties of my vocation. I am in this world to work out my salvation, to bring my soul back to God to receive the reward of the good and faithful servant. I am a rather complicated, but wonderfully co-ordinated piece of human mechanism with a very definite purpose in life, which I must strive to attain.

Gratitude is the fairest blossom which springs from the soul.

Ballou

WHAT'S THE SECRET TO SUCCESS?

"Aspire to great things", said the nutmeg grater.

"Take pains", said the window.

"Reflect" said the mirror.

"Keep digging", said the hoe.

"Do the work you are 'sooted' for", said the chimney.

"Keep up with the time", said the clock.

"Always keep cool", said the ice.

"Be sharp," said the knife.

"Do a driving business", said the hammer.

"Make a good impression", said the wax.

"Keep in tune", said the piano.

"Don't be a drip", said the water faucet.

"Keep wound up", said the top.

"Make much of small things", said the microscope.

"Have a good point", said the pencil.

"Keep in step", said the shoe.

"Get on the range", said the kettle.

-Via This Day

WISDOM AND WISE MEN

Wisdom is good, hard common sense - horse sense in other words. Wisdom is the ability to judge soundly and farsightedly. Wisdom means discretion and sagacity in judging men and their motives. Wisdom is measured neither by book knowledge nor college degrees.

The greatest wisdom any man can have comes in knowing his follies and faults and in recognizing his limitations. The first and the wisest man of them all was Socrates; yet he said that all he knew was that he knew nothing.

Called wise is the man who has wisdom. About wisdom and wise men the poets have written: The wise man is humbled by what he does not know; the fool delights in the mistakes of others. The wise man knows he can make the mistakes; the fool thinks himself infalable.

Wisdom is necessary for living wisely. Acquire wisdom and with it will come understanding, graciousness, courteousness, consideration, kindness and sincerity.

The Link

THE ANSWER

Men walk tiptoe in darkness,
With eyes forever seeking light,
With feet forever groping firm ground;
And while they grope and seek
They lend distracted ear to many
preachments,
New remedies for all their woes
By which they may preserve
Their pygmy modes of life,
Yet deep down in his heart
Each knows the answer to his quest;
Remembers well but disavows
Those words of long ago;
"Whatever ye would" --
The Golden Rule by which to set the
world
Upon the way of life.

Mabel Hatton Marks

OLD TIMERS

Our notes from former patients and former staff members are a number of weeks old now, but the decision has been made to get an issue of Health Rays published, and we will get them delivered as best we can. We fear that the news may be even older by the time some of you may read these notes.

First, is a note from Mrs. Mildred MacLean, New Glasgow, who has missed some copies and we can't even blame this omission on the Postal Strike. She writes, "I still enjoy the news from the San very much, and I wish to be remembered to all the wonderful people I met while I was there. They were all very, very good to me. I am enjoying very good health and still working three days a week. We had a beautiful summer, did lots of camping; also, our only daughter, June, was married on July 26. They spent their honeymoon in the Valley and while they were in Kentville they visited the beautiful Sanatorium grounds. June remembered the many times her Dad took her there while I was a patient in '65 and '66 . . . My summer didn't end so good for me. My dear Mother went through an operation on September 9 for gall bladder, and died the same day. We have to remind ourselves that "this is life". My best wishes to all".

We have a subscription from Miss Marion Howarth, with the note that she was a patient in the mid 1930's for nearly two years. Her address is River Hebert.

Mrs. Mary Brewer, the former Mrs. Mary Doyle, 13 Blackett St., Glace Bay, has kindly sent us the amount for two years' subscription for the second time, the first amount apparently having failed to reach us. It seldom happens, fortunately, but is always one of the calculated risks of sending cash by mail. What does happen more often, it seems, is the apparent non-delivery of

Health Rays which we "are sure" were mailed. Well, "reasonably sure" . . .

Mrs. Jane DeWolfe, 27 Ochterloney St., Dartmouth, writes that she is not so well herself, but sends her best wishes to all who knew her when she was a patient, and wishes that she were able to see many of her old friends.

We have a note from Mrs. Bliss MacKinnon, Wolfville, saying that she enjoys keeping us with the news of happenings at the San.

Mrs. C. Phillip MacCready advises of a change of address from Winnipeg to 7 Marlwood Dr., Halifax.

Some readers who have renewed their subscriptions are: Miss Jennie Fullerton, RR 1, Parrsboro, formerly a clerk in the Business Office until her retirement; Leaman R. MacLean, South Brookfield, Queens Co.; Clifford White, RR 1 Kentville; Edward Stewart, Upper Musquodoboit; Mrs. Vivian Haggerty, RR 3 Centreville; Mrs. J.B. Holden, Willowdale, Ont.; Curtis Gaul, Greenwish; Milton Darrach, 1836 Walnut St., Halifax; George Lombard, RR 1 Weymouth; Mrs. Bliss Carter, RR 3 Amherst; Roy Stevenson, RR 4 Shubenacadie; Miss Faye Sanford, Cambridge Station; Keith Morton, RR 2 Stewiacke; and Mrs. Emelia Maillet, RR 1 Saulnierville.

Other renewals are from: Mrs. Mildred Crossman, RR 1 Falmouth, who wishes to express her thanks to the Staff for the care given to her while a patient at the San; Wesley L. Burns, Barss Corner, who was in for a check-up in mid-September; Kenneth Dominey, RR 1 Cambridge; Mrs. Sophie Spencer, 18 Dale St., Kentville; and Mrs. Larry Flynn, Meteghan River, who writes, "A special Hello to all the patients I met while I was at the San. I feel very good now, and I'm also a working girl again. I started Sept. 1 at 'Le Coin du Sport' (Sports Store) in Church Point. I also sell sixteen different kinds of ice-cream".

We have renewals from Mrs. Alice O'Neill, Berwick; Mrs. Raymond

Longley, Paradise; Mrs. Hattie Rose, Port Williams; Miss. Eileen Quinlan, Head Dietitian at the San; George Garfield Stevens, River Hebert, who expresses his appreciation for the care received as a patient; J. MacKinnon, with a new address: 38 Everette St., Dartmouth; a change of address from Miss Marguerite Wheten to 13 Acadia St., Apt. 1 Antigonish; and two longer letters, one from Mrs. Margaret Garrison, and the other from Freeman Douglas Knockwood, which we will print separately under the heading, "Letters to Health Rays". Here is a change of address from Miss Hildred MacGillivray, from 338 Main St., Bridgeport, to 292½ Main Street, Glace Bay.

We will close with a note from Anne-Marie:

Congratulations are extended to Mr. and Mrs. Clarence Smith of London, Ontario, on their recent marriage. Mrs. Smith is the former Ethel Conrad, who was here in 1945 and then lived in West Jeddore. Her sister, Blanche Mapplebeck of McKittrick Road, Kentville, attended the wedding and had a lovely time.

WHY MONEY "MELTS" AWAY

You've often heard of money that "just melted away", and "salting" money away.

Well, salt and money have been cousins for many a year. Salt was a common medium of exchange among our ancestors. The word "salary" comes, for example, from the Latin *salarium*, stemming from *sal* or salt. The centurions of Caesar were paid off in salt. Perhaps that is where the expression "any man worth his salt" comes from. At any rate, wars were fought over it. The Ethiopian central bank once held part of its reserve in salt, and, for all we know, may still.

GOLDEN JUBILEE FUND

Contributions to this Fund may be addressed to:

HEALTH RAYS JUBILEE FUND
Nova Scotia Sanatorium
Kentville, N.S.

An official receipt will be sent to all contributors, and all contributions are tax deductible.

The standing of the Fund as of October 31, 1975:

Previously acknowledged:	\$5,502.20
Less transfer to operating expenses:	250.00
	\$5,252.20

Recent contributors:

John T. Pye	
Lemuel J. Himmelman	
Bliss MacKinnon	
Gladys MacDonald	
Bank Interest	
Mr. and Mrs. Don Brown	
Mr. and Mrs. Giacomo Nonis	
DAR Humphrey Club Pensioners	
Total	197.50
Grand Total	\$5,449.70

NOTE: The last three contributions listed were in memory of the late Roland Waldo Pike, of 24 Overlook Road, Kentville, who passed away at the N.S. Sanatorium on September 21, 1975. Many other contributions were made to the Patients' Comfort Fund, and we wish to thank the family for suggesting that contributions be made to the Nova Scotia Sanatorium.

Two dead-end kids were waiting to cross the street when they saw the signal say: "Pedestrians cross now".

"Come on", said one.

"No," said the other, "That's not us, we're Church of England".

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Ins And Outs



NOVA SCOTIA SANATORIUM ADMISSIONS

SEPTEMBER 1 to October 31, 1975

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DISCHARGES:

SEPTEMBER 1 to October 31, 1975

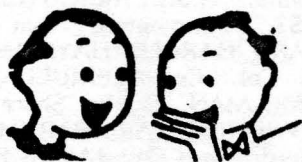
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(continued on Page 17)

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Just Jesting



THE MULE

Being told to write an essay on the mule, a small boy turned in to his teacher the following effort:

"The mewl is a hardier bird than a guse or turkie. It has two legs to walk with, two more to kick with, and wears its wings on the side of its head. It is stubbornly backward about coming forward".

"Our future depends on what we stand for.

"No, on what we fall for".

A Mexican and an American worked together in a mine in Kansas. On several occasions the Mexican had rabbit for dinner, and shared it with his work mate.

One day the American asked: "Where do you get the rabbits, Jose? I can't find any".

"My wife she get um", Jose replied. "Ever" night they come 'round the house and make noise. She shoot um".

"Noise? Rabbits don't make a noise".

"Sure", asserted Jose, positively, "Go 'meow, meow!"

"You talk as if you had some Italian in you".

"Well, we had spaghetti for supper".

A Sunday school teacher was trying to instill in her young class the joys of shouting "Hallelujah!" She asked, "What word do church members shout with great joy?" One youngster answered, "Bingo!"

Two cub scouts, whose younger brother had fallen into the lake, ran home in tears. "We tried everything, they sobbed. "We even gave him artificial respiration - but he kept getting up and walking away".

Edited Out

A hopeful young writer sent one of his poems to a magazine editor with a note, "Please let me know if you can use it, for I have other irons in the fire". The editor wrote back: "Remove irons, insert poems".

The tour bus stopped at Runnymede, England, for a visit. One passenger asked his guide, "What happened here?" "This is where they signed the Magna Carta", he replied. "When?" asked the tourist. "1215", said the guide. Glancing at his watch, the man turned to his wife and said: "Darn it, Mabel, we just missed it".

The Vicar was taking one of the young men of his parish to task.

"William", he said gravely, "I hear that you have been raising false hopes in several maiden hearts. Rumor says that you're engaged to one girl in this village, another in Lillte Mudard, and a third in Ditchley. How can you do such a thing?"

With an uneasy grin, William replied: "Well, sir, I've got a bicycle".

AID NEEDED

A Bishop attended a banquet and a clumsy waiter dropped a plate of hot soup in his lap. The clergyman glanced around with a look of agony and exclaimed:

"Will some layman please say something appropriate".

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INS AND OUTS

(continued from Page 15)

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HONOR

Honor and truth and manhood--

These are the things that stand,
Though the sneer and jibe of the cynic
tribe

Are loud through the width of the
land.

But a lie, whatever the guise it wears,
Is a lie as it was of yore,
And a truth that has lasted a million
years

Is good for a million more.

Ted Olson

"Have you ever appeared as a witness in a suit before?" asked the attorney.

"Why of course!" replied the young lady on the witness stand.

"Will you please tell the jury just what suit it was?" demanded the lawyer.

"It was a blue suit, with white collar and cuffs and white buttons all the way down the back", replied the young lady.

Lawyer: "But even if a man is on his hands and knees in the middle of the road, does that prove he is drunk?"
Policeman: "No, sir, it does not. But this one was trying to roll up the white line".

NOVA SCOTIA SANATORIUM

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

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G.M. SMITH, M.D., D.P.H.	Preventive Medicine
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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

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R. MATHIESON, M.D.	Courtesy Consultant, pathology
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NOVA SCOTIA SANATORIUM

ANGLICAN

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San. Chaplain — Rev. William Martell

BAPTIST

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

CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

PENTECOSTAL

Minister — Rev. T. Kenna

ROMAN CATHOLIC

Parish Priest — Rev. J.A. Comeau
Asst. Priest — Rev. J.C. Thibeau

SALVATION ARMY

Capt. Sidney Brace

UNITED CHURCH

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

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

POINT EDWARD HOSPITAL

ANGLICAN

Rev. Weldon Smith
ROMAN CATHOLIC

Parish Priest — Father Angus MacLeod

UNITED CHURCH

Rev. Allan MacIntosh
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Capt. Alex Swan