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Health Rays



THE NOVA SCOTIA SANATORIUM

Vol. 56

March 1975

No. 3

HEALTH RAYS

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Authorized as Second Class Mail, Post Office Department, Ottawa

Published monthly by the Nova Scotia Sanatorium, Kentville, N.S., in the interests of better health, and as a contribution to the anti-tuberculosis campaign.

SUBSCRIPTION RATES 25 cents per copy \$2.00 per year

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

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Sanatorium Visiting Hours

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

Health Rays Through The Years (continued)

by Eileen M. Hiltz

HEALTH RAYS, January 1952, opens with the Christmas and New Years message which had been spoken by the Medical Superintendent during that great event, the Christmas Dinner at the San. In one paragraph Dr. Hiltz seems to sum up the feeling of the time: "Where but at the Sanatorium could we find ourselves among such a group of friends - approximately 400 patients and 300 staff - seven hundred persons whose lives are all intimately entwined, whether it be a member of our powerhouse providing light and heat, or an orderly helping to keep the place clean, or a member of the dietary staff preparing our meals, or a nurse giving professional care, or a patient faithfully following the principles of the cure in order to get well."

February 1952 recounts the climax of one man's battle with his conscience. Shortly before Christmas a ten-dollar cheque reached the Medical Superintendent's desk - and the story goes on: "The significance of this transaction had its beginning in the year 1918, when a certain patient, upon receiving his discharge, took a fancy to some towels - the N.S. Sanatorium, 'motif specials'. Forthwith the lad placed a few in the bottom of his Gladstone and took his departure. Just what transpired in the life of this chap for the next thirty-three years we do not know; but a sense of guilt must have predominated the while. Thus on becoming a Christian he wished to make amends and forwarded the ten dollars to pay for the towels he had taken with him so many years ago". After a bit of speculating and moralizing, the editor concluded with this paragraph: "Our correspondent inquired about Dr. Miller, who was Medical Superintendent in 1918, and if perchance he should read this, we would like to inform him that Dr. Miller is quite well and is at present spending

the winter months in the sunny south".

From "Sanatorium Activities" comes this intimation of the start of an enduring love affair: "Speaking of fun, we have two prominent curling enthusiasts at the Sanatorium. Dr. Quinlan is 'donning the tartan' for the first time, and has become a rabid fan of the roaring game. From what we hear, he tosses a tempting stone".

The March cover bears a picture of King George VI, and the editorial comment carries a touching tribute to the much-loved king, who had died very suddenly on February 6, 1952.

With the April issue an interesting new feature was started. Entitled "Do You Know", it gave brief notice of a number of little known or forgotten facts, to wit, these two: "That - the original name of this institution was the Provincial Sanatorium. It was changed by Chapter 7 of the Acts of 1917 to its present name, Nova Scotia Sanatorium", and, "That - in 1917, at a time when the Sanatorium had only 50 beds, it was asked to look after over 100 tuberculous soldiers in addition to the patients who already filled the available beds. This was done by setting up a tent colony which, alas! was flattened by the August gale that came along a few months later."

The Editorial Comment of May 1952 sounds the optimistic Spring note, like in this sentence: "Nature, of course, is unfolding its summer verdure, assisted in no mean way by Bob Middleton, who has recently taken over the duties of gardener and the grounds are proof of the thoughtful work being done". Ever since, the Sanatorium grounds, with the ever-extending flower beds and shrubs, has been a summer beauty spot in the Kentville area.

The 1952 San entry in the Apple Blossom Parade is shown on the June

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HEALTH RAYS THROUGH THE YEARS

cover. It depicts treatments then used in "Tuberculosis Recovery". The float was planned and decorated by two staff members well-known for their artistic bents, Dr. H.V. MacKay and Ann Rebecca MacDonald. Three staff members "rode" the float, and the "Health Rays" comment was: "Outside of a terrific suntan, the crew survived the issue quite nicely".

In the same magazine there is an article on "School at the Sanatorium". The following paragraph presents the teaching system then in use: "In order to acquaint the readers of "Health Rays" with the set-up of our particular teaching system, we present the following facts: At the Sanatorium, a full grade course is open to those who have had no previous schooling, or for those who were compelled to leave the classroom before completing their studies. At present time there are sixteen pupils in this group, one of whom will be writing Grade 12 Provincials. After finishing their grade, San students write a required set of examinations, and if successful are presented with a Public School promotion certificate. Partial certificates are given to indicate a pass in English and Arithmetic or single subjects". Of course there were special classes, both in regard to subjects, such as mathematics and reading; and pupils, who could be adults taking advantage of improving on a lack of opportunity in early years. One interesting case was cited: "We have one adult pupil who, three years ago, could neither read nor write. Up to date he has read such books as "Pilgrim's Progress" and "Lorna Doone" and is a subscriber to a daily newspaper". The teaching staff consisted of three: Margaret Markham, director, Claudia MacCallum, who taught the male students, and Clarissa Kendrick, teacher for children and female students. Most of the teaching was

individual bedside instruction, which made great demands on the time and energy of the teachers.

The Sanatorium Activities column tells of an auction held in the Dormitory Recreation room, the proceeds of which (\$119.00) went to assist the then flourishing Kentville Baseball Association, with this interesting comment: "The highlight of the evening was the tray of speckled trout donated by Dr. Misener, who flitted off after work to have a fresh catch for the evening. The 'big fellow' netted a cool \$5.50, and we feel that fish has a story to tell".

In November 1952 "Health Rays" notes its 33rd birthday. A congratulatory article by Dr. A.F. Miller, the first Sanatorium Medical Superintendent, is featured. His concluding paragraph was: "May the policy of "Health Rays" when its 50th anniversary comes round continue, as in the past, to work for the health and welfare of the people. . . Have we not every reason to feel that, with the gains obtained in the past and the goal in sight, it is not too much to hope that during the next ten years, tuberculosis, as well as other communicable diseases, may be reduced to a comparatively minor cause of death in Nova Scotia. Congratulations once again on your 33rd Anniversary of achievement".

Now 1953 - and "Health Rays" is still under the guiding hand of Robina Metcalfe, whom I would class as one of the most sparkling and resourceful personalities ever to fill the editorial chair. A Player's cigarette ad, continues to share the editorial page, the true villainy of cigarettes not yet having been disclosed.

The February issue has a detailed account of a Rehabilitation Conference which had been held at the San. At that time, C.H. Kennedy was the San. Supervisor of Rehabilitation. Representatives from many allied organizations attended and took part, and the whole program lasted for three days. One paragraph of the write-up revives memories for your writer: "In the evening those attending the conference

were guests at the home of Dr. and Mrs. J.E. Hiltz, where a buffet dinner was served, followed by a pleasant social evening."

In 1953, the San. seemed to be a busy conference centre. A write-up of a 3-day Refresher Course in Tuberculosis, sponsored by the Department of Health, fills several pages.

To prove it was not all work for the busy staffs, notes re a party, a Valentine party, are found in the San. Activities column. A brilliant program of songs and skits had been devised and presented in the Recreation Hall. The Recreation Hall - now but a fond memory in the hearts of Old Timers.

The April issue notes the first visit of Dr. B.F. Miller, Orthopedic Surgeon, Halifax, to the San. upon his appointment as consultant on the medical staff.

The June 1953 issue saluted the coronation of Queen Elizabeth. The opening page reprints quotations from various radio addresses she had made as Princess and Queen, and the editorial pays high tribute.

A excellent article by Miss Eileen Quinlan, our Senior Dietitian at the San., might well be heeded today. It is headed "Planning Low Cost Meals", and emphasizes how good nutrition and low costs can and should go hand in hand.

Again work and play for the San. staff - a jolly minstrel show was put on, and a two-day conference of the Nova Scotia Tuberculosis Association was hosted.

In 1953 the San. still contributed a float to the Annapolis Valley Apple Blossom parade. That year the appropriate theme was "Coronation Rose".

August and September at the San. were marked by parties that foretold the sound of wedding bells. Three from the nursing staff (Shirley Cook, Shirley Williamson and Lillian Edmonds), Laundry Manager (Jack Robson), Lab. technician (Jean Helpard), and Craft Instructor (Joan Whitman) all took their marriage vows during the season.

In November we find an article by Betty Murray, Field Representative for the Department of Education - and an ex-patient - in which she tells in her usual breezy manner about a two-week Rehabilitation Folk School held at the San. The Editorial Comment has this to say: " 'I'm having the time of my life', quoted a patient, then another, and still another, until the dubious questions and skepticism which at first accompanied the idea of a Folk School at the Sanatorium were blasted to bits." A side note - Betty Murray, who directed the School, is an aunt of our famous singing star, Anne Murray.

In those pre-TV days radio was still a big thing in the life of San. patients. In October 1953 Station S.A.N. was proud host to one of the most popular singing groups of that day, "The Ink Spots", who further endeared themselves by making friendly tours through the buildings.

The December issue had a humorous and clever poem, along the lines of "'Twas the Night before Christmas," which depicted the Christmas Eve dreams of many San. folk. The name of the modest author does not appear, but if I might hazard a guess I'd say it was the editor herself. Robina had a rare talent for versification, whether turning out jingles or authentic poetry.

More history another day.

The oldtimer was being interviewed on his birthday.

"What is the biggest single factor in your estimation, that has allowed you to live to the ripe age of 90?" asked the reporter.

"I guess the fact I was born in 1884," replied the old gentleman.

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HOW TO RETIRE GRACEFULLY

by Lilah Smith Bird

During all my life I wondered what it would be like to retire. Many friends I knew well, retired, but unlike it is today, there were no pensions to retire on, so people on farms had large houses and the older people moved in with their married sons and daughters.

During my young life, and brought up on an island off the coast of Cape Breton, my grandparents lived with us. I can still remember grandmother - one thing she always impressed on us girls was to "keep our hair tidy, our shoes backened and shining", and showed us how to iron our handkerchiefs neatly.

Children who live with grandparents gain spiritual experience, as well as being able to converse with older people.

In those days, this was the pattern of retirement. Houses were large, with room for all. Today's mode of living makes it impossible for this kind of family life. Houses are smaller, children are noisier; the television, radio, and telephone all add to the noise pollution.

The majority of old people have some income, even if it is the Old Age Pension, enabling them to sustain a life style more in keeping with their years. While pension incomes are not always adequate, they go a long way to maintain a feeling of independence.

My plans for retirement covered a wide range of activity, but unfortunately my plans and hopes were dashed! A severe coronary and slight stroke, in a short space of three weeks made it necessary for me to change my plans. We had money saved to take a trip to the British Isles and Europe. While in Europe we planned to visit Trosly-Brevil, where the mentally retarded live in a stone house known as L'Arche. This home was organized by Jean Vanier, son of the late Governor-General of Canada, and who "opens windows through which we catch glimpses of the healing power of human kindness, love

and peace". How I dreamed of this! I dreamed, too, of visiting the Hebrides and Ireland - my cousins gave us a cordial invitation to both places.

I was in hospital about six weeks, and I awakened one morning and began contemplating either I had to make up my mind to get better or worse. Just then my doctor came to visit me, and asked me how I was feeling. I answered, "I'm feeling a little better this morning", and I gave a broad smile. Slowly, I began to really feel better.

My husband brought me a pair of binoculars, when I could get up for awhile. I discovered a pair of bluejays outside in a tree near my window. It was really something to look forward to every day; the comings and goings of these pretty birds.

Then the time came for me to be discharged, and outside our picture window is a bird feeder. All last winter, and this winter, I have watched these fascinating little creatures, juncos, sparrows, and bluejays. Then came spring, and the early spring birds. I loved going to the door to hear the robins and blackbirds' throaty call. When I was able to go for walks I always carried my binoculars with me, and still do.

One day I took a sheet of paper and wrote down the things I planned to do, then on the next page I wrote things I am able to do.

I knew I couldn't take this long trip abroad, but I am content to live each day at a time - to write short stories, paint and draw, take music lessons,

(continued on Page 6)

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* "GASP" Gains Ground Gradually

THAT GUILTY FEELING!

"It has been pointed out that perhaps the most potentially dangerous threat to the future of the tobacco industry is not so much legislative smoking and advertising bans - or even outrageous levels of taxation - as the developing psychological attitude that smoking is somehow socially unacceptable. As non-smokers in recent years have gone through various levels of what might be called consciousness-raising via anti-smokers' adroit use of media, there has been a declining willingness to tolerate tobacco smoke. This "take-a-stand" attitude on the part of non-smokers has been reflected in the growing hue and cry for smoking bans, which has met with limited success thus far. More subtle, but far more dangerous, is the creeping attitude that smoking is not always socially acceptable. If smokers can be made to feel guilty if they do something frowned upon in certain social situations, they're less likely to do it.

There's a snowball effect, with the socially unacceptable situations widening. More and more smokers are likely to give up their pleasure altogether. Guilt is a powerful force.

We think there is evidence of this attitude and it apparently is becoming more widespread. People who smoke, who enjoy it, many of whom are not in the least desirous of giving up their pleasure, are beginning - because of a developing social unacceptability - to enjoy it less and even forego it in certain situations. The tobacco industry must begin to think about this phenomenon and lay the groundwork for a countervailing strategy to defeat it".

(from the U.S. Tobacco Journal, October 25, 1973). * "GASP" - Group Against Smokers' Pollution. (Reprinted from "The Northern Light").

No Smoking Lounges for Teachers

The Illinois association is distributing this statement by the State Interagency Council:

"Many schools ban smoking by students, yet allow teachers to have smoking lounges. In some instances, teachers even smoke in the presence of students. How can anyone encourage students not to smoke if the students know that teachers are allowed to smoke on the premises? The mere knowledge that teachers are allowed the special privilege of going into a special room and lighting up is often a

psychological stimulus to students to try to do the same.

"Therefore, we urge that all tobacco smoking, by students and teachers alike, be abolished from all schools within the state. This would be a significant step using a basic approach which eventually could have far-reaching results".

"Journal of Breathing"

"Look at the emerald ring I bought my wife."

"That isn't emerald. Emerald's green".

"Wait'll she wears it a while!"

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Questions and Answers

Q. If a cigarette smoker is exposed to asbestos, does the combination of exposures have a multiplying effect in damaging the lungs?

A. Let me answer your question by talking about mixed exposures in general. You could, for example, also be exposed to serious air pollution in an urban environment and another kind of dust at the same time.

We are just beginning to learn about mixed exposures. They do appear to have a synergistic effect. Chemicals in one exposure, such as cigarette smoke, may alter the ability of the cells to handle a second particle, such as asbestos. This effect can be demonstrated in a laboratory; cells exposed to one type of gas or chemical and then exposed to a particle do not process the particle as well as unexposed cells. Although this effect has been produced in a laboratory, we can only surmise what happens in humans.

Q. Is it true that you don't really begin to notice the effects of loss of lung

function until you get down to somewhere less than 80 percent of the overall function?

A. Various estimates have been made. The important thing is that by the time you get symptoms, most of the damage has already been done. The disease process has been set in motion, and treatment has very little effect on the underlying process.

Treatment does have an effect on some of the complications of chronic obstructive lung disease, and that's important in terms of patient welfare.

Q. I have heard that alcohol and drugs are injurious to the lungs. Can you tell me why?

A. Alcohol has a direct effect on the defense mechanisms of the lung. The same is true of tobacco. The same is true with some drug abuse, such as marijuana smoking. Chemicals in such exposures produce a bronchitis that is quite similar to the effects of cigarette smoking. These are all agents that are injurious to the defense mechanisms in the lung.

"Journal of Breathing"

HOW TO RETIRE GRACEFULLY

(continued from Page 4)

and do a little housework. All these projects I do are very interesting to me, but as I do more of them, as my great grand daddy used to say, "Practice makes perfect".

Another project I enjoy is to gather wild flowers and press them. When they are ready, I arrange them on the corner of stationery or note paper and present them to my friends. In the autumn I gather winter bouquets and give them to our church sale.

The last time I had my examination the doctor told me my heart muscle has improved, my blood pressure normal and diabetes under control. I'm so happy to say I shed forty pounds and

I'm keeping that way.

I thank God for allowing me to live, and every day I try to do something nice for someone, even if it's only a 'phone call to some aged or lonely person. Not far from my home are my three grandsons, and I do get enjoyment from them, with their quaint childish ways.

So, to all of you who are laid aside for awhile, take my advice and live each day as it comes, and let God do the rest.

To each and everyone of you at the Nova Scotia Sanatorium, patients and staff, Happy Easter!

Good-bye, kind year; we walk no more together,
But here in quiet happiness we part;
And from the wreath of faded fern and heather,
I take some sprays and wear them on my heart.

Editorial Comment

It is usually with a feeling bordering on relief that I get the material off my desk for another issue of "Health Rays". If I had a week longer I would still be working on it, a little at a time, so one has to reach the point of admitting to oneself that the material is not going to be improved by reading it over again.

We are pleased to have a further installment of "Health Rays Through the Years", by Eileen Hiltz. We seldom see each other, but were conversing by phone recently, and readers will be interested to hear that Eileen is taking an English course at Acadia University: "The Twentieth-Century Novel". She is among the approximately seventy "senior citizens" taking a variety of subjects with the regular students. This should be a very rewarding experience, and the University is to be commended for making this service available. At a time when world-wide concern is focused upon what will be acceptable to the young, it is good to see something besides a pension being considered. At "this moment in time" something in the nature of "Opportunities for the Middle Aged", featuring travel in warm, sunny places sound attractive!

There are a number of little gems of information one picks up while looking through material that might be borrowed for filling in spaces in "Health Rays". How is this, to cheer one up: the chemicals that make up the body of a person weighing 150 pounds would now be worth about \$5.60, compared to \$3.50 in 1969, 98 cents in 1936. Or, another article that tells us that the super-sonic transports are not only adding a tremendous volume of pollutants to the atmosphere, but are breaking down the vital ozone layer that filters out excessive radiation from the sun's rays. There is an article that quotes a researcher as claiming that milk is high on the list of causes of heart attacks, but I skip over that

lightly because of the great quantities we have consumed! Speaking of calories, and such, you know that a calorie is the unit used for measuring the amount of energy produced by food when it is oxidized in the body. Well, from an article I read it looks like we will be using joules, rather than calories, under the metric system. My reference book shows that this is a unit of energy equal to ten million ergs, and is named after J.P. Joule, physicist, (1818 - 1889). I think that an erg is a small, strangled exclamation. No, the same reference book says that it is the unit of work or energy, in the metric system, being done by one dyne acting through a distance of one centimeter.

A number of articles tell us that the Federal Government is proceeding with the plan for converting us to the metric system by 1980. Certainly the change to the Celsius temperature is practically upon us, the date being given as April 1st. Known to us in our school books, mainly through the problems of converting centigrade to Fahrenheit, or C. to F. and F. to C., it is explained to us that it is to be known as the Celsius scale so that it will not be confused with "centigrade" which is associated with angular measure. The scale is named in honor of Andrew Celsius, the Swedish astronomer, (1701 - 1744) who described it at the Royal Swedish Academy in 1742, but with the scale inverted. When the metric system was created at the time of the French Revolution, the centigrade system of Celsius was adopted as part of the new decimal measurements. On the scale, "0" is the freezing point of water and "100" is the boiling point of water, both at standard sea-level atmospheric pressure. Any reading below "0" will be given as a minus quantity. For example, if the winter temperature is ten degrees below freezing, the reading will be given as -10 C.

EDITORIAL COMMENT

(continued from Page 7)

At the Sanatorium we have already been exposed to the change, where the normal body temperature is given as approximately 37 degrees C. So far, the height and weight, given in the metric values, gives us the most difficulty. I think that the ladies at home will have quite an adjustment to make as well. The familiar cook books will be obsolete, as will the sewing patterns. And the lady trying to maintain the 34-24-36 measurements will find that they are converted to 88-54-90, which doesn't sound the same at all, at all.

If you sometimes wonder if the change-over is worth all the fuss and bother, one's zeal is renewed by occasionally reading the press releases from the Metric Commission, or The Metric Monitor, which is the publication of the Commission. Here is part of a letter to the editor of the Metric Monitor:

"I would like to express my delight in reading your report of decisions and progress in the national changeover to the metric system. Having been born in Europe and educated as an engineer, I still remember the agony and puzzlement I felt on coming to Canada 13 years ago, faced not only with a new, but an archaic and illogical system like the Imperial. It took me many months to somehow adapt and I am sure most immigrants from Europe have faced the same problem . . . I realize that some other fields will face more difficult problems, such as mechanics or electricity gear manufacturing, but in today's world nothing is technically impossible and the sooner we start the better for our companies and for our

country."

The above letter was from Montreal. Now, here is part of a letter from Winnipeg, taking the opposite view:

"If you want my opinion on the introduction of the 'Metric System' into Canada, I say "it's for the birds".

"Why should we have a foreign system foisted upon us? We are the suppliers of the world, both in wealth and material. Did we not develop the resources of the whole world, including our own on the inch, pound, etc.? Did we not put a man on the moon, including the technology to develop the computer on our present system? So what's wrong now, all of a sudden? Do we have to pacify politicians for the sake of international trade monopolies? . . . I don't like it and I hope I never get used to it".

Whether we like it or not, whether we need it or not, it appears that we are to convert to the metric system. The only thing that might alter the plan is if the United States continue to reject the change-over in their country.

Student Rights

The Mid-Eastern Illinois Lung Association reports that a group of college students organized a chapter of GASP (Group Against Smokers' Pollution) on the campus of the University of Illinois. The group's primary objective was enforcement of the university's rule against smoking in classrooms. Letters were sent to all deans and academic directors asking them to enforce the rule vigorously.

GASP workers also wrote an article in the school paper about the university's antismoking policy and asking students to attend monthly GASP meetings. The group is now trying to set up a no-smoking section in the union cafeteria, is distributing ALA antismoking buttons, and requesting no smoking in TV rooms on campus.

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"Journal of Breathing"

Notes and News

Mrs. Stella Brown, a Supervisor with the Housekeeping Department, retired at the end of February, and an afternoon tea was held in her honour in the Annex. A number of friends and fellow workers gathered to wish her well and to present her with a gift. Mrs. Brown has been on sick leave for a number of months and we all hope that better days will be in store for her. She had completed ten years of service, and has received a Public Service Award.

Mrs. Brown continues to live in Scotts Bay (R.R. 3 Canning).

Several members of the Nursing staff have left us recently. Mrs. Florence Hersey, a Nursing Supervisor, has left after six years service, having been Charge Nurse in the Children's Annex at one time. She is now working on the Third Floor of the B.F.M. Hospital.

Mrs. Joyce Coxhead left at the end of the first week in March. She has worked at the San on several floors, the last being First. (And the Second was first, I think!) That was in 1958 - 59, when she was Joyce Ritchie. She has left in order that she may spend the summer with her family, but may be relieving at the San from time to time.

Elizabeth Rushton, C.N.A., left on February 15th, also for "family reasons" (she is expecting a "blessed event"). She is the former Elizabeth Cunningham, and holds the distinction of being the first "San Baby". Betty trained at the San during the school year 1958-59, and married Wilfred Rushton, who was a staff member, in 1960. They live at 1111 Commerical Street, New Minas.

Another staff member who has left us recently is Miss Pat Flewelling, who was our Physio Therapist. She was here only from September to the end of January but had firmly established a place for herself and is greatly missed.

In our Rehab Department we have lost one and gained one. Mrs. Sharon Boyd, who has been instructing in

handcrafts since July of last year, left us at the end of February. She had been a teacher of one of the Grade 4 groups in the Kentville School immediately prior to coming to the San, but she has no immediate plans for returning to employment. At present she is expecting a visit from the stork. Good luck, Sharon.

Replacing Sharon Boyd is Lois Hare who travels in from the Russia Road, Harbourville area. She has had a good deal of experience in working with people in a variety of situations and will have many new ideas.

On March 3rd, the Sanatorium was host to the Nova Scotia Institute of Science, Valley Chapter, the meeting being held in Miller Hall. Dr. S.V. Anand spoke on his "Working Holiday in the Caribbean" and showed slides which were of interest to all present.

Dr. J.J. Quinlan presented a paper entitled "Case Report - Byssinosis", a pulmonary condition caused by inhaling cotton dust.

The guest speaker was Dr. C.R. May, Director of the Division of Occupational Health, with the Department of Public Health since December 1974. This is a field that will undoubtedly be more in the news, as the public become more aware of risk factors involved in a number of employment and recreational activities.

On the bulletin board outside the cafeteria is a poster and note from Joseph Francis Sleep, advertising a display of his art and craft work at "Grassroots" Eyelevel Gallery, 5785 West Street, Halifax, March 7 - 28th. The hours are Tues., Wed., and Sat., 11 - 2 p.m., and Thurs. and Fri., 4 - 7 p.m. He was a patient from August 12 - October 12, 1974, and turned out a large volume of work in that time. We are told that he and his crafts were on TV earlier this month, as well.

We are sure that many of our readers were sorry to hear of the death of two of our Sanatorium friends, during the month of February: H.H. Stokes,



Chaplain's Corner

THE GOLDEN RULE

Life in a hospital is a fearful and wonderful experience. Here is found a heterogeneous group of people in close association - a degree of intimacy in personal relationships without equal. And it is here, too, that we are offered the ideal opportunity to learn how to live with others and for others. If we keep ever in the foreground of our thoughts the age-old maxim "Do unto others . . ." we should emerge from here, in due time, with a host of firm friends, better persons ourselves, and a comforting sense of well-being.

Surely it is far more than mere coincidence that all the religions of the universe centre around mankind's GOLDEN RULE.

Brahmanism: This is the sum of duty: Do naught unto others which would cause to pain if done to you. - Mahabharata 5:1517

Buddhism: Hurt not others in ways

that you yourself would find hurtful. - Udanavarga 5:18.

Christianity: All things whatsoever ye would that me should do to you, do ye even so to them: for this is the Law and the Prophets - Mathew 7:12.

Confucianism: Is there one maxim which ought to be acted upon throughout one's whole life? Surely it is the maxim of loving kindness; Do not unto others what you would not have them do unto you. - Analects 15-23.

Islam: No one of you is a believer until he desires for his brother that which he desires for himself. - Sunan.

Judaism: What is hateful to you, do not to your fellow man. That is the entire law; all the rest is commentary. - Talmud, Sabbath 31a

Taoism: Regard your neighbor's gain as your own gain; and your neighbor's loss as your loss. - Tai-Shang Kan-Ying Pine.

From the Link Via San-O-Zark

5-Day No-Smoking Plan

A number of Sanatorium staff and patients faithfully attended a 5-day no-smoking session, held in Miller Hall in February. A similar program was held at the New Minas Elementary School in February, with nearly 40 ex-smokers graduating on February 20. Gordon Pifher, pastor of the Seventh Day Adventist Church, is director of the plan in this area.

The five-day plan is offered to everyone interested as a public service of the Seventh Day Adventist Church. It is considered as the most successful program of its kind in North America dealing with one of the major drug programs of today. The direction of the program reported that in 1973 over 300,000 persons died in the United States alone, due to the diseases

directly related to the smoking of cigarettes.

"The amazing part of the program is listening to remarks made by registered persons after being off cigarettes for just 4 to 5 days. They agree on positive changes in taste, sleeping habits, breathing and endurance. Smokers cough is gone and many claim to a general feeling of vitality which they haven't experienced for many years", Mr. Pifher said.

"Although the program is a bit rugged to follow in some instances and the withdrawal symptoms are sometimes difficult to cope with, the end results are certainly worth any problems experienced during the initial five-day period".

NOTES AND NEWS

(continued from Page 9)

retired jeweller, who was a former patient, had long been prominent in activities concerning the San. He was always helpful when parties were being sponsored by the Knights of Columbus, and when there were arrangements being made for Sunday Drives, transportation to events in the area; as well as providing watch repairing at moderate prices to patients.

The other friend was Fred F. Graham, former administrative assistant, when Dr. Hiltz was Medical Superintendent and Administrator. Mr. Graham had retired as Manager of Scotian Gold and Canadian Canners before coming to the Sanatorium, where he retired a second time in 1964. They, including Dr. Hiltz, and so many others we have lost, are sadly missed and fondly remembered.

Eileen Hiltz has left a clipping from the Journal of the Canadian Federation of University Women, showing Dr. Eva Waddell Mader Macdonald, new Chancellor of the University of Toronto. The caption reads, "A distinguished physician, athlete, bacteriologist, community leader and author. She has been associated with both medical and non-medical organizations, including the Children's Aid Society, Red Cross Blood Donor Clinic, Canadian Association for Planned Parenthood, Y.W.C.A. and alumnae associations of both Dalhousie and University of Toronto. Her husband is a former insurance company head, and her two sons are prominent in their fields - one, an honors graduate from U of Western Ontario, is with IBM Canada, and the other is an associate professor of physics in charge of nuclear research in the State University of Kansas".

As Dr. Eva Mader, she was on the staff of the N.S. Sanatorium for fourteen months, beginning July 1927. Her father was Dr. A. Ivan Mader, and her brother, Dr. Victor Mader, became a prominent thoracic surgeon in Halifax. Both her mother and father were active in the Halifax County

Anti-Tuberculosis League, and her mother was at one time president. Dr. Eva Mader left the Sanatorium when she was awarded a fellowship at the U of Toronto, where she received her D.P.H. degree in 1929 and joined the staff there. She soon became associated with the Women's College Hospital in Toronto and served on the staff there for many years. In 1952 she entered private practice in Toronto, continuing this for the next ten years.

The above information was taken from "Women Physicians at the Nova Scotia Sanatorium", by Dr. Helen M. Holden, "Health Rays", November 1969.

In Appreciation

I first went to the Sanatorium in 1921 and have made many trips since then; always receiving the best of care and interest of the Doctors, Nurses and staff. My last long stays were in 1969, '70, and '71. I had asthma very bad, and had been in a car accident and had been badly smashed up. Under the care of Dr. Holden and her associates I made a remarkable recovery, and I owe my life to the help I received from the San. I am in fair health now, partly blind but able to walk and get around some.

Best regards to all the Doctors, Nurses and Staff.

F. Gordon Sanford
Grand View Manor, Apt. 117
Berwick, N.S.

Two middle-aged women, who rented a summer cottage, were dismayed by its isolation. After a few frightened nights, they paid the old man who did the odd jobs to sleep in a shed near their door each night. The next summer they took the place again and went to look up the old man. At his cottage they found a sign posted: "Wood got, odd jobs done. Narvus wimmen slept with".

Old Timers

Mrs. Jean Jordan, East 1, tells us that she has heard from Mrs. Helen Connolly, R.R. 1 Italy Cross, Lunenburg Co., who was on the same floor, September, 1972 to June 1974. Mrs. Connolly is continuing to do well and is having physio-therapy and using a walker. Her son and daughter have bought her an electric organ which, we are sure, will give her a good deal of pleasure. It gave us pleasure to hear her play when she was a patient, and we are happy to hear that she is able to continue.

Mrs. Ina Williams, Shelburne, has been taking care of an elderly couple. When she wrote, early in March, the man had recently died and she remarked that she had been very busy but is keeping well.

We have a note from Alfred (Fred) Digout, R.R. 1 River Bourgeois, with a subscription and a gift for the Fund. He was a patient from November to December, and had previously been here in 1939.

Here are some renewals of subscriptions: Kenneth Dean, R.R. 2 Shubenacadie, Hants Co.; Lauchie D. Campbell, 149 Cabot St., Sydney; Mary and Percy Doucette, New Minas; Mrs. Eleanor (Archibald) Chase, Port Williams; Budd W. Gertridge, R.R. 1 Wolfville; Mrs. J.J. MacKarney, R.R. 1 Port Dufferin; Grant Romkey, R.R. 1 LaHave; and Mr. and Mrs. Ernest Boudreau, who are still wintering in Florida.

Also, from Miss Rita Lampier, 7117 Ernst St., Halifax; Mrs. Evelyn Illsley, Coldbrook; James Victor Jefferson, R.R. 2 Wilmot; Mrs. Paul Davison, Holmes Hill, Hantsport (sister of the late Mrs. Catherine (John) Covert); Mrs. Marjorie Welton, Coldbrook Station; Catherine MacFarlane, Box 235, Pictou; Mrs. Wilfred Rushton, 1111 Commercial St., New Minas, with a gift for the Fund; Mrs. Louise Wood, 34 Woodworth Rd., Kentville; and J. Douglas Matheson, 22 Victoria St.,

North Sydney, who wishes to be remembered to his friends.

There are renewals from: Miss Jean McKenna, Box 59, Pictou; Vernon Grant, R.R. 3 Middleton, who was visiting about the last of February; Mrs. Maxine Stewart, New Minas; Dr. Frank J. Misener; Mrs. Ann (Standish) Robinson, Beaconfield, P.Q.; Jack Ripley, San staff, who has returned to work many pounds lighter than when he left; and Mrs. Mary (McKenna) Brown, 1684 Larch St., Halifax, who says, "I enjoy reading Health Rays, and it is so pleasant to see so many familiar names, especially those appearing in Old Timers column. Kind regards and best wishes to my San friends."

Here are two notes sent by Anne-Marie:

I read in the newspaper where Cecilia Darnbrough, Sydney, will be serving on the Provincial Steering Committee for International Women's Year. Congratulations to Cecilia.

Friends of Mariam Clifford, R.N., of Tiverton, Digby County, will be happy to learn that she won \$1,000 in the last Olympic Lottery. She was a popular nurse on The Hill from 1960 to 1964 - and before that was at Roseway Hospital.

We have a clipping from the Kentville "Advertiser" showing Ralph A Doherty, C.J., being awarded a plaque as "Manager of the Year". He is manager of G.B. Murphy Jewellery Store, Bayers Road Shopping Centre, and was chosen from managers of 40 stores in the chain. In accepting the award he commented, "My interests are people. The most important people coming into our store are not only our customers, but our friends. Service is the Key to all Success". Those are good words, Ralph. Congratulations, and continuing good fortune. Ralph was a San patient, August '69 to October '70, and wrote several articles for Health Rays during that time.

We have several further renewals: Mrs. Eleanor Woodman, R.N., East 1, Mr. and Mrs. Raymond Ellis, Maple

Ave., Wolfville; Adam Pellerine, Box 856, Pictou, who asks to be remembered to all at the San; Miss Isobel MacNeil, 49 Topshee Dr., Sydney, who renews for her sister, Sr. M. Calixtus, as well and says, "Sorry to be late, but I am visiting my sister in Saskatoon. She and her husband have been in hospital, at different times, which delayed me from receiving your notice. I enjoy Health Rays, although I don't know too many of the people now". Sr. Mary Calixtus is at the Sacred Heart Convent in Meteghan.

Alexander Stewart renews for two years, and says that he has been keeping well since he was last in the San. His address is still Box 302, Truro, but he has been living with his son this winter. "Once in awhile I get out by taxi, but my breath is very short. They say I look well, but I am like a good-looking car, without any gas in the tank".

And that seems to be the end of our notes for this time.

Health Rays Jubilee Fund

Contributions to this Fund may be addressed to:

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

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

The standing of this Fund as of February 28th, 1975:

Previously acknowledged:	\$5,245.20
Recent contributors:	
Mrs. Gerald Walsh	
Alfred J. Digout	
Miscellaneous	
Total	76.00
Grand Total	\$5,321.20

At Wit's End

by Erma Bombeck

A DOGLESS MARRIAGE

I've read stories recently of young couples who have publicly announced they do not want children in their lives. This, of course, is their choice.

But the gutsiest stand I've heard so far is a young couple from Minnesota, Howard and Sylvia (last name withheld for their own safety) who said quite frankly, "We don't want a dog".

No one in this country publicly admits they want a dogless marriage.

I talked with Howard and Sylvia about their decision not to have a dog and some of their reasons.

"Quite frankly", said Sylvia. "We talked a lot about it before we got married and we asked one another, 'Is this a fit world to bring a dog into? Treeless and full of curbs. The rivers polluted, our air limited . . . and acute paper shortages.' And we answered ourselves, how could we raise a dog without paper?"

"Also, it's a matter of freedom", said Howard. "Some people say we're selfish, but we want to come and go as we like without always getting a dog sitter, or a kennel or chaining him to a clothesline. We have friends who are absolute prisoners by their pets. You can't take them to a motel, on a boat, at the beach, to the movies, picnic grounds and until some of the dog care centres improve, we elected to go dogless."

"It's not easy," said Sylvia sadly. "Especially when someone in the office announces they're expecting a puppy. They're downright expensive. There are vet fees, special food, collars, sweaters, leashes, obedience school,

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Ins And Outs



NOVA SCOTIA SANATORIUM ADMISSIONS

FEB. 1 TO FEB. 28, 1975

LESLIE RAYMOND WILSON, R.R. 3 Canning; MRS. MARGUERITE MARIE DOIRON, 93 Queen St., Digby; WARREN ALBERT FURLONG, West Quoddy, Halifax Co.; MRS. MAMIE MAUD SCHOFIELD, R.R. 1 Wolfville; FRANK EARL WEATHERBEE, 15 Orchard Ave., Wolfville; TALBERT HAMILTON CONLEY, R.R. 1 Walton; MRS. FLORENCE MAY ACKER, 4 Lexington Drive, New Minas; HOWARD BURNAM PECK, Bridgetown; URBAIN BELLIVEAU, Belliveau's Cove, Digby Co.; MRS. HARRIE ALICE ROSE, Port Williams; IVAN HALLETT LITTLE, Berwick; ANITA MARIE ROBBINS, 479 Pictou Rd., Truro; JAMES PARKER ROBBINS, 479 Pictou Rd., Truro; MARTY CLAUDE ROBBINS, 479 Pictou Rd., Truro; FORD REGINALD DREW, Auburn; EUGEN FREDRICH GMEINER, Maplewood, Basin View Village, Wolfville; BOYD AVERY HAZELWOOD, Somerset, R.R. 4 Berwick; LEWIS STANLEY DILL, Sheffield Mills, R.R. 5 Canning; GEORGE PHILIP CORBIN, 36 Tupper Rd., Kentville; ERNEST BRIAN GILLIS, 3 Basin View Dr., Bedford; HARRY COTTERS North Alton, R.R. 2 Kentville; PAUL LESLIE HAKE, Brickton, R.R. 3 Lawrencetown; WILLIAM HOWARD STOCK, Bayport R.R. 1 Rose Bay; MRS. GRETA MARIE HERMAN, Italy Cross, Lun. Co.; JOSEPH HENRY DEVEAU, 59

Porter St., Yarmouth; JAMES WALTER BURNS, Salvation Army Hostel, Gottingen St., Halifax; MRS. LENA JUNE TURNER, Melvern Square, Anna. Co.; RICHARD JOHN WARREN, R.R. 1 Port Williams; JOSEPH WHITFORD WENTZELL, 326 Pelham St., Lunenburg; MRS. VIRGINIA DARLENE O'BLENUS, 30 Eddy St., Amherst; ROBERT REGINALD CHASE, North Alton, R.R. 2 Kentville; JOHN HUGHIE DOWLING, 40 Lakefront Road, Dartmouth; EDWARD HALL, Aylesford; MRS. KATHLEEN BERNICE CLARKE 31 Lincoln St., Lunenburg; MRS. DOROTHY GRACE BROWN, Port Williams; HARVEY LEROY CONNORS, R.R. 1 Waterville; MRS. MARGARET IRENE KARAMITOSOS, 158 McKittrick Rd., Kentville; HENRY GORDON ELLS, 5 Isnor Rd., Kentville; JOHN MACNEIL R.R. 1 Sydney Forks; LLOYD WILLIAM PINEO, Lovett Road, Coldbrook; IVAN RUSSELL DAVIDSON, R.R. 1 Wolfville; ROY GEORGE BEATTIE, Enfield, Hants Co.; MRS. ARLEEN GERTRUDE JOUDREY, 194 St. Philip St., Bridgewater; HARRY STANAGE REID, Highbury, R.R. 3 Kentville; ALVAH BEAUMONT MACMURTERY, Margaretsville; HENRY ALBERT CONEEN, 7 Pine St., Bedford; MRS. ANNE VERONICA CLEYLE, 30 Church Ave., Kentville; JOANNA LEA CARTER, 17 Brentwood Estates, Amherst; MRS. ELEANOR MAUDE HICKS, 102 E. Victoria St., Amherst; MRS. DORIS MARIE SEARLE, 33 Hawthorne St., Dartmouth; COLIN ODAH ZINCK, Riverport, Lun. Co.

DISCHARGES

FEB. 1 TO FEB. 28, 1975

ARTHUR SYDNEY NICKERSON, Box 3080 Rockville, Yar. Co.; WILLIAM GERALD WOODWORTH, Nictaux Falls, Anna Co (Expired); ERNEST ARTHUR MITCHELL, Sand Banks, R.R. 2 Middleton (Expired); MRS. TRUDY MAY COBB, 17 12th Crescent, Greenwood; CHARLES ROY HENSHAW, R.R. 2 Deep Brook, Anna Co.; VICTOR BEALS, North Preston;

MRS. VIOLA MARION YOUNG, Newport Sta. Hants Co.; MRS DONALDA MARIE MORRISON, 16 Richard Dr., Kentville; OSBORNE LEWIS MORRISON, 16 Richard Dr., Kentville; GEORGE STANLEY JOUDREY, 29 First Ave., Bedford; PEARL NICHOLS, 46 Highland Ave., Kentville WILFRED JOSEPH COMEAU, Meteghan; MRS. FLORENCE MAY ACKER, 4 Lexington Dr., New Minas; LESLIE ROBERT TOMLINSON, 3 Belmont Ave., Stellarton; IVAN MURRAY LEVY, Melanson, Kings Co.; BOYD AVERY HAZELWOOD, Somerset, R.R. 4 Berwick; HOWARD BURNAM PECK, Box 487, Bridgetown EUGEN F. GMEINER, Apt. 106, Maplewood, Basin View Vill., Wolfville GRETA MARIE HERMAN, Italy Cross, Lun. Co.; MRS. IRENE GLADYS DURLING, Bridgetown (Expired); JOHN WILLIAM PARSONS, Hantsport (Expired); LESLIE RAYMOND WILSON, R.R. 2 Canning; MRS. LENA JANE TURNER, Melvery Square, Anna. Co. (Expired); MRS. WINNIFRED SARAH BOURQUE, Country Home Nursing Home, Kentville (Expired); WILLIAM HAROLD STOCK, Bayport, R.R. 1 Rose Bay, Lun. Co.; TALBERT HAMILTON CONLEY, R.R. 1 Walton, Hants Co.; HAROLD MURRAY PETERSON, Lockeport; ALVIN WALDO HARVIE, 51 Woodworth Road, Kentville; FORD REGINALD DREW, Auburn; IVAN HALLETT LITTLE, Berwick; MRS. DORIS MAY WALSH, Greenwood; MRS. VIRGINIA DARLENE O'BLENUS, 30 Eddy St., Amherst; ARTHUR ROY HARDACKER, Melanson, R.R. 3 Wolfville; MRS. MARGUERITE MARIE DOIRON, 93 Queen St., Digby; GEORGE ALFRED RAFTER, Fall River, Hfx Co.; EARL WILLIAM DEVEAU, Dayton, R.R. 4 Yarmouth;

URBAIN BELLIVEAU, Belliveau Cove, Digby Co.; MRS. GLORIA MARIE SIMMONS North Preston; ERNEST BRIAN GILLIS, 3 Basin View Drive, Bedford; RICHARD JOHN WARREN, Starr's Point Rd., R.R. 1 Port Williams; GEORGE PHILIP CORBIN, 36 Tupper Rd., Kentville; GORDON WILBERT CORBETT, R.R. 1 Kentville; MRS. ELVA JEAN DEMONE, Box 102, New Germany; ALVAH BEAUMONT MCMURTERY, Margaretsville (Expired).

ENTERTAINMENT AT THE SAN

On the afternoon of Valentine's Day a puppet show was held for the children, in the Patients' Lounge. This was arranged by Mrs. Pineo, Charge Nurse on East 1, and Mrs. Gladys McKean. Those providing the entertainment were Mrs. Darlene Cox and Miss Suzanne McKean. The children were very enthusiastic about this performance, and it has been suggested that adults, as well, would like to have the opportunity of seeing the puppet show sometime.

The Lounge was attractively decorated for the occasion, and food and goodies were enjoyed amid pleasant surroundings.

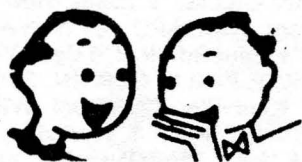
The Centralaires, students from Central Kings Regional School presented a most enjoyable program on the evening of February 24. This had been postponed from an earlier date, so we had been looking forward to hearing them for some time. They have earned quite a reputation as a singing group, and we hope that we will be able to have them here for a return engagement.

On the evening of February 26 a cards and social hour was held in the Cafeteria, sponsored by the Catholic Women's League of St. Joseph's Parish. There was a good turn-out, and from all reports a pleasant evening was enjoyed by all present.

The next entertainment planned is a St. Patrick's Day Party, March 18.

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Just Jesting



A local factory was faced with many employees coming to work late in the morning. So the President posted a bulletin on the board offering \$1,000 to anyone who could come up with a solution to the problem.

The next morning one of the workers was in the President's office bright and early, "I have the perfect solution to your problem", he said. "Nobody would be late in the future".

"Sounds good," replied the President, "How do you propose to do it?"

"Let the last man to work blow the whistle".

Standing in line at the teller's window, I noticed an elderly man handing the cashier a computer-perforated check which was neatly and heavily creased down the middle.

The teller gently unfolded the check and began counting out currency. "You know", she said to the pensioner, "the Government doesn't like for you to fold these checks".

Without hesitation the old gentleman pocketed his money and snapped, "The Government does a lot of things I don't like".

Two young boys were talking about their girl friends.

"Why do you go with Jean?" the first boy asked, "She's not really very pretty."

"Oh," said his friend, "she's different from the other girls I've met".

"Different:" asked the first. "How is she different?"

"Because she's the only girl who'll go out with me".

The mother of a teenage girl caught on fast to jive talk when her daughter asked, "Mom, may I hit the flick?"

"I'm afraid I don't read you, dear," the mother replied.

"Hit the flick is teen talk for go to the movie", replied the daughter.

"In that case", replied the mother, "ask me again after you rub the tub, scour the shower, spread the bed, and swish the dish".

On his first visit to the psychiatrist the nervous young man explained that his family made him seek help because he preferred cotton socks to woolen ones.

"That's no reason for you to see me", retorted the physician. "In fact, I myself prefer cotton socks".

"Really?" the happy patient exclaimed, "Do you like yours with oil and vinegar or just a squeeze of lemon?"

When the teacher asked little Johnnie how he enjoyed Easter Sunday, he came across with the following tale: "Pop and Mom painted some real pretty Easter eggs for Sis and me, and hid them in the hen house so we couldn't find them. About that time, Joe, our rooster, came along and took one look, dashed over the fence into the next yard and kicked the heck out of the peacock over there."

The day after MacPherson's wife presented him with offspring, the proud father was seen in the drug store buying a baby bottle.

"Man, that's scandalous extravagance!" exclaimed a fellow countryman.

"It's necessary, though," sighed MacPherson, "The woman's gone and had triplets".

AT WIT'S END

(continued from Page 13)

dentist bills, treats, toys and when he's older, he's bound to want to go to camp".

"I read where a camp in New York for dogs costs \$140 a week. And of course there's grooming and booster-shots . . . but the real reason," said Howard, "is Sylvia's health".

"Oh, please, Howard", said Sylvia. "We weren't going to mention that".

"I want the truth known. Sylvia just isn't up to a dog. She's extremely high-strung and nervous and the potty training, the exercising each day and letting the dog in and out a couple of hundred times would make her a nervous wreck".

"But won't you miss a little wet nose waking you up in the mornings? Little paws scratching at the door? Your Christmas card with his picture on it? Someone to carry on after you've gone?"

"For crying out loud," said Howard, "We've got five children."

This new breed is hard to understand.

- St. John's Evening Telegram
(submitted by Doug Hallomore)

SALVATION BY SEAWEED?

All kinds of new energy sources are being tapped these days. Even seaweed.

Kelp is a kind of seaweed found in colder, ocean waters. For centuries, the Japanese have cultivated it as food. Now a group of California researchers are studying the possibility of large-scale farming of kelp as an economical, new source of energy.

The kind of kelp under study is one of the world's fastest-growing plants. Giant kelp can grow at a rate of two feet a day until it is 100 feet long. The plant absorbs nutrients from the sea and is a rich source of organic materials. These materials, say the researchers, can be converted by the action of bacteria into

methane gas. They can also be transformed by a simple heating process into petroleum-like products.

Our energy-makers need all the help they can get. And the Naval Undersea centre in San Diego has planted a seven-acre experimental kelp farm 40 feet underwater. Frogmen fasten the giant kelp to submerged ropes, and the kelp grows like mad. One worry, though, is that fish may devour the plants or that some leafy disease may wipe out the colony.

But if the experiment is as successful as the researchers hope, the next step will be planting two 1,000 acre farms in the deep waters of the Atlantic and Pacific Oceans. By 1985, the researchers predict, a 100,000-acre kelp farm might be providing enough energy to power an American city of 50,000 people. Not bad for seaweed.

A man was bending over to tune his radio when he felt a sudden twinge of pain in his back.

"I believe I'm getting lumbago", he observed to his wife.

"What good will that do," she said. "You won't be able to understand a word they say."

EASTER

I searched the world for calm content;
The search led high, the search led far;
It led to where a baby lay
Beneath a radiant star.

I search the world for living truth;
The search was broad, the search was long;
It led to Him beside the sea
Before a listening throng.

I search the world for perfect love;
The search was deep, the search was wide;
It led me to a wind-swept hill
To One they crucified.

EASTER

Christ has no body on earth but yours,
Yours are the eyes through which Christ's
compassion must look out on the world. Yours are
the feet with which He must go about doing good.
Yours are the hands with which He must bless us
now.

Selected

**NOVA SCOTIA SANATORIUM
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. KIRKPATRICK, M.D.	Anaesthesiology
B.F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C)	Orthopedic Surgery
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.

ADMINISTRATIVE

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

POINT EDWARD HOSPITAL

D.S. ROBB, M.D.	Medical Superintendent
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. McDONAGH, 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
MISS KATHERINE MacKENZIE, R.N.	Director of Nursing
MRS. JOAN CHIASSON.	Dietitian

Church Affiliation

NOVA SCOTIA SANATORIUM

ANGLICAN

Rector -- Archdeacon Dr. L.W. Mosher
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
PRESBYTERIAN
Rev. E.H. Bean

SALVATION ARMY

Capt. Alex Swan