

STACKS

NOVA SCOTIA SANATORIUM

VOL. 52

August - September, 1971

No. 8

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# Health Rays



# HEALTH RAYS

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## *Sanatorium Visiting Hours*

### NOVA SCOTIA SANATORIUM

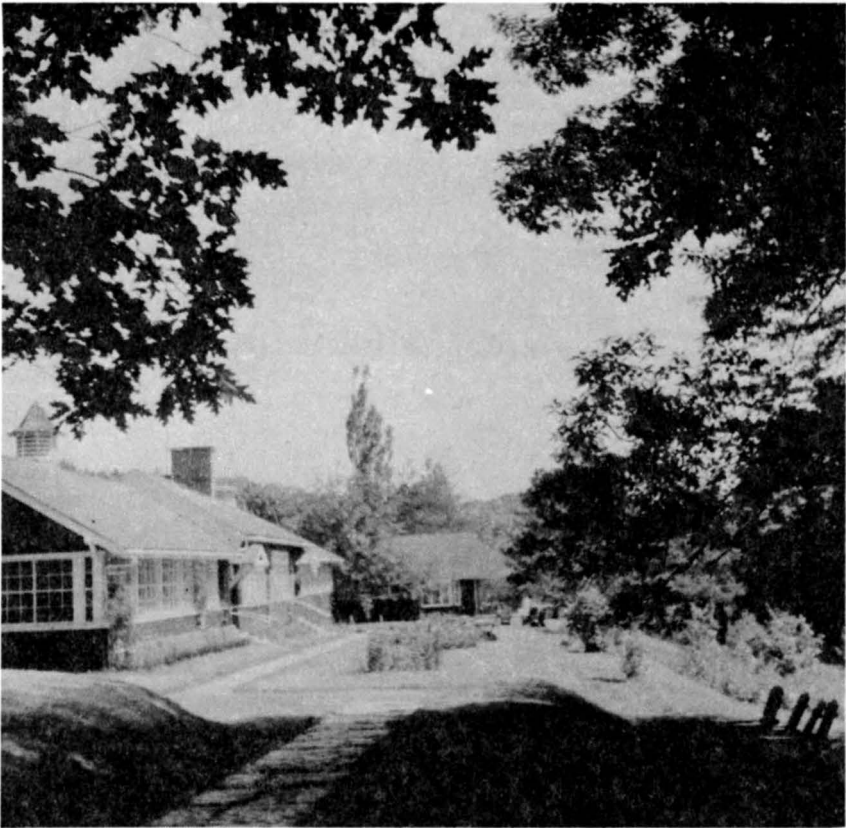
### POINT EDWARD HOSPITAL

DAILY: 10:15 — 11:45 A.M. Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.  
DAILY: 3:15 — 4:45 P.M. Sunday and Holidays: 3:00-4:30; 7:00-8:30 P.M.  
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Absolutely NO VISITORS permitted during

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

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



Shown above is Pavilion 2, with the Patients' Library in the background. This used to be a convalescent pavilion for ladies until vacated in part in 1956, at which time the Rehabilitation Department moved into the west section. In 1957 the remaining patients were moved and the Rehab. Department took the east section as well. It was in use for this purpose until August 1971. Now, in September 1971, it is falling under the blows of the demolition crew. The Patients' Library is to remain for the time being.

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**THIS FULL PAGE SPONSORED BY**





Shown above is Pavilion 1, practically identical in structure to Pavilion 2. This also had been "home" to several generations of patients before being turned over to other uses. For a time the west section was used as a residence for male staff members, both before and after the space was converted to heated rooms. The east section was for a time used as a classroom for affiliating student nurses, and was later converted to a residence for male staff. This building was demolished about two years ago and the site is now a lawn.

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## ODE TO B.F.M.

When I came here from the N. S. San,  
I had many doubts and fears;  
For I had not practised nursing arts  
In many, many years.  
The things I'd learned in my training days,  
I found now obsolete,  
And the progress which had taken place  
Almost knocked me off my feet!

To attempt to teach, I must have been  
Either crazy, or quite bold,  
But I shivered through the first two  
months . . .  
And it wasn't from the cold!  
I did manage to keep going on,  
Putting each group through their rounds,  
And the students gained an awful lot . . .  
But I lost twenty pounds!

Then a doctor gave me something  
To improve my appetite . . .  
And for while it looked as though  
I'd eat everything in sight!  
I ate salads for my "coffee breaks"  
And then again for dinner,  
But it seemed no matter what I ate,  
I just kept getting thinner!

Then, I got "hooked" on sandwiches,  
And I'm still not quite sure whether  
It was hunger, or those plastic things  
That hold the bread together!  
The kitchen girls and nursing staff  
All saved me these small treasures,  
And thus, they all contributed  
To one of my evening pleasures.

I delight in making bookmarks  
For my students and my bosses,  
Though Kentville, I'm sure, will never  
live up  
To so many colored crosses!  
(These things are really handy for those  
who read a lot,  
And they do look rather pretty, as they  
mark your favorite spot).  
But I've made so many of them  
And I made them with such speed,  
That my eyes are now so bleary,  
I, myself, can't even read!

I really did my very best  
As far as duties went,  
And I think we took advantage of  
Each meaningful event.  
But on nights, when not too busy,  
I indulged in silly verses,

Just to keep morale high in the class,  
And to entertain the nurses!

For cleanliness, the B.F.M.,  
In my book . . . it is Tops!  
For I spent more than half my time,  
Just dodging pails and mops!  
On clean, wet floors, I walked with care,  
As I had to watch my power;  
But I rounded every corner  
Going sixty miles an hour!

My first day on the Surgery ward  
I ran into a wall;  
I guess the thing was always there,  
But I had seen it not at all.  
They tell me that I hit so hard  
I made the green paint fly;  
But I tell you . . . that was nothing  
To the color of my eye!

A more enthusiastic group  
Of girls, I've never met.  
Such elation on their faces  
As they gave a Vacuett!  
And I've never seen such joyous pride  
In the handling of a razor,  
As each in turn did her first "prep"  
While at the Blanchard Fraser.

The O. R. was of course, a treat,  
As they watched the skill and ease  
With which each doctor did perform  
While explaining each disease.  
But the crowning glory of it all,  
Was the day they used the Suction.  
(The doctor gave them each a turn,  
So as not to cause an eruption!)

These students saw a lot of things;  
Many organs, veins, and bones.  
They even dissected a gallbladder,  
(And I have all the stones!)  
My indiscreet method of gathering these,  
I trust you'll kindly pardon,  
When you visit me next Summer,  
To admire my new Rock Garden!

We have come now to the very end  
Of our first Affiliation.  
And we must return to prepare at the San  
For Exams and Graduation.  
So, many thanks to the B.F.M.  
For being helpful and so kind.  
A more pleasant and co-operative staff  
Would be mighty hard to find!

Mrs. Winnifred Protheroe, R.N.  
Nursing Instructress,  
N. S. Sanatorium

## At Wits End

By Erma Bombeck

The other day out of a clear, blue sky Brucie asked, "Are we rich?"

I paused on my knees as I retrieved a dime from the sweeper bag, blew the dust off, and asked, "Not so you can notice. Why?"

"How can you tell?" he asked.

I straightened up and thought a bit. Being rich is a relative sort of thing. Heres how I can always tell:

"You're rich when you buy your gas at the same service station all the time so your glasses match.

"You're rich when you can have eight people to dinner and don't have to wash forks between the main course and dessert.

"You're rich when you buy clothes for your kids that are two sizes too big for the one you buy 'em for and four sizes too big for the one that comes after him.

"You're rich when you own a boat. . . without oars.

"You know people have money when they record a check and don't have to subtract it right away.

"People have money when they sit around and joke with the cashier while she's calling in their charge to see if it's still open.

"You're rich when you write notes to the teacher on paper without lines.

"You're rich when your television set has all the knobs on it.

"You're rich when you can throw away a pair of pantyhose just because it has a large hole in it.

"You know people are loaded when they don't have to save rubber bands from the celery and store them on a door-knob.

"You're rich when you can have a home wedding without 'Haven Funeral Home' stamped on the folding chairs.

"You're rich when the Scouts have a paper drive and you have a stack of New York Times in your basement.

"You're rich when your dog is wet and smells good.

"You're rich when your own hair looks so great everyone thinks it's a wig."

Brucie sat quietly for a moment, then said, "I think my friend, Ronny, is rich."

"How can you tell?" I asked.

"His mom buys his birthday cake at a bakery and it isn't even cracked on top."

"He's rich, all right," I sighed.

The Evening Telegram, St. John's  
Submitted by Doug Hallamore

## Thoughts At Large

Love affairs end in "friendship" only where neither of the parties was very much in love, but where each was using the other as a substitute for the real thing.

\* \* \* \*

"Can't you see," exclaimed the masochist, taking a whip to his neighbour, "that I'm only practising the Golden Rule."

\* \* \* \*

Concern over the moral fiber of our nation is no new thing: Before the United States was a decade old, Thomas Jefferson wrote, "I tremble for my country when I reflect that God is just."

\* \* \* \*

The paradox of "health" is that those who make it a prime goal in life (instead of the by-product of an active existence), become morbidly infatuated at the shrine of health, and waste away in its service.

\* \* \* \*

If we were all nudists together, people would start decorating their navels in order to achieve a sense of social superiority.

\* \* \* \*

Speaking of clothes, the basic and ineradicable conflict in women's dress was best expressed by Ogden Nash, when he wrote: "A woman wants to be dressed exactly like everybody else, but she gets pretty upset if she sees anybody else dressed exactly like her."

\* \* \* \*

It is not in "dogma" that danger lies, but in the set of mind that makes certainty more appealing than doubt.

\* \* \* \*

When someone says to us, "You're entitled to your opinion," we get the uneasy feeling that we wouldn't be if he had his way about it.

— Sidney J. Harris

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Beauty, unaccompanied by Virtue, is as a Flower without Perfume.

— From the French

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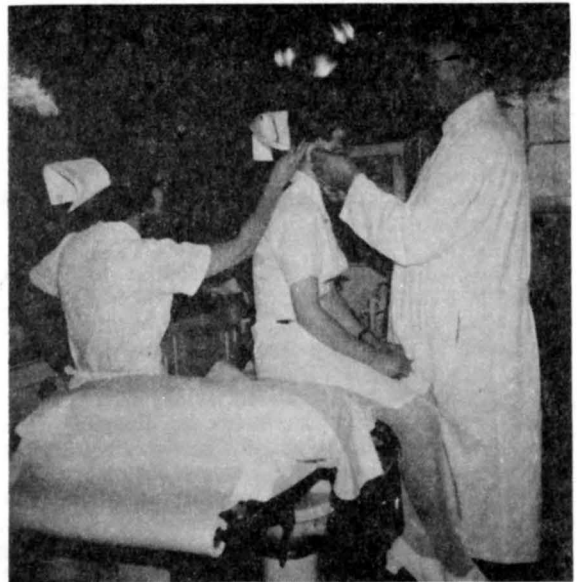
**MAYFLOWER MOTEL**

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Shown in photo at left are Miss Gail Wilson, now Charge Nurse on East 2; Mrs. Violet Silver, handcrafts instructress; and Miss Marion Lacey, teacher (both with the Rehab. Department). The occasion was the closing of Pavilion 6, on the "Hill," just before Easter in 1963. The pavilions on the Hill are soon to be removed, having accommodated patients from 1917 to 1963, after which time they were used for non-patient purposes until August 1971.

Shown in the lower snap is one of the beyond - the - call - of-duty surgical procedures performed by Dr. J. J. Quinlan. That's right, the young lady is having her ears pierced!




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**RON ILLSLEY**

**ESSO SERVICE STATION**

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## Question Box



Q. Why is pleurisy connected with tuberculosis, when tuberculosis is inside the lung?

A. Pleurisy is inflammation of the pleura, a membrane which completely envelops the lung. Consequently, any inflammatory process such as tuberculosis or pneumonia may involve this covering and produce pleurisy.

Q. How does a person become infected with bone or gland tuberculosis?

A. During the course of the first infection with tuberculosis, the germs are frequently carried throughout the body by way of the blood stream during which journey numbers of them may be deposited in such structures as bone or kidney. Usually, these tubercle bacilli remain inactive for many years, and the bone or kidney lesion may not become evident until long after the primary tuberculosis in the lung has disappeared. As a result, when tuberculosis of the spine, for instance, is diagnosed the X-ray of the chest may reveal normal findings.

The involvement of the lymph glands is probably somewhat more complex and there is considerable evidence that the source of tuberculosis of the glands in the neck is the individual's throat. Just a severe streptococcal throat may cause swelling of the neck glands, so also may infection of the throat with the tubercle bacillus cause tuberculosis of these glands with the lungs escaping completely.

Q. Why are some people allergic to TB drugs?

A. The subject of allergic reactions to drugs is a rather complicated one and somewhat difficult to deal with in a column such as this. If one considers drug allergy as an altered response to the usual dose, it will be found that almost any drug in the pharmacopeia can cause an allergy in some individuals. Actually, allergy to the antituberculosis drugs is relatively uncommon; you, as patients, are familiar with it because all of you are taking these over long periods of time. It is not improbable that if instead of PAS and INH you were taking Aspirin tablets four times daily that

By J. J. Quinlan, M.D.

some of you would show an allergic reaction to the Aspirin. Why this allergy exists has never been satisfactorily explained.

Q. Was a local anaesthesia ever used in chest surgery?

A. Local anaesthesia in the past was frequently used for major chest procedures such as thoracoplasty and, in some cases, of resection. However, under modern conditions it is rarely necessary. General anaesthesia is so pleasant and so safe that the patient can be spared the mental trauma of being awake while the surgery is carried out.

Q. How much of the lungs can be safely taken out? If the lungs have a lot of scar tissue on them is resection more risky for the patient?

A. There are many reports of individuals undergoing pneumonectomy on one side and as much as a lobectomy on the other and still being capable of living a quiet normal life following surgery. We have not carried out such extensive resections at this institution, but we have done bilateral lobectomy on a large number of patients with apparently little effect on their lung function.

The presence of scar tissue does interfere to some extent with the proper functioning of the lung and its presence in large amounts would affect our decision concerning surgery to a considerable extent.

— reprinted from earlier issues

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## Night Song

The wind is in the chimney tops tonight.  
Singing her ancient melody to restless hearts.

Calling across the countless ages flight  
With siren song from out the cosmos' depth.

Bringing the soft, sweet, voice of sadness;  
That has ever called to Man since first the Wind stirred the dust shaping him to fullness.

Wind caressed his face with Eve's bright locks

And shook the mighty apple from the tree;  
Thus ever she sings her mystic song  
Of Dreams and hopes — a timeless litany.  
Tonight: I would follow the way of the wind.

Eugene L. Hamm



## Editorial Comment

This being our combined August-September issue we should find ourselves with twice as much material as usual for publication. Quite to the contrary, however, we have arrived at the deadline for sending our material to Berwick and I fear that we will have to wait a few more days — which will make this issue a bit late.

Our working schedule in the Rehab Department has been considerably disrupted of late. In our last issue we spoke of the proposed move from Pavilion II to parts of first and second floor of the Nurses Residence. Well, we can now say that the unlikely has been accomplished! Our first truck load was moved, appropriately enough, on Friday the 13th! By the end of the following week our former Rehabilitation Department appeared at a shambles — and our new department didn't look very much better! I have come to the conclusion that most of us must have been brought up to heed the maxims "Waste not, Want not" and "Wanton waste leads to woeful want". We have become collectors of that which is no use to us at the present and may, or may not, be of use sometime in the future. Much of the accumulation in my office I had felt that I could not discard for it was "not really mine", having been passed along to me by Cecil H. Kennedy, Daniel J. Rooney and Fred G. Barrett! In saying this I remember the words of a former landlady who had shared her house with a cat for a number of years. This cat would get her up a number of times during the night but would turn back at the front door because the night was too cold, too damp, or just not to its liking. Also, during the day she had to search the markets for the few kinds of food that it would condescend to eat. When asked how she could be so patient she would reply, "Well, the cat really isn't mine. It came here five years ago and I feel I have to look after it." I probably have much the same feeling regarding the accumulation that is now in my care!

\* \* \* \*

For our readers who were formerly acquainted with the Nurses Residence it may be of interest to you to know where we are located. The Handcraft Department is now in the South West corner of the second floor, in what is known as Mrs. Mack's apartment. The three school teachers have their classroom and office space on the first

floor, next to the Recreation Room, in what was known as the Dietitian's apartment. The North West wing, second floor provides space for Mrs. Campbell's sewing room, Stan Robichaud's Radio and ear-phone repair-room, the typing room, and two rooms for looms and miscellaneous handcrafts. In the basement there is the bookbinding room and unclassified storage material which will be sorted out at a much later date. Directly in line with the front door is the office of Emily MacBride, in what used to be the housemother's office. My office is the next one to the west, which Miss Dobson refers to as her room. No, we are not sharing it, she having moved on to even more luxurious surroundings!

It might also be mentioned that the Administrator and the Business Staff and the Payroll and Personnel Office occupy the eastern part of the first floor. Above them are the offices of the Inspector of Schools, The Public Health Nurses, and the V.O.N. Nurses. The Department of Lands and Forests have the first floor and basement of the West wing. The reception room is being kept for a board room. That is the large, spacious, well-lighted, comfortably furnished room with the fireplace and adjoining kitchenette which we, of course, didn't really want anyway for a handcrafts workshop!

\* \* \* \*

By the way of apology, our services have been rather intermittent during this period of moving because of the general upheaval, and because of several of us being on vacation. Also, Mrs. Violet Silver, Handcrafts Teacher had a misfortune of spraining an ankle late in July and does not expect to be able to return to work until the second week of September.

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## Health

Health is more than freedom from disease. It is release from all physical and emotional handicaps. It is complete balance of personality and the resulting buoyancy of attitude toward life and living. It is worth all effort to achieve and is a heritage all children deserve.

— Anna H. Hayes



Graduating Class, 1971, Certified Nursing Assistants, N. S. Sanatorium. Left to right, front row: Cecelia M. Fortune, Helen Fevens, Carol A. MacIsaac, Susan Deveau, Bonnie Pinner, Linda M. Hattie, Theresa Nearing, Mary Walker, Emma Deveau, Beatrice Deveau. Second row: J. Calder, R.N., nursing instructor; Miss E. Jean Dobson, B.Sc.N., director of nursing; Patricia Sprague, B. Barry, S. McNeil, L. Green, Marie Deveau,

Diane Gavel, Clara Crowell, Johanna Blendkheim, Mrs. P. Harris, Mrs. C. Boyle, director of nursing instruction; Winnifred Protheroe, R.N., B. Gardner, R.N. Back row: J. Wamboldt, M. Grant, E. MacKinnon, Rose MacDonald, F. Thibault, P. Doucette, Catherine McMullin, C. Gillam, C. Arsenault, Diane Spence.  
McMurdo Photo

## Nursing Assistants Graduate

Graduating Exercise for the Class of 1971, School of Nursing Assistants, Nova Scotia Sanatorium, was held Septmeber 1 at the Domitory, with Miss E. Jean Dobson, Director of Nursing, as Chairman. The procession was played on the organ by Douglas W. Archibald, M.D., Psychiatrist with the Fundy Mental Health Clinic. The invocation was given by Rev. Gerald Saulnier.

Introductory remarks were made by Miss E. Jean Dobson who also read telegrams of greetings from Dr. and Mrs. J. J. Quinlan; Mrs. Florence Zusman, Executive Director, Board of Registration for Nursing Assistants; Mrs. Doris Glavine, Labrador City; and the nursing staff of the B.F.M. Hospital.

A musical selection, "Climb Every Mountain" was presented by the graduating class assisted by Miss B. Gardner and Miss E. MacPhail, instructresses.

Diplomas and pins were presented by Mrs. Catherine I. Boyle, Director of Nursing Education, and Mrs. A. Winnifred Protheroe, Nursing Instructress. The students were presented by Miss Beverly G. Gardner, Nursing Instructress.

Special awards were presented: Highest achievement in theory — Miss Diane Linda Gravel; Most proficient in Bedside Nursing — Mrs. Patricia Charlotte Harris.

Addressing the closing exercises were the Honorable D. Scott MacNutt, M.L.A., Minister of Public Health, and Dr. J. S. Robertson, Deputy Minister of Health. Their addresses were brief, but they brought the official greetings and congratulations from the Department of Public Health together with their own personal congratulations and best wishes.

Mr. Peter Mosher, Administrator of the Nova Scotia Sanatorium, also spoke briefly.

There was a second musical selection in the form of a vocal duet, "Moments to Remember" presented by students Mrs. M. Bailey and Miss J. Blindheim.

Following the ceremony a reception was held with an excellent lunch prepared by the Dietary Staff.

The following is a list of the graduates: Arsenault, Miss Catherine Marie, Bras d'Or, N. S.; Bailey, Mrs. Mary Margaret, Truro, N. S.; Blindheim, Miss Johanna May, Lunenburg, N. S.; Cromwell, Miss Clara Mary, Weymouth Falls, N. S.; Deveau, Miss Beatrice Marie, Mavillette, N. S.; Deveau,

Miss Emma Marie, Mavillette, N. S.; Deveau, Miss Susan Lynne, Yarmouth, N. S.; Devoe, Miss Mary Alice, Florence, N. S.; Doucette, Miss Pamela Diane, Yarmouth, N. S.; Fevens, Miss Helen Winola, Dartmouth, N. S.; Fortune, Miss Cecilia Marie, New Waterford, N. S.; Gavel, Miss Diane Linda, Kentville, N. S.; Gillam, Miss Mary Claire, North Sydney, N. S. Grant, Miss Sandra Gail, Digby, N. S.; Green, Miss Linda Mary, North Sydney, N. S.; Harris, Mrs. Patricia Chalotte, Bridgewater, N. S.; Hattie, Miss Linda Marie, Sand Beach, N. S., MacDonald, Miss Rose Ann, Glace Bay, N. S.; MacIsaac, Miss Carol Ann, Inverness, N. S.; McKinnon, Miss Elaine Marie, New Waterford, N. S.; MacMullin, Miss Catherine Marie, Sydney Mines, N. S.; MacNeil, Miss Shirley Ann, Alder Point, N. S.; Nearing, Miss Theresa Ann Patricia, Port Morien, N. S.; Pinner, Miss Bonnie Heather, Yarmouth, N. S.; Spence, Mrs. Diane Mary, Springhill, N. S., Sprague, Miss Patricia Belle, Chatham, N. B.; Thibault, Miss Theresa Lynn, Digby, N. S.; Walker, Miss Mary Loretta, New Ross, N. S.; Wamboldt, Mrs. Judith Anne, Kentville, N. S.

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## September

The golden-rod is yellow,  
The corn is turning brown,  
The trees in apple orchards  
With fruit are bending down.

The gentian's bluest fringes  
Are curling in the sun,  
In dusty pods the milkweed  
Its hidden silk has spn.

The sedges flaunt their harvest  
In every meadow nook,  
And asters by the brookside  
Make asters in the brook.

By all these lovely tokens  
September days are here,  
With summer's best of beauty  
And autumn's best of cheer.

— Helen Hunt Jackson

---

The Good are better made by Ill,  
As odors crushed are sweeter still.

— S. Rogers



## Chaplain's Corner

Msgr. J. H. Durney  
(from THE VETERAN)

### THE TONGUE: A TWO EDGED SWORD

Christian charity is most often violated by our words. This we know from our personal experience. We know very well the subtle overtones and insinuations that are intended by our obviously innocent words; we hear and sense the barbs, the mockery, the dishonesty in the words of others.

This is nothing new. It is as old as mankind. Words are the cherished privilege of man. Their abuse is as old as the human race, and so is their good usage. A word is the external communication of a man's interior thought. The beauty and power of human words becomes obvious when we reflect that the eternal Word of God is enshrined in the Sacred Scriptures and has become man in the humanity of Jesus Christ. It is precisely because this power and beauty of words are so great that their abuse is so harmful and destructive.

Words are means of communication and fellowship. They can heal, console, bless. But they can also hurt, destroy, ruin. They are like a two-edged sword that cuts both ways. We must therefore exploit power for good and avoid using the edge that destroys.

In his first Epistle, St. Peter quotes these words from the Psalms: "He that would love life and see good days, let him refrain his tongue from evil, and his lips that they speak no deceit." This, however, is more easily said than done, and it is not the full solution. Words are only external expressions of our thoughts. If we want to control our words we must first control the underlying thoughts.

Here lies the real difficulty. Our thoughts are ourselves. Therefore, to control our words means to control our whole selves, to order ourselves in the right relationship to God and through Him to our fellow-men. When looked at from our point of view this may at times appear undesirable and we are strongly inclined to express ourselves in a manner harmful to our neighbor. By doing so, however, we forget our basic dependence on God, and it is this dependence that gives us the virtue of justice, or makes us "just" in the eyes of God.

Let us always strive to control our tongue and words, that we may always use them to praise, honor and thank God!

and to give help and consolation to our neighbor.

### SYMPATHY

Sympathy, the virtue that consists in "suffering with" another person, is the inevitable outgrowth of an active charity resident in the soul. The individual who is joined to God in love must of necessity be sympathetic, for sympathy is charity in action, and charity must act or be considered dead.

The story of mankind, from creation to the present time, is a saga of God's sympathy towards his erring people. Divine sympathy for men first went into action in the Garden of Eden when the Almighty took pity on a fallen race and promised it the Redeemer. The great God of the Jews showed them His sympathy innumerable times when, after their falls and repentance, He defended them from their enemies.

The very beginning of Jesus' public life was marked by a miracle of sympathy in reply to His Mother's request. At the marriage feast of Cana He changed water into wine to keep the bridegroom from embarrassment. The lepers, the blind, the lame, and even the dead — all felt the power and the kindly touch of the sympathy of Christ. Even the pangs of human hunger felt the effects of the Lord's sympathy. And the greatest act of sympathy of Christ toward man was manifested on Calvary, where the cross marked the most sublime act of Christ's love — and sympathy.

The ordinary man has a thousand opportunities to practise this virtue. Every day he comes into contact with one or more persons who ask only an understanding of their problems—and a kindly word of encouragement along life's difficult way.

Then there are the sick. To take the time and effort to bring a ray of sunshine to the sickbed is to don the robe of the Savior. A sympathetic ear can be a source of great comfort to one who is sick and suffering.

The members of one's own family should come in for the greatest amount of human sympathy. Yet, ironically, often the least understanding is found on one's own hearth. If a Christian cannot find sympathy for one who shares his own blood, how can he exercise this virtue toward strangers?

## Steve Mullen Leaves San

Stephen Everett Mullen, known to a great number of patients and former patients, left his employment at the Sanatorium on June 15, 1971. Steve was not old enough for retirement but wished to leave while still young enough to enjoy a bit of leisure time.

It was in July 1941 that Steve first came to the Nova Scotia Sanatorium as a patient and remained here for approximately one year, at which time he was discharged to take further rest at home. Between 1942 and 1945 he remained relatively inactive at home but his disease reactivated and he was readmitted in July 1945. From that date he remained at the Sanatorium as a patient, as a working patient, and later as a staff member until his recent departure.

Steve became known to the Rehabilitation Department in 1949 when this service originated at the Sanatorium. In 1950 he underwent surgery and was doing leatherwork for occupational therapy. In 1951 he took up bookbinding and between that time and 1957 he had bound a great number of medical journals, Health Rays magazines, National Geographics, etc.

In 1955-56 Steve worked as an orderly in the Rehab Department and in July 1956 he was transferred to night orderly. In June 1957, still classed as patient staff he began working as a postal clerk. On June 30, 1958 he was discharged as a patient and transferred to full time staff. He continued working at the Sanatorium Post Office from that time on.

Steve served as subscription manager for our Health Rays magazine from 1959. He has become known to a great number of patients, from approaching them for subscriptions to Health Rays, as well as from visiting on the wards regularly for the sale of stamps and money orders.

Steve's original home was South Ohio, Yarmouth County, but he now makes his home with his sister at 62 Prospect St., Yarmouth. He is on retirement leave until December, and his retirement will become effective at the end of that month.

We all wish you the best of luck, Steve, and hope that you will have many years in which to enjoy your retirement.

---

The spirit of truth and the spirit of freedom — they are the pillars of society.

— Henrik Ibsen



## RELIGIOUS SERVICES AT THE NOVA SCOTIA SANATORIUM

### PROTESTANT

Worship Service (Chapel)  
Sunday: 10:00 a.m.

Vesper Service (Station San)  
Monday through Saturday: 6:25 p.m.  
Sunday: 5:45 p.m.

This Is My Story (Station San)  
Tuesday: 7:00 p.m.

Communion is served quarterly in the East and West Infirmaries.

### ROMAN CATHOLIC

The Sacrifice of The Mass (Chapel)  
Sunday: 7:00 a.m.

The Rosary (Station San)  
Monday through Saturday: 6:45 p.m.  
Sunday: 6:15 p.m.

The Hour of the Crucified (Station San)  
Sunday: 6:30 p.m.

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## HEALTH RAYS GOLDEN JUBILEE FUND

Contributions to this Fund may be addressed to:

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

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

The standing of this Fund as of August 31, 1971:

Previously acknowledged:	\$3,479.55
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Bank Interest:	
Miscellaneous:	12.94

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Grand Total	\$3,492.49
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## OLD TIMERS

Our faithful contributors to this column have been busily collecting items, and first are some notes from Anne-Marie:

When Joan Walker and her sister Dorothy were vacationing in the Eastern United States they stopped in to see Betty McCausland at Lincoln, Mass. Betty, formerly from Pictou, was a patient here in 1954 and our readers will recall her interesting letter which was published in Health Rays about two years ago. Joan reports that Betty has a lovely home and a huge vegetable garden, and keeps herself quite busy.

Ethel Conrad, formerly of West Jeddore, Halifax County, a patient here in 1945, was visiting her sister Blanche Mappleback in Kentville while on vacation. Ethel now lives in London, Ontario.

While shopping in Halifax recently I saw Lucy Chiasson at the Wool Shoppe. Lucy was a patient here in 1947 and is manager of that shop, which is located in the Halifax Shopping Centre.

While in Halifax I also saw Dora Romard who was a patient here in 1948. Dora works as a seamstress for an Interior Decorator in Halifax. She was formerly from Cheticamp and still loves to roam the hills of Cape Breton. She told me that the former Judy Chiasson, now Judy Romard, was home in the month of July. She lives in Toronto and has two little daughters.

I read in the Petit Courrier that Aime Dugas of St. Bernard, Digby County, a patient here in 1967, was married to Malcolm Addington of Little River, on July 17. Congratulations!

Douglas May and his wife who was formerly Helen Armstrong, Charge Nurse on East III in the early 1940's, were visiting at the Sanatorium in August while vacationing in Nova Scotia. Douglas was a patient here in 1940, and they now live in Vancouver. They were accompanied by Mrs. May's sister, Cora Armstrong, who was a patient here in 1938. Cora lives in Quebec City and works for Medicare in that province.

Vivian Talamini of Long Island paid her annual visit to the Sanatorium and visited many of her friends. Vivian was here in the 1940's. She is spending the summer at Young's Cove, Annapolis County, her former home.

Harold and Pheobe MacKinnon of Coral Gables, Florida, visited Pheobe's aunt, Mrs. Harriett Campbell in August. They were patients here in 1949 and were later staff members. Later still they moved to the sunny climate of Florida, and they are both keeping well.

While shopping in town, I unexpectedly ran into Mrs. Marjorie Smith of Dartmouth. Marjorie was a patient here in 1950 and I had not seen her since her discharge in 1951. She is as pretty as ever and has kept well. She was visiting her mother-in-law, Mrs. Eva Smith, of Kentville.

John Lawrence of Maitland was in for his check-up today. Since resigning from the staff he has been busy working on his house and doing other odd jobs. John will be remembered as a patient and a popular member of the Medical Records Department.

Next, Marguerite MacLeod very kindly sent us two letters, each containing items of news for this column:

Eileen (Kent) Phillips, her husband, and two small sons Duane and Kent, of Upper Tracy, New Brunswick, spent a few days in August as my guest. It was a delightful surprise visit, and since it was something like 16 years since we had seen each other, there was a lot of catching up to do. Eileen was a patient at both the Sanatorium and Roseway Hospitals, and was radio operator at the latter place for a period of several months.

Marguerite's second news item: One evening in mid-August I had a very pleasant surprise visit from Leo Belliveau, his wife and two small children, Michelle and Geoffroy and his mother-in-law. Leo is still with Trane Company in Halifax, lives in Rockingham, and was spending part of his vacation at White Point Beach. He is building a new home in Fairview. Leo also said that he occasionally sees Bob Ecker and Neil McLean who were roommates of his at Roseway Hospital.

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True happiness  
Consists not in the multitude of friends,  
But in the worth and choice.

— B. Jonson

## Ins And Outs



### NOVA SCOTIA SANATORIUM

#### ADMISSIONS:

**JUNE 16 TO AUGUST 15, 1971**

COLIN ODAH ZINCK, P. O. Box 55, Riverport, Lun. Co.; ALFRED EARL WEARE, RR 3, Kentville; BENNETT EMERALD VEINOTT, Barss Corner, New Germany, RR 2, Lun. Co.; HERBERT ERNEST BAILEY, Harbour View Haven, Box 490, Lun.; LAUHLIN DAN MACKINNON, Inverness, P. O. Box 347, Inv. Co.; ALEXANDER MACKAY DONCASTER, 7 Davidson St., Amherst, MRS. PEARL LILLIAN BAKER, Fox Point, Lun. Co.; GORDON FREDERICK SANFORD, Weston (RR 3, Aylesford), Kings Co.; JACK LEONARD LAING, Sherbrooke, Guys. Co.; MARTIN JAMES ROSE, 353 St. Peter's Rd., Sydney; THERESA MARY ROBICHAUD, RR 3, Maryvale, Ant. Co.; JAMES HAROLD MORRISON, Bricton, Anna. Co.; COLIN FRANK ATWELL, 358 Main St., Wolfville; HUBERT GERALD HARNISH, Mill Cove (RR 1, Hubbards), Halifax Co.; CHRISTOPHER JAMES FURLONG, Indian Harbour Lake, Guys. Co.; FREDERICK JAMES SARTY, RR 3, North River, Lun. Co.; ROY WARREN BRUNSWICK PENTZ, Mount Uniacke, RR 2, Hants Co.; MRS. LENORA GRANT, Nictaux, Anna. Co.; CLARENCE FROTEN, Nictaux, Anna. Co.; HAROLD AUSTIN SLAUENWHITE, Lower Burlington, Hants Co., LAWRENCE EATON WALKER, Granville Ferry, RR 1, Annapolis Co.; JAMES EDWARD STRAUGHAN, 6438 Rosylan Rd., Halifax; WALTER ILLSLEY, % Mrs. Florence McGee, RR 1, Kingston; FREDERICK COLIN DUFF, Acadia Ave., Stellarton; CHARLES OTIS RAFUSE, Upper Vaughan, RR 3, Windsor; DANIEL DAVID SYLLIBOY, Micmac, Hants Co.; JOSEPH ADOLPHE BOUDREAU, Comeauville, Digby Co., MRS.

MILDRED WINNIFRED MOORE, 16 James St. Kentville; MRS. GRETA MAY FISHER, Glanholm, RR 1, Great Village, Col. Co.; WALTER AMOS SNELL, Athol Rd., Box 942, Springhill; KENNETH ALDWIN DEAN, Chaswood, Halifax Co.; HILTON EDWARD HAYWOOD, St. Frances Harbour, Guys. Co.; MRS. PHYLLIS ANITA MATTHEWS, East Ragged Island, Shel. Co.; GEORGE ROBERT MACKAY, Church St., Westville, Pictou Co.; BABY CARLA DAWN GOODYEAR, 41½ Brule St., Dartmouth; MRS. SHIRLEY PAULINE GOODYEAR, 41½ Brule St., Dartmouth; HUBERT GERALD HARNISH, Mill Cove, Lun. Co.; MICHAEL AMBROSE BOYLE, Afton, RR 1, Ant. Co.; ARCHIBALD JOSEPH MacDONALD, Thorburn, Pictou Co.; MRS. RUTH BROWNE, 21½ Hawthorne St., Dartmouth; MRS. LAVINIA JEAN MacCALLUM, Pictou Island, Pictou Co.

#### DISCHARGES:

**JUNE 16 TO AUGUST 15, 1971**

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(Continued on Page 14)

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## NURSING NEWS

### New Staff Welcomed

Mrs. A. Marlene Patterson, R.N.  
Mrs. Valerie Carter, C.N.A.

**Returned from sick leave** — Mr. Allan McKinnon, C.N.A. We hope his health continues to improve.

### Leaving staff:

Miss Linda Cann, C.N.A.  
Miss Janice Cleveland, C.N.A.  
Miss Judith Harrison, C.N.A. to work elsewhere in the province.

Mrs. Doris Glavine, R.N., B.Sc.N., to live in Labrador City where her husband has taken a teaching position. Our best wishes go with them to the frozen North.

**Staff In-Service Meeting** August 11, we were privileged to have Dr. Kenneth Nickerson, Halifax, speak to us on his work with the youth problems on the "Non-Medical Use of Drugs." If one ever planned to "blow their mind", I am sure after listening to this first hand information one would have second thoughts. We hope to have Dr. Nickerson back again and all staff are invited to attend, especially those who were unable to hear him the first time.

Graduation exercises for this year's class of Nursing Assistants takes place in the Dormitory on September 1. The "prom" is to be on the evening of September 3 in the Canadian Legion Hall, Kentville. Congratulations to the class from all the Nursing Staff.

### Away:

Miss Mary Spicer, R.N. and Miss Margaret Potter, R.N. will be in Halifax August 30 to September 3 attending a Workshop, part of the Extension Course Nursing Unit Administration, sponsored by the Canadian Nurses Association and the Canadian Hospital Association.

Mrs. Kathleen Dakin, R.N. received her

certificate indicating successful completion of the above course.

### Birth Announcements:

Congratulations to Doris and Leo Glavine on their very fine production, Christopher Neil, wt. 7 lb. 10 oz. at B.F.M. hospital, June 29.

A former staff nurse, Heather MacLeod Johnston, informed us of her second son, born June 25, Michael Davin, 8 lb. 5 oz. Congrats to Heather and Norman.

Congratulations are in order for Celia and Creighton (Buster) Best on the arrival of their chosen son.

### Welcome back:

Miss Betty MacPhail, R.N. for summer months. We hear she plans to go back to College in the fall, pursuing a career in the Fine Arts. Best of luck, Betty.

Most of the time I try to avoid using clichés but this Summer brings to mind, not a cliché exactly, but the old nursery rhyme, "peas porridge hot, peas porridge cold." Anyway,

"Summer cold, Summer hot

A little of both is what we got!"

Hot humid days and evenings were provided especially for the nursing staff, with cold early mornings so that they could experience the delight of shivering under a blanket until it was time to get up and go to work again.

For those on annual holidays, the hot days are just what they hoped for, but we do hope that if anyone spent them in a tent, they will return in "not too soggy" a condition from so many rainy nights.

Albeit, we do hope that everyone has a very enjoyable vacation and we are looking forward to seeing you all at our first "snow-shovelling" practise. We must think of the future as well, you know!

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## INS AND OUTS —

(Continued from Page 13)

en St., Apt. 314, Hfx. Co.; ADA MARIE MARTELL, 1350 Birmingham St., Halifax; JOHN EDWARD DYKENS, Lower Wolfville; MRS. LAURETTA MAE GEDDES, 11 Flamingo Drive, Rockingham, Hfx. Co.; MICHAEL MacKINNON, 136 Willow St., Sydney; THERESA MARY ROBICHAUD, Maryvale, Ant. Co.; JOHN GORDON RYAN, Port Hawkesbury, Inv. Co.; RICHARD DANIEL ROSE, 3380 Romans Ave., Halifax; HUBERT ERNEST BAILEY, Harbour View Haven, Lun. Co.; FREDERICK GORDON SANFORD, Grand View Manor, Berwick; MARTIN JAMES ROSE, 253 St. Peter's Road, Sydney; MRS. EUPHEMIA JOLLI-

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#### POINT EDWARD HOSPITAL

##### ADMISSIONS:

#### JUNE 1 TO AUGUST 31, 1971

PETER ANGUS GILLIS, South West Margaree, Inverness Co.; MRS. BEATRICE CLARE LANDRY, West Arichat, Richmond Co.; CONRAD ALLAN SCOTT, 494 Purves St., North Sydney; MRS. PHILOMENA SUTHERLAND, Kempt St., Florence, Cape Breton Co.; MRS. ROSANNA MOORES, 529 Hay St., Glace Bay; GORDON MacLEOD, P. O. Box 255, Louisbourg, Cape Breton Co.; THEODORE JOSEPH PAUL, Eskasoni, Cape Breton Co.; SAMUEL WARREN, 9 Shaw Lane, Glace Bay; MRS. FLORENCE ANNE THOMPSON, 51 Kent St., Sydney; MRS. MARY JANE MacDOUGALL, 479 Esplanade, Sydney; ANTHONY LAWRENCE RYAN, Port Hawkesbury, Inverness Co.; MISS BLANCHE CLOTILDA BROWNER, 24 King's Rd., Dominion, Cape Breton Co.; THEODORE JOSEPH PAUL, Eskasoni, Cape Breton Co.; WILLIAM

JAMES MURRANT, RR 1, Port Morien, Cape Breton Co.; MALCOLM ANGUS LIVINGSTONE, 269 Holland St., Reserve, Cape Breton Co.; MISS ANN ALJEAN McINTYRE, 18 Brooklyn Ave., Sydney Mines; WILLIAM JOSEPH MacGEAN, 6 Park St., North Sydney; FRANK MELVIN CLARK, Commercial St., North Sydney; EDWARD COLIN MacMULLIN, 4 Davison's Lane, Glace Bay, JAMES HENRY RUMBOLT, 10 Bugden St., Sydney Mines.

#### DISCHARGES:

#### JUNE 1 TO AUGUST 31, 1971

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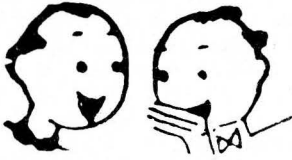
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## Just Jesting



A manager of the chemical works was showing a friend over the factory.

"What's become of Joe Smith?" asked the visitor. "He was here a couple of months ago, wasn't he?"

"Ah," said the manager sadly, "Poor Joe - poor Joe!" He sighed deeply.

"Why, what happened to him?" asked the friend anxiously.

"Poor fellow! He was a good man, but absent-minded in the use of chemicals — very." He paused and looked up.

"Do you see that slight discoloration on the ceiling?"

"Yes."

"Well, that's Joe."

\* \* \* \*

Old Lady (to librarian): "I'd like a nice book."

Librarian: "Here's one about the cardinal."

Old Lady: "I'm not interested in religion."

Librarian: "But this is a bird."

Old Lady: "I'm not interested in his private life, either."

\* \* \* \*

"I always love to see Saturday nights roll around."

"Oh, are you a Saturday night Romeo?"

"No, I'm a soap manufacturer."

\* \* \* \*

### NOT PARTICULAR

"They say you married her because her aunt left her a fortune."

"That's not true. I'd have married her no matter who left it to her."

\* \* \* \*

"Oh, it must be nice to be an aviator."

"Yeah. Wanta fly?"

"Oh! You bet I do."

"All right, just a minute, I'll catch you one."

\* \* \* \*

"Give me three collective nouns."

"Flypaper, wastebasket and vacuum cleaner."

\* \* \* \*

"This tonic is no good."

Dr. Hiltz: "What's the matter?"

"The directions say 'For Adults' and I never had that."

"Two pennyworth of bicarbonate of soda for indigestion at this time of night!" cried the infuriated druggist who had been aroused at 2 a.m., "when a glass of hot water would have done just as well!"

"Weel, weel," returned MacDougal, "I thank ye for the advice, and I'll no bother you after all. Goodnight."

\* \* \* \*

"You seem to have had a serious accident."

"Yes," said the bandaged person, "I tried to climb a tree in my car."

"What did you do that for?"

"Just to oblige a lady who was driving another car. She wanted to use the road."

\* \* \* \*

City Banker (visiting the farm): "I suppose that's the hired man."

Farmer (who has visited banks): "No, that's the first vice-president in charge of cows."

\* \* \* \*

First Cutie: "Are you musically inclined?"

Second Cutie: "Am I! Why at the age of two I used to play on the linoleum."

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"So you asked Geraldine to marry you?" asked a man of the other.

"Yes, but I didn't have any luck," replied his friend. "She asked me if I had any prospects."

"Why didn't you tell her about your rich uncle?"

"I did. Geraldine is my aunt now."

\* \* \* \*

"So you were actually in touch with Royalty?"

"Yes, I was once stung by a queen bee."

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## September

September veils the sun with gentle mist,  
Shadows the vale with amethyst,  
Showers the way with goldenrod,  
Scatters the seeds from summer's pod.

Fills the air with sweet of bitter-bark,  
From smoky, burning flame and spark,  
Fair sunny September's harvest gold  
Falls gently to tears with autumn's cold.

— Frances Delzell Mitchell

# Nova Scotia Sanatorium

H. M. HOLDEN, M.D., C.R.C.P. (C), F.C.C.P. .... Medical Director  
 PETER S. MOSHER, B.Sc., D.H.A. .... Administrator  
 J. J. QUINLAN, M.D., C.R.C.S. (C) F.C.C.P. .... Surgeon  
 F. J. MISENER, M.D., F.C.C.P. .... Radiologist  
 A. LARETEI, M.D. .... Physician  
 MARIA ROSTOCKA, M.D. .... Physician  
 G. A. KLOSS, M.D., F.C.C.P. .... Physician  
 E. W. CROSSON, M.D. .... Physician  
 V. D. SCHAFFNER, M.D., C.R.C.S. (C), F.A.C.S. .... Consultant Surgeon  
 D. M. MacRAE, M.D., C.R.C.P., (C), F.C.C.P. .... Consultant Bronchoscopist  
 B. F. MILLER, M.D., F.R.C.S. (Ed.) F.R.C.S. (C) .... Consult. Ortho. Surg.  
 DOUGLAS W. ARCHIBALD, M.D. .... Consultant Psychiatrist  
 D. H. KIRKPATRICK, M.D. .... Consultant in Anaesthesia  
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 MISS E. JEAN DOBSON, R.N., B.Sc.N. .... Director of Nursing  
 MISS EILEEN QUINLAN, B.Sc. P.Dt. .... Senior Dietitian  
 DONALD M. BROWN, B.A., B.Ed., M.S.W. .... Director of Rehabilitation

# Point Edward Hospital

D. S. ROBB, M.D. .... Medical Superintendent  
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 W. MacISAAC, M.D. .... Consultant Bronchoscopist  
 D. B. ARCHIBALD, M.D. .... Consultant Urologist  
 MISS KATHERINE MacKENZIE, R.N. .... Director of Nursing  
 MISS JOYCE LEWIS .... Dietitian  
 MRS. ELIZABETH REID, R.N. .... Supervisor of Rehabilitation

## Church Affiliation

### NOVA SCOTIA SANATORIUM

#### Co-ordinating Protestant Chaplain

Rev. Dale MacTavish

#### PENTECOSTAL

Minister—Rev. Robert Cross

#### ANGLICAN

Rector—Archdeacon L. W. Mosher  
 San. Chaplain—Rev. W. A. Trueman

#### ROMAN CATHOLIC

Parish Priest—Rt. Rev. J. N. Theriault  
 San. Chaplain—Rev. G. E. Saulnier

#### BAPTIST

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

#### SALVATION ARMY

Capt. Charles Broughton

#### CHRISTIAN REFORMED

Minister—Rev. H. Vander Plaatt

#### UNITED CHURCH

Minister—Dr. K. G. Sullivan  
 San. Chaplain—Dr. 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

#### UNITED CHURCH

Rev. Robert Jones

#### ROMAN CATHOLIC

Parish Priest — Msgr. W. J. Gallivan

#### PRESBYTERIAN

Rev. E. H. Bean

#### SALVATION ARMY

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



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- Gift suggestions, Novelties, Cups and Saucers
- Clocks, Watches, and Costume Jewellery
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- Ladies' and Men's wear — Nylons