

Stacks

NOVA SCOTIA SANATORIUM
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Health Rays

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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.
DAILY: 7:30 — 8:30 P.M.

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

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

Spring's Arrival

Springtime is coming, is coming, I say,
I can tell by the smell of the sod;
The daffodil's blooming, yes blooming,
today;
There's a path where the springtide has
trod.

Springtime is coming, yes, coming this way,
I can tell by the green in the trees;
The small brook is bubbling, yes, bubbling,
today,
There's the soft crooning sound of a breeze!

Springtime is coming, yes, coming to stay,
I can tell by the song of the birds;
The clear sky is shining, yes, shining today;
There's a feeling expressed beyond words!

— Dorothy Denny VanDeman

Star Signs Of Spring

The stars of spring are here at last.
They tell us that the winter's past.
Orion's sinking in the west,
The cold Dog-Star has lost its zest.
While in the east bright Spica glows
And Virgo scatters wheat that grows.
Arcturus there is rising too,
With golden light it shines anew
And marks the figure of a god,
Who ancients said first plowed the sod.
The Beehive cluster high o'er head
Reminds us flowers thought as dead
Will bloom again, their honey bring.
We hail these welcome signs of spring.

— Clarence Allen Atwell

Spring Is Here

(Loretta Bauer Buckley)

Just yesterday the sky was gray,
And snowflakes fluttered down;
Today an April wind blows free
Above our little town.

Tulips march in gay parade
Down every garden walk,
And johnny-jump-ups shake bright
heads,
As if they'd like to talk.

Small children, sweater-free are out,
The sound of skates rings clear,
There isn't any doubt at all
That springtime days are here

Easter Flowers

Easter flowers, blooms of glory,
There is sweetness in your breath
From the homeland — yours the story
Of a love, that conquered death.

Lily-bells, the heart can hear you
Chime for Him the King of Kings;
Angels seem to hover near you
Yours the whiteness of their wings.

Hyacinths, like fragrant tapers
Flames of purple, rose and blue;
How you scatter doubt's dark vapors,
Calling faith to rise anew.

Daffodils, you hold the sunlight
Of this Resurrection Day;
Yours the song of Christ, the one Light,
Shining now, to shine for aye.

— Maud Frazer Jackson

An Irish Blessing

(English Translation of
an ancient Gaelic Prayer)

"May the blessing of Light be on you,
light without and light within. May the
blessed sunlight shine on you and warm
your heart till it glows like a great peat
fire, so that the stranger may come and
warm himself at it, and also a friend.

"And may the light shine out of the
two eyes of you like a candle set in two
windows of a house, bidding the wanderer
to come in out of the storm.

"And may the blessing of the Rain be
on you — the soft, sweet rain. May it
fall upon your spirit so that all the little
flowers may spring up, and shed their
sweetness on the air.

"And may the blessing of the Great
Rains be on you, may they beat upon
your spirit and wash it fair and clean,
and leave there many a shining pool
where the blue of heaven shines reflect-
ed, and sometimes a star.

"And may the blessing of the Earth be
on you — the great and round earth;
may you ever have a kindly greeting for
them you pass as you're going along the
roads. May the earth be soft under you
when you lie upon it, tired at the end
of the day, and may it rest easy over
you, when, at the last, you lie out under
it; may it rest so lightly over you that
your soul may be quickly through it, and
up, and off, and on its way to God."

—Valley Echo

Dr. Holden Appointed Medical Director

John J. Quinlan, M.D.



The appointment of Dr. Helen Mary Holden as Medical Director of the Nova Scotia Sanatorium was announced recently. Dr. Holden has been Acting Medical Superintendent since the death of Dr. J. Earle Hiltz on March 22, 1969.

Dr. Holden was born in Toronto and received her early education at Havergal College in Toronto. She entered the University of Toronto in 1934, graduating in 1940 with the degree of Doctor of Medicine. She interned at the Toronto Western Hospital from 1940 to 1941. From 1941 to 1942 she was Resident in Pathology at the Sick Children's Hospital, Toronto, and from 1942 to 1943 was resident in Medicine at the Toronto Western Hospital. She was commissioned a Surgeon Lieutenant in the Royal Canadian Naval Volunteer Reserve in June 1943 and for the next two years served in various naval establishments in Canada as a medical officer.

During the last two years of the Second World War, the Sanatorium experienced not only a shortage of nurses, but became acutely in need of medical personnel. There were 400 patients to be cared for and many of these were veterans. The Navy agreed to help us out by sending medical officers on detached duty for a period of six months or more. Surgeon Lieutenant John McCulloch arrived in May 1944. He was succeeded by Surgeon Lieutenant Alastair Macdonald in November 1944. The third was Surgeon Lieutenant Helen Holden who began her duties at the Nova Scotia Sanatorium on May 2, 1945. She was discharged from the

Navy in November 1945 but was immediately appointed Resident Physician. She resigned in August 1946 to accept a position on the staff of the Kingston Veterans Hospital (Tuberculosis) at Kingston, Ontario, where she remained until June 1947.

On July 2, 1947, she was married to Dr. John Quinlan, and on August 1, 1947, again became Resident Physician at the Sanatorium. She was made Assistant Medical Superintendent in 1959 and, as mentioned above, became Acting Medical Superintendent on the death of Dr. Hiltz last year.

Dr. Holden holds the specialist certificate in Internal Medicine of the Royal College of Physicians and Surgeons of Canada. She is a Fellow of the American College of Chest Physicians. She is a member of the Valley Medical Society and is a member of the Council of Nova Scotia Medical Society. She is a member of the Canadian Medical Association, the Canadian Tuberculosis Association, Canadian Public Health Association, the Nova Scotia Society of Internal Medicine, the Nova Scotia Cardiovascular Society, and the Canadian Federation of Medical Women. She is a Visiting Lecturer in the Faculties of Medicine and Health Professions of Dalhousie University, and she is a consultant physician at the Blanchard-Fraser Memorial Hospital, Kentville. She is the author of several articles in the medical literature.

In spite of this very full medical life, she finds time to be an excellent housewife. Moreover, she is a member and Past President of the University Women's Club, she is a Charter Member and Past President of the Business and Professional Women's Club of Kentville, and she is a member of the Gloscap Curling Club. She is a member of the United Church of St. Stephen and St. Paul of Kentville.

For recreation, Dr. Holden is an ardent fisherman and an excellent swimmer. She loves curling and she is a very fine bridge player. She is very fond of music, and plays the violin herself although she gets very little opportunity for practice.

Dr. Holden began her association with the Sanatorium when Dr. A. F. Miller was Medical Superintendent. The medical and administrative legacies bequeathed her by Dr. Miller and Dr. Hiltz, together with her own innate wisdom and charm make her admirably suited to her new position. With her in charge, the Sanatorium is in good hands. We wish her well.

100,000 Doctors Have Quit Smoking Cigarettes

CAROL HAIAR

The fact that men who know the most about the health hazards of cigarette smoking are giving up cigarette smoking more than any other group in the United States has been determined by three recent dependent studies of physicians. Approximately 65% of the country's doctors are or have been smokers. Today less than 30% are still smoking.

The surveys were made by the National Opinion Research Center, Chilton Research Services and the American Academy of General Practice. The first surveyed practicing physicians, the second questioned general practitioners and internists and academy surveyed its membership.

Reasons given by the doctors for quitting smoking centered around concern for their own health. More than one-half say they quit to protect their future health, almost one-half quit because of an "occurrence of symptoms."

Among the Milwaukee physicians included in the ranks of those doctors who have stopped smoking cigarettes are Dr. David J. Carlson, a pathologist and director of laboratories at St. Mary's hospital, and Dr. Robert Purtell, Sr., a general practitioner with an office at 758 N. 27th St. Both smoked for many years before they quit.

According to Dr. Carlson, who smoked for 30 years, quitting is more a matter of will power than anything else. After several abortive attempts at giving up cigarettes, he explained, "I really made up my mind and decided to quit. The other times I didn't mean it."

The day on which he chose to smoke his last cigarette was April Fool's day two years ago. "I chuckle to myself when I think of it now. Only a fool would start to quit on April Fool's Day," he commented.

He began smoking soon after high school. At first he smoked a pipe but switched to cigarettes during medical school because he didn't have enough time between classes for his pipe. By the time he quit he was smoking from one to two packs daily.

Unlike some persons, Dr. Carlson enjoyed smoking. "I really did. I enjoyed the sensation you get—whether taste or smell. I didn't enjoy menthol or filter cigarettes: I liked pure, unadulterated tobacco. Maybe I just wanted to live dangerously." Smoking also gave him the feeling that "God's in His heaven, all's

right with the world."

It was easy to smoke when at work or when sitting and relaxing, Dr. Carlson said and he became aware that he smoked a good deal at meetings. He also discovered that "I found out how much I smoked when I bought the packages one at a time. When you buy by the carton you're not aware of it."

But he "began reading, and I believed what I was reading about cancer and emphysema. Being a pathologist, I see a lot of these on the autopsy table. And I thought, that could be me. Cardiac disease bothered me more than anything."

Dr. Carlson does not advise picking up another habit, such as chewing gum, to replace smoking. "You substitute something you don't like for something you like," he explained, "and it simply reminds you that what you really want to do is smoke." He recalled that he once tried a special candy that was supposed to cut down on the urge to smoke. "I found out it was pretty good candy," he said, "but it made me think of cigarettes even more."

Gaining weight is a danger after you stop smoking, Dr. Carlson said, admitting that he himself had. But you cannot use that as an excuse for continuing smoking because "You gain weight because you eat too much. You can take the weight back off."

Quitting cigarettes was "not too difficult, but not easy," Dr. Carlson said. As for people who have tried to quit and cannot, he said, "They're just kidding themselves. They really don't want to quit. There's a big difference between wanting to quit and wanting to try to quit."

Dr. Purtell, who has not smoked for about six years, also believes that to stop smoking it is necessary to "fortify your will."

"You must have all the good reasons for quitting inscribed in your mind," he advised. "It takes some soul searching. If

(Continued on Page 4)

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100,000 DOCTORS—

(Continued from Page 3)

I decided not to quit, the pope in Rome couldn't make me."

Dr. Purtell is opposed to smokers "cutting down" gradually. "That's a mirage," he explained. "It's as impossible to cut down on smoking as it is for a chronic alcoholic to cut down on drinking."

Like Dr. Carlson, Dr. Purtell believes that anti-smoking pills and devices are useless. "I don't like to see people jump from one bad habit to another," he said. Instead, he emphasized the pleasures of not smoking, "Food does taste better after you quit smoking. The sensation in your taste buds and upper respiratory tract comes back.

"You get up in the morning minus smoker's throat and cough," he continued. "The chronic expectationation of smoker's throat and mouth is gone."

Pulling a clean handkerchief from his pocket he said, "I've been sitting on this unused handkerchief for six months, and I used to have to keep two packs of cough drops in my desk drawer to control my cough."

Also, he said, cigarette smoking is an offensive dirty habit. "Smokers leave a dirty trail that they are quite unaware of. Either wittingly or unwittingly they are offending others."

Dr. Purtell, who started smoking at 15, smoked for about 38 years, and went through three quarters or a pack of cigarettes daily. His decision to stop smoking antedated the surgeon general's report on the harmful effects of cigarette smoking. "I had made up my mind before then, but the report left no doubt that cigarette smoking is involved in producing lung cancer, emphysema and pulmonary disease" he said.

"I was the victim of an addiction," Dr. Purtell said of his smoking. "I was receiving some pleasure from the cigarettes I smoked after breakfast and dinner with coffee. But in between there were the multitudes of cigarettes I was smoking and not enjoying."

Dr. Purtell never smoked in front of his patients. "Few knew I quit because they didn't know I smoked. As I approached my last cigarette I had made a complete mental decision that stopping would benefit my health and relieve the addiction." His friends asked him if he "climbed the walls" when he quit, but no, he said. "It is only those who haven't really made up their minds to quit who suffer torments."

Dr. Purtell does not advise his patients to stop smoking. "I tell them of the dangers of cigarette smoking and have them make up their own minds," he explained. You can't crusade. Too many people take offense."

In intractable cases where a patient knows he should quit but simply will not, "I tell the man to quit smoking or go elsewhere."

Many smokers say "So what, you have to die of something anyway." In that case, Dr. Purtell said, "we should discard Pap smears, x-rays and TB screening if we take such a callous approach to life and health."

He believes that the way to start is to "get the seven and eight-year-old kids and plant in their minds not to smoke. Convince them that you don't have to smoke to be manly. By the time pupils are in eighth grade they're smoking, Dr. Purtell said, "and reaching them in high school is much too late."

Cigarette advertisers play on the fact that young people can be convinced that "if you want to be something socially and enjoy the good life to the fullest, you should smoke," Dr. Purtell said. "The effect on impressionable teenagers is tremendous. Symbolism is a very difficult thing to counteract."

Fighting such advertising is a mammoth job, Dr. Purtell said. "It will be a very uphill battle, requiring long hours, many minds and much money to do the job right."

—Crusader
—via San-O-Zark

My Risen Lord

My Risen Lord, I feel Thy strong protection;
I see Thee stand among the graves today;
"I am the Way, the Life, the Resurrection"
I hear Thee say.

And all the burdens I have carried sadly
Grow light as blossoms on an April day;
My cross becomes a staff, I journey gladly
This Easter Day.

— Author Unknown

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Recurrence In Tuberculosis

G. N. PIERCE, M.D.
 Medical Director, State Sanatorium,
 Arkansas

The very nature of the tubercle bacillus and the response of the body defenses against the infection make tuberculosis prone to recurrence. This has always been one of the innate problems associated with the management and treatment of the disease. This problem is the reason for our long-term treatment and observation of the patients.

Recurrence of the disease is usually first noted in the chest x-rays. Symptoms may be much later in making themselves known. In extensive disease, positive sputum cultures with no apparent x-ray changes are very commonly the first indication we have that all is not well.

What are the causes of relapse in tuberculosis? To give a complete list would be nearly impossible, but we will try to list several of the most common ones noted in our experience.

The commonest cause of relapse is excessive activity on the part of the patient. Patients cannot be made to realize that energy, like time, once expended, is not recoverable. Exertion to the point of exhaustion today is not made up by resting all day tomorrow. With the tuberculosis patient there is usually a lag between cause and effect, so that the patient rarely connects his exhaustion of two-three weeks before with his present x-ray changes. Sometimes, however, a patient is reminded in a rather dramatic fashion by a brisk hemorrhage occurring at the time of or shortly after the unusual activity.

The next most common cause of recurrence is the intercurrent infections. These are usually respiratory, inasmuch as they are the commonest infections, but other febrile illness may also lead to recurrence of tuberculosis.

Alcoholism is frequently listed as a prime cause of recurrence. It is my feeling that drinking per se does not cause relapse; but the fool things the drunk does and the state of malnutrition following long debauches will certainly contribute to the breakdown of otherwise stable disease.

Pregnancy is frequently put high on the list of contributing causes to breakdown. In my experience, I have seen only one patient break down during pregnancy and it was then agreed by all concerned that the recurrence of tuberculosis was due to exhaustion accompanying prolonged uncon-

trollable vomiting. It has been my feeling and I believe that most phthisiologists agree, that the exhaustion resulting from the almost perpetual motion of the mother in caring for the new infant is the basis for the breakdown. It is with this in mind that we always try to have the care of the infant taken over by someone else for the first six to eight weeks until the program of the night feedings is stabilized.

I believe that the aforementioned causes represent the majority of the causes of recurrence of active tuberculosis. There are, of course, many others. Severe injury, particularly an injury involving crushing of limbs, has been associated with rather dramatic and very rapid breakdowns of otherwise stable disease.

Sunburn or other burns will lead to acute flare-ups. I have seen several cases of disease, apparently stable for many years, spread very acutely and excavate in a very short period of time following a severe sunburn over a large area or a deep, destructive burn over a small area. Extensive, severe poison oak or ivy has been seen apparently to have the same effect. The exact mechanism of these recurrences is not known, but they may be associated with the absorption of toxic products of the destruction of tissue proteins.

The exhaustion associated with acute mental disease will lead to very rapid and frequently fatal relapse of otherwise stable tuberculosis.

When we consider the various conditions which can cause relapse, it will readily be noted that practically all of them are within the power of the patient to control. After the patient leaves the hospital we always hope that his knowledge of these possibilities will arm him against them, but the large number of recurrences makes it obvious to us that the lessons are all too frequently forgotten or ignored.

— Sanatorium Outlook.

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Question Box



Q. What are the indications for surgery in bronchiectasis?

A. Bronchiectasis, which is a condition where the bronchial tubes are dilated, partly destroyed and frequently infected may be due to many conditions. In rare instances it may be congenital. When acquired there is a history of lung infection such as pneumonia or tuberculosis or obstruction of the bronchus by a foreign body. Bronchiectasis is sometimes seen in association with lung tumours.

Surgery is indicated in many cases of bronchiectasis. In fact surgery is the only curative measure and should be done whenever possible. In tuberculosis the presence of bronchiectasis means that permanent lung damage has occurred and if the affected portion of the lung is not removed, it lays the patient open for possible future reactivation of tuberculosis and also the occurrence of repeated nontuberculous infections. Resection would be contraindicated when the bronchiectasis is so wide spread that its total removal would leave the patient short of breath and also usually it is not done in the older age groups.

Q. We understand that one-bottle transfusions are seldom given here. Is this because a person would receive little benefit from a small quantity?

A. So called one-bottle transfusions of blood are rarely if ever needed and for that reason alone should not be given. It should be remembered that a blood transfusion in itself entails certain risks to the recipient. The indications for blood transfusions are roughly the restoration of blood volume due to hemorrhage and secondly in the treatment of certain severe anemias. There are rarer indications such as exchange transfusions which need not be discussed here.

In blood loss whether due to injury, disease or surgery, blood must be restored. Substitutes such as the various intravenous solutions will often serve as a temporary measure but whole blood should be given in these cases as soon as possible.

In the case of anemia all that is required is the administration of the cellular portion of the blood and we frequently give this in

By J. J. Quinlan, M.D.

the form of packed red cells.

Logically if the one-bottle transfusion was ever necessary every blood donor would require transfusion himself immediately after he gave his blood.

Q. Is there now a reliable test for detecting hepatitis in a donor's blood?

A. There is no reliable test to detect the presence of the hepatitis virus in a donor's blood. Reliance has to be placed on a very careful history of a previous attack of infectious hepatitis and in particular whether or not the donor had ever been jaundiced. A history of hepatitis, of course, automatically disqualifies an individual as a blood donor.

Q. Would you comment on the use of the spinal, or lumbar, puncture as a diagnostic procedure, please.

A. Examination of the spinal fluid obtained by inserting a needle into the spinal canal usually between the 4th and 5th lumbar vertebrae, is an extremely important diagnostic measure in a vast number of diseases. It is indispensable in the diagnosis and treatment of the various types of meningitis, in head injury and in many other neurological conditions.

Q. When is a bone marrow culture done?

A. While examination of the bone marrow by smear is a frequently employed diagnostic measure it is rarely necessary to culture the bone marrow. Theoretically any disease where bacteria are present in the blood should be evidenced by positive bone marrow culture but there are other procedures much less difficult technically that may be employed.

My Easter Wish

May the glad dawn
Of Easter morn
Bring joy to thee.

May the calm eve
Of Easter leave
A peace divine with thee

May Easter night,
On thine heart write,
O'Christ, I live for Thee.

— Author Unknown

Editorial Comment

For this March issue of **Health Rays** we now feel that it is both appropriate and timely to bring forth the poems pertaining to Easter and to spring. We have been saving them for some time and welcome the opportunity for using them.

Easter arrives early this year. It is one of our movable festivals and "comes on the Sunday following the first full moon after the vernal equinox," so says the reference book. The vernal equinox, which occurs about March 20, and the autumnal equinox, which occurs about September 23, are so called because the days and nights are nearly equal in length when the sun is at these points. The date for Easter cannot fall earlier than March 22 or later than April 25.

Easter, like so many of our festivals, is derived both from Christian and pagan observances. In the Christian faith it commemorates the resurrection of Christ and is our most important festival. Easter regulates all the other movable festivals of the ecclesiastical year. The name and the festival, however, have their origin in the worship of Eostre, the pagan goddess of spring.

Many of our present day observances of Easter have little to do with the Christian festival. Consider, for example, the Easter parade which emphasizes the wearing apparel. Or the Easter bunny with his load of goodies.

Regardless of where or how "Peter Cottontail" obtains those eggs—and here we think of Al Capp's obliging schmoo colony—the egg has for centuries played an important part in Easter festivities. One reason may have been that it was the symbol of the continuity of life. More important, perhaps, was the fact that eggs were something of a luxury, being in short supply most of the year. Spring was the one season when there might be enough so that the whole family could have them. We tend to forget how precious eggs once were. Often people used them for barter in order to obtain things that were less of a luxury. It is only in recent times that it has been possible to have hens that would produce at all seasons of the year, and at any hour of the day.

A great deal of skill and artistry used to go into the painting of Easter eggs, and the custom prevailed until modern times when the confectionery industry took over. This now represents a tremendous source of revenue and the goodies

are becoming more elaborate each year. Somehow they seem to lack the taste appeal that they used to have. Can this be due to ones changing tastes, a decrease in the quality of the product—or to the expectation that a hollow bunny, representing a few ounces of chocolate and costing in excess of two dollars, should be a real taste treat!

Happy Easter to all of our readers!

* * * * *

Our thanks to Miss Marguerite MacLeod for writing the Old Timers column this month. Marguerite had been with us for several weeks as a patient and we were pleased to have her with us again—and happy, at the same time, that it was not necessary for her to remain longer as a patient!

* * * * *

Mrs. Alta Covert, stenographer at the Rehab. Department, and previously at the Nursing Office — for a total of ten years on the Sanatorium staff, left us at the end of February to concentrate on being a full-time homemaker. Alta had been with the Rehab. Department since 1963 and, among her other duties, has been treasurer of the N. S. Sanatorium Employees Credit Union, and has looked after the distribution of our **Health Rays**.

We wish to welcome to our Department Miss Emily Sheffield who has transferred from the Payroll and Personnel Office to take Mrs. Covert's place.

Best wishes are extended to Marilyn Barnes Schaffner on her retirement after nine years on staff, as a stenographer.

Also to Hughie O'Handley who retired after 42 years on the Dietary Staff.

Easter Greetings

However wild the weather,
 However dark the skies,
 Glad Easter brings fresh courage;
 Its music says "Arise!"
 A mighty dawn is coming;
 The world shall yet be bright.
 Cast doubt and fear behind you,
 And help to spread the light.
 The flowers that winter prisoned
 Now rise and bloom anew;
 The lilies silver trumpets
 Ring out, Be brave, Be true!"

— Alice Stone Blackwell



Class of 70A, Nursing Assistants, Nova Scotia Sanatorium. Left to right: Back row — J. LeBlanc R.N., instructor; Miss C. A. Deveau, Meteghan; Miss K. M. MacKinnon, Glace Bay; Miss J. F. Brennick, Bras d'Or; Miss A. J. Fraser, Westville; Miss P. Llewellyn, Sydney; Miss A. M. Sutherland, Sydney River; Miss B. J. Rogers, Sheffield Mills. Centre row: Miss E. MacPhail R.N., instructor; Miss M. A. Fortune, New Waterford; Miss N. L. Carmichael, Glace Bay; Miss D. B. Hiltz, Aylesford; Miss D. J. Arch-

ibald, Windsor; Miss L. A. Reashore, Bras d'Or; Miss B. J. Wilson, Steam Mill; Miss W. E. Hiltz, Kentville; Miss J. Cleveland, Digby; Miss J. Dobson R.N., B.Sc.N., director of Nursing Services. Front row: Miss D. Neily R.N., instructor; Miss E. S. MacNeil, New Waterford; Miss L. D. Hillier, North Sydney; Miss V. I. Gerroul, Florence; Miss B. C. Armstrong, New Minas; Miss J. F. Borezen, Saulnierville; Miss W. J. DeYoung, Kentville; Miss P. M. A. McMurdo Photo

Nursing Assistants Graduate

Twenty-two members of Class 70A qualified for diplomas at the graduation exercises of the Nova Scotia Sanatorium School of Nursing Assistants on Tuesday, February 10.

Dr. (Rev.) J. Douglas Archibald, United Church chaplain at the Sanatorium, told the graduates that, while this represented the conclusion of one phase of their careers, it was actually the first day of the rest of their lives in a special way. He reminded them of the value of "a little bit of honey" in their chosen careers of working closely with others.

Chairman of the program was Miss E. Jean Dobson, R.N., B.Sc.N., Director of Nursing. Dr. H. B. Colford, acting Administrator of Tuberculosis Control Services, brought greetings from the Department of Public Health.

Following the Processional, played by Mrs. Norma Cassidy, Occupational Therapist with the Rehabilitation Department, the Invocation was given by Rev. Gerald Saulnier, Roman Catholic Chaplain at the Sanatorium.

Dr. Helen M. Holden, Medical Director of the Sanatorium, and Miss Doris L. Neily, R.N., nursing instructor, presented diplomas and pins. Mr. Joseph E. LeBlanc, R.N., nursing instructor, presented the students for graduation.

Following the presentation a vocal selection, "You'll Never Walk Alone" was rendered by a quartette from the class: Misses Linda Cann, Sally Corkum, Shirley Francis and Mrs. Deborah Herbert.

Following some closing remarks by Miss Dobson, and the Benediction by Father Saulnier, a reception was held for the graduates and guests in the dormitory.

Teacher: "Yes, Johnny, what is it?"
Johnny: "I don't want to scare you, but my father said if I didn't get some better grades someone is due for a licking."

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Nursing Assistants Graduation Prom

Members of the class of 1970A Nursing Assistants from the School for Nursing Assistants, Nova Scotia Sanatorium, held their Graduation Prom in the ball room of the Cornwallis Inn on February 6, 1970.

Music for the evening was provided by a local dance band, The Fundy's. Arrangements, and decorations tastefully done in the school colors of red and white, were under the direction of the class president, Miss Brenda Rogers and her committee.

The graduates looking lovely in their traditional white gowns and accompanied by their escorts entered the ballroom as the M.C. announced each couple. After the graduates danced to the strains of "A Pretty Girl is Like a Melody," everyone joined in for a delightful evening of dancing. Refreshments and salad plates were served at the close of the evening.

Invited guests included: Dr. H. M. Holden, Medical Director, Nova Scotia Sanatorium; Dr. J. J. Quinlan; Miss E. J. Dobson, R.N., B.Sc.N., Director of Nursing and escort Mr. Donald Morse; Mrs. Catherine Boyle, R.N., Director of Nursing Education; Nursing Instructor Miss Doris Neily, R.N., B.Sc.N., and escort Mr. Leo Glavine; Mr. and Mrs. Clifford Prest; Mr. and Mrs. Porter Dakin, and Mr. and Mrs. Reginald Barnes.

The Conqueror

The greatest conqueror the world has ever known was not one of the warrior clan like Alexander, Genghis Khan, Caesar or Napoleon. He was a man of peace whose weapon was not a sword, but love for all of mankind.

His kingdom, if you care to call it that, still commands the loyalties of millions; while the empires of those other conquerors are buried in the dust, remembered only by historians.

He was born in modest circumstances and grew up without formal learning, yet he shed more light on things human and divine than all the philosophers and scholars of all the ages. The words he spoke changed profoundly the hearts of men. Although he did not leave a single written line, he inspired others to write volumes of sermons, orations, and discussions. Artists found in him the themes for their finest work, and musicians outdid one another in creating beautiful songs in his honor. — The Link



Chaplain's Corner

Temptation

Rev. W. A. TRUEMAN,

Anglican Chaplain, and Rector of St. John's Anglican Church Wolfville

Does the word 'TEMPTATION' in the modern jargon 'turn you off, or on'? Well if it turns you on or off, I hope you will follow the thought along with me and see where it leads us.

It really is a fascinating subject. For none of us can say that temptation has never assailed us, and certainly none of us would dare claim we never succumbed to it. Thus we are in the picture, so to speak, and each of us knows its power to ensnare us and the subsequent shame that is ours upon the realization of our fall.

Before exploring our subject further it is very important, it seems to me, that we realize that we are not alone, both in being tempted, and in succumbing to the temptation. Each of us has our secret thoughts, our hidden world known only to us. We harbour things in our mind too personal too shameful, too unspeakable ever to reveal to the light of day. That area of conflict between evil and good is our own private battlefield and the way in which the battle is fought and won, or lost, is the only manifestation that is revealed to outside eyes.

In a very real sense then, we live our lives isolated from those around us. Each man does become an island to a very great extent. Thus the importance in realizing that others share the same temptations, fight the same battles, sometimes emerge victorious, and sometimes not, cannot be over emphasized. For when we know we share a common battlefield with all our brothers we find comfort and strength in that knowledge, and in sharing a common cause are fortified in our battle against the forces of evil.

Seeing then that we are all tempted and all fight to overcome its devious attacks upon our resolve to shake it off, let us define what it is we label 'temptation'.

Temptation, for the non-religious or natural man, would perhaps be best defined as any thought which impinges itself upon a man's mind urging him to a course of action which is contrary to what he knows to be good or right. The Christian would agree with the above, adding one very significant change . . . a course of action which is contrary to "the will of God".

This is of ultimate significance, for in expressing his belief in God, and the conviction that God's will can be known, he is also given immeasurable strength in waging the battle against temptation by his knowledge that the God whose will he knows, is also that God the Father revealed by Jesus Christ, Who will help him overcome temptation. He is not alone in the battle. The Christian, therefore, has not only available to him the strength of the shared fellowship of all mankind in the battle against temptation, but he has the power of God; Father, Son, and Holy Spirit, as an inexhaustible source of comfort and strength.

And in the Son we have our great example and inspiration, He who as man, Jesus, suffered beyond measure any temptation common to mortal man. In the likeness of sinful flesh He came upon the earth. In Him was all desire and all fear of the flesh, all damnation of the flesh and alienation from God. He hath been in all points tempted like as we are, yet without sin' (Hebrews 4:15) How did He cope with it? How did He achieve the victory?

In pursuing this thought let us consider the temptation of Jesus just after his baptism by John the Baptist. He was now just past thirty and the time had come for Him to begin His ministry.

One would not presume for a moment that He had not been thinking for some time just how best to accomplish that which God had entrusted Him to do. But now a highlight had been reached in His life. To Him, in His baptism, God's ordaining had been laid on Him. He knew the time had come when He must make a start. The decision as to how to go about it remained to be settled. He went apart by Himself in a lonely wilderness and there in the course of arriving at an answer He was tempted to achieve His noble goal by worldly means.

You know the three temptations well. The first was to turn the stones into bread. In this temptation we can see how in his intense physical hunger he was not only tempted to alleviate his own distress, but in His mind's eye would also see the hunger and poverty common to the lives of all the poor ground down by Roman taxes. Why not do it? Would it not be a good thing? Surely it would be a good thing, but it would in no wise accomplish His mission. And so His reply, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God'. He knew, and has re-

vealed to us that we live by forgiveness, the Eternal Presence and eternal life; and only from these can all the other ills of society be eradicated.

In the second temptation Jesus is tempted to make a spectacular jump from the pinnacle of the Temple, and by this demonstration of his supernatural power, win the allegiance of man by fear and intimidation. Again His answer was centred upon his knowledge of God and His will. And so He replied, 'Thou shalt not tempt the Lord thy God'. And so with faith in God, He refused to choose any easy, spectacular way to achieve His goal, but would rather live His full life, as a man among men, waiting upon God and trusting in Him.

And so we come to the final temptation. He saw in his imagination all the kingdoms of the world. Why not be a great political leader and legislate the world into the likeness of God's Kingdom. Deals would have to be made, a balance of power struck, compromises made, but look what could be achieved. Under his leadership he could usher in a kingdom of peace to the glory of God. The price — to worship the devil from whom came this powerful, subtle, temptation. No one knows the anguish of spirit suffered by Jesus in conquering these temptations, while holding steadfast to what He knew to be the will of God in the face of such compelling reasons to choose what appeared to be in line with His will, perhaps even at times appearing to be His will. And so, summoning every resource of will a will buttressed by a lifetime of prayer and communion with God, He replied 'You shall worship the Lord your God, and Him only shall you serve. And then a mighty calm embraced Him, as with the victory, came that peace which is of God only.

Thus we see it is not of ourselves, but through the power of God that we can triumph over temptation. In overcoming each temptation, Jesus turned his eyes from the world and its ways to Him who had made the world and would have it become perfect as He is perfect. Jesus was able to conquer temptation, because from His earliest years He was in fellowship with God through communion with Him in prayer and meditation. He knew the will of God and fortified through His power was enabled to fulfil it. Likewise for you and me, the way to peace of mind, the power to fulfil His will, the strength to conquer temptation, the ability to be a man in the world, is through the power and love of God given unto all who turn to Him in trust and love.



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.

Christ the Lord is risen today,
Sons of men, and angels say;
Raise your joys and triumphs high!
Sing, ye heavens, and earth reply.

— Charles Wesley

A happy disposition is worth far more than a great fortune. If God has not given you such a disposition, cultivate it as far as possible. It does no good to brood over our troubles; it does not help matters out a bit. Be on the lookout for bright rays, and you will certainly find them.

* * * * *

Heard a sad story about an actor who fell off a ship passing a lighthouse and died. Seems he drowned while swimming in circles to keep in the spotlight.

* * * * *

The boy who got a wrist watch when he was graduated from high school now has a son who wears one to kindergarten!

OLD TIMERS

The balmy winds of spring will likely be blowing when these notes are read. Just now it is winter, and Anne Marie tells us that among the Nova Scotians basking in Florida sunshine are Mr. and Mrs. Demetrius Amirault (nee Sadie Sorensen) who were patients here in 1966. It is interesting to recall that theirs was one of the many romances that blossomed at the San.

Visiting friends at the Sanatorium recently were Mr. and Mrs. Roy Saulnier (nee Anita Comeau) who were here in 1967. Roy is teaching manual training in the Digby schools.

The picture of another patient of the late Sixties, Mary Berkelaar, recently appeared in the Middleton Outlook. Mary who studied grade XII subjects at the Sanatorium, had a career in civil engineering in mind and this picture shows her taking "a sunshot with a wild transit" at the Nova Scotia Land Survey Institute, Lawrencetown.

Dagny (Anderssen) Svenlin of Sweden, who will be remembered by many who cured here in the Thirties, wrote to Marguerite MacLeod at Christmas time. The past year was a sad one for Dagny, there having been several deaths in the family. By way of offsetting their sorrow, to some degree at least, Dagny and hubby Karl have set about redecorating their home.

Rosalita (Bush) Tumblyn of West Dublin wrote that she was expecting an addition to her family of one early this year. Rosalita cured for awhile here in the early Sixties.

Vera and John Gabura, both San "graduates", called briefly on Marguerite during the Christmas Season. John has been promoted to a position of considerable responsibility at the Halifax City Home, where he has worked for some years. More recently Vera, who has been a typist in Medical Records at the V. G. Hospital for a number of years, has been assigned to an office of her own.

Marjorie Bain, who "graduated" from the San in the Thirties, is the local social reporter for the Liverpool weekly, The Advance. Through the fall and winter months, Marjorie has been attending night classes in Current Events and Creative Writing.

Clare Simms and Max MacLeod, also "graduates" of the Thirties, and Barbara Ellis, of a slightly later era, are still employed at "Stenpro", Liverpool. Barbara had a most enjoyable trip to Ottawa last fall.

Mrs. H. G. Collins and Mrs. Vernice Wolfe

of Milton and Mabel Elliott of Liverpool, are all in excellent health, and very active in home and church affairs.

Florence Belben reports having heard from Mrs. Lillian MacMillan of Dartmouth and Mrs. Mildred Romain of Yarmouth. Both are well, and Mildred has part-time employment at the Grand Hotel, Yarmouth.

In a very recent letter to your scribe, Rita MacKenzie of Sydney stated that she was working in a new office in the Adult Vocational Training Centre, operating a vari typer. Rita will be remembered by many as a stenographer in our San Nursing Office.

Another old timer, Shirley Williams of Lockeport, writes that she is still employed in a secretarial capacity at Roseway Hospital. The volume of work for which she is responsible is very heavy, even though the hospital is small.

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. Your donation will help **Health Rays** to survive.

The standing of this fund as of February 28, 1970:

Previously acknowledged:	1,896.37
Recent contributors:	
Century Patrons:	
Nil	
Patrons:	
Anonymous	5.00
Miscellaneous	7.85
Total	12.85
Grand Total	<u>\$1,909.22</u>

Some people have as their motto: "If you can't say anything good about a person, let's hear it."

THIS FULL PAGE SPONSORED BY
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A Salute To A Fellow Patient

Ralph A. Doherty, Patient,
N. S. Sanatorium

I would like to give a little bouquet to a man in passing. Any of the patients and staff who have seen this man during the past few weeks, wearing a duffle coat and glasses, perhaps getting a little thin on top, and dashing here and there, might have asked the question, "Who is that man?" He always has a joke and a warm smile for anyone he meets. His name is Leighton Dillman and I had the honor of being his next door neighbour many years ago. Whenever I found one of my children missing from our yard I would look in Mr. Dillman's yard and the child would be around him while he was doing his gardening. He would tell them about the art of gardening or would have a story for them. He has also a green thumb and has one of the most beautiful back yards I have ever seen, with every type of flower you would want to see. Mr. Dillman has also done a lot for the city of Dartmouth, his place of residence. He has given of his time and energy to help build up the park in the city and he was the force behind the building of the iron fences and gates around the park.

While we had the pleasure of his visit here he ran a daily delivery service called "Dilly's Daily Double Delivery" and the name pretty well speaks for itself. He would go to the Rehab. daily — often twice a day — and do any errands for patients. You may have also seen him going to the corner of the lot each day and wondered where he was going. It's no secret, he was feeding the animals and I bet he could talk to them and they would understand him because he is that type of man. If you were to ask him if he had any children you would no doubt get the answer "Not yet" and if you know his age, as I do, you would smile at this. I don't know too much of Mr. Dillman's background but I do know of two types of success and I know in one he is very successful. I would like to quote a poem by a little-known poet which would fit him pretty well.

Success is not in getting rich or rising
high to fame;
It's not alone in winning goals which all
men hope to claim;
It's in the man you are each day, through
happiness or care.
It's in the cheery words you speak and
in the smile you wear.

Success is in the way you walk the paths
of life each day;
It's in the little things you do and in the
things you say;
Success is in the glad hello you give
your fellow man;
It's in the laughter of your home and all
the joys you plan.

Success is being big of heart and clean
and broad of mind;
It's being faithful to your friends, and
to the stranger kind;
It's in the children whom you love, and
all they learn from you,
Success depends on character and every-
thing you do.

Billy Whelan Show

On Saturday afternoon, February 28, patients were treated to an afternoon of entertainment when the Billy Whelan Show performed in the Recreation Hall. The show was also heard over radio station SAN.

Billy Whelan acted as emcee and entertained between numbers with some lively chatter. The program consisted of a good selection of country and western numbers.

Along with Billy Whelan, others taking part were: "Fiddlin'" Jim Hamm of Martin's Point, Lunenburg County; Little Buddy from Tancook Island, Lunenburg County; Dale Wood and Lawrence Benedict of Cheverie, Hants County; Patty Church of Poplar Grove, Hants County; Gary Anthony and Harry Burgess from Curry's Corner, Hants County; and Lorne Baker from Barss Corner, Lunenburg Co.

All of us who saw the show or heard it over the radio say a big thank you to the cast. We appreciate the time and effort taken to make a very pleasant afternoon's entertainment.

Fisherman: a guy who thinks a fish
should bite on a fancy lure just because
he did.

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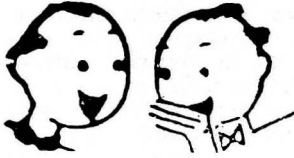
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Just Jesting



"Waiter," complained the diner, "this food is terrible. I want to talk to the manager."

"You'll have to wait awhile, sir," said the waiter, "he's having his dinner at the restaurant across the street."

* * * * *

Young son, holding up a strange baby to mother, coming out of the supermarket: "You said he might have to be changed, so I looked around the parking lot until I found a dry one."

* * * * *

The young man dining alone suddenly realized that the attractive and well-dressed young lady at a nearby table was casting pleasant glances in his direction. Going over to her table to introduce himself he was taken aback to hear her say in a voice loud enough for all to hear, "To a motel, you say! How dare you suggest such a thing! Go away at once or I'll call the police!"

In confusion the young man retreated to his own table, conscious that all eyes were upon him. While he was still trying to decide whether to leave his dinner or stay, the young lady came over to him and said in a low voice, "I hope you are not angry. I'm a college student doing a study on the effect of sudden stress upon a person in a group situation."

"I'm so glad to have helped with your study," he replied in a low voice. Then, in a voice that reached all of the diners, he said indignantly, "What! Why, you must be crazy! I wouldn't pay that if you were the only girl in town!"

* * * * *

I overheard my youngster explaining the word "motel" to a little friend in this way: "It's a kind of house you stay in, in a town where you don't have any relatives."

* * * * *

Young Jerry had just introduced his very blond and glamorous girl friend to his family.

"What do you think, Mom?" he whispered proudly. "Some dish, huh?"

"That she is!" the mother agreed, "but is she kitchen-tested?"

The teacher asked little Jimmy how he would go about dividing five potatoes among 15 people. "I'd cook 'em and mash 'em," he said.

* * * * *

"Who was that lady I saw you out with last night?"

"That was no lady . . . that was our 15-year-old son."

* * * * *

The worried mother, hearing that her daughter had gone to a school dance while she, the mother, was away, asked her neighbour, "Was she in a new gown?"

"Yes, some of her was, replied the neighbor.

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Specialists in Clothing for the Entire Family

The oldest first lieutenant in the Air Force, 50 years old if he was a day, had this explanation for his failure to get promoted:

"It was during the campaign in the Pacific," he explained. "Every night the C. O. insisted on getting us out of bed for an alert.

"After a couple of months I found a large monkey in the hills, dressed him in one of my old uniforms and trained him to run to my plane when the alert sounded, hop in, start the engine, and sit there with his hand on the throttle until the all-clear sounded.

"For weeks it worked beautifully, but one night the all-clear never came, and I rushed onto the field just in time to see my plane with the monkey at the controls taking off from the field and joining the formation. There we were, the C. O. and I, the only two persons left on the field.

"And that's why I'm the oldest lieutenant in the Air Force," the officer concluded. "And I wouldn't mind it so much—if it weren't for the fact that the monkey is now a colonel."

* * * * *

Young mosquito: "Soft pickings these days, aren't they?"

Old mosquito: "Yes, and to think when I was your age I could only bite girls on the hands and face!"

* * * * *

Savings: delayed expenditures.

Ins And Outs**NOVA SCOTIA SANATORIUM****Admissions: January 16 to February 15**

CLYDE RAYMOND BANKS, Waterville, Kings Co.; GEORGE VICTOR BURGESS, 16 Prince St., Yarmouth; STANFORD CAMERON, Pleasant Point, Shelburne Co.; MRS. EVELYN JANE CLARK, Enfield, Hants Co.; MRS. JANE VINETTA DeWOLFE, 27 Ochterloney St., Dartmouth; JOHN RALPH DURANT, North Grant, Ant. Co.; ALVIN WALDO HARVIE, 51 Woodworth Road, Kentville; CLYDE HIGGINS, Meagher's Grant, Halifax Co.; JOHN DARTT HUGHES, 33 Miller Road, Truro; EPHRAIM MURRAY JENKINS, MacLellan's Brook, R.R. 4, New Glasgow; MARY VIRGINIA LOWERY, 5825 Kaye St., Halifax; IAN AUGUSTUS MacDONALD, Arisaig, Ant. Co.; MARGUERITE BERYL MacLEOD, Milton Road, Queens Co.; ROBERT LINDSAY MORTON, East Stewiacke, Col. Co.; MRS. ANNIE RYER, 8 Fairmount Rd., Armdale, Halifax Co.; MRS. MARY HELEN SYLLIBOY, Micmac, Hants Co.; JOSEPH ARTHUR THERIAULT, P.O. Box 124, Meteghan, Digby; MRS. JULIA JOSEPHINE WARNER, P.O. Box 132, Shubenacadie, Hants Co.

Discharges: January 16 to February 15

KEVIN LLOYD ARTHUR BRUNDAGE, 2 Silver St., Amherst (Expired); MRS. IDA MAY CHUTE, Waterville, Kings Co.; MRS. EVELYN JANE CLARK, Enfield, Hants Co.; HARLEY JOSEPH DEVEAU, Mavillette, Digby Co.; MRS. JANE VINETTA DeWOLFE, 27 Ochterloney St., Dartmouth; GARY ERNEST DILLMAN, Meagher's Court, Halifax Co.; JOHN LEIGHTON DILLMAN, 223 Windmill Rd., Dartmouth; MRS. MARGUERITE DIMOCK, Locust Ave., Wolfville, Kings Co.; MRS. SOPHIE GRANDY, 3456 Alpine Ave., Halifax; JAMES VICTOR JEFFERSON, R.R. 2, Wilmot, Anna Co.; JOSEPH PATRICK KANARY, 44 Seaview Ave., Glace Bay, C. B.; MRS. VIOLET ELAILE MORRIS, Bramber, Hants Co.; MRS. LILLIAN MAY O'HEARN, 5671 Cornwallis St., Halifax; AULDEN CHARLES POTTIE, 31 Circle Drive, Spryfield, Halifax Co.; JAMES CALVIN ROBSON, Lorne St.,

New Glasgow, Pictou Co.; MRS. MARGUERITE EVELYN SPIDLE, Maplewood, Lun. Co.

POINT EDWARD HOSPITAL**Admissions: January 16 to February 15**

MRS. MARIE YVONNE CAMPBELL, Main-a-Dieu; HARRY HARTLAND COLVEY, R.R. 1, Bras D'or; DENNIS DOYLE, 187 WILSON Ave., New Waterford; JOSEPH ALEXANDER FITZGERALD, Aspy Bay, Vic. Co.; JAMES MacVEY HICKEY, 710 Winnifred Square, Glace Bay; ARCHIBALD R. MacINTYRE, Box 43, Sunnyside, Reserve Mines; DONALD FRANK MacKAY, 7 Cochrane St., Glace Bay; MISS RITA MacLEOD, 94 Fifth St., Glace Bay; NOEL MARTIN, Box 41, Whycomagh; MRS. MARY ANN PAUL, 28 Gallagher St., Sydney; MRS. CATHERINE SARAH RANKIN, P.O. Box 56, Mabou; IGNATIUS LEGURE RYAN, 61 Tompkins St., New Waterford; PAUL EUGENE WHITE, Louisdale, Rich. Co.

Discharges: January 16 to February 15

JOHN DANIEL DONOVAN, Ingonish Harbour; EDWARD WILLIAM HINCHEY, 83 Hinchey Ave., New Waterford; MALCOLM MacDONALD, 5 Duncan St., Glace Bay; JOSEPH LEO MacINTYRE, 364 Main St., Glace Bay; JAMES CHRISTOPHER MacKINNON, Yorke St., Sydney Mines; MARTIN ANGUS MacLELLAN, Margaree Harbour; WALTER JAMES MacPHEE, 149 International St., Glace Bay; MRS. MARION MacTAGGART, R.R. 3, Bras D'or; MRS. MARY ANN PAUL, 28 Gallagher St., Sydney; MSTR. WAYNE MICHAEL POTTIE, West L'Ardoise.

The Two-Way Street

In writing about tuberculosis problems and programs, Doctor Howery of the University of Washington says knowingly: "If we nourish the patient vocationally, medically, socially, psychologically and spiritually but never excuse him from his responsibility this nourishment will give him the strength to pick up the other end of the log and make his contribution."

—The Link

THIS FULL PAGE SPONSORED BY
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PETERS' LUNCH

Patients' Party

The Patients' Dining room was the setting for a very enjoyable bingo party on the evening of February 18. This was sponsored by the Hiawatha Lodge, Independent Order of Oddfellows, under the leadership of Noble Grand Martin Ross, and chairman of the entertainment committee, Ed MacKinnon. Other Lodge members present were Harold Parsons, Robert Ward, Perley Salsman, Donald Bill, Hollis Parker, Delbert Nevelle and Colin Zwicker. They brought with them their own — or more specifically, Perley Salsman's — public address system, record player, and recordings, and entertained us with "words and music."

Among the prize winners were: George Bell, John Dahr, the husband and wife team of Lawrence and Mary Osmond, Bert Lundgren, Peter Crocker, John MacEachern, Margaret MacFarlane, Mrs. Euphemia Jollimore, Mrs. Nirmala Topawala, Alastair MacDonald, Mrs. Ella Nickerson, Mrs. Barbara Aucoin, and Mrs. Monica Thibault. Prizes were nylons and boxes of chocolates. It should be noted that Mrs. Thibault was twice a winner; the second time being the jackpot prize of a five-pound box of chocolates.

Tasty refreshments were brought by the sponsors and were served by members of the Dietary Department, under the direction of Miss Ginny Allen, dietitian. Don Brown represented the Rehab. Department — and trusts that there are not too many errors and omissions in the names of sponsors and of the prize winners.

Our thanks to the members of the Hiawatha Lodge for a very pleasant evening, and to the members of the Dietary Department as well.

Love

The life that lives for love alone
May little else of life attain
But it may have when all is done
What most would give the world to gain.

— Arthur F. Jones

Pilots for an airline smiled in expectancy recently when the following official order was posted:

"All stewardesses will wear dark blue or black stockings only. Anyone found wearing anything else will be subject to disciplinary action."



NURSING NEWS

A dedication service for Student Nursing Assistant group, Class 1970B, was held on Friday, February 20th, 1970, at 1430 hours in Miller Hall, by the Gideon Society under the chairmanship of Mrs. Lawson Myra.

After a brief review of the history of the Gideon Society by the chairman, the group was entertained with several musical selections by Susan Hennigar, guitarist, and the Gibson sisters and a solo by Miss Debbie MacDonald accompanied by Miss A. Myra, organist.

Testaments were presented to each student followed by a dedication prayer by Mrs. Dean Hennigar, Miss Jean Dobson, R.N., B.Sc.N., Director of Nursing, and members of the Teaching Department then presented the diagonal red bands to the students.

The program closed with a prayer by Mrs. Robert Newcombe.

* * * * *

We are pleased to report that Mrs. Catherine Boyle, R.N., is much improved following her surgery. Nursing staff and her many friends wish her continued good health.

Miss Suporn Wongvilairut, R.N., is leaving our staff to work in Halifax. Our best wishes go with her.

A welcome to our staff is extended to the Misses Patricia Llewellyn, Rosemary Bouzan, Barbara Wilson, and Sandra MacNeil.

Congratulations and best wishes to the following staff members; Dr. Helen H. Holden, on her recent appointment to Medical Director of this Institution; to Miss Virginia Allen, P.D.T., on her engagement.

A friend is a jewel that shines brightest in the darkness of misfortune.

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F. J. MISENER, M.D.	Radiologist
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MISS KATHERINE MacKENZIE, R.N.	Director of Nursing
MISS JOYCE LEWIS	Dietitian
MRS. A. WINNIFRED PROTHEROE	Supervisor of Rehabilitation

Church Affiliation

NOVA SCOTIA SANATORIUM

ANGLICAN

Co-ordinating Protestant Chaplain

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

Rev. Dale MacTavish

BAPTIST

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

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

CHRISTIAN REFORMED

Minister—Rev. H. Vander Platt

SALVATION ARMY
Capt. H. L. Kennedy

UNITED CHURCH

Minister—Rev. K. G. Sullivan
Sanatorium Chaplain—Dr. (Rev.) Douglas Archibald

PENTECOSTAL

Minister—Rev. Robert Cross

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

POINT EDWARD HOSPITAL

ANGLICAN

Rev. Weldon Smith

UNITED CHURCH

Rev. Robert Hutcheson

ROMAN CATHOLIC

Parish Priest—Msgr. W. J. Gallivan

PRESBYTERIAN

Rev. E. H. Bean

SALVATION ARMY

Mr. William Brewer

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



The Canteen . . .

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AND BENEFIT

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- A wide variety of grocery items
- Ladies' and Men's wear — Nylons