

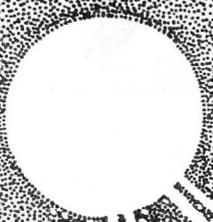
Archie

DALHOUSIE

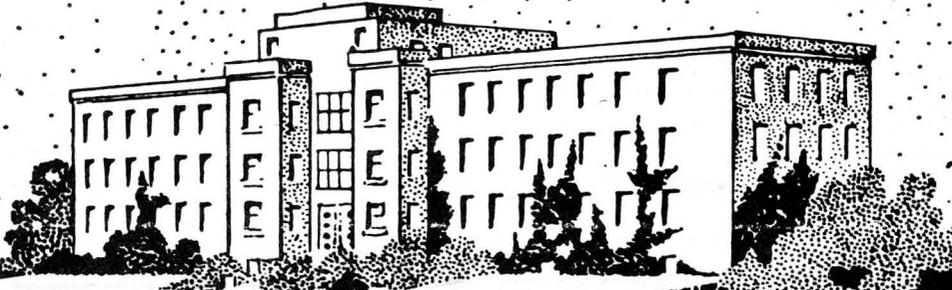
NOVA SCOTIA SANATORIUM
VOL. 51 JANUARY 1970 No. 1
FEB 11 1970

W. R. KELLOGG
HEALTH SCIENCES LIBRARY

Dalhousie Medical Library
Dalhousie University,
Halifax, N. S.



Health Rays



HEALTH RAYS

STAFF

MANAGING EDITOR DONALD M. BROWN
 BUSINESS MANAGER JOHN AKIN
 SUBSCRIPTION MANAGER . . . STEVE E. MULLEN

Authorized as Second Class Mail, Post Office Department, Ottawa

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

SUBSCRIPTION RATES 25 cents per copy \$2.00 per year

Printed by The Register, Berwick, N. S.

TABLE OF CONTENTS

	Page
A GUID NEW YEAR and OTHER POEMS	1
MRS. HOPE MUNROE MACK, R.N., DIRECTOR OF NURSING, NOVA SCOTIA SANATORIUM, RETIRES	2
MISS E. JEAN DOBSON, R.N., APPOINTED DIRECTOR OF NURSING	4
CHRISTMAS AT THE SANATORIUM	5
Ralph A. Doherty	
QUESTION BOX	6
EDITORIAL COMMENT	7
LIVING WITH EMPHYSEMA AND HEALTH RAYS GOLDEN JUBILEE FUND	8
CHAPLAIN'S CORNER	10
Lic Selwyn Hopkins	
"SMILE, JESUS LOVES YOU"	11
Lic. Selwyn Hopkins	
OLD TIMERS	12-13
JUST JESTING	14
INS AND OUTS	15
PATIENTS' CHRISTMAS PARTY	16

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.		

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.

A Guid New Year

A guid New Year to e'm an a'
 And mony may they be
 And during a' the years tae come
 It's happy may ye be.
 And may ye ne'er hae cause to weep,
 Or sigh, or shed a tear,
 To e'en and a'
 Baith great and sma'
 A hearty, guid New Year.

That's the Scots' traditional song for Hogmanay — what other people call New Year's Eve. It's the celebration of the year north of the Tweed — though Burns Night and St. Andrew's Night are not dull occasions either.

Never having been in Scotland for Hogmanay there are some features about which I am rather dim but hope that some time I will get them cleared up.

There's that matter of first-footing parties. The first person outside the family to come in the door spells good or bad luck. The luckiest person is a dark man, next is a fair woman. Unluckiest is a red head. But anybody is unlucky who comes without a gift, a handsel. It may be anything from an orange to a bottle of whiskey. There is some preference for whiskey, should you ever be in the position of having first-footing.

When the handsel is whiskey the head of the house has a dram and then passes the bottle around the family. With appetites piqued by a wee nip they all attack the shortbread which in Scotland is made in a large, round cake to simulate the sun. Believe it or not the Druids were responsible for this. This is followed by Black Bun, which is a tasty concoction with fruit, almonds, spices and brandy, a combination which produces a unique flavour.

Should the guest who first crosses the threshold not bring a gift it signifies privation and hardship for the family in the coming year. A Scot we knew long ago fortified himself against being a giftless guest by loading his pockets before he went calling on New Year's day and extended something to whoever opened the door.

What has puzzled us is when so many people are going to and fro, who is home to receive the guests. Sooner or later I hope to get there and see — and I hope it is before they get so modern, like the rest of us, that they cease to open the front door for the New Year and sweep the old one out the back door.

Maybe all of us have years that we would

like to hang on to, not sweep out. It is like the hard headed Scots to realize that you can't stop time. You can't even make it stand still. So they have a symbol for saying "It's gone," and also one for saying "and here comes another year, welcome it."

TB . . . AND NOT TB

A New Year Card

Another year! Again the din
 Of crowds atooting horns of tin,
 Again confetti in the air
 And bells aringing everywhere,
 As once again the months begin.

Again the jokes—they're growing thin—
 On resolutions not to sin.
 Let's laugh, as though we thought them
 rare,
 Another year!

Here, friends, acquaintances and kin—
 A New Year rondeau—and my fin!
 I know the poem's only fair,
 Next year a good one I'll prepare.
 I'll be a better poet in
 Another year!

—Edward Anthony

New Year's Wishes

What shall I wish thee?
 Treasures of earth?
 Songs in the Springtime,
 Pleasure and mirth?
 Flowers on thy pathway,
 Skies ever clear?
 Would this ensure thee
 A Happy New Year?

Faith that increaseth,
 Walking in light;
 Hope that aboundeth,
 Happy and bright;
 Love that is perfect,
 Casting out fear—
 These shall ensure thee
 A Happy New Year.

—Frances R. Havergal

Joyous souls do not grow old nearly so fast as souls who are in distress. Joy keeps the spirit young, and makes one more helpful and efficient. It is smiles and laughter, sunshine within and without, that makes life worth living.

Mrs. Hope Mack, R.N., Director of Nursing Nova Scotia Sanatorium, Retires

On Friday, December 19, at the Sanatorium Christmas party, special tribute was paid to Mrs. Hope Mack, R.N., Director of Nursing, on the occasion of her retirement. Presentations were made to Mrs. Mack by Miss Jean Dobson, R.N., on behalf of the staff of the Nova Scotia Sanatorium, by Miss Vilda Skerry, R.N., President of the Valley Branch of the Registered Nurses' Association, on their behalf, and by Mr. Alex Buchanan, President of the Civil Service Association. Dr. Helen M. Holden, Acting Medical Superintendent, presented Mrs. Mack with the Public Service Award from the Department of Public Health in recognition of her services over the years. Mrs. Mack retired officially on December 31st.

She was born in Windsor, Nova Scotia, was educated at Windsor Academy and graduated from McLean Hospital School of Nursing, Waverly, Mass., in 1927. In 1928, she married James Mack. From 1928 to 1930, she held a supervisory position at Greystone Park, New Jersey.

In 1930, Mrs. Mack returned to Nova Scotia, joining the staff of the Nova Scotia Sanatorium. In 1933, she was appointed Superintendent of Nurses and remained so until she resigned in 1944. From 1944 to 1946, she was Superintendent of the Blanchard-Fraser Memorial Hospital, Kentville. From 1946 to 1952, she served in the capacity of Director of Nursing, Verdun Protestant Hospital, Montreal, following which she returned to Nova Scotia because of the illness of her parents.

Until 1959, Mrs. Mack served as Director of Nursing Education at the Payzant Memorial Hospital, Windsor. She then returned to the Sanatorium to begin where she left off in 1944, as Director of Nursing, a position she has occupied ever since.

Mrs. Mack was a founder and is a charter member of the Valley Branch of the Registered Nurses' Association of Nova Scotia. She was the first president of this Branch and was to hold this office on a subsequent occasion. She was president of the Provincial R.N. Association from 1937-1940, and again from 1962-1965. She has chaired many committees in the R.N. Association over the years, and has remained a keen and interested member as well as providing excellent leadership and inspiration for her staff. Honorary Membership in the Registered Nurses'

Association of Nova Scotia was conferred upon Mrs. Mack in 1969.

Mrs. Mack is a past president of the Business and Professional Women's Club, Kentville, and is very fond of music, travelling, reading and "poodles."

Mrs. Mack has one son, Robert, and four grandchildren, in Hantsport with whom she intends to make her home.

C. H. Kennedy Dies

Cecil Howard Kennedy died in Halifax on Tuesday, December 30, 1969, at age 59. Well known to many of our readers, he was a former patient and was Editor of **Health Rays** from 1939 to 1941. He was the first Supervisor of Rehabilitation at the Sanatorium and held this position from 1949 to 1955 when he went to the University of Toronto for a degree in hospital administration. Upon his graduation he was Administrative Assistant at the Sanatorium until 1957 when he joined the founding staff of the Nova Scotia Hospital Insurance Commission, where he held the position of director of the division of public hospitals.

Born in Alma, Pictou County, he was educated at Stellarton School, Pictou Academy, Acadia University for a B.A. degree, and Presbyterian College, Montreal, for a degree of Bachelor in Divinity. He was a former pastor at Little Harbour, Cape Breton, until forced to retire from the ministry because of ill health.

Following his treatment for tuberculosis, Mr. Kennedy worked at Trenton Steel Works, as a cost accountant, 1941 to 1946, and as office manager at Maple Leaf Dairy, 1946 to 1949, before returning to the Sanatorium to head up the new programme for rehabilitation.

Mr. Kennedy was a member of the Presbyterian Church of St. David, the Gyro Club of Halifax, City Club, and North British Society.

Surviving are his wife, the former Elizabeth Catherine MacLeod, a sister Mrs. Jack MacKenna, and several nieces and nephews.

**THIS FULL PAGE SPONSORED BY
ATLANTIC WHOLESALERS LTD.
L. ST. CLAIR BAIRD LTD.
MAYFLOWER MOTEL**



Seated: Mrs. Hope Mack, R.N.; standing, (l. to r.): Miss Vilda Skerry, R.N.; Dr. Helen Holden, Medical Superintendent; Alex G. Buchanan; Miss Jean Dobson, R.N.



Mrs. Hope Mack, R.N., with Miss Eileen Quinlan, Senior Dietitian. Both pictures taken by Dr. J. J. Quinlan at the Sanatorium Christmas Party.

Miss E. Jean Dobson Appointed Director of Nursing



The new Director of Nursing, Nova Scotia Sanatorium, is Edrie Jean Dobson, R.N., B.Sc.N. She succeeds Mrs. Hope Mack, and began her duties January 1, 1970.

Miss Dobson was born in Half Island Cove, Guysborough County, and there received her early schooling. She continued her education at the Wolfville High School and shortly after graduation from that institution entered the Victoria General Hospital School of Nursing. She completed her training in 1954 and became a Registered Nurse the same year. She was employed at the Victoria General Hospital as a staff nurse for one year and then went to Montreal where she did industrial nursing for one year. She then became an assistant head nurse on the surgical floor of the Montreal General Hospital, remaining in this position for an additional two years. Her next move was to Bermuda where she spent a year on the staff of the King Edward VII Memorial Hospital, returning to Nova Scotia in 1959. For several months she was employed at the Blanchard-Fraser Memorial Hospital as a staff nurse. She then came to the Nova Scotia Sanatorium as supervisor of the surgical floor. In 1961 she entered Dalhousie University

and in 1962 received her Diploma in Nursing Service Administration.

She returned to the Nova Scotia Sanatorium in 1962 and for the next five years her work concerned nursing administration. In the fall of 1967 she entered Mount Saint Vincent University and in May 1969 she received the degree of Bachelor of Science Nursing, cum laude. In June 1969 she returned to the Nova Scotia Sanatorium as director of Nursing Services, a position which she held until her recent appointment.

Throughout her professional career Miss Dobson has been very active in the nursing associations. At the present time she is 3rd Vice President of the Registered Nurses Association of Nova Scotia. She is a Past President of the Valley Branch of that association and, over the years, has served on numerous committees.

The Sanatorium is most fortunate in having obtained the services of a Director of Nursing who is not only eminently qualified professionally but from previous association knows so well the particular problems of the institution she serves.

Dalhousie University Students Visit Sanatorium

On Monday and Tuesday, December 15 and 16, seven fourth-year students from the Dalhousie University School of Nursing were guests of the Sanatorium for lectures and observation. The students were: Miss Betty Lou MacLaren, Truro; Mrs. Vivian Elaine Pollett, Miss Jean Marie Robinson, Miss Janice Smith, all of Halifax; Miss Bonnie Cheryl Ward, Miss Anne Margaret Winter, and Miss Sharon Irene Wolfe, all of Dartmouth.

Lectures included "The Evolution and Treatment of Tuberculosis" by Dr. E. W. Crosson; "Thoracic Surgery," with film, by Dr. J. J. Quinlan; Discussion periods with Miss Jean Dobson, R.N., B.Sc.N., Mrs. Catherine Boyle, R.N.; Mrs. Hope M. Mack, R.N., members of the teaching staff and head nurses.

**THIS FULL PAGE SPONSORED BY
RON ILLSLEY
ESSO SERVICE STATION
WILLETT FRUIT CO., LTD.
R. W. DeWOLFE LIMITED**

CHRISTMAS AT THE SAN

RALPH A. DOHERTY

Patient, Nova Scotia Sanatorium

I have a story to tell and it could be told over a hundred different ways in this area as well as over a hundred different places in this big wide wonderful country of ours. It could be told as long as there is emphysema and tuberculosis and the fight for life and breath continues. We often take for granted when we receive Tuberculosis Christmas Seals at Christmas time, and when we send our money in to the Association, that this money is helping us invest in our own future. It is helping the Association to detect and fight tuberculosis and other respiratory diseases. We never think that it could hit our family until it does and sometimes it changes our whole lives and we have a different outlook on life. Tuberculosis doesn't pick any special type of person, race, colour, or religion and we are all equal and we have one thing in common, we are here to get better. Some of the nicest people I have met are patients and staff members at the Sanatorium.

Those entering a Sanatorium find life a little different than the day-to-day lives we lived before being admitted. One thing that is very noticeable is that we understand one another, and perhaps it is because we have the time. I hope in the year ahead that men will try to understand one another in the world and help bring peace on earth.

My story is about Christmas at a Sanatorium and it was a little different than that of most patients because I have a son who is a patient here too and the doctors bent, stretched and re-shaped the rules for that day in order for me to spend most of the day with my young son. I often think of Phillips Brooks' words "The earth has grown old with its burden of care, but at Christmas it is always young." I feel that the young really make Christmas for us.

The leading roles in my story are my family, loved ones, and friends. I will call my story "Christmas at the Nova Scotia Sanatorium, Kentville, 1969." The cast includes the medical, nursing, rehabilitation and dietary staffs, as well as church groups, service clubs, tuberculosis associations, and welfare agencies, produced and directed by Dr. H. M. Holden, M.D., C.R.C.P. (C), Acting Medical Superintendent and her Medical Staff.

We gratefully acknowledge the help and support we have all received. If there

was an award or a trophy available for the part each of you played, there would not be a choice as to which one would receive it as you were all outstanding stars and an award would have to go to each and every one of you.

The only thing that the patients and I can give you is our thanks and sometimes the words to express our feelings may sound hollow. We want to thank you from the bottom of our hearts, thank you most dearly and I hope in some way my story will tell you how much you have helped to make Christmas a happy day at the Sanatorium.

My story starts about a week before Christmas and as I went to another wing of the Sanatorium for treatment I noticed the nurses in Medical Section hanging up the Christmas decorations and the spirit seemed to pass from one department to another and the joy of the staff seemed to be overflowing. They always have a smile and a kind word, but on this day it seemed to be in the air.

On our floor our fellow patients put in for Christmas leave and then we noticed the nurses and students on our floor all singing carols and working together making decorations and hanging them up just like Santa's helpers. Then a few other nurses came from other departments and helped with the task. They brightened up our halls so that they seemed to shine just like the star that guided the wisemen to Bethlehem many, many years ago. The excitement seemed to rise from day to day for our fellow patients, wishing that their passes would come through, and then others getting word that theirs were approved. The talk in the rooms was about what each person would do or was going to do when he got home for Christmas. Some of the patients received word that they could go home for good; that they had won their battle and could once more go out and take their place in the world, as they were healed. This was the greatest gift that they could have received for Christmas.

On the evening of December 11th the

(Continued on Page 8)

THIS HALF PAGE SPONSORED BY

Hiltz Dry Goods Ltd.

Question Box



Q. What is the source and nature of tuberculin used for tests?

A. The material originally used for the tuberculin test was obtained from the broth in which the tubercle bacilli were grown. It was known as Old Tuberculin, or OT. Because this contained products other than tuberculin, it sometimes produced false positive reactions. In 1937, the protein fraction of the preparation was isolated. This was called the Purified Protein Derivative, or PPD, and this is the type in use today for the tuberculin test.

Q. What is indicated by the relative severity of reaction to the tuberculin test?

A. The tuberculin test will be positive not only in individuals who have evident tuberculosis but also in the far larger number who have been infected by the tubercle bacilli and who never did develop clinical disease.

In the first group there is not much significance attached to the degree of positivity of the tuberculin reaction. However, when the tuberculin test is being used in surveys, the strength of the tuberculin reaction is of importance; for example, in school children who have a strongly positive tuberculin reaction, it can be assumed that their infection is probably recent or that their allergy has been boosted by their continuing to breathe in living tubercle bacilli. In other words, there is an open case of tuberculosis somewhere in the child's environment.

Q. When tubercle bacilli lie dormant in a person from childhood, does it mean that the same germs lie in the body for years without multiplying? If so, why don't they multiply?

A. The above assumption is correct. Tubercle bacilli that are dormant in an individual as, for example, all persons who have a positive tuberculin test without evidence of disease are not multiplying. They do not multiply because they are prevented from doing so by the various factors in the body that produce resistance to infection.

Q. I am told that I have minimal tuberculosis but that so far my sputum is neg-

ative. Will I need treatment?

A. It is sometimes quite difficult to find tubercle bacilli in the sputum of individuals with active minimal tuberculosis. As noted many times in this column, the unfortunate term "negative sputum" infers only that germs were not found on one, two, three, or four occasions when the sputum was examined. If the x-ray film shows a persisting lesion and if the tuberculin test is positive, treatment is most necessary even though the sputum is negative.

Q. Will tubercle bacilli thrive in the blood?

A. While tubercle bacilli are frequently transported throughout the body by the blood stream, it is unlikely that they "thrive" in the blood. Very probably in all individuals who have active primary infection tuberculosis tubercle bacilli drain into the blood stream from the involved lymph nodes at the root of the lung. They may then be seeded throughout various parts of the body. In the great majority of cases, they cause no further trouble. In some cases, however, they are responsible for the development of the so-called "reinfection tuberculosis," usually in the lung, but occasionally in other parts of the body such as the spine and kidney.

FOLKS AND ME

It is a funny thing, but true
That folks you don't like, don't like you;
I don't know why this should be so,
But just the same I always know
If I am "sour" friends are few;
If I am friendly, folks are too.
Sometimes I get up in the morn
A-wishin' I was never born;
I make cross remarks a few.
And then my family wishes, too,
That I had gone some other place
Instead of showing them my face.
But let me change my little "tune,"
And sing and smile, then pretty soon
The folks around me sing and smile;
I guess 'twas catching all the while.
Yes, it is a funny thing, but true,
The folks you like will sure like you.

—Anonymous

In bringing up a child, think of its old age.
—Joudert

Editorial Comment

Another Christmas has just passed and things are getting back to normal at the Rehab Department. Each day I tell myself that everything else will be dropped and I will get down to writing those thank-you notes. Actually, it is always our pleasure at this time of the year to acknowledge, with our sincere thanks, the gifts and kindnesses from church organizations, service clubs, and the many other groups and individuals. We are grateful to the many who have expended time and effort in making Christmas happier for us at the Sanatorium.

We also wish to thank the individuals and groups who provided entertainment for the patients during the month of December. Some of the events were as follows:

Thursday, December 11th: The combined choirs of the Margaretville Baptist and United Churches presented a fine program of favourite hymns and Christmas music. The group, under the direction of Reverend John Leddicote, demonstrated a great deal of enthusiasm and good will as they visited the various floors and it should be mentioned that last year, as well, they were the first group to visit us.

Tuesday, 16th: A patients' party was held in the Recreation Hall sponsored by the members of the Knights of Columbus. This is written up elsewhere but we wish to give special thanks to this group for sponsoring the party, as well as to the Barbershoppers for adding such a fitting finale.

Wednesday, 17th: The Salvation Army Band and carol singers made their annual visit, providing Christmas music and "sunshine packages."

On the afternoon of the same day the student nursing assistants, under the leadership of Miss Betty MacPhail, Nursing Instructress, sang carols on the wards.

Thursday, 18th: A folk service was held in the Chapel, sponsored by a group of nursing assistants. Reverend Dale MacTavish and Father Saulnier took part in the service, and the music was provided by the nursing assistants.

On the same evening an Explorers group came to the Chapel for singing carols and their program was heard by the patients over Station SAN.

Friday, 19th: Carols were sung on the wards by the ACTION Group (Active

Christian Teenagers In Our Neighbourhood). Leaders of this group were Reverend Freeman Fenerty, Mr. D. Burns, and Mr. H. Foote.

Saturday, 20th: The choir of St. James Anglican Church, Kentville, presented a program of Christmas music on the various floors.

It is with pleasure that we thank these groups for adding so much to the spirit of Christmas at the Sanatorium.

Our congratulations are extended to Dr. J. J. Quinlan, Mr. Burwell Outhouse, and Mrs. Doris McDow, who were among twenty-six civil servants presented with their 25 year service awards. The ceremony took place on November 24th at Government House and the presentations were made by Honourable Victor DeB. Oland, Lieutenant Governor.

Not previously mentioned was the fact that Dr. A. Laretei attended the Biennial Meeting of the International Union Against Tuberculosis which was held in New York in September. At this same meeting Dr. Hiltz's paper on carcinoma was presented by Dr. Allan Myrden.

On the evening of December 1st the St. John Ambulance Brigade First Aid Class graduation ceremonies were held in Miller Hall. Chief Instructor was Adi Jagosh, and presiding over the ceremonies was Mrs. Mary Durno. The certificates were presented by Dr. Holden, Medical Superintendent.

Those of us on the **Health Rays** staff, as well as all of us in the Rehabilitation Department, join in wishing our readers happiness and good health in 1970.

Relativity of Time

It took 5,000 years to progress from the sail to steam;

130 years from steam to gas, electricity, etc.;

40 years from gas, electricity, etc., to the atomic age;

12 years from atomic age to the space age.

Note that the time span decreases as progress increases.

— Contact

Living With Emphysema

This office received a letter which we think should be shared with you. It came from Mrs. Vera Berry of Red Deer, Alberta, along with her life membership. It might help you right now with your job of getting back your health and keeping it.

"I suffered from tuberculosis while in my teens. After ten years treatment, I recovered fairly good health. I was left with what was called "lung damage asthma," and was too short of breath for vigorous activities. For many years, every little cold developed into a severe attack of bronchitis and asthma. The TB never became active again, but I gradually developed emphysema. In spite of my checkered health, I married, survived five years of northern isolation, and raised two adopted children. By the time they were in their teens (and I was in my late 40's) wonderful things began to happen to me — which opened up a whole new life. My doctor began to use antibiotics at the first sign of a chest infection, and I rarely developed anything more serious than a mild cold. I also got psychiatric treatment for "nervous tension." The first prescription was "do something every day that you really want to do." I wanted to study so I picked up my education where it had been interrupted by TB thirty years before. As I

sorted out my emotional difficulties and began to discover my potential, my physical health also improved. My asthma, which had become increasingly severe, was greatly alleviated. When I finished high school, I went on to university, and after five years I had a B.A. and M.A. in Psychology. I am now working, very happily, in the Alberta Guidance Clinic here in Red Deer.

My attempts to do the seemingly impossible have taken their toll — the emphysema has gradually become a more serious handicap. Two years ago it looked as though I might be unable to continue working. I got a renewed lease on life when a chest specialist (Dr. P. Sproule, of Edmonton) started me on "exercise-with-oxygen." With medical supervision and some experimenting on my own part, we have devised an exercise program which has made a tremendous difference to my health. I believe this simple exercise program (along with the rather expensive oxygen equipment to carry it out daily) could be of benefit to many persons who suffer severe lung damage."

—TB . . . And Not TB,
Canadian Tuberculosis Assoc.

CHRISTMAS AT—

(Continued from Page 5)

choirs of Margaretsville Baptist and United Churches, directed by Rev. John Leddicote, came to the hall on our floor and sang carols. The patients stopped what they were doing when they heard the music and came out into the halls, first one, and then another. I noticed a few patients even joining in on some of the carols and we really enjoyed the choir.

On the evening of December 16th we patients on higher exercise were invited to the Recreation Hall for a Bingo game sponsored by the Knights of Columbus and Mr. Norman J. Wetmore was chairman of the committee. There were skits and jokes and prizes and there was laughter galore. Later in the evening the "Barbershoppers" visited us and sang and as we were the second place they sang that evening their throats must have been dry but they were still at their best when they brought to us that Barbershop harmony and we followed right along in song. The lunch was provided by the Knights of Columbus but a big thanks to

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 November 25, 1969:

Previously acknowledged:	\$1,819.54
Recent Contributors:	
Century Patrons	Nil
Patrons	
Clara Quinlan	
Thelma Stuart	
Ernest Taylor	
Total	32.48
Grand Total	\$1,852.02

our Dietary Department who laid out and served the food.

On the afternoon of December 17th we had a pleasant treat when the Student Nursing Assistants were off duty and they came to our floor and sang carols, directed by Miss E. MacPhail, R.N. Some of the students have already spent time on our floor along with the students who are now working on our floor. During the first part of their training they may be a bit timid but we feel that they have the potential to make good certified nursing assistants and during their training with the patients and with the help of their instructors they develop empathy and compassion along with their nursing skill. We were very happy to hear the students sing the carols but also deeply touched.

On the evening of December 17th the Salvation Army and their carol singers arrived in the hall and the Salvation Army passed sunshine packages around to each patient. The band members played and sang carols. I have seen some wonderful work by the Salvation Army over the years, and they have a special way of bringing light and hope into some of the darkest places.

On the afternoon of December 18th those of us who were on high enough exercise were invited to a service at the Chapel put on by the Certified Nursing Assistants and student nursing assistants with Miss E. MacPhail, R.N., directing the music. All faiths were invited to the service and Rev. Dale MacTavish, who is Protestant Chaplain at the Sanatorium, and Curate Rev. G. E. Saulnier of the Roman Catholic Faith both took part. When the Certified Nursing Assistants took their turn to speak some of them were a little nervous and I knew a few of them by name and I felt very proud of them because only a few short months ago they were students too, and they graduated and have taken their place with their sister nurses. To the students who have not reached their goal and to the new students who only started a few months ago, I would like to say that there wasn't a patient in the Chapel who wasn't

very proud of each and everyone of you. Knowing you had taken the time to put the service on, and the extra time it required of each and every one of you, we were all truly grateful. On the way back from the service we met Mr. and Mrs. Santa Claus in the tunnel, being shown around by Mrs. Chase, and they were just coming back from our wing of the Sanatorium. I bet they were checking up on who was naughty and nice but they gave us a treat so I guess we were not so bad after all.

On the morning of December 19th storm warnings were being broadcast and because most of our fellow patients' passes were to start the next day, some became concerned over the storm and were permitted to go home on the 19th. That evening there were a few missing faces but during the later part of the evening we heard young voices singing carols. This was the ACTION group (Active Christian Teenagers in our Neighbourhood) led by Rev. Freeman Fenerty, Mr. D. Burns and Mr. H. Foote.

Saturday, December 20th, was a busy day for our nurses as they helped see our fellow patients off to their homes. It was a day with mixed reactions for the rest of us who were left behind. We were happy for the fellows to be able to spend Christmas at home but we were a little sad to be left behind.

That evening we were visited by the choir of St. James Anglican Church, and that helped to make us feel that we were not forgotten. Then on Sunday evening we heard voices in the hall downstairs but because it was late they did not come up. They were the Young People's group from the New Minas Baptist Church, and they sounded very nice.

During the next few days we were kept busy receiving Christmas cards and hearing from friends whom we hadn't heard from for so many years. We received Christmas presents from our families and loved ones, too, and I found there were friends to whom I had to write letters as a card would not express my feelings at this time of year. It is the season for friends to drop in, and this year I had to make my visits by letter. Before I knew it, it was Christmas Eve, and I turned in early because I knew that Christmas day would be a busy day for me.

When I woke up in the morning I found that Santa Claus did come to me but I noticed that one thing I had asked for was missing. I had asked him to put a

(Continued on Page 13)

**THIS FULL PAGE SPONSORED BY
HILTZ BROS. LTD.
PETER CLEYLE LIMITED
J. W. STEPHENS LIMITED
THE BERWICK BAKERY LIMITED**



Chaplain's Corner

LIC. SELWYN HOPKINS

Student Assistant Pastor

Kentville United Baptist Church

"IS IT I, LORD?" Matt. Ch. 15: 1-21

Have you ever hurt someone who loves you?

Have you ever had your love rejected by someone close to you?

Have you ever longed for a new sense of what Jesus Christ was really like in a life situation?

The story in Matthew of the Last Supper is full of these feelings — feelings of love and acceptance, of love and rejection. It also tells us something of the warm personality of Jesus Christ in a situation of stress.

What drama there was. During the meal there was the tension between sin and love — sin at its lowest and love at its highest.

Let us go back to the upper room with the disciples in that past event and then compare it to our experience here this morning.

Jesus sits at the table with the disciples and as they are eating he says, "one of you will betray me." The disciples feel badly — who would do such a terrible thing — who would hurt their master and friend, who would betray Jesus, the one who means so much to them. One of them — deep down in his heart — knows who Jesus is talking about. The others do not know who it is — "Is it I, Lord?" they ask. Judas had worked in complete secrecy, for if they knew who it was, he might never escape with his life.

Judas has concealed his plans from his friends but he cannot conceal them from Jesus. Jesus knows the dark secrets in the heart of Judas — He knows what Judas is up to. Jesus could point Judas out to the others, He could blast him with His power and make him helpless, even kill him. But the only weapon that Jesus will use is the weapon of love's appeal. One of the great mysteries of life is the respect that God has for the free will of man. God does not force, he appeals by love.

First of all, Judas is confronted with his sin — he is made to stop and see what he is doing. Secondly, Judas was confronted with Jesus. Jesus looks into his eyes and sees the heart of Judas, the eyes of Jesus are full of love and compassion — He understands Judas. He looks at Judas as if to say "can you look

at me, can you meet my eyes, and go out to do the things you plan to do?"

The appeal of Jesus is to make a person realize the horror, the tragedy of the thing he seeks to do and to know the love which yearns to stop him from doing it. Here we see the awfulness of sin. In spite of love's last appeal Judas went on. Even when he was confronted with his sin and confronted with the person of Jesus Christ, Judas would not turn back. Oh, the tragedy of sin that is planned—that knows the love and trust given to persuade the person not to do it, but still goes on and breaks the heart of the one who loves.

Well, before we get upset with Judas, let us ask ourselves, "Is it I, Lord?" Just as Jesus knew the secrets of Judas' heart, so He knows our hearts. He knows the deep feelings of guilt we try to cover with our pleasant ways; He knows our devotion; He knows how much time we spend studying the Bible, how much love we give to others. He knows if we are phonies or not — our friends may not, but Jesus does. "Is it I, Lord?"

He confronts you—right now with your sin, with your separation from Him. But He also confronts us with Himself.

Oh, what love — what have we done with it? What shall we do with it today? Will we betray him, will we leave and run away from Him like His disciples did during a time of trial; will we deny Him like Peter, betray Him like Judas?

Jesus loves each of us. Today we can find forgiveness in the blood which He shed for the forgiveness of our sins. By giving Him back the life we owe we can feel forgiven and so go out to live anew for Him, or we can go through the procedure not feeling the great love behind the broken body and the shed blood.

Jesus says, "one of you will betray me." Can you honestly ask "Is it I, Lord?" "Is it I, Lord?"

The world is a looking glass, and gives back to every man the reflection of his own face. Frown at it, and it in turn will frown upon you; laugh at it and with it and it will be a jolly companion.

—Pep

"Smile, Jesus Loves You"

LIC. SELWYN HOPKINS

Two summers ago I had some warm experiences at the San as Student Chaplain but I never thought that the next summer I would be working with a "hippie minister" on Sunset Strip, Los Angeles, California. From May 13 to June 21st I worked with Arthur Blessitt and the staff in a gospel nightclub called "His Place." We also talked with people about God on the sidewalks, in bars, gas stations, topless night clubs. We believe that God is "where it's at."

It was really something to witness the power of God to change lives in the midst of violence and depersonalization. We worked with hikers, drug addicts, hippies, prostitutes, bar hoppers—all people made and loved by God. We saw people not as objects to be converted but as people to be loved who could find their true worth and purpose—God. Some of us lived in a half-way home called the "House of Disciples" where new converts and staff workers studied the Bible and prayed. What inspiration! To open up to a renewal of the spirit of God and to share deep love with deep need.

We didn't try to "stuff religion down people's throats" but in love we treated all people with respect no matter what their condition was. We fed people with coffee, peanut butter and jam sandwiches; counselled them and if they were sick we took them to the hospital. We discussed the faith with anybody who wanted to and asked them to take the "ultimate trip," to get "turned on" to God through Jesus. We prayed with people on the sidewalks, in bars, going across crosswalks, everywhere. We worked for God from 7:30 p.m. to 4 a.m. every night, and often longer in the wee hours of the morning. We were threatened by Hell's Angels and I was kicked in the chest by one of a gang of angry young men but what joy it was to let them know that we cared for them and God loved them. Often we used the phrase, "Smile, Jesus loves you."

I wish to thank all the staff and patients at the San for their concern for their brothers and sisters wherever they may be and for their prayers. I am sure that the "community of love" experienced while at the San was God's way of preparing me for the ministry on Sunset Strip.



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.

Between Midnight and Morning

You that have faith to look with fearless eyes

Beyond the tragedy of a world at strife,
And trust that out of night and death shall rise

The dawn of ampler life;

Rejoice, whatever anguish rend your heart,
That God has given you, for a priceless dower,

To live in these great times and have your part

In Freedom's crowning hour;

That you may tell your sons who see the light

High in the heaven — their heritage to take—

"I saw the powers of darkness put to flight!

I saw the morning break!"

—Owen Eeaman

TRY IT!

A smile can add a great deal to one's face value.

OLD TIMERS

One of the joys of Christmas is the opportunity it gives for exchanging greetings with old friends. The writer has had many interesting and heartwarming messages this year and we will endeavour to sift through the ones that may be of interest to our readers. First, here are some from Anne Marie:

When Mary and Percy Doucette were in Tracadie at Christmas time they saw Owen Williams of Monastery who was a patient here in 1951 and married one of our nursing assistants, Miss Bowman. Owen has kept well, is the father of eight children, and works as an electrician. He wished to be remembered to any of his friends at the San.

Marilyn MacLeod who was first a member of our Physiotherapy Department and was later here as a patient in 1965 is studying for her degree in physiotherapy at McGill. She plans to return to Nova Scotia following her graduation next May. She worked in Prince George, B. C., last year and spent a few days vacation in San Francisco. She was spending Christmas with her mother in Whycocomagh.

A note from Eleanor Coldwell Corkum, a former Occupational Therapist at the San and now at Camp Hill Hospital, reports that she frequently sees Monsignor Durney who is chaplain at Camp Hill Hospital. Eleanor's husband Byron, who is an ex-patient and former manager of the Saratorium Canteen, is still employed as a bookkeeper with the N. S. Liquor Commission, Halifax.

A clipping sent to us shows Carl Peach, President of Royal Canadian Legion Branch 109, Hantsport, receiving a presentation made by the Ladies Auxiliary. Carl was a San patient in 1951.

From Mrs. Eileen Hiltz comes a Remembrance Day poem written by Mrs. Marie MacLean (formerly Moran), who was here in 1947. A native of Port Hood, Mrs. MacLean now lives in Vancouver. Besides caring for her home and two children she does much voluntary work in various organizations and still finds time for freelance writing and for poetry.

Marguerite MacLeod writes that she is still pretty well confined to her home due to a session she has had with virus pneumonia. This has not kept her from helping out with the Old Timers column and she has sent in the following news:

She had a letter from Marie (Legere) Morehouse, a former handcrafts teacher at the Rehab. Department. Her husband is service manager for Air Equipment,

Halifax, and they are living in a trailer court at Lower Sackville. Their oldest child, Kevin, started in primary this fall and the youngest boy is three years old. How the years do pass! Marie mentions that across the street their neighbours are Carolyn Arsenault and husband Scott. Carolyn was a San patient in 1961, as was their son Billy who is now married and lives in Halifax.

Marguerite also had a newsy letter from Bobby Melanson, Belleville North, a former pupil of hers at Roseway Hospital. He is working mornings in the Belleville Post Office and sells Rawleigh products in the afternoons. Bobby really gets around and his letter contains a wealth of information concerning former Roseway and San acquaintances. He mentions having visited Mrs. Al Davis, who still works at Roseway and Mrs. Brenda Page; Harold Hodgson, Rockland; Harold Murphy, East Ragged Island; George Joudrey, Bridgewater, who is a teacher at Hebbville High; Howard Langille; Hazel Delong, both of Barss Corner; Paul Pellerine, Rockingham; Warren Monk, East Ship Harbour, who was his former roommate at the San; Reg Butler, Sheet Harbour; Sis and Angus McAdam. It is plain to see that Bobby is as friendly as ever and really enjoys meeting people.

Still looking over Marguerite's notes, there is a message from Robbie Stalker who says "Dad is in pretty good health (he was a San patient at the same time), my brother and I are in grade eleven and I am still on the honor roll and am also in grade eight piano, co-editor of the school yearbook, I am still typing quite a bit and every time I do you are always remembered."

Marguerite also had a message from Cathy Mitchell (Tucker), a patient at Roseway and the San in the early 50's, who used to work as a secretary and now reports that their child, Marty, has just started kindergarten.

Alberta (Vidito) Learmouth, Halifax, San patient in 1935 reports that she is well, her daughter is attending the University of Toronto for a degree in library science, and her son moved to Ontario last fall. She enjoyed a trip to Florida last winter.

Ada (Collicut) Church, Martock, re-

**THIS FULL PAGE SPONSORED BY
DON CHASE LTD.**

MANSON'S DRUGS LTD.

ports that her son who was born at the Sanatorium will be six years old in March. Evelyn (Collicut) Hiltz, who was in Roseway in the late 50's, has four children in school and is studying the new math so that she will be able to help them. She and her husband bought a farmhouse in East Chester and are fixing it up. Her father, who was a gifted storyteller, died in September. Dr. Helen Creighton has some of his stories in her book.

Joan (Daurie) McCarthy, here in 1953, had a trip to Britain this year and while there visited the castle in Wales where Prince Charles was invested.

With sincere thanks to Marguerite for the above, we now return to Anne Marie's contributions: Jessie (Burchell) Corsbie, former San patient and instructor in weaving, reported that she had sent anniversary greetings to H.R.H. Queen Elizabeth and was thrilled to have the Queen acknowledge her greetings.

Sister Loretta Vincent, of the Sisters of Charity, had a check-up recently. She was a San patient in 1947 and since then has been stationed out West but was recently transferred to Middleton. She has enjoyed good health ever since her discharge.

Edna Mae (Downie) White, Lawrence-town, a former patient and nursing staff member visited friends at the San recently and it is reported that she is looking extremely well. In spite of her busy schedule she finds time to work at her stamp collection.

Harold Nicolle, Amherst, was in for a check up a while ago. He feels fine and is still working as office manager of the Indian Affairs Branch.

Hazel Tipert former patient of the 30's and later admitting clerk, wrote to Grace Adams. She still works in the medical supply section in the hospital on the U.S. Air Force base at Goose Bay, and takes jaunts around the globe on her vacations. This year she divided her vacation, coming to her home in New Germany in June, then in August, she took a trip farther north along the Labrador coast on the vessel "Bonavista" some 400 miles beyond Goose Bay. The vessel stopped off at various villages along the way where the entire population comes down to the dock when a ship arrives. They visited the hospitals, stores, etc.

Thus endeth Anne Marie's notes as well!

Among the greetings directed to the Rehab. Department were messages from

Helen Darrington, Halifax; Helen Catherine MacDonald, Purl Brook, Antigonish Co.; Miss Madeline Spence, R.N., Ellershouse; and Jane (Brown) Cummings, Clayton Park, Halifax, who was formerly here as a handcrafts instructor. We also heard from Barb Baker who is completing her final year at the Nova Scotia College of Art and plans to resume her work as handcrafts instructress at the San in May.

CHRISTMAS AT—

(Continued from Page 9)

little nurse in my stocking but perhaps he couldn't find a stocking big enough or there was a shortage of nurses. I opened up my gifts before breakfast and then went for treatment. When I was finished I went to the Children's Annex and excitement was coming out of the doors! My son met me telling me of all the things he received and the nurses and students were busy marking each child's gifts. Santa's helpers at the Annex must have had a big job making the doors larger in order for Santa and friends and families to bring in all the gifts. When the nurses got hold of Santa they must have squeezed him extra tight and got the extra toys.

My son went from one toy to another. He started to put together a plastic model plane and asked me to help him but when I started working on it he took off for something else. I was the biggest child in the Annex that morning! When dinner time arrived the patients on our floor were allowed to go to the Patients' Dining Room. My son and I went into the dining room together and as we looked around we knew that the staff must have spent some time decorating the room because it looked as if a touch of magic was performed because each thing was so nicely displayed and set up. The other children who had to stay for Christmas were eating with their parents too.

(Continued on Page 16)

THIS FULL PAGE SPONSORED BY

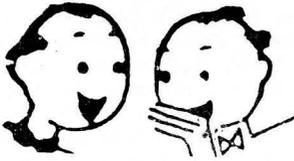
W. L. HARDING, LTD.

BALCOM - CHITTICK LTD.

BROOKFIELD CREAMERY

J. M. DUGUID, JEWELLERS

Just Jestin



A Hollywood father was asked to tell his son a bedtime story. Here's how he began: "Once upon a time there was a papa bear, a mama bear, and a baby bear by a previous marriage."

* * * * *

There is a story about a star freshman football player. Who, on his first visit to the bank, was asked to endorse his check. And wrote, "I heartily endorse this check."

* * * * *

Eminent foreign psychiatrists were being taken around a French insane asylum. In the corridor they met one of the patients.

"Why," one of the specialists asked him, "do you remain huddled up in this corner all alone, scratching yourself?"

"Because," replied the inmate, "I'm the only person in all the world who knows where I itch."

* * * * *

"How long have you been driving without a taillight, buddy?" demanded the policeman.

The driver jumped out, ran to the rear of his car, and gave a low moan. His distress was so great that the cop was moved to ease up on him a bit.

"Aw, come now," he said, "you don't have to take it so hard. If isn't that serious."

"It isn't?" cried the motorist. "What happened to my trailer?"

* * * * *

"How's business?" a customer asked the old scissors grinder.

"Fine," he replied, "I never saw things so dull."

* * * * *

"Integrity and wisdom are essential to success in every business," said the boss to a new employee, "By integrity I mean that when we promise a customer something, we must keep that promise even if we lose money."

"And what is wisdom?" asked the new man.

"Don't make such fool promises."

Young lady: "Hurry up, please, and give me a quart of red oil."

Service station attendant: "A quart of red oil?"

Young lady: "Yes, of course. Can't you see my tail light has gone out?"

* * * * *

Two old ladies were enjoying the music in the park. "I think that's the minuet from Mignon they're playing now," said one.

"I thought it was the overture from LaBoheme", said the other.

So the first old lady went over to what she thought was the board announcing the program.

"We're both wrong," she said when she got back to their bench. "It's the 'Refrain from Spitting.'"

**THIS FULL PAGE SPONSORED BY
WRIGHT'S CLOTHING LTD.**

**Specialists in Clothing for
the Entire Family**

Geraldine: "What does the buffalo on the American nickel stand for?"

Ella: "Because there isn't room for him to sit down."

* * * * *

A friend called upon a guest at a hotel, knocked, and asked him to open the door. "Can't; door's locked!" the voice within announced.

"Well, unlock it!" the caller requested.

"Can't; lost the key."

"Great Scot, man! what will you do if there's a fire?"

"I can't go!"

* * * * *

Mother: "Jimmy, there were two pieces of pie in the pantry this morning and now there's only one. How is that?"

Jimmy: "I don't know. It was so dark I guess I didn't see the other piece."

* * * * *

Sharon: "Have you given the gold fish fresh water?"

Nancy: "No, they haven't finished the water I gave them yesterday yet."

* * * * *

Fred: How do you meet expenses?

Ed: My wife introduces them to me.

* * * * *

There might be something to reincarnation, judging by the way some people come back to life at quitting time!

Ins And Outs



NOVA SCOTIA SANATORIUM

Admissions: November 16 to December 15

GEORGE EDWARD BELL, Dartmouth, N. S.; ARTHUR CHARLES BRUNDAGE, Amherst; COMMANDER BREDIN DELAP, Centreville, Kings County; MARK DAVIDSON DOWNEY, North Preston; JOHN EDWARD DYKENS, Lower Wolfville; WILFRED LAURIER FRASER, Aspen, Guysborough Co.; MINARD HAROLD HAYMAN, Tatamagouche; CLARENCE WILLIAM MARSH, Spryfield; VICTOR GOLDEN MARSHALL, Bridgetown; HOLMES MAGEE MORSE, New Minas; MRS. ALISON MARGUERITE MacDONALD, Amherst; DENNIS JOSEPH MacKAY, Dartmouth; JAMES CALVIN ROBSON, New Glasgow; DOUGLAS BENJAMIN SMITH, Amherst; ROBERT EARL SWEENEY, Halifax; MRS. MONICA MARY THIBAUT, Halifax; MRS. NIRMALA TOPIWALA, Dartmouth; WILLIAM FRANCIS TRAVIS, Dartmouth; PERCY STANFORD WENTZELL, Kentville.

Discharges: November 16 to December 15

EDWARD BONVIE, New Glasgow; ALBERT ERNEST BROWN, Steam Mill, Kings Co.; ALEXANDER FINLAY CAMERON, New Waterford; NORMA JEAN CAMERON, Halifax; JOSEPH WILLIAM DIXON, Dartmouth; SIDNEY JOHN EDGER, Head of St. Margaret's Bay; MRS. EVELYN LORETTA ELLIOTT, Eastern Passage; WILLIAM ANDREW GRAVES, Port Williams; DANIEL MURDOCK ALLAN KENNEDY, Westville; DONALD HUGH LIGHTBODY, Truro; GEORGE LEROY MURPHY, Auburn; MALCOLM GEORGE ROSS MacCALLUM, Halifax (Expired); MRS. ANNA CONSTANCE McCARTHY, Truro; MRS. ALISON MARGUERITE MacDONALD, Amherst; MRS. FRANCES THERESA MacDONALD, Sydney; ANNE MARIE MacDOUGALL, Kentville; EVELYN LOUISE MacLELLAN, Noel Shore, Hants Co.; MRS. SHIRLEY ALBERTA MacPHERSON, New Waterford; MRS. MURIEL LUCILLE POTTER, Auburn; MICHAEL WADE

POTTIE, West L'Ardoise; GEORGE EDWARD ROY, Yarmouth; MRS. MARIE REGINA SAULNIER, Saulnierville; GEORGE EDWARD THOMPSON, Coldbrook, Kings Co.; WALTER LAWRENCE VEINOT, New Germany; ADRIENNE MARIE WILLIAMS (BUSHEL), Toronto.

POINT EDWARD HOSPITAL

Admissions: November 16 to December 15

MRS. LILA BRELIEGH, 18 French St., Sydney; MRS. JESSIE MATILDA CATHCART, Port Morien; JAMES McVEY HICKKEY, 710 Winnifred Square, Glace Bay; ALEXANDER JAMES MacEACHERN, St. Margaret's Village, Victoria Co.; DANIEL HECTOR MacLEAN, 17 R. Seaview St., Glace Bay; JOHN DUNCAN MacVICAR, 1 Park St., Glace Bay; GEORGE LEROY MURPHY, Box 18, Auburn, Kings Co.; CHARLES WILLIAM NEARING, 133 Dorchester St., Glace Bay; ROBERTA GAIL PAYNE, 29 Young Ave., North Sydney; MRS. AMANDA PETRIE, 19-12th St., New Waterford; MARY THERESA PIERRO, Nyanza; THOMAS IRWIN SMITH, 10 Berkley St., Glace Bay; NOEL STEVENS, Nyanza.

Discharges: November 16 to December 15

PATRICK CAMPBELL, 4 Columbus St., River Ryan; FRANK MELVIN CLARK, 10 View St., Sydney Mines; MRS. ISABEL ALICE DOUCETTE, 15 Gallagher St., Sydney; MRS. MARY MADONNA ELLSWORTH, 10 Union St., New Waterford; LINUS ARCHIBALD FORTUNE, 286 Plummer Ave., New Waterford; GILBERT FRANCIS GILLIS, 55 Dominion St., Glace Bay; ALEXANDER ALOYSIUS LAWRENCE, 161 Brookside St., Glace Bay; WILLIAM EDWARD McADAM, 8 Disraeli St., North Sydney; MRS. MARY MAE MacINNIS, Deep Cove, Gabarous; MATTHEW MORRIS, Eskasoni; MSTR. CECIL RODNEY SNOW, Green Hill. Florence; GERALD ALEXANDER WHITE, 18 Reserve Rows, Reserve.

We must look less to excitement and more to duty for happiness.

* * * * *

Be thou the true man thou doest seek.

THIS FULL PAGE SPONSORED BY

R. D. CHISHOLM LTD.

PETERS' LUNCH

CHRISTMAS AT—

(Continued from Page 13)

My son and I chose a table and staff were happy and eager to serve us. We had a traditional Christmas dinner of roast turkey with all the trimmings and for dessert there was, of course, English Plum Pudding.

I enjoyed watching my son eating each course and wondered were he was putting it. The staff in all phases of the Dietary Department deserved a great deal of credit, as the dinner was delicious. If I had more room in my waistline I know I would have been like my son and put a great deal away.

After our dinner I went to the Annex until rest period and finished my son's model. I went to my room for the 1:00 to 3:00 p.m. rest period but the excitement was still in the air and I didn't get to sleep until about two o'clock or after. When 3:00 p.m. came, I went back to the Annex and when I went in it was just like the morning again. The children were still excited over their gifts and toys that they had received. The other parents and I just sat back and watched our children and we were all pleased and proud that so many friends had remembered them this Christmas. We also got a chance to meet one another and I enjoyed talking to the different people and sharing their concern—wishing that our children would soon be well again and able to take their places with their brothers and sisters.

When supper time arrived we were invited to stay for supper with our children but I thought my son and I had had enough excitement for one day and felt it would be better if I went back to my room for supper. After supper things were quiet on the floor and when it was time for me to go to bed I lay there and thought of all the wonderful people who had played a part in my Christmas day. If I have missed someone and didn't mention you I am sorry, but it wasn't that you were forgotten in my heart. To all the staff who had to work Christmas day and gave up their own joys with their children, a special thanks. To the staff who spent their first Christmas away from home, the smiles you were giving helped bring extra joy to me and my fellow patients. To the staff I haven't mentioned, I hope the spirit of Christmas will be with you all year.

Before I turn my lights out I would like to say to anyone who has a friend who is a shut-in or is in the hospital or

especially a Sanatorium, please make it a point to visit them today because you will not only make them feel better but you yourself will be a better person. Going through life there seems to be something that rubs off people onto us and we become richer in many ways.

I will put up my pen but before I do, I will say good-night as tomorrow is another day at the Sanatorium.

Patients' Christmas Party

On the evening of Tuesday, December 16th, a party was held in the Recreation Hall sponsored by the members of the Knights of Columbus. This took the form of a Bingo party and there were a good number of patients present. The sponsors were very generous in their supply of prizes and among the winners were Florence Belben, Mrs. Mary Austin-Smith, Louisea Pottie, Sharon Durnford, Basil Whalen, George Bell, and John Dahr.

A number of other prizes were awarded for "conditions beyond one's control" such as, the patient who has been here the longest, the lady who has been married the shortest time, the patient whose birthday was nearest, the oldest man present and — a very delicate subject — the eldest lady present!

Delicious refreshments, provided by the hosts, were served by the staff of the Dietary Department.

The Knights of Columbus were very genial hosts and a very good spirit prevailed over the party.

As a pleasant finale to the party the Kentville Chapter of the S.P.E.B.S.Q.S.A. — Society for the Preservation and Encouragement of Barbershop Quartet Singing in America — presented a musical program for the last hour of the evening. About forty members of the chorus were present and brightened our Recreation Hall with their scarlet blazers and pleasingly blended voices.

Our sincere thanks to the Barbershoppers for the musical portion of the program, and to the Knights of Columbus for the games, refreshments, prizes and entertaining skits during the earlier portion of the program.

THIS FULL PAGE SPONSORED BY
F. E. WADE, LTD.
MUTTART'S LTD.
ROCKWELL, LTD.
CORNWALLIS DAIRY, LTD.

Nova Scotia Sanatorium

H. M. HOLDEN, M.D., C.R.C.P. (C)	Acting Medical Superintendent
J. J. QUINLAN, M.D., C.R.C.S. (C)	Surgeon
F. J. MISENER, M.D.	Radiologist
A. LARETEI, M.D.	Physician
MARIA ROSTOCKA, M.D.	Physician
G. A. KLOSS, M.D.	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)	Consultant Bronchoscopist
B. F. MILLER, M.D., F.R.C.S. (Ed.), F.R.C.S. (C)	Consult. Ortho. Surg.
P. GEORGE, M.D.	Consultant Psychiatrist
D. H. KIRKPATRICK, M.D.	Courtesy Consultant in Anaesthesia
C. E. JEBSON, M.D., C.R.C.S. (C)	Consultant Urologist
MRS. HOPE MACK, R.N.	Director of Nursing
MISS EILEEN QUINLAN, B.Sc., P.Dt.	Senior Dietitian
DONALD M. BROWN, B.A., B.Ed., M.S.W.	Director of Rehabilitation

Point Edward Hospital

D. S. ROBB, M.D.	Medical Superintendent
T. K. KRZYSKI, M.D.	Physician
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. A. WINNIFRED PROTHEROE	Supervisor of Rehabilitation

Church Affiliation

NOVA SCOTIA SANATORIUM

ANGLICAN

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

BAPTIST

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

CHRISTIAN REFORMED

Minister—Rev. H. Vander Platt

Co-ordinating Protestant Chaplain

Rev. Dale MacTavish

ROMAN CATHOLIC

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

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

ROMAN CATHOLIC

Parish Priest—Msgr. W. J. Gallivan

UNITED CHURCH

Rev. Robert Hutcheson

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 . . .

**IS OPERATED FOR YOUR CONVENIENCE
AND BENEFIT**

So Remember . . .

- A good stock of all occasion cards and stationery
- Gift suggestions, Novelties, Cups and Saucers
- Clocks, Watches, and Costume Jewellery
- A wide variety of grocery items
- Ladies' and Men's wear — Nylons