

Steps

DALHOUSIE

NOVA SCOTIA SANATORIUM 1967  
VOL. 48 DECEMBER, 1967 NO. 11

MEDICAL DENTAL LIBRARY

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



# Health Rays





# 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
- Knitting Yarns and Crochet Cottons
- A wide variety of grocery items
- Ladies' and Men's wear — Nylons

**KENTVILLE'S HARDWARE STORE Ltd.**

(CONTRACT DIVISION)

PLUMBING — HEATING — ROOFING — SHEET METAL

CORNER WEBSTER AND CORNWALLIS

PHONE 678-2614

*Phone your wants to Sydney***MANSON'S**IRON CITY PHARMACY  
GEORGE STREETVICTORIA PHARMACY  
WHITNEY PIER**Drugs - Drug Sundries - Magazines  
Ice Cream - Tobacco - Toilet Articles,  
etc.****WEBSTER'S**Jewellers and Watchmakers  
Clock Repairs our Specialty

32 Cornwallis St., Kentville, N.S.

P. G. WEBSTER, O.D. R.O.

OPTOMETRIST

Professional Eye Examinations

Phone 678-4792

Webster Bldg. Kentville

**BROOKFIELD CREAMERY Ltd.**

TRURO — AMHERST — MONCTON — SYDNEY

**WILLETT FRUIT CO. LTD.**

FRESH FRUIT &amp; VEGETABLE WHOLESALERS

CORNWALLIS ST.

P.O. BOX 398

KENTVILLE, N. S.

## *Nova Scotia Sanatorium*

J. E. HILTZ, M.D., D.P.H., C.R.C.P. (c)	Medical Superintendent
H. M. HOLDEN, MD, C.R.C.P. (c)	Asst. Superintendent
J. J. QUINLAN, M.D., C.R.C.S. (c)	Surgeon
F. J. MISENER, M.D.	Radiologist
A. LARETEL, 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)	Consultant Surgeon
D. M. MacRAE, M.D., C.R.C.P. (c)	Consultant Bronchoscopist
E. J. CLEVELAND, M.D., C.R.C.P. (c)	Consultant Psychiatrist
B. F. MILLER, M.D., F.R.C.S. (c)	Consultant Orthopedic Surgeon
D. H. KIRKPATRICK, M.D.	Courtesy Consultant in Anaesthesia
C. E. JEBSON, M.D., C.R.C.S. (c)	Consultant Urology
MRS. HOPE MACK, R.N.	Director of Nursing
MISS EILEEN QUINLAN, 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 MABEL E. BURCHELL	Dietitian
JAMES MacDOUGALL	Supervisor of Rehabilitation

the place to shop

for

LADIES' WEAR

WELDREST HOSIERY

GOTHIC BRASSIERES

DRAPERY AND ACCESSORIES

NEEDLEPOINT AND TAPESTRY WOOLS

**HILTZ DRY GOODS LTD.**

SEALY BLOCK

18 CORNWALLIS STREET

KENTVILLE, N. S.



*Compliments of*  
**MARVEN'S**  
 LIMITED

Manufacturers of High Quality  
 BISCUITS, CAKES  
 POTATO CHIPS

**Factory: Moncton, N.B.**

Branches: — Halifax, Saint John,  
 Montreal, Quebec, Toronto

**J. W. Stephens**  
 LIMITED

WOODWORKERS & BUILDERS

Full Line Of  
 BUILDING SUPPLIES

Manufacturers of  
 Stevens Formed Counter Tops

Phone the Lumber No.  
 564-5554

"The Open Door to Building"

TOWNSEND STREET  
 SYDNEY, NOVA SCOTIA

**THE BERWICK BAKERY**

LIMITED

Manufacturers of

BREAD — CAKES and PASTRY  
 BERWICK, N.S.

**BRYANT & McDONALD LTD.**

PICKFORD & BLACK WHARF

HALIFAX, N. S.

Distributors of **MOTHER'S OWN**

- TEA, TEA BAGS
- COFFEE, INSTANT COFFEE
- PEANUT BUTTER

All our products guaranteed

## *Sanatorium Visiting Hours*

### **NOVA SCOTIA SANATORIUM**

DAILY: 10:15 — 11:45 A.M.

DAILY: 3:15 — 4:45 P.M.

DAILY: 7:30 — 8:30 P.M.

### **POINT EDWARD HOSPITAL**

Monday — Saturday: 3:30-4:30; 7:30-8:30 P.M.

Sunday and Holidays: 3:00-4:30; 7:00-8:30 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.

## *Church Affiliation*

### **NOVA SCOTIA SANATORIUM**

#### **ANGLICAN**

Rector—Archdeacon L. W. Mosher  
Sanatorium Chaplain—Rev. J. A. Munroe

#### **BAPTIST**

Minister—Rev. A. E. Griffin  
Lay Visitor—Mrs. Alice Porter

#### **CHRISTIAN REFORMED**

Minister—Rev. J. G. Groen

#### **PROTESTANT CHAPLAIN**

Rev. Dale McTavish

#### **ROMAN CATHOLIC**

Parish Priest—Rev. J. F. DeLouchry  
Asst. Priest—Rev. G. E. Saulnier

#### **SALVATION ARMY**

Capt. H. L. Kennedy

#### **UNITED CHURCH**

Minister—Rev. K. G. Sullivan  
Sanatorium Chaplain—Dr. D. Archibald

#### **PENTECOSTAL**

Minister—Rev. Glen Kauffeldt

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—Rev. R. Donnelly

#### **UNITED CHURCH**

Rev. Robert Hutcheson

#### **PRESYTERIAN**

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.

# HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER

Authorized as Second Class Mail, Post Office Department, Ottawa  
And For Payment of Postage in Cash

Vol. 48

DECEMBER, 1967

No. 11



And it came to pass in those days that there went out a decree from Caesar Augustus, that all the world should be taxed. And this taxing was first made when Cyrenius was governor of Syria. and all went to be taxed, every one into his own city. And Joseph also went up from Galilee, out of the city of Nazareth, into Judea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David;) to be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered, and she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them; and they were sore afraid. And the angel said unto them, "Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the Babe wrapped in swaddling clothes, lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, "Glory to God in the highest, and on earth peace, good will toward men."

And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, "Let us now go even unto Bethlehem and see this thing which is come to pass, which the Lord hath made known unto us." And they came with haste, and found Mary, and Joseph, and the Babe lying in a manger.

—Luke 2: 1-16



## *Christmas Greetings From The Minister of Public Health*

A Merry Christmas and a Happy New Year to all at the Nova Scotia Sanatorium.

The new year to come may well be the year which marks the beginning of the provision of new facilities and accommodation at the Sanatorium.

Every patient and every member of the staff has my very best wishes that the forthcoming events will make a real contribution to their health and well being.

Richard A. Donahoe  
Minister of Public Health

## *Christmas Message From The Medical Superintendent*

<b>C</b> hristian Charity	<b>G</b> reat Expectations
<b>H</b> ealth and Happiness	<b>R</b> adiance of Spirit
<b>R</b> apid Recovery	<b>E</b> verything Good
<b>I</b> mages of Sugar Plums	<b>E</b> verything True
<b>S</b> mooth Sailing	<b>T</b> ender Loving Care
<b>T</b> olerance of Others	<b>I</b> nfectious Good Humour
<b>M</b> erry Christmas	<b>N</b> o Sadness
<b>A</b> ffection of Loved Ones	<b>G</b> ood Friends and True
<b>S</b> weet Dreams	<b>S</b> atisfaction of a Year Well Spent

These are my CHRISTMAS GREETINGS to you. May your Christmas Day be wonderful and the New Year abound in hopes fulfilled.

Sincerely yours,  
J. E. Hiltz, M.D.



## A SCOTTISH HOLIDAY IN RETROSPECT

Eileen M. Hiltz

This is the problem: to capsule six weeks of a travelling holiday into one short article. Indeed, it can be done only by dealing with the high-lights, touching ever so faintly on the historic or factual aspects. And as the choice of high-lights is apt to be a very personal matter, so shall this article be. Each country, town, village, has a character of its own, and a visitor instinctively makes his own assessment of it. Only a guidebook can be truly objective.

Our first stop was Edinburgh, the capital of Scotland, the "Athens of the North". This name has been given to Edinburgh for two reasons: because many of its buildings favor the Grecian style of architecture, and, for the intellect and scholarship of its people.

It was fifteen years since we'd been in Edinburgh—time enough for changes, and there were many. Again it was Festival time, but whereas in 1952 the Edinburgh Festival was just five years old and still somewhat on trial, now it is a recognized feature of the European summer season and a mecca for the August tourist, as you would find out, were you rash enough to arrive there without confirmed reservations. Yes, changes there were, but thanks be, the greatest wonders of Edinburgh remain changeless. Chief of these is, of course, the Castle, which dominates the city by day, and by night floats in dark space like a flood-lit fairy fortress. Your eyes never tire of looking at the Castle, and it is visible from almost everywhere.

One afternoon we walked the Royal Mile, which begins at the Castle and ends with Holyroodhouse Palace. For this tour we joined a party guided by a knowledgeable Edinburgh lady, one of a number of citizens who do their bit for the Festival by acting as guides for the many Festival visitors. With her we trudged mile-long High Street, every inch of which is steeped in history. In describing the houses, churches, lanes (called "Closes"), she recounted much of Scotland's stormy story, because it was here, when High Street was the heart of Scotland, that the great and the famous lived and met. We paused at St. Giles Cathedral, the High Kirk of Edinburgh (and the only Presbyterian "cathedral" in the world!) where in the south-east corner is the Chapel of the Most Ancient and Noble Order of the Thistle, the highest order of Scottish chivalry, and where in 1637 Jennie Geddes hurled her stool at the head of the Dean who was attempting to read the English

Church service there. The narrow house with the high gables where once lived John Knox, the great Reformer who thundered denunciations against Mary, Queen of Scots, from the pulpit of St. Giles, stands on historic High Street. So also does the Parliament House, now Scotland's Supreme Courts, but where, until the union with England in the 18th century, the Scottish parliaments met. Much time could be spent in Lady Stair's House, once a house of high fashion, now a well-stocked museum honoring Scotland's two beloved writers, Robert Burns and Sir Walter Scott.

The climax of the Royal Mile tour is Holyroodhouse, the Palace of Scotland. Here for six turbulent years lived Mary, the vigorous and beautiful but strong-willed and misguided Queen of Scots. You see the small room in Mary's apartments where Rizzio, her trusted private secretary, was murdered at the instigation of her ne'er-do-well husband, Lord Darnley, before the Queen's very eyes. Here, too, you see the State Apartments, where in 1745 Bonnie Prince Charlie, the last Stuart to occupy Holyroodhouse, gave a splendid Ball. Now one wing of the Palace is a museum and the other is maintained as the official residence of the Queen and Prince Philip in Scotland.

I wonder if there is a lovelier street in the world than Princes Street of Edinburgh. If there is, I haven't seen it. Bordered on one side by fine shops, hotels and restaurants, and on the other by a gardened ravine, with the Castle Rock a towering backdrop—one could walk it endlessly, and this year it seemed half the world was doing just that. But where in 1952 one met many Scots in kilts and tweeds of misty rose, greens and blues, this year the dominant style was mini-skirts, long hair and beards, with hippie outfits of all descriptions—youth had discovered the Edinburgh Festival! I couldn't regard it as an improvement, although in all fairness I must say the young people seemed well-behaved, and dedicated to participation in the Festival program.

After a week in Edinburgh, we journeyed by bus to Pitlochry, where we were booked for the next seven days at Green Park Hotel. Pitlochry is a small town in the heart of the Central Highlands, about midway between Perth and Inverness. The Central Highlands hold some of the most glorious scenery of all Scotland. Go in any direction at all, in the matter of a very few miles you can reach such beautiful and historic spots

as Glen Lyon, "the perfect glen", the Pass of Killiecrankie, Loch Tummel and Loch Rannoch, with mountain peaks like mighty Schiehallion looming over all. We had two added bonuses: unusually good weather for the time of year in Scotland, and the blooming of the heather.

What led us to choose Pitlochry above all the other charming possibilities in that area was its "Theatre in the Hills". Seventeen years ago some local genius decided to create a summer theatre amid the wonderful scenery of the central Highlands. Begun under a huge canvas tent, today it flourishes in a charming building with modern but intimate theatrical facilities, including a restaurant and a bar. A top repertory company comes for the season, and six plays are produced. During our week's stay we saw four of them, ranging from a fine Scottish play by the late James Bridie, through Edgar Wallace, and George Bernard Shaw to a French-type farce, all competently produced and brilliantly acted.

Pitlochry, as might be surmised from its excellent location and the delightful theatre, is a popular vacation centre. To give some idea of how "touristy" Pitlochry can be in season, I quote an information bulletin, which notes thirteen licensed hotels, twenty-two other hotels and guest houses, and an endless list of B & B—bed and breakfast—establishments. These statistics very nearly put us off the idea of staying in Pitlochry, until we heard about Green Park Hotel.

It is difficult for me to speak of Green Park Hotel without sounding like a public relations bureau. Located slightly outside the town, but within easy walking distance, it escapes the tourist atmosphere, enjoying a rural setting yet with all the modern amenities. The meals served in the attractive dining-room had only one fault—they were so good that one ate too much. Making mealtime doubly interesting were the bright young waitresses (with that delicate yet radiant Scottish complexion), all recruited from the island of Lewis in the Outer Hebrides, who chattered among themselves in their native tongue, Gaelic. Before we left we had made friends with them so that they overcame their natural shyness and spoke and sang in the Gaelic for Dr. Hiltz's tape recorder.

While staying at Green Park Hotel we rediscovered the joys of walking. Footpaths and minor roads led off through lush and beautiful vegetation, which ranged from heathbells and heather to towering larches. And bird-lovers as we are, we found the great variety of friendly birds a never-ending fascination. We had to buy a birdbook to help identify the

wagtails, chaffinches, thrushes, that came from all sides when crumbs were tossed. One day while on a notable hike up the side of a long hill, we "started" a huge Capercaillie, or wild turkey, out of the bracken right at our feet. We were too startled to get our cameras into action for a shot of this now quite rare bird. And just by way of making a mild boast, that day we covered six and one-quarter miles. Not bad for house- and desk-bound types!

When our holiday in Scotland came to an end we left with great reluctance. For the third time Scotland had won our hearts, and we departed making firm plans for a return "some day."

(To be continued next month)

### CHRISTMAS CAROLS

Christmas at the San would not be complete without the visits of carol singers from various churches and organizations.

These carols, which have become part of Christmas, are familiar to all of us, but have you ever wondered about their origin? According to **Encyclopedia Britannica**, carol singing dates back to the fourteenth century. It had associations both with the dance and the seasons.

In the early 1800's with the concentration of the carol upon the Nativity, the form became looser, although the recurrent refrain of the fifteenth century often survived as a relic of the dance. This early influence is to be found in the well-known "The Holly and the Ivy", a carol in which many strains, pagan and Christian, are embedded.

For a short while carol singing went into a decline, but it is one of the curiosities of the twentieth century that with a widespread lessening of faith there has been a compensating emotion that finds in the Holy Babe something congenial.

The modern revival dates from 1853, when J. M. Neale published **Carols for Christmastide**. The publication started a movement to bring back carols into church, home, and open air that has steadily increased in momentum. **Christmas Carols New and Old** (1865) became the foundation of the modern repertory.

Wassail songs, mumming songs, cumulative songs like "The Twelve Days of Christmas" belong not to Christmas but to the turn of the year. They are pagan and magical in origin, but they have made their way into the body of Christmas carols. Some attempt has been made to reintroduce spring and Easter carols, but the popular imagination has firmly associated carols with Christmastide.

Yes, carol singing has been going for hundreds of years and let us hope the tradition will continue for many hundreds more.

# The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.



The Board of Registration of Nursing Assistants in Nova Scotia recently released the pass list of those who wrote the Fall examinations. We are very pleased to find that three of our Nova Scotia Sanatorium School for Nursing Assistants students were among the top ten candidates. They were Mrs. Eunice

Shelley Sampson who led the Province, Mis Ruth Linda Morse and Miss Beverley Doris Rockwell. Our hearty congratulations are extended to these three leaders but also to all those who wrote and passed. In any examination, the one who makes the highest marks is not necessarily the best practitioner of her profession but she certainly has a good opportunity to be so. However, we are proud of all our graduates and extend to them our very best wishes.

\* \* \* \* \*

Congratulations, also, to Dr. Quinlan for a very fine paper entitled "Bronchspirometry at the Nova Scotia Sanatorium" which he presented to the Nova Scotia Thoracic Society, November 9. This was very well received by the twenty to thirty members present. As far as we have been able to ascertain, the Nova Scotia Sanatorium is the only place east of Montreal where this rather important investigative procedure is being carried out for certain specified chest problems. Also presented at the meeting was a paper on "Sarcoidosis in Nova Scotia" by Dr. G. D. Douglas and one on "Carcinoma of the Breast related to Pneumothorax Treatment" by Dr. J. A. Mydren. The Sanatorium staff played a part by cooperating fully in the analysis of cases leading up to the writing of both of these papers.

Our congratulations, too, are extended to three staff members who have recently completed twenty-five years in the employ of the Province of Nova Scotia. They are Miss Joan Walker, secretary to the Medical Superintendent; Mrs. Cynthia Mae Margeson, very recently retired as Senior Laboratory Technician; and Mr. Gerald Douglas Brown, Orderly in the Dietary Department. We, at the Sanatorium, and the people of our Province have been singularly fortunate to have had such capable staff members performing such valuable work in such a proficient manner at the Sanatorium over the years.

\* \* \* \* \*

On November 30, Austin Toussaint Amirault retired after more than forty-three years on the Business Office staff of the Sanatorium. His first association with the San was as a patient in March 1923 from which he graduated to a staff position in June, 1924. For many years, he was filing clerk and messenger and he has been postmaster of the Sanatorium Post Office since shortly after it was established in 1930. His nickname then was "Frenchy" and he was always very fond of music. He still plays guitar in orchestras from time to time. When I first came to the Sanatorium in 1935 he was leader of our Hobo Band which made such a hit each Hallowe'en as it led the parade through the Sanatorium grounds and buildings.

Over the years, Austin Amirault has become so much a part of the Sanatorium that it will be difficult to imagine the place without having him around. It is good to know that he has set up bachelor quarters at nearby Coldbrook and we hope to see him often. Our very best wishes are extended to him for many long years of happy retirement. Girls, here is your chance; a top grade bachelor with nothing to do but look after some fortunate gay, blond, cuddley, motherly, Daisy Mae!



### CENTENNIAL REFRESHER COURSE

On Monday and Tuesday, November 6 and 7, approximately 225 members of the Department of Public Health met at the Nova Scotia Sanatorium for their Annual Staff Conference. Many phases of Public Health were discussed but, this year, special emphasis was placed on Tuberculosis. For the record and for the interest of our readers, the following is a list of the chest disease subjects presented as formal papers to those assembled.

#### DEPARTMENT OF PUBLIC HEALTH STAFF CONFERENCE

##### Program: Tuberculosis Papers only Monday, November 6, 1967

Entire Assembly

- 9:20 a.m. Dr. C. W. L. Jeanes\*  
Tb. as a Worldwide Problem
- 9:40 a.m. Dr. J. E. Hiltz  
Pathogenesis of Primary and Reinfection Tb.
- 10:00 a.m. Dr. V. K. Rideout\*\*  
The Clare District Epidemic of Tuberculosis
- 10:20 a.m. Dr. H. M. Holden  
B.C.G. Vaccination—Its place in Tb. Control
- 10:40 a.m. COFFEE
- 11:00 a.m. Dr. G. M. Smith\*\*\*  
Veterinary Tb. in Humans  
a) bovine b) Avian—Poultry, Swine and Cattle
- 11:20 a.m. Dr. H. M. Holden  
Diabetes and Tuberculosis
- Tuesday, November 7, 1967**  
Administrators, Health Unit Directors, and Nurses
- 9:00 a.m. Dr. D. S. Robb\*\*\*\*  
Treatment of Tb. with First-line and Second-line Drugs
- 9:20 a.m. Dr. H. M. Holden  
Tb. and the Corticosteroids
- 9:40 a.m. Dr. C. W. L. Jeanes\*  
How funds of CTA and NSTA are spent (including research)
- 10:00 a.m. Dr. J. E. Hiltz  
Tuberculin and Tuberculin Testing
- Tuesday afternoon—Health Unit Directors
- 1:30 p.m. Mr. Hector McKean, R.R.L.  
Tuberculosis Statistics in Canada and Nova Scotia
- 1:50 p.m. Dr. J. E. Hiltz  
Diagnostic Criteria and the Dominion Bureau of Statistics
- 2:10 p.m. Dr. F. J. Misener  
Demonstration of Chest X-rays of Primary Infection as seen in Clare District students
- 2:30 p.m. Dr. J. J. Quinlan  
Tb. and Lung Cancer
- 2:50 p.m. Dr. G. A. Kloss and  
Dr. E. W. Crosson  
Pulmonary Function Testing, Blood

- Gas Analysis and Intermittent Positive Breathing in Lung Disease
- 3:30 p.m. Dr. J. J. Quinlan  
Surgical Treatment of Tb.
- 3:50 p.m. Dr. E. W. Crosson  
Pleural Biopsy Sternal Puncture and Scalene Node Biopsy as Diagnostic Procedures
- 4:10 p.m. Dr. J. J. Quinlan  
500 Consecutive Nontuberculous Chest Diseases at the Nova Scotia Sanatorium
- 4:30 p.m. Dr. J. E. Hiltz  
Sputum Status—a) positive, b) negative, c) primary resistance, d) secondary resistance
- 4:50 p.m. Distribution of paper—  
Histoplasmosis in Nova Scotia by Dr. M. Rostocka

\***Dr. C. W. L. Jeanes** is Executive Secretary of the Canadian Tuberculosis Association in Ottawa.

\*\***Dr. V. K. Rideout** is Director of the Western Health Unit of the Department of Public Health, Yarmouth, N.S.

\*\*\***Dr. G. M. Smith** is Director of the Fundy Health Unit, Department of Public Health, Windsor, N.S.

\*\*\*\***Dr. D. S. Robb** is Medical Superintendent of Point Edward Hospital, Sydney.

### PATIENT ACTIVITIES

#### SING DUET

An enriching contribution was made to the Sunday morning (November 5th) Sanatorium Chapel Service by two patients, Mrs. Margaret Monroe and Miss Virginia Wheaton, who sang a duet. We hope we may be privileged to hear often from these two gifted singers.

#### VARIETY CONCERT

The patients and staff of the Sanatorium were given a very special treat on the evening of November 9th, when the affiliating student nurses presented a variety concert in the Recreation Hall. The program, clever and unique in conception, consisted of dancing, skits, pantomimes, and folk-dancing, and was enthusiastically received.

From the effervescent and quipping masters of ceremony, "Hughie" and "Allen", from "God's own country" (Cape Breton, of course), to the softly harmonizing folk-singers, the performers were a talented lot.

The entertainment concluded with a sing-a-long in which the entire cast was joined by the audience.

Nelson Melanson conveyed the thanks of the patients to the cast, to which we add "Well done girls, and thanks a million!"

# Conference On Rehabilitation

**Donald M. Brown**  
**Director of Rehabilitation**  
**N.S. Sanatorium**

What are the present trends in the programme for the rehabilitation of handicapped persons in Nova Scotia? What groups are receiving the most attention at the present time? How are the Canada Manpower Centres coping with the problem of training disabled persons?

These were some of the topics examined during the day-long Staff Conference on Rehabilitation held in the Patients' Library at the Sanatorium on November 7th. Members of our Sanatorium Rehab staff in attendance were Miss MacLeod, Mrs. Silver, Mrs. Cassidy, and Mr. Brown. Chairman of the meeting was Mr. Frank Wellard, Director of the Rehabilitation Division, and with him were two of his field workers, D. S. Coombes and T. L. MacNeil. Representing Point Edward Hospital was Jim MacDougall, Supervisor of Rehabilitation. Mr. W. R. E. Butler represented the Association for Retarded Children. Resource representatives were present from Canada Manpower, and from the Training Division.

It is especially interesting to notice the change in trends over the past years. When the annual conferences used to be held, starting some sixteen years ago, we were concerned almost entirely with the problem of rehabilitating those who had had tuberculosis. Annually, we used to speak of the need for sheltered workshops where our ex-patient could gradually work their way back into the open labour market. We used to discuss, too, the need for such facilities for those who were classed as maximum benefit cases, who would likely not graduate from this sheltered environment.

The picture has changed a good deal now. Of the twenty-five or so handicapped

persons who are being passed for training each month by the selection committee very few are our ex-tuberculosis patients. The great majority of trainees are those who are—or have been—handicapped because of mental illness. It was little more than seven years ago that the Rehabilitation Division began considering for training those handicapped by conditions other than physical.

Does this mean that ex-tuberculosis patients no longer need to be rehabilitated? No, there is still a need although fewer are considered to be handicapped to any appreciable extent, and training can be arranged through the Canada Manpower Centres. In actual practice, those referred by us for training may be trained either through the Rehabilitation Division or through the Canada Manpower Centres, at the discretion of the Selection Committee.

Some of the needs being given special consideration: the establishment of "half-way houses" to make possible an easier adjustment from a hospital environment to a training or employment setting. Too frequently patients have been inadequately prepared while in hospital to face the demands made upon them when they leave that sheltered environment and have to compete with others who are not handicapped. This is believed to account for the high proportion of drop outs among those beginning training soon after release from mental hospitals.

Perhaps in our own setting, as well, we could help patients by having them experience some of the situations which are likely to arise on the job or in training. If stressful situations can thus be met, one at a time, it is easier to cope with them later on.

**Here's Shopping Protection At Its BEST**

**EATON'S**

**Guarantee: "GOODS SATISFACTORY or MONEY REFUNDED"**

**T. EATON CO.**  
MARITIMES LIMITED

## WISE MEN

Margaret Monroe

### The Annex, Nova Scotia Sanatorium

*And when they (the Wise Men) were come into the house, they saw the young Child with Mary His mother, and fell down and worshipped Him; and . . . they presented unto Him gifts. . . .*

Matthew 2:11

At Christmas, more than at any other time in the year, we emphasize the worship of Christ, particularly of the Christ Child. And well we might, for the theme of the first Christmas was **worship**, not only of the Baby in the manger, but also of the Father in Heaven.

It was the Angel of the Lord who made the first announcement of the Child's birth. As he finished his proclamation to the Shepherds, he was joined by a multitude of heavenly beings who together worshipped God in a song of praise. The Shepherds in turn, we are told, praised and glorified God after they had visited the humble manger. They also worshipped God by spreading the Good News.

After eight days, according to the Law, the Baby Jesus was taken to the Temple. Simeon, the aged prophet, blessed God because in this Babe he saw the salvation of the world. The prophetess, Anna, also rejoiced with thanksgiving "unto the Lord" for the fulfilment of the promised redemption. By each of these individuals the Christ Child was recognized as the promised Messiah. God had fulfilled His promise from the beginning of time. It is no wonder that they worshipped Him.

It was the Wise Men who recognized by the star that this Baby was a king—a king so important that they were willing to travel for months over hot desert sands just to be able to worship Him and to present to Him their gifts.

The aspects of worship found in the Christmas story are often lost in the hustle and bustle and wrappings of the holiday season, whereas they should serve to guide us in our worship not only at Christmas but also throughout the year.

Think of what would have been lost to us if the Wise Men had searched for the Child only as it was convenient for them. Let us remember that the Saviour born in a manger also died on a cross for each of us. We who worship Him only as it is convenient are just as guilty as the throngs who worshiped Him on Palm Sunday, only to crucify Him a week later. So, let us take time out for worshipping in praise and thanksgiving for families, for bodies being healed, for a free country in which to live, but most of all for a

Saviour born in a manger. Let us adore Him as King in our lives and experience the true joy of that first Christmas. We are celebrating Christ's birthday. Therefore, let's put Him first on our gift list and make a special effort to give a very tangible gift to Him through our church or to someone less fortunate than we, remembering that "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." (Matthew 25:40).

This year, then, let us give ourselves in worship to God in praise, thanksgiving, and adoration. Let us give both of our material blessings as did the Wise Men, and of ourselves in telling the Good News as did the Shepherds. Then, in the year to come let us make the act of worship an integral part of our lives. In doing so we, too, will be wise men.

\* \* \* \* \*

## NURSING NEWS

Mrs Catherine Boyle, R.N., attended the Registered Nurses Association of Nova Scotia Executive Committee Meeting in Halifax as president of the Valley Branch. She also was a delegate to the meeting of the Civil Service Association in Truro.

Congratulations to the class of Nursing Assistants '67B on passing Certified Nursing Assistant Examination. Mrs. Eunice Sampson led the Province and Miss Linda Morse came third.

Mrs. Ann Selfridge has offered to to be a reporter of news for **Health Rays**.

In November, Mrs. Edna Doucette, C.N.A., Mrs. Eleanor Wagner, C.N.A., and Mr. Allan McKinnon, C.N.A., attended an executive meeting of the Certified Nursing Assistants Association of Nova Scotia, in Halifax. Mr. McKinnon has resigned as president of our association because of ill health.

New Staff Members: Mrs. Patricia Brown, C.N.A., Mrs. Barbara Morris, C.N.A., and Miss Eleanor Houghton, C.N.A. Best wishes to Mrs. Cheryl Scott, C.N.A., and Miss Mary Livingstone, C.N.A., who are off sick at the present time. We are pleased to hear that Mrs. Evelyn Veinot will soon be returning to duty after a period of ill health.

Mr. and Mrs. Floyd England (nee Florence Harris) are now the proud parents of a baby girl, born on October 6.

Mrs. Georgina Graves, C.N.A., has resigned to await the arrival of a blessed event. Since these notes were submitted it has been learned that Mrs. Graves has had a son, born November 25th.

We were very pleased to have the Affiliate Student Nurses put on a variety show for the patients before leaving in November.

# Question Box

J. J. Quinlan, M.D.



Q. Why is the Christmas Seal money not used to help defray the cost of running the sanatoria? Are the same seals sold everywhere in Canada?

A. In answer to the first part of the question, funds obtained by the sale of Christmas Seals are used for the prevention

of tuberculosis as carried out by voluntary organizations. In Canada, at the national level, the Canadian Tuberculosis Association and provincially, the respective provincial associations, obtain all their operating revenue through the sale of Christmas Seals. The function of these various societies is the prevention of tuberculosis and other respiratory disease through case finding, research and education of the general public.

With reference to the second part of the question, the same seals are sold everywhere in Canada and, actually similar seals are sold everywhere in the world where the Christmas Seal program is in existence.

Q. What is meant by the statement "tuberculosis is an insidious disease"?

A. The word "insidious" is defined by the dictionary as "coming on in a stealthy manner". This is an excellent description of the way the tubercule bacillus operates. Progressive and extensive changes due to disease may be going on in the patient's lungs without any symptoms whatsoever, the individual feeling perfectly well. The manner in which tuberculosis begins in the body is in marked contrast to diseases which do not come on in an insidious manner, diseases such as lobar pneumonia which is ushered in by chills, chest pain, and high fever—all within a matter of hours.

Q. Is there any type of body build predisposing to tuberculosis?

A. Many years ago, epidemiologists discovered that tuberculosis had little

concern for the shape of the body in which it began. Several years ago, one of the pamphlets issued by the National Tuberculosis Association of the United States contained a group of photographs of individuals, some of whom had tuberculosis. The reader was asked to identify those with the disease, and of course this was an impossibility.

Q. How is tuberculosis of the ear contracted? What type of treatment is used to cure this complication? If this condition exists in one ear is it possible for it to spread to the other?

A. Tuberculosis of the ear is an extremely rare form of the disease. It is most common in children and usually is spread from the infection in the lungs by means of the blood stream. In rare instances, the germs may gain entrance to the middle ear through the Eustachian tube which connects the middle ear to the throat. Treatment would consist of the same drugs used for pulmonary tuberculosis. If a large collection of pus forms in the middle ear it would probably rupture through the drum and this is what usually occurs as this type of middle ear disease is relatively painless. In some cases it may be necessary to open the ear drum by surgery.

When tuberculosis of the ear exists, it is extremely unlikely that the other ear will become involved, although such an occurrence is possible.

Q. Sometimes when having a chest X-ray, a black curtain is hung behind the buttocks. Sometimes this black curtain is absent. What is the purpose of this arrangement? Why is it used sometimes, and not at others?

A. The curtain referred to above covers a lot more than the buttocks unless the patient is unusually prominent in this region. Actually, it is a lead apron used to protect the reproductive organs of the patient from stray radiation. Its use is dispensed with only when, for some reason or other, the patient is unable to stand in the position usually adopted for obtaining an X-ray of the chest.

O Father, may that holy star  
Grow every year more bright,  
And send its glorious beams afar  
To fill the world with light.

—William Cullen Bryant.

Love came down at Christmas,  
Love all lovely, Love Divine;  
Love was born at Christmas,  
Star and angles gave the sign.

—C. Rosetti.

## PRESENTATION OF LONG SERVICE AWARDS

On November 22, Mrs. Mae Margeson, recently retired Senior Laboratory Technician, and Miss Joan Walker, secretary to the Superintendent, were among those employees of the Province of Nova Scotia receiving Citations and Long Service Awards for 25 years of service. This was the second occasion for the presentation of these Awards by the Province and 20 of the 34 persons eligible were present at this time. Dr. D. S. Robb, Medical Superintendent of Point Edward Hospital, was another recipient, and Gerald "Bud" Brown, Orderly in the San. Dietary Department received his award in absentia.

Those of us who were honoured this year were especially fortunate that, due to the pressure of government business, the scene of the ceremony was changed at the last moment from the Red Chamber in Province House to Government House, the home of the Lieutenant Governor. On arrival, we were ushered up the lovely suspension staircase to a huge bedroom where we took off our coats. We then descended to the gold and white ballroom where a member of the staff of the Civil Service Commissioner instructed us on the procedure to follow. When His Honour, the Lieutenant Governor and Mrs. McKeen were announced we all stood up and the ceremonies began. The Lieutenant Governor first welcomed us with a few words and then Premier Smith spoke briefly, congratulating the recipients and thanking them for their 25 years of faithful service. Each recipient, in alphabetical order, was then called forward to receive his or her Citation from His Honour, following which they were presented with the Long Service Award (pin and earrings for the ladies, tie clip and cuff links for the men) from Mr. Alex Buchanan, President of the Nova Scotia Civil Service Association, which organization initiated the idea some years ago.

After the ceremony we were invited to join His Honour and Mrs. MacKeen at a reception and buffet supper in the drawing room where a fire was blazing in the hearth and where a pleasant and informal hour was enjoyed by the recipients and guests, some 60 to 70 persons in all.

Although the Lieutenant Governor and Mrs. MacKeen pointed out that the Province of Nova Scotia not they, were the official hosts, nevertheless the warmth of their welcome, their gracious hospitality, and the beauty of the setting in Government House, all contributed to making this a memorable day.

Joan Walker,  
Nova Scotia Sanatorium

## NEWS FLASHES

### SECOND FLOOR—THE ANNEX

Our thoughts turn once again to Christmas as the time draws near. We have two new patients, Mrs. Moore and Mrs. Thomas, both transferred from the West Infirmary in November. We suspect that they must be lonesome for the activities of the West, as our family is so small—five patients prior to their coming. This, no doubt, is the first time in history that Second Floor, Annex, has had so few patients.

We find Betty Vatcher snuggled away in Room 19, and each evening we hear the familiar voice of Mrs. Selfridge calling, "Betty, are you ready?"

Margaret Hurley speaks of getting home with John and the family. We hope she soon makes it.

Linda Barkhouse has become a champion in putting together jig-saw puzzles. We missed Margaret Monroe's voice in Church on a recent Sunday when she spent a long week-end at home with her husband and family. Florence Belben has taken up smoking for a pastime twice daily in the Physiotherapy room. We wish her much success in this new course of treatment.

Wishing you all a Merry Christmas and much happiness in the New Year.

### WEST INFIRMARY

Day in and day out the older men of West Infirmary manage to get to the dining hall ahead of the rest to have a nice chat before meals.

Russell drops his supper tray while dreaming of Jean.

Jean will avoid no pains to have her little finger fixed so that she can hit the "a's" without having it slip off the key. Joan would have everyone convinced that she has given up smoking—except that she still begs for cigarettes.

Christine wishes she could gain a few inches—up! Mary has gained her height.

Mrs. B. is the Mommie of all the girls on Second West. The girls still wonder how Mrs. Moore and Mrs. Thomas got Exercise III so quickly.

### THIRD FLOOR—EAST INFIRMARY

Hi there, all you lazy readers! Well, Third East is still the good old "swinging" floor, but I do say some have been laid up for a while.

Among those in the women's end are two cute girls, Linda Amirault and Marie Bourque, but they do get lots of visits.

(Continued on page 26)



# HEALTH RAYS

Vol. 48

DECEMBER, 1967

No. 11

## STAFF

*Managing Editor* . . . . . Donald M. Brown  
*Assistant Editor* . . . . . Marguerite B. MacLeod  
*Business Manager* . . . . . John Akin  
*Subscription Manager* . . . . . Steve E. Mullen

*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* ----- 15 cents per copy ----- \$1.00 per year

## EDITORIAL COMMENT

At this time, when the material for the December issue of Health Rays is being prepared, it is one month before Christmas. It is necessary to have it this way in order to see the completed product as soon after the middle of the following month as possible. At this time of the year, with so many of the patients expecting to go home for the holidays, it is doubly desirable to meet the deadlines so that Health Rays may be distributed before they leave.

While it seems scarcely possible that a year has passed since our last Christmas messages, it does look like Christmas at the time of writing. The snow has come early this year and we have already experienced the white stuff in sufficient quantity to give us a sample of snow shovelling and of slippery roads. Here at the Sanatorium, as in most places, we are hoping for a white Christmas—but in moderation. That is, enough snow for the sake of atmosphere, but not so much that it will make travel difficult.

Already we are seeing signs of Christmas. Our Rehab Department is busy with patients making gifts for their own giving, as well as filling orders for others with that in mind.

At this point it would be appropriate to welcome to our Rehab Staff Mrs. Norma Cassidy who joined us early in November. Mrs. Cassidy, a registered occupational therapist, commutes daily from Greenwood where her husband is a member of the R.C.A.F. Her most recent employment was at the Kings County Hospital where she was successful in establishing a flourishing O.T. Program. Mrs. Cassidy brings with her a wealth of experience and we are sure that she will incorporate many new ideas which will be of benefit to our O.T. De-

partment, in particular, and to our Rehab Department, in general.

We wish to draw to the attention of our readers the above masthead which now shows Miss Marguerite MacLeod as Assistant Editor. Miss MacLeod has played an active role in the preparation of **Health Rays** since the editorship of this magazine was taken over by the Rehab Department thirteen months ago. We are now pleased to acknowledge this fact by giving Miss MacLeod the title in recognition of her work.

\* \* \* \*

All of us in the Rehab Department wish to take this opportunity to extend to all our readers our very best wishes for the Christmas season. To those patients who will be going home for good, we wish you continuing good health. We hope that you will make a smooth adjustment to home and will have pleasant memories of your time spent at the Sanatorium. To the many who will be going home on pass we hope that you will have a wonderful time, reunited with your family and friends.

Finally, our very special good wishes go out to those of you who will be spending Christmas at the Sanatorium and at Point Edward Hospital. We know that staff members, church groups and community organizations will be giving special attention in the hope that this will make up, in part, for what you are missing in not being able to be at home with your families. To all of you, a very Merry Christmas!

\* \* \* \*

A bright and blessed Christmas Day,

With echoes of the angels' song,  
And peace that cannot pass away.

And holy gladness, calm and strong,  
And sweet heart carols, flowing free!  
This is my Christmas wish to thee!

—Frances Ridley Havergal

## *Birthday Cakes are our Specialty*

Surprise a friend or relative at the Nova Scotia Sanatorium with one of our special birthday cakes, decorated to order in your own choice of colours and greeting. Two sizes, at \$2.50 and \$3.50, and we deliver to the San.

## KENTVILLE PASTRIES LTD.

63 WEBSTER STREET

PHONE 678-4754

## KENTVILLE'S HARDWARE STORE Ltd.

PAINTS — BUILDING SUPPLIES — APPLIANCES  
KITCHENWARES — SPORTING GOODS

CORNER WEBSTER AND CORNWALLIS

PHONE 678-3304

GENERAL ELECTRIC  
AND  
SUNBEAM APPLIANCES  
ELECTRICAL WIRING  
SUPPLIES  
SPORTING GOODS

## L. St. Clair Baird Ltd.

54 WEBSTER ST., KENTVILLE

## VALLEY STATIONERS

Headquarters for Fine Stationery, Greeting Cards  
Magazines, Office Machines, and Office Furniture  
We Service What We Sell

55 WEBSTER ST., KENTVILLE, N.S.

PHONE 678-3872

## W. L. HARDING, LIMITED

269-271 MAIN ST.

— YARMOUTH, N.S.

CROCKERY — CHINA — GLASSWARE — LAMPS  
SILVERWARE — ENAMELLED STEEL — TINWARE

Wholesale and Retail

## A CHRISTMAS PRAYER

Let us pray that strength and courage abundant be given to all who work for a world of reason and understanding; that the good that lies in every man's heart may day by day be magnified; that men will come to see more clearly not that which divides them, but that which unites them; that each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weaknesses; that the true spirit of the Christmas Season—its joy, its beauty, its hope and above all its abiding faith—may live among us; that the blessings of peace be ours—the peace to build and grow, to live in harmony and sympathy with others, to plan for the future with confidence.

—The Stethoscope

Years ago Doctor Osler, a world famous physician, had this to say: "One of the saddest of life's tragedies is the wreckage of the career by hurry, hustle, bustle and tension. Concentration, by which is grown gradually the power to wrestle successfully with a subject, is the secret. The failure to cultivate the power of peaceful concentration is the greatest single cause of mental breakdown." Those are wise words from a wise man, to be adhered to, if we can.

—The Stethoscope

\* \* \* \* \*

"Sweetest note in seraph song,  
Sweetest name on mortal tongue,  
Sweetest carol ever sung,  
Jesus, blessed Jesus"

*Christmas Greetings from*

**R. W. DeWOLFE LTD.**

*exporters*

*dealers in*

APPLES—AND—POTATOES FEEDS—FERTILIZERS—ETC.

*manufacturers of*

EVAPORATED APPLE RINGS

**The CHIEFTAIN LAUNDROMAT**

Relax in our spacious parking area while "The Chieftain" does the work.

**Campbell's Electric Ltd.**

Electrical Contracting  
Phone 678-3408

TV Sales & Service  
19 Park St., Kentville, N.S.

## Artist Supplies – Hobby Supplies

Paints to suit any purpose

Your Friendly Hardware Store

# ROCKWELL LIMITED

MAIN STREET

KENTVILLE, N.S.

COMPLIMENTS

## T – R – A LIMITED

Valley Wholesale Grocers

MIDDLETON, N. S.

PHONE 825-3404

## BALCOM-CHITTICK Ltd.

DRUGGISTS

*“serve you better”*

HALIFAX

SHEET HARBOR

KENTVILLE

9 STORES

PRESCRIPTION SPECIALISTS

*“the firm with the service”*

## T. P. CALKIN LIMITED

Wholesale only — Established 1847

TELEPHONE No. 678-3203

KENTVILLE, N.S.

SHELF AND HEAVY HARDWARE  
PLUMBING AND HEATING SUPPLIES

# Chaplain's Corner

## "BORN IN A MANGER"

Rev. Dale McTavish, Protestant Chaplain, N.S. Sanatorium

Over the centuries the manger of Bethlehem has gradually been transformed in the minds of Christians. Today it is completely disinfected and renovated. When we speak of the "manger" we think of a lovely cozy nursery with central heating, soft lights and soothing lullabies. When little children with their sweet, innocent voices sing "Away in a Manger" one is sometimes drawn into their fantasy life. One thinks of a "never-never", fairy tale land where Mary and Joseph and Baby Jesus "lived happily ever after".

These are tender, endearing images and form a fascinating and important part of childhood. One would never wish to deprive children of their rich imagination which causes them to be so wide eyed and filled with awe at Christmas that it spills over to the delight and enrichment of all of us. Even with adults one would hesitate to be iconoclastic and break these lingering images of childhood. Actually this is not necessary because thinking people find it is impossible to keep these images intact. Indeed it is such images that cause much unbelief and not a little hostility as concerned people put the church "under attack". They demand to know how the Christmas message relates to real life and its problems.

If we remove the "sugar coating" and take a second look we see that right from the beginning Christ was in touch with Man's needs. He was not only "in touch"—he experienced many of them in all their grim harshness. For instance, the scene of His birth, far from being enchanted, was degrading in many aspects. Jesus was born in a "poverty pocket" in "substandard housing". He was born in an ancient, antiquated barn. It probably was cold and drafty, filled with foul odours and infested with rats. Sometime shortly after his birth Joseph and Mary became fugitives because of the treacherous Herod. They had to leave the country and go into hiding in Egypt to save the life of Jesus. Then there followed a gory example of man's inhumanity to man as Herod started a blood bath in which all the male children under two in the Bethlehem area were mercilessly slaughtered.

In spite of the "slings and arrows of outrageous fortune" which got life off to a hectic start, Jesus survived and grew to mature manhood. He even became a success and for a time he was a popular hero who could rival the Beatles in drawing a

crowd. This was short lived glory though, and it soon came to an end when he was betrayed by a trusted friend and disciple. He was condemned by religious people in a trial that, in some ways resembled a "Kangaroo Court". They captured their man in the dark like the Klu Klux Klan. Then Pilate, who knew Jesus was innocent went along with the crowd because he lacked the courage to stand up for his convictions. After being abused and humiliated, Jesus died the death of a criminal while Peter, his most stalwart follower, strongly denied ever having known him. He even experienced a sense of alienation from God as He cried on the Cross, "my God, my God, why has Thou forsaken me." (Matt. 27:46).

This was "Emmanuel which being interpreted is God with us." (Matt. 1:23) God was with us in Jesus experiencing all the negativity that life can throw at a person. We've seen people living under adverse circumstances and we were glad we weren't "in their shoes". God in Christ not only put himself "in their shoes" but also in their flesh and their blood. As Saint Paul writes, "though he was in the form of God, He did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men." (Phil. 2:6 & 7.)

I remember reading of a reporter who disguised himself as a migrant worker. He did this to gain first hand knowledge of this type of life. He found it frightening and utterly impossible to cope with. While he struggled to survive as a migrant worker his sure consolation was that he could go home—as he did—when the going became too difficult. This made it a game. The sting was removed. He couldn't really appreciate the futile, hopeless lot of the homeless seasonal worker. He didn't have to live meaninglessly, year in, year out without the faintest hope of betterment.

When Christ entered the prison of time and became man he remained man. When things became unbearable he couldn't go home. He made the sacrifice and gave up the attributes of omnipotence. He could not flit back and forth across the screen of time and eternity — now man — now God. The only exit that Jesus found from his human life was the common one that all of humanity uses—death—and His was a particularly painful one.

All this was necessary that God in

Christ might be our High Priest and Mediator. This he can do with empathy and understanding, "for ours is not a high priest unable to sympathize with our weaknesses, but one who, because of his likeness to us, has been tested every way, only without sin." (Heb. 4:15) He does this personally when we trust in him as Saviour and Lord. He also infuses meaning into social structures and into nations. By so doing He bestows dignity upon man because he deemed it fitting, in His love to become one of us.

Boris Pasternak catches some of the poetic spirit of this when he writes in **Doctor Zhivago**:

"Rome was a flea market of borrowed gods and conquered peoples, a bargain basement on two tiers—earth and heaven—slaves on one, gods on the other.

Heavy, spokeless wheels, eyes sunk in fat, bestialism, double chins, illiterate emperors, fish fed on the flesh of learned slaves. Beastliness convoluted in a triple knot like guts. There were more people in the world than there have ever been since, all crammed into the passages of the Coliseum and all wretched.

And then, into this tasteless heap of gold and marble, He came, light-footed and clothed in light, with his marked humanity, his deliberate Galilean provincialism, and from that moment there were neither gods nor people, there was only man—man the carpenter, man the ploughman, man the shepherd with his flock of sheep at sunset, man whose name does not sound in the least proud but who is sung in lullabies and portrayed in picture galleries the world over." (p. 50)

The essence then of Christmas joy is

paradoxically simplicity and miracle. It takes the hard cruel facts of life and adds a new ingredient and thus creates a new dimension. As Pasternak points out ". . . you have a girl—a very commonplace figure who would have gone unnoticed in the ancient world—quietly, secretly bringing forth a child, bringing forth life, bringing forth the miracle of life, the 'life of all', as he was afterwards called. . . and from now on, the basis of life is no longer to be compulsion, it is to be inspiration—that is what the New Testament offers—the unusual instead of the commonplace, the festive instead of the workaday, inspiration instead of compulsion." (p. 403-404)

It gives hope, in the face of despair, meaning that overcomes futility, and love that never ceases in spite of abounding hatred. This is possible because God became man so that man might find his way back to God. When we trust in Christ as Saviour and Lord a redemptive relationship is established with God. This is salvation for as was prophesied, "she shall bring forth a son, and thou shalt call his name JESUS; for he shall save his people from their sins." (Matt. 1:21)



127 Aberdeen St.

*will serve you best*

with  
FURNITURE

Higrade

FLOOR COVERINGS & RUGS

LUGGAGE & LAMPS

Maytag Kelvinator

ELECTRICAL APPLIANCES

**Moirs** . . . . .

**BREAD  
CAKE  
BISCUITS**

*"Best by Taste"*

BAKERY DIVISION

**Moirs**  
LIMITED

HALIFAX — CANADA

**SANATORIUM PROFESSIONAL  
EDUCATION AND  
RESEARCH FUND  
HAVE YOU GIVEN?**

## Old Timers

Although Anne Marie is a busy gal with her academic pursuits and Christmas preparations, she has garnered some news of Old Timers, which we gladly pass on. when the Canadian Public Health Association held its annual convention at the Cornwallis Inn, Kentville, in November, Anne Marie, in the capacity of registrar, found some ex-San patients among the delegates. Cornelia MacKeigan, who cured here in 1953, is well and holds the position of Industrial Nurse at H.M.C. Dockyard, Halifax. Cornelia occasionally sees David Kelly, here in 1963, who is also employed at the Dockyard. Frances Setchell, also here in 1963, is a Public Health Nurse in Sydney. She looks very well, indeed. Dr. R. C. Young, retiring President of the Association, has a private practice in Pictou. Dr. Young was a San patient in 1942, after which he joined the Medical Staff of our Institution, for a time.

Betty (Logan) MacCausland sent Christmas Greetings to Pat McEvoy from Manitoba, where for a few weeks, she was enjoying the cultural aspects of life in Winnipeg as well as the tempting food in that fine city. Although Betty's present home is in Massachusetts, she is a native Nova Scotian, hailing originally from Trenton. Betty's curing days were back in 1942.

We hear also that Mary (MacKenna) Brown — patient at the Sanatorium in 1924, and admitting clerk for many years after—is well and still lives in Halifax. Mary's niece, Jean MacKenna of Pictou, who cured here in 1939, was visiting with her recently. Mary sometimes sees Sister Alma at Mount St. Vincent, and reports that she is well. Sister Alma took the cure here in 1940.

Georgie Conrad of Dartmouth, a patient in the 1930's, is in good health, too.

Loran M. Crowell of 1939 vintage, visited Joe LeBlanc, East Infirmary, recently. Loran, who lives in Yarmouth, is representative for The Traveler's Insurance Companies.

Mildred Romaine of Yarmouth, who left us in 1966, called in to see Hazel Duran, East Infirmary, a few weeks ago on her way back from her son's marriage, which took place in Dartmouth. Mildred was feeling very well indeed, and had the wonderful experience of visiting Expo.

While on a trip to Bridgewater one day, Stan Robichaud of the Rehab. Department, saw an old 1950 porchmate of his, Phil Evans. Phil, who is well and employed by the Department of Highways, is married and has two children.

Just today your columnist received a

letter from Mabel Elliott who was a cure-taker here away back in 1931. Mabel retired from teaching in the public schools a few years ago. She lives in Liverpool with her sister, Mrs. Prescott Gardner, and is very active in the Baptist Church of that town.

While at Government House to receive her long Service Award, Miss Joan Walker, Secretary to Dr. J. E. Hiltz, met and talked with Ethel May Lester of Truro. Mrs. Lester, who was a Sanatorium patient in 1946, then again from 1949 to 1942, had accompanied her husband, Harry Lester, to the ceremonies. We are glad to have news of Mrs. Lester, and offer congratulations to Miss Walker and Mr. Lester for the honours bestowed upon them.

We extend the Season's Greetings to all Old Timers and all other readers.

\* \* \* \* \*

Why can't it always be Christmas,  
Merry Christmas time;

Why can't we always be bright and gay  
Just as we are on that joyful day?

Peace and friendship would reign

Everywhere sublime;

We'd banish our woes

And forgive our foes

Were it always Christmas time.

—William Schofield  
N. S. Sanatorium

---

THIS HALF PAGE WITH THE  
COMPLIMENTS OF

*Don Chase, Ltd.*

---

THERE'S MEETING IN OUR GREETING

In Bethlehem's manger souls may meet,

Though lives be set apart,  
For in that Presence fair and sweet

Heart touches heart.

The Christ child's little hands unite

What oceans may divide,  
And Christian men on Christmas night

Kneel side by side.

And wheresoever we may be,

Midst many friends or few,

We know that you will think of us

And we will think of you.

—Author Unknown.

A level head is a useful asset in curing.

\* \* \* \* \*

A sure-fire formula for making a good speech: Have a good beginning and a good ending—and keep them as close together as possible!

CRYSTAL GAZING

Doctor (looking at patient's eye): "I can see signs of liver trouble and Bright's disease."

Patient: "Don't be too sure, doctor. That's my glass eye."

*Christmas Greetings from*  
**Minas Coal & Supply Co. Ltd.**

WOLFVILLE, NOVA SCOTIA

**Important News in  
 Men's and Boys' Wear**

Every type of Men's and Boys' wear is in demand — and everything is here for you. The styles and colours you like best . . . and the price you like best, too.

Here are a few of the many lines we have to offer you:

- SPORTCOATS — — — JACKETS
- SPORT SHIRTS — — SLACKS
- RAINWEAR — SUITS
- TIES — SWEATERS — HOSE
- HATS — CAPS

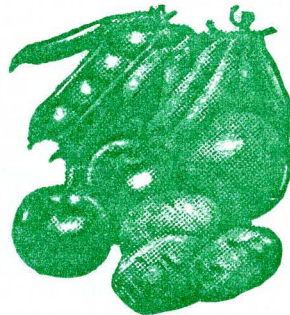
**R. W. Phinney**

"Everything for Dad and the Lad"

Webster Street      Kentville, N.S.

• *Quality* •

**Groceries—Meats**



**F. E. Wade & Co.**

FREE DELIVERY

**Fisher's White Rose Service Station**

**GAS      OIL      BATTERIES      TIRES      ACCESSORIES**  
 172 CORNWALLIS ST.      PHONE 678-4767      KENTVILLE, N.S.



## Just Jesting

Nellie: "There, young man, there's a ladder in these stockings."

Clerk: "Well, what do you expect for 49 cents, a marble staircase?"

\* \* \* \* \*

Julien: "That's a fast looking car you got there, Doc. What is the most you ever got out of it?"

Dr. Quinlan: "Five times in a mile."

\* \* \* \* \*

Mrs. Misner. "What is a volcano?"

Michael: "A high mountain that keeps interrupting."

\* \* \* \* \*

Mae: "Stout people, they say, are rarely guilty of meanness or crime."

Hazel: "Well you see, it's so difficult for them to stoop to anything low."

\* \* \* \* \*

Jean: "You look very tired, mother."

Mother: "So tired, dear, that I feel I cannot move hand or foot."

Jean: "Then I want to tell you I've eaten most of the strawberry jam."

\* \* \* \* \*

Mother decided that 10-year-old Kathy should get something "practical" for Christmas. "Suppose we open a savings account for you?" Mother suggested. Kathy was delighted.

"It's your account, darling," Mother said as they arrived at the bank, "so you fill out the application."

Kathy was doing fine until she came to the space for "Name of your former bank." After a slight hesitation, she put down "piggy".

\* \* \* \* \*

Pat got a job at a railway station. When the first train came in however, he forgot the name of the station, so he yelled out: "Here ye are for where ye are going. All in there for here come out."

\* \* \* \* \*

Wife, addressing Christmas cards: "Carlyle, dear, should we send one to the Baines? We sent them one last year and they didn't send us one so they probably won't send us one this year because they'll think we won't send them one because they didn't send us one last year, don't you think, or should we?"

\* \* \* \* \*

No snowflake in an avalanche ever feels responsible.

Stanislaw Lee in Holiday

Dear Santa Klaws, "I want to put in a new order 'cause I just found all the things I ast for under the spare room bed."

—Scandal Sheet.

\* \* \* \* \*

When a missile goes over the moon,  
I'm a guy

Who can read the report without arching a brow

Though a jump such as that is remarkably high

It was done long ago by a common old cow.

\* \* \* \* \*

The minister of a small church was awakened one night by a suspicious noise. Out of the darkness came a voice: "Don't move or I'll shoot. I'm looking for your money."

"Let me get up and turn on the light," begged the minister "and I'll hunt, too."

\* \* \* \* \*

The child who reacts positively to the skin tuberculin skin test should have plenty of rest. Give him wholesome food and have him x-rayed and examined periodically.

—SoCaSan Piper

\* \* \* \* \*

Dick: Did anyone laugh when you fell on the ice?

Sonja: No, but the ice made some awful cracks.

\* \* \* \* \*

Real estate man: Now here's a house without a flaw.

Southern belle: Reahly? What do you-all walk on?

\* \* \* \* \*

A small girl was entertaining the visitors while her mother was in the kitchen. One woman guest cast an appraising look at the little girl and then whispered to her friend: "Not very p-r-e-t-t-y."

"No," answered the child, "but awfully s-m-a-r-t."

\* \* \* \* \*

Salesman: "Here's a book that'll do half your work for you."

Sam: "Swell, give me two of them."

\* \* \* \* \*

Husband to wife: "You know what our children think of as stocking fillers—little things, like miniature cameras and pocket radios."

\* \* \* \* \*

To make a long story short, there's nothing like having the boss walk in.

## ARTICLES PUBLISHED IN

## HEALTH RAYS

FROM JANUARY TO NOVEMBER, 1967

## JANUARY

Behind the Scenes at the San  
Dr. J. E. Hiltz, Medical Superintendent,  
N.S. Sanatorium.

## FEBRUARY

Nova Scotia Sanatorium Combined Charities

Hector Mckean, N.S. Sanatorium.  
Nova Scotia Tuberculosis Association, The  
Ralph E. J. Ricketts, Executive Secretary.  
Stress

**The Messenger**

Would You Believe It?  
**New Domestic Medicine**, by Wm. Buchanan, M.D., 1812

## MARCH

Canada Assistance Plan, The  
Kevin MacDonald, N.S. Dept. of Public Welfare.

Erythema Nodosum

Dr. Helen Holden, N.S. Sanatorium  
Medical Records in Clinical Research  
Hector McKean, R.R. 1., N.S. Sanatorium.

Top of the Stairs, The

From a speech prepared for delivery during the province-wide N.S. Easter Seals campaign, February 26th to March 26th.

## APRIL

Canadian Cancer Society, Nova Scotia Division

Elizabeth A. Hartling, Executive Director and Secretary.  
Social Assistance Act, The  
James C. MacNeil, Administrative Assistant.

## MAY

Canadian Association for Retarded Children — Kings County Branch

Earle Balsler, President, Kings Co. Assoc. for Retarded Children.

Mental Health Month

**TB. and not TB.**

New and Reactivated TB. Cases Seen  
Needing Vigorous Therapy

**Antibiotic News**, Jan. 11, 1967.

Salvation Army Red Shield Appeal

TB. Patients Should Be Hospitalized

**Itam**

Cure Is Easy If You Remember it, The  
**News Bulletin**—SBM.

## JUNE

Board Extends BCG Vaccination Program  
**News Bulletin**—SBM

Extract from "Drugs down the Drain"

**Tuberculosis Quarterly Review**, July, 1966.

Extracts from "The Study and Use of BCG in Canada"

Armand Frappier, M.D., and Marcel Cantin, M.D.

Extracts from "Tuberculosis Control Services. Nova Scotia Policy Regarding BCG Vaccination

J. E. Hiltz, M.D., D.P.H., Administrator, Tuberculosis Control Services

Recommendations on the Use of BCG Vaccination in the United States

**Contact**, Springfield, Ill.

What about BCG Vaccination?

**TB. . . and not TB.**

## JULY

Callow Wheelchair Coach, The  
T.B. Today: A Report to the Council of The Nova Scotia Tuberculosis Association

J. E. Hiltz, M.D., N.S. Sanatorium.

## AUGUST - SEPTEMBER

But How Could This Happen To Me?

Byron F. Francis, M.D.

Emotions and Tuberculosis, The

Roy K. Smith, M.D.

Guidepost to a Happy Life

Garry Colquette

## OCTOBER

American Heart Association Highlights  
Heart Risks of Smoking

**Health**—June, 1967

Cigarette Smoking is Serious Health Hazard

Smoking and Health Program—Department of National Health and Welfare.

Cigarette Smoking—The facts

**The Valley Echo**

Tobacco — Not Much Better Than Rat  
Poison

**News Bulletin** — SBM

Why We Smoke

May-June, 1967 Edition of **Ca**

## NOVEMBER

Famous Tbers—Christy Mathewson

**Stethoscope**

Patients Are People

Eugene T. Kozlowski

Self-Discipline and Sanatorium Discipline

**Mountain Air**

You Are There with Your Canadian Red  
Cross

---

**THIS PAGE SPONSORED BY THE  
Kentville Publishing Co.**

**LIMITED**


---

Bright be thy Christmas tide!  
Carol it far and wide,  
Jesus, the King and the Saviour, is come!  
—Frances Ridley Havergal

# INS and OUTS

Nova Scotia Sanatorium

Admissions: October 16 to November 15

Alonzo Alexander Urquhart  
Plymouth Park, Stellarton

Mrs. Mary Ella Houghton  
Aylesford, Kings Co.

Vincent Theodore Simms  
14 Forrester St., Halifax

Percy Lorrain Bishop  
Aylesford, Kings Co.

Warren Albert Furlong  
Nova Scotia Sanatorium, Kentville

Mrs. Arlene Margaret Thomas  
West Preston, Halifax Co.

Arthur Millett Abbott  
756 Prince St., Sydney

Mrs. Dorothy Barnes  
Box 667, Greenwood, Kings Co.

Joseph Leonard Melanson  
Nictaux, Anna. Co.

William Henry Perkins  
106 Main St., Middleton

Mary Leslie Power  
35 Canary Crescent Rockingham, Halifax Co.

Adelbert Ray Patterson  
Harmony Mills, Queens Co.

Hilda Mae Galley  
480 Main St., Kentville

Ernest Lenwood Taylor  
5 Henry St., Truro

Malcolm Scott MacCallum  
3239 Brunswick St., Halifax

Mrs. Jane Vinetta DeWolfe  
27 Ochterloney St., Dartmouth

George Brandford Hughes  
Berwick West, Kings Co.

Kelly Lamont Croft  
West Dublin, Lunen Co.

Louise Mary Boudreau  
Meteghan, Digby Co.

Mrs. Frances Roosevelt Dale  
Highbury, Kings Co.

George Elijah Luddington  
Upper New Harbour, Guys. Co.

Linda Lois Fleming  
Upper Musquodiboit, Halifax Co.

Frederick John Brown  
Apt. 302, 5-Block Saguenay Terrace  
Mulgrave Park, Halifax

Mrs. Theresa Jane Wilsack  
628 Hudson St., Stellarton

Discharges: October 16 to November 15

Kenneth Junior Downey  
North Preston, Halifax Co.

Glenda Catherine Doucet  
St. Bernard, Digby Co.

Murray Alexander Davidson  
Port Wade, Digby Co.

Alonzo Alexander Urquhart  
Plymouth Park, Stellarton

Mrs. Clara Pauline Gamble  
Box 126, Bass River, Col. Co.

Doris Anne Doucet  
Belliveau Cove, Digby Co.

Warren Albert Furlong  
Nova Scotia Sanatorium, Kentville

Ralph Leander Mason  
Lunenburg

John Lewis Arenburg  
68 Broad St., Lunenburg

Julia Paul  
14 Rupert St., Amherst

Scott Melbourne Reid  
Box 19, Mulgrave, Guys. Co.

Percy Stanford Wentzell  
132 Woodworth Rd., Kentville

Mrs. Mildred Harrison  
110 Oakdene Ave., Kentville

Elison William Borgoyne  
Springfield, Anna. Co.

Percy Lorrain Bishop  
Aylesford, Kings Co.

Mrs. Lyla Alice Miller  
27 Highland Ave., Kentville

Mrs. Helen May Carter  
Lr. Church St., Port Williams, Kings Co.

(Continued on next page)

## MAYFLOWER MOTEL

TV - Radio

New Minas, N.S.

Phone 678-3127  
678-3051

Sanatorium Visitors Welcome

Check Out Time Extended To 6 p.m. At No Extra Cost

OPEN ALL YEAR

(Continued from previous page)

Point Edward Hospital

Admissions: October 16 to November 15

Frederick Benjamin White  
56 A Mansfield St., Glace Bay

John Andrew Googoo  
Whycocomagh, Inv. Co.  
Alexander James MacEachern  
Capstick, Vic. Co.

Arthur MacKinnon  
188 Ashby Rd., Sydney  
Mary Flora Campbell  
R.R. #4, Mabou, Inv. Co.  
Allan Joseph MacIsaac  
210 Wilson Ave., New Waterford

Joseph Martin Walsh  
26 Butts St., Sydney Mines  
Mrs. Jean Patterson Stoker  
28 R. Grove St., Glace Bay  
Donald Morrison  
14 Cottage St., Sydney Mines

Alfred George Hawley  
Ingonish Ferry  
Lawrence Anthony  
30 Stornway St., Sydney  
George Joseph Nearing  
R.R. #1, Glace Bay

John A. Gould  
Whycocomagh  
Walter Pinaud  
Baddeck

Discharges: October 16 to November 15

Charles Bona  
West L'Ardoise  
Charles Archibald MacLean  
St. Rose, Inv. Co.

John Thomas MacDonald  
Gardiner Mines  
Mrs. Martha Ada Soltez  
R.R. #1, Bras d'Or  
James Emmerson Purcell  
R.R. #2, Westville, Pictou

Stephen Noel Sylliboy  
Whycocomagh, Inv. Co.  
Arthur MacKinnon  
188 Ashby Rd., Sydney  
Mrs. Muriel Mae Dagley  
17 Isnor Rd., Kentville

Ernest Boudreau  
C.B. Hospital  
Mrs. Sarah Violet Herridge  
76 Regent St., North Sydney  
Gregory Julian DiPersio  
504 Purves St., North Sydney

### NEWS FLASHES

(Continued from page 14)

There are also two other girls by the name of Ann. How do you know who's who? Well, one is called "big" and the other "small", so there's no difficulty whatsoever.

Also there is sweet Ginnie Wheaton who is a real swinger with the young boys; and finally, there is Josie who runs off in a beautiful red Chevelle every weekend.

From there we go way over to the other end where room 318 is found. Inside is the funniest bunch of characters north of vaudeville. First, there is Alphonse Callaghan who, by right, should be called "Bedou" because he needs a girdle to hold his stomach in. Then there is Nelson Melanson who I dare say is always teasing the nurses. Finally, there is Julien LeBlanc who is a whiz at sleeping "late"!!!

Across the hall you find a short character named Abbott and a real comedian named Pauls. Then there is Dr. "Reddy" who has finally decided to get out of bed after a long, long nap.

Before I leave, to Miss Skerry, Dr. Quinlan, and the nurses and staff of Third East, on behalf of all the patients, I wish you a very merry Christmas and a Happy New Year.

"Friendships are fragile things, and require as much care in handling as any other fragile and precious thing."

—Randolph S. Bourne.

Compliments of

**P. R. RITCEY & CO. LTD.**

WHOLESALE GROCERS

KENTVILLE, N. S.

PHONE 678-4513

*“for the Best in Books . . . .”*

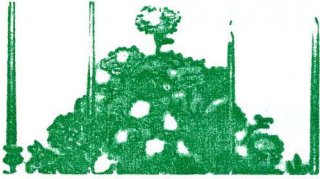
A WIDE VARIETY OF CURRENT TOP SELLERS AND  
POCKET EDITIONS . . . and a selection of time tested classics

**R. D. CHISHOLM LTD.**

25 WEBSTER STREET

KENTVILLE, N.S.

FLOWERS FOR ALL OCCASIONS



**Pulsifer's Flower Shop**

PHONE 678-4728, KENTVILLE, N.S.

**Peter Cleyle Ltd.**

Dry Goods and Gents'

Furnishings

Boots and Shoes and

Children's Wear

Kentville, N.S.

P.O. Box 738

**VICTOR N. THORPE**

Q.C.

BARRISTER & SOLICITOR

— Insurance —

Victor N. Thorpe, B.A., LL.B.

Phone 678-3428

31 CORNWALLIS ST., KENTVILLE

**RIPLEY'S Shoe Store**

22-24 Cornwallis St., Kentville, N.S.

*Quality Footwear*

**COURTEOUS SERVICE**

**CAREFUL FITTING**

**BEFORTE<sup>®</sup>**

TABLETS

**VITAMINS B WITH C AND D**



®Registered trademark

# ATLANTIC Wholesalers Limited

WHOLESALE FOOD SUPPLIERS

Groceries, Flour, Feed, Confectionery

Tobacco, Paper Goods, etc.

PHONE 678-3268

COLDBROOK, N.S.

# H. B. MITCHELL

LIMITED

**Plumbing Heating &  
Electrical Contracting**

WOLFVILLE, NOVA SCOTIA

Specialists in Children's and Ladies' clothing 1 to 20 years

COATS DRESSES SPORT TOGS — ACCESSORIES

Exquisite Form Foundation Garments — Orient Nylon Hose —

Sabre Slims, Pants and Skirts

Boys' wear in all sizes from 1 to 18 years

# WRIGHT'S CLOTHING LTD.

12 ABERDEEN ST.

KENTVILLE, N.S.

Mail your **ROLL FILMS** and **NEGATIVES** to us for **FINISHING**

**FREE FILM** — A free film, black and white or color, with every roll left for finishing.

*McMurdo*

STUDIO

PHONE 678-3729

31 WEBSTER STREET

OPPOSITE THE  
CORNWALLIS INN

**RON ILLSLEY**

ESSO  
SERVICE STATION

PHONE 678-4634 — KENTVILLE, N.S.

## THE REGISTER

BERWICK, NOVA SCOTIA — THE LOCAL PAPER FOR WEST KINGS  
THE BANNER FRUIT SECTION OF THE ANNAPOLIS VALLEY

GOOD JOB PRINTING

When visiting friends at the  
Sanatorium, Plan to Stay at  
the

**KENT LODGE**

MRS. O. FREDERICKS, Prop.  
ROOMS AND MEALS

PHONE — 4565 — PHONE

for Milk — Cream and  
Chocolate Dairy Drink

**CORNWALLIS  
DAIRY, LIMITED**

PHONE 678-4565

**WEBSTER SMITH**

CO. LIMITED HALIFAX, N.S.

Supplies for Hotels, Institutions,  
Clubs, Restaurants, Tea Rooms,  
Soda Fountains, Caterers, Rail-  
ways, Steamships, and the  
Household of

Crockery China Glassware  
Lamps, Cutlery and Specialties

**H. H. STOKES**

JEWELLER and WATCHMAKER

409 Main Street  
KENTVILLE, N.S.

Phone 678-2065

## Cornwallis Builders' Supplies, Ltd.

BUILDERS' SUPPLIES — FREE ESTIMATES

*Suppliers of Quality Building Materials and Hardware*

PHONE 678-2166 — KENTVILLE, N.S.  
678-7915

*Gifts from your Jeweller... are Gifts at their Best!*

**J. M. DUGUID, JEWELLERS**

*Everything on Credit at Cash Prices*

KENTVILLE, N. S.

A FAVOURITE SPOT

for

FISH'N CHIPS

HOT DOGS

HOT AND COLD SANDWICHES

CONFECTIONERY AND SOFT DRINKS

SMOKING SUPPLIES

GENERAL GROCERY ITEMS

**PETERS' LUNCH**

PHONE 678-2642

264 Cornwallis Street

KENTVILLE, NOVA SCOTIA

LADIES' & CHILDREN'S WEAR YARD GOODS

HOUSEHOLD FURNISHINGS

Largest stocked Foundation Garment Dep't. in the Valley

COMPLETE  
STOCK OF  
BEEHIVE  
KNITTING  
YARN

*Muttart's*  
LIMITED

NURSE'S  
UNIFORM  
SURGICAL  
GARMENTS