

NOVA SCOTIA SANATORIUM

VOL. 48

MARCH, 1967

NO. 3

MAY 2 1967  
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 PIERDrugs - 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. ....  | Medical Superintendent             |
| H. M. HOLDEN, M.D. ....         | Asst. Superintendent               |
| J. J. QUINLAN, M.D. ....        | 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. ....      | Consultant Surgeon                 |
| D. M. MacRAE, M.D. ....         | Consultant Bronchoscopist          |
| E. J. CLEVELAND, M.D. ....      | Consultant Psychiatrist            |
| F. R. TOWNSEND, M.D. ....       | Consultant Psychiatrist            |
| B. F. MILLER, M.D. ....         | Consultant Orthopedic Surgeon      |
| D. H. KIRKPATRICK, M.D. ....    | Courtesy Consultant in Anaesthesia |
| C. E. JEBSON, M.D. ....         | Consultant Urology                 |
| MRS. HOPE MACK, R.N. ....       | Director of Nursing                |
| MISS EILEEN QUINLAN, P.Dt. .... | Senior Dietitian                   |
| F. G. BARRETT, M.Sc. ....       | Director of Rehabilitation         |

## *Point Edward Hospital*

|                                     |                              |
|-------------------------------------|------------------------------|
| D. S. ROBB, M.D. ....               | Medical Superintendent       |
| T. K. KRZYSKI, M.D. ....            | Physician                    |
| D. M. MUIR, M.D. ....               | Physician                    |
| W. MacISAAC, M.D. ....              | Consultant Bronchoscopist    |
| D. B. ARCHIBALD, M.D. ....          | Consultant Urologist         |
| MRS. 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**

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  
 AND BUILDERS  
 FULL LINE OF  
 BUILDING SUPPLIES

**Phone the Lumber No.**  
 564-5554

**"the Open Door to Building"**

TOWNSEND STREET  
 SYDNEY, NOVA SCOTIA

**THE BERWICK BAKERY**  
 LIMITED

A. E. BEZANSON, Proprietor

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*

DAILY: 10.15 - 11.45 A.M.

DAILY: 3.15 - 4.45 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*

---

## *Kentville Church Affiliation*

|                                    |                                |
|------------------------------------|--------------------------------|
| Anglican—Rector .....              | <i>Archdeacon L. W. Mosher</i> |
| Sanatorium Chaplain .....          | <i>Rev. J. A. Munroe</i>       |
| Baptist—Minister .....             | <i>Dr. G. N. Hamilton</i>      |
| Student Chaplain .....             | <i>Lic. Gerald Fisher</i>      |
| Lay Visitor .....                  | <i>Miss B. Lockhart</i>        |
| Christian Reformed—Minister .....  | <i>Rev. J. G. Groen</i>        |
| Pentecostal—Minister .....         | <i>Rev. Glen Kauffeldt</i>     |
| Roman Catholic—Parish Priest ..... | <i>Rev. John F. DeLouchry</i>  |
| Asst. Roman Catholic Priest .....  | <i>Rev. Gerald E. Saulnier</i> |
| Salvation Army .....               | <i>Capt. H. L. Kennedy</i>     |
| United Church—Minister .....       | <i>Rev. K. G. Sullivan</i>     |
| Sanatorium Chaplain .....          | <i>Rev. J. D. MacLeod</i>      |

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.

---

# 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

MARCH, 1967

No. 3



## EASTER

The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre. Then she runneth and cometh to Simon Peter, and to the other disciple whom Jesus loved, and saith unto them. They have taken away the Lord out of the sepulchre, and we know not where they have laid him. Peter therefore went forth and that other disciple, and came to the sepulchre. So they ran both together; and the other disciple did outrun Peter, and came first to the sepulchre; and he, stooping down and looking in, saw the linen clothes lying; yet went he not in. Then cometh Simon Peter following him, and went into the sepulchre, and seeth the linen clothes lie; and the napkin that was about his head, not lying with the linen clothes, but wrapped together in a place by itself. Then went in also that other disciple which came first to the sepulchre, and he saw, and believed. For as yet they knew not the Scriptures, that he must rise again from the dead. Then the disciples went away again unto their own home.

St. John 20:1-10

And the angel answered and said unto the women, Fear not ye; for I know that ye seek Jesus, which was crucified.

He is not here: for He is risen as He said. Come, see the place where the Lord lay.

St. Matthew 28:5, 6



# Erythema Nodosum

H. M. Holden, M.D.



Of recent date several patients have been admitted to the Nova Scotia Sanatorium suffering from a relatively rare skin eruption known as erythema nodosum. The origin of the name of this condition is from the Greek word "erythema" meaning flush and the Latin word "nodus" mean knot. The French term for the condition is

"erythème noueux". It is characterized by the development of red or purplish nodules which occur most characteristically over the front of the leg between the knee and the ankle, and also on the back of the forearm between the wrist and elbow. Less frequently the nodules can be found in other locations. They may vary in size from that of a pea to that of a walnut or a hen's egg in diameter. Sometimes two or three may join together, giving a relatively larger area of involvement. Sometimes only three or four may be present while sometimes a great number. These nodules may be extremely tender to touch and may be very painful at the onset. However, they are not itchy. Both legs are usually affected at the same time and occasionally the joints may also be painful. Though red and swollen at first, the nodules gradually undergo colour changes to purple to bluish-green shades, and ultimately develop the brownish colour of a bruise or contusion. Hence, another name for the condition is "dermatitis contusiformis".

Usually the eruption is preceded by the development of fever, appetite loss, general malaise, and sometimes a chill or sore throat may occur. On most occasions, the condition will have completely disappeared in from two to six weeks though occasionally small brownish pigmented areas may remain on the skin. Also, some individuals have been known to suffer from successive crops of the nodules.

As in our cases, the disease is most common in females between the age of 15 and 35. Before teen age it occurs equally in both sexes. There is also a seasonal incidence, for the condition is most common in December, January and also in early spring.

This skin condition is not due to a single cause; several underlying conditions may be responsible. These include tuberculosis, rheumatic fever, streptococ-

cal infection, a few rare diseases, and drug reactions. When the condition occurs, it is most important to determine the underlying cause as soon as possible. As far as tuberculosis is concerned, erythema nodosum is more common as a manifestation of this disease in some countries than in others. It is especially frequent in the Scandinavian countries where 95 per cent of a series of cases of erythema nodosum were found to have active tuberculosis, compared to 5 per cent of positive tuberculin reactors without erythema nodosum. If the tuberculin test is positive in the presence of erythema nodosum, it is altogether likely that tuberculosis is present in an early active phase. Usually, enlargement of the lymph glands or an actual small disease process may be found in the lungs of such cases. The skin eruption occurs within three to eight weeks of infection by the tubercle bacillus and is an expression of high sensitivity or allergy, thus explaining its development at the point when the tuberculin test first becomes positive. In other words, erythema nodosum in a tuberculin-positive individual nearly always indicates that infection occurred about three to eight weeks previously. Fortunately, the development of this skin manifestation enables the discovery of tuberculous infection very early and therefore treatment can be instituted before the tuberculosis itself progresses to an advanced stage.

If the tuberculin test proves negative, the other conditions listed above must be considered. Among these, rheumatic fever and a streptococcal infection are important. In the case of rheumatic fever, joint involvement would be a prominent feature of the illness in all probability. In a streptococcal infection a severe sore throat might have occurred shortly prior to the onset. Certain drugs in susceptible individuals may elicit a skin condition identical with erythema nodosum, and other rare diseases may also lead to this condition.

So far as treatment is concerned, bed rest is essential, combined with treatment of the underlying disease. In the case of tuberculosis, this includes the prompt institution of antimicrobial therapy. In acute rheumatic fever, aspirin or its derivatives would be of value. If streptococcal infection were responsible, treatment with penicillin or another suitable antibiotic would be commenced. If the condition occurs as a result of a drug re-



action, needless to say, the offending drug would be discontinued. Local applications to the affected area have not proved of much benefit.

Approximately 20 years ago, a 22-year-old young woman was admitted to the Nova Scotia Sanatorium suffering from erythema nodosum which developed 24 hours following her first positive tuberculin test. She had been complaining of chest pain and at the same time had developed a small disease process within the right lung. One month later, the severe

eruption had subsided. Six months later, the disease within her lung had reached the inactive stage, and she returned to work. Twenty years later, she is perfectly well and has had no illnesses in the meantime. It should be pointed out that drug treatment for tuberculosis was not available at the time of her illness. Recovery would have been even more rapid with the aid of the drugs that have come into use in subsequent years.

\*From the Nova Scotia Sanatorium, Kentville, N.S.

### VALENTINE PARTY

A Valentine party sponsored by the Hiawatha Lodge, I.O.O.F., Kentville, was held in the patients' dining room on February 15th.

The room looked gay and colorful with traditional hearts and cupids adorning the walls, and balloons suspended from the ceiling. A great deal of credit is due Miss Florence Belbin who made the decorations, Garth Fowler, Wallace Borgal, and Murray Trask who helped in arranging them, and Myrna Nickerson who made the tallies.

A pleasant surprise was provided by the hosts when they introduced a group of singers and musicians, the Moral Re-armament Youth Group. These young people gave a performance of very high calibre which was much appreciated by those present.

Games were played and prizes were awarded by vice-president L. E. Davis as follows: Forty-fives—high: Ladies', Laura Anderson; Men's, G. W. Powell; low: Ladies', Ann Reid; Men's, James Statchook. Chinese Checkers — Myrna Nickerson; Rummy—Irvine Tooke; Cribbage—high: Millard Angevine; low: Bernard Manuel. Lucky prize winners were: Diane Hubley, Wally Borgal, Walter Dockendorff, Arthur Zinck, Myrna Nickerson, Irvine Tooke.

Mrs. Mary MacKinnon, representing the Rehabilitation Department, introduced and thanked the members of Hiawatha Lodge, I.O.O.F.

Delicious refreshments, provided by the sponsors, were served by members of the Dietary Department.

### NEVER GIVE UP

There's a time to part and a time to meet,  
There's a time to sleep and a time to eat,  
There's a time to work and a time to play,  
There's a time to sing and a time to pray,  
There's a time that's glad and a time that's  
blue,

There's a time to plan and a time to do,  
There's a time to gain and to show your  
grit,

But there never was a time to quit.

—Writer Unknown

### THE TRUE SHAMROCK?

One day, while I was visting southern Ireland, I climbed a small mountain. During my journey, rain began to fall, and I took shelter under a rock ledge.

Looking at the ground, I saw some plants of special interest. They were shamrock of the wood sorrel type.

Some Irish folk call the wood sorrel the "true shamrock", but there are champions of other types, including the hop clover, the black medic and the white clover.

Regardless of which type is favored, the shamrock always has "three leaves in one". It is a symbol of the republic of Ireland, and is supposed to have been used by Saint Patrick to illustrate the doctrine of the Trinity.

The word "shamrock" was provided by the Gaelic language. An old Irish spelling is "seamrog".

Q. Is "Patrick" an Irish name?

A. If we think of the past 15 hundred years, we may say that Patrick is an old name in Ireland, but its origin goes back to ancient Rome.

"Patrick" came from "patricius", a Latin word meaning "noble" or "patrician". The word was turned into a man's name: "Patricius".

Doubt exists about the place where Patricius was born, but his birthplace seems likely to have been in Wales.

During his adult years, he preached the Christian faith in Ireland, and later was classed as a saint. The seventeenth of March is celebrated by many persons of Irish stock as the date for "wearing of the green" in honor of Saint Patrick.

One reason experience is such a good teacher is that she doesn't allow any drop-outs.

Reducing isn't really tough  
It's easy if you NO enough!

The highest reward for a man's toil is not what he gets for it, but what he becomes by it.

# The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.



In February we saw some very cold weather—at least that is what the newspapers said. Most of you will not remember but thirty years ago there were no radiators on any porch in our West Infirmary. In winter, the cold was felt the most fiercely by those patients curing on the West porches. There, they felt the full sweep of the prevailing frigid west wind. All patients snuggled down in bed, covered by about six to eight blankets and a hot water "pig" or electric heater going full blast. During rest hours the windows were wide open regardless of the cold—the glass in the windows was completely covered with ice. When rest hour was over the doors to the warm rooms were opened and the heat therein would rush out, and the cold on the porches would rush in and the result would be that both the room and the porch would settle for about ten degrees below freezing. It was too cold to read and each patient ate as fast as possible before the food lost all its warmth and became as cold as the porch. Those were the good old days when men were men. Indeed, those cold west porches in the wintertime certainly separated the men from the boys. And did all the patients die as a result? Nonsense! Our west porch patients by spring always got the best x-ray reports. It was so cold that they could not do anything but rest and cure. It proved to me—although I did not need proof—that good bed rest provided rest for the whole body, rest for the lungs, and was the foundation stone of "curing" Tb. We now have other, more potent, weapons such as drugs to help fight tuberculosis but good bed rest still plays a very important role in the fight against Tb.—especially in its early acute phase.

\* \* \* \* \*

And then there was the cute nurse who liked to do things the easy way. One day, after rest hour, she was gathering up the water glasses. Of course, they were lighter when empty than when full of water or ice so this day she was emptying them out of the window instead of carrying them partly full to the kitchen. She was doing all right until she emptied one glass and was horrified to watch a set of false teeth sailing out the window and into a

snow bank. That was the last time that she cut that corner, but she recovered the teeth after some cold digging and was soon forgiven. It is pretty hard to stay "mad" at a good natured, happy, and thoroughly likeable person, especially a nurse. Later she married our postman and is still living happily ever after in one of our Nova Scotian towns.

\* \* \* \* \*

While I am talking about the good old days, how many of you realize that the house in which I live was built about 1914 and was situated where the West Infirmary is now. When plans were made to build the Infirmary in 1917, the Medical Superintendent's Residence had to be moved so it was put on large wooden rollers and slowly rolled to its present location farther west. Dr. A. F. Miller was Medical Superintendent then and was not for being kept out of his home, so every night he climbed up a ladder to get into the house on top of the rollers. All went along uneventfully until the house began to roll all on its own one night. No great harm was done but Dr. Miller got a mighty big thrill and this slide probably accounted for the numerous cracks in the plaster, some of which can still be seen. A few years later, the house caught on fire and was nearly a "goner" but not quite. In fact, the water caused more damage than the fire—and this, too, did not do the plaster any good.

And Mrs. Hiltz and I have a few stories we could relate about this house which has now been our residence for almost twenty years. Sometime I must tell you about the eighteen starlings which came down our chimney into the fireplace and flew around the house before they were caught and thrown out the back door one at a time. It is a good thing that my wife is both good natured and very fond of birds!

Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks. Then the doing of your work shall be no miracle. But you shall be a miracle. Every day you shall wonder at yourself, at the richness of life which has come to you by the grace of God.

—Phillips Brooks

Learn to laugh. A good laugh is better than medicine.

## MEDICAL RECORDS IN CLINICAL RESEARCH

A. H. MacKean, R.R.L.

No one will deny or even question seriously the importance of a patient's medical record while the patient is being treated in hospital. In some quarters it is felt that after discharge the medical record decreases in value and keeps becoming of less and less importance until eventually its destruction becomes inevitable. This may be true in some cases because a medical record, like many other things, is of real value only if it is in use. The Joint Commission on Accreditation of Hospitals states that a medical record should "serve as a basis for review, study, and evaluation of the medical care rendered to the patient". This statement implies continuing usefulness of the Medical Record.

The use or prime purpose of the medical record changes to some extent after the patient's discharge. It still continues to be valuable as a personal document, that is, when it is used in such a way as to benefit the patient personally; for example, (a) as a reference in case of subsequent illness, (b) by providing information as the basis for an insurance or compensation claim, or (c) other uses including assistance in establishing proof of age.

After discharge the record becomes more important, even increasing in value with age, when it is used as an impersonal record; that is, when it is used as a source document to provide information which may be used for the benefit of the hospital or community or to add to the body of recorded knowledge. This impersonal use is generally designated under the broad term research.

The Sanatorium is fortunate to have an administration and staff cognizant of the importance of research and of the hospital's responsibility to support and encourage such activity.

Studies at the Sanatorium involve all of the Medical Staff at one time or another, some physicians frequently, others rarely. Studies are also done in co-operation with other specialists in the Province.

Generally the results of studies are presented at medical or scientific meetings and are later published in Medical or Public Health Journals. However, some studies are done for purely local reasons and not necessarily for publication; for example, Dr. Quinlan is presently preparing a report for the Sanatorium "Infection Committee" trying to relate post-operative incisional infections to the pre-operative bacteriological findings of the patients' nose and throat swabs. The purpose of this study is to seek ways to improve the quality of patient care.

When a single case is involved it is generally a report on a rare or unusual

happening or condition, an example of this is Dr. Quinlan's paper on "Lactation following Thoracotomy". There are no record reports of only 10-13 cases of this phenomenon.

It is in the study of series of cases that most of the effort at the Sanatorium is spent. Most studies deal with tuberculosis and its treatment or other diseases of the chest, with surgical treatment and cancer getting most of the attention. Dr. Quinlan is our most energetic clinical researcher and, no doubt, his interests are reflected in the subjects studied.

Some studies involve collecting a relatively small amount of information about the patients involved. An example of this was Dr. Rostocka's "Histoplasmin Skin Sensitivity in Nova Scotia". This paper was based on the results of 1,500 histoplasmin tests carried out at the Sanatorium. Information collected from the charts for this paper covered only 7 items on 14 patients, a total of 91 items. In contrast to this, one of Dr. Quinlan's surgical studies collected 57 items on each of 1,257 patients, a total of over 70,000 items.

In Medical Records, we are actively engaged in one or more of the stages of most studies. The steps of each study may be classified into four groups: Preparation, Extraction, Tabulation, and Interpretation.

PREPARATION or planning entails:

1. Describing (a) the subject to be studied  
(b) the cases to be included  
(c) the information to be obtained
2. Breaking down this information into simple elements or classifications
3. Procurement of the charts

EXTRACTION is the gathering of the information from the charts. This is the province of the physician and is perhaps the most tedious operation.

TABULATION is the process whereby the gathered information is put in an orderly form, building a profile from the small elements and classifications. This stage is done in Medical Records and is the most time consuming operation.

INTERPRETATION is the stage in which the paper is actually written using the statistical information that has been tabulated. This is where the physician must judge if the information obtained will stand up to intensive scrutiny. In many cases, although statistically valid conclusions cannot be drawn because of the small number of cases studied, the information is not valueless. If it is published and added to similar information gathered from other institutions, the cumulative total may then become statistically very significant.

## Just Jesting

The auto salesman's 5-year-old son was crying bitterly and when asked why, replied:

"Well, I heard Momma and Daddy talking about getting a new baby . . . and I don't want to get traded in!"

Linda: "Have you ever read a book on Buddhism?"

Glenda: "No, I don't care for flowers."

Aimee: "I never knew that the Russians were so dumb."

Yvonne: "Where did you get that idea?"

Aimee: "Well, it tells here that the population of Russia is very dense."

Doris: "Which nation produces most marriages?"

Glenda: "Fascination".

Sharon (at station): "Ticket for Truro."

Agent: "Change at Windsor?"

Sharon: "No, I want my change now."

Garvin: "Do you file your fingernails?"

Arthur: "No, I just throw them away after I cut them off."

Michael: "I failed in everything except Greek."

Ronald: "How come you didn't fail in that also?"

Michael: "I didn't take it."

Aurora: "My biggest ailment is insomnia."

Betty: "Then get a revolving bed and you'll sleep like a top."

An Irishman recently landed in this country and went to work on a new concrete road. After working a while, he became warm and hung his coat on a fence post.

Realizing that he just came over, the rest of the gang decided to play a trick on the newcomer, so they painted the head of a mule on his coat.

When it came time to quit, the Irishman looked at his coat and spied the picture of the mule. Then he turned around and asked, "Which one of you fellows wiped your face on me coat?"

Miss Allen: "Mr. O'Handley, will you please return the tablespoons you have been taking from the dining room?"

O'Handley: "Sorry, can't do it. Doc's orders. He gave me a bottle of medicine and said to take a tablespoon after each meal."

The baby sardine was happily swimming in the ocean near his mother when he saw his first submarine and was terribly frightened.

"Don't worry, dear," assured his mother, "It's just a can of people."

"I tell you I won't take this room", protested the old woman to the bellboy. "I'm not going to pay good money for a room like this. It's too small and it hasn't got a window. Just because I'm from the country. . . ."

"Get in, lady, get in", sighed the bellboy. "This is the elevator."

The doctor completed his examination of a woman patient and he motioned the patient's husband aside.

"Frankly", he said, "I don't like the way your wife looks."

"Well, doctor", said the husband, "To tell the truth I don't care so much for her looks either, but she sure takes good care of me and the kids."

Nonsense: Someone else's opinion.

Tommy: "Doesn't beauty fade away, mummy?"

Mummy: "Yes".

Tommy: "Then why doesn't my nurse fade away. Daddy often tells her she's a beauty."

Mummy: "She'll fade away tomorrow morning."

"What were you and Mr. Smith talking about in the parlor?" asked the girl's mother.

"Oh, we were discussing our kith and kin", he replied, whereupon the little brother chimed in with "Yeth they were, mother, I heard 'em. Mr. Smith asked if he could kith her and she said 'You kin'."

Barbara F.: "What noise was that coming from outside the window?"

Elizabeth Y.: "I don't know unless it was the dawn breaking."

Wally (acting as stage manager) to Bernie (stagehand): "Now then, everything's ready. Run up the curtain."

Bernie: "Wot yer talkin' about? Run up the curtain? I'm a stage hand, not a bloomin' squirrel!"

Murray: "What is punctuality?"

Garth: "Punctuality is the art of guessing what time the other fellow is going to be in."

## LET'S AVOID STRESS

(Continued from last month)

### *Relaxing Little Tensions*

Our ability to relax is one of the surest symptoms of our mental health. After we have been keyed up to accomplish a task, we need to slacken off instead of whipping ourselves into new exertion. If we relax away the little tensions as they occur, we stand a very good chance of preventing the accumulation of big tensions.

These small relaxations are simple. When listening to an uninteresting speaker, slacken your muscles; when commuting in a train or streetcar, close your eyes; when waiting for a caller to be ushered in, look out the window.

But don't make the resolve to become strenuously relaxed, cost what it will, for the rest of your life. When he was introducing *The Stress of Life* to the public in November, Dr. Selye warned that a vacation in Florida may not be the right thing for a busy executive. "Activity may be this man's way of relieving pressure. He may build up more internal pressure idling than if he were at work."

Every person must find out what his needs are in the way of relaxation just as everyone needs to estimate his needs in the way of sleep. The sleep requirement may range from an hour or two a day to twelve hours. . . . We should leave our troubles at the bedroom door, refrain from looking at our bank books late at night, abstain from talking politics after 9 p.m., and compose anger tantrums before retiring. We may even, through sleep, escape for a while from our own company, and that escape is not a bad thing.

In between work and sleep come hobbies. Some people profess to regard "hobby" as a word to laugh at, but when it means a sincere interest in something outside our jobs it has a physical and mental value that is not at all ridiculous.

Wise use of our leisure holds the gem of survival in our complicated civilization. Play, fun and laughter are agents of health. They promote digestion, soothe our nerves, stimulate circulation, give power to the heart, and ward off the feeling of old age. Our leisure is a time to stretch our limbs and let go our tensions, to laugh and be cheerful.

Let's ease the pressure on ourselves by admitting the impossibility of being a success by every standard, of being always right, of never suffering setback. Many of our tensions stem from trying to act the role of superman.

Well-balanced people of brilliant ability think little of admitting their failures. Such people conserve their power. They suffer injury every once in a while, but recuperate from the wounds inflicted by "the slings and arrows of outraged fortune" because they have a reserve of strength not used.

### *What Is Balanced Living?*

The end result of balanced living should be peace of mind, though it will be made up of different ingredients in different people. Peace of mind is within reach, but it requires thought and action. It is the one sure and abiding answer to the evil of stress and tension.

In the specialization required of most people today we have forgotten in part how to live. We are not well-rounded people with broad appreciation of life.

Joy in sunlight, birds and flowers is left chiefly to poets; delight in line and curves is left to the artist; drama and make-believe belong to the stage. But the enjoyment of all these is the right and privilege of the whole human race, contributing to both mental and physical vigor.

Each of us has a ration of one body with one set of organs to last him for life. This body, if it is to fill out its span without unnecessary wear and breakdown, must be treated with simple mechanical understandings. It is not a feeble, perishable weakling. It can be pushed far, very far, and find resources to recover. But why place strain upon it needlessly? We cannot avoid all the impacts of adversity, but if we permit the stress of them to continue without taking rational steps to relieve it, we suffer uncalled for damage.

The fit man can depend on his body and mind to remain fresh through crowded days of work, through patience-trying conferences and through critical periods. But this fitness can only be maintained by mental alertness and a mind that detects stress and offsets it; that recognizes tension for a debilitating state, and releases it; that sees worry as a fruitless expenditure of energy, and conserves power by taking wise action about problems.

The Messenger

Marjorie: "What are the songs of life?"  
Eileen: "The Melody of Love, Rock-a-bye-baby, and The Funeral March."

"It's the little things that tell", said the flapper, as she jerked her eight-year-old brother from under the sofa.

## ON COLLECTING STAMPS

Anne Marie Belliveau

Stamp collecting, or philately, has been my hobby for many years. In fact, I started collecting stamps while in school but I am afraid that I did not go about it the right way at first. I was not too particular whether a stamp was torn or not and I was more interested in increasing my collection than in getting stamps that were in good condition. I must admit that it was fun at the time, but I certainly regretted it in later years when I transferred my collection to better albums and noticed all the thin spots or the tears in stamps which had to be discarded and which were harder to get by then. I had learned my lesson, however, and this time mounted only the good copies in my albums.

Other than being fun, I found stamp collecting very educational, especially while in school. It certainly helped me in remembering names of places which were unfamiliar and in learning important facts about many countries as stamps usually depict outstanding events in history.

While on the cure, my collection proved a wonderful pastime. I used to spend hours sorting out my stamps or re-arranging my albums. I could not afford to spend much money on stamps, so I traded as much as possible. I exchanged stamps with collectors from various countries and was fortunate in having friends send me some. There were never many fellow-collectors at the Sanatorium but I always took the opportunity to trade with them whenever they happened along. Six years ago I joined the Valley Stamp Club and have learned much from the experienced collectors.

Before going any further, though, I should point out some of the basic facts of stamp collecting. When you get stamps, do not tear them off the envelope—tear off around the stamps and then soak them in lukewarm (not hot) water. This reminds me of the time I had placed about 300 stamps to soak in one of the basins when I was on the cure and when I returned to take them out, the basin was empty! You can imagine the surprise I got! The girls in the porch next to mine had gone in, removed the stamps from the paper and placed them carefully on a bath towel—out of sight! There are times, however, when you should not tear a stamp off the envelope and that is when the envelope carries a special cancellation. If you find old letters in the attic, these letters should be left intact as you might miss out on some of the old "square circle" or obsolete cancellations. Envelopes or cards with the stamps printed on them

should also be kept intact as postal stationery can be a very interesting aspect of stamp collecting. Air letters, with or without postage, which were issued to the troops during the war, or letters from prisoners of war, are also sought by collectors.

Transparent peelable hinges should be used for mounting the stamps. These may be bought in packages of 1000 and cost only 29 cents. A magnifying glass, tongs for handling the stamps, and a perforation gauge are some of the "tools" required and, when you get more experienced in the hobby, you will need a watermark detector. A "watermark" consists of small designs that are formed in the paper while it is manufactured and consist of crown, stars, anchors, etc. Fortunately, these watermarks may be seen in many instances with the naked eye if you put the stamp in a proper light, or when the stamp is wet.

I would advise anyone who is interested in starting a collection to begin by collecting all countries, using an illustrated album. As your collection grows, though, you will find that you will develop a special interest in a certain country (or countries) and you will want to specialize in that field. By then, you will be quite familiar with stamps and will be ready to arrange your stamps on blank pages, using Scott's catalogue as a guide. Scott's catalogue is known as the American stamp collector's bible and really contains much valuable information for the collector. This catalogue also informs you of the value of stamps, both used and unused.

Canadian stamps are very popular all over the world and it would be quite easy and inexpensive for patients to start a Canadian collection while in the Sanatorium. I have often wondered why it is that so few patients ever show an interest in the hobby.

First-day covers might appeal to some of you. These are specially designed envelopes bearing stamps cancelled on the first day they are placed on sale and are usually very attractive items. I did collect such covers at one time but have given them up now in favor of various cancellations of Nova Scotia towns.

Plate-block collecting is also very popular. At one time you could get these at the local post offices but now you have to send to Ottawa for them. They are blocks of four stamps from a corner of a sheet and bear the plate number from which the stamps have been printed. These plate blocks are always more valuable than the plain blocks.

Errors in the printing of stamps are a collector's delight but a nightmare to the postal authorities. They do not occur

## Question Box

Dr. J. J. Quinlan



Q. Should the close contacts of a person with tuberculosis be given B.C.G.?

A. The protection of persons in contact with a tuberculous individual is best assured by having the patient admitted to a tuberculosis institution for treatment. If there has been some question that the contact has been pro-

longed before the diagnosis was made, it is preferable to administer prophylactic chemotherapy to the contacts in the form of daily isoniazid by mouth. B.C.G. (bacillus Calmette-Guerin) vaccine does increase resistance to tuberculosis infection and is virtually innocuous but there are some serious disadvantages in its wide spread use. We feel that it is indicated for those individuals who of necessity may be in more or less constant contact with patients with active pulmonary tuberculosis. Interns, nurses, medical students and other hospital personnel would fall into this category. It is of most value in those countries where the incidence of infectious tuberculosis is very high and at the same time where treatment facilities are inadequate.

Q. Does a negative sputum indicate inactive disease?

A. It has been stressed in the column on several occasions that the term "Negative Sputum" in a person with known tuberculosis indicates only the failure of the laboratory to discover tubercle bacilli in the sample or samples of sputum submitted by the patient on that particular occasion. By no means

does it infer that the disease is inactive. Conversely positive sputum always denotes activity but so do other findings such as temperature, pulse, sedimentation rate, and in particular the status of the disease as demonstrated by the chest x-ray. A tuberculous individual who has a positive sputum at the institution of chemotherapy in most cases in a matter of two to three months has negative sputum reports. At the same time he may have extensive tuberculous disease harboring myriads of tubercle bacilli in his lungs.

Q. What is meant by "galloping" tuberculosis?

A. "Galloping Consumption" not "galloping" tuberculosis, was a term used by our forefathers to indicate rapidly progressive usually fatal tuberculosis which ran its course sometimes in two to six weeks. This very acute form of tuberculosis is still with us in the form of acute tuberculous pneumonia and acute miliary tuberculosis but fortunately modern chemotherapy is extremely effective in this type of tuberculous infection. As a matter of fact the response of patients to the administration of these drugs is even more satisfactory than in the individual with the more conventional forms of tuberculosis.

Q. What is "silicosis"?

A. Silicosis is a lung disease brought about by the inhalation of silica particles over prolonged periods of time. It is found most frequently in hard rock miners whose occupation constantly exposes them to dust with a very high content of silica. Extensive fibrotic changes are produced in both lungs, leading in time to loss of function with the consequent appearance of shortness of breath.

very often, but the five cent "inverted St. Lawrence Seaway" slipped by unnoticed by the Canadian postal authorities in 1959 and that stamp today is worth \$2,500. That would make anyone whistle!

Stampless covers are also very popular but also very scarce. These were used to send messages prior to the advent of the postage stamp when letters were mailed "collect" or postage was prepaid. I might mention here that our superintendent, Dr. Hiltz, is interested in such items. He, too, has been collecting stamps for years.

Although my collection is not a valuable

one, it has proved an invaluable pastime to me. My experience with it leads me to believe that it would provide a pleasant pastime for patients faced with many months of sanatorium treatment, and should any of you wish to begin stamp collecting I shall be only too happy to help you get started.

David: "Did you know the new patient only has hair on one side of his head?"

Edith: "No fooling."

David: "Yeah! on the outside."

## "THE TOP OF THE STAIRS"

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

There is a little girl—she's about 13—who lives near Truro who bears out the old Biblical truth that ". . . out of the mouths of children" shall come the truth.

This little girl is crippled and gets around on crutches. Not long ago she made a remark that has since received quite a measure of attention right across this nation of ours.

She said, "The trouble with using crutches is—everything that's important is at the top of the stairs."

Well, you and I who climb stairs easily, get in and out of our cars, wander through an art gallery or enjoy ourselves at the beach—we often forget, really, what it's like.

"Everything important is at the top of the stairs."

To the sixteen thousand crippled and handicapped children of our province of Nova Scotia, there is one major agency that is doing all it can to help them—to help them in treatment, braces, wheel-chairs, surgery, and—where possible—just to climb stairs.

The Nova Scotia Society for the Care of Crippled Children asks each of us for our help in this work. They ask for this help just once, this month,—from February 26 to March 26—by offering us Easter Seals, encouraging us to use these seals, and to donate to the Easter Seal funds in our communities.

Well, you might ask, just why is this help so necessary?

Here are some answers.

There were 33 cases under review by our Easter Seals workers recently, just

to get an idea of the actual costs involved in helping our handicapped fellow citizens, young and old.

Here's what the review found. The average cost of an artificial arm is about \$225. A new leg, below the knee, \$286. A new leg, above the knee, quite a bit more complicated, \$380.

And in the rare case—and praise God they don't occur too often—you can get a package deal. This amounts to two complete arms, two complete legs, all for one youngster—total price, about \$3,500.

Now the thing about all these statistics is this:

First, the prices creep up year by year, as prices always do. So there's no way of knowing what a new leg will cost 12 months from now, except for one thing—you can be mighty sure it won't cost less.

Second, as your Easter Seals workers and the diagnostic clinics which go around the province twice every year have shown, **THERE ARE AN AVERAGE OF 47 NEW CASES OF CRIPPLED OR HANDICAPPED CHILDREN WHICH COME TO LIGHT IN NOVA SCOTIA EVERY MONTH.**

To put it another way. When you go home today and think over what I'm telling you and get your Easter Seal donation ready for tomorrow, by the time you mail your donation in there will have been **THREE NEW CASES OF CRIPPLED OR HANDICAPPED CHILDREN DIAGNOSED IN OUR PROVINCE.**

And of course they'll need help.

Your help.

Simple, easy, things like encouragement. People who care. Doctors and field workers who know their problems.

Simple things — like making sure a youngster can climb the stairs, to get to those "important things at the top of the stairs."

Thank you.

Here's Shopping Protection At Its BEST

**EATON'S**

Guarantee: "GOODS SATISFACTORY or MONEY REFUNDED"

**T. EATON, CO.**  
MARITIME LIMITED



# HEALTH RAYS

Vol. 48

MARCH, 1967

No. 3

## STAFF

*Managing Editor* . . . . . F. G. Barrett  
*Business Manager* . . . . . John Akin  
*Subscription Manager* . . . . . Steve E. Mullen

*Published monthly by the Nova Scotia Sanatorium, Kenville, 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

### *Eire and Erse*

Surely during the month of March we must recognize St. Patrick's Day, Ireland, and the Irish. We are going to pass on to you our personal knowledge of Ireland in a series of kaleidoscopic pictures seen through the dark tube of memory.

On the third of January 1946 we are on a train from Manchester to Stranraer, crouched in a cold corridor and sitting on a dunnage bag. At Stranraer we board a ferry which is just as cold and uncomfortable and crowded as the train; sanitary facilities are overtaxed and canteen facilities are entirely lacking. On a cold gray morning we land at Larne and, as we remember it, we back all the way from Larne to Belfast. The Grand Hotel provides a welcome bed but we wake with a sore stiff back which prompts a visit to the medical officer at Victoria Barracks. We see the NAAFI Information Bureau where we receive directions as from a Tourist Information Bureau. We drink tea at the Officers Club at 69 High Street and visit the shipyard where the hull of what is to be the H.M.C.S. Warrior is under construction. (This was to be Canada's first aircraft carrier. We barely missed a trip home on this ship which was forced into duty as a troop carrier.) The clearest picture is of the parliament building near Belfast on rising ground which had made it a prime target for enemy aircraft. For this reason it had been painted black—blackness which was only half removed at the time we saw it. At the end of the long avenue leading up to the front entrance stands a statue of Carson—his right arm uplifted in a dramatic appealing gesture.

As the bits and pieces fall, a new picture emerges and we are in Dublin, capital of Erin a country anxious to break all its

ties with Britain, a country thought to be friendly to Britain's enemies. Approaching us are two smartly uniformed men who appear to be German soldiers. But no, they are Irish soldiers dressed in uniforms which emphasize the German influence. At a comfortable hotel, after another good sleep, we eat a breakfast of steak broiled over a charcoal fire in the dining room. We eat to excess and, for many hours, of necessity, we stay close to the hotel!

At a forces leave center we attempt to date a most attractive hostess who, however, passes us over to a pleasant though not so beautiful young lady who, so it turns out at twelve o'clock that night, lives next to Eamon Devalera! All the street signs are in Erse and we learn that the government is attempting to force all children to learn this most peculiar language. It is popular to promote its use and that evening, with the young lady, I attend a play at the Abbey Theatre produced entirely in this unknown tongue. We remember that it was an experience but what was "Amharclann na Mainistreach", the name of the play or of the actor? Brilliant pictures come into view of scenes from Chu-Chin-Chow at the Olympia, of Aladdin and His Wonderful Lamp at the Queens Theatre, and of Goody Two Shoes at the Gaiety. In a museum in front of which stands a statue of Queen Victoria, we see a most wonderful collection of pure gold articles recovered from a swamp — the remains of a stoneage civilization. A lassie selling oranges from a wicker cart in Phoenix Park is in the foreground of a picture which also includes Wellington's Monument. In the middle of the city, near the river Liffey, stands the monument of The Liberator, Daniel O'Connell, said to have secured "the emancipation of Catholic Ireland".

## *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

## Middleton Stationers & Printers Ltd.

— Commercial Printing —

Office Supplies — Greeting Cards

Commercial St., Middleton, N.S.

Phone 825-3101 — Print Shop

Phone 825-3210 — Store

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

ANNUAL MEETING  
NOVA SCOTIA SANATORIUM  
EMPLOYEES CREDIT UNION

The ninth Annual Meeting of the Nova Scotia Sanatorium Employees Credit Union, which was held on Friday evening, January 27th, will long be remembered by those present.

As is well known, Annual Meetings are not noted for breaking attendance records, so that little bundle of energy and efficiency, Mrs. Alta Covert, Treasurer of the Union, decided to deal a shattering blow to this alarming lethargy. With characteristic zeal she set about her task, infecting everyone with her enthusiasm for a "bigger and better Annual Meeting".

How well she succeeded was evidenced by the fact that forty-seven members responded to roll-call by the President, Mr. Harry Peters. This was three times the number present at last year's meeting! Guests, among whom were Messrs. Ralph Morehouse and Doug Crouse, League Director and Chapter President for this area, respectively, and their wives, brought the total attendance up to seventy-five—a record, indeed.

The Officers' Mess at Camp Aldershot where the meeting was held, was ideal for the occasion, lending itself equally well to the formal proceedings and easy socializing after.

The highlight of the meeting was the financial report for the year ably and convincingly presented by Mrs. Covert. She pointed out that a Credit Union can be healthy and vigorous only if its members invest regularly and consistently in shares, for only then can loans be made without borrowing heavily from the League. Helping people by giving loans on easy terms is the business of the Credit Union, and its chief source of income. The Treasurer urged those of this Union's 128 members, who have only negligible amounts in shares, to invest a specific amount regularly. This could be most easily and painlessly achieved by payroll deductions,

which method is becoming popular, not only as a means of investing in shares, but also as an easy and convenient way of repaying loans.

Profits were slightly in excess of last year's and the Board of Directors' recommendation that a dividend of 4½% be paid to shareholders as well as a 10% rebate to borrowers was adopted. Members will follow the previous practice of paying their own dues again this year.

At the close of the business meeting, Miss Anne Marie Belliveau delighted the gathering by showing slides she had taken during her tour of Europe last June.

Following this, we saw a film on Credit Union in the Fiji Islands. This was to have been shown by the League Field Worker, but since he was unable to be present, Captain Murray Covert, Officers' Mess Representative for the evening, operated the projector. Murray, as most of us know, is our Treasurer's better half, and a good member of the Kentville Government Employees Credit Union.

By this time no one needed much urging to partake of the delicious refreshments—cold meats, salads, rolls, and coffee—which were served buffet style.

Dance music was provided for those who wished to prolong the evening's pleasure.

To Alta, Murray, Anne Marie, and any who may have assisted "behind the scenes", our sincere thanks for a truly wonderful evening. We hope there will be more like it!

\* \* \* \*

The first meeting of the Board of Directors was held on February 6, 1967, and the following officers were elected:

President, Harlan Adams  
Vice-President, Harry Peters  
Secretary, Marian Lacey

Others members of the Board are:

Donald Peck, Bob MacKenzie, Virginia Allen, Doug Hallamore, Elroy Shea, Ron Bennett.

Mrs. Alta Covert still continues as Treasurer.

Patronize Your Druggist For Your Health Needs

Your Druggist, in his special capacity, serves the community by protecting your health in the careful compounding of your doctor's prescriptions.

**PROVINCIAL WHOLESALE**

DRUGS LIMITED

P.O. Box 1390 HALIFAX NORTH  
5515 COGSWELL STREET, HALIFAX, N.S.

TEL. 455-0435

## Artist Supplies – Hobby Supplies

Paints to suit any purpose

Your Friendly Hardware Store

# ROCKWELL LIMITED

MAIN STREET

KENTVILLE, N.S.

COMPLIMENTS

## H. L. RUGGLES LTD.

Valley Wholesale Grocers

BRIDGETOWN, N. S.

PHONE 665-4463

# 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

To the Members of Valley Presbytery:

This report has to do with your Chaplain's work at the Nova Scotia Sanatorium for the year 1966. In a service of this nature, it may be said that one is moving in and out among people who, for the time being, have found it necessary to withdraw from the everyday activities of life for reason of ill health.

The sick folk of our time are frequently told that they are very fortunate to be living in an age unsurpassed for its medical and surgical skill. To that one might add: "For its nursing care as well". However, this observation also has merit: "As in years gone by, people are ultimately dependent on the human qualities of grit, courage, and faith". Such qualities, we are again and again reminded, are born not in the world without but within the soul of man.

At this point I should like to express my hearty thanks to the Board of Home Missions, along with other Chaplains so favoured, for Dr. Grover Livingstone's splendid book "The Patient Is a Person". The author, a graduate of Dalhousie and Pine Hill, served as Chaplain for thirty-one years in the Muskoka Sanatorium, having suffered for many years from tuberculosis himself.

One does not go far in Dr. Livingstone's book when he comes upon this very timely observation: "Our secular age has increased our treating sickness and reduced our spiritual resources for meeting it". It is with these 'spiritual resources' that the Chaplain is primarily concerned. The author writes of a wide and growing literature on "services to the sick other than medical". Among these he emphasizes the importance of visiting, "visiting that is intelligent, informed and useful".

A good deal of emphasis is placed on visiting at the N. S. Sanatorium. Our Medical Superintendent, Dr. J. E. Hiltz, made reference to this matter at our September meeting of Chaplains, at which he presided. "The visits of the Clergy", he remarked, "were a valuable contribution to the patient's welfare". Dr. Hiltz thanked

those present for their co-operation and interest.

Numerous visits are being made by our Chaplains; avoiding any emphasis on 'numbers' the total in a year would be well up in the thousands. In the course of these visits problems are at times discussed, a prayer offered, devotional literature distributed including *The Observer*, *The Upper Room*, *The United Churchman*, *The Chaplain's Quarterly*, *The Observer Centennial Reference Issue*, *The Christmas Story*, and *The Easter Message*. Of these *The Observer*, is provided free of charge. The Christmas Story and Easter Message are provided by the Canadian Bible Society. The Presbyterian Record and Canada Lutheran are provided for patients of these denominations assigned to your chaplain for visitation.

Total number of patients 177—United Church 27.

The regular religious services were maintained throughout the year, with services in the East and West Infirmaries, the Baptist Chaplain caring for same. Joint Communion services were held at the regular seasons, four in all. Private Communion services were arranged on request. A half-hour service is carried over the inter-com system each Sunday evening to the patient's room. Your Chaplain is responsible for the months of May and November.

Further to religious services: reference was made in last year's report to the "Children's Quiet Hour" on Sunday morning at the San. That has now become a very important hour, one to which the little ones, ten to twelve in number, eagerly look forward.

There came to my hand recently a rather extensive pamphlet, entitled: "Meeting The Religious Needs of Patients". Religion, the writer asserts, becomes increasingly important during illness. A patient has then time to think about and re-evaluate his future. Sometimes this will include a new way of life both physically and spiritually."

Respectfully submitted,  
J. D. MacLeod  
United Church Chaplain

### MARCH

The cock is crowing,  
The stream is flowing,  
The small birds twitter,  
The lake doth glitter,  
The green field sleeps in the sun;  
The oldest and youngest  
Are at work with the strongest;  
The cattle are grazing,  
Their heads never raising;  
There are forty feeding like one.

Like an army defeated,  
The snow hath retreated,  
And now doth fare ill  
On the top of the bare hill;  
The plowboy is whooping—anon-anon!  
There's joy on the mountains;  
There's life in the fountains;  
Small clouds are sailing,  
Blue sky prevailing;  
The rain is over and gone!

Wordsworth

## EASTER

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

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

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

I searched the world for joyous faith;  
Into a garden led the way.  
I found it at His empty tomb  
On Resurrection Day!"

Author Unknown

## HAPPY EASTER

When Easter lilies blossom and Alleluias  
ring  
On this bright Easter morning to praise  
our loving King  
May the sacred Easter story fill your  
hearts with all its glory,  
And may His love forever bless all your  
days with happiness.

Sister Rosemarie

## MY RISEN LORD

My risen Lord, I feel Thy strong protec-  
tion;  
I see Thee stand among the graves today;  
"I am the Way, the Life, the Resurrection"  
I hear Thee say.  
And all the burdens I have carried sadly  
Grow light as blossoms on an April day;  
My cross becomes a staff, I journey gladly  
This Easter Day.

Author Unknown



127 Aberdeen St.

*will serve you best*with  
FURNITURE

Higrade

FLOOR COVERINGS &amp; RUGS

LUGGAGE &amp; LAMPS

Maytag Kelvinator

ELECTRICAL APPLIANCES

PHONE - 4565 - PHONE

for Milk — Cream and  
Chocolate Dairy DrinkCORNWALLIS  
DAIRY, LIMITED

PHONE 678-4565

Moirs . . . . .

BREAD  
CAKE  
BISCUITS*"Best by Taste"*

BAKERY DIVISION

Moirs  
BAKERY

HALIFAX — CANADA

SANATORIUM PROFESSIONAL  
EDUCATION AND  
RESEARCH FUND  
HAVE YOU GIVEN?

## Old Timers

In all her attempts to sneak in ahead of schedule, Fair Spring has been thwarted by that hoary old gentleman from the North, who promptly asserts his priority and shoves the mercury down below zero. Brrr! Oh, well, he'll lose out one of these days. But while he is having his fun, let's see what Anne Marie has to tell us about the doings of Old Timers.

Those who knew Maynard Rector of Springhill during his patient days in 1955, will be interested to know that he is the student minister of the Northport Pastoral Charge. Recently, he had charge of a service in St. Andrew's United Church in Springhill. Maynard is receiving his education at Mount Allison University.

---

THIS HALF PAGE WITH THE  
COMPLIMENTS OF

*Don Chase, Ltd.*

---

Pat Comeau of Saulnierville, Digby County, who was a patient here in 1959, was in for a visit one day recently. He is well, and operating his own barber shop.

Mrs. Barbara Bishop is back to work as cashier in d'Eon's store. Barbara lives in Kentville, and cured here in 1965. Equally good is the news of Thomas Connors who left us in the summer of 1966. Mr. Connors has gone back to work in the busy Antigonish Post Office.

Recently, *The Canadian Star Weekly* featured a story of the economic ups and downs of the town of Canso. Since its

Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

Charity suffereth long, and is kind;

### TROUBLES

If you talk about your troubles  
And tell them o'er and o'er  
The world will think you like 'em  
And proceed to give you more.

—Anon.

founding, Canso has had spurts of prosperity, as a fishing centre, and also as a cable terminal for two companies. But the winds of adversity frequently swept over the town, and in the autumn of 1959, when the economy was at its lowest ebb, Gerald Livingstone was appointed custom's officer for the port town. Although the outlook was forlorn enough, Gerald and his wife stayed on, and are now re-joining with the townspeople over the dramatic change for the better that is taking place economically and socially. Gerald is an ex-patient, having cured at the Sanatorium in 1957.

Frances Carr, formerly of Weymouth North, but now of Boston, is well and busy carrying out her duties as an Occupational Therapist. Frances took the cure here in 1950.

Robbie Metcalfe, a one-time editor of this magazine, now lives in Hamilton, Ontario. Leaving the San in the early Fifties, Robbie worked at the Mental Health Clinic in that city, until laid aside by illness. We are very happy to know that she is enjoying good health again, and has returned to her duties at the Clinic.

From Beulah Trask comes news of the former Thelma Fanning, now Mrs. Ben Oxenham of New Glasgow. Thelma, a bilateral thoracoplasty of either the late Thirties or the early Forties, is well, and the mother of a lively nine-year-old son. She does all her own work.

Anne MacLeod, who was here in the Thirties, is still teaching in Truro. Anne had a most enjoyable trip to Europe last year.

charity envieth not; charity vaunteth not itself, is not puffed up.

Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

Rejoiceth not in iniquity, but rejoiceth in the truth;

Beareth all things, believeth all things, hopeth all things, endureth all things.

Charity never faileth; . . .

And now abideth faith, hope, charity, these three; but the greatest of these is charity.

I Corinthians, 13

Ed. note: For "charity" read "love".

A mes amis francais: excusez moi pour mon mal usage de votre belle langue, j'espere qu'un jour je pourrai le parler et l'ecrire correctement.

Ed..

## LOOKING AND OVERLOOKING

If we noticed little pleasures  
 As we notice little pains;  
 If we quite forgot our losses  
 And remembered all our gains;  
 If we looked for people's virtues  
 And their faults refused to see,  
 What a comfortable, happy, cheerful  
 Place this old world would be!

Never miss an opportunity to make other people happy, even if you have to leave them alone to do it.

Miss MacQuarrie: "Where did the car hit him, doctor?"

Dr. Quinlan: "At the junction of the dorsal and cervical vertebrae."

Miss MacQuarrie: "Listen! I've been around Kentville for 25 years and I never heard of the place."

## A YOUNG HEART

It is possible to have a very old body, and a very young heart. It is not the calendar and the birthday book that determine your age. It is the soul within and the eyes you look out with, and the mind that thinks and the heart that feels. It is health that makes young blood; not mere health of body but health of temper and health of affection.

—J. G. Greenough

They made such a federal case about picking the first group of astronauts, the fellows they're going to shoot into space. "These boys," they announced, "have got to be clever, daring and fearless." The truth is we've got thousands of boys who can answer to that description. The only trouble is that they're all four years old.

## 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

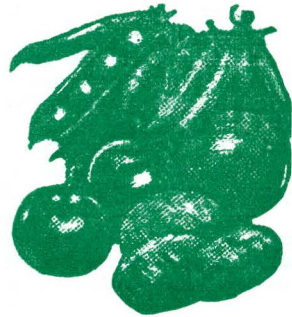
## R. W. Phinney

"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.



# The Canada Assistance Plan

The first contributions to the Canada Assistance Plan were made in January, 1966. From that date forward all persons required to make contributions to the plan are, in actuality, starting to build their pension and supplementary benefits. There are seven categories of benefits. They divide in what could be called "Benefits for the Living" and "Death Benefits". First let us look at the "Living Benefits".

These provide:

- (1) A pension for the contributor upon retirement;
- (2) A pension if you have to stop work because you are disabled;
- (3) Benefits for your children if you are disabled.

As suggested, death of a contributor is the common factor in the remaining four benefits.

They are:—

1. A pension for your wife if she is widowed;
2. Benefits for your children;
3. Pensions for disabled widowers;
4. A lump sum payment to your estate.

Now let us consider these benefits in more detail.

1. Your retirement pension will be computed on the basis of 25% of your annual earnings to a maximum of \$5,000, averaged over the years you could have contributed to the plan. From now until January 1, 1976, we are in the "transitional phase" of the program. Simply stated, this means that should you become eligible for retirement pension before January 1, 1976, you would receive a reduced pension. Full retirement pension could be payable January, 1976.

First reduced pensions will become payable January, 1967. During the period 1967 to 1970, the lowest age at which a contributor can apply for a retirement pension will be reduced from 68 to 65.

2. Next is the case of the contributor who becomes disabled. A person is considered disabled if he has a mental or physical disability that is so severe and likely to continue so long that he is incapable of regularly pursuing any substantially gainful occupation. Under this category there are conditions, all relating to years of contribution, which must be fulfilled in order to qualify for a disability pension.

1. Contributions must have been made in at least five years.
2. Contributions must have been made in one-third of the years you could have contributed; or ten years, whichever is smaller.
3. In all cases, contributions must have been made in five of the last ten years you could have contributed.

It is noted here that from years 1966 to 1975, the five years required necessarily will be five of the last ten.

The rate will be a flat \$25 monthly plus 75% of what the disabled contributor's pension would have been at age 65.

3. Tied in with the disabled benefit are payments in respect to dependent children. A dependent child is the natural or adopted child of the contributor, or a child in the custody and control of the contributor, who is:—

- (1) Unmarried and under age 18, or (2) between 18 and 25 and in full time attendance at school or university.

The rate is \$25 a month for each of the first four children, and \$12.50 a month for each additional child, the total amount being divided equally among all the children.

Next, there are "Survivor's Benefits". As stated previously, these apply after the death of a contributor.

1. The first refers to the wife of a deceased contributor. To be eligible for this pension, her husband must have made contributions to the plan in at least one-third of the years he could have contributed—or for 10 years, whichever is smaller—but subject to a minimum of 3 years. In the year of death a contributor must earn in excess of the prorated monthly basic exemption. A self-employed contributor must earn \$800.

For example: — After contributing for 1966 and 1967, a contributor dies in January of 1968. If during January of 1968 the contributor died, having earned in excess of \$50 (the prorated exemption-1/12 of 600), a pension would be available to his widow in February 1968. The amount payable will be related to her age and circumstances.

1. (a) A widow between the ages of 45 and 65 would receive \$25 per month plus 37½% of her husband's retirement pension. If he died before age 65, the amount of his retirement pension will be calculated as if he had actually reached 65 on the day he died.
- (b) If the widow is over 65, she would receive 60% of her husband's retirement pension and in addition could qualify for Old Age Security in her own right.
- (c) A widow under 45 years to 35, without a disability or dependent children, would receive a reduced pension. It is reduced by an amount equal to 1/120 for each month she is less than 45 years of age, when her husband dies. At age

Cont. on page 25

# INS and OUTS

Nova Scotia Sanatorium

Admissions: January 16 to February 15

James Edward Shelley  
Middleton  
Mrs. Leora Samantha Arenburg  
Waterville, Kings Co.  
Ephram Bonang  
R.R. 1, Head Chezzetcook  
Mrs. Bertilla May Bent  
Margaretville, Anna. Co.  
Carl Richard Whyntott  
Digby  
Mrs. Ann Walker  
Rhodes' Corner, Lunen. Co.  
Howard Watsell Lewis  
Lake LaRose, Anna Co.  
Amy Cecile Dugas  
St. Bernard (R.R. 1, Weymouth)  
James Henry MacDonald  
5185 Gray St., Halifax  
Yvonne Therese Gaudet  
St. Bernard (R.R. 1, Weymouth)  
Linda Cecile Amirault  
Belliveau's Cove  
Doris Ann Doucet  
Church Pt., R.R. 1, Belliveau's Cove  
Ronald Lewis Gaudet  
Weymouth, R.R. 1, Belliveau's Cove  
Glenda Catherine Doucet  
St. Bernard's, Dig. Co.  
Simon Gibbons Holden  
R.R. 1, Jordan Falls, Shelb. Co.  
Alma Felicia Johnston  
Cherry Brook, Dartmouth  
Mrs. Muriel Winifred Conrad  
9 Cadogan St., Bedford  
Mrs. Lillian Mae Stuckless  
Lunenburg  
Stainard Cleveland Willigar  
R.R. 1, Parrsboro Rd., Cum. Co.  
Donald Elmer Hill  
Linacy, Pictou Co.  
Bernard Douglas Lutz  
Aylesford  
Minard Benjamin  
Kingsport, Kings Co.  
Mrs. Margaret Elizabeth Munroe  
Bear Point, Shelb. Co.  
John Lewis Arenburg  
68 Broad St., Lunenburg  
Richard Harry Cromwell  
Southville, Digby Co.  
Gene William Muise  
49 Hawthorne St., Yarmouth  
Mrs. Evelyn Cecelia Rutledge  
Sheet Harbour, Halifax Co.  
Lloyd Gerard Comeau  
St. Alphonse, Dig. Co.  
Mrs. Frances Irene Hatchard  
New Minas, R.R. 3, Kentville  
William Schofield  
133 Exhibition St., Kentville

Joan Rosalie Saulnier  
Saulnierville, Dig. Co.  
Joanne Marie Melanson  
Church Point, Dig. Co.  
Emily May Gaudet  
St. Bernard's, Dig. Co.  
Harold Lester Hodgson  
Allendale, Shelb. Co.  
Channabasapta Puttamadaiah  
1248 Seymour St., Halifax  
Eulalie Frances Fitzgerald  
Saulnierville, Dig. Co.  
Helen Elizabeth Corcker  
2547 Gottingen St., Halifax  
Mrs. Edith Amelia Forsyth  
Nictaux Falls, Anna. Co.

---

THIS PAGE SPONSORED BY THE

**Kentville Publishing Co.**  
**LIMITED**

---

Discharges: January 16 to February 15

Keith Alvin Churchill  
Sanford, Yar. Co.  
John Percival Tanner  
Mahone Bay  
Jordan Allen Bond  
18 S. Crescent, Greenwood  
Jerrald Russell Hudgins  
Margaretville, Anna. Co.  
Alma Felicia Johnston  
Cherry Brook, Dartmouth  
Joseph Dean Hull  
441 St. Phillips St., Bridgewater  
LeRoy Howard Amon  
13 Patterson St., Pictou  
Gordon Bennett Taylor  
136 Woodworth Rd., Kentville  
Marlene Vivian Watt  
Barrington Passage, Shelb. Co.  
Lena Lyman  
Kings Co. Hospital, Waterville  
Fred Gordon Sanford  
Aylesford, R.R. 2, Weston  
Mrs. Ann Walker  
Rhodes' Corner, R.R. 3, Bridgewater  
Frank Junior Carver  
Bakers' Settlement, Lunen. Co.  
James Ernest Shelley  
Brambly Gardens, Middleton  
Mrs. Muriel Winnifred Conrad  
9 Cadogan St., Bedford  
Mrs. Mary Ella Houghton  
Aylesford  
Clayton Melvin Penny  
6461 Vienna St., Halifax  
Mrs. Florence Ada Aylward  
5957 South St., Halifax  
Manuel Batista  
Louisburg

Phillip Gallagher Monroe  
 Bear Point, Shelb. Co.  
 Kermit Roosevelt Young  
 Cookeville, Lunen. Co.  
 James Henry Houston  
 165 Gerrish St., Windsor  
 Segundo Lobelos  
 Calle Pablaladad Francisco  
 Franco Portal, Pasages  
 San Pedro, Spain  
 William Lovett Freeman  
 R.R. 5, Kingston  
 Freeman Horace Webber  
 Upper Musquodoboit  
 William Luther Kinsman  
 R.R. 2, Aylesford  
 Mrs. Laura Samantha Arenburg  
 Waterville, Kings Co.

#### CHILDREN'S VALENTINE PARTY

Long before Valentine's Day, the children in the Annex were busy cutting out hearts and cupids to decorate their playroom. When February 14 finally arrived, the room was gay and colorful—all ready for a Valentine party sponsored by Mrs. J. D. MacLeod.

Games were played, Valentines exchanged, and gifts distributed. The gifts came from the children of the Kentville Elementary School, who have for many years shown a good deal of interest in the Sanatorium children.

Delicious refreshments were served, after which the happy children all agreed that their Valentine party was one of the best ever.

"Dad", said son, who was reading the automobile news, "do you think they will ever find a substitute for gasoline?"

"They have one now, son, and I wish you'd give it a trial."

"Huh?" queried son incredulously. "I've never heard of it. What is it, anyway?"

"Shoe leather", explained dad.

C.A.P. Cont. from page 23

65, her pension will then become 60% of her husband's retirement pension.

- (d) Age 35 or less with no disability or dependent children—No pension entitlement. Again, at age 65 she would become eligible for 60% of her husband's retirement pension.
  2. Pensions are available for children, who come within the meaning of being dependent, as previously defined. The rate would again be \$25 for each of the first four children and \$12.50 for each additional child.
  3. Provision is also made for the payment of a Disabled Widower's Benefit. He would have to be disabled within the definition of disability previously given and dependent on his wife for financial support at the time of her death. The amounts of the pension are the same as those that apply in the case of a widow.
  4. Our final benefit is a lump sum payment made upon the death of a contributor. The amount is equal to six times the monthly retirement pension that would be payable at age 65. This benefit is subject to a maximum 10% of the ceiling on pensionable earnings. The ceiling now being \$5,000, the largest death benefit that could be paid would be \$500.
- Kevin McDonald  
 N. S. Dept. of Welfare  
 As published in "Lighthouse"

Good Joseph had a garden;  
 Amid its trees so tall

The Lord Christ stood on Easter Day,  
 He lives to save us all.

—A. M. Milner-Barry

#### BAD FOR THE HEART

Running upstairs and down people.

## 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

# The Pickle Jar

Sweet and Sour

March, as a month, is notable for a number of things. Let us, for a moment, look at some of the things it means to us. The way in which we see it differs in accordance with our own special interests, yet we must surely share in the feeling of optimism and buoyancy of spirit that this season brings. March marks the official beginning of Spring, and the rebirth of Nature. While the change is gradual, one can feel that winter is loosening its grip. For some this means a lessening in home heating costs, an important consideration for families of patients on reduced income. For the elderly it is a chance to go outside again after some months of seeing nature through a window. For the families of patients (as well as for Departmental field workers) it is a time of looking forward to easier travel.

To some, March is the month of Saint Patrick's Day when, for a day at least, we forget our different racial origins and put on the green in his honour. Elsewhere in this issue we have included a few of the poems appropriate to this observance.

This year March is the month of Easter. Here again, this means different things to different ones of us. To many it marks the end of Lenten observances, culminating in the message of hope to all, He is risen! To the children it is a visit from the Easter Bunny bearing treats.

To those who are patients at the Sanatorium and at Point Edward Hospital, Easter gives yet another reason for rejoicing. It is a time when many are looking forward to going home on an Easter pass. Many will be listening to weather forecasts with renewed interest to hear if winter will be getting in a last blow around the time of the expected pass. We have also heard a few who speak with some degree of assurance of being discharged at that time.

To those of you who will not be going

home at this time we trust that you, too, may look with renewed hope toward the future. To those of you who are going home on pass we hope that you have a pleasant holiday. To you who are "going home for good" we all wish you good luck and good health.

Don Brown

We appreciate the interest taken in our small children and older students by the teachers and pupils of the Kentville Schools, very much indeed. On February 20th, Miss Mary Elizabeth MacKay of the Senior High School, with a group of the School's Junior Red Cross members personally visited our older students, bringing gifts of books, jig-saw puzzles, and cosmetics to them. The fact that others care means much to the staff as well as to the patients themselves.

## EDITOR'S NOTE

Eventually we had to leave Dublin's Fair City and the Emerald Isle. Naturally we left by boat, a ferry (would it be from Howth or Dalkey), which provided welcome cabin accommodation for the passage to Liverpool.

I cannot say that I learned much about Ireland and the Irish but the memories are pleasant and blend smoothly with my early knowledge gleaned through hearing Kathleen Mavourneen, Mother Macree, and Come Back to Erin.

Alas for him who never sees  
The stars shine through his cypress trees!  
Who, hopeless, lays his dead away,  
Nor looks to see the breaking day  
Across the mournful marbles play!  
Who hath not learned, in hours of faith,  
The truth to flesh and sense unknown,  
That Life is ever lord of Death,  
And Love can never lose its own!

John Greenleaf Whittier

*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

359 MAIN STREET

OPPOSITE THE **RON ILLSLEY** ESSO  
CORNWALLIS INN 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

## KENTVILLE COAL & COKE

Company Limited

HIGH GRADE FUEL

## 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**