

NOVA SCOTIA SANATORIUM

VOL. 47

DECEMBER, 1966

NO. 11

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

DALHOUSIE

DEC 22 1966

MEDICAL DENTAL LIBRARY

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

Christmas Greetings from
R. W. DeWOLFE LTD.

exporters
APPLES—AND—POTATOES

dealers in
FEEDS—FERTILIZERS ETC.

Manufacturers of
EVAPORATED APPLE RINGS — WASTE AND CHOPS

BROOKFIELD CREAMERY Ltd.

TRURO — AMHERST — MONCTON — SYDNEY

WILLETT FRUIT CO. LTD.

FRESH FRUIT & 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. LARETEI, M.D.	Physician
MARIA ROSTOCKA, M.D.	Physician
G. A. KLOSS, M.D.	Physician
E. W. CROSSON, M.D.	Physician
V. D. SCHAFFNER, M.D.	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
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

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. 47

DECEMBER, 1966

No. 11



Christmas Greetings

from the

Minister of Public Health

The Minister of Public Health for Nova Scotia and the staff of the Department extend best wishes to the patients at the Nova Scotia Sanatorium for a Merry Christmas and a Happy New Year.

It is our hope that these wishes will be realized by seeing each of you achieve or at least take long steps towards recovery in the coming year.

The Department and the staff of the Sanatorium will continue to operate in your best interests.

Merry Christmas to all.

Richard A. Donahoe

Minister of Public Health

Halifax, Nova Scotia
November 23, 1966



Christmas Greetings
From Our
Medical Superintendent

"Heap on more wood—the wind is chill,
But let it whistle as it will,
We'll keep our Christmas merry still."

—Scott

May your Christmas be one of merry remembrances and happy hopes for the future. And may this Christmas Season be filled with blessings of which not the least will be the warm good wishes of staff and fellow "curechasers". He who is privileged to hold firm friendships has worldly wealth beyond compare.

A Merry Christmas to all and may the New Year be more than kind to each of you.

J. E. Hiltz, M.D.

Christmas, 1966

The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.

Medical Superintendent



Elsewhere in this issue an account is given of the presentation of Long Service Awards to those Civil Servants and employees of the Government who had served the people of our Province for twenty-five years or longer. It may come as a surprise to some that, at the Nova Scotia Sanatorium, there were seventeen persons who qualified for this award

and that their periods of service totalled 570 years which, if it had been by a single person, would have started about 100 years before Columbus discovered America.

* * *

At the end of November, we said goodbye to Carrie Gillis who joined our dietary staff in 1931 after having spent a three year period "on the cure". Carrie has served under ten different head dietitians and has been a great favourite with patients and staff alike. We wish her many years of happiness in her retirement.

* * * *

Retiring at Christmas time will be Miss Daisy Arthur, C.N.A., who also started here as a patient in 1928. For many years now she has been on night duty in the West Infirmary. Her sympathetic and conscientious care of the patients there will be long and thankfully remembered. In spite of very severe arthritis, she has carried on without complaint. Our best wishes go with her.

* * * *

Our congratulations to Mr. Robert MacKenzie, R.N., Director of Nursing Education at the Sanatorium, who was invested at Rideau Hall in Ottawa with the rank of Serving Brother in the Order of St. John of Jerusalem in recognition of his very fine contributions to the teaching of St. John Ambulance First Aid over many years. He has also played a part in the Kings County Branch of the St. John Ambulance and serves on the Provincial Council of that organization.

* * * *

Dr. Maria Rostocka has been receiving congratulations and requests for reprints

of her recent article on Histoplasmosis which appeared in the Canadian Journal of Public Health. This article was based on the results of 1500 patients from all parts of Nova Scotia who were tested for this condition, two of whom showed active disease and twelve others showed evidence of old, inactive, infection. At the Sanatorium, our staff are interested in all diseases of the chest and ever alert to the possibility of the presence of conditions other than tuberculosis.

* * * *

At last, all the overhead electric wires at the Sanatorium have been placed underground except for those on the three poles leading from Exhibition Street to our Power House. Not only will maintenance now be less, the scenery has been improved. Another improvement has been the paving of the road to the north side of the Nurses' Residence. This has corrected a somewhat hazardous and unsightly condition which, fortunately, was fairly well hidden by the pines between the residence and the Men's Annex. Our next great need is the removal of the latter building which has not been used for over ten years and does not add to the scenery in any way.

* * * *

To date, over twelve thousand patients have been treated at the Nova Scotia Sanatorium. This has provided us with a fairly wide experience in the treatment of tuberculosis and other chest diseases. We are frequently somewhat amazed when some relatively new patient begins to tell us just how treatment ought to be carried out. We always welcome suggestions but we would ask that new patients be "patient" and build up a little sound background knowledge of chest diseases before trying to influence us to change well established treatment routines which experience has taught us to be very effective.

* * * *

With this issue of Health Rays, its editorship passes to the staff of our Rehabilitation Department with Mr. Fred Barrett as Editor-in-Chief. Mrs. Hiltz has completed her fourth tour of duty in this capacity. This time it was for almost two years although at the outset she thought that it was to be for a few months only.

We hope that she will not give up entirely. The "Thirty Years Ago" column and the "Old Timers" were her specialty. The jokes, of course, were outstanding. My wife is noted for her sense of humour—how else could she have put up with me for twenty-nine years. It is likely that

she will continue to appear in print in Health Rays from time to time.

Mrs. Hiltz joins me in wishing all our readers—patients ex-patients, staff, ex-staff, exchanges, advertisers, and just friends, a Very Merry Christmas and all that is good in the year 1967.

Long Service Awards

On November 16, the Nova Scotia Civil Service Commission and the Province of Nova Scotia paid tribute to those civil servants who had served the people of our Province for twenty-five years or longer. The ceremony was held in the Commonwealth Room of the Nova Scotian Hotel.

Hon. R. A. Donahoe, Q.C., Minister of Public Health and Attorney General, made an address of commendation on behalf of Premier Stanfield who was out of the Province. Honourable H. P. MacKeen, Lieutenant Governor of Nova Scotia, presented each recipient with an award certificate and his personal congratulations. In addition, each male employee received a pair of sterling cuff links and a tie clip, whereas the ladies were presented with sterling silver earrings and a brooch, all suitably embossed with the coat of arms of the Province of Nova Scotia and the numeral "25".

Seventeen persons from the Nova Scotia Sanatorium qualified for these Long Service Awards. They were as follows:

1. Mr. Austin Toussant Amirault, Business Office staff, 42½ years.
2. Mr. Archibald Chas. Arenburg, Laundry Staff, 30 years (in absentia).
3. Mr. Ernest Frederick Boudreau, R.N., Nursing Staff, 37½ years.
4. Miss Jennie Laurence Fullerton, retired, Business Office staff, 31¾ yrs.
5. Miss Catherine Christine Gillis, Dietary Staff, 35 years (in absentia).
6. Dr. Joseph Earle Hiltz, Administrator, 32½ years.
7. Mr. Ross Clyde Hiltz, Housekeeping Staff, 38½ years.
8. Mr. James Henry Lightfoot, Dietary Staff, 25½ years (in absentia).
9. Mr. Robert Kirk Middleton, Gardener, 33 years.
10. Mr. Hugh Angus O'Handley, Dietary Staff, 39 years.
11. Miss Katherine May O'Handley, Housekeeping Staff, 39½ years (in absentia).

12. Mr. Harry Clarence Peters, Chef, 26 years (in absentia).
13. Mr. Leslie Gordon Roop, retired, Power House staff, 33¾ years (in absentia).
14. Mr. Holloway Arnold Sheppard, Laundry Manager, 26 years (in absentia).
15. Mrs. Marion Frances Sheppard, Laundry staff, 31½ years (in absentia).
16. Miss Madeline Ceila Spence, R.N., Nursing Staff, 27 years.
17. Mrs. Sophie Margaret Spencer, C.N.A., Nursing Staff, 40 years.

Following the presentation ceremony, a buffet tea was served to the recipients and their wives or husbands. In all, 199 persons were on hand to receive their awards whereas some 35 persons who could not attend received theirs by post at a later date.

WHAT IS A DOCTOR?

From within the blue and green surgical garb, dark suit and tie, or various wild assortments of sport clothing, emerges a delightful creature called a doctor. Doctors come in assorted sizes, weights, shapes, and forms; but all doctors have the same creed: to admit patients, perform surgery, write stat orders, change dressings, and question nurses (all this during report, at precisely 3:00 pm, just before class, or at mealtime) and to protest with noise, an efficient weapon, when they find an order not carried out that very minute, that very hour, or sometimes even that very day.

Doctors are fascinating: patients idolize them, wives learn to live without them, RN's ignore them, aides avoid them, students help them, and insurance protects them.

A doctor likes a conscientious nurse, a patient wife, a mind-reader, halfdays at the office, one night of uninterrupted sleep, sharp scissors, dry dressings, a

(Continued on page 11)

Sketches of Sanatorium Life In The Early Thirties

Marguerite B. MacLeod

A gentle nudge from the editor prompted this stroll down "Memory Lane". This Lane is long—much longer than the writer likes to think—but were it not so, where would be so many of the memories? Some of these cannot be shared. Others are gladly shared, for they were born of the stuff from which is created that indefinable bond—or whatever you will—that somehow exists between all those who, at some time, in some place, have pursued "the cure".

It was on a clear, cold January day in the early Thirties that a very ill and very frightened mortal was admitted to the mysterious Institution known as the Nova Scotia Sanatorium.

The New Infirmary (East to you) had emerged complete from the hands of the builders just a few months before, and proudly boasted the most "modern" comforts and facilities that ingenuity and skill could devise. But it would take time

to appreciate all this. The spent newcomer asked only the luxury of a bed, and sank gratefully into the welcoming embrace of the snowy-sheeted one already awaiting her. A new adventure on the pathway of life had begun.

For the first few days life was a bewildering maze of Do's and Dont's, but these soon became recognized and accepted as a vital part of a wisely planned and well organized assault upon the common relentless foe, the tubercle bacilli, from which precious lives must be wrested. Details of the long and tedious uphill struggle need not be dwelt upon. Discovery of the disease had been late, and there were no "miracle" drugs to discourage its advance.

The means which made the struggle endurable, and eventually put the enemy in retreat, are however, well worth recording: Months of strict bed; being washed and fed; and a bland diet topped with



A group of patients taken in apple blossom time—1935. Pavilion I and the Children's Annex are seen in the background. Reading from left to right—front row: Eileen Robinson, ?, ?, Ruby Jones, Marguerite MacLeod, Blanche d'Entremont, Anne MacLeod. Back Row: Melba Devine, Dagny Anderson, Stella MacNeil, Ada MacLeod, Frances Mason, Mary Ellen Sterns, Julia Hinchcliffe, ?, Beatrice Rawding, ?. Can anyone identify those not named?

cod liver oil in tomato juice three times daily; even more months of "whisper" treatment (rigidly adhered to); and the inevitable rest hours and fresh air.

But I strongly suspect that this treatment regimen owed much of its efficacy to a generous dash of the following blend: The doctor's breezy "Good-morning, how are you today?" The nurses' vigilance and care, and even their "Cover your mouth when you cough" and "Don't stretch!" The radio announcer's cheery voice after the rollicking notes of "Happy Days Are Here Again" had proclaimed to all that Station SAN was on the air, either for the Daily Request Program or some special announcement. The encouraging "I did it, so can you" smilingly voiced by a visiting Pavilion patient with almost as many years of curing behind him as he had fingers.

Add to this a patch of blue sky or a strip of sunset beyond the Maid's Quarters (now replaced by lawn), the ministrations of the Church; the words of a favorite hymn or poem lingering in the thoughts; the unquenchable desire to live, and undergirding all—Providence.

Wonderful things began to happen that spring, and continued to happen. The temperature that must have scorched the paper on which it was charted, decided to behave. Strict bed gave way to "once", then "twice a day", and on June 10th—oh, joy of joys! Dr. Miller administered the initial "shot of gas". In more professional language this meant that the minor surgical procedure known as artificial pneumothorax was being tried in an attempt to collapse the most badly diseased area of the lung so as to put it at complete rest, and thus give it a better chance to heal.

This was the popular treatment of that era, and "Px Day" was a real occasion for the Infirmary patient. Arrayed in one's most chic pyjamas and duster, one rode

majestically by wheel chair to Medical Section. Here, while awaiting one's turn, one hobnobbed with other patients and caught up on the San news.

As other phases of San life unfolded, one realized how utterly impossible it would be to compute the value of Radio Station SAN to patients in all stages of "the cure". Private radios were taboo, and T.V., unknown. Still in its infancy, Station SAN poured forth through its single channel an astounding variety of programs, a goodly number of which were of local origin.

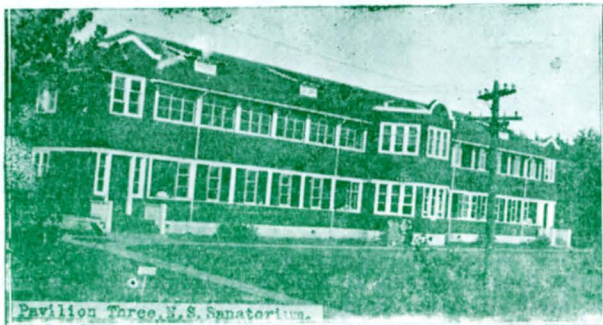
One recalls the beautiful voices of Mrs. (Doctor) Miller and her Swiss friend, Mrs. Mierjinh, in solo and duet. The glorious voice of the Massanet Choir, brought from Quebec as a special Apple Blossom Festival attraction. An address by the Earl of Bessborough, the then Governor General of Canada, while Lady Bessborough toured the New Infirmary, graciously shaking hands and chatting with all—time permitted only a short tour.

Yet again, it was the voice of Miss Agnes Ayer, a movie actress on a personal appearance tour that thrilled us. Those, who by virtue of "high" exercise, were privileged to see and meet Miss Ayer, were completely captivated.

And, while speaking of celebrities, let us not forget a visit from the late George MacManus, creator of Maggie and Jiggs.

Very special tribute must be paid to Sanatorium talent which, from time to time, delighted us with dialogue, song, or debate.

Lest you have concluded by this time that Station SAN was the sole source of interest and amusement for patients of those bygone days, let me hasten to say that **Health Rays** occupied a very special place in our affections. And well it might, for one never knew what gems of "inspiration" might flow from the pen of a floor scribe. From the moment that Station



Destroyed by fire on Christmas Day, 1935

SAN announced that **Health Rays** has come from the publishers, and the salesmen are on their way" (Hill, or Pavilion III—since burned—patients) one awaited their arrival with what patience one could muster.

And could anyone forget a Sanatorium Hallowe'en? Festivities began with a Grand Parade through the Infirmarys. Witches, ghosts, and all the other weird creatures that roam the earth on that night could likely be discovered in this procession, which eventually wended its way to the patients' dining-room (now staff), where the judges were "hard put" to choose the winners, for each costume was a masterpiece of imagination and creative skill.

Patient talent provided the main features of the evening's entertainment, and if one laughed until one cried, that proved conclusively the quality of the performance.

But the crowing glory of San. life was Christmas. Since Christmas "passes" were just another of the unknown quantities of those far-off days, one easily succumbed to the enchantment of a Sanatorium Christmas. Even if it was the first Christmas away from home, and softly falling snow, mingling with the sweet strains of the beloved carols, momentarily engulfed one in an almost uncontrollable wave of nostalgia, the "spell" of Christmas remained unbroken.

On Christmas Day there was a general relaxing of the rules—diets were forgotten, and visiting privileges were available to all who were well enough to take advantage of them. But those who had our welfare so sincerely at heart, felt bound to caution, in a spirit-of-the-Season sort of way, that the tubercle bacilli neither knew nor cared that it was Christmas, and would still be on the job. As far as is known, this warning in no way marred the spirit of the Day, and happy groups of patients went from porch to porch dispensing much cheer and good-will among the less fortunate. A few outside folks might drop in during the day, and always there was the kindly visit of Doctor and Mrs. Miller.

The grand finale came in the evening. At six o'clock members of the staff and all patients, except the very ill, gathered in the dining-room for dinner. The dining-room, in the full splendour of its Christmas decor, beautifully appointed tables, and soft background music, provided a perfect setting for the gay, fashionable assemblage. Yes, indeed, this was an opportunity for gaiety, and for donning one's best "formal" or prettiest "informal".

Since lunch at noon had been light—coffee and doughnuts, if memory does not err—everyone was ready to do ample justice to a full-course meal which, for sheer gastronomic delight, could not be surpassed.

But time will not be stayed in its onward march, and all too soon the happy hours had flown. Christmas Day was over, but the memory of it would live on in many a grateful heart, forever.

WHAT IS A DOCTOR?

(Continued from page 8)

helping hand, a happy patient, and a charted morning temperature. He is not much for an inaccurate intake and output, midnight deliveries, shortened vacations, strict routine, paper work, history and physicals, hospital rounds, and medicare.

Nobody else is so early to rise, or so late to the golf course. Nobody else can arrange to visit 26 hospital patients, remove four gall bladders, keep regular office hours, and handle emergencies at any hour of any day and still have time to follow every athletic event, deer hunt, and entertain, socialize, relax, and sleep. Nobody else could fill one pocket with a pen from the nurses' desk, a hemostat from the dressing tray, and the scissors from a student nurse so expertly that the object isn't missed for two full hours afterwards. Nobody else could go to school for a total of 20 years and still not learn to write.

Yes, a doctor is a magical creature. To a young girl in a starched blue uniform with a crisp white apron, black shoes, an innocent face, and an eager manner, a doctor is a Knight in Shining Armour, a Prince Charming, and a real Kildare. A doctor is her teacher, counsellor, director and friend. She looks to him to answer innumerable questions, explain procedures, draw pictures, and share every bit of his knowledge in the brevity of one hurried minute.

The student watches this Prince Charming with respect, and from him she learns what no textbook can teach, for she gains experience, confidence, and trust. The doctor teaches her not only to work capably with a physical condition, but also to work with PEOPLE, to make people wholly well, in mind, spirit, and body.

—The Lighthouse

Sing, Christmas bells!

Say to the earth this is the morn
Whereon our Saviour-King is born.

—Eugene Field

San Parties

Two Hallowe'en parties were given for the children in the Annex.

The first, on October 19, was sponsored by the Palmetter Subdivision unit of the United Church of St. Paul and St. Stephen, which is under the presidency of Mrs. Sterling Shephard.

Mrs. Ron Gerard and Mrs. David Barnes brought refreshments and favours for the children and saw that everyone had a good time.

The children were chock full of the Hallowe'en spirit. They decorated the playground with all the spooky creatures one might meet on Hallowe'en—witches and goblins, cats and bats, ghosts and skeletons. Jack o'lanterns were also much in evidence. They dressed themselves in costumes, which provided much amusement and some guessing as to just who was who.

After refreshments were served, Bruce Barton thanked Mrs. Gerard and Mrs. Barnes.

The second party, on October 29, was under the auspices of the Red Cross Youth of Central Kings Senior High School. The teacher in charge of this group was Mrs. S. Kydd.

Mrs. Kydd and the high school students, dressed in Hallowe'en costumes, distributed favours, party hats, balloons, and baskets of candy. Games were played and refreshments served.

Once again Bruce Barton, on behalf of all the children did the thanking.

The students from Central Kings Senior High School were: Laura Mitchell, Lynn Flack, Barbara McPhee, Deborah Featherby, Valerie Bryden, Deborah Trask, and Lee Graves.

HALLOWE'EN PARTY

On October 26 members of the Catholic Women's League of St. Joseph's Parish, Kentville, hosted a Hallowe'en party for patients at the San. The convener was Mrs. C. H. Guild, and she was assisted by president Mrs. M. H. Wood, Mrs. H. H. Stokes, Mrs. H. F. Williams, Mrs. Ed Kearsey, Mrs. M. J. MacDonald. These ladies were introduced by Michael Scott.

The patients' dining room was transformed for the occasion by witches rid-

ing on broomsticks, black cats and bats, dangling skeletons, and, of course, big orange pumpkins.

This eerie setting, the work of Michael Scott and Merrell Oickle, did nothing to dampen the spirits of those in attendance. Games were played, and prizes awarded as follows: Auction: ladies' high, Margaret Hurley; ladies' low, Dorothy Outhouse; gent's high, Gordon McDow; gent's low, Jack Keeping. Chinese Checkers: high, Myrna Nickerson. Cribbage: high, James Dinn. Lucky prizes went to Cecilia Hubbard, William Mayne, Rita Melanson, Bernard Manuel.

Mr. Scott thanked the members of the C.W.L. for an enjoyable evening. Mr. F. G. Barrett represented the Rehabilitation Department.

Delicious refreshments were served by the dietary staff.

NOVEMBER PARTY

On Wednesday, November 23, a card party sponsored by members of the Christian Reformed Church, Kentville, was held in the Patients' Dining Room. The hosts and hostesses for the evening were a group of young people whose presence did much to add life to the party. They were: Lenyte Nyenhuis, Arlene Vander Ploeg, Anne Hutten, Sieta te Nyenhuis, Clarence Vander Heide, Martin Eisses, John Gerrits, Jerry te Nyenhuis.

Games were played, and prizes awarded as follows: Auction 45: ladies' high, Myrtle Bent; ladies' low, Clara Gamble; gent's high, Gordon McDow; gent's low, Oard Sangster. Cribbage: high, Adrian St. Croix; low, Bernard Manuel. Chinese Checkers: high, Catherine McQuarrie; low, Etta Moulton. Rummy: high, Irvine Tooke; low, Edward Hinchey.

The prizes were distributed by Miss Anne Hutten, assisted by Mrs. Mary MacKinnon.

Michael Scott, on behalf of the patients, thanked the young sponsors for a very enjoyable party. Mrs. MacKinnon extended thanks on behalf of the Rehabilitation Department.

Refreshments were served by the dietary staff.

I heard the bells on Christmas day
Their old familiar carols play,
And wild and sweet the words repeat
Of peace on earth, good will to men.
—Henry W. Longfellow

Question Box

Dr. J. J. Quinlan



What is bronchiectasis?

Literally bronchiectasis is widening of the bronchial tubes. This dilation is brought about by a combination of infection and obstruction of the bronchi resulting in destruction of the lining and the muscular component of the bronchial wall. The condi-

tion is not nearly as prevalent as it used to be. It was a very common end result in the child with bronchopneumonia which was so prevalent after such diseases as whooping cough. With the great reduction in recent years of the ordinary diseases of childhood due to immunization these bronchopneumonias with their resultant bronchiectasis are much less frequently encountered. Tuberculosis is a disease which produces infection, obstruction and partial destruction of the bronchial tubes and consequently bronchiectasis is very frequently seen in patients with pulmonary tuberculosis, and when present to any appreciable extent it usually represents an indication for removal of the effected lung tissue.

If a lung is removed, does the other lung expand to partially fill the space?

Following pneumonectomy the large residual space at first becomes filled with blood and air. As time goes by the air is absorbed, the blood becomes heavy serous fluid which eventually clots and finally becomes scar tissue. In the meantime, the diaphragm on the side of the operation becomes elevated and the heart with its neighboring structures shifts to the pneumonectomy side. The remaining lung becomes larger, not by actual growth of tis-

sue but rather by over distention of the air sacs. If the remaining lung was normal to begin with this over distention appears to have little or no serious effect on its function.

What causes spontaneous collapse of the lung?

Spontaneous collapse of the lung, meaning collapse unassociated with injury or operation, is due to rupture of a cavity or cyst allowing the escape of air into the pleural cavity. The air forces the two layers of the pleura apart and the lung collapses. Spontaneous pneumothorax is most common in young adults. Usually there is no previous history of illness, the collapse occurring completely without warning. In these individuals a form of emphysema develops, usually localized to one portion of the lung where a small cyst or bleb forms just under the pleura. It is the rupture of this bleb that causes the lung to collapse. These blebs may be single or multiple and may rupture only once or repeatedly. As a result the patient may have just one pneumothorax or several. It is our feeling that should a pneumothorax occur more than once the chest should be explored, the cyst or cysts removed and the pleura lining the chest wall also stripped off. This latter maneuver is done to assure that when the lung expands against the chest wall it will become adherent, in which case even should the cysts reform, the lung can never again collapse.

Spontaneous pneumothorax is seen more rarely in other conditions. It can be due to the rupture of a tuberculous cavity or nontuberculous lung abscess. This form of collapse is a much more serious occurrence because not only does air enter the pleural cavity but there is also massive contamination with the pus from a tubercu-



lous cavity or lung abscess as the case may be. The condition is referred to as a spontaneous pyopneumothorax or collapse of the lung due to the presence of air and pus in the pleural cavity.

What causes fluid in the chest after surgery?

Operations carried out inside the chest are almost invariably followed by the accumulation of varying amounts of blood. This is particularly true following operations on the lung. In spite of the most careful hemostasis (stopping of bleeding) there is always some postoperative oozing usually from the chest wall incision. It is for this reason that the pleural cavity is routinely drained following lung resection and other intrathoracic operations as it is most essential to prevent the accumulation of this blood in the pleural space to avoid interference with the expansion and return to function of the remaining lung tissue.

Are patients with tuberculosis more susceptible than others to diabetes?

On the contrary many surveys have shown that diabetes is less common in tuberculous patients than in the general population. On the other hand, uncontrolled diabetes is very apt to cause reactivation of latent tuberculosis. When the two diseases co-exist it is extremely important that the diabetes be maintained under rigid control to ensure optimal response to the patient to the treatment he is receiving for his tuberculosis.

CHRISTMAS SALE

This year the Kentville United Church Women of St. Paul and St. Stephen very kindly granted the Rehabilitation Department the opportunity of having a table of handcrafts made by the patients at the Nova Scotia Sanatorium at their annual Christmas Tea and Sale.

The items on sale were very attractive and consisted of leather billfolds, change purses, link belts, dolls dressed in foam plastic which were very colorful, plastic novelty boxes, doll clothes, aprons, pot holders, dog collars, oven mitts, and numerous other articles.

This was the first time for quite a number of years that we have had a Christmas Sale of articles made by the patients. A number of buyers felt that the prices asked for some of the things were rather high for a sale of that kind, and I feel this was the reason some very attractive articles did not sell.

Mrs. Vi Silver of the Rehabilitation Department was in charge of the table, and

feels it was a very successful project. The United Church Women have asked that it be made an annual event.

On behalf of the Patients and Rehabilitation Staff, we wish to convey our thanks to the United Church Women for their kindness and wish them all a very Merry Christmas and Happiness in the New Year.

GOING SOMEWHERE FOR THE HOLIDAY SEASON?

Don't forget your tuberculin test or chest x-ray along with your regular physical check-up.

Even with the discoveries in space—and the possibility we might be able to travel to the moon—we still haven't been able to wipe out TB.

WHY don't we? TB germs are the greatest opportunists in the world. They lie dormant for many years, but at the first chance cause active TB.

How do you know you've been invaded? A tuberculin test will tell you—but this doesn't mean you have TB just because you have a POSITIVE reaction. Only a chest x-ray can tell you that for sure.

It is our goal to eradicate TB completely and forever. HOW? Tuberculin testing in SCHOOLS — INDUSTRIES — COMMUNITY SURVEYS, is one way. RESEARCH — EDUCATION — REHABILITATION are other methods. But without YOU these can't be carried out. Your contribution to the Christmas Seal Campaign also assists in research. In research Nova Scotia gets back much more than it contributes.

We are the watchdogs, as a voluntary association, to assist health departments in protecting YOU — YOUR CHILDREN — YOUR FRIENDS.

Your Christmas Seal contribution is more important than ever before.

Won't you send it TODAY?

Yours sincerely,

Rod P. MacPherson,
President,

Nova Scotia Tuberculosis Association
P.S. Tuberculosis is a respiratory disease. So is EMPHYSEMA. So is CHRONIC BRONCHITIS. SO IS BRONCHIAL ASTHMA. Send for free literature.

Carol, sweetly carol,
A Saviour born today;
Bear the joyful tidings,
O, bear them far away;
Carol, sweetly carol,
Till earth's remotest bound
Shall hear the mighty chorus,
And echo back the sound.

—Frances Van Alstyne

HEALTH RAYS

Vol. 47

DECEMBER, 1966

No. 11

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

CHRISTMAS—CHRIST'S BIRTHDAY

A promise. A fulfillment. A new era. Peace on earth. "I have come that ye might have life and have it more abundantly." What does Christmas mean in 1966 to you and to me? What wish from us to you would be acceptable and meaningful on this occasion? Merry Christmas Bah! Humbug! Peace! Sez who? What reaction could I expect? So many are cynical and disillusioned; but even those who are not, differ radically in what they hope to experience as a result of the Christmas Season. We have different backgrounds; likely our expectations are based on our childhood experiences. "Over the hill and through the wood to grandmother's house we go." "I'll be home for Christmas." "Sliver Bells". "Silent Night, Holy Night". Which strikes a sympathetic chord in your heart? We (the editorial one) have come to associate this season with such places as grandmother's homes in the country and with carols: Not so a good friend whose heart strings respond sympathetically to the notes of "It's Christmas Time in the City."

Perhaps it is entirely unreasonable to attempt to formulate a Christmas wish to those who reject the whole Christian philosophy or to those who, although professing to be Christians, would not want to celebrate in any way. These will no doubt get their satisfaction in some other way and may be overlooked in this instance; we may convey good wishes to them at a more propitious time.

My wishes, then, to you who share my feelings on this day of days:

May you have friends whom you love near at hand to share your deepest

feelings; may you find the time and the opportunity to plumb the depths and not merely float around on the tinsel surface of trivialities.

May you at some period of the day experience, wonder, mystery, reverence, and worship.

May you have the time and desire to look up through the night and see the stars.

May you find a period of peace and silence so that you may hear the angels sing.

May your heart be in tune, so that it will respond to angelic music.

May your soul be so filled with joy that you will sing aloud.

May you have a simply wonderful Christmas.

* * * *

We wish to extend to Mrs. Eileen Hiltz, the retiring editor, our warmest congratulations for a job well done throughout the past months and a most sincere thanks for the kindly and timely instruction which she has been willing to give to the incoming editorial staff.

* * * *

When our new Editor, Mr. Barrett, invited me to share with him the space on this page I began thinking not only of what to write but also of those who may be reading this. First, there are those of you who are patients at the present time. Many will be at home for Christmas; others will, perhaps, be spending your first Christmas away from home. Sec-

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

only, there are those of you who are former patients, here or at the other tuberculosis treatment centres. I am sure that many of you will be thinking of Christmas seasons spent "on the cure." For some it was a lonely time while removed from home and friends. For others it was a time of fellowship—of sharing something in common. Many lasting friendships had their beginning while on the cure and it is at Christmas time, more than at any other season of the year, that our thoughts turn to our friends. It is at this season, too, that we are most mindful of those who are away from home, for it is traditional for families to be together at this time.

To all patients, past and present, as well as to all of our other Readers, we at the Rehabilitation Department extend our very best wishes for the Christmas Season. May at least some of the Editor's Seven Wishes be yours at this time and remain with you when Christmas is past.

Don Brown

ON BECOMING AN EDITOR

When Dr. Hiltz called me to his office the other day, I had no idea that I would emerge as editor elect of HEALTH RAYS. I was both pleased and more than a little proud. As noted in a very recent edition we are one of the oldest Sanatorium magazines in continuous production. I know that Dr. Hiltz is very proud of that record and hopes that publication can be continued in spite of increasing costs and decreasing returns. It is almost as if a much loved but delicate child had been placed in my care!

It was agreed that Health Rays had always been, at least tenuously, attached to The Rehabilitation Department; now the tie was to be more secure. Various members of my staff are to help with the

work, responsibility will be divided and production will not falter if any one is indisposed. Together, the new staff members examined "The Masthead" and wondered what changes might be appropriate: Because the superintendent has final supervision of what is to be published we thought of suggesting that he be shown as Editor-in-Chief; however, in view of the statement that The Sanatorium publishes the magazine, this seemed somewhat superfluous. Mrs. Mary MacKinnon, shown last month as Assistant Editor, is still filling that role; but two others are now "in the act" and all agreed to work without the honour of being shown.

Although all will be contributing in various ways, essentially Miss Marguerite MacLeod and the editor will be responsible for the preparation of the magazine up to the time it is "put to bed" ("printed" to the uninitiated), and Mrs. MacKinnon and Mr. Donald Brown will be responsible for distribution. However, it has also been understood, that just as Mr. Brown substitutes for The Director of Rehabilitation in all other instances, when necessary, he will also do so with respect to HEALTH RAYS.

F. G. Barrett

IN APPRECIATION

I wish to extend my sincere thanks to all those people—Doctors, Nurses and Staff, who in any way helped to make my stay at the San (3rd East) as pleasant as possible. Appreciation for the treatment and attention I received while a patient there cannot really be expressed in words, but one must attempt it, and hope that his true feelings might be understood by all concerned. Thank you all very much.

W. L. Kinsman,
Aylesford, N.S.

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
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

Rev. J. S. DeLouchry
St. Josephs Roman Catholic Church

No one is absolutely sure why December 25th. was chosen as the day to celebrate the birth of the Savior, but there are few people who have any real objection to the date. It is a happy holiday that divides the winter, a festival of gaiety, happiness and peace. There used to be a pagan festival of the birthday of the Unconquered Sun, in honor of the Sun-god, on this day of December and no doubt Christmas was put on the same day to inspire the people to turn from the worship of the material sun to the adoration of the Son of God, Christ the Lord.

Some of the traditions we treasure at Christmastime have come from long ago, even back to the pagan times, like the lights, the special foods, the flowers, but we should not imagine that the idea of the Feast has no more meaning than these carryovers from pagan times.

It is a hard-hearted person that can look on the crib scenes and remain unmoved. Such a person would probably remain unmoved at any tender sight. The beautiful cribs at Christmas remind us of the mystery, the beauty, the truth of the birth of the Redeemer. We look at the cribs and wonder on the love of God for man . . . for us. We think of Calvary and remember that the Christ of the Cross is the same as the Christchild. What lessons of humility, obedience, love and respect there are in that crib scene, lessons that each of us would do well to ponder deeply at this time.

Is it any wonder then that this feast of Christmas should have such a hold on the world, that it is so popular? Not merely because it is a holiday, or a happy time, but because of this, that it is the feast of the Birth of Christ and all that this means to man.

"The Lord said to me, 'You are my

Son; this day I have begotten you. Why do the nations rage and the people utter folly?" " These are the first words said at the Midnight Mass in every Catholic Church at Christmas. And how appropriate they are. Surely the sacred author had no idea how true the words would be in our time. He could never have imagined how the people would hustle about, shoving, pushing, buying, wrapping, all so busy, and many foolishly. With truth the Father might now say; "You are my Son. This day I have begotten You. Why are they getting so excited? Whose Birthday is it anyway? Their radios, their TVs, their papers utter such trivia at this time of year, things about red-nosed reindeer, Santa Claus, trees and lights. And they forget so easily what they are celebrating and why. It is no longer that pagan feast of the sun-god, but it is supposed to be in honor of You".

Christmas is essentially CHRISTMAS and when we forget this, we may just as well pack it all up, we have lost sight of the purpose of December 25th. Indeed join in the festivities with full vigor, but realize what and why you are celebrating. A Joyous and Peaceful Christmas is our wish to you.

A little fir grew in the midst of the wood,
Oh, there in his evergreen dress he stood;
His branches were sweet with the balsam
smell,

His needles were green where the white
snow fell,

And always contented and happy was he,—
The very best kind of a Christmas tree.

—Henry Van Dyke

I still may hear the Christmas angels
singing in humble human hearts.

—Winifred Kirkland

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.

Swinging o'er the hill;
 Ringing sweet and still;
 Bringing peace, good will—
 Hark, the soft and silvery chime
 Of the bells at Christmas time!

—Alice E. Allen

December's brow is white with snow
 As swift his crackling footsteps go
 O'er hill and dale, o'er mount and sea,
 December laughs in noisy glee,
 While merry bells ring sweet and clear,
 And Christmas crowns the dying year.

—Ruth Raymond

Phone your wants to Sydney

MANSON'S

IRON CITY PHARMACY
 GEORGE STREET

VICTORIA PHARMACY
 WHITNEY PIER

Drugs - Drug Sundries - Magazines
 Ice Cream - Tobacco - Toilet Articles,
 etc.

KENTVILLE'S HARDWARE STORE Ltd.

(CONTRACT DIVISION)

PLUMBING — HEATING — ROOFING — SHEET METAL

CORNER WEBSTER AND CORNWALLIS

PHONE 678-2614



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

HALIFAX — CANADA

PHONE — 4565 — PHONE

for Milk — Cream and
 Chocolate Dairy Drink

CORNWALLIS
 DAIRY, LIMITED

PHONE 678-4565

SANATORIUM PROFESSIONAL
 EDUCATION AND
 RESEARCH FUND
 HAVE YOU GIVEN?

Old Timers

For awhile it looked as if the Old Timers column would be rather skimpy this month, what with Anne Marie doing a stint in the "sick room", and all, but happily, Anne Marie has recovered, and all is well.

Andy and Beulah (Gates) Doherty of Baddeck, who were here in 1943, dropped in for a visit recently. Anne Marie reports that they both look extremely well. Incidentally, this was a San romance.

Andy sees Douglas MacLeod, also of Baddeck, and says that he is well and working for the Department of Highways. Douglas was here in 1945. Andy also sees Henry McIvor of North Sydney, who cured here in 1944. Henry is employed at Thompson-Sutherland Hardware Store.

Recently, two old timers in for check-ups stopped at the switchboard to pass the time of day with Peggy MacEachern: Lorne Marsman of Truro, whose curing days began back in 1949, is looking and feeling fine. He is looking forward to employment with the Department of Welfare in the near future. Daisy Robinson, a 1950 patient, is also feeling well, and is caring for a couple of children in Hantsport.

Dan A. MacDonald of Port Hood, who was here in 1942, stopped at the switchboard to chat briefly with Mary Doucett.

THIS HALF PAGE WITH THE COMPLIMENTS OF

Don Chase, Ltd.

Since leaving here, Dan has been caretaker at the Federal Building in his home town. Mary also had a Sunday visit from Gertie Rafuse of Chester, who was here in 1948, and reports that she is keeping very well.

From our former editor, Mrs. Hiltz, comes news of Earl Millen of Westville, who left here about a year ago. Earl is well, and is back at his old job in a garage in Westville. He spoke of the many signs of progress to be seen in Pictou County, and mentioned the new Royal Typewriter Plant that is soon to be erected near the Clairtone Plant, which occupies an area of seven acres. Earl sent regards to his friends at the Sanatorium. He sometimes pays a visit to Bernie MacLellan of Antigonish, who was a patient here in 1963, and who is keeping very well indeed.

In a recent telephone conversation with Mrs. Anna Shot, who left here in March of this year, Marguerite MacLeod learned that Mrs. Shot had just returned to her home in Liverpool, after undergoing major surgery at the V.G. Hospital. Mrs. Shot says that she is feeling much better and growing stronger daily.

Marguerite also had news of Eileen Croft, a 1940 patient, who makes her home with her sister and brother-in-law in Liverpool. Eileen keeps well, and takes care of her sister's small twin daughters while the mother is at work.

When Marguerite opened her mail one day recently, she found a formal announcement of the appointment of Leo Joseph Belliveau of Weymouth to the position of Sales Engineer at the Halifax Office of Trane Company of Canada, Limited. Leo was a Grande XI English pupil of Marguerite's at Roseway Hospital back in 1954-1955. After his discharge from hospital, he finished High School and graduated from Saint Mary's University and the Nova Scotia Technical College. He now holds a degree in mechanical engineering. More recently, he attended Trane's Graduate Training School at La Crosse, Wisconsin, where he received intensive training in all aspects of the air-conditioning, heating, ventilating, and heat transfer industry.

From "Bun" Akin comes news of Mrs. Alec Cummings, a former Rehab. Handcraft Instructor. Many will remember Mrs. Cummings as Jane Brown, here in the early sixties. Jane wrote to notify "Bun" of her change of address so that **Health Rays** would reach her on schedule. Jane, with her husband and two fine children have left Dorval Quebec, to reside in Fairview. She promises us a visit soon.

To all Old Timers and others who may read this column, a very Merry Christmas and a Happy New Year.

IT HELPS

So much to do at Christmas,
His share no one must shirk,

But is there any reason why
We can't sing while we work?

—Alice E. Allen

A song in heaven,
A bell on earth
Are telling again
A Baby's birth—
Glory in heaven
Good will on earth!

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

Christmas Greetings from

Minas Coal & Supply Co. Ltd.

WOLFVILLE, NOVA SCOTIA

Fisher's White Rose Service Station

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

30 Years Ago

To help you appreciate how much things have changed in 30 years, we quote from "Our Toronto Letter", found in **Health Rays**, December 1936. The letter was written by Dr. C. J. W. Beckwith, who was then Assistant Medical Superintendent, on leave from the Sanatorium to study for his degree in Public Health at the University of Toronto. Dr. Beckwith wrote: "You may be interested to know a little about the city of Toronto and the Public Health course I am pursuing. Toronto has a population of about 700,000 and is, judging from the amount of building going on, still growing". Indeed it was—and is—now numbering well over a million people in Greater Toronto.

The Editorial Comment in acknowledging the Christmas message from the Minister of Health, the Medical Superintendent, and others, has this to say: "Through the columns of **Health Rays** they are accustomed to addressing many at one time, but this year they greet an even greater number: the Sanatorium roll-call has some forty more names at present than it had in the December of 1935, and each week brings its high quota of admissions seeking Sanatorium treatment. There is nothing disheartening about this enlarged number of patients when one stops to think about it; rather, it is encouraging, because it signifies not that tuberculosis is becoming more prevalent in Nova Scotia, but that those stricken are turning more and more to a recognized source for treatment and instruction.

"The increasing important part played by surgery in the curing of tuberculosis has not a little to do with the growth of the Sanatorium and, conversely, the increased patient-body demands that more surgical treatments be carried out. To show the extensive use of the surgical devices employed at the Sanatorium we

would quote figures for the month of October. Statistics from the operating room inform us that four hundred and twenty-six pneumothorax operations, fifty-two chest aspirations, five phrenic operations, four pneumolysis, and four thoracoplasty operations had been performed during that month."

On the humorous side we find a short article called "The Cockroach", the last paragraphs of which went as follows: "Cockroaches come in a wide variety of sizes, all built on a stream line, with knee action, and geared to do ninety miles a second. His first speed is scuttle, the second is scamper, and when he really gets into a scurry he is already where he is going and half way back.

"Outside of his haste, the cockroach has nothing to recommend him except his appetite, which any movie title writer could modestly class as colossal, enormous, prodigious, gigantic, stupendous, and still get sued for making an understatement."

LIFE'S TAPESTRY

Here in my house of life
A loom awaits.
The warp is ready spread,
And I alone
May weave the woof with thread
I shall select
From skeins the Master Weaver
Offers me.
From these my own design
Must woven be.
But, when at last complete
The pattern lies—
What if imperfect be
The work . . . unskilled;
What then shall He,
The Master Weaver,
Say to me?
—Ethel Parton Rainey

Here's Shopping Protection At Its BEST

EATON'S

Guarantee: "GOODS SATISFACTORY or MONEY REFUNDED"

T. EATON & CO. LIMITED
MARITIMES

INS and OUTS

Admissions: N. S. Sanatorium October 16 to November 15, 1966

Mrs. Theresa Jane Wilsack, P.O. Box 466, 628 Hudson Street, Stellarton, Pictou Co., N.S.; Aubrey Grant Leslie, New Minas, R.R. 3, Kentville, N.S.; Donald Neil Morton, Jr., Berwick, Kings Co., N.S.; Wilbert William Minnick, Mount Pleasant, Lunenburg Co., (R.R. 1, Pleasantville), N.S.; Howard Oakley Potter, Clementsport, R.R. 2, Annapolis Co., N.S.; Lewis Churchill Hagens, Shelburne, N.S.; Arthur Francis MacPherson, 47 Smallwood Place, Kentville, N.S.; William Theodore Ells, Canning, Kings Co., N.S.; James Boyd Farnsworth, Tiverton, Digby Co., N.S.; Mrs. Frances Roberta Manuel, Boutilier's Point, Halifax Co., N.S.; Mrs. Mildred Ida Parker, Billtown, Kinsman's Corner, Kings Co., N.S.; Segunda Lobelo, Calle Pablada, Franco, Franco Portal-32, Pasajes, San Pedro, Spain (Furness Withy & Co., Ltd., Halifax) "Isla de Izaro"; Mrs. Izetta Muriel Lynds, R.R. 2, Brookfield, Col. Co., N.S.; Carl Richard Whynott, 83 Church Street, Digby, N.S.; Davida Isabel Melanson, Bedford, Halifax Co., N.S.; Garvin Ross Hubley, Mushaboom, Halifax Co., N.S.; Calvin Edward Hunt, 3 Eaton House, Acadia University, Wolville (Mabou, Inverness Co., N.S.); Guy Gardiner Power, East Ship Harbour, Halifax Co., N.S.; Philip MacLeod, Baddeck, Victoria Co., N.S.; Mrs. Sadie May Walters, 25 George Street, Kingston, N.S.; Manuel Batista, Box 227, Louisburg, Cape Breton Co., N.S.; Oattie Orland Smith, P.O. Box 964, Morris Street, Springhill, N.S.; Frederick John Brown, Mulgrave Park, Block "S", Apt. 303, Halifax, N.S.; Douglas Gabriel Emeneau, 22 MacKenzie Street, Lunenburg, N.S.; Keith Alvin Churchill, Sandford, R.R. 5, Yarmouth, N.S.; Bernard Joseph Tanner, 2629 Connolly Street, Halifax, N.S.; Freeman Edward Purchase, 36 Tupper Road, Kentville, N.S.; Mrs. Mary Ella Houghton, Aylesford, Kings Co., N.S.; Mrs. Linda Ruth Barkhouse, 169 Main Street, Wolfville, N.S.; Joseph Demetrius Amirault, New Edinburgh (R.R. 1, Weymouth) Digby Co., N.S.; James Archibald Foster, R.R. 1, Kingston, Kings Co., N.S.; Adrian Joseph St. Croix, P.O. Box 95, Enfield, Hants Co., N.S.; Gordon Bennett Taylor, 136 Woodworth Road, Kentville, N.S.; Mrs. Myrtle Mae Bent, P.O. Box 17, Paradise, Annapolis Co., N.S.; William Sack, Micmac, Hants Co., N.S.; James Edward (Teddy) Tracey, 76 Primrose Street, Dartmouth, N.S.; George Henry Fletcher, 2501 Creighton Street, Halifax, N.S.; Guy Wil-

liam Powell, 5216 Smith Street, Halifax, N.S.; Robert Franklyn Goodwin, 27 Ottawa Avenue, Amherst, N.S.; Mrs. Muriel Emma MacKay, 306 Hudson Street, Stellarton, N.S.; Mrs. Hazel Joan Durkee, R.R. 1, Cambridge, Kings Co., Mrs. Kitty Loveday Gorveatt, Maitland, Hants Co., N.S.; James Henry MacDonald, 5185 Gray Street, Halifax, N.S.

Discharges: N.S. Sanatorium October 16 to November 15, 1966

Douglas Gabriel Emeneau, Lunenburg, N.S.; Neil Donald Morton, Berwick, Kings Co., N.S.; Kenneth Harvie Anthony, Kentville, R.R. 3, New Minas, Kings Co., N.S.; Mrs. Theresa Jane Wilsack, 628 Hudson Street, (P.O. Box 466) Stellarton, N.S.; Mrs. Jean Theresa Wambolt, 34 Tulip Street, Dartmouth, N.S.; Aubrey Grant Leslie, R.R. 3, Kentville (New Minas), Kings Co., N.S.; Stanley Boyd Moors, 46 Tupper Road, Kentville, N.S.; Francis Thomas Isadore, Nyanza, Victoria Co., N.S.; Charles Robert MacLellan, 20 Faulkland Street, Pictou, N.S.; William John Broadhurst, White Rock, R.R. 2, Wolfville, Kings Co., N.S.; William Luther Kinsman, R.R. 2, Aylesford, Kings Co., N.S.; Rita Euphemia Melanson, Pomquet, R.R. 2, Antigonish Co., N.S.; Wilfred James Rossiter, 57 James Street, Sydney, Cape Breton Co., N.S.; James Watson Fleet, Necum Teuch, (R.R. 1, Moser River) Halifax Co., N.S.; James Frederick MacDonald, Harrigan Cove, Halifax Co., N.S.; Louis Durando, 48 MacKay Street, New Waterford, Cape Breton Co., N.S.; Edmund Joseph Thimot, Tiverton, Digby Co., N.S.; Calvin Edward Hunt, 3 Eaton House, Wolville, Kings Co., N.S.; Carl Richard Whynott, 83 Church Street, Digby, N.S.

Admissions: Point Edward Hospital October 16 to November 15

Arthur MacKinnon, 188 Ashby Rd., Sydney, N.S.; Alfred Hawley, Ingonish Ferry,

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

Victoria Co., N.S.; Duncan J. MacDonald, Melford, Inverness Co., N.S.; Charles Bona, West L'Ardoise, Richmond Co., N.S.; Mrs. Helen O'Handley, Grand Lake Rd., Reserve Mines, N.S.; Paul Nicholas, Barra Head, Richmond Co., N.S.; Mr. Henry M. Gallant, 5-12th St., New Waterford, N.S.; Mrs. Anna Belle Mosey, Afton Station, Antigonish Co., N.S.; Duncan MacDonald, Water St., Baddeck, N.S.; Melvin MacPherson, 358-4th St., New Aberdeen, N.S.; John A. Wilkie, Sugar Loaf, Victoria Co., N.S.; John MacGillivray, Glencoe Mills, Inverness Co., N.S.; Donald Angus MacEachern, Port Hawkesbury, N.S.; Harold A. Rae, 288-4th St., New Aberdeen, N.S.; Gregory DiPersio, 504 Purvis St., North Sydney, N.S.; Allan J. MacIsaac, 210 Wilson Ave., New Waterford, N.S.; Wilfred Rossiter, 57 James St., Sydney, N.S.; Clifford Stevens, Eskasoni, N.S.; Mrs. Mary Agnes Paul, Eskasoni, N.S.; Ronald A Gillis, 5247 Morris St., Halifax, N.S.

**Discharges: Point Edward Hospital
October 16 to November 15**

Hugh J. MacDonald, "The Cove", Sydney, N.S.; Mrs. Theresa Marsh, 323 Ellsworth Ave., New Waterford, N.S.; Arthur MacKinnon, 188 Ashby Rd., Sydney, N.S.; William MacKenzie MacDonald, 13 Blackett St., Glace Bay, N.S.; Alfred G. Hawley, Ingonish Ferry, Victoria Co., N.S.; Angus J. MacIsaac, 72 Warren Ave., New Waterford, N.S.; Erwin Williams, 19 Thomas St., Scotchtown, N.S.; Duncan J. MacDonald, Melford, Inverness Co., N.S.; Mrs. Sarah Agnes Nearing, 360 Whitney Ave., Sydney, N.S.; Mr. James Henry MacDonald, 5185 Gray St., Halifax, N.S.; Ronald A. Gillis, 5247 Morris St. Halifax, N.S.; Veronica Halloran, Guysborough, N.S.

There is no folly equal to that of throwing away friendship in a world where friendship is so rare.

—Edward Bulwer-Lytton

LITTLE THINGS

Precious things are little things,
The things of every day:
The sunshine of a kindly word,
The smile along the way,
The cheery nod that warms the heart,
The comfort of a friend:
The flower a child has brought to you:
The twilight's sweet content.

—Tabitha Marie Ritzmann

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

GIBRALTAR

There it stands, the Naked Rock
Gazing at the sea of aqua,
For no ship ever passes
Unseen, enroute to its destination.

Rain and wind have beaten this Rock
For centuries untold.
But yet it stands, proud and bold,
Not yielding to nature's curse.

For time has passed and men have died
To possess this throne of strength,
Known to all as nature's checkpoint.
For who rules the Naked Rock

Rules the world of sun and sand.
To the foe: a great gift;
To mankind: a treasury untold,
The Naked Rock.

John M. W. Nicholson
2 West

"Do you ever pick anyone up when you are driving?"

"No; I always leave them for the ambulance."

—Yale Record

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

By Sweet And Sour

At the coffee bar a day or two ago, a group were discussing the recent ceremony at which seventeen of The Sanatorium staff were honoured for having been in the service of The Department of Public Health for twenty-five years or more. It was rumored that one (or more) was commended for having remained loyally at his post even although the fields of industry and business were much greener. The group rejected this as sentimentalism, and a very unlikely explanation of the facts. Loyal, Yes! But most of us find our jobs very satisfying indeed.

In an effort to improve the services offered to our patients, for whom this institution is run, the following persons have been granted the opportunity of taking a correspondence course in Hospital Departmental Management: Mr. John Akin, Chief Clerk; and Mr. F. G. Barrett, Director of Rehabilitation. This action is explained as a move to get key persons thinking of the welfare of the whole institution so that cooperation between departments might be more easily achieved. As a system of in-service training it is a step toward greater responsibilities.

Christmas Seals from the Nova Scotia Tuberculosis Association have come early this year. We understand that the early mailing was by virtue of the possible failure of the campaign had the strike of the postal workers become a reality. We hope that you will not forget or otherwise fail to send in your contribution to this

worthy organization which for so many years has been an important factor in the fight against tuberculosis. Some of you are confused and some, perhaps, misinformed. The facts are that times change, and the front on which Christmas Seals made their best contribution in the past is all quiet: but the battle shifts and Christmas Seals are used for other purposes—now, perhaps, as augmenting the work of regular government forces. Much of your money goes toward the payment of nurses who conduct surveys, searching out new (and old) cases of tuberculosis. The association of the government and voluntary effort become so close as to merge imperceptibly. No voluntary organization works more closely with the official authorities, and no voluntary organization is more highly respected by them. We would like to remind The N.S.T.A. that they are welcome to use these columns to spread the truth about what they are doing.—Generally what is done is not something with or for those who are already patients, but, rather, to help prevent others from becoming patients. Is that not just as honorable and worthy of support?

Many of the people who are growing evergreen trees for export at Christmas time have turned to fertilizer as a means of increasing their crop. We have some very straggly looking pine trees out at the east end of Pavilion VII. Is it possible that a good application of fertilizer might make these pines "spruce up"? Or would it make the spruce pine?

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime.

—Sanatorium Outlook

Compliments of

P. R. RITCEY & CO. LTD.

WHOLESALE GROCERS

KENTVILLE, N. S.

PHONE 678-4513

"for the Best in Books"

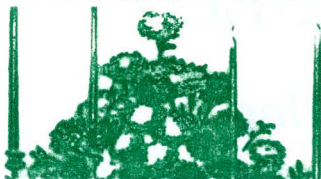
A WIDE VARIETY OF CURRENT TOP SELLERS AND
POCKET EDITIONS . . . and a selection of time tested classics

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 Cleye 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®

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**

WOLFFVILLE, 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
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

**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