

NOVA SCOTIA SANATORIUM

VOL. 47

JUNE, 1966

NO. 6

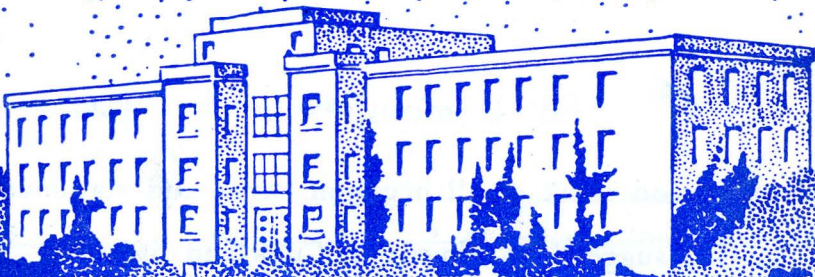
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TABLE OF CONTENTS

THE SANATORIUM CRACKER BARREL  
 J. E. Hiltz, M.D. .... 5

SMOKING AND AIR POLLUTION  
 T. A. Saul ..... 6

THE NURSING ASSISTANT—MEMBER OF THE TEAM  
 Phyllis J. Lyttle, R.N. .... 8

NURSING ASSISTANTS GRADUATE .....10

QUESTION BOX  
 E. W. Crosson, M.D. ....12

EDITORIAL COMMENT .....14

CHAPLAIN'S CORNER  
 Rt. Rev J. H. Durney .....17

OLD TIMERS .....19

WORDS FROM THE WISE .....21

NURSING NEWS .....23

JUST JESTING .....24

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|--------------------------------------|------------------------------------|
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| 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 |
| MRS. HOPE MACK, R.N.                 | Director of Nursing                |
| ROBERT P. MacKENZIE, B.Comm., D.H.A. | Administrative Assistant           |
| MISS EILEEN QUINLAN, P. Dt.          | Senior Dietitian                   |
| F. G. BARRETT, M.Sc.                 | Director of Rehabilitation         |

## *Point Edward Hospital*

|                                |                              |
|--------------------------------|------------------------------|
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| 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          |
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## *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. Henry Sharom</i>       |
| Lay Visitor .....                  | <i>Mrs. Hance Mosher</i>       |
| Christian Reformed—Minister .....  | <i>Rev. J. G. Groen</i>        |
| Pentecostal—Minister .....         | <i>Rev. C. N. Slauenwhite</i>  |
| Roman Catholic—Parish Priest ..... | <i>Rt. Rev. J. H. Durney</i>   |
| Asst. Roman Catholic Priest .....  | <i>Rev. Thomas LeBlanc</i>     |
| Salvation Army .....               | <i>Capt. R. Henderson</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  
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VOL. 47

JUNE, 1966

No. 6

## The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.



It was our pleasure to have an official visit from the President and President-elect of the Canadian Tuberculosis Association on May 5. Following this, on Friday evening, Mr. Barrett and I joined them in Halifax for a meeting of the Executive of the Nova Scotia Tuberculosis Association. On Saturday, about sixty members of the N.S.T.A. Council from

all parts of Nova Scotia met all day in Halifax. Then President-elect More and President Tom Saul flew to St. John's, Newfoundland, for a meeting of the Newfoundland Tuberculosis Association and then to Charlottetown for the Annual Meeting of the P.E.I. Tuberculosis Association and then to Fredericton for the Annual Meeting of the New Brunswick Tuberculosis Association. This was a pretty heavy schedule for them but it is such voluntary devotion to the cause of tuberculosis prevention and cure that has made our Tb. Associations the strength that they are. These men are not paid to do this work. They do it in their own time and without any salary or honorarium. President Saul became interested in tuberculosis work when, as a Rotarian, he was asked to head up and organize a Tb. Christmas Seal campaign in Ontario. That was years ago and he is still enthusiastic about this work.

Mr. Kenneth More acquired his interest in Tb. when he developed tuberculosis. After recovery, he continued to help the program whenever he could. Now he is not only President-elect of the Canadian Tuberculosis Association but he is also member of parliament at Ottawa representing the City of Regina.

More power to men and women like Mr. More and Mr. Saul. They are a tower of strength to those of us who are work-

ing to eliminate tuberculosis. They are an inspiration to those persons who are still "on the cure".

\* \* \* \*

Dr. Quinlan and Dr. Holden attended the annual meeting of the American Association for Thoracic Surgery in Vancouver and also the annual meeting of the Canadian Public Health Association in Quebec in May. Dr. Holden is the President of the Nova Scotia Branch of the C.P.H.A.

Dr. Crosson earlier in May attended a one week post-graduate in Pulmonary Function in Denver, Colorado, and Dr. Kloss, in early June, will be attending the annual meeting of the American College of Chest Physicians in Chicago.

Miss MacQuarrie, R.N., Operating room supervisor, and Miss Potter R.N., her assistant, attended a two-day refresher course for operating room nurses in Halifax the end of May.

This is all part of our planned program for keeping our professional staff up to date with modern procedures in present day medicine and surgery.

\* \* \* \*

### Parable:

Once in the Land of Nova there lived among the Scotians a mighty leader who had big muscles and wore a big hat. But behold! he was brought low and was made sick and was sent to the place called San. And, lo, he was glad for here he could recover his health. Here was kindness. Here was skill. Here were many magic pills. Here were people who spent their lives helping ill people to become well. Here were people he could trust. People who would say "I will do it" and they did as they said they would.

But lo, our mighty leader grew tired of his illness, grew tired of the place called San, forgot about his friends who were doing everything they could for him. When the menu said "chicken", he said "salt cod", and when the menu said "cod" he said "why not more chicken?" When

(Continued on Page 13)



# Smoking And Air Pollution\*

Two Major Problems in the Fight  
Against All Respiratory Diseases

This year there has been more activity in, and greater emphasis upon, the general respiratory disease aspect of our programme across Canada than at any time previously. While the Canadian Thoracic Society and the provincial thoracic societies have concentrated on the general field of respiratory disease, we have not heretofore seen much real activity in this area among the volunteer groups across Canada. The activities of at least one provincial association are still restricted to tuberculosis work, and only four of them have so far developed a respiratory disease programme. It is now six years since the CTA changed its constitution to include related, contributing and similar diseases to tuberculosis. Don't you think it is about time that we volunteers started to put this into action?

There are two major problems that concern everyone involved in the fight against all respiratory diseases—including tuberculosis. These are smoking and air pollution.

Our health education consultants have devoted a good deal of attention to the smoking problem, particularly as it concerns teen-agers, but what are we volunteers doing to back them up? There are some excellent films on smoking—of which the most recent, entitled *Point of View*, was nominated for an oscar in 1966 to be presented by the Academy of Motion Picture Arts and Sciences. The very least we can do is to purchase a few copies of these films and see that they are shown as effectively as possible. There are a number of excellent pamphlets, which deserve the widest possible distribution, around which an effective anti-smoking campaign can be developed. But why don't we develop a fulltime anti-smoking campaign as part of our year-round health education programme? We'll never convince teen-agers that they shouldn't start smoking, so long as they have to watch their parents indulging this dirty habit day after day.

What about air pollution? Here is a tremendous field for voluntary associations that has barely been touched in this country.

\* A part of the address of Mr. T. A. Saul, President of the Canadian Tuberculosis Association, given at the Annual Meeting of the Nova Scotia Tuberculosis Association in Halifax, May 7, 1966.

In 1952, the great fog that blanketed the city of London, England for several weeks produced some 4,500 deaths in excess of the normal number for that period. Authorities in Paris, France say that the number of foggy days there each year has increased from 60 to 150 during the past forty years and that during the winter, oil furnaces alone dump 600 tons of cinders each day on that city.

Today the magnificent Alpine valleys of Germany, Austria, Italy and France are filled with smog. The world-renowned pine trees of Rome are being strangled to death by oil smog. Even the field crops of southern Ontario are being damaged by smog and anyone who has been to Sarnia, Clarkson, Windsor or Welland knows the extent of the problem in those industrial areas of our own country.

One hundred years ago the civilized world struggled to obtain pure drinking water. The measures advocated then seemed impossible to some, useless to others, but they were taken and they succeeded. Now humanity is battling to reclaim fresh air. A noted authority on air pollution says that if men wished, they could have absolutely pure air. We know the cures for air pollution, we have only to apply them. The annual cost in wasted fuel and property damage in the United States is estimated to be eleven billion dollars. The cost in terms of medical treatment and absenteeism is immeasurable, but is probably many times that amount. Certainly these costs in Canada must run to billions of dollars each year. American industry as a whole spends about three hundred million dollars a year for research, development and installation of air cleaning equipment. The petroleum industry alone has budgeted forty-one million dollars for air pollution control this year.

Britain has made tremendous progress during the past decade, through legislation and subsidies encouraging the use of smokeless fuels.

Los Angeles, the smog capital of the world, forbids the burning of oil during the seven-month smog season and California has passed laws requiring the installation of crank case and exhaust filters on all automobiles to be sold in that state.

The Canadian Tuberculosis Association has a major responsibility to provide



leadership in the entire field of respiratory disease, through the co-ordination of research programmes across Canada and by the encouragement of really effective health education programmes from coast

to coast. The co-ordination of our provincial programmes in tuberculosis and other respiratory diseases is one of the prime functions of the CTA.

## It's June, June, June!

### BLOSSOM—TIME AND HARVEST

Buds are bursting, pink and pearly,  
Over all the orchards grey!  
Spreading boughs of fragrant blossoms  
Glorify the King's Highway!  
Honey-bees so close at hand;  
Surely this is fairy-land!

Every highway, every byway,  
Through The Valley, up and down;  
Miles of orchard, mass of blossoms,  
Crowning sturdy trunks **grey-brown**;  
Scarcely any leaves in sight;  
Panorama, pink and white.

Then again, the promised harvest;  
Child of sunshine, wind and rain;  
Bearing apples, golden apples,  
Glowing apples, in its train!  
Harvesters in laden trees,  
Picking apples, such as **these**.

—Annie L. Prat.

\* \* \* \* \*  
A light broke in upon my soul —  
It was the carol of a bird;  
It ceased—and then it came again,  
The sweetest song ear ever heard.

—Byron

\* \* \* \* \*  
Slower, sweet June, each step more slow;  
Linger and loiter as you go.

—Julia May Harris

\* \* \* \* \*  
Over the shoulders and slopes of the dune  
I saw the white daisies go down to the  
sea,  
A host in the sunshine, an army in June,  
The people God sends us to set our heart  
free.

The bobolinks rallied them up from the  
dell,  
The orioles whistled them out of the  
wood;  
And all of their saying was, "Earth, it is  
well!"  
And all of their dancing was, "Life, thou  
art good!"

—Bliss Carmen.

\* \* \* \* \*  
O my love's like a red, red rose,  
That's newly spring in June;  
O my love's like the melodie  
That's sweetly played in tune.  
"A Red, Red Rose", Robert Burns

It is the Month of June,  
The month of leaves and roses,  
When pleasant sights salute the eyes,  
And pleasant scents the noses.

—N. P. Willis.

\* \* \* \* \*

Through miles of shadow and soft heat,  
Where field and fallow, fence and tree,  
Were all one world of greenery,  
I heard the robin ringing sweet,  
The sparrow piping silverly,  
The thrushes at the forest's hem;  
And as I went I sang with them.

—Lampman.

\* \* \* \* \*

### RED GERANIUMS

Life did not bring me silken gowns,  
Nor jewels for my hair,  
Nor sight of gabled, foreign towns  
In distant countries fair;  
But I can glimpse beyond my pane, a  
green and friendly hill,  
And red geraniums aflame upon  
my window-sill.

The brambled cares of every day,  
The tiny humdrum things,  
May bind my feet when they would stray,  
But still my heart has wings  
While red geraniums are bloomed against  
my window-glass,  
And low above my green-sweet hill the  
gypsy wind-clouds pass.

And if my dreamings ne'er come true  
The brightest and the best,  
But leave me lone my journey through,  
I'll set my heart at rest,  
And thank Thee, God, for home-sweet  
things, a green and friendly hill,  
And red geraniums aflame upon  
my window-sill.

—Martha Haskell Clark

\* \* \* \* \*

If ever heaven bends close to the earth,  
Surely it would be on a summer night  
When earth is wrapped in loveliness and  
peace  
And every blade of grass is tipped with  
light;  
And, as in Eden's garden long ago,  
God walks again where tall white  
lilies blow.

Edna Jacques.



# The Nursing Assistant—Member Of The Team\*

Phyllis J. Lyttle, R.N.

Supervisor of Nurses, Department of  
Public Health, Nova Scotia

May I first congratulate you on the achievement which you have attained by becoming a Nursing Assistant. To all who helped you reach this goal, a special thank you.

I should like to base my remarks on a quotation which is used so frequently in all walks of life, "I have six honest serving men, they serve me till I die. Their names are Who and What and Where and How and When and Why."

I am sure that throughout your months as a student you have studied with real meaning the philosophies and objectives of the nursing assistants. **What** is your goal? Is it not to be a member of the nursing or paramedical team to care for the sick to the best of your ability. Your place on this team is of paramount importance. In 1950 the World Health Organization studied the role of auxiliary personnel in nursing. From the study it was determined that "Many nursing activities formerly performed by nurses can be entrusted safely to workers with a less comprehensive training, and the committee considers the employment of auxiliary nursing personnel an essential factor in the provision of nursing services in homes and in hospitals, general and special, including tuberculosis sanatoria, mental hospitals, and institutions for chronic patients." At a later date the World Health Organization carried out a further study and stated that "There is considerable evidence that there is an important and continuing place for the auxiliary workers in public health to perform the many duties which require less independent judgment than is expected of professional nurses". Since that time care of patients in nursing homes has been added to the list of duties which nursing assistants are qualified to carry out.

**Where** you will serve has been considered in the above paragraph. First and foremost you will work in the hospitals and in homes, under the direct supervision of a doctor or a registered nurse. You may work in nursing homes and also with public health agencies, always under supervision. I realize when making a statement in regard to employment with public

health agencies, either voluntary or official, that we have not yet begun to use the services of nursing assistants to the optimum degree. We in the Provincial Health Department only have seven certified nursing assistants on our staff. I feel we could and should employ a greater number but the staff who would work directly with you have not felt this possible. They have tried but simply say that they feel it is more efficient, quicker and better to do the work themselves. With this I do not agree.

**How?** You work in a hospital by being a member of the team. I need not say to you what responsibilities rightfully belong to nursing assistants, rather I should like to emphasize what an important member of the team you are. The team's objective is to give the best possible care to all patients at all times. This includes physical, emotional, and social aspects of nursing. Many times I hear the comment: if you want good nursing care when you are in the hospital you must have your own special nurse or be nursed by a nursing assistant. This is not entirely true but nevertheless the nursing assistant is one of the ones who can really work with the patient. Being assigned to bathing patients, performing nursing procedures, and doing many other tasks which you may feel are menial, are of the utmost importance to the patient. Always remember when you have an opportunity to give nursing care to try to make your patient feel that she is your only concern. Perhaps you are the first person who has had time or who has taken time to talk with your patient. Use every opportunity to learn to know your patient, always remembering that you are a member of the team which has as its goal "good nursing care and all that that entails". Learn to listen to your patient, maybe she has left a small child at home, maybe she wants and needs someone to confide in.

When you work in the homes according to the regulations which govern the "Nursing Assistants Act", you will work under the direct supervision of a doctor or a registered nurse. You know what you have been trained to do and you work within these limits. You do not take on duties which rightly belong to graduate nurses or doctors.

\* An address given to the graduating class of nursing assistants at the Nova Scotia Sanatorium, May 3, 1966.



Certified Nursing Assistants are also employed in nursing homes, working with the registered nurses who are on the staff.

In the Provincial Health Department the nursing assistants do the audiometric and vision screening of the school children. They help at all immunization clinics, x-ray clinics, Heaf test clinics, and in the preparation of supplies for clinics and assist with records and filing. A nursing assistant is assigned to work with three or four nurses to whom the assistant is responsible.

**When?** This deals with your assignment or position you are filling. It is of no value to become a nursing assistant and then make up your minds you are only going to work 8:30 to 5:00. Nursing is a 24 hour service and it is the responsibility of you and me to give this service. I realize it may not always be possible to take shift work, but you must consider the implications if you do not. In a hospital 24 hour coverage of nursing needs is required and essential. Graduate nurses also are offenders as far as not wishing to work certain shifts. You must try to keep to a minimum special requests as to the hours you work and favors you wish. I must also say that in planning your vacation or leaves you must be considerate. In our Health Department, many of our married nurses expect to ask for such favors and receive them to conform with the husband's wishes. Is this legitimate? I shall let your conscience guide you in the answer.

Also remember that our services are required in every area of the province and not just in the cities and large towns. I realize that many times it is impossible for you to go where you are needed but again your conscience must help to guide you. If the nurses and nursing assistants which we now have are not prepared to work where the need is, then how are we to care adequately for the sick and afflicted wherever they live in the Province. Please consider this matter seriously.

Shift work may also be necessary in private homes. As for your work in the field of Public Health in the Province, your specified hours of work are 8:30 to 5:00 but, as with any personnel in Public Health, you may at times have to work evenings or Saturdays to cope with some special aspects of the work.

**Why?** You are doing this because you have chosen as your career to be a Nursing Assistant. Having made this decision and selected the school you wished to attend, you have progressed to where you are now a graduate. You have attained your goal of becoming a nursing assistant. **You must now become a member of the**

Certified Nursing Assistants Association. This only became a must last year, after the Government approved a new regulation for Certified Nursing Assistants. Having passed the examinations for certification and joined the Association you are then qualified to carry on the work of the Nursing Assistant. But, your education has only begun. You must continue to be cognizant of the fact that one never learns all there is to know about our work, we must continue our education. During your training you received extensive instruction in the fundamentals of elementary nursing, you are prepared to assist with the assessment of the patient's needs and the plan if his care as well as the evaluation of that plan. You are a valued assistant to the nurse, guided to function within the framework of your preparation and your level of competency.

You are prepared to undertake routine duties in almost any situation and to provide nursing care of a standard no less high than we as nurses but differing in the range of functions performed and the degree of responsibility carried.

Having looked at the six working men, Who, What, Where, Why, When and How, as a nursing assistant, you need these. May I again stress "You are a member, an important member of a team". "Your patients must be cared for physically, socially, and emotionally". "Learn to be a good listener". When a patient is ill, at home, in hospital, or in a nursing home, his wants must be perceived. **The patient** is not just someone to whom you must give a bath; he or she is a person who needs to be considered as an individual and treated accordingly. If you are working in a home or with a public health agency you must also think of the patient as an individual in a home—as a part of a family and as part of a community.

We continue to experience extreme shortages of nursing personnel and I must say personally that I doubt if we as nurses are using nursing assistants to the best advantage. We say that we no longer fear that nursing assistants may detract from us and that by working together we can give so much more to our patients, but I am not sure that all nurses feel this way. I relate the above statement to Certified Nursing Assistants working with the Provincial Department of Public Health. I am sure we shall use more Certified Nursing Assistants when the personnel in the Health Units clearly see the need. An Assistant assigned to three or four Public Health Nurses certainly helps us to function more efficiently. In this way we become more productive and find satisfaction in practicing as a team, being able to



give optimum service in all assignments which we are given.

In closing may I suggest that you take time from your busy schedule to assess or evaluate just how you feel you rate yourself in the position you have accepted.

It has been stated "Regardless of what some of the more skeptical may say, certified nursing assistants are here to stay and that although their training is somewhat limited, they have as much scientific education as a graduate nurse had in the earlier years of this century". I accept this statement and I hope that in the years ahead you will prove this to be true.

#### NURSING ASSISTANTS GRADUATE

During graduation exercises held in Miller Hall on May 3 the following received diplomas signifying the successful completion of the one-year nursing assistants course:

Barnaby, Miss Elsie Claudette, Sydney; Bradley, Miss Christine Roberta, Sydney Mines; Cameron, Miss Sheila Diane, Trenton; Christie, Miss Beverly Ann, Sydney River; Chute, Miss Carolyn Ann, Caledonia; Copley, Miss Dorothy Mae, Hampton; Davidson, Miss Cheryl Ellen, Gasperau; Harding, Miss Carol Ann, Bear River;

Kinsman, Mrs. Lena Agnes, Berwick; Kehoe, Miss Mary Patricia, Table Head; Langille, Miss Patricia Ann, Truro; LeBlanc, Anselme Joseph, Church Point; Light, Miss Eileen Frances, Springhill; Mills, Miss Theresa Loretta, Sydney Mines; Miller, Miss Bernadette, North East Margaree; MacLeod, Miss Catherine Lucille, Glace Bay; Osborne, Miss Eileen, North Sydney; Payne, Mrs. Anne, Windsor; Spinney, Miss Carolyn Faye, Centreville; Sulis, Miss Shirley Maud, Digby; Trask, Miss Elizabeth Mary, Sanford; Weeks, Miss Beverly Muriel, North Sydney; Winter, Miss Linda Marie, Springhill; Farrow, Miss Mary Ellen, Amherst; Finney, Miss Moya Ann, Sydney Mines; Marchant, Miss Joann Elizabeth, Berwick; Martin, Miss Marilyn Austa, Sydney Mines; Parker, Miss Roberta Jane, Canning; Peck, Miss Karen Maureen, Springhill; Ray, Miss Diane Carol, Chester; Silver, Miss Irene Elizabeth, Lake George; Weeks, Miss Bernice Jean, North Sydney.

At the same ceremony certificates were presented to operating room technicians Miss Elizabeth Fraser, Pictou; Mrs. Edna Doucette, New Edinburgh, Digby Co.; and Mrs. Violetta Hunter, Springhill. These certificates are awarded for an additional six months course taken by certified nursing assistants.



Mrs. H. M. Mack, R.N. Director of Nursing, with operating room technicians Mrs. Violetta Hunter, Mrs. Edna Doucette and Miss Elizabeth Fraser.





Nursing Assistants Graduating Class Front Row, l. to r.: Claudette Barnaby, Lena Kinsman, Anne Payne, Bernadette Miller, Dorothy Cropley, Moya Finney, Cheryl Davidson.  
Middle Row, l. to r.: Mrs. H. M. Mack, Director of Nursing, Elizabeth Trask, Mary Farrow, Joann Marchant, Beverly Weeks, Irene Silver, Diane Rae, Marilyn Martin, Mr. Robert E. MacKenzie, R.N., Director of Nursing Education.  
Back Row, l. to r.: Karen Peck, Beverly Christie, Carolyn Spinney, Carolyn Chute, Roberta Parker, Catherine MacLeod, Anselme LeBlanc.



## Question Box

E. W. Crosson, M.D.

- Q. After one is discharged from the Sanatorium as an inactive case, what precautions should be taken to protect family and friends from infection?
- A. I presume that this question refers to regular discharges and not discharges against medical advice. One should carry out the precaution that are taught at the Nova Scotia Sanatorium, such as covering the mouth and nose when sneezing and coughing. Probably the precaution that is more necessary than any other is follow-up chest examinations and chest x-rays and examination of sputum where the physician feels that this is indicated. By reporting regularly for a checkup we would hope that if your disease becomes reactive, this will be discovered at an early stage and the treatment program started immediately.
- Q. Would it be harmful for a graduate of the cure to bowl, to skate, or swim?
- A. This is a somewhat difficult question to answer simply by saying yes or no as one would have to consider the amount of disease the patient had at the time of admission to the Sanatorium and the amount of residual disease remaining in the lungs following discharge. It would seem to me that approximately six months following discharge from the Sanatorium most people would be able to bowl; however, this does not mean three or four hours of bowling each evening. Skating and swimming are much more strenuous types of exercise and actually the answer to this portion of the question would have to be on an individual basis, once again considering the amount of disease each person has and the amount of residual disease remaining in the lungs.
- Q. Are all the tubercle bacilli in the sputum, or are some walled in by healing tissue?
- A. All tubercle bacilli are certainly not in the sputum and do remain within the healing or healed tissue in a person's lungs. When lung tissue is removed surgically as part of the treatment for pulmonary tuberculosis, the specimen is examined to see if it contains tubercle bacilli. In most cases, I would say that tubercle bacilli are isolated from such tissue. It has been proven that tubercle bacilli will remain in healed tuberculosis for many, many years. The fact that tubercle bacilli remain within the healing or healed tissue in part accounts for our feelings that surgical treatment is necessary in a certain number of patients.
- Q. What are a patient's chances after pneumonectomy if active disease appears in the remaining lung?
- A. Certainly the appearance of disease in the remaining lung creates a problem but in many cases of pneumonectomy being carried out at the Nova Scotia Sanatorium and at other institutions disease had been present in the other lung when the patient was admitted to the Sanatorium. In the event of disease occurring in the remaining lung, one would appear reasonably sure this could be brought under control by the antituberculous drugs.
- Q. What does "EKG" mean and what is its purpose?
- A. "EKG" is an abbreviation of the German spelling of electrocardiogram. In German, it is spelled elektrokardiogram. This being the original term, it appears to have been retained. If one were to use the abbreviation in the strictly English term, one would say "ECG". However, habits are extremely difficult to break and consequently this has been used and passed on through the medical profession for many years. An EKG is a graphic representation of the electrical forces produced by the heart. The purpose of performing an electrocardiogram is to determine if there is any damage to the heart muscle, such as one would find in the so-called heart attack, or to determine any changes in the normal rate or rhythm of the heart. There are other diseases of course that are diagnosed by doing an EKG. I may say that many patients at the Sanatorium have such an examination carried out but this does not mean that any disease is present as many such examinations reveal that the person's heart insofar as can be determined by such an examination is perfectly normal.

### SONG OF SEASONS

"A garden is a lovely thing"  
 That must be spaded in the Spring,  
 Weeded when the Summer's searing,  
 Mulched in Fall when Winter's nearing...  
 Of all the seasons, do you wonder  
 I like it best when it's snowed under!

—Unknown.



## 30 Years Ago

One of the leading articles to be found in the June 1936 issue of Health Rays is entitled "Laboratory Tests", written by Muriel Hubley. And "Muriel Hubley", the striking brunette who constituted the entire lab. staff back in 1935, is—guess who? She is Mrs. Audley Giffin, who may be found once again bending over a microscope in the San. laboratory. With her family of two sons grown up, Mrs. Giffin was persuaded to take up her profession again. Oh, yes, Dr. Audley Giffin was a member of the Sanatorium medical staff 1933-35—theirs was a San. romance.

While speaking of "San. romances" we might quote from the "Staff Notes" of June 1936, as follows: "A considerable surprise was given the Sanatorium population the first week in June when an announcement of the marriage of Elizabeth Elderkin to G. G. Harris, both of the X-ray Department, appeared. The wedding had taken place a month prior in Bridgetown. Through this medium we extend our best wishes to them for happiness and many years to enjoy it". Well, that's one wish that came true. "Beth and G. G." are still residing quietly and happily in the attractive home they built not far from the San. shortly after their marriage. After many years as head technician with the X-ray Department, G. G. retired in 1961, and he and Beth then had some interesting journeys to distant places. Although G. G. has not enjoyed the best of health in the last year or two, he maintains his great interest in all that goes on, not only at hand but throughout the world.

The Ha! Ha! department:

First wife: "And how is your husband getting on with his reducing exercises?"

Second wife: "You'd be surprised. That battleship he had tattooed on his chest is now only a rowboat."

### (Cracker Barrel cont'd)

the nurse brought twenty pills he took only ten pills! When he learned about the hardships caused by cigarette smoking, he smoked more not less. When he coughed, he no longer bothered to reach for a kleenex. Once, yea, once he covertly spat on the ground. When meal hour was over he made a point of never being back to his room until five minutes or even ten minutes after 8:45, 12:45 or 5:45. He'd show them! He didn't care! He didn't want their kindness! Sure, they must be reliable, but not he! He was the mighty warrior, with the big muscles and the big hat!

1st Moral: A big hat does not guarantee that a big head is capable of good judgment or gratitude.

2nd Moral: Gratitude, as evidenced by a "thank you" is all that is asked by those who care for the ill at the place called San.

The National Tuberculosis Association a decade or so ago publicized a slogan which is worthwhile to remember: "No home is safe until all homes are safe." This slogan and one other: "Every case comes from another," should be kept foremost in our thinking at all times. Only by recognizing the truth of these slogans and acting upon it will we be able to hold tuberculosis in check in our community.

—Oregon Pulse

No one likes to be laughed at; what is funny to us may be painful to someone else. Each person likes to be upheld in his own estimation of himself; the denision of laughter can destory him. We must use laughter discretely, because there is much power in laughter. The Eskimos of the origin of the disorders—45 years of There is, consequently, very little stealing among Eskimos.

—Anders S. Lunde,  
Universalist Leader.

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# HEALTH RAYS

VOL. 47

JUNE, 1966

No. 6

## STAFF

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

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

## EDITORIAL COMMENT

It is not uncommon to hear someone say, when seeking to justify an error in judgment, "I have to learn everything the hard way". What he means is, he cannot bring himself to profit from the advice or example of others who had been in the same situation. He chooses to ignore the signposts and signals, stumbling into pitfalls and blind alleys clearly marked by those who went before. He may make it to his destination, but much time will be lost and many scars incurred before he is out into the clear again.

Happily there are others—we'd like to think they are the majority—who accept sincere and sound advice as a guiding light on the strange, dark road they must travel. It would be difficult to conceive of a circumstance where such wise acceptance could bring greater benefit than in the pursuit of "the cure". With one's good health as the goal, the stakes are much too high for individual trial and error methods.

We have reprinted two letters received by a patient as illustrations of wise advice given at the right time, and with the hope that they may reach and benefit others as well as the person to whom they were written. No one can speak more convincingly than one who has been "through the mill" — their words have a personal impact that even the best of rule books and pamphlets lack. When they say to "smile" and "be happy", they don't say it is easy, they just say it is best. And that's the best advice of all.

\* \* \* \* \*  
Our thanks to Dr. Crosson for ably pinch-hitting for Dr. Quinlan with the **Question Box**. We know he gave thoughtful consideration, and not a little worry, to his answers, to make sure they dealt with the problems in a fair and kindly manner.

Certain months of the year would seem to stand out more clearly than others—it might even be said they have a more distinct personality. December, with the Christmas build-up, is a case in point, and surely June is another. No one can ignore June. The very name is synonymous with romance and renewal.

The June feeling affects people in many ways, but if there is one great common denominator it is the longing to be out of doors. Quite conceivably that longing is especially strong in those forced to spend this time of year in hospital beds. With the sun and growing things beckoning from all sides, it would be easy to vow: When I am well again I'll get out and stay out every minute of a fine June day. It's nice to think so, but will you? You may, if you are very strong-willed, and a sturdy individualist to boot. Otherwise you are fearfully apt to be caught up again by the hundred and one demands of our civilized way of life, which seems designed to see to it that we spend a disproportionate number of hours within the confines of four walls.

The baffling part of it is that these endless demands are in the main legitimate and deserving. If you try to shuck them off they'll give you a bad case of conscience for evading your social and civic duties or they'll just wait around with the maddening patience of undone household chores. The answer, if there is one, would seem to lie in some thoughtful rationing of that precious commodity, Time. A time to work, a time to play, and above all, a time to be out of doors.

So when June is bustin' out all over—bust out with it. You owe yourself that much! and it's later than you think.



### CANADIAN TUBERCULOSIS ASSOC. OFFICIALS VISIT SAN.

Mr. T. A. Saul, President of the Canadian Tuberculosis Association, and Mr. Kenneth H. More, President-Elect, accompanied by their wives, paid an official visit to the Nova Scotia Sanatorium on May 5 and 6. They toured various departments of the institution before leaving for the Annual Meeting of the Nova Scotia Tuberculosis Association in Halifax.

Mr. Saul is president of his firm of chartered accountants in Kenora, Ontario. He is past president of the Ontario and also the Kenora-Patricia District Tuberculosis Associations. He first became interested in tuberculosis work some twenty years ago when he was chairman of the Tb. Christmas Seal committee of the Kenora Rotary Club.

Mr. More is president of the Saskatchewan Antituberculosis League and is a life member of the Fort San tuberculosis Veterans Association. He is a member of the Canadian Parliament for Regina City and has the distinction of having been the person to defeat Mr. T. C. (Tommy) Douglas in the 1962 election in his own constituency. Mr. More is a hockey enthusiast, being past president of the Saskatchewan Amateur Hockey Association.

Both Mr. Saul and Mr. More were loud in their praise of the work being carried on at the Sanatorium and by numerous voluntary workers throughout Canada.

### SPRING COURSE IN CLINICAL PASTORAL TRAINING

The 15th annual Spring Course under the Institute of Pastoral Training opened in May. The course is under the supervision of Rev. Charles Taylor, professor of clinical pastoral education, Acadia University. Associated with him this year is Rev. A. B. Bentum, clinical psychologist, Summerland, B.C., an ordained minister of the Presbyterian church. Assisting in supervision is Mr. Donald Brown, social worker, Nova Scotia Sanatorium, and Mr. Henry Sharam, fellow in residence, Wolfville.

Fifteen students of varying denominational backgrounds and from widely separated parts of Canada and the U.S.A. are enrolled for the six-week course. These are the following: Mr. Munden Waye, Mr. Alexander Snow, Mr. Stanley Lewis, Mr. Cyrus Pitman, all of Queen's College, St. John's, Newfoundland; Mr. Robert Lowry, Pittsburg Theological Seminary, Pennsylvania; Miss Jane Retson, Truro; Miss Jessie Weir, R.N., Eriksdale, Manitoba; Mr. Harold Price, Scotch Village, N. S.; Mrs. E. W. Whidden, Wolfville; Rev. Freeman Fenerty, Kentville; Rev. Edward Yosioka, Pictou; Mr. F. A. Gordon, Lancaster, N.B.; Rev. Abel Parsons, Milford, Hants Co.; Rev. Frank Lacey, York, P.E.I.; and Mr. Alton Alexander, Nova Scotia Sanatorium.

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## "DAD"

The attitude of children toward their fathers passes, as a general rule, through three phases.

In early childhood, Dad is a symbol of strength, wisdom and security. He is a friend and protector, hero and model. He knows the answers to all questions; he is not afraid of the dark; he is the generous supplier of all good things, such as nickles for candy and ice cream. When Dad is around, we feel safe and secure; we know that everything is all right.

But soon the picture changes. Teenage sons and daughters discover that Dad is not the allover genius that they had supposed. They have new idols, and in comparison Dad cuts a rather sorry figure.

Of course, he is useful for some things, like writing cheques or loaning the car for the evening. But he is so old-fashioned! Positively Victorian! All he knows about is business and history and classical music and other dull things like that.

However, sooner or later, in the lives of almost every man and woman, there arrives a time when Dad comes back into his own. This time he does not receive the unreasoning adoration of childhood. What his mature children give him is a sober, grateful tribute that bespeaks the realization of what their father has meant in their lives. They may be filled with deep sorrow for the little gratitude and respect he received from them, the children he loved and protected. They make a belated admission that Dad was one of the really grand people who influenced their lives, one of the really powerful forces that helped shape their maturity.

They begin to realize how hard their father worked for them, how unselfishly he shared the fruit of his toil, how little he asked for himself. Looking back, they marvel at the tolerance with which father treated their bad manners, their

selfishness, the disregard for the peace and comfort of the family, their greed for privileges, their dodging of family responsibility. They begin to recognize how kind and good, how generous and unselfish their father really was.

For many children this final period of truth and understanding comes too late. Often Dad has gone home to God by the time a true sense of values has balanced his children's appreciation.

Those whose fathers are still alive should not wait until it is too late to manifest their gratitude. A word of thanks, a hug of affection, a grateful prayer is a small return for a father's lifetime of love and loyalty. And yet that is all these splendid men—our Father—look for from their children.

May God bless them every one!

## CHARITY

We all know that charity means giving, but it doesn't, as some would have us believe, just mean giving money. It means giving cheer, kindness and joy. It means instilling hope and courage by patience and love as well as bringing sunshine into sad lives. It means cheerfulness and fortitude in the face of adversity, gentle answers to harsh words, overcoming dislike, pride and prejudice. Cheerful giving is cheerful living and not always easy for it means subduing all selfishness.

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## Old Timers

When we asked Anne Marie where she would be at the time we hope our June Magazine will be out, she replied with a lilt in her voice and a gleam in her eye: "Paris!" She is travelling in Europe on a chartered flight out of Moncton in company with a group of Acadians from New Brunswick and Nova Scotia. The tour was organized to coincide with celebrations in Normandy, France, honoring the return two hundred years ago of some of the Acadians who suffered in the expulsion of 1755. Anne Marie has promised to keep a diary of her trip, so we look forward to having some news of her travels and experiences abroad.

Two of our 1958 teen-agers paid a visit to the San. in May, now "gentlemen growned" and working with finance companies. Freddie Blenkhorn, formerly of Windsor, is in the office of the Trans-Canada Credit Corporation in Halifax, and is to be married on June 18 to a nurse. Gerry Thompson, a Pictonian, is with General Acceptance Corporation, International Finance Co., and has received a promotion and transfer from Kentville to Timmins, Ontario. It is very pleasing to hear of our young people growing up and doing well.

THIS HALF PAGE IS WITH THE  
COMPLIMENTS OF

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Eileen Surette, now Mrs. Muise, wrote from her home at Surette's Island, to Marguerite MacLeod of the Rehab. Dept. Eileen, who was here in 1960, wrote to say that her first baby, Allan Joseph, was born May 5.

James Ruffee, a 1957 patient, came in for his check-up in May. He says he just takes life easy now.

In the Liverpool **Advance** there appeared a picture of Mrs. Mowbray Jones, of Liverpool and Montreal, and the news that she had just returned from her fifth visit to Hawaii. Mrs. Jones was here in 1962.

Hazel and Joe LeFave had as weekend guests in May Allan and Vange (David) Whippie. Theirs was a San. romance that blossomed in 1950. Allan will be remembered as Canteen clerk, while Vange took the Nursing Assistant course here upon recovery of her health. At present they are in Shelburne, where Vange is on the nursing staff of Roseway Hospital and Allan has taken a position with a car dealer there. We hear that Allan, who was on

the thin side when he was here, is now a really big man.

Dora Murphy came in from Port Williams for her check-up, and delighted Anne Marie with a present of home-made pickles. Anne Marie said Dora looked lovely, and that she reported having had the best winter yet.

Marguerite MacNamara Parker visited in Kentville recently and said she would be spending the summer at her cottage at Aylesford Lakes again this year. She was recuperating from an operation on her foot. Marguerite will be remembered as a popular and decorative member of the Rehab. and Business Office staffs for some years here.

John Lawrence reports visiting Evelyn MacLellan at her home at Noel Shore, Hants Co. Evelyn, he said, has been real well until a bad dose of 'flu struck her, but she is recovering nicely now. She had been here in 1963.

Those among our readers who see **The Mail-Star** would be interested to see quite a spread on one of our Old Timers in the May 14 edition. Headed "Has First-Hand Knowledge of Expo", it is the story of Mrs. Peggy Poirier, executive secretary to Rear Admiral H. F. Pullen, manager of Atlantic Provinces Pavilion, Expo '67. Many readers of this column will remember her as Peggy Reinhardt, who was at the San. from 1944 to 1947, and then the following year as a patient at Roseway Hospital, Shelburne. The Mail-Star article describes the Sanatorium intervals of her life thus: "By nature an outgoing and vital person, Peggy has had her ups and downs in life, and of this her philosophy is, 'Of any matter make the best and circumstances will decide the rest'. In 1944, while undergoing convalescence with tuberculosis, both in the Roseway Hospital in Shelburne and at the Kentville Sanatorium, she became a reader. She also operated and announced, over the P.A. system, for the benefit of the patients, a daily program of music, poetry and current events. While in the South Shore hospital, she built an extensive record collection, through donations, which skeptics said could not be done".

"In 1949 Peggy took a business course and from her first job she met and married a musician and began raising a family, three boys and a girl ranging in age from 8 to 15". Then there follows a long list of the many jobs Peggy performed during her life in Halifax, both as a wage-earner and volunteer, a staggering number, indeed. Now she has taken on her

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biggest yet, as outlined in the **Mail-Star** article: "Her job involves all the administrative work that would be necessary for the manager to co-ordinate all facets of the pavilion, ranging from the construction to the creation of exhibits. She attends meetings of the Atlantic Provinces Pavilion committee, which includes provincial cabinet ministers, senior departmental heads, architects, design consultants, accountants, restaurant operators

and the ship builders, to name but a few of the people who are associated on this project . . . In January it is expected that the office will move to the Pavilion on Ille Notre Dame, Montreal, and Peggy is eagerly anticipating this move . . . Future plans? Well, she thinks she might like to settle eventually in Montreal with her family".

Quite a story! Quite a gal! Our congratulations and best wishes to Peggy.

## Words From The Wise

The letters which follow were received by Mrs. Jeanne Wamboldt when she entered the Sanatorium for treatment earlier this year. Written by two San. Old Timers who know whereof they speak, the letters not only express loving sympathy but offer wise advise from personal experiences. The first one came from Mrs. Eileen Preeper, a Sanatorium patient in 1945:

"My dear Jeanne:

"So very sorry to hear you are at the San, but, my dear, you are very fortunate you found your trouble before it became too far advanced, and you have all the chance in the world, with the drugs, streptomycin, etc. But I want you to try to become relaxed and make friends. I know it won't be easy for the first few weeks, but it is your one big help, to become adjusted and content yourself to take the cure faithfully. After you become adjusted to the routine the rest will come naturally, and that will mean your stay there won't take half the time. Contentment is your biggest helper. I know, my darling, everything will be alright with your children, so please try your hardest to be as happy as you can. It will take a little time, but it will come, and with our good Lord watching over you, you will be home again and happy.

"Everybody is so friendly up there, and the nurses and doctors were so kind and good to me. So you just keep that pretty chin up, and in no time it will be just a memory of being away, and you have everything in the world to come home to. Promise now, no crying, because crying is an enemy in our cases—smiles and happy hopes and faith are our helpers.

"I am feeling tops, honey, and really happy. I promise to write to you often . . . I'll be up to see you, dear, and in the meantime I'll keep in touch with your family. God bless you, all my love and prayers.

(Signed) Mom Preeper."

The second letter is from Mrs. Eleanor Smith, who now lives in Dartmouth:

"Dear Mrs. Wamboldt:

"Ever since Mrs. Martell told me you were at the San. I have intended to write you. Perhaps you will find some comfort hearing from one who has lived to thank God for the San. and the doctor (Dr. Burris) who advised me to go there.

"I know it is hard to leave home and children, but believe me, it is worth it. I spent two winters at the San., 1932-33 and 1933-34, and made a wonderful recovery. In all the years since, I have not had a symptom or a set-back.

"I lost my first two children at birth, then Helen arrived, a lovely healthy baby. You can imagine how heart-breaking it was to leave before she was 4 years old. My spirits were pretty low for the first months. Then I realized it was just as well to be happy and laugh instead of crying—it was not helping my husband to know I was bitter and unhappy.

"When you look around and see so many worse off, you feel you have a lot to be thankful for. Also if you can laugh and content yourself it's a great help in curing. Another thing, it is impossible to really cure at home. So many little things annoy and upset you; every time a child falls, gets hurt or cries, it is a stab in the heart when you can't go to them.

"I met and made some wonderful friends and can say I really enjoyed my curing days. We had many a good laugh on the porch. So believe me, I really mean it when I say **it's worth it.**

"I hope this finds you in good spirits—it doesn't help anybody you know to be unhappy—yourself, your husband or your family, so have a good laugh.

Sincerely,

(Signed) Eleanor Smith."

To do a great and important work, two things are necessary—a definite plan and not quite enough time. —Grit.

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

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## NURSING NEWS

We are sorry to hear that Mrs. Marjorie Elliot, R.N., is again in the V.G. Hospital for a few weeks.

Mrs. Lila Bird, C.N.A. is recuperating at her home in Wolfville.

New staff members include—Mrs. J. Whitfield, R.N., Mrs. Janice Sullivan, R.N., Mrs. Cheryl (Ryer) Lamoureux, R.N.

Graduation exercises were held on May 3 in Miller Hall for 32 Nursing Assistants. Of this group 20 completed the 12-month course in February, 3 in April, and 9 will finish in September.

Congratulations to the Nursing Assistants who were successful in their certification examinations. Miss Claudette Barnaby made the highest mark in the group from the Sanatorium.

Mrs. Catherine (Judy) Boyle, R.N., Instructor, has been in hospital in New Glasgow, and is now recuperating at her home in Sunny Brae.

The Valley Branch of the Registered Nurses' Association of Nova Scotia held its May meeting at the Sanatorium with Miss Jean Dobson, R.N., presiding. Special speaker was Dr. J. E. Hiltz, Medical Superintendent and Director of Tuberculosis Control Services.

Mrs. Hope M. Mack, R.N., Director of Nursing, and Miss Jean Dobson, R.N., Administrative Supervisor, attended the executive committee of the R.N.A.N.S. meeting in Halifax.

Miss E. Manning, R.N., has conducted an Obedience Class for dogs, from which five graduated on the 19th of May.

On May 12, the birthday of Florence Nightingale, and now celebrated as National Hospital Day, nine nursing assistants received their caps at a capping service, which was attended by other nursing staff members and Dr. Hiltz, Medical Superintendent. This was followed by a short service of re-dedication to Nursing. The cap, which is the School Cap during training, is white with a red band across the corner. As a graduate of the School on the Sanatorium staff, the nursing assistant may wear the white cap with a full red band.

The uniform prescribed for certified nursing assistants by the Board of Registration for Nursing Assistants is a white cotton uniform (short sleeved), white shoes and stockings, white cap with yellow velvet band, school pin, and a yellow name bar. The male nursing assistant wears a yellow velvet band on the pocket of his coat, also the yellow name bar.

As elsewhere noted in this issue, Miss Elizabeth Fraser, C.N.A., Mrs. Edna Doucette, C.N.A., and Mrs. Violet Hunter,

C.N.A., received certificates for having completed a six-month course in Operating Room. Since its inception in April 1962, six certified nursing assistants have successfully completed this course. Miss Sharon Dunn, C.N.A. started the course May 1.

Mr. Robert MacKenzie, R.N., Director of Nursing Education, is at present teaching a class in First Aid; the group is made up of persons from the town of Kentville.

Following the meeting with Directors from Schools of Nursing, student nurses affiliating here will be required to make a minimum pass of 70% in examinations. This is an increase of 10 points over the previous pass mark.

The September class for nursing assistants is now complete, the quota for each class has been increased from 20 to 30. We now have to select 60 applicants from approx. 200 applications received each year.

Miss Jean Dobson received a letter from Mrs. Shirley Brother, R.N., a former staff member, now in New Jersey. She wished to be remembered to staff and patients.

## MAY CARD PARTY

St. Anne's Guild of St. James Church, Kentville, was sponsor of the card party held in the patients dining room on May 18. The hostesses representing the Guild were: Mrs. J. Willoughby, Mrs. R. F. Carson, Mrs. R. S. Graham, Mrs. H. W. Landry, Jr. and Mrs. C. J. Fox. In charge of the courtesies on behalf of the patients was the capable team of Mrs. Novie Oliver and Mrs. Mima Hale. Penny Hamlin gave guidance from the Rehab. Department.

Prize winners on the occasion were: Forty-Fives: ladies high — Amelia Maillet, men's high—Curtis Gaul; Ladies' low—Alma Johnson, men's low—Elmer Kennedy. Crockinole—Novie Oliver. Checkers: high—Steve Mullen; low—Jeanne Wamboldt. Cribbage: High — Esther Blaxall and Ernest Copeland; low—Terry Ernst and Merrell Oickle.

Prizes and the delicious refreshments were furnished by the sponsoring Guild members.

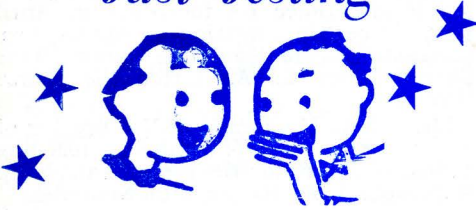
\* \* \* \* \*  
The time has come to stop regarding tuberculosis as an affliction and to start regarding it as a crime.

—Sanatorium Outlook.

\* \* \* \* \*  
I can remember way back when a liberal was one who was generous with his own money.



## Just Jesting



Pink Elephant: A beast of bourbon!

Man with badge: "Sorry, miss, but swimmin' ain't allowed in this lake."

Girl with scanty bathing suit: "Well why didn't you tell me before I undressed?"

Man: "Well, there's no law here agin' undressin'."

### WITH MOLASSES?

Cannibal: "What's for supper?"  
Cannibal's wife: "Baked beings."

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LIMITED

### ONLY IN CASE OF ACCIDENT

Old Jim lived in a shanty by the river. When cold weather came he put on a mangy coonskin coat whenever he went wandering. One evening some duck hunters spied what they took to be a bear advancing on them through the riverside brush. Before Jim could shout, one pulled up and fired. The hunters rushed him to a hospital where a nurse immediately undressed him and bathed him.

"You don't take a bath very often, do you?" she sniffed, scrubbing vigorously.

"Nope," Jim countered, "Ya' see, it isn't very often I get shot."

Said the harassed surgeon to medical students watching him perform a delicate operation:

"Will the wise guy who keeps saying 'oops!' please leave?"

### STILL LIFE

The artist kissed his model.

"I bet you do that to all your models," she said.

"No," he replied. "You are the first."

"How many models have you had?"

"Four," he answered. "A rose, an onion, a banana and you."

It is all right to drink like a fish, if you drink what a fish drinks.

### THE BURNING QUESTION

Then there was a man who appeared in court to complain that he had awakened in the middle of the night to find his wife pouring gasoline over him.

"And what," the judge asked, "did you think your wife was planning to do with you?"

"Well, your honor, I'm afraid she was trying to make a fuel of me."

A married man said that it is terrible to grow old alone. His wife hadn't had a birthday for six years.

### ALL IN THE DARK

The scene is a train compartment in Rumania. The characters: A Russian officer, a Rumanian, an old lady, and an attractive girl.

The train enters a tunnel. The passengers hear first a kiss, then a vigorous slap. The old lady thinks, "What a good girl she is, such good manners, such fine character."

The girl thinks: "Isn't it odd that the Russian tried to kiss the old lady and not me?"

The Russian thinks: "That Rumanian is a smart fellow: he steals a kiss and I get slapped."

The Rumanian thinks: "Am I a smart fellow! I kiss the back of my hand, hit a Russian officer, and get away with it."

### THREE IN ONE

An Irishman, after paying his respects in the cemetery, walked about looking over some of the old tombstones. He stopped before one on which was engraved: "Here lies Sandy MacGregor, A Generous Father and a Pious Man".

"Huh!" exclaimed the Irishman. "Just like the Scotch—three men in one grave!"

He: Would you join me in a cup of coffee?

She: I'd love to. You get in first.

### FOR EXTERNAL USE ONLY

A friend of mine, who is about twenty-five pounds overweight, went to his physician for some reducing advice. The doctor wrote out a prescription and also gave him a bottle of little blue pills. "These are not to be swallowed", he directed the patient "Spill them on the floor several times a day and then pick them up."

One woman's definition of retirement: twice as much husband on half as much income.



The reason a dollar won't do as much for people as it once did is that people won't do as much for a dollar as they once did.

\* \* \* \* \*

### BACK TO HOME ON THE RANGE

Two buffaloes came down out of the hills to catch their first glimpses of civilization.

A couple of women tourists happened by, and one of them said: "Did you ever see any mangier, more flea-bitten creatures in your life than those two?"

Turning to his companion, one of the buffaloes said sadly: "I have just heard a discouraging word."

\* \* \* \* \*

Once there was a furrier who bred his own animals. When he crossed a gorilla and a mink, he got a beautiful coat, but the sleeves were too long.

\* \* \* \* \*

At last Mr. So and So was convinced that his wife was cheating.

Further, he knew the man in the case. Being a timid soul, So and So was afraid to approach the man about it directly, so he wrote a letter which read: "I have something of great importance which I wish to discuss with you. I will expect you in my office at 9:00 o'clock a.m., Saturday."

Upon receiving the letter, the man to whom it was addressed was puzzled. He guessed what the "something of great importance" was, and didn't care to face the music. After pondering the matter for some time, he answered by mail as follows: "Your circular letter received. Unfortunately I can not be present, but whatever the rest of the fellows do is all right with me."

\* \* \* \* \*

The teacher was reviewing the month's Scripture. "Who was it," she said, "that went into the lion's den and came out alive?"

"Please, ma'am, the lion," answered the bright boy.

## INS and OUTS

### Nova Scotia Sanatorium — Admissions—April 16 to May 15:

Mrs. Katherine Marie Paul, Micmac, Shubenacadie; Joseph Allan Pettipas, North River Road, Kings Co.; Russell Edward Rentfrow, 1226 Hollis St., Halifax; James Arthur Atkins, Harrigan Cove, Hfx. Co.; Arthur John Steadman, Berwick, RR. #1, Kings Co.; Mrs. Beatrice Victoria McKinley, Cheverie, Hants Co.; Vaughan Lewis Miller, Inglewood, R.R. #4, Bridgetown; James Frederick MacDonald, Harrigan Cove, Hfx. Co.; George Clayton Harris, Granville Beach, Anna. Co.; Alexander Alonzo Urquhart, Plymouth Park, Stellarton; Mrs. Sarah Jennie Berry, Lower Wolfville, Kings Co.; George Outhit McLellan, Port Wade, Anna. Co.; James Robert Gavel, Arcadia, Yar. Co.; Owen Hawley Yorke, Mountain View Home, Waterville, Kings Co.; Bernard Hum, 2352 Gottingen St., Halifax; Edgar Millege Heffler, North Alton, Kings Co.; William Baillie, Melville, R.R. #4, River John, Pictou Co.; Lillian Samina Crawford, Greenville, R.R. #4, Yarmouth; Philip Anthony Green, Greenwood, Kings Co.; Walter Freeland Dockendorff, 42 Raymond St., Dartmouth; Mrs. Marjorie Irene Smiley, Port Dufferin, Hfx. Co.; Stanley Freeman Brown, Upper Musquodoboit, Hfx. Co.; Charles Edward Walsh, Boutilier's Point, Hfx. Co.; John Custance Thompson, Enfield, Hants Co.; John Edward Lawrence, Africville, Hfx. Co.; Peter Alexander Ferguson, Kewstoke, Inv. Co.; William Gary Jewers, Moser River, Hfx. Co.; Mrs. Jean Roberta LeBlanc, Middle West Pubnico, Yar. Co.; Alexander Henderson, Coalburn, R.R. #4, New Glasgow; Patrick Joseph Connors, R.R. #1, Hopewell, Pictou Co.; George Hascock Hamlin, 28 Overlook Rd., Kentville; Errol Roy Silver, 30 Cameron St., Dartmouth; Garth Frederick Fowler, Joggins, Cumb. Co.; Burdge Catlyn Crowe, Elmsdale, Hants Co.; Millard Edward An-

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#### Discharges—April 16 to May 15:

Neil Joseph Stewart, Ross St., Mulgrave, Guys. Co.; Andrew Devilla Gray, Cherry Hill, Lunenburg Co.; Mrs. Margaret Avis McGill, 8 Fielding Ave., Kentville; Mrs. Grace Viola Wagner, Bear River, Anna. Co.; Harold Alexander Mason, Goldenville, Guys. Co.; Alexander Alonzo Urquhart, Plymouth Park, Stellarton; James Boyd Farnsworth, Tiverton, Digby Co.; Mrs. Thelma Mary Amon, Brighton, R.R. #2, Digby; Mrs. Freida Ruth Walters, River Hebert, Cumb. Co.; Edgar Millage Hefler, North Alton, Kings Co.; Meril Dean Eddy, Eastern Passage, Hfx. Co.; Sidney Hale White, Park St., Westville; John Jackson, 17 Jackson Rd., Dartmouth; Harold Winslow Fraser, Sherbrooke, Guys. Co.; Philip Anthony Green, Greenwood; Wylie Ross McCully, Baxter's Harbour, Kings Co.; Mrs. Audrey Mae Eisan, 52 Louisburg Drive, Dartmouth; Stanley Freeman Brown, R.R. #2, Upper Musquodoboit, Hfx. Co.; John Custance Thompson, Enfield, Hants Co.; George Clayton Harris, Granville Beach, Anna. Co.; Charles Joseph Thibault, 14 Acadia St., Dartmouth; Michael Chisholm, 25 Dominion St., Truro; Joseph Allen Pettipas, North River Rd., R.R. #2, Kentville; Mrs. Elsie Fraser, Hopewell, Pictou Co.; Alexander Henderson, Coalburn, Pictou Co.; Mrs. Margaret Jennie Rose, 321 Albert St., New Glasgow; Mrs. Sarah Jennie Berry, Lower Wolfville, Kings Co.; Arthur Millett Abbott, 758 Prince St., Sydney; John Patrick Hickey, 5173 South St., Halifax; Loretta Calire Keefe, c/o Basin View Home, Halifax.

#### Point Edward Hospital

##### Admissions—April 16 to May 15:

Joseph Lewis MacDonald, Main-a-Dieu, C.B.; Mary Josephine Kokocki, 81 Ferris St., Sydney; Ida Harnish, St. Peters; Angus Dan MacDonald, R.R. #1, West Bay, Inv. Co.; Mary Catherine Gillis, 231 Upper Main St., Glace Bay; Alonzo Petrie, 185 Park St., Sydney; Frank Dennis, Eskasoni; Louis Bernard, Nyanza, Vic. Co.; Walter Stanlev Whiteway, R.R. #1, North Sydney; John MacKay, 5 Egan St., Sydney Mines; Mary Catherine Gillis, R.R. #2, Whycomagh.

#### Discharges—April 16 to May 15:

James Alexander Gillis, Brook Village, Inv. Co.; Harriet Tingley, Margaree Valley; Joseph Stanley LeBlanc, P.O. Box 8, Little Pond; Kenneth MacDonald, R.R. #1, Port Hood; Peter Ferguson, Kewstoke, Inv. Co.; Richard Phillips, Whycomagh; Noel Poulette, Bayfield, N.S.; June MacInnis, Point Tupper; Aubrey Hatt, 2219 Creighton St., Halifax; John George MacKeigan, Havenside, Louisburg; Frank Dennis, Eskasoni, C. B.; Francis Isadore, Nyanza; Ida Harnish, St. Peters; Elizabeth Martell, L'Ardoise; Frank Nevin, Eskasoni; Neil Clarence MacDonald, 21 Hardwood Drive, Sydney; Rita M. White, 11 Barrington St., Sydney Mines; Anthony MacKenzie, R.R. #1 Sydney Forks; David A. Flynn, R.R. #2, Mira Road; Mary Stella Boudreau, Artichat, Rich. Co.

A card from a reader says: A vacation consists of 2 weeks which are 2 short, after which you are 2 tired 2 return 2 work and 2 broke not 2!

#### BY ANY OTHER NAME WOULD SMELL

Woman, buying fertilizer, to salesman: "Is that the only scent it comes in?"

One small boy to another as they rode down a department store escalator: "I wonder what happens when the basement is full of steps."

#### HI-O, SILVER

A man walked into a bank to arrange for a loan. "I'm sorry," the teller said, "but the loan arranger is out to lunch."

"In that case," the man replied, let me talk to Tonto."

Attending a church service one Sunday morning was a young bride whose husband was an usher. Becoming terribly worried about having left a turkey in the oven, she wrote a note to her husband and sent it to him by another usher. The latter, thinking it was meant for the pastor, hurried down the aisle and laid it on the pulpit. Stopping abruptly in the middle of his sermon to glance at the note, the astonished pastor was confronted with the following message: "Please go home and turn off the gas."

#### NOW SHE DOES

When Judy returned from her first day at school she remarked casually, "Mother, I told my teacher that you threw the mop at Daddy this morning."

"Why on earth did you tell her that?" asked her mother in horror.

With devastating logic, Judy replied: "Well, she didn't know it."



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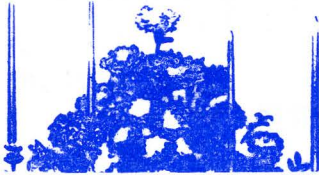
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