

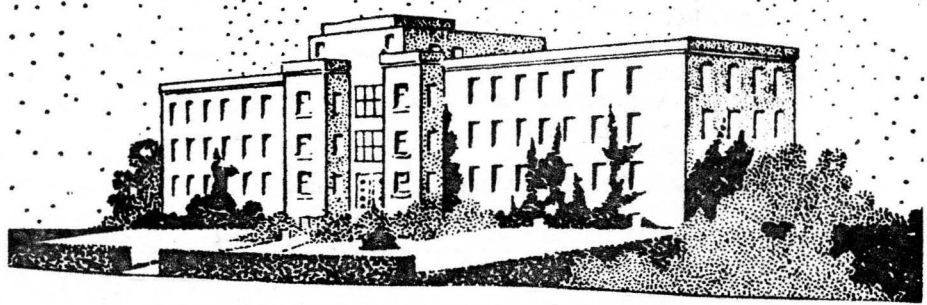
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# Health Rays



**The Miller Hospital**  
Vol. 57      September 1976      No. 8

# HEALTH RAYS

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## Hospital Visiting Hours

DAILY: 1100 -- 2030 (11:00 a.m. -- 8:30 p.m.)

## AUTUMN DAYS

by

Lilah Smith Bird

The days are more tranquil in quiet September, as nature seems to pause and catch her breath before the advent of lovely autumn. Crickets sing their twilight songs, and April barks and chases a rabbit along the east fence row. Another summer begins to fade into the annals of yesteryear.

The chestnuts and peaches are safely garnered, and the last flush of summer flowers bloom along the front walk. The contemplation of winter days without zinnias and petunias seem long indeed, and I will miss the busyness of the bees and the flutterings of the butterflies. I admonish myself not to mull over 'what was' but to enjoy 'what is', and to hope for 'that to come'. Nature has her own schedule, and happy are they who adjust to it and create harmony within themselves.

It always seems to me that it is the little things and the intangible things that give me the most pleasure: A bouquet of fresh garden flowers on the livingroom gate-leg table; the unexpected courtesy, or a beautiful letter; solitude in which to reacquaint myself with myself; quietude for listening to lovely music and sounds, and developing a keener state of awareness - all of these things are but a few of the more satisfying facets in the great business of living.

Not long ago I participated in some lively discussions within a group of adults of various ages. Our hostess asked each one of us to be prepared to answer the following question: "What point in your life would you consider to be the pinnacle of your personal maturity"?

The answers were delightfully honest and challenging, and it proved to be one of the more interesting evenings that I have spent. One lady

said, "Maturity for me was when I learned to say "No" and not to feel guilty about it. I think my greatest spurt of personal maturity was when I began to learn to think and make decisions with my head and not be unduly influenced by my emotions.

These are just a couple of examples of personal maturity that were expressed during that evening. We had a delightful brief discussion after each person's contribution. One point we all agreed upon was that we shall surely continue to grow and reach newer pinnacles of maturity, if we keep our minds open and retain a desire to constantly improve our characters and personalities.

Harvest scenes are everywhere and nature makes grand preparations to exchange her subtle September wardrobe for October's more flamboyant one. Maggie's oaks are a toasty brown, Kate's spruce are bluer now, and the wild field opposite our home is a great yellow sea of goldenrod.

The melody of the early autumn breezes rustle through the poplar leaves with a melancholy sound peculiarly its own.

I walk the September road with a grateful heart, for the lovely spring and summer days that were, and in anticipation for the autumn and fall days that will be.

I invite you all to accompany me in spirit as I walk along my precious road:  
"There is no thrill that's greater,  
And no dearer joy I know  
Than a walk through woods and hilltops  
While the dry leaves crackle so.  
Mother Nature's precious story  
That can ever more be told,  
Just a world that's bright and smiling  
In the midst of autumn gold".

In an accompanying note, Lilah Bird

(continued on Page 15)

## AMERICA'S 'FAMILY DOCTOR'

The Brain Research Foundation affiliated with the University of Chicago presented its coveted Golden Brain Award in 1974 to only the third person ever so honored - Dr. Walter Clement Alvarez. The first two recipients were Belgium's Dr. Lucien Sorel (1963), discoverer of the vital pituitary hormone ACTH, and Montreal's Dr. Wilder G. Penfield (1967), world-renowned brain surgeon.

Bestowing so rare an award is always news; it becomes a headline when it happens on the honoree's 90th birthday - as in the case of Dr. Alvarez.

The recipient is unique in many ways, for he's long been all America's "family doctor": Tens of millions follow his advice, and some 100,000 write him every year asking his help.

This spring, he moved to California - but even at 91, he keeps his San Francisco suite as he long did his Chicago office: bookcases jammed with medical books and magazines, desk cluttered, table piled high with papers and more books (including a 20-volume medical encyclopedia, of which he is an editor).

Walls are covered with autographed photos of great scientists, his father, his four children (one of whom, Luis W. Alvarez, won the 1968 Nobel Prize for physics), 12 grandchildren, five great-grandchildren - and some of the 90 diplomas he's received from all over the world.

Dr. Alvarez enjoys rocking in his desk chair. But on the street, the tall thin, broad-shouldered physician still strides rapidly along. Always athletic, into his 50s he climbed mountains and slept out of doors for months.

Walter Alvarez was born in San Francisco on July 22, 1884. When he was three, his Spanish-born but American-trained physician father moved to Hawaii as a Government doctor. Young Walter entered medicine

early: At eight, he learned to put together his father's medicines, there being no druggist within 28 miles.

In 1901, he returned to the mainland to enter Cooper Medical College (now Stanford University Medical School) and got his M.D. in 1905. His first article in *The Journal of the American Medical Association* was published during his internship; by 1925, he had

some 75 medical articles to his credit.

Throughout his life, Dr. Alvarez has pioneered. Before 1920, he fought the then-popular notion that bad teeth should be extracted for every imaginable complaint. He followed this with an attack on the tonsillectomies he found of no benefit.

He pioneered in other ways, too: He once sent a colleague to Germany to learn more about a new type of X-ray he'd read about, and so obtained one of the first such machines brought to this country.

With all his medical honors and recognition, Dr. Alvarez is proudest of the 17 years (1913 - 1930) he worked in physiological laboratories learning how animals and humans function. Had it been possible to make a living in research, he would have stayed with it. But "with a wife, four children and a mother-in-law, it couldn't be done", so he returned to medical practice at the Mayo Clinic.

There, he slipped into a rather unique specialty. Patients would undergo the extensive tests and examinations only to be told nothing was wrong. If they protested that after all their travelling and trouble nothing was being done for them, the doctors would say, "Go see Dr. Alvarez - he likes nuts like you".

"Pretty soon", the doctor recalls, "my specialty was finding out what was wrong with patients who had been told there was *nothing* wrong". He





## AMERICA'S FAMILY DOCTOR

(continued from Page 3)

finding material for a few columns as well.

His health advice to older people is quite simple - and it's certainly worked for him:

"Ever since I learned to read, I've spent most of my time studying like hell and keeping up with what's new in medicine . . .

"People should leave alcohol and their friends' wives alone . . .

"Not smoking is one of the most important things - and not getting fat".

He rocks in his desk chair for a moment, then goes on:

"One longevity expert told me, 'Walter, if you want to be a youthful 90, see to it that your two parents and four grandparents' ages add up to 500 years'. Well, my father lived to 85."

The famous physician feels that men who aren't happy sexually do fail a bit, that men and women should and do enjoy sex into their 80s.

And, "I know people can live and get along well enough without showing much friendship, but I find life is very much easier because of it".

Walter Alvarez doesn't talk much about himself and it took a bit of digging to find out that he still has emeritus professorships at the University of California, the Mayo Graduate School of Medicine and the University of Illinois.

He's a member of some 50 prestigious scientific societies and an honorary member of some 25 more, both here and abroad. He has a D.Sc. as well as his M.D.

His 1974 Golden Brain Award was for work in the problems of the human brain and nervous system, and for his pioneering in describing and diagnosing the wide-spread "little strokes".

Dr. Alvarez is most unhappy with forced retirement at 65. He feels a person, to succeed, has "got to be willing to work like a dog - and many people do work hard into their 80s".

This he sees as the way to remain young.

His eyes sparkle as he adds. "I've been told several times that the University of California College of Law doesn't even allow a professor in unless he's been kicked out somewhere else at 65! That's the opposite extreme - but isn't it interesting?"

Before we said good-by, this active, exciting, still-young man of 91 summed up his philosophy:

"People at Duke University's school of longevity tell me they think the way to live long is to get a job you love and stay with it until the man with the scythe gets you -

"Stay with it and enjoy it!"

Arthur S. Freese

From "Modern Maturity"

Via "The Journal of Breathing"

In a school essay on parents a little girl wrote: "We get our parents when they are so old it is hard to change their habits".

### DON'T TEST YOUR POISON DEFENSE!

You may have handled poison ivy last year and escaped without an itch, but don't push your luck.

As with all allergies, the best medicine is preventive. Know what the plant looks like and avoid it like the plague it is. Poison ivy and its close kin, poison oak, are three-leaved plants which grow as low bushes or climbing vines. If you suspect having been exposed, carefully remove your clothes and thoroughly wash all affected areas with warm water and soap; then sponge with a 50 to 70 percent alcohol solution. Using rubber gloves, clean your clothes in an oil solvent and soapy water. Be sure to dry them in the sun. Epsom salts solution brings relief. Calamine lotion also reduces itching. Call your physician when the itch is unbearable and the rash widespread.

## ANTI-SMOKING CAMPAIGNS INEFFECTIVE AMONG YOUNG PEOPLE

by R. Denson, M.D.  
F.R.C.P. (C)

MacNeill Clinic, Saskatoon, Sask.

Anti-smoking campaigns have one thing in common - they are all conspicuously ineffective. This is particularly evident in the school system; in spite of the efforts of health educators many children smoke regularly before they graduate from public school and in Toronto approximately 45 out of every 100 students use tobacco by the time they reach grade 12.

Modern teenagers are remarkably mature in many ways and when given the facts they are usually able to make sound decisions; they have high ideals and respect the rights of others; their foresight is shown in their concern for the environment and the promotion of world peace. For these reasons it seems inexplicable that so many of these youngsters adopt and sustain among themselves a harmful practice which leads frequently to early morbidity and doubles the gross mortality index in males between the ages of 40 and 65.

Are these youngsters getting the correct information about smoking? When we look at the material presented to them in health educational and anti-smoking campaigns, we observe another common characteristic which may be of considerable significance; the smoking of tobacco, which is in fact a form of drug addiction, is persistently and erroneously described as "a habit". I submit that the use of this term is so deceptive and misleading that it can be expected to nullify any good which might otherwise be derived from these well-intentioned efforts. When we call smoking "a habit" we give our children the impression that this practice is a form of mildly

objectionable behavior, like swearing or failing to wash behind the ears, which can be brought under volitional control and easily modified. Nothing could be further from the truth. Our failure to perceive and describe the reality of tobacco addiction is concealing the facts from the next generation of victims.

Some 20 years ago the World Health Organization adopted the following definition: "Drug addiction is a state of periodic or chronic intoxication, detrimental to the individual and to society, produced by the repeated consumption of a natural or synthetic drug. Its characteristics include: (1) an overpowering desire or need to continue taking the drug and to obtain it by any means; (2) a tendency to increase the dose; (3) a psychic dependence and sometimes a physical dependence on the drug". For practical purposes this was a satisfactory statement which gave a good description of the phenomenon known to physicians and laymen alike as "drug addiction". At that time, the harmfulness of cigarettes was suspected but not yet verified, so that although smoking was known to produce chronic intoxication it was considered to fall outside the scope of the definition.

(continued on Page 6)

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## ANTI SMOKING CAMPAIGNS INEFFECTIVE AMONG YOUNG PEOPLE

(continued from Page 5)

More recently the extent of the damage to the individual and to society has become apparent and the chief medical officer of health for the United Kingdom now estimates that more than 100,000 deaths per annum in that country are associated with the practice of smoking. Unfortunately the World Health Organization has dropped the word "addiction", which can be understood by most members of the general public and even by children, in favor of the term "drug dependence", a vague concept which has no clear meaning for anyone. This is a retrograde step into obscurantism which must be vigorously opposed. We may suspect that the original definition, when smoking could no longer be excluded, became an embarrassment to governments which use tobacco as a major source of revenue and provide no treatment facilities whatsoever for the tobacco addict until the pathological consequences of smoking are revealed.

Is cigarette smoking a form of addiction, as defined above, or is it "really" a habit and nothing more? Let us consider the following hypothetical case. If you were acquainted with a person who, in the absence of all medical indications, took 8mg. of codeine or some other narcotic substance every 40 minutes throughout the day and was unable to live in comfort without it, even for a few hours, you would have no hesitation in saying that this person was suffering from drug addiction. If, in place of codeine, the drug involved is a different alkaloid with a similar euphoriant action on the central nervous system, but the craving and dependence are just as strong, can we logically say that the problem is now one of "habit" and not a form of addiction? Cigarette smokers are in

fact addicted to the alkaloid nicotine and when the smoke is deeply inhaled each cigarette provides some 6 to 8 mg. of this drug. Terminologies which refuse to recognize the reality of this addiction are merely promoting hypocrisy and confusion.

For those who look around them objectively the evidence is to be found everywhere, in their families, friends, colleagues and, all too frequently, in themselves. The urge to smoke is very strong; a child or adolescent who smokes a second cigarette has a 70 percent chance of smoking for the next 40 years. Nils Bejerot has recently suggested that in all forms of addiction an artificial instinct is developed which can be compared in strength to the sex drive. Once firmly established through preliminary contact with the drug, this instinct remains potent until middle age or death brings release. Those of us who can remember the prisoners from Japanese internment camps who fought among themselves for their first cigarettes and the enormous prices paid for this merchandise on the European black market after World War II can have few doubts about the durability of the cravings. As in other forms of addiction, the victim finds that his bondage to the drug diminishes slowly with increasing age; but only 15 percent of smokers succeed in give up the practice permanently before they reach the age of 60.

At the present time some 28,000 cases of bronchogenic carcinoma are diagnosed per annum in the United Kingdom and of these 80 percent are inoperable, with an average survival time of eight months. When British schoolboys who smoked 20 or more cigarettes a week were asked why they were not "put off smoking" by the possibility of lung cancer, 62 percent said that they were unable to stop; among the heaviest smokers, about two-thirds stated that they were addicted. The child, whose vision is

## Editorial Comment

There is not a great deal to comment on since our last column of some three weeks ago. The First Floor was indeed vacated on September 8, with the patients returning to the Kings County Hospital. The patients who had come to us from the Cape Breton County Hospital also went to the Kings County Hospital, pending a settlement of the dispute at their own hospital. Our First Floor is being cleaned and painted while unoccupied, and at the present time no announcement has been made concerning the proposed date for re-opening it.

Turning to the Business Office, the staff there is looking pretty slim (collectively speaking) with most of their time being spent at the B.F.M. Helen Smith moved there on a full-time basis several weeks ago and, as mentioned previously, those involved in purchasing (Paulette MacNutt and Gerald Schofield) were transferred there some time ago. Bun Akin and Emily MacBride are at present dividing their time between the two places. That usually leaves Ethel MacKinnon to hold the fort - along with Joe LaFave, who uses the Business Office as his headquarters for mail and distribution. Both are frequently called upon for taking cash at the cafeteria, and Mrs. MacKinnon is also frequently seen filling in at the Switchboard.

Speaking of the Switchboard, we are all pleased to see Beulah Trask, our chief operator, back on the job following a period of absence.

Two well-known nursing staff members have retired, but we understand that both will be occasionally working as before. They are Mrs. Pascoe and Miss Elizabeth Manning, both night supervisors.

Mrs. Jessie Smith, who regularly served on the cash register in the Cafeteria, retired at the end of July but filled in until the last of August. She

has been looking forward to spending as much time as possible at her cottage at Summerville Beach - or Broad River Cove.

Eleanor (Alders) Graves, Stenographer, discontinued work this summer and various (female) members of the staff have spoken of attending a baby shower recently in honor of her new arrival, Heather Lisa, born September 2. Congratulations and best wishes!

Making an abrupt change in topics, we have recently received information from the Continuing Education Branch of the Department of Education concerning a program for teaching reading to those who are unable to read. It is a program first developed by a missionary, Dr. Frank Lauback, and appropriately called the Lauback Literacy Method. The literature indicates that the program in Kings County will be sponsored by the Continuing Education Program and the Kings County Branch of the Canadian Mental Health Association. A public seminar to explain the program is scheduled for September 30 at the United Church Hall, Kentville. Then, Volunteer Reading Aides will be given training in using the series, *New Streamlined English*. The set of five skill books and readers is supplied by the Continuing Education Program. According to the information, the first lesson allows the student to learn to read several words. "By use of pictures and key words for each sound the student progresses from the known to the unknown". Volunteers who complete a ten-hours' course will instruct an adult on a one-to-one basis, one or two hours per week.

We will be interested in hearing more of this program. Through the years we have had limited success in



## 20 NOXIOUS VAPORS

Research into the harmful effects of tobacco smoke is teaching us new things every day. In the past scientists scoffed at the idea that a single substance - smoke - could attack many parts of the body in many different ways. Now it is known that tobacco smoke isn't a single substance.

At least 60 percent of it is gas, divided into some 20 different noxious vapors. Included are acrolein, hydrocyanic acid, nitric oxide, nitrogen dioxide, acetone and ammonia. But most alarming is the discovery in tobacco smoke of colorless, odorless, lethal carbon monoxide.

This insidious poison is present in cigarette smoke in a concentration 4-10 times the safe level in industrial plants, and it has 200 times the affinity for the red blood cells that life-giving oxygen has. A smoker is transporting five to 10 times more life-denying carbon monoxide than is normal and his body is forced to compensate by making more red cells.

Carbon monoxide inhaled into the body prevents the red blood cells from picking up enough oxygen, but it also inhibits them from giving up oxygen as fast as the tissues demand. A cigarette smoker who lives at zero altitude may be getting as little oxygen as someone standing at an altitude of two miles.

The devastating effects of cigarette smoking have no respect for age or disposition. A teenage smoker may feel winded under mild stress, even if he smokes only five or six cigarettes a day. A sportsman smoker will find himself out of breath more quickly than his non-smoking competitors. And these are merely the minor effects of carbon monoxide in the blood system. Imagine what happens when its effects join up with those of nicotine, a poison found exclusively in nature in tobacco.

S.A.T.L. News Quarterly

## SMOKING AND HEART ATTACKS

Studies show smoking is the only factor that can account for the increase in heart attacks among young women, a German doctor said at a conference on atherosclerosis at the University of Western Ontario.

Dr. Gutthard Schettler, director of an international research institute in Heidelberg, said 95 percent of heart attacks suffered by women involve heavy smokers.

He said cigarette smoking removes the protection against heart attack that women normally have until after menopause.

Dr. Schettler said his institute's studies have found no link between heart attacks and birth control pills.

Men who have heart attacks and smoke are on the average, 15 years younger than non-smokers who suffered such attacks, he said.

Dr. Schettler said although most patients quit smoking right after a heart attack, 20 percent start again within a year and 30 percent by the end of the second year. The doctor said there may also be a correlation between heart attacks and diet. He said there is little heart disease in countries such as Biafra where there is a shortage of food.

Heart attacks decreased substantially in European countries during the Second World War when food was scarce, he said.

From: S.A.T.L. News Quarterly

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## TALKING WHILE EATING

Talking and eating - simultaneously - can cause havoc. Ordinarily, both food and air go into your upper throat. But at a critical point they take two very separate pathways. If there is a mixup in directions, the results can be disastrous.

Just before you swallow anything, including food or saliva, you take in a little air and then hold your breath, without even realizing it. When you do, this closes a valve in your throat called a glottis. Then, everything you swallow is forced down the tube to your stomach. Only after your swallow is finished does the glottis reopen. You start breathing again.

On the other hand, when you breathe, the air goes through your nose or mouth, down your throat, then into your windpipe. From there, it moves into two main tubes, called bronchial

tubes, which branch into smaller and smaller passageways. The passageways end in hundreds of millions of air sacs, where oxygen and carbon dioxide are exchanged.

The minute you talk, you start to breathe. Try holding your breath and see how hard it is to talk. Then food can go down the wrong way. If food completely blocks the windpipe and cannot be dislodged in minutes, then conversation, dinner, and everything else is all over. Steak and big portions of food are the major offenders. If the food travels past the windpipe into the air passageways, it can cause a lung disease called bronchiectasis.

To survive to enjoy many another meal, be sure you talk only after you finish swallowing.

S.A.T.L New Quarterly

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## FIBRE FOR HEALTH

The Nutrition Society of Canada held their annual Miles Symposium in Halifax on June 14, 1976. The topic was "The Effect of Dietary Fibre on Health". Six internationally known nutritionists showed that fibre is a neglected but important factor in the health problems of Canadians.

In order to make this news useful to Canadians, we have prepared some nutrition hints for you. Hope you can use them!

Call it fibre or bulk or roughage, it's all the same thing and nutritionists say you need it every day. Recent research shows a link between a lack of fibre and heart disease and cancer.

Eat whole grain cereals, dark breads, fresh fruits and vegetables at every meal, every day.

When processors refine foods making white flour and bread from

dark, or instant potatoes from fresh, they remove an important nutrient fibre.

Nutritionists are now of the opinion that refined foods are lacking in an ingredient which is needed to avoid such diseases as cancer of the colon, appendicitis and heart disease. To keep healthy, Dr. Zak Sabry and Ruth Fremes advise that you eat fresh fruits, and vegetables every day, whole grain cereals and breads instead of refined cereal and white bread.

For a diet rich in fibre and all of the nutrients for health, eat a balanced diet. No one food will ward off disease, say nutritionist Dr. Zak Sabry and home economist Ruth Fremes. Eat a breakfast of orange juice, shredded wheat with banana and milk and whole



## Chaplain's Corner

Mgsr. J. H. Durney  
in THE VETERAN

### A RELIGION OF JOY

People in general are disposed to believe that religion is the foe of cheerfulness. Christianity, they say, promises unending happiness in the next world, but it expects one here to lead a life of melancholy and gloom. Heaven is so far away and the eternity seems so vague that the world refuses to sacrifice its pleasures for a future so remote.

Yet, in the Gospel (John 16, 24), Christ refers not to the glory of heaven but to something that is to be had even in this life. A moment previously He had said to the Apostles: "You will lament and weep but the world shall rejoice, and you shall be made sorrowful, but your sorrow shall be turned into joy. . . and your joy no man shall take from you". (John 16, 22). They were to lament and weep at the time of the passion, but at His resurrection their sorrow would be turned into joy, and that joy no man could take from them. It was to be independent of all vicissitudes: neither the scorn nor contempt of men, nor cold, nor hunger, nor thirst could interrupt their inward peace and gladness. Indeed, it was to be one of the subsidiary causes of the success of the Apostolic preaching.

In the text quoted above, the substance of Our Saviour's promise is this: "You will begin to rejoice when you see that I have risen from the dead, but pray that you may continue to receive all necessary graces, so that your joy may be perfect and complete". They were to go on receiving fresh graces by prayer; thus, there would be always new causes for rejoicing. Labor and suffering and even failure were to be transmuted into spiritual happiness. The more things went against them, the more would they be driven into the arms of God, and, amidst everything,

they would go on hoping, trusting and loving.

The strict Christian has to avoid, as unlawful, so many of the pleasures of life that he may ask whether this promise extends to all the faithful - and not to the Apostles alone. The answer is "yes", for the promise of Christian joy even in this life is universal. Peace of conscience and serenity of soul are not perhaps palpable and evident, but they are real and deep and satisfying.

---

### SLOW ME DOWN, LORD

Slow me down, Lord.

Ease the pounding of my heart by the quieting of my mind.

Steady my hurried pace with a vision of the eternal reach of time.

Give me, amid the confusion of the day, the calmness of the everlasting hills.

Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep.

Teach me the art of taking minute vacations - of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a good book.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring values that I may grow toward the stars of my greater destiny.

(Anonymous)

From the VETERAN

---

Loneliness is not being alone, for then ministering spirits come to soothe and bless - loneliness is to endure the presence of one who does not understand.

Elbert Hubbard

## POEMS OF FAITH, Bessie Fairn Mason

### SUNRISE IN THE COUNTRY

Have you stood, at dawn, when the world was still, -  
And watched the sun rise beyond the hills?  
The twitter and chatter of waking birds  
As they greeted a new-born day, have you heard?

As the night-time shadows and darkness fled, -  
Giving way to the sun's rays, gold rosy, and red, -  
And each tiny leaf was dripping with dew, -  
And the wild flowers smelled their sweetest, for you, -

Have you looked up to Heaven, and asked your Lord  
To keep you faithful, in deed and word,  
-  
More worthy the wonderful things He has given  
To His children here, on their way to Heaven? -

The green grassy meadow, the smoth-flowing stream, -  
The humming-bird's wing - like jewels a-gleam, -  
The flowers and trees in garden and field, -  
In all of these things God's LOVE is revealed.

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### FAITH

Known only to God are the things of tomorrow -  
He charts our course and He stands at the helm.

Safe through life's tempests, whatever the danger,  
With Him as our Pilot, no storms overwhelm.

Your Father sees the hidden reefs,  
He knows the treacherous shoals -  
The undertows so strong and deep  
That trap weak sinful souls.

So, as you sail life's troubled sea,  
Bid fear and doubt begone.  
Let Christ your daily Pilot be  
'Til travelling days are done.

Through unknown perils of the deep  
On Him your burdens cast.  
He'll chart your course to Glory Land,  
Safe anchored, Home at last!

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### EDITORIAL COMMENT

(continued from Page 7 )

teaching beginning reading to adults. As I recall, some of those who would have learned - if they had had the opportunity of attending school - learned quite readily in their later years. On the other hand, those who had attended school for some time and had been unable to learn found it little easier as adults. The difference, then, may be in the method (hopefully).

We must mention, too, that the literature shows that the Continuing Education Office (formerly Adult Education) has moved from Bridgetown and is now located in the building formerly occupied by the N.S. Land Surveying School, in Lawrencetown - the address being Continuing Education Program, P.O. Box 40, Lawrence-town, N.S., B0P 1X0.

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Oh, yet we trust that somehow good  
Will be the final goal of ill, -  
That nothing walks with aimless feet;  
That not one life shall be destroyed,  
Or cast as rubbish to the void,  
When God hath made the pile complete.

—Tennyson

## OLD TIMERS

This is too soon after the last issue to expect very many items to have accumulated, but we will make do with what we have at hand.

We had a recent visit with Florence Belben, whom we had not seen for some time, even though her address is 85 Webster Street, Kentville. She had spent much of the summer in Halifax and then had the misfortune of getting the 'flu in August and was here for a check-up. She had more than her share of time in the San in the past, the longest period being from January '63 to June '72 (and before that in the late 1940's). Florence told us that she saw Nina Meuse this summer at Simpson's, where she is apparently employed. Nina was here from February '68 to October '69, during which time she was studying in preparation for vocational training after discharge.

Florence told us that she was talking with Ralph Doherty, whom we have previously mentioned, or is, manager of the G.B. Murphy Store in Simpson's Mall. Ralph, too, had quite a struggle with tuberculosis, beginning at the sanatorium in Saint John where he cured from 1947 to 1951, and was then manager of the canteen at that Sanatorium for a further two years. He was at "our San" from August '69 to October '70, and went to G.B. Murphy's Limited shortly after discharge.

Stan Robichaud tells us that he was recently talking with Alfred Osgood while shopping at Dominion. Alfred appears well - hale and hearty - as he always did while a patient. He looked after the woodworking shop in the Rehab. Department for many years while a patient. At many of the card parties he used to have the questionable honor of being the patient who had been here for the longest period of time.

Another competitor for the title of "patient who was here the longest" was Marg. Morse. We have heard from

Beulah Trask and Peggy MacEachran that they visited Marg recently in Kingston. She had suffered a fall a little while ago and had not completely recovered from the results. She was a patient here for twenty years . . .

I understand that Mrs. Marjorie Smiley from Port Dufferin called at the San last week, is looking the picture of health, and said that she and her husband are 35 years married. Congratulations!

We understand that Geraldine Marshall called at the San this summer and that it had been 18 years since she had been here.

We received a note early in September from Mrs. Jane DeWolfe, 27 Ochterloney St., Dartmouth, saying that she is going to miss Health Rays. (In fact, she thought that she had missed the July one, as others have thought). Sorry to report that she has not been feeling well.

We have a note from Mrs. Burdena Cowan, 712 East 12th Avenue, Vancouver: "Always interested in the news from the San. I wish to be remembered to all who remember me".

We have a renewal from Wesley L. Burns, R.R. 1 New Germany; and from Mrs. Tina J. Crosby, who had recently sent us a change of address, which is now 21 Albert St., Dartmouth.

Alexander Steward, Sr., P.O. Box 302 Truro, says in his note "I am hoping there will be a magazine to take its place - if it can fill the place of Health Rays".

Unless someone comes up with some notes before this goes to press, this will be all for the September issue.

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"Say, what does a paradox mean?"

"Not sure, but I think it's a couple of doctors".

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Some women take up the law and become lawyers.

More women become wives, and then lay down the law.





## Ins And Outs



### MILLER HOSPITAL ADMISSIONS

AUGUST 1 to AUGUST 31, 1976

FLOYD CLARK COGSWELL, Lovett Road, Coldbrook; HENRY GARD O'ELL, Middleton; CHARLES HAROLD FOX, 18 Caldwell Ave., Kentville; RONALD EARL MacLEAN, Margaretsville; HAROLD JAMES JOURNEYAY Weymouth Mills; MRS. MARION CHIPMAN MORSE BEATTIE, 15 Kent Ave., Wolfville; JAMES HENRY FIELDER, 112 High Street, Pictou; JOHN DAVID ZINCK, Ruggles Cove, R.R. 2 Melvern Square; RODERICK JAMES MacPHERSON, 44 Lehey Road, Dartmouth; MALCOLM MITCHELMORE, Ingomar, Shel. Co.; JAMES AUBREY WOODS, Wellington Station, R.R. 1 Enfield; ROBERT ALAN SUGG, Seal Harbour, R.R. 1 Goldboro; JOSEPH URBAIN BELLIVEAU, Belliveau's Cove; CLARENCE COURTNEY HOLMES, Hants Border; VINCENT JOSEPH GOULD, Fenwick, Cumb. Co.; MRS. RITA MARY COOLEN, Fox Point, R.R. 1 Hubbards; THOMAS CLYDE SABINE, Box 432, Kingston; ELLIS WARD DREW, Springfield; JAMES FRED CROWELL, Baccaro, Shel. Co.; STANLEY GUY GATES, R.R. 6 Kingston; LEVERETT LEROY PELTON, Nictaux Falls; ELDON RUSSELL BARKHOUSE, Kentville; LAWRENCE CLYDE KYNOCK, South Alton, R.R. 2 Kentville; BASIL CLYDE BUSH, Bush Island, Lun. Co.; MRS. WHIELEMA SHIRLEY BROWN, 6 Hill Street, Amherst; JAMES ALAN

BANKS, R.R. 1 Waterville; RAYMOND EARL CROFT, R.R. 1 Italy Cross, Lun. Co.; MRS. KATHLEEN MARY JOHNSON, Highbury, R.R. 2 Kentville.

### DISCHARGES

AUGUST 1 to AUGUST 31, 1976

WILLIAM BERT KEOUGH, Rudderham Road, Edwardsville, C.B. Co.; ALBERT LAWRENCE PRIME, 3 Elmgrove St., Apt. 28, Toronto; FLOYD CLARKE COGSWELL, Lovett Road, Coldbrook (Deceased); RETA MacLEAN, Kings County Hospital (Deceased); VICTOR LeROY BRUCE, Queen St., Bridgetown (Deceased); EVI:RETT GEORGE RAFUSE, R.R. 3 Middleton (Deceased); LESTER GORDON POOLE, St. Croix Cove, R.R. 2 Hampton, Anna. Co.; OTIS RUSSELL MEISTER, Forties, R.R. 1 New Ross; THOMAS ALFRED CARRIGAN, Main Street, Antigonish; FRANK MELVIN CLARK, 10 View Street, Sydney Mines; RENE WILLIAM PAUL, 167 Membertou St., Sydney; LESTER LAWRENCE MacMULLEN, Lakewood Road, R.R. 1 Kentville; KENNETH FOSTER MacLEAN, 39 Main St. West, Kingston (Deceased); MRS. ANN JULIA BLANCHARD, Springhaven, Yarmouth Co. (Deceased); LAURIE LOVETT HUNT, Mount Denson, R.R. 1 Falmouth; HILARION JOSEPH AMIRAULT, Box 20, Salmon River, Digby Co.; MRS. JOAN BOUDREAU, Upper Wedgeport, R.R. 1 Arcadia; PAUL ELLIOTT PIERCE, R.R. 6 Kingston; HAROLD EDMUND LLOYD Port Williams; FINN ODIN WETTER, Lawrencetown (Deceased); WILFRED JOSEPH RYAN, Box 164, Port Hawkesbury; HAROLD JAMES JOURNEYAY, Weymouth Mills, R.R. 4 Weymouth; WALTER IRVIN SOLLOWS, Port Maitland, Yarmouth Co.; RONALD EARL PURDY, Bear River, Anna. Co.; MARCEL JULES DELAPORTE, Wedgeport, Yarmouth Co.; RONALD EARL McLEAN, Margarets-



ville; RODERICK JAMES MacPHERSON, 44 Lehey Road, Dartmouth; ELDON RUSSELL BARKHOUSE, Kentville; HENRY GARY D'ELL, Box 1093, Middleton; GARNET FLETCHER TRIMPER, Commercial Street, Middleton; MRS. LORETTA ANASTHASIA STEELE, 27 Poplar Street, Pictou; MRS. INA BELLE LLOYD, Port Williams; OSCAR HENRY GRADY, Port Shoreham, Guys Co. (Died while at home); JAMES HENRY FIELDER, 112 High Street, Pictou; JAMES MARK GIBSON, Saunders' Rest Home, Morristown; MRS. EVELYN ELIZABETH WEBBER, 5285 South Street, Halifax; MRS. DOROTHY MAY HENRY, Seal Harbour, Guys, Co.; CHARLES HAROLD FOX, 18 Caldwell Ave., Kentville; VINCENT JOSEPH GOULD, P.O. Box 264, Fenwick, Cumb. Co.; ROBERT ALAN SUGG, Seal Harbour, R.R. 1 Goldboro, Guys. Co.; LAWRENCE CLYDE KYNOCK, South Alton, R.R. 2 Kentville; WILBERFORCE LONGLEY HANNAM Bridgetown.

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### AUTUMN DAYS

(continued from Page 1)

writes: "Enclosed is a short article I wrote for Health Rays. I am sorry indeed that we will not be continuing to receive same, but I know all good things come to an end. Hope you all had a pleasant summer. I had five grandchildren now, and they are a joy and blessing to me. With my writing, painting and sewing, besides keeping house, I keep myself very busy. Thank you for your encouragement regarding my writings. Best wishes to all of you".

Lilah Smith Bird

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The first thing learned in school  
By our darling little tot,  
Was how much spending money  
The other youngsters got.

—Nation's Schools

Lord, she sees colors I didn't know were there.

Part of it is training, I suppose, because she is an artist.

Part of it is looking.

The tree trunk I saw was grey;  
She saw it in lavender and amber and rose.

And then, through her eyes, I could, too.

That hillside of trees - a bank of green, I thought.

She saw highlights of absinthe and gold,

Shadows of teal and charcoal and forest green,

Subtle tones and shades and plays of light.

So today I look with new eyes on this wonderous world.

I look for all the myriad colors

And all the tiny details of design  
in what you have wrought.

What delight You must have taken in fashioning

an artichoke - and a ladybug -

And in the flamboyant sunset sky.

I look with new eyes on this wonderous world.

I see infinite patience and care and love  
I see You.

Jo Carr and Imogene Sorley

Lubbock, Texas

From: "Guideposts" October 1976

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The Eternal Round

We go to work

To get the cash

To buy the food

To get the strength

To go to work

To get the cash -

And so on.

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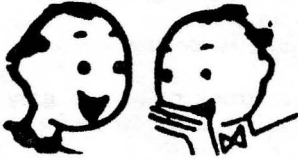
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## Just Jesting



A golfer hit and lost several new balls into a lake, onto the highway and then in the woods. "Why don't you use an old ball?" asked the caddy. The duffer lamented, "I've never had one".

"My wife asked me to take our old cat off somewhere and lose it. So I put it in a basket and tramped out into the country for about eight miles".

"Did you lose the cat?"

"Lose it! If I hadn't followed it, I'd never have got back home".

"You sure look worried".

"Man, I've got so many troubles that if anything bad happens today, it will be at least two weeks before I can worry about it".

Mother of modern teenager to friend: "Yes, I always wanted to be the mother of a child with lovely, soft, long blond curls - but I always thought it would be a girl".

A British comedian once boasted that he could make a pun out of any subject. "How about the queen?" challenged a friend. "The queen", quipped the jokester, "is not a subject".

A young wife, just learning to drive the family car, had traffic hopelessly snarled as she tried to make a left turn. Excitedly, she turned to her husband and screamed, "What do I do now?"

"I don't know", he replied clamly. "But I'm, sure if you'll just climb into the back seat, you can figure it out".

Going through some old boxes, disposing of odds and ends, the lady of the house found her husband's old dog tags. Their little girl wanted to wear them, so she let her after telling her what they were. Later the little girl was overheard telling her playmate about them. "These were my daddy's. He used to wear them when he was a dog".

Trying to rest after a hard day, poor father was being annoyed by an endless stream of questions from Willie.

"What did you do all day at your office, Daddy?"

"Nothing", answered the father.

After a thoughtful pause, Willis asked, "Dad, how do you know when you're through?"

An attractive widow ordered the inscription on her husband's tombstone: "My sorrow is more than I can bear".

However, before it was finished she remarried. The stone cutter asked if she wanted it changed.

"Yes" she replied. "Just add the word 'alone' at the end".

A priest and a rabbi attended a great banquet. Both seemed to be enjoying the occasion when a huge ham was passed around. The priest turned to the rabbi and asked, "Rabbi Cohen, when are you going to become liberal enough to eat ham?"

The rabbi replied with a smile, "At your wedding, Father O'Brien".

The first day at kindergarten was drawing to a close when a little boy approached the teacher. "Mrs. Allen, could you please tell me what we learned today?" he asked. "Because when I get home, my mommy is sure to ask me".

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## A BOY AND HIS STOMACH

What's the matter with you - ain't I  
always been your friend?

Ain't I been a pardner to you? All my  
pennies don't I spend  
In getting nice things for you? Don't I  
give you lots of cake?

Say stummick, what's the matter,  
that you had to go an' ache?

Why, I loaded you with good things;  
yesterday I gave you more

Potatoes, squash an' turkey than  
you'd ever had before.

I gave you nuts an' candy, punkin' pie  
an' chocolate cake;

An' last night when I got to bed you  
had to go an' ache.

Say, what's the matter with you - ain't  
you satisfied at all?

I gave you all you wanted; you was  
hard jest like a ball,

An' you couldn't hold another bit of  
puddin', yet las' night

You ached mos' awful, stummick;  
that ain't treatin' me jes right.

I've been a friend to you, I have, why  
ain't you a friend o' mine?

They gave me castor oil last night  
because you made me whine.

I'm awful sick this mornin' an' I'm  
feelin' mighty blue

Because you don't appreciate the  
things I do for you.

By: Edgar A. Guest

## FIBRE FOR HEALTH

(continued from Page 9 )

wheat toast. Have lunch of whole wheat  
bread sandwich with celery and  
cucumber, an apple and glass of milk  
for lunch. At dinner, include at least  
two vegetables and a salad along with  
your meal.

Always eat the skin of fruits like  
apples and vegetables like potatoes.

## SONG OF THE LAZY FARMER

Mirandy says the thing that she has  
always rued the most 'bout me is not  
my well-known laziness - she's gotten  
used to that, I guess - instead it's my  
reluctance to help out when she's got  
work to do. She says that men who  
really care about their wives will always  
share the burden of the household  
chores as well as working out-of-doors.  
'Twould not hurt me a bit, says she, if  
I'd pitch in occasionally and cheerfully,  
without a peep, help her to dust and  
scrub and sweep, 'cause couples who  
are happiest are those that work  
together best.

Such silly thoughts Mirandy gleans  
from reading women's magazines; the  
vicious propaganda there is writ by  
guys who never share a lick of work  
around the house, they just hire maids  
to help their spouse. Each morning,  
those birds disappear, the only time  
they see or hear their wives is for a  
little while each ev'ning, and that ain't  
much trial. When you're around home  
constantly, it's something else entirely:  
out here, it's easy for a pair to get into  
each other's hair and have so much  
togetherness that they wind up in quite  
a mess.

## THE LITTLE THINGS

Its the little things that matter

My mother always said;

Just little things like sweeping  
Way underneath the bed.

Little things like dusting corners,  
And keeping closets clean,  
And tidying bureau drawers  
Altho' they wont be seen.

Little things like keeping silent

When the words you want to say  
Would only hurt a loved one

Or turn a friend away.

Little things like being cheerful

When your task is one you  
dread.

Its the little things that matter  
My Mother always said.

From "The Veteran"

## THE MILLER HOSPITAL

### ACTIVE STAFF

H.M. HOLDEN, M.D., F.R.C.P. (C) F.C.C.P. . . . . .	Medical Director
J.J. QUINLAN, M.D., F.R.C.S. (C), F.C.C.P. . . . . .	Surgeon
F.J. MISENER, M.D., F.C.C.P. . . . . .	Radiologist
MARIA ROSTOCKA, M.D. . . . . .	Physician
*G.A. KLOSS M.D., F.C.C.P. . . . . .	Physician
BARBARA LEITCH, M.D. . . . . .	Physician

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\* Certified by P.M.B.

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MISS E. JEAN DOBSON, R.N., B.Sc.N . . . . .	Director of Nursing
MISS EILEEN QUINLAN, B.Sc., P.Dt. . . . .	Senior Dietitian
DONALD M. BROWN, B.A., B.Ed., M.S.W. . . . .	Director of Rehabilitation

## Church Affiliation

### ANGLICAN

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Hosp. Chaplain — Rev. William Martell

### BAPTIST

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

### CHRISTIAN REFORMED

Minister — Rev. H. Kuperus

### PENTECOSTAL

Minister — Rev. T. Kenna

### ROMAN CATHOLIC

Parish Priest — Rev. Clarence Thibeau  
Asst. Priest — Rev. Luc Gaudet

### SALVATION ARMY

Capt. Sidney Brace

### UNITED CHURCH

Minister — Rev. Ian MacDonald  
San. Chaplain — Dr. J. Douglas Archibald

The above clergy are constant visitors at The Hospital. Patients wishing a special visit from their clergyman should request it through the nurse-in-charge.