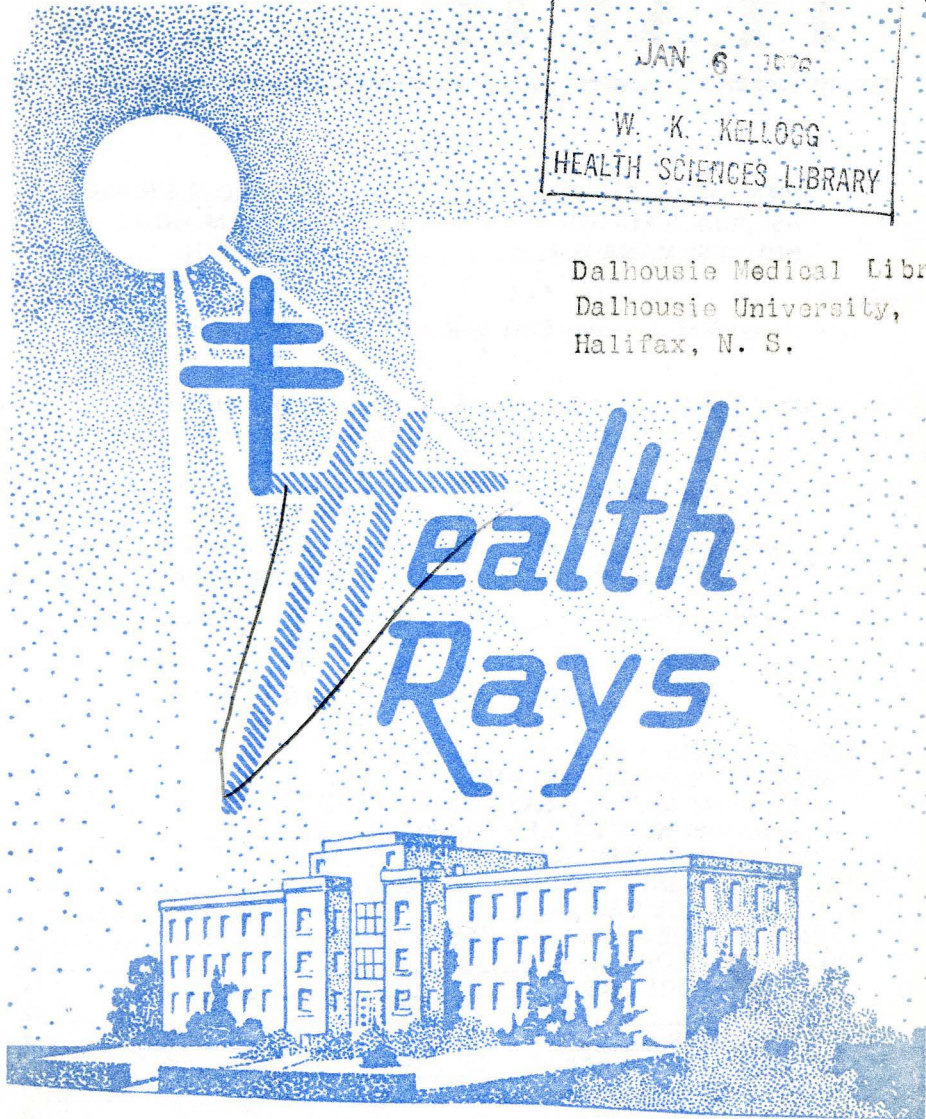


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# Health Rays

THE NOVA SCOTIA SANATORIUM  
Vol. 56 December 1975 No. 10

# HEALTH RAYS

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## Sanatorium Visiting Hours

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

## Greetings

My first Christmas at the Nova Scotia Sanatorium was one I shall always remember. It was thirty years ago, before the era of drug treatment for tuberculosis, and when only relatively few patients were well enough to be granted a pass. As a consequence, over two hundred sat down to Christmas dinner in the dining-room that evening. This annual function was the highlight of a very happy Christmas day. Thus it had been ever since 1910 when Dr. A. F. Miller became Medical Superintendent of the then Provincial Sanatorium and brought with him the traditional celebration that had been an important part of sanatorium life at Saranac Lake. This event was to continue for several years more. Then the impact of modern drugs on tuberculosis was such that more and more individuals were able to spend Christmas at home. However, always there have been a number whose Christmas of necessity had to be spent in hospital.

This Christmas of 1975 is no exception, but it is exceptional. The Nova Scotia Sanatorium became, just a few days ago, the Miller Hospital for the treatment of diseases of the chest including tuberculosis. While we shall continue to battle our old enemy, the change in name emphasizes the importance of numerous and more crippling lung diseases, such as emphysema, bronchitis, asthma and cancer.

While my greetings go to all, may I extend a particular good wish to those who will be spending Christmas at the Miller Hospital. May the New Year find you once again with your families and friends, with your health restored.

H. M. Holden, M.D., F.R.C.P. (C),  
Medical Director

On Behalf of the management and staff of the Miller Hospital I wish to extend to our patients and to all our readers of "Health Rays" best wishes for a Christmas season filled with happiness, and a New Year filled with good health, peace and joy.

J. T. Betik,  
Administrator

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### THERE'S A SONG IN THE AIR!

There's a song in the air!  
There's a star in the sky!  
There's a mother's deep prayer  
And a baby's low cry!  
And the star rains its fire  
While the beautiful sing,  
For the manger of Bethlehem  
Cradles a King!

There's a tumult of joy  
O'er the wonderful birth  
For the Virgin's sweet boy  
Is the Lord of the earth.  
Ay! the star rains its fire,  
While the beautiful sing,  
For the manger of Bethlehem  
Cradles a King!

In the light of that star  
Lie the ages impearled;  
And that song from afar  
Has swept over the world.  
Every heart is aflame  
And the beautiful sing  
In the homes of the nations  
That Jesus is King!

We rejoice in the light,  
And we echo the song  
That comes down through the night  
From the heavenly throng.  
Ay! we shout to the lovely  
Evangel they bring,  
And we greet in His cradle  
Our Saviour and King!

-F.G. Holland

# Agreement Merges Sanatorium And B.F.M.

By KEN MILLER  
Staff Reporter

KENTVILLE - Health Minister William MacEachern said Tuesday amalgamation of Nova Scotia Sanatorium with Blanchard Fraser Memorial Hospital "will ensure the sanatorium, which has given such tremendous service to the province in this century, will continue to do so and probably will still be here when this century is over."

A memorandum of agreement between Kentville Hospital Association and the province of Nova Scotia that will amalgamate the two institutions under the association was signed December 16, 1975.

It was signed by Mr. MacEachern; Public Works Minister Benoit Comeau; John Drew, president of the hospital association, which was formed in 1920 to establish Kentville's first general hospital; and Franklyn Haines, administrator of Blanchard Fraser Memorial Hospital.

Mr. MacEachern said merger of the two institutions would allow the province to recover from Ottawa the sharing in cost of operating the sanatorium portion of the combined facility.

Sanatoria of the country were never part of the hospital insurance program, said the minister.

"As far as the federal government is concerned any patient here was here at the expense of the government of Nova Scotia."

"We could not make any claim on the federal government for any part of the cost and we were losing about one million dollars a year because of that."

Franklyn Haines, administrator of Blanchard Fraser Memorial, said staffs of the two hospitals totalled 450 and the annual payroll was more than \$2 million.

No structural changes in either hospital was planned at this point, but the immediate move would be integration of various departments. This would take about two years.

Describing the merger as launching a "new career" for the sanatorium (the first provincial institution of its kind in Canada, established in 1910) Mr. MacEachern said the occasion was especially "fortuitous."

"I have a feeling that, had we not sought out a new role and new orientation for the 'San' when we did, we might now in the current context of restriction and restraint, be participating in a winding up operation, rather than in a step which will prolong the life of the institution and ensure that its personnel, their expertise and dedication continue to make an important contribution to health care in Nova Scotia."

While employees of the 'San' would no longer be employees of the province, per se, "your future, by virtue of the agreement that has been negotiated between the province and the Kentville Hospital Association, has been assured."

The minister said terms and conditions of employment would continue under the agreement on essentially the same basis as in the past.

Paying tribute to the hospital association, Mr. MacEachern said one of the most important benefits of the merger was that it brought closer together major health facilities in Kentville. This move was "long overdue."



## Sanatorium Now Miller Hospital

But for amalgamation "we might now, in the current context of restriction and restraint, be participating in a winding-up operation," Hon. William MacEachern, Minister of Health said Tuesday afternoon at the Nova Scotia Sanatorium.

The Sanatorium, henceforth to be known as Miller Hospital, is now being operated by the Kentville Hospital Association. The agreement was executed Tuesday by Mr. MacEachern and Public Works Minister Benoit Comeau for the government and K.H.A. president and secretary respectively, John D. Drew and Frank Haines for the association.

The health minister noted that his father had been a patient at the San some 45 years ago. He was cured of tuberculosis there.

Opened by Dr. A.F. Miller as medical superintendent in 1904, the San was described as the largest hospital in the province at that time.

Mr. MacEachern also referred to the pioneer work of Dr. V.D. Schaffner when "in the mid-30's surgery was introduced as the first definitive means of treatment of tuberculosis."

Shortly after Dr. J.E. Hiltz succeeded Dr. Miller, streptomycin was found to be successful in the curing the TB and it went into use at the San.

Tribute was paid to the present medical superintendent, Dr. Helen Holden and the chief surgeon, Dr. John Quinlan.

Following the signing ceremony, Mr. Drew outlined the history of the Kentville Hospital Association.

The Sanatorium, he said had always been recognized by the Association as an important industry. "We have pledged in the agreement to ensure that its very necessary functions are continued."

While the two hospitals will be run by a single organization "we feel that

the continuity of the essential roles of both institutions will be enhanced by the single institution concept," Mr. Drew declared.

At the conclusion of the ceremonies, at which J.T. Betik, Sanatorium administrator was chairman, Messrs MacEachern and Comeau toured the Sanatorium. They visited the Blanchard Fraser Memorial Hospital earlier the day.

- Kentville "Advertiser"

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## Again Accredited

Once again, the Board of Directors, Canadian Council on Hospital Accreditation, has awarded full accreditation status to the Nova Scotia Sanatorium for a period of three years.

An Accredited Hospital is permitted to display the certificate of Accreditation in recognition of the fact that the institution has achieved and maintained a high quality of service and an optimum quality of care. It also demonstrates that the whole hospital staff have accepted outside appraisal and have substantially met or exceeded standards which have national and international approval.

The Canadian Council on Hospital Accreditation, incorporated in 1958, is the only body officially authorized to conduct an accreditation program for Canadian Hospitals. Participation in the program is entirely voluntary. Assessment of a hospital is achieved by a review of basic principles of organization and administration for efficient care of the patient, evaluation of compliance with Council Standards and an on-site visit of an independent surveyor. Dr. C. Shaw, Bermuda, conducted an on-site survey in early October.



introduced a needle into the chest and injected air between the lung and chest wall. It was successful. The hemorrhage ceased. It was a daring maneuver, and one shudders at the complications that could have ensued.

The growth of the Sanatorium was rapid. In 1912, Pavilions I and II were erected. Each of these contained 18 beds, raising the total capacity to 54. In 1916, the Federal Government asked Dr. Miller to accept 100 tuberculous soldiers and agreed to build three pavilions on the Sanatorium grounds. Pavilions III and IV were completed in the winter of 1917. Later the same year, a sudden request was received from Ottawa to accept 100 additional soldiers who were already en route from England to Nova Scotia, and an emergency tent colony was created which served reasonably well until all the tents were flattened by the August gale of 1917. The Federal Government again got busy and quickly erected a large infirmary, a nurses' residence, a service building, an isolation hospital, four pavilions, a recreation hall, a vocational retraining workshop, a laundry, and a power house. By May 1918, there were 24 buildings with a bed capacity of 350, a staff of five physicians, 24 nurses, and a large number of clerical workers, orderlies, maids and other employees. Of the 350 patients, 300 were soldiers in uniform. X-ray equipment was obtained in 1921. Artificial pneumothorax was now used more frequently and surgery which at that time was restricted to removal of ribs, was begun. Patients for these primitive thoracoplasties were referred to the Victoria General Hospital where the operations were performed by Drs. J.G. MacDougall and H.K. MacDonald. In 1932, the then New Infirmary was opened at a total cost of \$250,000. This was the last structure erected to actually house patients and, today, is the only building being used for that purpose.

Surgery was being used more and more throughout the world for the treatment of pulmonary tuberculosis, and in 1934 a young surgeon, Dr.

Vernon D. Schaffner who had just finished his training at the Royal Victoria Hospital, Montreal, under the guidance of one of the great pioneers of thoracic surgery, Dr. Edward William Archibald and his assistant, Dr. Norman Bethune came to Kentville and was appointed Consultant Surgeon to the Sanatorium. A surgical program was begun, the first operations being done at the Eastern Kings Memorial Hospital in Wolfville. It was not until 1936 that the Department of Public Health in Halifax was sufficiently impressed to allow conversion of a portion of the patients' quarters on the third floor of the then New Infirmary to an operating room suite. Throughout the years since then, it has been in these cramped quarters that one of the most active thoracic surgical programs in the country has been carried on. In the meantime, in 1935, a young doctor who was in the future to play such a large part in the development of the Sanatorium was appointed to the staff in the person of Dr. J. Earle Hiltz who planned to stay only for three months prior to entering general practice. Actually, he remained until his sudden death in 1969. Dr. Hiltz became Assistant Medical Superintendent in 1938. In 1939, the Second World War broke out and by 1941 its impact on the Sanatorium was beginning to be felt. Physicians, nurses and dietitians left to join the Armed Forces, and at the same time, there was a considerable influx of patients who had developed tuberculosis while on active service. To replace the physicians, three young graduates of the medical class of Dalhousie in 1941 were appointed to the staff, among them the writer. By 1944, a marked shortage of both physicians and nurses existed. Fortunately, the Royal Canadian Naval Medical Corps began to help out, and a series of naval medical officers arrived for detached duty at the Sanatorium. I list them because one of them obviously was to have considerable influence in the later development of the Sanatorium and, in particular, on the life of one of

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## NOVA SCOTIA SANATORIUM

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the physicians on the staff. In May, 1944, Surgeon-Lieutenant John McCulloch was appointed, in January 1945, Surgeon-Lieutenant Alastair MacDonald, on May 3, 1945, Surgeon-Lieutenant Helen M. Holden and, returned to the Sanatorium in November, 1945 after demobilization, left in August, 1946, and came back for good in August, 1947, having gotten herself married the previous month.

Dr. Miller retired October 1, 1947, but not before he witnessed the performance of a drug which was to herald the beginning of the end for tuberculosis. Streptomycin was first used at the Nova Scotia Sanatorium in February, 1947, and was the first of a number of potent antituberculosis drugs which, in 25 years, were to render most other modalities of treatment obsolete and, incidentally, to pave the way for the amalgamation of the Nova Scotia Sanatorium and the Blanchard-Fraser Memorial Hospital.

Dr. Miller was succeeded as Medical Superintendent by Dr. J. Earle Hiltz, the physician who had come for three months in 1935. Dr. Hiltz was an outstanding example of the right man at the right time. There was a lot to be done, he was superbly equipped to do it, and he did it well. The medical staff was augmented, a program of affiliation of student nurses from other parts of the Province was begun, a school for Nursing Assistants was established, newer surgical procedures involving lung resection were encouraged and, above all, the impact of the newer drugs was having on the disease was fully appreciated. While Dr. Hiltz with his drive, his expertise, and his personality exerted a tremendous influence on the control and treatment of tuberculosis throughout the Province, I would like to remember him as the real founder of the Miller Hospital for Chest Diseases. By 1956, drug treatment of tuberculosis had not only

reduced the death rate to a minuscule proportion, it had also radically changed the type and duration of treatment so that a large number of sanatoria were closed and there were unused beds at the Nova Scotia Sanatorium. As the years went by, more and more individuals with lung cancer, lung abscess, lung dust diseases, miscellaneous chest conditions and, in particular, a number of the huge segment of the population of Nova Scotia who suffered from chronic obstructive pulmonary disease were admitted and treated. When he died suddenly on March 22, 1969, he had been in the process of attempting to get the name of the institution changed and, in particular, to eliminate the word "sanatorium". On his death, Dr. H.M. Holden became Acting Medical Superintendent and, later, the first Medical Director. While she made an outstanding contribution to the increased efficacy of tuberculosis treatment in her study of the first major drug since 1952, Rifampin, she has given even more time to the development of programs for the management of nontuberculous chest diseases. Three years ago, she began a survey to reinforce her impression that chronic obstructive pulmonary disease was a major problem in Nova Scotia and found it to be far more prevalent than she had feared. Under her guidance, a program of trying to do something for these unfortunate individuals both in the institution and by outpatient and home care facilities is well under way. Today, over 80 percent of admissions to the Sanatorium are for conditions

other than tuberculosis. The Sanatorium regimen has become obsolete as tuberculosis responds so

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## Editorial Comment

As you have seen from the first pages of this issue, we are truly changed in name and status. One tends to feel somewhat cast adrift at present, having been part of the Department of Public Health for so long a time, but it is well to take a positive view and convince ourselves that this merger with the B.F.M. Hospital may well give our Sanatorium a new lease on life. At the official signing-over ceremony, on December 15, the Minister of Public Health, Mr. MacEachern, expressed the thought that we will still be here when this century is over. We may be considerably diminished in number by then if the policy is continued of not replacing those staff members who leave.

This has seemed different from most pre-Christmas seasons, possibly because of the changed situation at the San. We have traditionally had a good deal of activity during this season, with a number of groups offering to come in for carol singing. We have had two groups of young people, a Brownie group under the direction of Mrs. Dorothy Williams, who visited on the afternoon of Saturday, December 13th; and a C.G.I.T. group on Wednesday, December 17th, accompanied by their leader, Mrs. Pat Hanna. Maybe we will have one or two other groups, but the time is getting short!

Our staff Christmas Party this year was held on the evening of Saturday, December 20th in the I.O.O.F. Hall. It was a wine and cheese party, and dancing was enjoyed by the young and the young at heart. And thus it was that we spent the last hours of the Sanatorium and greeted the Miller Hospital "at one minute past twelve on the morning of Sunday, December 21!"

We hope that the changed status of the San will not result in any change in the excellent care that our medical and nursing staff have provided over a great many years, to many generations of patients. We don't think that it will- at least for some time to come.

And now the time has come to wish each and every one of you a very happy Christmas and good health and good fortune in 1976. We hope to see you again in the New Year.

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### NOVA SCOTIA SANATORIUM

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well to drugs, and it is most appropriate that the Sanatorium is to be the Miller Hospital for Chest Diseases.

It is not without a feeling of sadness that we see the end of an institution that has lasted for 72 years. Tuberculosis is still with us but there is now no reason why it cannot be treated like any other disease in the mainstream of medicine. There is an even greater challenge today in attempting to control far more lethal lung conditions. With the great tradition behind it, the Miller Hospital for Chest Diseases is prepared to meet that challenge.

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It's what you do for others that brings you peace of mind.

Selected

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Don't feel sorry for yourself. Feel sorry for the folks who have to live with you.

Elbert Hubbard

# Christmas Spent In A Log Cabin

Lilah Smith Bird

One of the most memorable Christmases I spent was in a log cabin in the woods, during a severe snowstorm. Friends of ours had gone to the Sunny South for the winter, and entrusted their woodland and log cabin to our keeping until they returned in the spring.

Every weekend found us in this delightful spot. One day in November, when we were busy out of doors; my husband underbrushing the trees, and I gathering pine cones, a bright idea came to my mind, "What fun to spend Christmas in this cabin." When I mentioned this idea to my better half he surprisingly agreed.

When Christmas Eve morning arrived, we had our baskets of food and all kinds of warm clothing ready, and we started on a sixty-mile drive to this area. The weather report from the radio was "A chance of a light snowfall later on during the day."

We arrived in a farmer's yard where our car was to be parked until after Christmas. The teenagers of this farm went ahead with a tractor, upon which were placed our goods and chattels. I took the walk very slowly on this rutty old woodsroad, drinking in this intoxicating woody odour from the trees which consisted of pine, fir, spruce and tamarack. The air was very still and I could hear echoes from the tractor ahead. The sky was overcast, and as I walked along I thought "A calm before a storm."

The fire in the wood stove and space heater were taken care of before I arrived. The cabin consisted of a room downstairs with a large wood stove and space heater, and in the corner dried hardwood, piled to the ceiling. One had to climb a ladder to the loft where our sleeping quarters were. We opened our air mattresses and sleeping bags on the cots, then we

started off through the woods, carrying a small axe, to find fir and pine for wreathes. These we made with coat hangers and red crepe ribbon for bows. We decorated the inside and outside of the cabin, then we put small trees around the cabin; the boards were there from last year to keep them in place.

On my travels I was able to find two tin cans. In one I placed a small tree, and decorated it all with red paper and tiny pine cones. In the other can I put herbs and spices to place on the back of the stove with water, and all through the time we were there the odour from this was very fragrant.

All day long we stayed out of doors. We walked to a lake, and on the way saw a couple of deer fleeing through the bushes. On the edge of the lake were two eagles, and we were able to get a coloured picture of them before they took flight.

The evening shadows began to lengthen, and we closed our door for the night. With an oil lamp and candles, along with a wood fire, we had an enjoyable supper. We were hungry, the air and the exercise with walking made us very tired, but it was a happy tiredness.

During the night I awakened - a howling blizzard was taking place outside. The radio was reporting a severe storm was sweeping the coast - before morning a great many inches of snow would fall. Cars and pedestrians were advised to remain at home.

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I listened again and heard Mid-night Mass from Christ Church Cathedral was being broadcast. The carols came first, then the congregation celebrating the feast of the Holy Eucharist.

We were safe and comfortable - a few hours later I was awakened again by a gnawing and small scratchings downstairs. A mouse - or mice! Oh, well, one could not be so cruel as to turn a wee beastie out of doors on a night such as this. I thought of the poem Robert Burns wrote, "To a Mouse", when, with his plough he overturned a mouse's nest on a cold day in November.

"Wee sleekit, cowering, tim'rous beastie,

O! what a panic in thy breastie.  
I would be loath to run and chase thee

With murdering paddle."

I was too comfortable where I was, so I closed my eyes, the snow and wind lulling me to sleep again.

Later, I awakened and heard my husband descending the ladder. It was about nine o'clock Christmas morning. From the report I heard downstairs the door would not open, so great was an accumulation of snow against it. I decided not to move - I felt very lazy - but in a few minutes the fire was lighted and the aroma of bacon and coffee was tantalizing. Down I went to the kitchen, and this delicious meal, with toast made over a wood's fire, made our Christmas breakfast complete.

We stoked the stove with more hardwood and heard the weather report: "Whole areas without hydro, telephones out of order, people in cars stranded on highways, etc., etc. Everything was at a standstill.

Housebound! Snowbound! and all the rest. For many years we had wanted to get away from the world, and we enjoyed these few, precious hours with just the stove to stoke to keep warm. We had food for a week; our Christmas dinner was prepared, with all the fixings, before we left

home and, in the late afternoon, with lighted candles and lamps, how we enjoyed it!

In the afternoon we heard Dickens' Christmas Carol, Handel's "Messiah", many Carols, the Queen's message to her country, and with opening our cards and parcels we were well occupied.

This storm lasted three nights and two days. I got caught up with my thank-you notes, and read magazines. We kept ourselves busy stoking the fire.

The third morning when we awakened the sun was shining and the frost was beginning to melt from our windows. Around noon there was a noise outside. The kindly farmer and his sons were making a path to our door - we were to have dinner with them. What delightful people! They had been very concerned about us.

A few days later found us home, but we will never forget the wonderful Christmas we spent in a log cabin in the woods, during a severe snowstorm.

Last summer we drove past this area and, sad to say, it is now a housing development. During the next few weeks we will be experiencing the darkest time of the year. The One whose birthday we celebrate on Christmas day came into the world at this time of the year. He said, "I have come to lighten your darkness, I am the Light of the world."

May we find peace and comfort through Him, not only at Christmas time, but every day of the year.

I thank you all for the many letters I receive, and hope you all had a blessed and holy Christmas. May I add, a Happy and Healthy New Year.



A greater poverty than that caused by lack of money is the poverty of unawareness of beauty, goodness, and the glories of the world.

Thomas Dreier



## Chaplain's Corner

### THE FULFILMENT

And it came to pass in those days, that there went out a decree from Caesar Augustus, that all the world should be taxed.

(And this taxing was first made when Cyrenius was governor of Syria.)

And all went to be taxed, every one into his own city.

And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem, (because he was of the house and lineage of David.) to be taxed with Mary his espoused wife, being great with child.

And so, it was, that, while they were there, the days were accomplished that she should be delivered.

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly, there was with the angel a multitude of the heavenly host

praising God, and saying,

Glory to God in the highest, and on earth peace, good will toward men.

And it came to pass, as the angels were gone away from them into heaven, the shepherds said to one another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

And they came with haste, and found Mary and Joseph, and the babe lying in a manger.

And when they had seen it, they made known abroad the saying which was told them concerning this child.

And all they that heard it wondered at those things which were told them by the shepherds.

But Mary kept all these things, and pondered them in her heart.

St. Luke II; 1-19

### IN DEFENCE OF A GREEN CHRISTMAS

We lay small Jesus to sleep in the snow,  
Though His was a mild and summer land.

Luke mentions no ice nor biting blow,  
No frost-numbed feet, not a mitted hand.

Luke's sheep fed on a grassy hill;  
Sun-darkened men watched through the night.

Even the wind must have been still  
When a certain Eastern star shone white.

Put Him to bed, if you will, in the cold  
And sing of a blustery winter scene...  
I'll have my Christmas the way it's told:

Gentle with lambs and growing green.

--Elma Dean.



## Christmas Greenery

Many plants have a part in the Christmas story.

Centuries ago, long before Christ's birth, evergreens were important in winter celebrations and ceremonies. Today, though the significance has changed, greens are an inherent part of the Christmas season.

Holly was sacred to the Druids because its eternal green proved the sun never deserted the earth. It also protected them from witches and severe weather. And if a sprig of holly were placed on the bedpost, one would have only pleasant dreams.

Mistletoe symbolized peace and hope in Roman times. The northern European Druids made it an important part of their religious rites because of the plant's powers. They believed mistletoe was a sacred spirit which warded off evil, promoted fertility, cured ailments (American Indians chewed mistletoe for toothaches) and if brewed and drunk, gave the gift of prophecy.

A Norse legend relates that the sun god Balder told his mother he had dreamed of his coming death. She called upon all the powers of nature and pleaded with every living thing not to harm her son.

But she ignored the mistletoe, and shortly thereafter Balder was killed by an arrow of mistletoe wood.

The land began to darken and there was great mourning. After three days, because of his mother's love, Balder returned from the dead, his light shone, and his mother's tears became mistletoe berries.

Overjoyed, she kissed every person beneath the plant's branches and decreed that henceforward all who walked under mistletoe should be kissed.

Early churches objected to the use of decorative greenery because of its pagan symbolism. But they eventually relented and many legends sprang up.

Medieval Christians thought greens represented Christ "who would spring up like a tender plant, always green and flourishing, and live for evermore."

The Christmas wreath originated, it is said, from Christ's crown of thorns. Another story is that the crown of thorns was made of white-berried holly, but that when the pointed leaves were pressured into Christ's brow, His blood turned the berries red.

In England a piece of holly used to be placed in each beehive at Christmas time, for it was said that when Jesus was born, the bees sang a song for him which they have been humming every since.

Mistletoe, because of its close association with pagan rites, has seldom been sanctioned for church use. Early Christians thought the plant evil. They believed it was the "forbidden fruit" of the Garden of Eden.

Others thought Christ's cross had been made of mistletoe wood. Mistletoe had been a tree at one time, they said, but when it realized the part it had played, it shrivelled in shame.

In parts of central Europe it was customary at Advent to break a branch from a cherry tree and force its growth indoors. Around Christmas time the branch would burst into blossom. This was considered a good luck omen, especially for the girl whose branch flowered on Christmas Eve, for she would be married within the year.

In a 500-year-old legend, Joseph is an old man walking in a cherry garden with his young bride, Mary. She tells him of the angel's visit, and he is troubled with doubts about the message. When she asks him to pick some cherries for her, he refuses. But upon her request, the branches bend to her. Joseph, full of remorse, asks forgiveness, as an angel appears announcing the coming birth.

## Old Timers

Along with many others, we were most happy to see the mail start coming in again. Here is part of a letter from Vivian Talamini, 826 Virginia Ave., North Bellmore, N.Y., exemplifying that strike-bound feeling:

"I can at least write this letter and whenever Canada decides to end the strike it will be ready for mailing. I am sending along a check to renew my subscription, and also to send Health Rays to my sister, (Mrs. Lester Longmire, R.R.3, Granville Ferry, Annapolis County), who was also a patient at the San in the 1940's.

"I just recently had a check-up and everything was OK. I'm working every day and love my job! It's one of those jobs that one dreams of but seldom gets.

"I did enjoy my visit to N.S. this past summer and it was so good to see all of my friends at the San and also in Kentville.

"P.S. (Dec. 2nd) I am so happy that the strike was finally settled. Now I will be able to hear from my family and friends again. I had a feeling of living on a desert island.

"I would like to take this opportunity to wish you all a wonderful Christmas and a "Happy and Healthy New Year".

All my best,  
Vivian"

And here is another pleasant note, this one from Mrs. Evelyn LeBlanc, West Pubnico, Yarmouth County:

"A pleasant greeting for the Christmas holidays to all at the San. I was looking to get my little magazine before going away. My husband and I are going to Boston for five weeks with one of our twin daughters. During 1975 I have been really busy. We had a lovely vegetable garden and I froze everything for this winter. We went

trout fishing, and even went deer hunting. I cannot forget each night when I lay my head on my pillow to say, 'Thank you, dear Lord, for giving me back my health, and may the guiding star always shine on Our Sanatorium'.

"During the month of September we took our trailer and went to Cape Breton; it was just lovely travelling. Once again, a very Merry Christmas to all."

We have received "Greetings to all hands" from H. C. "Herb" MacQuarrie, Stellarton, who says that he is pleased to keep in touch with goings on at the San via Health Rays.

Albert Longuephy, L'Ardoise, Richmond Co., sends best wishes to all his friends.

When last we saw him he was spending some time visiting Dick Pottie and family, in Berwick, and looked as if his retirement is agreeing with him.

Vance Atkinson of Stoney Island, Shelburne Co., also sends greetings to his friends. He was in New Minas during the summer but didn't stop at the San to visit. Thanks for the best wishes, Vance, and we hope that you continue to stay well.

A note from Jean (Mrs. Charles) Wambolt, Dartmouth, says that she is well and is enjoying working at Dartmouth Cable T.V. She sends best wishes to everyone at the San.

We have greetings from Floris E. Smith, Barrington, formerly with the nursing staff at the San.; and Mrs. Ina Williams, Box 357, Shelburne, with the note, "All the best in '76 - was a patient in '71-'72 and enjoy Health Rays.

We are pleased to have a note, subscription (and a donation to the Fund) from Alex and Jane Cummings. Formerly Jane Brown, she instructed in Handcrafts at the San, and now sends greetings from Calgary. Her note, in part, "We have just made a big move from east to west. Shall miss the Maritimes, but look forward to "seeing the west". Best wishes to all!" Jane gives the children's ages as,

Cathy (11), Brian (9) and Heather (5). The address is now 1251 Lake Sundance Cres. S.E., Calgary, Alberta, T2J 2S7.

We were pleased to have a note and greetings from the former Ann Standish, another former Handcrafts Instructor, who is Mrs. J. David Robinson, 274 Oakdale Crescent, Beaconsfield, Que. It is, indeed, pleasant to hear from old friends. It doesn't seem like that long ago that Ann and, later Jane, were with our Rehab Dept. - and living in residence in the Annex! (Those rooms look even smaller now)

Robert Taggart, Bass River, sent a renewal and best wishes to all.

Mrs. Frances M. Snow, Wolfville, sent a renewal and a contribution to the Fund. Many thanks!

We have a renewal from J. Pat Connors, R.R. 1, Hopewell, Pictou Co., with best wishes for the holiday season and for the New Year.

Murray Romkey, 216 Empire St., Bridgewater, writes that he enjoys our magazine, and is feeling exceptionally well. Murray was at Roseway Hospital from '53 to '60, and then at the San. (And that's a long time.)

Mrs. George Reekie, Box 503, Westville, renews for two years and is pleased to keep in touch with the San.

We have renewals from Earl Gerhardt, Jubilee Street, Liverpool; Joseph Dominix, Box 612, Lunenburg; Austin Amirault, R.R. 1 Kentville; Mrs. Frances MacLeod, R.R. 1 South Haven, Victoria Co.; Mrs. L. A. Jackson, New Minas; and Mrs. Gertrude Rafuse, Box 342, Chester. The latter two ladies had received notices after they had already paid. Thanks, and sorry about that!

We have some renewals from staff members, which is a good sign that folks are expecting that "Health Rays" will be continuing under the new regime: Mr. Betik, with subscriptions for his father and his wife's parents; Mrs. Gertrude Cook, Department of Physical Medicine; Helen Smith, for her sister, Mrs.

Catherine Amirault; Joan Walker; and Cecile d'Entremont, East II.

We have a renewal from Carrie Gillis, 32 Churchill Ave., Kentville. We often meet on the street, and we are pleased to see that she looks well. I must mention several others whom we often meet in town: Miss Frances Jess, and Miss Mary Spinney, both so well remembered by those recovering from surgery; Mrs. Alice LeVesque; and Mrs. Fred (Vi) Silver.

We have a change of address from Mrs. Ernest Taylor, whose late husband was a former Patient. She has moved from 5 Henry St., Truro, to North River Bridge, Victoria County, BOE 2JQ

On one of the bulletin boards are the following cards bringing greetings to the San: Mrs. Hope Mack, R.N., former Director of Nursing; Miss Mariam Clifford, R.N., Tiverton; Mrs. Margaret Hurley, 9 Ottawa Ave., Amherst; and Mrs. Gary (Judy) Archibald, who wrote "Working two days a week in C.C.W. in Truro. Kevin is two years old now and has as much to say as his mother." Can't think what C.C.W. stands for.

Several of us have been pleased to have a chat with Ralph A. Doherty while shopping in Halifax. He is manager of the new G.B. Murphy's Jewellery Store, located in the Simpson's Shopping Mall. He really enjoys people and it is good to see him.

We will conclude with some notes from Anne-Marie:

On looking over an August issue of the Vanguard, a local Yarmouth newspaper, I noted the marriage of Avite Burke to Linda Bernier. They were married in Holy Family Church, Amirault's Hill, Yarmouth County. Avite was here in 1944 and has been

(continued on Page 15)

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## Ins And Outs



### NOVA SCOTIA SANATORIUM ADMISSIONS

NOVEMBER 1 TO NOVEMBER 30,  
1975

GLENN EDWIN WALKER, R.R. 6, Truro; GEORGE ROY BEZANSON, 389 Main St., Kentville; HARRY LEE McCULLY, R.R. 3 Parrsboro; LEONARD WILLIAM WILE, Hemford, R.R. 4, New Germany; MRS. NELLE GENE MacMURTERY, 28 Hingsley Ave., Truro; DELORES ANN MacDONALD, Elderbank, Halifax; FRED FROST ANNIS, 14 Park St., Middleton; DOUGLAS CARL EMBREE, 12 Hayward Court, Truro; NORRIS EDWARD ROSS, Middleton; GEORGE RAYMOND CLEAVES, Annapolis Royal; CLYDE NORTHWOOD BROWNLEE, Lockhartville, R.R. 1 Hantsport; MRS. MAZIE JEAN PREST, 1001 Evangeline Court, New Minas; STAFFORD AVERY SANFORD, Neily Crescent, Greenwood; MRS. MARJORIE FRANCES BEAUDRY, Newport Corner; VICTOR LeROY BRUCE, 13 Queen St., Bridgetown; JOSEPH VICTOR ENGLAND, R.R.1 Port Williams; SHANE TRISTAN McINNIS, 146 East Pleasant St., Amherst; ROBERT ARTHUR MORAN, 4 Applecrest Drive, Kentville; KENNETH FOSTER McLEAN, Kingston; MRS. FLOELLA POWERS, 12 Linden Ave., Lunenburg; DAVID DANIEL LOVE, Clementsvale; OTIS ELROY WOOD, Inglisville, Anna. Co.; LORAN DOUGLAS CHESLEY SHAW, Paradise, R.R. 1, Lawrencetown; MRS. MADELINE BEATRICE CHASE, Nicholsville, R.R.1

Aylesford; EARL HARRIS FORSYTHE, R.R. 1 Cambridge; ARTHUR ALEXANDER CAMERON, 11 Pleasant St., Springhill; MRS. MARY HELENA FOLKER, Hantsport; WILLARD NEALE GOODWIN, 11 Maple Place, Kentville; FINN ODIN WETTER, Lawrencetown; ALEXIS ANDRE BAKEEAF, Canning; MRS. VERA MARIE CARTER, Millville, R.R. 1, Aylesford; LEMUEL JOHN HIMMELMAN, Dublin Shore, R.R. 1, LaHave; MRS. ELSIE MAY DODGE, 175 Commercial Street, Middleton; CHESLEY DOBSON REDMOND, 6289 Payzant St., Halifax; MRS. HELENA BARZILAY, 29 Denoon St., Pictou.

### DISCHARGES

BEVERLEY CUTHBERT MUNROE, Wallbrook, Kings Co. (Expired); PHILIP MANSFIELD McCARTHY, Hebb's Cross, Italy Cross; DENNIS PATRICK GASKELL, Upper Dyke, R.R. 1, Centreville; ALVIN GRANT HUNTER, R.R. 2 Windsor; DELORES ANN MacDONALD, Elderbank, Halifax Co.; HAROLD IVAN ISNOR, Hants County Residents for Senior Citizens, Windsor; MRS. PATRICIA LOUISE WARNER, Melvern Square, Anna. Co.; MRS. MARJORIE FRANCES BEAUDRY, Newport Corner, R.R. 1, Ellershouse; GEORGE ROY BEZANSON, 105 Nichols Ave., Kentville; NORRIS EDWARD ROSS, Middleton; GORDON WILBERT CORBETT, Lakewood Rd., R.R. 1, Kentville; MRS. MAZIE JEAN PREST, 1001 Evangeline Court, New Minas; VICTOR LeROY BRUCE, 13 Queen St., Bridgetown; MRS. NELLE GENE MacMURTERY, 28 Hingsley Ave., Truro; JAMES AUBREY WOODS, Wellington Station, Halifax Co.; DOUGLAS CARL EMBREE, 12 Hayward Court, Truro; MRS. LAVINIA ALICE OULTON, 151 Church St., Amherst; NORMAN WILFRED BARKHOUSE, Summerville, Hants Co.; WALTER HUNTINGTON TAYLOR, Wilmot Station; GRAHAM JUNIOR



WHYNDER, North Preston; VERNON YOUNG, Hassett, R.R. 2, Weymouth; ALLEN DONALD MacQUARRIE, Cliverville Road, Antigonish; VICTOR ST. CLAIR HILTZ, Forties, Lun. Co. (Expired); WILLARD NEALE GOODWIN, 11 Maple Place, Kentville; MRS. EVELYN EDITH GALLEY, 409 Aldershot Road, Kentville; LORAN DOUGLAS CHESLEY SHAW, Paradise, R.R. 1, Lawrencetown; ORLIN PERCY JOUDREY, Scarsdale, R.R. 1, Barss Corner, FRANK LEWIS McKAY, Hemford, R.R. 4, New Germany; FREDERICK JAMES SARTY, North River Road, R.R. 3, New Germany; JONAS PETER HEDBURG, Bedford, Halifax Co. (Expired); GEORGE RAYMOND CLEAVES, Annapolis Royal (Expired).

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## OLD TIMERS

(continued from Page 13)

teaching school since leaving here.

Desire D'Eon of West Pubnico dropped in to see his friends at the San on his way back from a Credit Unit Convention in Moncton in December. Desire was here in 1952 and looks the picture of health.

Peggy MacEachern of our switchboard staff and Florence Belben of Kentville went to Kingston to visit Margaret Morse who makes her home in the Senior Citizens Apartments. Marg is getting along quite well. I am sure that many of our readers will be happy to read news of her.

Wilfred Fraser of Waternish, Guysborough County, who has been here on several occasions, has been to the States for a visit since leaving here.

Thank you, Anne-Marie, and now as we finish this end-of-another-year column, from all of us to all of you, our very best wishes for the holiday season and good health and happiness in the year to come.

## AGREEMENT MERGES SANATORIUM AND B.F.M.

(continued from Page 2)

Mr. MacEachern said the province's "whole effort has been directed toward providing a broader base for tuberculosis services in the province and at the same time developing a nucleus from which the services for the treatment of respiratory diseases can grow.

"In the future, the focus of tuberculosis services will be in the general hospital milieu."

There would be a long period of education and redirection before that became a fact.

Mr. MacEachern said the incidence of tuberculosis in Nova Scotia dropped to 98 cases new or activated in 1974 from 223 cases 10 years earlier.

"The credit for this spectacular improvement in treatment of tuberculosis goes in substantial measure to the distinguished physicians on the staff of the 'San' and others who have participated in the 'San' program in the province, including many employed in this institution at the present time."

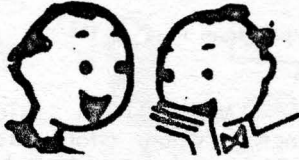
The minister said the agreement signed Tuesday was a reflection of, and a response to, trends across North America in provision of health services - trends to larger and more efficient units which offered a broader base of services.

Chronicle-Herald  
Dec. 16, 1978

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## Just Jesting



One dark night two safe breakers entered a bank. One of them approached the safe, sat down, took off his shoes and socks and began twirling the dials with his toes.

"Whatcha' doin' that for?" asked the other, "Let's open up the thing and get out of here."

"Naw", replied the first man, "This'll only take a minute longer, and we'll drive those fingerprint experts nuts."

Two ladies who hadn't seen each other for some time met one day on the street. "Oh, Jane!" said Maggie excitedly, "so much has happened since I saw you last. I've had all my teeth out and an electric stove and refrigerator put in!"

A psychiatric board was testing the mentality of a recruit. "Do you ever hear voices without being able to tell where the voices are coming from?" he was asked. "Yes sir," he replied. "And when does this occur?" "When I answer the telephone," the recruit replied.

Seven year old Jimmy answered the phone. A salesman at the other end said: "May I speak to your mother?" "Mummy isn't home," replied Jimmy, "I'm just here with my sister."

"Okay, put her on."  
There followed a long silence. Finally Jimmy returned to the phone. "I'm sorry, mister," he said, "but I can't lift her out of the playpen."

Traffic Officer: "Over to the curb, Madam. Over forty or I miss my guess."

Lady: "The nerve! It's my hat that makes me look that way."

## The Christmas Tree

The Christmas tree is the main feature of modern Christmas celebrations. Its origin goes back to the medieval German mystery plays. One of the most popular "mysteries" was the Paradise play, representing the creation of man, the sin of Adam and Eve and their expulsion from Paradise. It usually closed with the consoling promise of the coming Saviour and with a reference to His incarnation. This made the Paradise play a favorite pageant for Advent, and its closing scenes used to lead directly into the story of Bethlehem.

These plays were performed either in the open, on the large squares in front of churches, or inside the house of God. Later on the mystery plays were suppressed in the Churches.

The Paradise tree, the only symbolic object of the play, found its way into the homes of the faithful.

Up to the middle of the 17th century the CHRISTBAUM (as the tree is called in German) had no lights.

The Christmas candles, generally used in medieval times, were placed on the Christmas pyramid made of graduated wooden shelves. As time went on, however, the tree replaced the pyramid in its function of representing Christ as the Light of the world; the candles and glittering decorations were transferred from the pyramid to the tree; and thus the modern Christmas tree was finally evolved with its familiar features: lights, candy canes, glass balls and many other colorful features. In Europe cookies, sweets, and oranges were, and still are, more often used. A star in some form usually decorates the top of the tree.

The Christmas Book - by Francis X. Weiser

(Via The Veteran)

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## FAITH IS A MIGHTY FORTRESS

Helen Steiner Rice

Faith is a force that is greater  
 Than knowledge or power or skill,  
 And the darkest defeat turns to triumph  
 If we trust in God's wisdom and will -  
 For Faith is a mover of mountains,  
 There is nothing man cannot achieve  
 If he has the courage to try it  
 And then has the Faith to Believe.

We stand once more at the end of the year  
 With mixed emotions of Hope and Fear,  
 Hope for The Peace we long have sought,  
 Fear that Our Hopes will come to naught...  
 Unwilling to trust in the Father's Will,  
 We count on our logic and shallow skill  
 And, in our arrogance and pride,  
 Man is no longer satisfied  
 To place his confidence and love  
 With Childlike Faith in God above....  
 But tiny hands and tousled heads  
 That kneel in prayer by tiny beds  
 Are closer to the dear Lord's heart  
 And of His Kingdom more a part  
 Than we who search and never find  
 The answers to our questioning mind,  
 For faith in things we cannot see  
 Requires a child's simplicity...  
 Oh, Father, grant once more to men  
 A simple Childlike Faith again,  
 Forgetting Color, Race and Creed  
 And seeing only the heart's deep need...  
 For Faith alone can save man's soul  
 And lead him to a Higher Goal,  
 For there's but one unfailling course -  
 We win by Faith and Not by Force.

The holiest of all holidays are those  
 Kept by ourselves in silence and  
 apart;  
 The secret anniversaries of the heart.  
 --Longfellow.

## THE INN KEEPER

Arthur E. Cowley

He missed it all—  
 The keeper of that Syrian inn.  
 He did not mean to,  
 But the crowds were great, rooms few,

And many guests had gold to give.  
 Had he not heard "a man must live"?  
 There was no room for Nazareth folk!

He missed it all—  
 Though angels sang His lullaby,  
 And listening shepherds praised,  
 Though wise men came by starlit  
 ways.  
 He was too busy for the angels' song;  
 He saw no star; he planned no wrong  
 Against these Nazareth folk.

We too may miss it all—  
 The wonder of His coming.  
 We may not mean to,  
 But tasks are many, hours seem few.  
 Life rushes us with hurrying feet,  
 While song and star we fail to greet—  
 May we not slight the Nazareth Guest.  
 The Quiet Hour

## THE CHRISTMAS TREE

The whole world is a Christmas tree,  
 The stars its many candles be,  
 Oh, sing a carol joyfully,  
 The world's great feast in keeping.

For once, on a December night,  
 An angel held a candle bright,  
 And led three wise men by its light  
 To where a child was sleeping.  
 --Selected.

I love the Christmastide and yet, I  
 notice this each year I live,  
 I always like the gifts I get, but how I  
 love the gifts I give!  
 --Carolyn Mills

Of all the lights that burn at Christ-  
 mastide,  
 Friendship gives the brightest glow.

## NOVA SCOTIA SANATORIUM

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\* Certified by P.M.B.

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MISS EILEEN QUINLAN, B.Sc., P.Dt. . . . .	Senior Dietitian
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MRS. JOAN CHIASSON. . . . .	Dietitian

## Church Affiliation

### NOVA SCOTIA SANATORIUM.

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San. 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. J.A. Comeau  
Asst. Priest - Rev. J.C. Thibeau

#### SALVATION ARMY

Capt. Sidney Brace

#### UNITED CHURCH

Minister - Dr. K.G. Sullivan  
San. Chaplain - Dr. J. Douglas Archibald

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

### POINT EDWARD HOSPITAL

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Rev. Weldon Smith

#### ROMAN CATHOLIC

Parish Priest - Father Angus MacLeod

#### UNITED CHURCH

Rev. Allan MacIntosh

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