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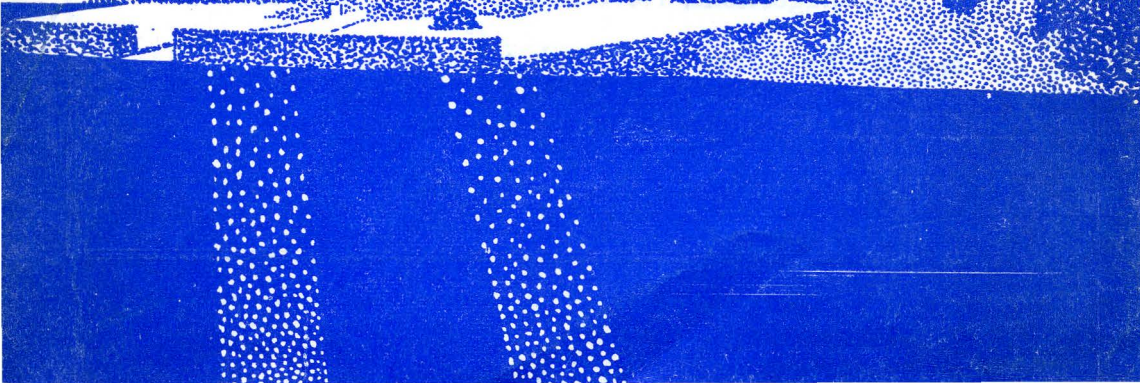
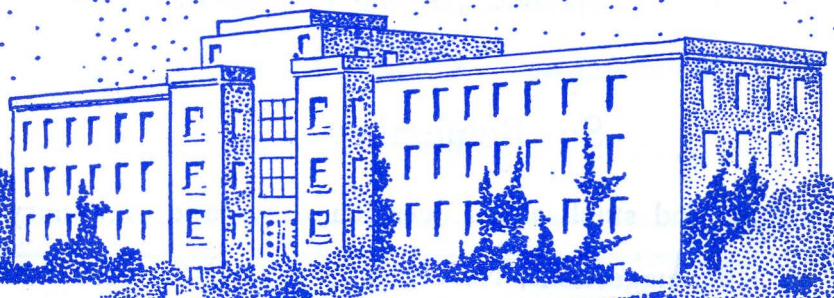
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DAILY: 7.30 - 8.30 P. M.

*Absolutely no visitors permitted during*

**QUIET REST PERIOD 1.15 - 3.00 P. M.**

*Patients are asked to notify friends and relatives  
to this effect*

## *Kentville Church Affiliation*

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Sanatorium Chaplain .....	<i>Rev. J. A. Munroe</i>
Baptist—Minister .....	<i>Dr. G. N. Hamilton</i>
Assistant .....	<i>Rev. D. M. Veinotte</i>
Lay Assistant .....	<i>Lic. David Wilton</i>
Lay Visitor .....	<i>Mrs. Hance Mosher</i>
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Sanatorium Chaplain .....	<i>Rev. J. D. MacLeod</i>

The above clergy are constant visitors at the Sanatorium.  
If you wish to see your clergyman, make your request known  
to the nurse in charge.

# HEALTH RAYS

A MAGAZINE OF HEALTH AND GOOD CHEER

Authorized as Second Class mail, Post Office Department, Ottawa

And For Payment of Postage in Cash

VOL. 46

JANUARY

No. 1

## The Sanatorium Cracker Barrel

J. E. Hiltz, M.D.,

Medical Superintendent



This year (just past, alas!) there were sixty-five patients who remained at the Sanatorium for Christmas Day. This is about the same number as last year. It is always heartwarming to realize that over half of our patients are able to enjoy Christmas at home. This is quite different from the situation the first year I was at the Sanatorium (1935) when very few

of our patients went home. Indeed, it was rare that any patient requested a Christmas pass. Of course, transportation was not so good or so easily arranged then as most of our provincial roads had not yet been paved. Now, also, patients get well faster, go home sooner and do not "break down" as often as was the case in the "good old days". May the years ahead yield further pleasant surprises for those "on the cure" which is another way of saying Happy New Year!

As 1964 drew to a close we were sorry to say goodbye to two of our long service staff members. Mrs. Leonora Spencer, R.N., retired after twenty years in the provincial service beginning as a school teacher, then as a nurse on the staff of the Victoria General Hospital, then as the first Public Health Nurse on the staff of the Department of Public Health in Cape Breton Island. There was then a break in her service record due to marriage but for the past thirteen years she has been a valued member of the nursing staff of the Sanatorium, first as a Charge Nurse, then as a Supervisor and finally as an Instructor of Nurses.

Gordon (Knobby) Mahar retired after 28 years service here. His only absences were during enlistment in the Second World War and also in the Korean War. During the latter he received a back injury which led to his early retirement as Ambulance and General Driver at the Sanatorium. Patients have always spoken highly of the kindly and courteous service he rendered to them

as he ferried them from building to building for appointments. Many a favour he did for staff members, too.

Also, during December two more persons retired from our Power House staff on account of age: Percy Grover, fireman, and James Swinamer, general utility man and trimmer. Although they did not have sufficient continuous service to qualify for a pension, they have both been with us for many years. They were popular with their workmates who knew them best as power house personnel do not get around a great deal to meet other staff members. In the "old days", Mr. Grover used to leave us each spring to go lobster fishing for three to four months. We hope that his catch will be good in 1965.

Our thanks and your thanks are extended to these four fine friends of the Sanatorium who, together, provided over sixty years of service. We wish them health and happiness in their years of retirement.

At Christmastime so many kindnesses are performed that some may go almost unnoticed or unacknowledged even though they may represent a major undertaking on the part of some one. Such is the Drive to see the Christmas lights organized each Christmas week by Father Durney. This year, although not able to be home for Christmas, some twenty patients were privileged to go out for an evening drive around Kentville to see the Christmas sights in cars provided by citizens of the town. Our sincere thanks are extended to them for giving up their Christmas time for this purpose and especially to Father Durney for having conceived the happy idea a few years ago and, having thought it up, made it become a reality.

And now to all the patients, ex-patients and other friends who extended best wishes of the season to Mrs. Hiltz and myself, may I say many thanks and may 1965 and the years ahead endow each of you with good health, contentment and every good thing for which one may rightfully wish.

HAPPY NEW YEAR to all.

# Joseph Howe: Famous Nova Scotian

Horace B. Dickey, Q.C.

(Judge Dickey recently gave this talk to the Gyro Club of Kentville. It is printed here for the interest of our readers and also because Judge Dickey was associate editor of Health Rays when it was founded in 1919, forty-five years ago.) Ed.

I have decided to present to you some of the outstanding incidents in the life of Joseph Howe. Your position as readers reminds me of a passage from Dickens where Mr. Weller was in conversation with his son Sam. He said, "My boy, when you are married you will understand a lot that you don't understand now, but whether it is worth going through so much to learn so little, as the charity boy said when he finished his alphabet, is a matter of taste and in my opinion it ain't."

Howe was of Loyalist descent. He was a son of John Howe and he belonged to a family of rugged physique. One of the incidents of his childhood occurred one Sunday when he and his father were returning from church. Two men were fighting on the side of the road. Howe senior told them that they should not be fighting on the Sabbath. This mild reproof did no good so he handed his Bible to young Joseph, entered the fray and beat them both.

Howe was born in Halifax. The date was 1804. The family was living on the eastern shore of the North West Arm, near the site now occupied by Pine Hill College. John Howe, his father, had come to Halifax following the revolution. He held the office of King's Printer and later became Postmaster General for the Maritime Provinces. At that time Halifax was a town of about ten or twelve thousand. It would be about two miles from the Howe residence to the nearest city school and as "the family car" was not always available for young Joseph he was kept at home a great deal, and received much of his early training under the care of his father who was a man of culture and ever thoughtful of his son's development. John Howe's income was small and when Joseph reached the age of thirteen it was felt that he should obtain employment. His father was then King's Printer and young Howe found employment in the office of the Gazette where he remained for some years.

At the age of twenty-three Howe began his journalistic career. He and a Mr. James Spike bought The Weekly Chronicle. The name was changed to the "The Acadian" and Howe became editor. In a little while he sold his share to his partner and bought The Nova Scotian, becoming sole editor and

proprietor. He did the reporting himself and could be seen in the House of Assembly taking notes on the crown of his hat. During Howe's earlier days in journalism Halifax had no city charter. It was governed not by a mayor and council but by a bench of magistrates appointed by the Governor and not responsible to the people. Howe freely criticized the magistrates. The general opinion was that in the course of their duties they were both negligent and corrupt. Finally Howe published a letter alleging that the magistrates had taken from the people over thirty thousand pounds and that one magistrate had been stealing at least three hundred pounds per year.

Furor followed the publication. The magistrates resigned in a body. The aristocracy was enraged at the action of this young upstart. They demanded his prosecution and thought that with a fine and imprisonment Howe and his insolence would be completely silenced, but they underestimated the power of their attacker.

A weaker man would have withdrawn his accusations and apologized, but not Howe. In his own words he has related the course he pursued as follows: "I went to two or three lawyers in succession, and showed them the attorney-general's notice of trial, and asked them if the case could be successfully defended. The answer was 'No'. There was no doubt that the latter was a libel. That I must make my peace or submit to fine and imprisonment. I asked them to lend me their books, gathered an armful, threw myself on a sofa and read libel law for a week. By that time I had convinced myself that they were wrong and that there was a good defence, if the case were properly presented to the court and jury."

Another week was spent in selecting and arranging the facts and public documents on which I relied. I did not get through before a late hour of the evening before the trial, having only had time to write out and commit to memory the two opening paragraphs of the speech. All the rest was to be improvised as I went along. I was very tired but took a walk with Mrs. Howe telling her, as we strolled to Fort Massey, that if I could only get out of my head what I had got into

(Continued on page 9)



# Heart Disease: The Modern Epidemic

By Paul Dudley White, M.D.

"Have some physical work to balance the mental work—they go together—the leg muscles as well as the heart pump more blood up into your brain."

The reason why heart disease is so exciting now is that it happens to be in the more prosperous countries the chief problem, the modern epidemic. I would like to go back very briefly to the time fifty years ago when I was starting medicine.

My father was a family doctor. The chief problem then was tuberculosis — that was the most common cause of death and of disability too, I suppose, along with other infections, such as typhoid fever; some of you are old enough to remember that period when typhoid fever was so common. Our hospitals were full of patients with typhoid fever every fall.

My father who was a general practitioner of medicine, a family doctor, had typhoid fever three times; this was considered more or less a routine matter during his years of practice. He had smallpox in London and was in a "pest house" there when he was a graduate student.

I myself had diphtheria; all of us children had diphtheria; that was routine. It is unbelievable now that this could have been the situation. We hardly ever heard of heart disease. We did see a few cases of angina pectoris, a symptom that had been described by William Heberden in 1768 and was finally discovered to be due to coronary artery narrowing as told by Edward Jenner to C. H. Parry in 1799.

Nobody ever heard until James Herrick of Chicago described it in 1912, of coronary thrombosis which is the popular disease today, popular in men especially, although it is beginning now to be more popular in women too, and at younger and younger ages—this is an important point. It is no longer an old person's disease only—it can of course occur in old age but it is now very critical in middle age too and even younger.

Now we think that the arterial rusting begins really in the teenaged, probably due to the way we live. This is one of the reasons why we need all this heart research now in progress.

## The Valves in Our Veins

Well, cardiology as a specialty, that is, the study of heart disease, didn't begin until 1920, even though James Herrick and others had made pioneer observations earlier. I was just showing Mr. Paul Martin the valves in one of the veins of my arm;

the function of these valves in the veins was discovered by William Harvey who went to Padua in Italy to study in 1599 and stayed there four years till 1603 when he came back to England.

As a graduate medical student he went to Northern Italy, where most of the graduate students of the known world went in those days, to either Bologna or Padua, which were the chief medical centres of the world. William Harvey proved the circulation of the blood by the simple experiment of pressure on one of the veins of his arm—this was an illustration in the very famous book that he published in 1628 that established him as one of the greatest physiologists of all times.

Many people don't know anything about the valves in the veins. We doctors have not said much about them. We learn about the valves when we are medical students and then we forget them for the rest of our lives. What we ought to be telling people—all the people—healthy as well as sick, especially the healthy, is that we have valves in our veins which help to make the blood flow the right way, and the reason they are so important is that we are bipeds and our brains are on top.

We have got to have more force than the heart would like to exert in order to get a proper blood supply to our brains to make us think more clearly and to save the heart some of its work. How can you do that best? By contracting vigorously your leg muscles, the biggest muscles you have.

## Physiological Benefits of Muscular Exercise

These muscles have several functions, which can be carried out by walking, swimming, skiing and climbing stairs. This is very important because as these muscles contract they squeeze the veins and the veins of our legs have valves just like this valve in my arm vein and the blood can go only up against gravity.

The valves were put into our bodies by nature for this reason, especially since we became bipeds. Some people ought to have their brains part way down, or they ought to be on all fours, because they don't maintain a proper circulation of blood to their brains. Well, this is one of the chief reasons why vigorous use of the leg muscles is important. Practically, it is just plain common sense.

## Other Benefits

Moreover, that is secondly, if you are

(Continued on page 17)

39 Pyung Wha Dong, Iri City,  
Chun Puk, Korea.  
November, 1964.

Dear Friends,

The Mission to Lepers continues its work through varying vicissitudes, coping with various problems.

One patient did her best after the death of her husband to make a living by gathering fuel on the mountain behind her house where she lived apart from everyone else. Youths who also gathered fuel on the mountain cursed and stoned her to drive her away. Finally, to get rid of her, they burned her house down, leaving her without a roof over her head, one result of ignorance and prejudice.

Another patient who had repeatedly been urged to bring her children for examination did not do so until three of them had contracted Leprosy, again a result of ignorance.

A man who had Leprosy for thirty years without adequate treatment has such crippled and ulcerated feet that it took him about eight days to walk six miles to the clinic. His hands are so deformed that he cannot use crutches and he is too old to use an artificial leg. A place in a colony for permanent care is needed for him.

A family of eight were put out of their one room because they could not pay a sum amounting to a dollar a month rent. They had no food but the residue left after fermenting grain to make liquor.

One man with badly crippled hands and a family of six to support uses a cart purchased from relief funds to earn a living but some days is not able to make more than five or ten cents, not enough to feed the children let alone clothe them or send them to school. Some help is given to these and others in need from relief funds and supplies.

A room we had been allowed to use for two of the country clinics was required for other purposes, or so we were told. We were happy when the funds came to put up two small but adequate buildings that can be left locked and found clean at the next visit.

Dr. Roth continued to come from Wonju for rehabilitation surgery, and Dr. Lee has done lung surgery on a patient who also had tuberculosis and is now free of that disease.

One of the hospital orderlies, himself an ex-patient, gives a Bible talk each Friday evening in the hospital, illustrated by filmstrips shown by a projector. Worship services are held in the wards on Sundays and the evangelist talks with the patients individually as well as holding services with them. Every clinic is preceded by an evangelistic service. Staff prayers are held regularly. The patients love to sing and their Christian faith is a great comfort and support to these oft times rejected ones, many

of whom find their Saviour through the work of the Mission to Lepers.

Dr. Wilson returned to Korea and took over the medical work in the summer. My term of service terminated at the end of August. After only two years I thought it would not be difficult to leave but that was a mistake. Patients with their eyes full of tears said, "We will meet you in Heaven but not again on this earth". On being reminded that a younger smarter doctor was here to take care of them, the reply was, "He is our doctor but he can't be our grandmother". So we parted, and I wonder how I shall recognize the scarred and twisted faces I know on earth in the glorious beings I shall meet in Heaven.

Rev. C. M. Lloyd, administrator of the Mission, has retired and his place has been taken by Mr. A. H. West. Miss Bennett and Miss Butterworth have both been ill but are now improving while Miss Bicknell has had her hands full trying to do alone what they did among them.

You will be hearing directly from those in Taegu from now on. I hope that any who may have become interested in the work of the Mission through me will continue their support though I am no longer in Taegu, but in Iri where I have visited several leprosy settlements and two villages of cured patients who receive anti-leprosy medicine from the Government but have no medical care.

On examining more than a hundred children I found signs of leprosy in only three, but some of the adults had already become blind and others were in urgent need of eye treatment to prevent loss of sight. Arrangements have been made with the Presbyterian Hospital in Chunju to send their eye specialist to treat the eyes needing it in one village, and with an eye specialist in Kwangju to do the same for patients near there. This should preserve vision for a number of people who otherwise would almost certainly be blind before very long.

There are many Christians in each village each of which has a church and evangelist. One has a school but there is as yet no opportunity for education for the children of the other.

To try to educate people about leprosy I have given twenty-four talks on the subject in churches, schools, hospitals, and even in a training college for Buddhist priestesses. Most do not know that Leprosy can now be cured.

This with preaching twice on most Sundays and visits to women prisoners in the penitentiary have been my chief activities since coming to Iri. Soon, I shall go to Seoul and my address will be: Severance Hospital, Sinchon, Seoul, Korea.

Blessings on you all.

Sincerely,  
Florence J. Murray, M.D.

**JOSEPH HOWE (cont'd.)**

it, the magistrates could not get a verdict. I was hopeful of the case, but fearful of breaking down, from the novelty of the situation and from want of practice."

"I slept soundly and went at it in the morning, still harassed with doubts and fears, which passed off, however, as I became conscious that I was commanding the attention of the court and jury. I was much cheered when I saw the tears rolling down one old gentleman's cheek. I thought he would not convict me if he could help it. I scarcely expected a unanimous verdict, as two or three of the jurors were connections, more or less remote, of some of the justices, but I thought they would not agree. The lawyers were all very civil, but laughed at me a good deal, quoting the old maxim that 'he who pleads his own case has a fool for a client'. But the laugh was against them when all was over."

The case was tried before Chief Justice Sir Brenton Haliburton with a jury. The Attorney General, Mr. Archibald, prosecuted and with him was Mr. J. F. Gray. Howe undertook the entire conduct of his own defence, admitting that the objectionable article was published with his knowledge, he launched boldly and vigorously into his attack upon the magistrates. He explained to the jury that the magistrates could have brought a civil action against him in which case he could have proved the truth of his charges. Instead they had laid a criminal charge from which he could not free himself by proving the truth but, rather, motive could be the sole subject of inquiry. "Why", he demanded, "if they were anxious to vindicate their innocence, did they not take their proceedings in a form in which the truth or falsity of the statements made could have been amply enquired into?" "Gentlemen, they dared not do it. Yes, my Lords, I tell them in your presence and in the presence of the community whose confidence they have abused, that they dared not do it". The trial ended. The verdict was "Not guilty."

Howe was vindicated. Freedom of the press was established and Howe was carried home on the shoulders of the people and bands paraded the streets of Halifax all night. The libel trial placed Howe and his abilities well before the eyes of the people. Early the next year Howe and Annand were nominated as the Liberal candidates for Halifax. Both were elected.

With Howe's entry into political life the struggle for responsible government began. Whether or not a country has responsible government depends upon the relation or responsibility, if any, of the heads of departments or ministers of government to the elected representatives of the people. At that time the Collector of Customs, the Provincial Secretary, the Attorney General,

the Solicitor General and others were not members of the assembly and were not responsible in any way to those elected by the people. Howe's aim was to assure that all persons holding executive offices should be members of the House of Assembly and that no executive could hold office a day longer than it could command the confidence of the people's representatives. The powers of the Governor should be reduced so that he would act only on the advice of the ministers who were responsible for every act done in his name and who would be liable to account for it in the House.

The struggle was difficult. "What we have we hold" was the apparent motto of those who enjoyed the fruits of office. The Lieutenant Governor was Sir Colin Campbell. His powers were great and his sympathies were certainly not with Howe. The legislative and executive councils were identical. While the Assembly was in session they sat in their legislative capacity behind closed doors. Howe's maiden speech in the House was on a resolution attacking the secrecy of the council. The resolution was forwarded to the council but the reply merely stated that the council denied the right of the House to comment on its procedure. Whether its deliberations were open or secret was considered by them to be their concern and theirs only.

This led to the introduction of Howe's twelve resolutions. These passed by the House and forwarded to the Council who in their reply intimated that unless one particular objectionable resolution was modified a necessary bill for revenue would not be passed. Howe would not modify one resolution. He rescinded them all and moved an address to the Crown setting forth the unsatisfactory conditions in Nova Scotia. This address was forwarded to Lord Glenelg, Secretary of State for the Colonies. As a result Sir Colin Campbell was instructed to form two distinct Councils, one for legislative purposes and the other for the executive work of the government. Other changes were made also but Howe wanted a system whereby no government should hold office without the confidence and support of the people's representatives. His leading opponent in these matters was the Honourable J. W. Johnston who had previously been a practicing barrister in Kentville.

In 1839 Lord John Russell became Colonial Secretary. He sent despatches to the Colonial Governors indicating that heads of departments should not be considered appointees for life but that they should retire as often as any sufficient motive of public policy might suggest. Sir Colin Campbell neglected to act on instructions. Howe's vigorous protests over this neglect resulted in his being recalled to England. Sir Colin's successor as Governor was Lord Falkland

(Continued on page 10)

**JOSEPH HOWE (cont'd.)**

who upon his arrival made the error of forming a Council representing both political parties. Howe became a member of the Cabinet and was sworn in at the age of thirty-six. His entry was soon followed by a general election and the defeat of his party in the Assembly by Johnston with a majority of one. Howe did not resign immediately but waited until Mr. M. B. Almon, a man unfriendly to Howe, was called to both Councils.

Out of the government and back at his newspaper work Howe saw a clear path towards the attainment of responsible government. He undertook two things. One was the routing of Lord Falkland who, with his ideas of a hybrid government, had made the controversy more between himself and Howe than between Howe and Johnston. At first Howe gave Falkland credit for sincerity, but when his conduct became unbearable Howe flayed him in the House, on the platform and harassed him in the press to such an extent that in the course of a few months he packed his belongings and headed for England. He was the second Lieutenant Governor driven to the wall by Howe.

The other undertaking was the defeat of Johnston and his party at the general election of 1847. In 1845 Howe and his family moved from the city to a farm in Musquodoboit. He has given the following description of his life on the farm: "They were two of the happiest years of my life. I had been for a long time overworking my brains and underworking my body. Here I worked my body and rested my brains. We rose at daylight, breakfasted at seven, dined at twelve, took tea at six, and then assembled in the library, where we read for four or five hours almost every evening. I learned to plough, to mow, to reap, to cradle; I knew how to chop and pitch hay before. Constant exercise in the open air made me as hard as iron. My head was clear and my spirits buoyant. My girls learned to do everything that the daughters of our peasants learn, and got a knowledge of books which, amidst the endless frivolities and gossiping of city life, they never could have acquired. My boys got an insight into what goes on in the interior of their own country, which should be of service to them all their lives. I read the Edinburgh Review from the commencement, and all the poets over again; wrote a good deal, and yet spent the best part of every fine day in the fields or in the woods. My children were all around me and in health, and although I had cares enough, as God knows, and you know, I shall never, perhaps, be so happy again."

In the 1847 campaign Howe, with three colleagues, were candidates for Halifax. He began his attack in May in Halifax then making a tour of the province during which he addressed sixty public meetings. The

election, which took place in August, resulted in the election of Howe and a Liberal victory. Johnston took no steps to vacate but held office till the House met in January 1848. It was not until the passing of a vote of want of confidence that Mr. Johnston's government felt forced to resign. The resignation was the final act of Howe's triumph in procuring responsible government. Not only did Howe reach his goal but he did so by constitutional methods. Upper and Lower Canada had to resort to the use of arms. Howe would not countenance rebellion and his staunch loyalty to the Crown was unquestionable.

Time does not permit a discussion of Howe's school policy, of his activities in the construction of railways or of his opposition to the union of the provinces. When he realized that Confederation had come to stay and he joined the federal cabinet he was branded as a traitor in his own province and the long friendship of Annand turned to enmity and abuse.

On three occasions Howe was challenged to fight a duel. Mr. J. C. Halliburton felt that his father had been insulted by Howe and sent him a challenge. Howe accepted, not maliciously, but in order to show that the reformers could be cool and cared not for the pistols of their opponents. The meeting took place in Point Pleasant Park near the Martello Tower. When all was ready Halliburton fired but missed his target. Howe generously fired into the air and the duel was over. A challenge was also received from young Doctor Almon who, like Halliburton, felt that his father had been insulted by Howe. His temper however, cooled before any meeting was arranged. The third challenge was received from Sir Rupert D. George to which Howe replied "That never having had any personal quarrel with Sir Rupert I should not fire at him if I went out and that having no great fancy for being shot at by every public officer whose abilities I might happen to contrast with his emoluments I begged leave to decline."

Howe was poetical in his literary tastes and his own poetry commanded attention. His poem "Melville Island", written at an early age, brought much commendation. His song "Hail to the Day When the Britons Came Over" was formerly well known. On the departure of T. C. Halliburton, "Sam Slick" he wrote verses, one of which reads: "Here's a health to thee, Tom, a bright bumper we drain

To the friends that our bosoms hold dear,  
As the bottle goes round, and again and again

We whisper 'we wish he were here.'  
Here are two verses of his poem to the mayflower.

"Lovely flow'ret, sweetly blooming  
'Neath our drear, ungente sky—

(Continued on page 17)

# Question Box

Dr. J. J. Quinlan



Q. Why are positive patients, whose bacilli are resistant to all drugs put in the same porch with post-surgery cases, who are presumably negative?

A. If the operations have been carried out for the treatment of re-infection tuberculosis the surgical patient is in no danger from further infection because of contact with

these positive, drug resistant, patients who are careful in regard to sanitary precautions.

Q. Is it possible to catch tuberculosis from a person who has tuberculosis of the kidney?

A. No. Patients with tuberculosis of the kidney secrete tubercle bacilli only in their urine. The chances of a susceptible individual developing tuberculosis by contact with a patient suffering from renal tuberculosis is extremely remote.

Q. Once being on the cure, does an ex-patient have a tendency to develop tuberculosis again more readily than a person who has never had it?

A. Again, much will depend on the original extent of the disease and in the completeness of the patient's treatment. Actually, such a person does not "catch" tuberculosis again. Rather, his previously inactive disease reactivates.

In 1874, Canada passed its first Adulteration Act, which was the commencement of the legislation that controls food, drugs and cosmetics sold in Canada. Commercial medicines put out by reputable manufacturers conform to government regulations and standards and their labels may be taken as a correct description of the contents of the package. It is against the law to make exaggerated claims for any medicine or to state that it will effect a cure.

—Dept. of Health & Welfare.

Fresh air, essential to good health, is often completely excluded from homes or offices by snugly closed windows. Travelling all the way to work or school in stuffy public transportation is another means of depriving oneself of the necessary clean fresh air. Good ventilation is important during both waking and sleeping hours.

High priced foods are not necessarily of higher nutritional value than many of the more economical items. Your diet should be built up from well chosen foods that will supply the nutrients necessary to balanced meals.

—Dept. of Health & Welfare.

## WOODS IN WINTER

When winter winds are piercing chill,  
And through the hawthorn blows the gale,  
With solemn feet I tread the hill  
That overbrows the lonely vale.

O'er the bare upland, and away  
Through the long reach of desert woods,  
The embracing sunbeams chastely play,  
And gladden these deep solitudes.

Where, twisted round the barren oak,  
The summer vine in beauty clung,  
And summer winds the stillness broke,  
The crystal icicle is hung.

Where, from their frozen urns, mute springs  
Pour out the river's gradual tide  
Shrilly the skater's iron rings,  
And voices fill the woodland side.

Alas! how changed from the fair scene,  
When birds sang out their mellow lay,  
And winds were soft, and woods were green,  
And the song ceased not with the day.

But still wild music is abroad,  
Pale, desert woods! within your crowd;  
And gathering winds, in hoarse accord,  
Amid the vocal reeds pipe loud.

Chill airs and wintry winds: my ear  
Has grown familiar with your song;  
I hear it in the opening year,—  
I listen, and it cheers me long.

—Henry W. Longfellow

"A foolish man may be known by six things; Anger without cause, speech without profit, change without progress, inquiry without object, putting trust in a stranger and mistaking foes for friends."

—Arabian Proverb.

"Being determined doesn't mean going through life with clenched fists and a jutting jaw. Determination is the will to achieve, not a defensive posture."

—W. P. Beeber.

# HEALTH RAYS

VOL. 46

JANUARY

No. 1

## STAFF

*Managing Editor* . . . . . May Smith  
*Business Manager* . . . . . John Akin  
*Subscription Manager* . . . . . Steve E. Mullen

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## EDITORIAL COMMENT

After the rush and excitement of Christmas is over we would probably drift into the doldrums were it not for the challenge that a New year brings. Probably that is why Scotland made January 1 the beginning of the year in 1600.

Calendars based on the movements of the sun and moon have been in use since ancient times. But none have been perfect. The Julian Calendar under which Western nations measured time until 1582 AD, was authorized by Julius Caesar in 46 BC in Rome.

The Julian year averaged 365 days and gave every fourth year 366. In 1582 Pope Gregory XIII revised the Julian year and decreed that the day following October 4, should be called October 15, thus dropping ten days which had accumulated over the centuries. The Gregorian Calendar, now in use in the United States, was not imposed by the government of Great Britain on all its possessions, including the American colonies until 1752. The British then decreed that the day following Sept. 2, 1752 should be called September 14, a loss of 12 days. All dates preceding were marked "OS" for "Old Style". George Washington was born February 11, 1752, OS, and after 1752 his birthday fell on February 22.

While the Catholic parts of Germany, Switzerland, and the Netherlands adopted the calendar in 1582, the Protestant regions waited until 1700-1701 to adopt it. France accepted the Calendar in 1582; Poland in 1586; Japan 1873 the Chinese Republic in 1912; the Turkish Parliament in 1917; the Soviet Government of Russia in 1918; Rumania in 1919; and Greece in 1923.

The method by which the legal first day of the new year was observed was somewhat confusing. Although Scotland made January 1 the first day of the year in 1600, England recognized March 25 as New Year's

Day until 1752. So it is just over 213 years since this continent legally adopted January 1 as New Year's Day.

Happy New Year everyone.

### PASSPORT TO HAPPINESS

We permit too many opportunities for happiness to slip by because we labor under two major delusions. One of these is that we shall be happy—When we arrive at a certain destination; When we get a better job; When we can be with a certain person; When we arrive at a certain income; When we are married; When the baby is born; When we recover from our illness; When our bills are paid; When we own a new car; When we move into a new home; When some disagreeable task is finished; When we are free from some encumbrance.

The second delusion is that we can buy a ticket, or pay admission to happiness. We never seem to learn that, wherever we go, we take our happiness or unhappiness with us; and that whatever we do, it is how much of ourselves we put into the doing which influences our happiness — far more than what the outside world contributes. The only way we can insure happiness is to train ourselves to be happy in spite of, not because of, what life does to us. When we can succeed in doing this, we become wise and useful adults.

—The Link

No true and permanent Fame can be founded except in labors which promote the happiness of mankind.

—Charles Sumner—Fame and Glory.

"Confidence is the feeling you sometimes have before you fully understand the situation."

—Banking.

# San News

## NEWS OF THE NURSING STAFF

Mr. and Mrs. Laurence (Maxine) Stewart and young son, Ricky are spending a few months in Florida.

Mrs. Leonora Spencer, R.N., retired from the nursing staff in December after twenty years with the Department of Public Health. A presentation was made to her by Mrs. Hope M. Mack, R.N., Director of Nursing, at the Christmas Tea. Mrs. Spencer also received the Public Service Award presented by Dr. J. E. Hiltz, Medical Superintendent. Our very best wishes go with Mrs. Spencer for a happy holiday in Montreal and Texas.

Mrs. Kay Dakin, R.N., is again in hospital. We hope that it will be a very short stay and that the New Year will find her well and back on duty.

Mrs. Patricia Dorey, C.N.A., was the only casualty around the Sanatorium during the Christmas season. She slipped on the stairway and sprained her ankle.

Christmas brought greeting cards from many former staff members including Miss Phyllis MacFadden, R.N., Saskatoon; Miss Marie McGuire, R.N., Miss Miriam Clifford, R.N., Mrs. Proctor (Woodworth) Craig of North Bay, Miss Min Wan Lee announcing her wedding, Mrs. Shuh Min Lin Poon, Miss Jane Hsw, Miss Clara Gray, R.N., Miss Edna Harvey, R.N., and Mrs. Newton Prichett (Peg Merritt Jollimore) to name but a few.

Many of our nursing staff were away at Christmas time and those who were on duty over Christmas will take their holidays at New Year's.

## PATIENTS' PARTY

A Christmas party sponsored by the Men's Association of the United Church, Kentville, was held in the Conference Room December 15. The room, decorated by the patients, had a festive air.

Bridge, forty-fives and crokinole were in

play with prizes going to the following: 45s: Patricia England, Ralph Lohnes; Jack Sears and Stowell Vaughan. Cribbage: Alex Allen, Paul Beals. Bridge: high, Miss Mary King; low, Mrs. Anna Shot. Crokinole, high, Mrs. Daisy Mullen; low, Mrs. June Wegger.

After the games Rev. K. G. Sullivan led in a sing-song and a group of our student nursing assistants sang a program of carols.

Mr. F. G. Barrett extended thanks to our hosts for a very pleasant evening.

Special guests included Dr. J. E. Hiltz, Superintendent of the Sanatorium, Dr. Helen Holden and Very Rev. J. H. Durney.

Refreshments were served by the United Church Men assisted by the Dietary Department.

## CHILDREN'S CHRISTMAS PARTY

It was a real treat to attend the Children's Christmas party in the Annex on December 16. The children in party dress were excited and happy. An old fashioned Christmas Concert that took us back a number of years to the "good old days" in the little red school house; as we listened to the solos and duets sung so naturally and enthusiastically. The recitations by little tots were cute as could be.

Miss Marion Lacey, Teacher, was as excited as the children and amid the preparations and excitement she lost her program. However, Dianne MacEachern and Miss Lacey were able to recall the numbers from memory.

Isabel Melanson's parents were very proud of her I am sure as she sang Rudolph The Red Nosed Reindeer. Also the parents of Robert Morrison, Carmen Howes, Edith Douglas, Curtis Dykeman, Diane MacEachern, Ricky Pauls and Charles Cosman would have been equally thrilled and proud had they been able to attend and to have seen and heard the selections,—but our space is

(Continued on page 26)

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# Chaplain's Corner

Rev. J. H. Durney

When you read this message we will have passed into a New Year, and I would like to take this opportunity to extend to all at the San, Patients and Staff, my very sincere wish for a Happy New Year.

There is no doubt in my mind, as I write this message a few days before the New Year, that the world will celebrate the coming of another year with the usual round of festivities. There will be parties and horn-blowing at midnight on December 31st, and there will be the usual after effects on the morning of January 1st.

But to a Christian what does the coming of the New Year mean? Does it convey any other message than the remembrance — or non-remembrance — of a terrific party the night before, the saying good-bye to the Old Year and the welcoming of the New Year? It should, because it is another mile-stone in our lives. Let us follow that thought a bit further.

As we say good-bye to the Old Year our first thought should be one of Thanksgiving to Almighty God for all the graces and benefits He has bestowed on us during the past twelve months. He has spared us when He has called so many others to Himself, thus giving us further opportunities to advance our position in Heaven, and also opportunities to atone for our past sins and offences. He has restored health to many during the year, thus allowing them to return to a normal life in the world. To

those who have not received this grace Our Dear Lord has given the grace and strength to bear their cross for, and with Him. In fact if we examine our lives we will find many gifts and blessings which we have received from Almighty God, gifts for which we should be deeply grateful.

What should be our thoughts as we enter the New Year? Confidence and Trust should be prominent; Confidence in the goodness and power of God to help us bear the crosses which will come to us during the next twelve months; and Trust that He will continue to be the loving Father, interested in the welfare of His Children, and that He will listen to our cries to Him for assistance in our difficulties.

It is true we do not know what the future holds in store for us, and that is a good thing. This is another example of the wisdom and goodness of God, because if we could see into the future we would, many times, become discouraged. However if we enter the New Year fortified by Confidence in God's goodness, Trust in His mercy and Belief in the power of prayer, we can face the future, knowing that when the crises arrive the Good Lord will be there to help us through them.

And so at the New Year we look backward with thankfulness and contrition, and we look forward with confidence and trust in the goodness and mercy of God.

HAPPY NEW YEAR TO ALL

## JOHN WESLEY'S R<sub>x</sub> FOR GOOD HEALTH

Observe . . . exactness in your regimen or manner of living. Use plain diet. Go to bed early. Above all add . . . that old unfashionable medicine, prayer. Be as clean and sweet as possible in . . . houses, clothes, and furniture. Water is the wholesomest of all drinks; quickens the appetite, and strengthens the digestion most. Spirituous liquors are a certain, tough slow, poison. Exercise is indispensably necessary to health and long life. Walking is the best exercise. All violent and sudden passions dispose to . . . acute diseases. The love of God . . . prevents all the bodily disorders that passions introduce, by keeping the passions themselves within due bounds.

—John Wesley, June 11, 1747.

“To get his wealth he spent his health,  
And there with might and main  
He turned around and spent his wealth  
To get his health again.”

## SUCCESS

He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men, the trust of pure women and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has looked for the best in others and given them the best he had; whose life was an inspiration; whose memory is a benediction.

—The Link

The year's in the wane;  
There is nothing adoring;  
The night has no eve,  
And the day has no morning;  
Cold winter gives warning!

—Hood.

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**JOSEPH HOWE (cont'd.)**

Shrinking, coy and unassuming,  
From the gaze of mortal eye.

On thy bed of moss reposing,  
Fearless of the drifting snow,  
Modestly thy charms disclosing,  
Storms but make them brighter glow."

It was due largely to the efforts of Howe that the Mayflower became recognized as the floral emblem of Nova Scotia.

While driving in the Gaspereau Valley he saw a deserted bird's nest which inspired a poem, a part of which runs:

"Deserted nest, that on the leafless tree,  
Wavest to and fro with every dreary  
blast,  
With none to shelter, none to care for thee,  
The day of pride and cheerfulness is  
past.

Thy tiny walls are falling to decay,  
Thy cell is tenantless and tuneless now,  
The winter winds have rent the leaves  
away,

And left thee hanging on the naked  
bough."

Howe was a friend of the Indians and worked diligently for their education and advancement. He was a man of great physical power and stamina. In addressing the jury at the time of his libel trial he spoke for six hours and a quarter. He had a happy philosophy concerning attacks made upon him. He wrote: "I have to put up with about half a dozen columns of abuse from some quarter or other every week. This I look for—read—answer—laugh at—and bear like a philosopher."

**HEART DISEASE (cont'd.)**

tired physically (this is antedating a little what I am going to say) if you get tired physically by muscular effort you can sleep like a baby. It is the best tranquilizer there is. You don't need all these medicines that you use for sleeping if you get tired physically.

That is one of the reasons why muscles

were given to you, to help you sleep better. Thirdly, we now know quite surely that vigorous use of the muscles, especially of the leg muscles, biochemically in some way or other (and we are studying that) retards the onset of arteriosclerosis, which is the great epidemic of today. This arteriosclerosis affects the inner lining of the arteries—we call it atherosclerosis, a sort of rusting. The rusting increases from the teen ages on, much earlier nowadays than was once the case.

**Coronary Arteries of Our Youth**

Something has happened in our way of life that has now given arteriosclerosis to our teenagers. Of 350 autopsies at the Massachusetts General Hospital, of people who died of all kinds of diseases, carried out two years ago, not a single one over the age of twenty had smooth coronary arteries. Not a single one! What does that mean?

It means that this disease begins in the teenagers and perhaps earlier than that, and is one of the chief reasons why a new Institute for Health has been set up by the U.S. Public Health Service called the Institute for the Study of Child Growth and Human Development. Our pediatricians now are suddenly realizing, and are changing their programmes accordingly, that we shouldn't necessarily have over robust teenagers, that we shouldn't carry all our children to school in buses and cars, that we shouldn't stuff them full of food and make them twenty pounds heavier.

Now the young male citizen of the U.S.A. is, they say, twenty pounds heavier than his father was at his age and two inches taller. It may be all right to be taller but the increase in weight probably goes with some atherosclerosis of the coronary arteries, and of other arteries also. We are quite sure of that now, and therefore our pediatricians are beginning to look into it. The trouble was that in the past they had not seen what they had done. They lost track of their patients when they got to be

(Continued on page 23)

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## Old Timers

"It's June in January", the old song says. Well, it wasn't quite that this year, but it could have been "Spring in December". This was a Christmas we'll long talk about, the drizzle and drip, the mud and puddles. We could **dream** of a white Christmas, but we had to make do with a bright brown one. Oh, well, it was easy getting around, with no snowbanks or ice to complicate the going.

As usual we had many greetings from Old Timer friends, and how welcome they are! But I'm afraid we'll have to wait until the Christmas trimmings come down to pass on their messages. Right now they are adding brightness and cheer all through the house.

The Old Timers deadline snuck up on Anne Marie, too, but she rallied with some interesting items, which we will pass along forthwith.

Hugh Cook, who went home about a year ago, came back for a checkup, and with him was his wife Marjorie, who is also an Old Timer. The Cooks now live at Bible Hill, Colchester County, and are both very well. In the Fall issue of Health Rays we had an interesting article about Hugh, and his ambition to make a career of auctioneering. He says he is getting some auctions to look after now.

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THIS HALF PAGE IS WITH THE  
COMPLIMENTS OF

*Don Chase, Ltd.*

---

Marguerite MacLeod of the Rehab. Department contributed some news from her Christmas correspondents. Robert Melson wrote that he is now living in Belleville North, Yarmouth County. He opened a small grocery store in his house last January, says it keeps him busy and that he enjoys it very much. He was here in 1953. Walter Ferguson, also 1953, wrote that he is feeling much better, and that he now lives on Morris Street, Halifax, only a few doors from Ronnie Gillis. Ronnie, another 1953-er, works for the Harbour Board in Halifax.

Marguerite also heard from Roy O'Donnell, who was here in 1963, from Stoney Island, Shelburne County. He is now in Halifax, taking a commercial course at the Institute of Technology, and he hopes to finish his course by the end of January. At the Institute he sees Robert Ackles and Lillian Landry, who are taking similar courses. He says both are coming along well in their studies.

When Daisy Arthur was visiting in Liver-

pool, Queens County, she saw Helen Lahey, now Mrs. Lawrence Loring. Helen was here in 1940, and was on the San. nursing staff for a brief time following her discharge. She now nurses at the Queens General Hospital, Liverpool. Daisy also saw Lorenzo Wolfe, a 1943 Old Timer, who is a nursing assistant at the same hospital. We are sure there are many Old Timers with warm memories of Daisy during all the years she has served as a night nurse at the San. We are happy to report that she is still with us. Daisy, it may be remembered, was here as a patient around 1940, and had worked as San. librarian before joining the nursing staff.

Tom Brown, who was here in 1956, says he is doing well at his home in Oldham, Halifax County, and sent greetings to all his friends at the San.

Albert Lonquephy, a long-time member of the San. orderly staff, gave news of some Cape Breton Old Timers he saw during a visit to his old home in L'Ardoise, Richmond County. Angus McAdam, a 1949-er, is doing well, and is now manager of the Credit Union store in St. Peters. Albert saw Cecelia Mombourquette and Margaret MacAskill, also 1949-ers, and reports both doing well, too.

John Whitehouse, who was here in 1956, was doing some visiting at the San, in December. He now teaches at Hants East Rural High. Among those he visited was Earl Millen, one of our very well-known Old Timers of the 'thirties, who is back for some investigation and treatment. We saw Earl just after Christmas and can report that he looks well and is as full of interest as ever.

For our closing items we have the sound of wedding bells. A lovely Fall wedding in Manning Memorial Chapel, Acadia University, saw Marlene Farnsworth become the bride of Douglas James Mortimore of Ottawa. Marlene will be remembered as one of our "youngsters" back a few years ago. She and her husband are both members of the Senior Class attending Acadia.

The day after Christmas the wedding bells rang out for Edgar Scott, who was a patient here in 1961. He was married in Halifax to Marlene Joyce Matthews. Edgar, who was teaching accounting at Dalhousie University, is at present attending Columbia University, New York City.

We extend the sincere good wishes of their San. friends to the happy couples.

Personnel director: You're asking big pay for a beginner.

Applicant: Well, the work is harder when you don't know anything about it.

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# INS and OUTS

## Admissions N.S. Sanatorium Nov. 16 to Dec. 15, 1964

Jefferson A. Gray, 18 Reserve St., Glace Bay; Milton C. Spinney, 10 Bridge St., Kingston; Mrs. Irene T. Spicer, N. S. Sanatorium, Kentville; Earl T. Millen, Church St., Westville; Mrs. Alice Elaine Sanford, Canning; Eric W. Dahr, R.R. 1, Millview; Robert F. Bishop, 18 Forest Hill, Kentville; Charles A. Benedict, Wentworth Rd., Windsor; Carmen J. Hawes, R.R. 4, Antigonish Harbour; Charlene V. Ross, South Side, Cape Sable Island; Clyde R. Robichaud, 305 Main St., Yarmouth; Perry M. Kelly, Wallbrook; Linda Marie Smith, Soulnierville; Mrs. Mildred M. MacLean, Little Harbour Rd., New Glasgow; Mrs. Jane G. Pick, White Rock; Clinton G. Robinson, Young's Cove, Hampton; Roland L. MacMurtery, Margaretsville.

## Discharges N. S. Sanatorium Nov. 16 to Dec. 15, 1964

Harold V. Hilchey, Pope's Harbour; Mrs. Leah E. Randall, 127 Prince St., Bridgewater; Mrs. Irene Spicer, Staff N. S. Sanatorium, Kentville; Deborah Lee Emerson, 3482 Kempt Rd., Halifax; Mrs. Patricia A. Schofield, Greenfield; Mrs. Catherine E. MacLean, 156 Hawthorne St., Antigonish; Alexander C. McMillen, Tracadie; Phillip A. Green, RCAF Station, Greenwood; Milton C. Spinney, 10 Bridge St., Kingston; Mrs. Edna E. Hilchey, West Gore; Sayon Anselm, 7 Melody Dr., Rockingham; William F. MacInnis, 12 Brook Ave., Kentville; Jefferson A. Gray, 18 Reserve St., Glace Bay; Hope L. Balsor, R.R. 1, Grafton; Mrs. Jane G. Pick, White Rock.

## Admissions Point Edward Hospital Nov. 16 to Dec. 15, 1964

Neil William MacDonald, R.R. 4, Sydney; Bernard A. MacKay, 281 King Edward St., Glace Bay; Angus J. MacDonald, R.R. 1, Union Highway, River Ryan; Alice M. Dunn, Sydney River; Daniel N. MacLean, Little Narrows; Roland S. Andrews, 394 Whitney Ave., Sydney; John D. Grant, 59 St. Mary St., Antigonish; Ursula E. MacInnis, 234 Fraser St., MacKay's Corner, Glace Bay; Roy V. Dunsforth, 210 Wallace Rd., Glace Bay; John E. Fourgere, 21 Coady St., Sydney; Alexander A. MacDonald, MacLean St., Inverness; Peter A. Battiste, Barra Head; William Forrest, Barra Head; Ralph Fifield, 25 Morrison St., Sydney; Dolena M. Googoo, Whycocomagh; Linda F. Googoo, Auld's Cove; Mstr. Howard T. Prosper, Whycocomagh; Mary J. Gould, Whycocomagh; Clara Phillips, Whycocomagh; Thomas J. Richard, West River; Bernard J. Gould, Eskasoni; Augustus J. Boutilier, 194-8th St., New Aberdeen; Alphonse J. MacPhee, Louisbourg; Lauchlin J. Cotie, 65 Douglas St., Sydney; John J. MacKenzie, 38D Main St., Glace Bay;

Mrs. Mary T. Campbell, Glace Bay Rd., Reserve Mines; Katherine J. MacLeod, Box 188, Baddeck

## Discharges Point Edward Hospital Nov. 16 to Dec. 15, 1964

Peter Marshall, Barra Head, Rich. Co., N.S.; Mrs. Rose Marie Burgess, Tower Road, Glace Bay, N.S.; Neil W. MacDonald, R.R. 4, Sydney, N.S.; Chesley G. Strickland, 9 Grant St., Glace Bay, N.S.; Bernard A. MacKay, 281 King Edward St., Glace Bay, N.S.; Leonard Antle, 42 Smith St., New Waterford, N.S.; Mrs. Mary J. Pettipas, 54 St. Joseph's St., New Waterford, C.B.; Ross Michael Northorp, Reservoir Road, Sydney, N.S.; Alphonse J. MacPhee, Louisbourg, C.B., N.S.; Melvin C. McNeil, Roaches Road, New Waterford, N.S.

## "THE IRISH SEPARATISTS"

Suppose we Irish in Montreal,  
Decide to have ourselves a ball,  
And form a group of "Separatists,"  
And call ourselves "The Irish Mists."

We'd first demand that license plates,  
Have a Shamrock underneath the dates,  
And since it is within the Law,  
The words in print "Erin Go Bragh."

We'd change "Quebec" to "County Clare,"  
An Irishman would be the Mayor,  
And in the courts and on the bench,  
A sign would read "We don't speak French."

We'd burn Drapeau in effigy,  
And tear the Fleur-de-Lis in three,  
In Place Ville Marie we'd have the Fair,  
But change the name to "Dublin Square."

The cops would all be "Pat" or "Mike",  
And this I must admit, I'd like,  
For Irish cops are lots of fun,  
Plenty of guts, they need no gun.

I say now, "etat Quebec",  
Without the Irish you're a wreck,  
So smarten up, don't listen to,  
The agitator, "Marcel Chaput."

—Contributed.

## OPPORTUNITY

So long as men shall be on earth  
There will be tasks for them to do,  
Some way for them to show their worth;  
Each day shall bring its problems new.

And men shall dream of mightier deeds  
Than ever have been done before:  
There always shall be human needs  
For men to work and struggle for.

—Edgar A. Guest.

There is nothing new about automation.  
All automation does is to get a job done  
while you just sit around. When we were  
young we just called it Mother.

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**HEART DISEASE (cont'd.)**

eighteen or twenty years old and they didn't see what we have seen at the age of forty, or forty-five, or fifty such as sudden death and sudden heart attacks.

That is what many of us think, but we have to prove this statistically in order to have general acceptance, as in the case of tobacco; we are getting some proof, but we must have still more to convince people that tobacco is not a worthwhile habit any more than is physical lethargy or obesity.

**A Disease of Prosperity**

It affects prosperous people in particular.

Who are these prosperous patients? Well, they are the leaders in business, in the professions, in the sciences and the arts and in government. They say that they have become so busy that they have not had time to take care of their health, and they haven't been advised adequately how to take care of their health. This is one of the problems we have just now, to get information across, education as well as research; hence our programme needs funds not only for research and training, but also for education, both of the doctors themselves and of the people at large.

**The International Cardiology Foundation**

This is now under way as in the case of a new group established in the last few years called International Cardiology Foundation composed of both physicians and laymen, business men, professional men and business leaders in many countries of the world. We met in Japan only last month to persuade, as I think we did, some of the industrial leaders in Japan that they should join with the doctors in supporting more and more research and education. And, incidentally, we had to persuade the doctors first.

This is novel to them. It is common for us; we have been doing it for twenty years in the States and you have been doing it here, the laymen joining with the doctor in the work, not just for the raising of funds but for other reasons too. The engineer now helps, as well as the educator, and the lawyer too, helps very much for we have many medico-legal problems.

**Workmen's Compensation**

I belonged for several years to a Committee of the American Heart Association, in which part of our membership was composed of lawyers, whose function was to try to solve the problem of Workmen's Compensation for heart attacks. It was quite obvious to us doctors that it was not work that caused the heart attacks—this was the excuse. It was a perfectly silly custom then and still is perfectly silly today, namely to assert that anybody taken sick with a heart attack at his desk must be compensated because the work has done it.

It isn't the work, we feel quite sure, but rather the way of life in the last generation that's done this to us; we have got to do something about it besides blaming work. Work is good for you. Hard work is good for you, but physical and mental work ought to be mixed. Just don't carry on mental work alone, but have some physical work to balance the mental work—they go together—the leg muscles as well as the heart pump more blood up into your brain and you ought to be able to think better.

**Muscular Metabolism**

There are four reasons why we ought to use our leg muscles. This is just one aspect of the current need of action as well as of research. The first reason I have already spoken of, the physiological reason, pumping blood and helping the heart out; the leg muscles are an actual pump. The heart isn't the only pump. The diaphragm also is a pump; if you have a free and easy motion of your diaphragm, not impeded by fat and not impeded by lethargy, but with good respiratory function, then that too is a pump, a "negative" pump, sucking blood up as well as bringing air into the chest. Well, that's the physiological effect of leg muscle action.

Secondly, the psychological effect is as a tranquilizer.

Thirdly, there is some sort of bio-physical or biochemical effect in retarding the onset of atherosclerosis, that is, serious atherosclerosis. For example, in the Kibbutzim of Israel, people live the same way, 1500 people all living exactly the same way, on precisely the same diet; the hard workers naturally eat more than those who are not working hard physically. The farmers, that is, the hard physical labourers, have shown only one-third of the number of heart attacks in the last ten years as the sedentary workers have shown. So we have got to have some substitute for labour—if we can't get it by working physically on a farm or in the forest, we have got to manufacture it ourselves, by walking long distances, playing golf without a cart, swimming or working in the garden.

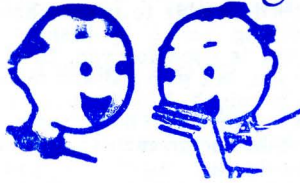
Some people say "I haven't got a garden." My reply is "But you've always got friends who do have gardens or even a farm in the country, so there's really no excuse. If you say you live too far away from your office to walk to your office, five or six miles, well you can park your car a mile away from your office. It will be easier to park, it will crowd the city streets less, and it will be much better for your health. So there really are no excuses."

**Pulmonary Embolism**

The fourth reason for using the leg muscles, may be the most useful thing I shall have said here, aside from the fact that I

(Continued on page 25)

## Just Jesting



"Freddie," said the teacher, "give me a sentence using the word 'diadem'."

Freddie had overheard certain remarks at home and out of his subconscious store of worldly wisdom he drew this reply: "People who hurry across railroad crossings diadem sight quicker than people who stop, look and listen."

A farmer, with a summer boarder, was driving his horse to town. The horse stopped so frequently as to lead the boarder to ask, "What ails your horse that he stops so often? Is he balky?"

"No," replied the farmer, "he's all right. It's simply he's so darned afraid somebody will say 'Whoa', and he won't hear it, that he stops to listen."

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LIMITED

### A BROAD HINT

A customer seated in an exclusive restaurant had tied a napkin around his neck. The horrified manager called one of his waiters and instructed him to tactfully remind the man that such things weren't done in that restaurant. The waiter approached the customer, bowed low and said, "Shave or a haircut, Sir?"

"If you had your life to live over again," the old man was asked by the reporters, "do you think you would make the same mistakes again?"

"Certainly," replied the old man, smiling reminiscently, "but I'd start sooner."

Little June came running to her grandmother holding a dry pressed leaf which was evidently a relic of days long ago.

"I found it in the big Bible, grandma," she cried excitedly. "Do you s'pose it belonged to Eve?"

There's an increasing amount of ignorance in the world. Everyday there are more of us to be ignorant. And we have so much more to be ignorant about.

The garrulous explorer was going on with pride: "This bear on the floor I shot in the wilds of Canada. It was me or him."

The weary listener, bored to death, said, "Well, I must admit the bear makes a better rug."

The girl who is always safe at home probably never made a hit.

Some men have been in the dog house so long they'd have to go to the SPCA for a divorce.

It's easy to be a success at minding your own business because you have so little competition.

No one can talk without a voice, but it's amazing how many people will try to sing without one.

If Columbus had turned back, no one could have blamed him, but no one would have remembered him!

Committee: A group of women who keep minutes and waste hours.

Jake: "Don't you think a man has more sense after he's married?"

Holt: "Yes, but it's too late then."

When you get all wrinkled from worry and care it's time to have your faith lifted.

I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year.

—David Grayson.

### SOMETHING SPECIAL

What the country needs is a special dictionary of feminine foibles to enable a man to understand the other sex better. Here is a start:

Budget: Something a woman thinks a man should live on, but she shouldn't.

Closet: A big hole in the wall where women who never have a thing to wear keep their clothes.

Money: Long green pieces of paper which, if a man has a lot of them, women think he's better looking than he is.

Fun: Something a man should never have unless his wife is along.

Bachelor: Spineless creature who would rather be happy than normal.

Tears: Small drops of liquid emitting from female eyes that sometimes turns into fur coats.

Refrigerator: A large box-like contraption used to store odd bits of egg foo young, chicken a la king and parsnips until they're ready to be thrown out.

**HEART DISEASE (cont'd.)**

hope you don't eat hearty luncheons every day especially when you are going to have a hearty dinner in the evening. You've got to earn your food physically.

Well, my fourth reason concerns several medical friends of mine, two in particular within the last few months, who have died, unnecessarily, of pulmonary embolism, that is blood clots going usually from the leg veins to the lungs. These are much under-diagnosed; they are called something else such as pneumonia or heart failure, or coronary thrombosis instead of the actual condition of pulmonary embolism. The leg veins are involved chiefly by a sluggish circulation when one is very lethargic, sitting all day long in a car or at the desk or in front of the television, and the leg muscles are not used. What happens?

Some people have their blood clot more easily than do others; this is called thrombophilia, a tendency for the blood to clot; the blood can clot in those veins just from stasis, not necessarily from any infection. The blood clots there and the first thing you know, if you've got an important clot in your leg veins, it may break off and go to your lungs and kill you. As I have just said, two of my medical friends died from unrecognized pulmonary embolism, unrecognized at first, when they could have been saved.

This condition is much more common than we think. It is doubtless due to physical lethargy in many people who are "too busy" to take any exercise; such persons often have swelling in their ankles. They think that they are just getting heavy. In the case of one of the two doctors I mentioned, a patient himself said to the doctor, "Doctor your legs are swollen, you had better see a doctor". The doctor did so and the surgeon whom he saw diagnosed "phlebitis", inflammation of the veins, in both legs, and finally decided that he was so sick that he must have his inferior vena cava (great vein) ligated.

That's quite an operation. He was recovering from this operation when he died of an unrecognized clot in his pulmonary artery blocking both pulmonary branches, unrecognized at the time. He was perfectly healthy a month before when I had dinner with him. This is happening to many other persons, right and left now. Well, that's my fourth reason.

**Longevity**

To go back to history once more, longevity fifty to one hundred years ago was much limited, mostly by infections. One of the patients at the Massachusetts General Hospital who died in the middle of the last century and whose record I looked up, a woman forty-five years old, was officially diagnosed as dying of "old age". Old age

at forty-five. That's inconceivable now when we call old age sixty-five or seventy.

But I think that "old age" ought to be much older than that. I see no reason at all why we shouldn't maintain health and activity, mental and physical, into the eighties and nineties and even perhaps into the hundreds. There is no reason at all if we can establish better rules of health at a young enough age. The point is that we ourselves have got to set an example to the children.

It's got to be the child who's going to establish his rules of health and her rules of health. If the child sees the parents eating more than they should of especially rich foods these days, and the parents have automobiles which they use all the time, naturally, the children do too—it's perfectly natural, it isn't hereditary, but environment in such cases. The children eat too much and want automobiles when they are fifteen or sixteen years of age; bicycles by that time are unfortunately just "child's play" to them then.

As a matter of fact that's a time when they ought to maintain the use of their legs by walking or cycling in any way they can but safely.

(To be continued next month)

Note: This article is based on an address given by Dr. White to the Voluntary Committee on Health of the Senate and House of Commons, Ottawa, June 18, 1964, speaking as a guest of the Health League of Canada.

Via Health

**THE YEAR'S AT THE SPRING**

The year's at the spring  
And the day's at the morn;  
Morning's at seven;  
The hillside's dew-pearled;  
The lark's on the wing;  
The snail's on the thorn;  
God's in his heaven—  
All's right with the world!

—Robert Browning.

There is a great deal of difference between good, sound reasons and reasons that sound good.

Many a woman could add years to her life simply by telling the truth.

Do you remember when the medicine man came to town on a wagon instead of on television?

A girl's life cycle: safety pins, hair pins, fraternity pins, clothes pins, safety pins.

Most of the difficulties we complain of are difficulties only because we do complain.

### CHILDREN'S PARTY

a bit limited. The room was full to capacity with members of the Nursing Staff, Dr. A. Laretei, members of the Rehab staff, Mr. and Mrs. Melanson and Mrs. Hance Mosher.

The room was decorated beautifully with a tree and all the trimmings. Santa arrived to give out the presents, and made a big hit with all the children except Blaine Shrader, who was just a little afraid.

After the program and gifts the children were seated around the table and had dinner together.

A few days later the children of the Annex were thrilled with the arrival of a rocking horse, a gift from the United Church Wolf Cubs. This toy will provide many happy hours of entertainment for our present little patients and for patients in the future.

### STAFF CHRISTMAS PARTY

Approximately two hundred members of staff, their husbands, wives and visitors were entertained at a Christmas Tea on Wednesday afternoon, December 22, in the Conference Room. The tea was undertaken this year instead of the usual "Open House" at the home of Dr. and Mrs. J. E. Hiltz, as it was felt that the new venture might well be more convenient for most staff members.

Mrs. Ernest Crosson and Mrs. G. A. Kloss poured, assisted by Miss Madeline Spence and Miss Joan Walker.

A Christmas tree, poinsettias and holly lent a festive air in which a cup of tea, delicious refreshments and friendly chit-chat were very much enjoyed. The decorations and refreshments were provided by the Dietary staff in their usual very capable fashion.

Mrs. Leonora Spencer, R.N., who retires from the Nursing Staff after twenty years' service with the Province of Nova Scotia, was presented with a gift by Mrs. Hope M. Mack, R.N., Director of Nursing. Mrs. Spencer also received the Public Service Award, presented to her by Dr. J. E. Hiltz, Medical Superintendent.

Gordon Mahar, who retired from the San Staff a few months ago due to ill health, was presented with a purse of money and a power saw, a gift from the staff. Presentation was made by Dr. J. E. Hiltz. Gordon, who has been a staff member since 1936, except when on military service, will be remembered first as cook and then as our friendly ambulance driver. Our very best wishes for many years of happy retirement are extended to them both.

It is hoped that the Christmas Tea will be an annual affair as it afforded all staff members an opportunity to say "Merry Christmas" to other members of staff and husbands and wives whose paths do not normally cross very often.

### THE ROAD THAT LEADS TO HOME

Of all the roads on land and sea  
My feet have chanced to roam,  
The loveliest of them to me  
Is the road that leads to home.

The road that leads to home it seems  
Is dearer than the rest  
For it is paved with fondest dreams  
Of those I love the best.

It has a friendliness, a cheer,  
This road that brings me back  
To home and those I love so dear,  
That all the others lack.

It is the one road I can wend  
When weary, worn and spent,  
And know that waiting at its end  
I shall find peace, content.

—Harry E. Brainard.

"Henry, you lied", growled the foreman.  
"You took yesterday off to bury your old boss, and I saw him last night."

"I didn't say he was dead. I said I'd like to go to his funeral, and you said, 'Take the day off,' and I did."

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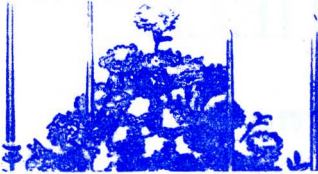
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