



Some Thoughts for Our Centennial

Canada. I'll sing you a song . . .

Of a ruffled chickadee pecking at a lump of suet; two tawny squirrels performing dazzling leaps through frost-coated trees; smoke swirling up over a frozen skyline; steam bubbling cozily from a soup pot filled with fat chunks of beef and gravy goodness.

* * *

Hey, mom. I'm home! What's for supper?

* * *

Of a grizzled man with purple-veined cheeks dozing comfortably on the verandah. Of a mother resting quietly by an ornate tri-lamp, knitting . . . always knitting . . . stacks of battle-grey socks and turtle-neck sweaters for war-weary men at sea. Of a mild-mannered father, with his Great War scars, listening intently to the sombre pronouncements of the CBC, feeling every blow at his mother country . . . completely oblivious to the slamming screen door and hooting calls of children gathering at dusk under the old maple for one last game of Run, Sheep, Run.

* * *

Canadians don't appreciate their rights. I escaped to this country; I have no complaints. Sure, the politicians may be lousy, but at least I have a choice of what lousy politician I want to vote for!"

* * *

Of the clanging bells of the little Church of the Redeemer breaking the Sunday stillness, as regularly and as predictably as the Dominion Observatory Time Signal that daily announced when it was time to take up the books and head back to school. Then later, of campus chimes sounding the hour over manicured lawns and through dimly lit corridors where knots of well-fed students argued about . . . anything.

* * *

I left this country once. I was restless, unsatisfied, and ~~very~~ bored by endless talk about our great destiny. Yet, as soon as I left Canada, I missed Canada . . . and all the righteous, boring talk. I suppose the city I went to looked much the same as the one I had left. Certainly the people looked the same and, except for the mid-western twang, they talked the same. Still, it wasn't right for me. I came home.

* * *

Of dusty, deep-rutted roads winding through green hills and ancient oaks and elms; of spanking new highways snaking surely through the Canadian Shield, then straight as an arrow over mile after mile of undulating grain and on through craggy mountains to the sea.

* * *

Do you know what a great thing it is to slap down a handsome Canadian passport in front of some foreign immigration man and feel the envious eyes of the rest of the queue?

Of boisterous men in yellow hard hats and sweat-streaked shirts carving great dams out of stubborn rock; of long lines of box cars moving day and night, their bellies swollen with the bounties of a land blessed.

Of a carefully coiffured woman in furs and a stout, round-faced woman in a babushka sizing up the same piece of meat in the supermarket. Of saucy teenagers parading confidently in the latest Bay co-ordinates . . .

and ragged, dark-eyed children, with runny noses and straggling hair, lining up noisily, two by two, in front of a mission school.

Of a weekend fisherman excitedly yanking a trout from quiet waters; of a fat old woman sitting in a deck chair on a summer evening, exchanging the day's gossip with her equally fat neighbour.

* * *

Why must it always be English-Canadian and French-Canadian . . . or for that matter, Ukrainian-Canadian or Japanese-Canadian? Why not just Canadian?

* * *

I've stood with pride on the banks of the Peace. I've felt with treasured loneliness the silence of the forest stretching on and on into the North. I've marvelled at the lush beauty of

the ramparts overlooking the St. Lawrence, at the red-gold grandeur of a prairie sunset and the majestic silhouettes of Pacific mountain-tops.

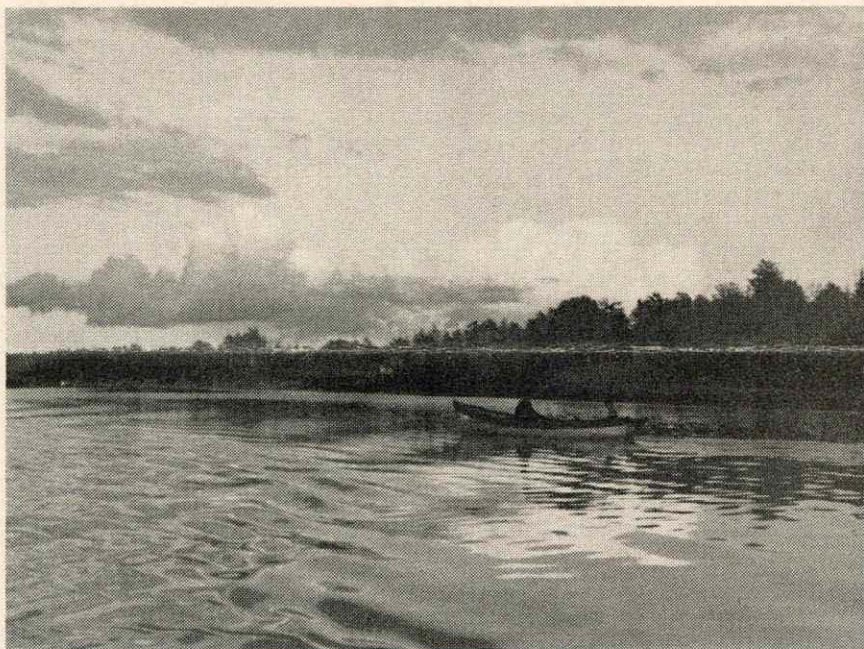
With awe I've watched lightning flash over wildly thrashing Lake Huron; with simple delight I've heard the wail of the loon . . . and the haunting cries of sea gulls circling fishing boats on Lake Winnipeg.

And all of it belongs to me.

This Canada. This vast, magnificent Canada.

My home, my native land.

— — The Editor



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A Gift for Teresita

Her name is Teresita Moises, a shy, withdrawn child of nine who lives with her family in a shoddy wooden hut in Pasig, the Philippines.

She has two younger sisters, a baby brother, another brother, one year older than she, and an older sister, 14, who has left school to help out at home.

Her father is very ill with far advanced tuberculosis and is unable to work; so the family lives precariously on the 70 cents a day earned by the mother who sells seafood to their neighbours.

Teresita is doing well in the second grade at school, but, handicapped by the family's impoverishment, her chances of remaining in school for long have been very slim.

Now, however, all has changed and Teresita has a very good chance to make a bright future for herself — thanks to her newly acquired foster parents, the 26 members of the Physiotherapy Department at the Manitoba Rehabilitation Hospital.

The department staff decided to adopt a child last October, using the money they would normally contribute each month for farewell presents, get-well cards, flowers and the like. Now, instead of giving gifts to each other, the members feel they have the much better satisfaction of helping a child who is truly in need.

Each staff members chips in one dollar a month, explains Lynne Humphreys, chairman of "The



Teresita Moises Committee" Through Foster Parents Plan, Inc., they send Teresita \$16 each month, then bank the remaining money for future needs or special gifts, such as the \$10 extra they sent for her birthday on January 20.

The whole Moises family are benefiting from the adoption plan, receiving clothing, other supplies, medical care and, of course, the counsel and encouragement of Foster Plan social workers.

With her own monthly cash grant of \$8.00, Teresita is assured of a continuing education — and, if she wants it, a satisfactory career.

And that, we think, is a rather splendid gift.

Paraplegic Games (Pan-Am '67) Organize for Exciting Summer

"Site of Excitement in '67 — Winnipeg, Canada!", the posters and pamphlets proclaim.

Rightly so, for during our Centennial summer, Winnipeg will be host to the big Pan-American Games. And what's even more exciting for the city's some 160 paraplegics, we will also be host to the very first Paraplegic Games (Pan-Am 67).

Our paraplegic athletes have been training for some time for various sports events according to the Games Managing Director Allan Simpson.

The Sanatorium Board has been named a member of the Advisory Council, along with the Pan-American Games, the Canadian Paraplegic Association and the Community Recreation Branch of the Manitoba Track and Field, Amateur Athletic Union.

Mervin A. Thomas, as National Committee Co-ordinator, is in charge of invitations, information services and the like; George Dyck and George Murphy are co-ordinators of the Games Committee, having responsibility for registration, schedules, appointment of judges and officials, equipment, accommodation and so forth.

Free TB Survey For City Schools

On January 10 the Sanatorium Board of Manitoba tuberculin and x-ray survey teams began visits to schools in the city of Winnipeg.

According to J. J. Zayshley, surveys officer, a total of 89 city schools will receive this tuberculosis preventive service, financed largely by contributions to the annual Christmas Seal Campaign.

Tuberculin skin tests and chest x-rays for positive reactors to the skin test are being given to the teachers and other staff members of all city schools, as well as to students in the nine high schools.

The free survey will continue until March 2.

A chest X-ray survey of 3,713 residents and staff of 35 nursing homes and homes for senior citizens in Metropolitan Winnipeg, Selkirk and Middlechurch begins February 9 and concludes April 11. This free health service is also provided through contributions to the Christmas Seal Fund.

Ted Sims of the Manitoba Rehabilitation Hospital has volunteered, along with Cyril Berrington, to serve as Training Committee co-ordinators.

Other city athletes are volunteering their services as coaches and training sessions are well under way for such events as basketball, swimming, weightlifting, javelin throwing, shotput, discus and club throwing, snooker, wheelchair dash and relay, table tennis, archery, darchery and the wheelchair slalom.

These are exciting times for our para-athletes, and we wish them every success in this history-making endeavour.

100 Years Ago . . .

One hundred years ago . . . the Sanatorium Board of Manitoba did not exist!

As a matter of fact, there were no sanatoria on this continent and only one in the world, in the Black Forest of Germany. The first one was opened in 1885 at Saranac Lake, New York, by Dr. Edward Livingston Trudeau. Canada's first tuberculosis hospital was established 12 years later at Muskoka.

In 1906 people in Manitoba began to think seriously of building their own sanatorium, and on March 1 of that year we have the first recorded meeting of the Sanatorium Board of Manitoba or as it was called then, "The Trustees of the Manitoba Sanatorium for Consumptives."

This Board was unique, for it was also the first semi-official body formed by a partnership of government officials and voluntary citizens, and given the authority to conduct and direct the campaign against tuberculosis throughout the province.

ERRICK F. WILLIS

The Sanatorium Board joins other Manitobans in mourning the death of Errick French Willis, former lieutenant-governor of this province.

Through the years Mr. Willis was a good friend of the Sanatorium Board. He grew up on a farm at Boissevain and in later years on his many visits back to the family home, he frequently stopped by our Manitoba Sanatorium to greet the staff and patients. In 1960 he was our special guest and speaker at the 50th anniversary celebrations at the Ninette Sanatorium.

His death this month was a very sad moment for all Manitoba. We shall miss him greatly.



TWENTY-SIX BEAMING FOSTER PARENTS—The members of the Manitoba Rehabilitation Hospital Physiotherapy Department who recently became foster parents to a little girl in the Philippines are shown here from left to right. Front Row: Mrs. Margaret Koreen, Mrs. Linda Mohammed, Mrs. Georgina Terwin, Miss Terry Rogers, Miss Anna-Marie Torgerson and Miss Lynne Humphreys (chairman of the Foster Parents' Committee). Second Row: Miss Joan Birch, Miss Sharon Moran, Miss Joan Edwards (Chief Physiotherapist), Miss Gill Ward, Miss Ann Tuer and Miss Martha Treichel. Third Row: Miss Celia Deeming, Mrs. Judy Wakelin, Mrs. Mary Wirt, Miss Coral Boyd, Mrs. Hermione Vander Kouwe, Miss Tam Nishizeki, Miss Ruth Jamieson and Miss Heidi Behrens. Fourth Row: Mrs. Rhoda Kay, Frank Major, Maurice Ganderton, Joe Nemeth, Bill Williamson, Steve Ecker and Miss Lynne Shrage. (Photo by Jim Zayshley)

Laryngectomy Patients Learn to Speak Again

"Peter Piper picked a peck of pickled peppers" is a tongue twister that few people are ever able to say with ease. For persons with laryngectomies, the ability to pronounce this sentence means they are well on their way to mastering esophageal speech.

Surgical removal of the larynx — almost always performed for cancer of the larynx — means, of course, loss of the vocal cords and, therefore, the voice. It also means that the patient will cease to breathe through his nose and mouth but rather will depend on a permanent opening in his throat.

Yet, what seems astonishing under such drastic conditions, is that within a relatively short time most laryngectomees can learn to speak again, simply by gulping back air into the esophagus, then quickly letting it out again to produce, with tongue and lips, distinct sounds of speech.

As a rule, laryngectomees are also able to return to work, very often to their former occupations. There are doctors who have returned to their professions, carpenters, plumbers and barbers who have again taken up their trades. One patient who learned esophageal speech at the Manitoba Rehabilitation Hospital went to work as a night watchman and has made emergency calls to the police and fire departments. Another got up before a microphone and made a speech to 300 people.

According to Miss Marie Jeanne Damen, chief speech therapist at the Manitoba Rehabilitation Hospital, esophageal speech is far superior to the different types of artificial larynxes, largely because it sounds much more normal and does not, as some mechanical devices, depend on batteries.

The basic sound of esophageal speech is a burp, she says. And learning to produce a burp voluntarily from the esophagus (not the stomach!) is the most difficult hurdle in mastering the art.

It means changing the whole reflex pattern of the muscle controlling the esophageal movement, says Miss Damen. Normally the esophagus only opens with the in-

take of food and closes firmly after food has entered. Now the esophagus has to be trained to open up for the intake of air, to hold the air for a second and release it immediately after in the form of a sound (a burp). Usually this sound is most easily obtained by pronouncing a series of short, strong syllables, such as "pah". And once the sound can be pronounced fairly regularly, the patient learns to change to other consonant and vowel combinations.

He proceeds next to two-syllable words, replenishing the air in his esophagus for the pronunciation of the second syllable — e.g. intake of air, he "burps" back "Ta"; intake of more air, he pronounces "bul". Thus, "Table"!

In the beginning speech is slow, but with daily practice and thrice weekly sessions with the speech therapist, speech comes more and more easily and naturally. Eventually, many laryngectomees learn to divide the air in the esophagus and spread it out over two or three syllables so that their conversation flows almost normally.

One star patient, who had daily instruction at the Rehabilitation Hospital, learned esophageal speech in one month. Yet, like other laryngectomees, he was very depressed in the beginning about losing his voice — hoarse and indistinct as it was.

But also like all laryngectomy patients, he was visited prior to surgery by someone of his own age group who had mastered esophageal speech.

"We never have difficulty getting our former pupils to visit new patients," says Miss Damen, who herself learned esophageal speech as part of her extensive speech therapy training in the Netherlands. "They know what a tremendous psychological blow it is to suddenly lose one's voice — and what a morale booster it is to see and hear a person who has been through the same experience and has learned to speak again."

The star patient, who began his first speech therapy session on April 19 of last year was managing two-syllable words by April 28. On May 16 he pronounced "Peter Piper picked a peck of pickled peppers", felt so good about it that he easily persuaded his doctor to let him return to his home and work in the north. There he found little difficulty in communicating verbally with his delighted wife and children and with fellow workers on the railroad.

Since esophageal speech can only be produced when a person is fairly relaxed, laryngectomees do find themselves in trouble when they become emotionally upset, for under great tension they are not able to manage the proper intake and outlet of air for speech.

Esophageal speech also has little tonal differences to show



Miss Marie Jeanne Damen, chief speech therapist at the Manitoba Rehabilitation Hospital, is shown teaching esophageal speech to laryngectomy patients. Miss Damen, who is outstanding in her profession, is returning to her home in The Netherlands at the end of the month. She will be greatly missed by the medical profession and the members of the hospital staff.

emotion. But it will reflect the patient's previous accent. Thus, a Ukrainian who previously spoke with a Ukrainian accent will produce esophageal speech with a Ukrainian accent.

Women find that the new voice is more difficult to accept than men because they must make the greater adjustment to a deep, masculine monotone.

Usually, however, laryngectomy patients are men, who find the new voice works well. The time it takes them to learn esophageal speech has ranged from one to nine months. Speech, of course, improves ever

after with continuous practice and as the tissues of the esophagus thicken, much like the vocal chords.

Over the past several years more than a dozen people have learned esophageal speech under Miss Damen's tutelage. The success of her work is illustrated by one patient who relates how, after carrying on a lengthy conversation with his new voice with a salesman, the salesman concluded the talk with a remark about the patient's cold.

"It was the greatest compliment he could have paid me," the patient said. "That man just thought I had a cold!"

PEMBINA HOUSE NEWS NOTES

By The Students

Pembina House was like a bee hive over the holidays as students prepared for Christmas festivities. Under the direction of Ernest Hart, most of the students prepared skits for Manitoba Sanatorium's annual Christmas Concert. Verna Moore and Paul Cook also contributed a vocal duet and Leonard Head, a song in the Elvis Presley manner.

The end of the concert, however, was not the end of the evening for Pembina House students who afterwards held a party, which was highlighted by the arrival of the one and only and everybody's Santa Claus — Roger Butterfield, supervisor of Special Rehabilitation Services.

Dr. A. L. Paine, medical superintendent of Manitoba Sanatorium, and Mrs. Paine were among the guests, and everyone enjoyed the special meal prepared by Murray McCausland and his helpers.

Most of the students went home for the Christmas holidays. A few left permanently at that time, among them: Leonard Acoby, who now works in Winnipeg and plans to enter high school next fall, Ernest Hart, who is attending high school in Winnipeg, Camelia

George and Allan Anderson, taking up-grading courses in Winnipeg and Brandon respectively, and Angus Sumner who has begun an electrician's course in Brandon.

Our congratulations to the former Myrtle Mousseau and George Baxter who were recently married and are now residing in Nakina, Ontario, and to the former Linda Pottinger and Louis Patchinose who are also newlyweds and are living in Brandon.

And finally, Teacher-Counsellors Bob Golinowski and Murray McCausland have decided on a joint Centennial project to help beautify the local scene. They are growing beards!

NEW POST FOR DR. MARI

Dr. Paul P. Mari, a member of the Sanatorium Board medical staff since 1951, leaves Winnipeg next month to take a new post with the Willow Chest Clinic and the Pearson Hospital in Vancouver.

Dr. Mari will be missed very much by the staff of the Central Tuberculosis Clinic in Winnipeg, by the members of his art class, and in particular, by tuberculosis patients in this province. We all wish him and his family much happiness in their new home.

**Remember-
YOUR
Christmas
Seal
Contribution
is
Important!**

**fight
TB**

Christmas in the Board's Hospitals

Last month we were commiserating with a nurse who told us that her mother would have to spend a lengthy period in hospital. She surprised us, however, when she said she was not so very upset over the fact that her mother would also be celebrating Christmas in hospital.

"Christmas in hospital is a rather special experience," she said, her face softening with remembrance. "It can be beautiful."

During the week or so before Christmas we came to understand what she meant as we watched the quiet activity at the Manitoba Rehabilitation Hospital. We weren't at our Ninette sanatorium to witness preparations there, but we suspect that the atmosphere was much the same.

In mid-December gaily lit Christmas trees suddenly sprouted in various corners of the Rehabilitation Hospital, and the staff choir began noon-hour rehearsals for the carol service scheduled for Christmas Eve. The variety concert for patients, staff and their friends was perhaps the biggest pre-Christmas event, and the Sanatorium Board takes this opportunity to express deepest thanks to the Aviva Chapter of the B'nai B'rith who baked mountains of cookies and served the refreshments, to a former patient who very generously donated a lovely gift for each patient, to Mrs. W. E. Barnard who wrapped the some 150 presents, and finally to the many people who took part in the show.

Nearly all hospital departments had some hand in the concert, and to round things out, Ted Sims, Director of Pharmacy Services who acted as concert co-ordinator, invited several city artists to take part. They included soprano Nona Mari, talented wife of Dr. Paul Mari, Central Tuberculosis Clinic; the Braier Tones, an excellent barber-shop quartet composed of Sef Braier, Rube Bapke, Rich Winick and Charlie Houston; Dusty Destines, entertainer at the Marlborough Hotel who drew enthusiastic applause for a medley of songs; Diane Michaylow, Larry Michaylow and Robert Choppie, three charming youngsters who skillfully executed an Ukrainian folk dance; and finally, a group of Philippine nurses from the C.T.C., rehabilitation hospital and Misericordia Hospital who, under the direction of Dr. G. T. Bayang, contributed a lovely Bamboo dance and sang a song.

The staff deserve much praise for their contributions. Who will forget the funny pantomime presented by Ollie Haycock who showed how he tried to please all hospital departments in his "Porter's Dream." Or the hilarious antics of Doctors R. R. P. Hayter and Edna Bosley dressed as Batman and Girl Wonder, of Dr. Michael Newman as Supervisor Mrs Dimster and Doctors B. J. S. Grogono and L. H. Truelove who belted out a "Beatlenik" number.

The Occupational Therapy Department and the Physiotherapists gave their respective versions of what it is like to be an overworked patient at the Rehabilitation Hospital, and the staff of the Prosthetics and Orthotics Research and Development Unit introduced a new artificial lung which seemed to require a lot of screwdrivers to get it into operation. Other contributing departments were Speech Therapy, Social Services, Plaster Department, Pharmacy and the Laboratory. The girls of the dietary staff again came through with a song and dance number, and the three girls of Special Rehabilitation Services sang a carol in the manner of a negro spiritual.

It was in all an impressive, happy evening — and we were especially delighted to welcome to the festivities the Chairman of the Sanatorium Board, Frank Boothroyd, and vice-chairman, R. L. Bailey.

S. Price Rattray, chairman of the Manitoba Rehabilitation Hospital, was again present for the Nine Lessons and Festival of Carols, which has grown into a Christmas Eve tradition. The choir, directed by Miss Heather Liddell, sang exceptionally well.

The first lesson was beautifully read by Alexander Cochrane, young son of staff member Ian Cochrane, and the other lessons were read by members of the various hospital departments.

Patrick Truelove and Donald Cochrane were candle-bearers; Simon Truelove, Paul Truelove and Gavin Williamson were ushers.

The Sanatorium Board is very grateful to the many individuals and groups who contributed gifts for the patients at our hospitals, to the choirs who came to sing, and to the Dietary Departments who served a sumptuous Christmas

dinner on trays decorated with Christmas mats and serviettes and favors.

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The annual Christmas concert for staff and patients at Manitoba Sanatorium was held this year on Monday evening, December 19. The entertainment — which always comes off well at Ninette — included a number of skits by members of the medical and nursing staff, the patients, the dietary department and the students of Pembina House. Martha Paine and Bob Golinowsky sang, the children of Number One Pavilion contributed their own number and a special highlight was a Christmas pageant in which staff, patients and students took part, some of whom were dressed to represent people bearing gifts to the Christ Child from other lands.

Pre-Christmas events included a dinner prepared by the medical staff for the kitchen staff and a procession through the wards followed by a carol service and the distribution of gifts around the Christmas tree in the Assembly Hall.

On Christmas Day staff and patients gathered for a big turkey dinner in the dining hall which had been gaily decorated with festoons of cedar.

Concert for Patients

On behalf of the patients of the Manitoba Rehabilitation Hospital, we wish to express our thanks to Mrs. Wanda Toews who gave a concert in the hospital auditorium on January 19. A pianist with the Winnipeg Symphony Orchestra and a member of the University of Manitoba School of Music, Mrs. Toews played the Hayden Variations, Beethoven's Sonata, Opus 110, and Moussorgsky's Pictures at an Exhibition. The evening was very much appreciated by those who heard her.



THE LATEST CLASS TO GRADUATE from the Nurses' Assistants and Nursing Orderlies Training Program at the Manitoba Rehabilitation Hospital are pictured following the ceremony in the hospital auditorium on January 6. In the front row, from left to right, are: Miss Anne Friedmann, Mrs. Jane Thompson, Mrs. Helen Spyacopoulos, Miss Margaret Spence and Mrs. Doris Setter, nursing instructors. Back row: Miss Elaine Friesen, Miss Linda Gabriel, Luis Seesahai, Patrick Parkinson, Tadeusz Styrna and Miss Elsie Johnstone. (Photo by David Portigal)

BULLETIN BOARD

Full accreditation of the Manitoba Rehabilitation Hospital was recently renewed by the Canadian Council on Hospital Accreditation. The rehabilitation hospital is one of 14 Manitoba hospitals which have met the accreditation requirements of the Council. Our Manitoba Sanatorium at Ninette is also among the fully accredited group.

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There have been many visitors to the Manitoba Rehabilitation Hospital this month, among them: E. F. Anderson, administrator of the Workmen's Compensation Board Hospital and Rehabilitation Centre at Downsview; a team of members, headed by Dr. R. G. Lambert, of the San Diego Medical Rehabilitation Centre Association, who are now in the process of developing a rehabilitation hospital for San Diego; N.J. Dupuis, administrator of the Nova Scotia Rehabilitation Centre in Halifax, who came to study the unit system which we have developed for the occupational therapy, physiotherapy and speech therapy departments; and Mrs. Erlinda Amoranto, G. F. Strong Rehabilitation Centre, Vancouver, who spent January 10 and 11 studying our dietary service.

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Others who toured the rehabilitation hospital recently were a number of delegates attending the American College of Hospital Administrators Educational Assembly at the Fort Garry Hotel, January 9 to 13. T. A. J. Cunnings, a member of the College, attended these sessions.

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The Sanatorium Board extends a warm welcome to the people who have joined our staff during the past several months. Recent additions at the Manitoba Rehabilitation Hospital include Scottish-born Mrs. Rhoda Michie, general staff nurse; Miss Sharon Diane Moran, physiotherapist; Miss Kathryn Elizabeth Hansen, Miss Jean Colburn, Miss Shirley Pickett, Miss Constance Crawford and Mrs. Patricia Lynn Farn, occupational therapists; Miss Linda Mary Klassen, electromyography technician, and Miss Ruth Isabel Davidson, secretary to medical services.

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To the medical staff of the Manitoba Rehabilitation Hospital we welcome Dr. Arthur Brenner, a graduate of the University of Vienna Medical School.

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Nurses from overseas who have joined the staff of Manitoba Sanatorium are Miss Lilly Mathews and Miss Komalavalli Nair, of India, and Miss Therese Yu, Korea.