

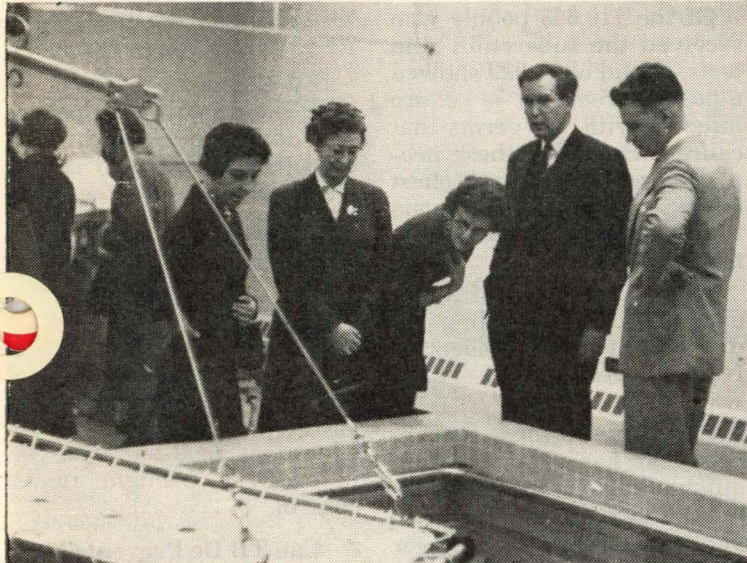
# News Bulletin

The  
SANATORIUM BOARD OF MANITOBA

Vol. 2—No.12

PUBLISHED BY THE SANATORIUM BOARD OF MANITOBA  
For Patients, Staff, and Friends of the Sanatorium Board

DECEMBER, 1960



Pictured inspecting the hydrotherapy pool after the opening of the new physiotherapy and occupational therapy unit at Assiniboine Hos-



Clinic; Dr. Leslie Truelove, chief of staff, Manitoba Rehabilitation Hospital; and Dr. F. D. Baragar, medical director of the Canadian

## TB Sanatorium To Take New Health Services

Plans to convert St. Boniface Sanatorium to a treatment centre for non-tuberculous patients are announced jointly by the Sanatorium Board of Manitoba and St. Boniface Sanatorium.

The conversion will begin around January 1, 1961, and will probably take a year or more to complete. It will mean the transfer of many of the sanatorium's TB patients to Manitoba Sanatorium at



physiotherapy department at the Children's Hospital, Winnipeg; Miss Sheila Nixon, nursing consultant for MHSP, Standards Division; Miss Dorothy Prockter, director of the physiotherapy department, Winnipeg

Speirs, chairman of the Sanatorium Board of Manitoba, delivers the opening address at the ribbon cutting ceremony

(Photos by Bente Hejlsted.)

## More Than 200 Attend The Official Opening Of Assiniboine Hospital's New Therapy Unit

A big step forward in the development of medical services for long term patients in Western Manitoba was made Saturday, November 19, with the opening of the new physiotherapy and occupational therapy unit at Assiniboine Hospital in Brandon.

More than 200 people from Winnipeg, Brandon and surrounding districts gathered at the hospital to witness the ribbon-cutting ceremony, performed by Dr. M. R. Elliott, provincial deputy minister of health and public welfare.

In opening the \$225,000 addition, Dr. Elliott reviewed Assiniboine Hospital's two-year transition from a tuberculosis sanatorium to an important extended treatment centre for Western Manitoba.

The unit, he said, is essential for providing an up-to-date physical medical program for the hospital's 200 extended treatment patients. It will have the services of specialists in every medical field, and will include all the latest equipment for the treatment of long-term illnesses.

It will also include treatment facilities for persons outside the hospital who can benefit from rehabilitation medicine, and a physiotherapy field office for the Canadian Arthritis and Rheumatism Society.

boine Hospital; Mayor James Creighton of Brandon; and Bishop Ivor Norris, also of Brandon.

Harold Baker, president of the Brandon A.C.T., thanked the people of Manitoba who had supported their fundraising campaign and pledged his organization's continued assistance in Sanatorium Board work.

After the ceremony the guests were invited to tour the one-storey unit.

In the physiotherapy section guests were told how the therapists will carry out a program designed to accomplish the maximum of physical restoration. They saw the equipment that will be used in the physical treatment of patients—parallel bars, gymnasium mats, hydrotherapy and electrotherapy facilities, whirlpool baths, weights and such walking aids as crutches, canes, rails and steps.

They toured the activities of daily living room, where patients will learn to perform such normal, daily activities as eating, dressing, cooking and housework.

Dr. Elliott praised the work of the Associated Canadian Travellers of Brandon who, through their various club activities, have helped pay for the new unit.

The A.C.T., he pointed out, has supported the Sanatorium Board of Manitoba since 1945, and it is partly through their outstanding efforts that TB has been brought down to such a level in Manitoba that hospitals like Assiniboine have been able to turn to other important health work.

A bronze plaque, commemorating the assistance of the Associated Canadian Travellers, has been placed on the wall of the unit's reception room.

Other officials who took part in the brief opening ceremony were J. W. Speirs, chairman of the Sanatorium Board of Manitoba, who outlined the history of Assini-

In making the announcement the Sanatorium Board points out that the conversion of St. Boniface Sanatorium is part of a long-range program in Manitoba to release a large number of TB beds for other health services. To what use the beds at St. Boniface Sanatorium will be put will be decided by the provincial government and the Sisters of Charity who operate the institution.

In metropolitan Winnipeg there is an urgent need for beds for long stay cases who can be transferred from general hospitals and probably from nursing homes.

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# Profiles

## WILLIAM BROADHEAD

William Broadhead, day supervisor and nursing instructor at Manitoba Sanatorium, Ninette, is a young, personable man who throughout his career has managed to pile up considerable experience in tuberculosis and other types of nursing.

He was born in Barnsley, Yorkshire, England, and left high school during the war to join the army. After spending three years in the Far East, he returned to civilian life to take up nurses' training at Halifax General Hospital in Yorkshire. Following graduation he did further training, which included six months in a mental hospital, one year of tuberculosis nursing at the London Chest Hospital and three months in the spinal injuries unit at Stock Mandeville General Hospital. He held posts in several sanatoriums before coming to Canada in February, 1955.



Mr. Broadhead's first Canadian post was at Manitoba Sanatorium, but before the year was out he left to join the Indian Health Services at Miller Bay Hospital in Prince Rupert. From there he went on to Mountain Sanatorium in Hamilton to do post-graduate work in tuberculosis nursing. He returned to Ninette in 1956, only to learn three days later than he had tuberculosis.

During his convalescence, Mr. Broadhead studied and read a great deal. After his recovery he was appointed to his present position as a day supervisor and nursing instructor.

A hard worker and good teacher, he is popular with students and staff alike. His favorite recreational interests are modern and classical symphonic music, oil paintings and ("I'm keen on biographies") reading. He likes to play golf and since coming to Canada has developed an interest in a national pastime, ice hockey. He also teaches first aid to the

## Medical X-Rays Are Not Harmful Says Professor

## Over 140,000 Manitobans Take Part In 1960 TB Christmas Seal Surveys

So far in 1960 a total of 140,153 Manitobans have received free tuberculin skin tests and chest X-rays in community and industrial surveys.

These surveys, which form the main part of tuberculosis preventive work in Manitoba, are largely financed through the yearly sale of Christmas Seals.

In 1960 they were conducted at 178 different operational sites and included 31 Manitoba municipalities, 288 different industries, the University of Manitoba and its affiliated colleges, and 10 Winnipeg High Schools.

Of the 110,643 people who received the tuberculin skin tests, a total of 18,029 showed a positive reaction — i.e. are infected with the germs that cause T.B. All of these people were given free chest X-rays and plans were made to re-examine them in the near future.

The total number of X-ray examinations (including industrial surveys and negative reactors over 40 years of age) was 29,510.

According to these figures, this year has again been an outstanding one for the Sanatorium Board's surveys department. Although fewer X-ray examinations were conducted this year as compared with last year,

There is no evidence whatever that diagnostic chest X-rays are harmful, says Dr. Conway Don, radiologist at the Ottawa General Hospital, and Professor of Radiology at the University of Ottawa.

"One day in the mountains will give a man about the same dose of radiation as a miniature chest X-ray — and I haven't heard anyone say 'You mustn't go to Switzerland for your honeymoon'."

Dr. Don points out that misconceptions regarding radiation hazards had arisen because of the devastation resulting from the atomic explosions at Nagasaki and Hiroshima. The alarm was not limited to the general public but had also invaded scientific circles. Consequently, there had been a good deal of needless fear of diagnostic X-rays.

People need to bear in mind, he said, that everyone, everywhere, is constantly being irradiated from the natural world around — from cosmic ray bombardment from outer space, from radioactive substances in the soil

Much credit is also due to the enthusiastic co-operation of service organizations, particularly the Associated Canadian Travellers, who undertook to publicize the surveys, and to the survey teams who were willing to work long hours to make sure that every last person was tested.

But the biggest laurel, he said, should go to the people who took the trouble to attend the surveys and return a few days later for the readings.

"This is promising evidence that many people do realize that tuberculosis is not dead," he said. "It is still a major health problem, and only through constant vigilance, such as that provided by Christmas Seal surveys, can it ever be brought under control."

### Can TB Be Prevented?

Yes, TB can be prevented. We are well along the road



## JULES PYNNOO

After six years as a statutory member of the Sanatorium Board of Manitoba, Jules Pynnoo will bid a reluctant farewell this month to an institution he has come to like and admire. "I'm going to miss the meetings with the Board," he says. "I enjoyed the work and I really learned a lot. I guess I liked being a member of the Sanatorium Board even better than I did of the St. Boniface Police Commission."

But regardless of his personal feelings, Mr. Pynnoo will resign his statutory membership at the end of this month . . . not because he wants to, but because after 18 long years as alderman of St. Boniface's Ward One, he has decided to retire from politics. And it was as a representative of the Union of Manitoba Municipalities that he served on the Sanatorium Board.

In ending his political career, big, brawny Jules Pynnoo leaves behind him a notable record in St. Boniface's political history. Entering the aldermanic race in 1942 "on a bet", he succeeded thereafter in getting himself elected for nine consecutive terms — something achieved by no other man. In doing so, he has outlasted three different mayors and sat with 58 different aldermen.

Mr. Pynnoo's personal background is just about as colorful as his career as a councillor. Born in the linen-making district of Wevelgem, Belgium, he managed at the age of 14 to get himself thrown into a World War I concentration camp. ("I wouldn't work for the Germans.") Released at the end of the war he went to work for a construction company in Wevelgem, soon became a company foreman. In 1929 he and his wife decided to emigrate to Canada. They came directly to Winnipeg where Mr. Pynnoo took up a position with the Bockstael Construction Company. A few years later he decided to strike out on his own and formed his own construction company. He is still active in that business today, and prefers building factories and hotels to houses.

Mr. Pynnoo lives modestly in a little bungalow on Tremblay street. He has two sons: Dan, in business with him, and Art, with Reliance Securities. Archery is a favorite recrea-



and the air, and from his own body which contains radioactive carbon and potassium.

Dr. Don then analyzed the figures to show the proportion of radiation involved in a miniature chest X-ray and showed if all miniature chest X-rays were abolished, it would reduce the amount of radiation received by less than 1,000th of all the radiation to which we are constantly exposed.

tional interest . . . bowling, fishing, and hunting with his big Labrador dog are others.

But until now being alderman of Ward One has occupied most of his time. Besides being a delegate for the Union of Manitoba Municipalities and a member of its executive for ten years, he has, among other things, been vice-president of the Urban Association of Municipalities and president of the Suburban Association of Municipalities. He has also been chairman of the public works commission and has served on the finance, water and light, traffic and health unit committees.

"It was a lot fun . . . and a lot of hard work," says the big, active Belgian. "I think I'm going to miss all those meetings."

erably more people received the tuberculin test. Altogether approximately 17% of the population of Manitoba took part in the Christmas Seal surveys in 1960.

The most successful large-scale community survey this year was held in the city of Brandon where, out of a population of 26,000, 14,000 lined up for the tests. At the final community survey in St. Vital last month, 8,765 were tested.

J. J. Zayshley, surveys officer for the Sanatorium Board, attributes the large public turn-outs to a number of factors.

At least 3,000 volunteer workers took time out this year to ring doorbells and sign up people for the tests, and to act as registrars at the testing sites, he said.

to prevention when we realize that tuberculosis is not only an individual problem but also a community responsibility. This means everyone must work together — physicians, official and voluntary agencies, and all other interested groups and individuals. The BIG THREE of the prevention program are:

1. Teaching the facts about tuberculosis an dinteresty people in acting against it
2. Finding all infected persons, the tuberculin positives —people who have the germs but who are not sick — and keeping them well.
3. Finding the person with active tuberculosis while the disease is still in its early stages, treating him, and helping him to return to a useful and productive life.

## The First Canadian Seals



These were the first Christmas Seals sold in Canada. Campaigns were conducted by the Mountain Sanatorium, Hamilton, and for the Muskoka Free Hospital, from Toronto. That was in 1908, after which the campaign became an annual event in many cities until 1927 the first Canada-wide campaign was organized. This year then we are celebrating the fiftieth Christmas Seal Sale held in Canada.



## Christmas Seal Letters

With the thousand of Christmas Seal contributions pouring into Sanatorium headquarters these days, comes the occasional, precious letter from donors who wish to make known their thoughts about the Christmas Seal Crusade. The most wonderful thing about the majority of these letters is that they are from people who can barely afford to give. Yet, they do give—and they give joyfully. "My good will is great, though the gift small" is the old Shakespearean line that seems to run through many of these:

Dear Sir:

The preceding two years have been bad years for me, but I still have that most priceless possession of mankind — the very best of health, for which I am most thankful. Enclosed is a contribution which I will trust will cover Christmas Seals received by myself and help your worthy cause.

J. R. Broomhill

Dear Dr. Ross:

I am an old man 83 years young. My only income is \$55 a month pension, but can't always spare one dollar to help.

I am yours truly,

W. W. V., Gladstone

Dear Sirs:

Enclosed is a cheque for five dollars for Christmas Seals. I am glad to help even in a small way for such a good cause.

Mrs. J. E. F., Winnipeg

To all of these people and to the thousands of others who contribute to the Christmas Seal Campaign, the Sanatorium Board extends a heartfelt thanks.

### TB SANATORIUM

(Continued from page 1)

There is also a need for additional beds for retarded children. A program of this kind was started two years ago at St. Boniface Sanatorium where 58 beds have been made available for these children.

The fact that the Sanatorium Board has been able to reduce the number of beds for tuberculosis treatment is due to the Board's intensive TB preventive program and improved methods of treatment.

The length of treatment has been reduced sharply and more is accomplished today in a few months than might have been accomplished in a few years in earlier times.

In 1949, for example, TB treatment days for the prov-

when in any event the main TB treatment and control facility for Metropolitan Winnipeg is at the Central TB Clinic.

Manitoba Sanatorium has been a primary tuberculosis treatment centre in Manitoba for many years. It has an exceedingly high standard of tuberculosis care, and a design that lends itself to tuberculosis treatment.

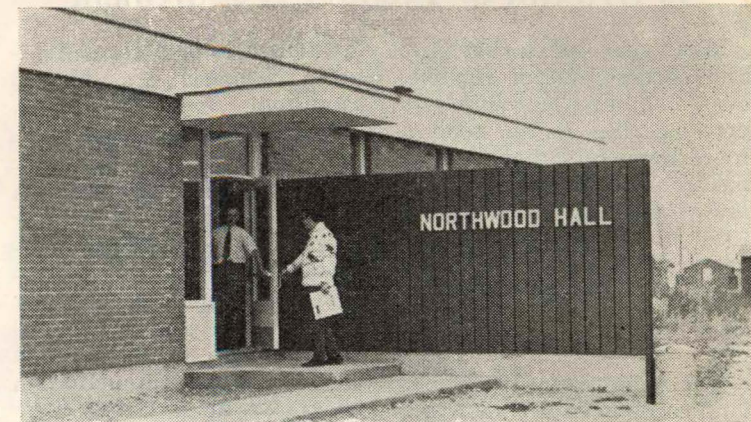
But Manitoba Sanatorium would be very difficult to convert to other uses. And since Assiniboine Hospital in Brandon has already been established as a centre for extended treatment care in Western Manitoba it is not logical to convert Manitoba Sanatorium, in the same general area, for the same purpose.

In any case, about one-half of the patients at St. Boniface Sanatorium come from rural Manitoba and would find it equally convenient to be treated at Ninette.

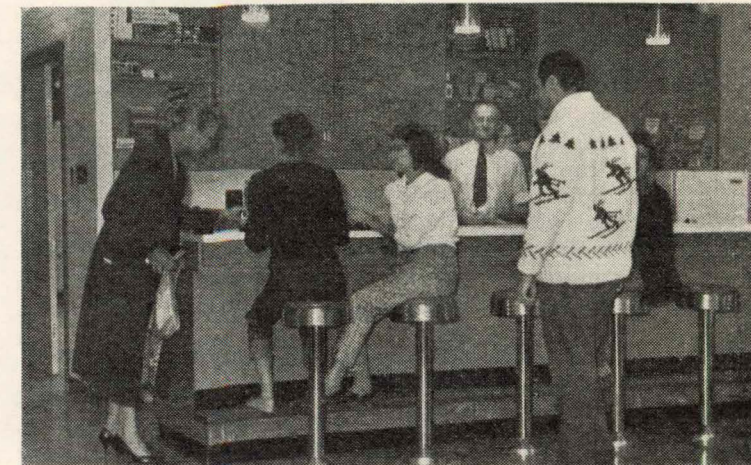
A large number of Winnipeg patients have always preferred to be at Ninette, where the quiet and the serenity of countryside life is conducive to the treatment of long-term disease.

**WHO ATE THE  
PORRIDGE?**  
By Per Holting

## The New Northwood Hall



(1) "All the staff members are thankful for the establishment of our beautiful recreation hall. Our evenings are significant now . . . and we have found good fellowship with one another." Such is Mrs. Ilse Schnabel's description of Northwood Recreation Hall, opened at Clearwater Lake Hospital this year. Below are some features of the modern, one-story building.



(2) The canteen is a favorite haunt of all staff members. Situated in the main hall, it supplies refreshments and confectionary to the patients.



Enclosed find money order for two dollars. As my husband is 75 we are sorry we are unable to give more. But we are really pleased you sent the seals, as we like to do our bit. My folks in Copenhagen, Denmark, send a whole sheet of seals for my husband's Christmas Seal collection. Dad is with a stamp, like a child with a new toy. Have you ever seen the Danish Christmas Seals? They are so pretty.

Mrs. H. K., Winnipeg

Dear Sirs:

I am sorry that I can send you only a small contribution of 50 cents. We are immigrants and with the little we can save help our relatives living in desperate conditions in Europe.

A. S., Brandon

Dear Sir:

Please find enclosed my donation. I wish you every success in this drive, as this is a wonderful project. May I extend to you and yours the very best.

H. I. H., Winnipeg

Gentlemen:

Enclosed please find my donation towards combatting tuberculosis. I hope that this contribution will help in the fight against tuberculosis, as it helped me four years ago when I had TB. I wish to acknowledge with my sincere thanks all that you did for me while I was convalescing at Ninette Sanatorium.

R. D., Winnipeg

233,143. By 1959 this figure had been reduced to 116,038. Estimated figures for 1960 are 103,000, and for 1961, 86,700.

The gradual conversion of St. Boniface Sanatorium is all part of a program started by the Sanatorium Board in 1954. In that year tuberculosis treatment was discontinued at King Edward Memorial Hospital (Winnipeg Municipal Hospitals). In 1957 it was discontinued at Dynevor Hospital in Selkirk, and on January 1, 1959, 58 beds at Clearwater Lake Hospital, The Pas, were released for the care of non-tuberculous patients. Gradual conversion of Assiniboine Hospital at Brandon was also begun in 1959 and now this whole 200-bed institution has been turned over for the care of extended treatment patients.

The Sanatorium Board is well aware of the need for maintaining some treatment facilities in Winnipeg to accommodate those patients who have a special reason for not leaving the city. For this reason a number of TB beds will be made available in the Central Tuberculosis Clinic quarters at the Manitoba Rehabilitation Hospital.

The Board feels that it is far better to make total conversion of an institutional facility, like St. Boniface Sanatorium, to other purposes than to keep a few tuberculosis treatment beds there,

about many things at Christmas but I was especially anxious to solve the mystery of: who ate the porridge?

Danish children are lucky to have not only Santa Claus to revere but also many small Christmas elves.

While there are many lovely Christmas customs in Denmark, the one I was fondest of was putting a dish of warm milk and a bowl of steaming porridge up in the attic for the elves.

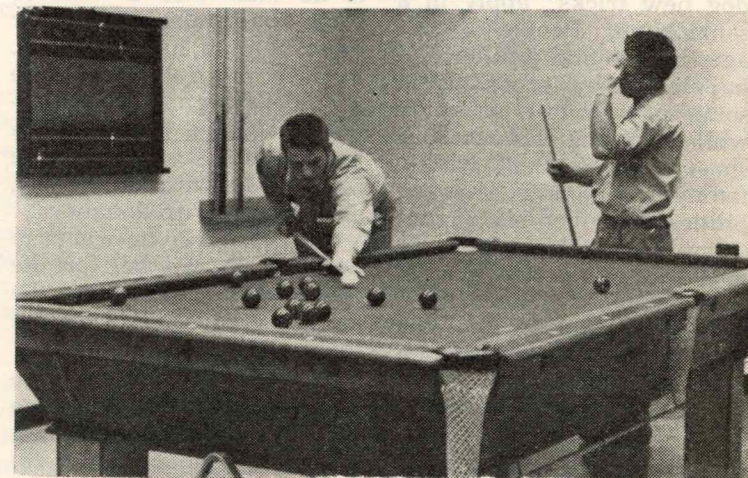
This was done Christmas Eve, and while the family was enjoying the roast goose dinner downstairs, the elves supposedly had their share up in the attic.

I don't think I was more gullible than other children my own age, but it became an obsession with me to catch one of those elves. Four Christmas nights I rushed from the dinner table straight up into the attic where, from behind a big beam, I carefully watched the milk and the porridge. I even fell asleep there one year. When I woke up, the bowls were empty. Cleaned right up, every year.

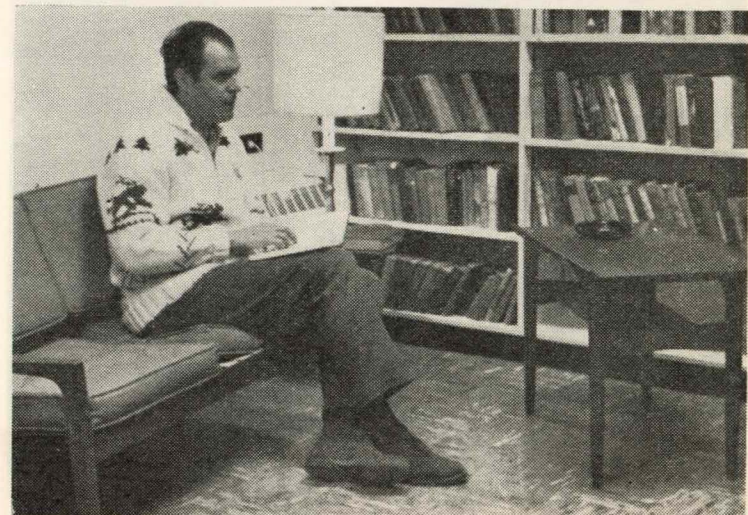
The fifth Christmas night I caught an elf. At least, I thought I did. After sitting still behind the beam for a while, I heard a licking sound. I shone my new flashlight on "the elf"—the neighbor's big, black cat!

That's when I became a grown-up.

counter is the club's steward, Mr. Maximilian Ulm.



(3) Billiards is a popular pastime for many of the men. Until the hall was opened the only staff recreational facility was a curling rink. Now employees enjoy such activities as square-dancing, bingo and table tennis. They have also formed their own glee club and dramatic group.



(4) The library, attractively furnished in Danish modern, offers a wide selection of books and a quiet corner for reading. Other features of the hall include a comfortable lounge and a large entertainment area for concerts, dances, picture shows and Sunday afternoon church services.



## "It's Never Too Late To Learn" Is Maxim of Rehab. Department

Many years ago a very wise and revered doctor remarked, "What a patient with tuberculosis has in his head is more important that what he has in his chest." In these few words Sir Wililam Osler tried to tell us of the great part the personality, the mind and the emotions play in bringing about a cure of the disease.

The Sanatorium Board has long recognized this fact, and for many years has provided a special rehabilitation program to assist patients to increase their skills and knowledge, and, at the same time, to keep them happy and busily content. TB patients need not spend day after pointless day worrying about their illness and future means of employment. Instead, they can find a new meaning and purpose in their lives if they will but use the time in sanatorium to improve their minds and develop their abilities. Indeed, many people have a latent ability which a prolonged rest brings out, and there is no reason why they should not gain from their enforced rest.

Neither does the old saw that "you can't teach an old

oped his first picture at Manitoba Sanatorium's No. 3 Pavillion.

Students need not miss their school while undergoing treatment for TB. At Manitoba Sanatorium, for example, a brand new classroom, accommodating 12 students, was opened this year in one of the patient's buildings. Three fully qualified teachers offer instruction in all grades up to Grade 9.

For the more advanced students correspondence courses are available. One patient, who had completed Grade XII before he was admitted to Manitoba Sanatorium, began to work on university English, History, Economics and German. He spread the work out over a period of two years and when he entered university after his recovery, he was well on his way to completing his pre-medical course. This case is duplicated many times a year by other patients who are loath to waste time in their studies.

"No kernel of nourishing corn," says the poet Emerson, "can ever come to a man save out of that particular plot of ground which the Almighty has given him to fill." There

## Origin of Christmas Carols

Of all the popular customs at Christmas there is perhaps none more charming than the singing of Christmas carols. These sweet and simple songs, celebrating the birth of Jesus Christ, were composed by men of many lands and many creeds, and are the nearest approach on earth to one universal language.

Some of the best loved and best known carols were written so long ago and far away that their origins are lost to history. The music of other carols was written by such great composers as Bach, Haydn, Handel and Mendelssohn.

The most beloved of all Christmas carols, a truly international hymn that has conquered the hearts of people all over the world, was given to us by a young church organist and a parish priest in the Austrian town of Oberndorf in 1818.

On Christmas Eve of that year the parish priest, Joseph Mohr, was told that the church organ, which had broken down a few days before, would not be repaired in time for the Christmas Mass. This, the priest knew, would be a great disappointment to the people of his parish who looked forward

Land three years before, and the impression made on him by seeing the Christ Child's birthplace inspired him to write the carol.

Martin Luther is supposed to have written the words of "Away in a manger" for his children. Charles Wesley wrote "Hark, the herald angels sing." The music was taken from a Mendelssohn cantata.

The origin of some carols is not known. The origin of "O come, all ye faithful," for example, is shrouded in mystery, although it is clearly of Latin origin. It has been a favorite in Portuguese chapels since the end of the eighteenth century. It was probably sung in Rome many years before.

The beautiful "The First Nowell" is claimed by both England and France. While it was printed in England, many authorities believe it originated in France.

The practice of singing carols in the streets is an ancient one. In olden times, a group of choristers, attached to the village church, would make their rounds of the principal houses in the parish singing these well-loved

## Bulletin Board

The Sanatorium Board extends its thanks to members of the Professional Engineers' Wives Association (Winnipeg) who held a Christmas shower for indigent TB patients at Manitoba Sanatorium on December 6. Numerous gaily wrapped parcels, containing pyjamas, toilet articles and candy, for the patients were brought to the home of Mrs. W. L. Wardrop, Old Mill Road. Mrs. A. L. Paine, Mrs. D. L. Scott and Mrs. T. A. J. Cummings poured tea for the event. Also present was Miss Mary Gray, Christmas Seal director.

Miss D. Ellis, superintendent of nurses at Manitoba Sanatorium, and Miss A. L. Paine, member of nursing staff, attended the annual program for Practical Nurse Education in Winnipeg, December 16.

Another member of the nursing staff, Miss Bente Hejlsted, director of nursing services, flew home to Denmark this month to

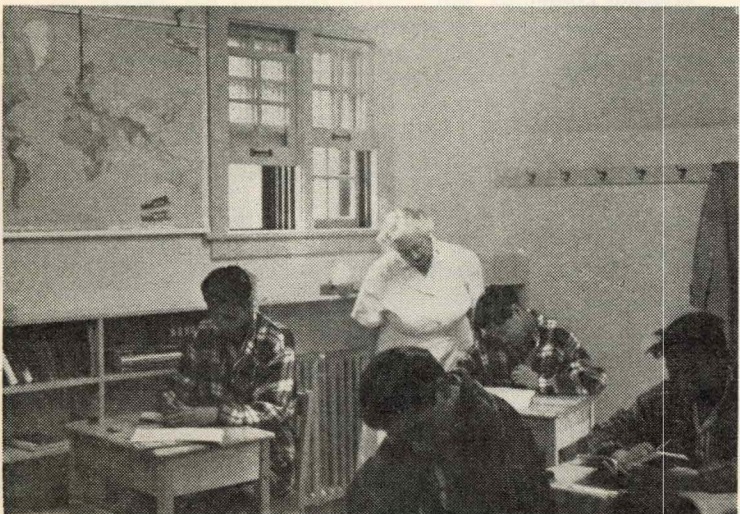


sanatorium. People of all ages have found a fuller and happier life by embarking on some new course of study while "chasing the cure." A sheet metal worker, with a family and many responsibilities, improved his lot considerably by taking up mechanical drawing and draftsmanship while in sanatorium. A farm laborer learned the art of watch repair through a correspondence course, and an unskilled girl took up typewriting and shorthand. A prominent Winnipeg business man, who now owns a large photography concern, got his start when he devel-

some particular talent or quirk of mind, hands or body. It need not follow that he should be a painter, a musician or a poet. He may be a born mechanic. He may be able to do with machinery, as he might with dominoes.

But whatever he wants to be, that he can be, for the desire would not exist if the ability to satisfy it were not there.

You'll probably never have a better chance to do some learning than you have right now. So get hold of your rehabilitation officer and let him help you arrange a course of study.



A group of Indian patients study the Three R's under the direction of Mrs. S. V. Hastings, teacher at Manitoba Sanatorium. The bright, cheery classroom, which accommodates 12 students at a time, is one of the newest additions to the teaching facilities at Manitoba Sanatorium. There is also a study room with accommodation for four students.

the Christmas music. To make up for the loss, Father Mohr decided to surprise the congregation with a brand new Christmas carol.

Inspired by the sight of a newborn baby he had seen earlier that day, he sat down and wrote three stanzas. He then took them to his friend, Franz Gruber, a teacher and organist who lived in the nearby town of Arnsdorf. Gruber had the music ready in a few hours, and at Mass that night, to the accompaniment of a guitar, the little Alpine congregation heard for the first time the song that is now sung in every corner of the earth, "Silent night! Holy night! All is calm, all is bright."

For 20 years this carol was sung only in the Alps. Its journey around the world began when a group of children was invited to sing at the court of the king and queen of Saxony. "Silent Night" was introduced to Americans when a group of Tyrolean singers visited the country.

A favorite carol of North American origin is "We three kings of Orient are." It was written by John Henry Hopkins, an Anglican clergyman, in 1857. Another American carol is the famous "O little town of Bethlehem," written by Phillips Brooks in 1893, an Anglican minister in Boston. He had visited the Holy

land groups of singers, called "waits", continue the ancient custom.

### THE HAWTHORN

The hawthorn or Glastonbury thorn is not one of the Christmas plants with which most Canadians are familiar, but in England it is better known. It was supposed to have been brought to England by Joseph of Arimathea, about 70 A.D. The legend is that he came to Glastonbury where he planted his staff, which took root and grew, blooming "at Christmas bright."

When a new calendar was introduced in 1752 Christmas was shifted by ten days which made a great many people suspicious that they were being cheated in some way. A crowd of 2,000 gathered at Glastonbury to see if the thorn blossomed for the new Christmas and when it did not they refused to accept the new calendar.

In good King Alfred's day there were no fire insurance companies operating in the British Isles, but there were substitutes. A piece of the yule log was kept from one Christmas to the next, and this was supposed to provide protection against fire.

family in Copenhagen.

Miss Nan T. Chapman, SBM director of dietary services, returned to Winnipeg this month after enjoying a sea voyage through the Atlantic and the Mediterranean.

The Sanatorium Board welcomes a number of members to the staff. They include: Miss Myrtle Olive McCabe, general staff nurse at Assiniboine Hospital, Brandon; Miss Jean Pokrant and Miss Megang Jones, teacher and X-ray technician respectively at Clearwater Lake Hospital, The Pas; Mrs. Charles Stewart, bookkeeping machine operator, and Miss Trudy Morrell, switchboard operator, at the Sanatorium Board head offices, Winnipeg.

Two new Licensed Practical Nurses are Miss Sharon Stowe, Clearwater Lake Hospital, and Miss Shirley Joy Korman, Assiniboine Hospital.

And a new arrival from Britain is Miss Margaret Smith of Letham, Scotland, who arrived at Manitoba Sanatorium this month to take on her new position as general staff nurse.