



# News Bulletin

SANATORIUM

The  
BOARD

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For Patients, Staff, and Friends of the Sanatorium Board

MAY, 1961

## Eighty Percent Turn Out For Portage Survey

The citizens of Portage la Prairie set an all-time record this past month when about 80 percent of the population turned out for a tuberculin and X-ray survey.

A total of 11,316 people took part in the survey conducted by the Sanatorium Board from April 25 to May 12. Of these, 8,128 were from the city itself, 3,188 from the surrounding area.

During the last survey held in Portage la Prairie in 1956, only 3,128 people attended from the city.

J. J. Zayshley, surveys officer for the Sanatorium Board, reports that the survey teams worked long hours to handle the crowds attending the tests. Working in the spacious quarters of the former Bank of Montreal building, they were able to tuberculin test over 1,100 people in one afternoon alone.

Mr. Zayshley gives most of the credit for the survey's success to the volunteers from the city and area who helped organize it and carry it out.

General chairman for the survey was William Devine, administrator of Portage la Prairie General Hospital. He worked closely with the Portage la Prairie Local Council of Women who did a complete house-to-house canvass of the city and arranged for 12 receptionists to work at the testing sites each day. They were also responsible for contacting residents for follow-up examinations.

Local industries and businesses were also notified of the survey, and encouraged to take part.

The local press and radio were very generous in the space and time they allotted for advertising the survey. Announcements about the testing times and locations were broadcast daily by the radio station.

However, one of the Sanatorium Board's own publicity

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This little Portage la Prairie girl looks on a little dubiously as Miss Shirley Shanks, a licensed practical nurse with the Sanatorium Board's TB survey team, gives her the simple (and painless) tuberculin skin test. Altogether 11,316 people took part in this recent tuberculin and X-ray survey — a record attendance for Portage la Prairie.

(Photo courtesy of the Manitoba Leader.)

## "Clearwater" Serving Useful Function As Treatment Centre for the North

The special experience of Clearwater Lake Hospital in caring for long-term patients, the facilities for the diagnosis and treatment of chronic respiratory diseases, add up to a first-class service for extended treatment patients in Northern Manitoba.

This was the opinion expressed by Dr. Joseph Leicester, The Pas, at the annual meeting of Clearwater Lake Hospital's medical staff committee last month.

Dr. Leicester stressed the growing importance of Clearwater Lake Hospital as a treatment centre for both short and long stay patients. The hospital is serving a very useful function in providing care for these people, he said.

The location of the hospital is also suitable for this type of treatment, he said. In many respects, the distance of Clearwater Lake Hospital from The Pas is an advantage both for the patients and the physicians, and its proximity to the airport makes it easier for receiving and discharging patients from distant parts.

"I don't think," Dr. Leicester said, "that an extension care unit attached to any other hospital in the North would be particularly feasible at this time."

### Increased Occupancy

During the meeting it was pointed out that as the hospital's services for extended treatment patients became better known to the medical profession and to the general public, more patients were referred to Clearwater Lake Hospital in 1960. During the 12 months, bed occupancy rose from 60% to 98%.

A total of 350 extended treatment patients were admitted to the hospital last year. Of the 337 who were discharged, 293 were either cured or in an improved condition.

The installation of a modest physiotherapy unit at the hospital has also led to the referral of many hemiplegics and arthritic cases, Dr. S. L. Carey, the hospital's chief of medical services said.

There is a growing need for physiotherapy in the North, and it is expected that in the near future, physiotherapy

## Over 225,000 Make Use Of San. Board's Health Programs

During 1960 the Sanatorium Board of Manitoba, through its services of case-finding, treatment, rehabilitation and health education, served the health needs of 229,690 persons in Manitoba.

Of these people 1,649 were patients in either the TB sanatoria or in the extended treatment hospitals. An additional 7,506 persons received advice and help in the outpatient clinics attached to the Board's four institutions.

facilities at the hospital will be extended.

Dr. Carey also pointed out that an outpatient clinic in physical medicine was established at the hospital a few months ago. Presiding at this clinic once a month is Dr. Leslie Truelove, chief of medical services of the Manitoba Rehabilitation Hospital in Winnipeg, and a specialist in physical and rehabilitation medicine.

### New Services

Dr. E. L. Ross, medical director of the Sanatorium Board, outlined the development of Sanatorium Board services in the fields of tuberculosis and extended treatment and rehabilitation.

He suggested that further fields of service should be developed at Clearwater Lake Hospital for the chronically handicapped — such as treatment facilities for chronic middle ear disease, chronic cardiac cases, arthritis and other physical impairments.

Referring to the tuberculosis control program he said

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For the coming years the Sanatorium Board has pledged that it will continue to serve the people of Manitoba in a widespread manner — both in the field of tuberculosis control and in the new field of extended treatment and rehabilitation.

With respect to TB control, the program of case-finding, treatment, research and rehabilitation will be continued until tuberculosis is eliminated once and for all as a cause of death in this province.

Altogether this represents about one-quarter of the total population of Manitoba who benefitted directly from these vital services in 1960. Many of these people have had their health restored. A good many more have been saved from sickness and even death.

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# Profiles

HOWARD T. SPOHN, C.A.

One of the newest members of the Sanatorium Board is Howard T. Spohn, vice-president and general manager of The Carling Breweries Manitoba Ltd. Mr. Spohn was named an elected member of the Board at the 1960 annual meeting.

A pleasant, soft-spoken man, Mr. Spohn was born in Edmonton and educated in Regina. When he finished high school he joined the accountancy firm of G. C. Rooke and Company, becoming a chartered accountant in 1931. He afterwards took a position as an accountant with Drewry's office in Regina.

During World War II, Mr. Spohn served with the Royal Canadian Ordinance Corps, retiring with the rank of major in 1946. He then joined Drewry's Winnipeg office and in 1948 was appointed manager of the plant in Saskatoon. In 1950 he returned to Winnipeg as general manager of Drewry's Ltd., Manitoba Division.

Mr. Spohn is an extremely busy man and, in addition to his work with the Sanatorium Board, is active in many city organizations. One of his chief interests is the "Y" and, among other things, he is a member of the Board of Governors of the Metropolitan YMCA, a board member of the North Winnipeg YMCA, and a member of the advisory board of the YWCA. He is also president of the Welfare Council of Greater Winnipeg, a board member of the Community Chest, a member of the Winnipeg Chamber of Commerce, and a member of the provincial council of the Air Cadet League. He still maintains an active interest in the Army, is Honorary Lt. Colonel of No. 6 Ordinance Battalion Reserve.

Mr. Spohn is married to the former Eleanor Boyer of Kipling, Sask., and has one daughter, Sally Helen, aged 13. For recreation he enjoys golf, shooting, curling and fishing, and he is a member of the St. Charles Club, the Winnipeg Winter Club and the Manitoba Club.

## MRS. LUCY HOKSBERGEN

A few years ago Mrs. Lucia Hoksbergen took on the position as medical secretary at Clearwater Lake Hospital, The Pas. She knew bookkeeping as well as typing and shorthand, and she was eager to do the very best job she could.

The result was that in a short time, Mrs. Hoksbergen acquired a reputation as a capable and helpful secretary. And, because she is also a kind and gracious woman, she quickly became one of the most popular members on the hospital staff.

Mrs. Hoksbergen is a widely travelled woman, has been in Canada for only seven years. She was born in Amsterdam, went to school there and, after completing high school, worked for a while in the bookkeeping department of a large import and export company. She left Holland in 1939 and went to live in Mozambique, Portuguese East Africa, for three years. In 1942 she moved to Southern Rhodesia, staying there for about six months before moving on to South Africa. She lived first in Capetown, then in Johannesburg and finally in Pretoria, where she worked as a stenographer in a military hospital.

South Africa is a lovely country, Mrs. Hoksbergen recalls. Nice climate. Nice people. "But I dislike segregation, and for that reason I could never go back."

After the war, Mrs. Hoksbergen returned to Holland and worked there as a secretary until 1954. Married to William Hoksbergen, she had three children by this time — Lucy, now 19, Suzy, 11, and Hans, 9. She and her husband decided that there might perhaps be a better chance for them all if they emigrated to Canada. They set their sights on Calgary, but through some quirk of the Canadian Consulate, ended up in Winnipeg.

In 1957, she and her family moved to Clearwater Lake. Mr. Hoksbergen worked at the hospital for a while, then took a position as a stationary engineer at Guy Indian Residential School. The family makes their home at the school and spends much time together—picknicking, swimming and fishing in the summer. Mrs. Hoksbergen likes to sew for the



# Aggressive Methods Show Excellent Results In the Treatment of Long-Term Patients

Not long ago a Sanatorium Board nurse, making the rounds of the extended treatment wards at Assiniboine Hospital, spied a woman patient sitting up in bed applying lipstick and powder to her face. The woman's face was radiant with happiness and although her hands were badly crippled with arthritis, she tackled the make-up job with an enthusiasm that impressed the nurse.

"Are you making yourself beautiful for the visiting hours?" the nurse asked.

"Oh, no," beamed the woman. "My visitors were here this afternoon. I'm celebrating! Today I took my first steps alone in 21 years!"

The woman's face literally shone as she told the nurse of her long battle with the crippling disease. She had been in and out of many hospitals for many years, she said, and this day had been the first break-through in the struggle to walk again.

"I'm going to stay at Assiniboine Hospital and complete my treatment," she said. "I want to get better . . .

family, and has taught her daughter Lucy, who for a while worked in the sewing room of the school.

In addition to her many secretarial and household duties, Mrs. Hoksbergen also finds time to act as secretary for the hospital's Joint Staff Conference Committee.

## CLEARWATER

(Continued from page 1)

that although TB, is decreasing among Indians and Eskimos, about 50 TB beds should be retained at Clearwater Lake Hospital because of the distance from other TB treatment centers in the South.

The hospital also serves an important function as a base for preventive services in the North, he said.

## Election of Officers

At the election of officers section of the meeting, Dr. Carey was re-appointed chief of medical services, and Dr. H. C. Nip was named secretary.

Members of the various committees are: Executive, Dr. Carey, Dr. Nip, Dr. Leicester; Credentials, Dr. Carey, Dr. Nip, Dr. D. L. Gemmill, Dr. M. W. Black; Medical Records, Dr. Carey, Dr. Nip, Dr. P. G. Lommerse, Dr. J. Lopez; Tissue, Dr. Carey, Dr. Nip, Dr. Leicester, Dr. Lommerse; Pharmacy, Dr. Carey, Dr. Nip, Dr. Black, Dr. Gemmill.

and I don't care now how long it takes.

"Furthermore, when I do leave the hospital I'm going to live in Brandon and continue treatment in the outpatient department."

The story of this one woman is similar to those of many other patients who are receiving special treatment at Assiniboine Hospital. Once confined to beds and wheelchairs, their hopes of being anything else but permanent cripples gradually fading, they are now leaving the hospital cured and happy people.

There were 59 such people last year.

Needless to say, the doctors at Assiniboine are very happy about each new success. The hospital is now in its third year of operation as an extended treatment center for long term patients in Western Manitoba, and the staff is really beginning to see some of the good results of the treatments.

To be sure, because of the chronic and serious nature of the diseases treated, the

death rate is fairly high. (There were 111 deaths in 1960.) But it is noteworthy, the doctors will tell you, that 312 more patients were in improved condition at the end of the year.

It is also interesting that the average days stay was only 88 days.

The success in treatment at Assiniboine Hospital is due to a particularly aggressive physical medical program. In the hospital's new physiotherapy unit, patients have the advantage of such specialized services as physical and occupational therapy, hydrotherapy, remedial gymnastics, speech therapy and training in daily living. All are important in the rehabilitation of the long-term patient.

Of course, a lot depends on the patient, said one doctor. He has to want to get well. But it is amazing, too, a little patience and determination on the part of the staff will do.

And all we need, he happily confided, is one wonderful success story to spur us on.

## Chief Therapist



GEORGE LENNOX

George Lennox, a graduate of the School of Physiotherapy of the Royal Infirmary in Glasgow, Scotland, has been appointed senior physiotherapist at Assiniboine Hospital, Brandon. He assumed his position on May 1.

Mr. Lennox came to Canada late last year, and prior to his appointment was associated with the physiotherapy departments at Misericordia and Municipal Hospitals in Winnipeg. Before coming to Canada he worked in physiotherapy clinics in the County of Fife, Scotland, and with the Dundee Orthopedic and Rheumatic Clinic.

Mr. Lennox is married and has four children.

\* \* \*

Also appointed a physiotherapist at Assiniboine Hos-

pital on May 1 was James Blackburn McEvoy.

Mr. McEvoy was born in Malaya and is a graduate of the School of Physiotherapy of United Hospitals in Leeds, England. He came to Canada in 1957 and took a position as charge physiotherapist at the Manitoba Clinic. He was also physiotherapist for the Society for Crippled Children and Adults in Winnipeg.

Mr. McEvoy is also married and has one son.

## EIGHTY PERCENT

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gimmicks, ended in a rather dismal failure, Mr. Zayshley laughingly recalls.

"We decided to paint sets of bright yellow footprints on the sidewalk outside the building, leading to the front door," he said.

"They had hardly begun to dry when a brisk wind blew up and covered our handiwork with a grey dust.

"After that several inches of wet, sticky snow were dumped on the city, and when the sidewalks were finally cleaned off the footprints were a dirty grey and could hardly be seen.

"But it didn't matter. It ended happily. "The good people came anyway."

There is no evidence that chest X-rays produce any somatic damage to people.

## Sessions for Both Doctors and Laymen Planned for TB International Meeting

Preliminary plans have now been completed for the XVI International Tuberculosis Conference to be held in Toronto September 10 to 15.

It is expected that some 3,000 delegates from 68 countries will meet at the Royal York Hotel in Toronto to compare notes and methods for the worldwide control of tuberculosis. These international conferences have been held biennially, except during World War II, since 1920. The Toronto conference is the first ever to be held in Canada, and the first to be held in North America since the Washington, D.C., meeting in 1926.

This year's conference, to be held under the auspices of the International Union Against Tuberculosis and the Canadian Tuberculosis Association, will have much to offer lay supporters of tuberculosis work, as well as medical men. For the first time in the Union's history, medical and non-medical sessions will be held simultaneously.

The conference will provide simultaneous interpretation of the major medical sessions in five languages — English, French, German, Russian and Spanish. Other sessions will be interpreted simultaneously into English and French.

Another innovation in this year's program is the provision for periods of discussion during the major sessions, and three afternoon sessions designed for brief presentations, called "free communication" periods.

Of interest to health educators and lay personnel will be a session on methods of informing people in all countries that tuberculosis is not yet under control. The prospective role of voluntary associations throughout the world, and methods of improving and checking the taking of the prescribed drugs by TB patients are topics that may interest other lay people.

Sessions on medical topics will include "Primary Drug Resistance of the Tubercle Bacillus", "New Concepts Regarding the Significance of Tuberculin Sensitivity", "Pulmonary Tuberculosis in Persons Over 50 Years of Age", and "The Problem of Rapid Inactivation of Isoniazid".

At the end of the conference, one day will be devoted to the "Eradication of Tuberculosis in Different Countries According to Existing Conditions." Chairman for this session will be Dr. Walsh McDermott, editor of the Ameri-

can Review of Respiratory Diseases.

Chairman for the other sessions will include noted medical men from Great Britain, France, Italy, Norway, The Netherlands, India, Sweden and Canada. Dr. G. J. Wherrett, executive secretary of the Canadian Tuberculosis Association, is president of the International Union and Dr. C. W. L. Jeanes, assistant executive secretary of the CTA, is general secretary.

In addition to a series of receptions and entertainments during the conference, there will be post-conference tours for those who wish to visit other centres in Canada and the United States.

## Three Members Added to Board

Several new members joined the Sanatorium Board of Manitoba at the annual meeting on April 21.

They are D. W. Casey, assistant general manager of the Bank of Montreal, who was named an elected member of the Board, and C. N. Argue and Peter McKall, who were appointed to represent the Union of Manitoba Municipalities.

Mr. Argue, who lives in Mather, is president of the Union of Manitoba Municipalities. Mr. McKall, of St. Boniface, has also been appointed general chairman of the St. Boniface tuberculosis survey.

During the election of officers Mr. J. W. Speirs was re-elected chairman of the Sanatorium Board. J. N. Connacher was again named vice-chairman.

## CJOB ENTERTAINS

Patients and staff members at Manitoba Sanatorium enjoyed a special treat on April 23 when a group of entertainers from Radio Station CJOB in Winnipeg came to Ninette to put on a show for them.

The show, produced by music director Vic Turland, was a version of CJOB's weekly "Western Hour" at the Starland Theatre. It featured western music and light comedy.

"Wee" Rey Isely was the master of ceremonies. The entertainers included Glen Frain and his Buckeroos; Beverley Birk, vocalist, Ken and Keith, the Kings of the Saddle; the Pete Kowanhofan Trio; singer Don Hadaller; and the Three Boney Sisters.

Following the shows, the group was entertained at a chicken dinner in the sanatorium cafeteria.

## Dane to Head International TB Campaign

Dr. Johannes Holm, an internationally known authority on tuberculosis and distinguished member of the World Health Organization, has been appointed executive director of the International Union Against Tuberculosis. He succeeds Dr. William Gellner whose serious illness has forced his retirement.

Dr. Holm has devoted about 30 years of his life to the study of tuberculosis. He graduated from the Medical School of Copenhagen University in 1928, and soon after became interested in the epidemiology of infectious diseases. This interest soon concentrated on tuberculosis and he spent much time in studying both the clinical and bacteriological aspects of the disease.

In 1930 he joined the Statens Serum Institute in Copenhagen, where he worked for five years in the general bacteriology department and thereafter in the tuberculosis department. In 1938 he obtained official recognition as a specialist in clinical tuberculosis, and in 1941 he became chief of the tuberculosis department.

Before joining the World Health Organization in 1951, Dr. Holm was already well known through reports of studies conducted in Denmark. He had done a great deal of work on tuberculin and tuberculin testing with the purpose of creating a solid foundation for the practical application of the tuberculin test in the diagnosis of tuberculosis, in epidemiological studies and for the selection of those to be vaccinated with BCG.

In 1948 he became director of the Danish Red Cross' European assistance program in tuberculosis.

As director of the International Tuberculosis Campaign, Dr. Holm had much to do with negotiating and making agreements with institutions and national authorities in many countries. He worked in close co-operation with the United Nations agencies, UNICEF and WHO.

From 1952 to 1959 he served as chief of the Tuberculosis Section at WHO's headquarters in Geneva. In this capacity he visited many countries and became acquainted with the living conditions and tuberculosis programs in most parts of the world.

Dr. Holm's wide experience in tuberculosis control will lend great strength to the international organization.

## Dr. Coughlin, Well Known SBM Physician, Dies Suddenly



DR. D. G. COGHLIN

## Five TB Patients Pass Examinations

The Sanatorium Board extends warmest congratulations to five patients at St. Boniface Sanatorium who successfully wrote Grade 11 examinations this month.

The patients are: Miss Viola Epp of Gretna, who passed Canadian History, English Composition and German examinations; Miss Donna Orvis of Selkirk, who passed Canadian History; James Spencer of Brooklands and Miss Marjorie Belhumeur of Camperville, who wrote English Composition; and Fred Sucharski of Winnipeg, who passed English Literature.

The examinations were provided specially by the High School Examination Board of the Department of Education, and all of the students will be allowed to write more Grade 11 examinations at the sanatorium in June.

The students receive regular bedside instruction from Miss Iris Kuyansuu, institutional teacher, as part of the Sanatorium's Board rehabilitation services.

## OVER 225,000 MAKE

(Continued from page 1)

Similarly, the Sanatorium Board will pursue with equal vigor its various programs to provide care and treatment for those disabled by illnesses other than tuberculosis. Extended treatment and rehabilitation facilities will be expanded over the next few years to meet these new health needs of the population.

Did you know that you have 60,000 miles of blood vessels in your body, and that about five quarts of blood makes a complete tour of all those miles every 30 seconds?

In addition to the five quarts that circulate, there is a sixth kept in reserve.

Sanatorium Board staff members were shocked and saddened to learn of the death on Saturday, May 13, of Dr. Donald Gordon Coughlin, chief of the department of internal medicine at Assiniboine Hospital, Brandon. Dr. Coughlin, who was only 45 years of age, died unexpectedly of a heart attack at his home.

Dr. Coughlin had been a member of the Sanatorium Board staff for eight years. He was one of the most highly valued and best liked members of the staff, being both an excellent medical man and a good organizer of medical services. To the many patients who came under his care he was known as a warm-hearted, kindly man who took a deep, personal interest in their welfare.

He was particularly interested in the treatment and rehabilitation of Indian and Eskimo patients.

Dr. Coughlin was born in Strathclair, Manitoba, and graduated from the University of Manitoba Medical School in 1942. After studying obstetrics and gynaecology, he went into private practice in Winnipeg, then took post-graduate work in medicine in England.

He joined the medical staff of the former Brandon Sanatorium in 1953 and soon after was appointed assistant medical superintendent. When the sanatorium was converted into an extended treatment hospital, he was named chief of the department of internal medicine.

Dr. Coughlin was actively interested in the Canadian Arthritis and Rheumatism Society, serving as medical director of the Western Manitoba Division. He was also vice-president of the Children's Aid Society, a member of the Brandon Health Unit, and past president of the Brandon and District Medical Society, and Surgeon-Lieutenant of the Royal Canadian Sea Cadets, Swiftsure.

In addition, he was a member of the Brandon Rotary Club and of Brandon Lodge 19, AF and AM.

The funeral service for Dr. Coughlin was held on May 16 at Knox United Church and burial was in the lawnsite in Brandon Cemetery.

The Sanatorium Board extends its deepest sympathy to the late Dr. Coughlin's wife, the former Isabelle Pease, and his daughter, Eva Lynne; and to his mother, Mrs. J. D. Coughlin, also of Brandon.

## Formula For Good Health

Good food builds "strong bodies and healthy minds", for it is the sole natural source of all the materials that go into the building of our bones, organs, muscles, flesh and blood.

It provides the energy that enables us to breathe, move and think, and, to a great extent, it determines the quality and durability of our tissues, our resistance to disease, our recuperative capacity, and the duration of our prime of life.

Most of us, of course, are well acquainted with these facts. Yet it is surprising that despite the abundance and relative cheapness of food in our country, so many Canadians suffer from various forms of malnutrition.

For example, according to a 1955 survey made in 14 different areas in Canada, 14 percent of the people (equivalent to one million people) suffered from anemia. Another seven percent suffered from rickets and 10 percent were deficient in riboflavin, which results in sore and itchy eyes, sore lips and tongue.

Three percent of the males and four percent of the females were 10 percent or more underweight; one percent of the males and 2.5 percent of the females were 10 percent or more overweight.

All of this points out that many people do not make proper use of the foods available.

What should our daily diet include? According to Miss Nan. T. Chapman, director of dietary services for the Sanatorium Board, there are no hard and fast rules to govern our daily diet, for it is "bodily well-being and not any theoretical calculations that is the test of adequacy".

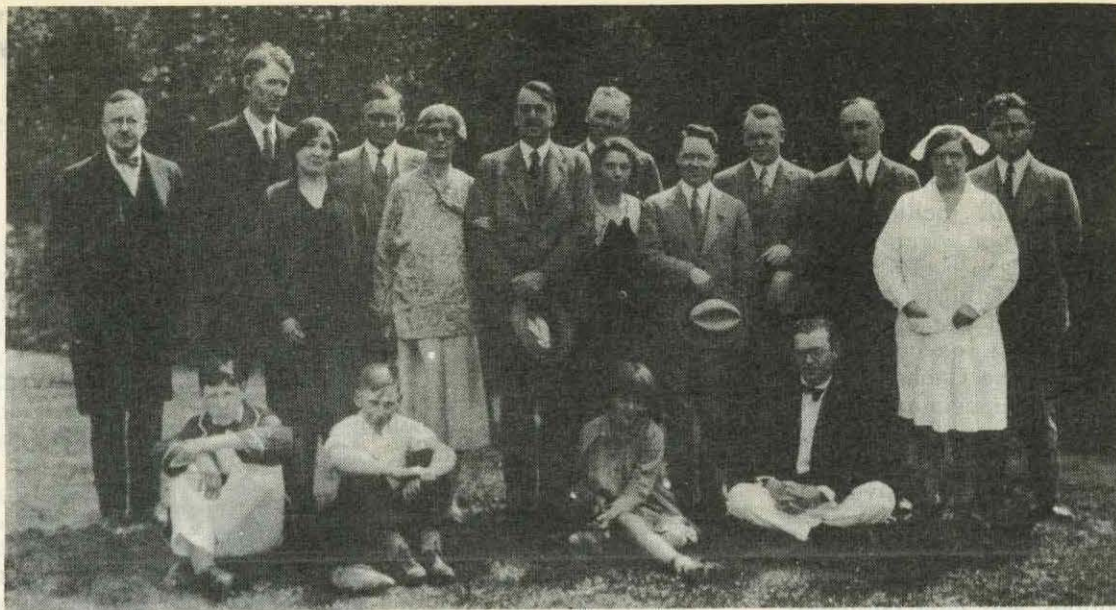
However, says Miss Chapman, we are likely to be well nourished if we include in our daily menus the following:

**MILK:** At least one pint daily for children; ½ pint for adults.

A lot of people have the idea that once they have grown to adulthood they no longer require milk. This is not true!

Milk is very rich in protein, one quart of milk containing as much as seven eggs, 1/3 lb. of cheese, or three servings of fish.

Protein is essential to our bodies. Named after the Greek word meaning "to take first place", it is the principal constituent of all our body tissue. In addition, it builds substances called antibodies which protect the bodies from diseases. The formation of these antibodies is hampered when the protein intake is inadequate.



**OLD TIMES** — Here is an interesting picture which was recently presented to Dr. E. L. Ross, medical director of the Sanatorium Board. Taken on a sunny summer day at Manitoba Sanatorium some 30 years ago, it shows some of the early staff members and friends of the institution. From left to right are: the late Dr. A. T. Mathers, former Dean of Medicine at the University of Manitoba and provincial psychiatrist; Dr. D. C. McRae, formerly of Regina and now of Kelowna, B.C.; the late Mrs. A. P. Mackinnon, formerly of Winnipeg; Dr. R. G. Ferguson, of Regina, former medical director of the Sask. Anti-TB League; the late Mrs. D. A. Stewart; the late Dr. D. A. Stewart, first medical superintendent of Manitoba Sanatorium; the late Dr. A. P. Mackinnon, orthopedic consultant; Mrs. Ross; Dr. Ross, then assistant medical superintendent; the late Dr. Baldur Olson, consultant in chest diseases; the late Dr. W. L. Mann, the first thoracic surgeon in Western Canada; the late Miss Jean Houston, former superintendent of nurses at Ninette; the late Dr. C. A. Barager, former superintendent of the Brandon Hospital for Mental Diseases. Sitting at extreme left is David Stewart, now professor of gynaecology, and obstetrics at Kingston University, Jamaica, and at the extreme right, Dr. L. G. Montgomery, a member of Ninette medical staff, now of Muncie, Indiana.

Milk also gives us mineral calcium. If we drank no milk at all, we would have to eat 22 oranges or 29 eggs to get as much calcium as there is in 2½ glasses of milk.

Calcium is necessary to our bodies because, along with phosphorus also found in milk) and Vitamin D, it builds strong bones and teeth. If there is not sufficient Calcium in the blood stream, it will be withdrawn from the bones where it is stored and will eventually cause them to become brittle.

Among other minerals and vitamins, milk is also a source of B Vitamin and Riboflavin, which, along with other functions, helps the body cells use oxygen.

**FRUITS:** One serving of Vitamin C-rich, plus one other.

Fruits, which supply a great variety of minerals and vitamins, are known as "protective foods." Citrus fruits and tomatoes are the best source of Vitamin C and should be eaten every day, because Vitamin C cannot be stored in our bodies.

Vitamin C is necessary to maintain the health of teeth and gums, to help us resist infections, to prevent fatigue and to maintain the strength of the bony structure and of the walls of the blood vessels.

Fruits also supply us with some sugar for quick energy, and bulk to "fill us up" without too many calories.

**VEGETABLES:** At least one serving of potatoes daily, plus at least two other vegetables.

Like fruit, vegetables are valued as "protective food". Green and yellow vegetables have more food value than the pale, colorless ones. In other words, the more color, the better. The dark green

outer stalks of celery, for example, are richer in Vitamin A than the pale stalks in the center.

The lowly potato is considered a staple on most Canadian menus. Potatoes are very important in our diets because they contain so much Iron and Vitamin C. These nutrients are best saved when potatoes are cooked with their jackets on.

**WHOLE GRAIN CEREAL:** One serving daily.

Because cereal or grain products are plentiful and cheap, they are the mainstay of the diet everywhere.

Cereal foods provide energy — it is estimated that at least 25% of our total calories are supplied by these products each day.

Their content of Vitamins (particularly the B Vitamins) and Minerals are important, and they also contain a significant amount of protein, although the quality is not as high as "animal" protein.

**MEAT, FISH, POULTRY, CHEESE AND EGGS:** To choose from daily.

These are the protein foods and at least one of them should be used daily.

The glandular meats, such as liver, kidney and heart, should be on the menu once a week, as they are particularly rich in Iron and B Vitamins, and are good sources of other Vitamins and Minerals.

One need not buy expensive cuts of meat. Expensive or economical, all lean portions of meat supply certain vitamins and minerals and they may be used interchangeably with fish and poultry.

Cheese and eggs can be an alternative for meat or fish. However, they contain so much high quality protein

that they should be served three times weekly in addition to meat.

Next to milk, eggs are considered the most important protein food for growing children.

To sum up, eating good, healthy food is the most important preoccupation of our lives. Not only are our meals a pleasure in themselves, but they determine the kind of life we lead.

A baby born today has a life expectancy of at least 68 years. During that time he will consume 40 tons of food — or 1,200 pounds a year. What kinds of food he eats will contribute to his happiness and enjoyment of life, piness and enjoyment of life.

### Irregular Treatment

Persons who don't get well with anti-tuberculosis drugs that are effective when properly administered are those who take the drugs irregularly, says Dr. James Raleigh, medical director of the American Thoracic Society.

Commenting on the problem of drug resistance in the treatment of tuberculosis, Dr. Raleigh points out that drug treatment must be constant.

If treatment is irregular, the germ will build up a drug resistance and this new drug-resistant germ can be spread to others, he says.

New drugs have made it possible to release most patients from hospital after a relatively short period of treatment. They feel so good after a few weeks that they neglect taking their medicine.

To combat this situation Dr. Raleigh urges a closer follow-up program to help these people persist until they are cured.

## Bulletin Board

Edward Dubinsky, administrative assistant of the Sanatorium Board, presented the Board at the Upper Midwest Hospital Conference held in Paul, Minn., from May 10 to 12. Mr. Dubinsky, who is president of the Regional Hospital Council, also appeared on CBWT-TV on May 8, in connection with National Hospital Week.

Another TV feature of interest was a 2-week series on the new School of Physiotherapy and Occupational Therapy which appeared May 10 and 17 on CBWT's "Spotlight". A film was shown on the courses offered at the school and on the physical methods used in the treatment of the disabled. Miss Marjorie B. Spence, assistant professor and head of the physiotherapy department, and Miss June Castle, lecturer in occupational therapy helped with the narration.

Dr. L. T. Truelove, chief of medical services of the Manitoba Rehabilitation Hospital, was in Toronto, May 1, to attend the Canadian Conference on Physiotherapy.

T. A. J. Cunnings, executive director of the Sanatorium Board, was elected an honorary member of the Canadian Physiotherapy Association at the association's annual meeting in Montreal on April 28.

Miss Vide Eunice Appley, former general staff nurse at Manitoba Sanatorium, was recently appointed acting superintendent of nurses at Clearwater Lake Hospital, The Pas.

Other additions to the SBM nursing staff were Miss Doreen Barrett, recently of London, England, who was appointed general staff nurse at Clearwater Lake Hospital; Mrs. Beatrice E. Cipryk, of Brandon, general staff nurse at Assiniboine Hospital; Miss Ida Doreen Adamson, also of Brandon, general staff nurse at Assiniboine Hospital.

Dr. C. W. L. Jeanes, assistant to the executive secretary of the Canadian Tuberculosis Association, visited the Sanatorium Board's Winnipeg office on May 11. He also toured the Manitoba Rehabilitation Hospital.