



# News Bulletin

SANATORIUM

The BOARD

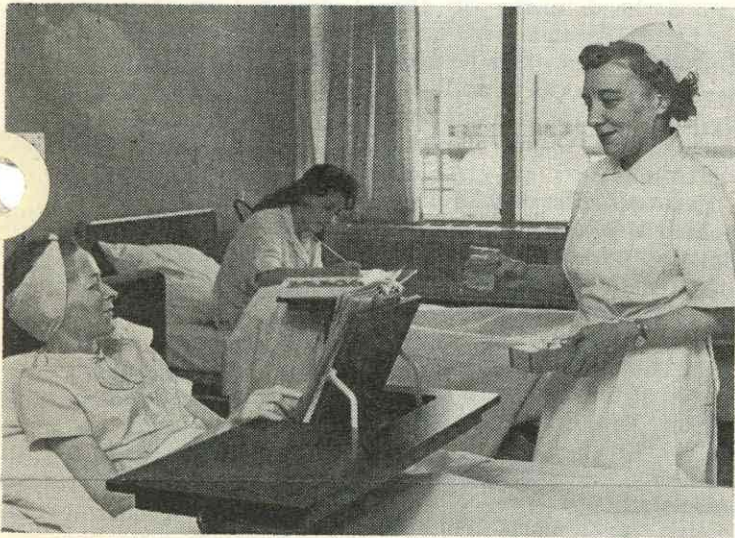
OF MANITOBA

VOLUME 4—No. 1

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

JANUARY, 1962

## Central TB Clinic Moves to Rehabilitation Hospital



Following their move to new spacious quarters at the Manitoba Rehabilitation Hospital on January 3, patients at the Central Tuberculosis Clinic are now settled in bright, comfortable rooms, finished in pastel colors and completely outfitted with new, modern furnishings. Pictured left in one of the 26 two-bed wards (there are 12 one-



bed rooms) are CTC patients Mrs. Frances Horning (left) and Mrs. Sylvia Young, both of Winnipeg, and Miss Ruth Reid, licensed practical nurse. At right, Miss Josephine Helfrick, also of Winnipeg, happily settles into her new quarters.

(Winnipeg Free Press Photo, left, by Bill Rose.)

It was a happy New Year beginning for the patients and staff members of the Central Tuberculosis Clinic, who on January 3 were moved to beautiful, new quarters at the Manitoba Rehabilitation Hospital.

The new clinic now occupies a four-floor wing of the Rehabilitation Hospital, which is situated in the Manitoba Medical Centre area of Winnipeg in a block bounded by Sherbrook, Bannatyne, Olivia and McDermot streets.

The Central Tuberculosis Clinic, located in the north section of the hospital, is a self-contained unit and has accommodation for 64 inpatients as well as outpatient services. It maintains its own nursing staff and has a separate food tray service for the patients.

Coinciding with the move of patients and members of the nursing, medical, laboratory and x-ray departments, was the transfer of several offices from the Sanatorium Board's headquarters in St. James. These include the Board's surveys offices, the Central Tuberculosis Registry and the office of the Sanatorium Board's medical director.

These offices will occupy part of the ground floor of the clinic, along with the x-

## ACT Clubs in Winnipeg, Brandon Present Cheques, Open New Ward

A cheque, totalling \$5,174.50, was presented to the Sanatorium Board of Manitoba this month by the Associated Canadian Travellers, Winnipeg Club. The presentation took place at a luncheon meeting of the club held at the Assiniboine Hotel on Saturday, January 6.

The cheque was presented by Morris Kane and accepted on behalf of the Sanatorium Board by H. T. Decatur, a member of the Winnipeg A.C.T. as well as of the Board.

The money was raised by the club through various projects throughout the year, and it will be used towards the club's \$100,000 pledge to purchase special equipment for the new Manitoba Rehabilitation Hospital. To date, the A.C.T. has contributed a total of \$15,699.50 towards this project.

The guest speaker at the luncheon meeting was T. A. J. Cummings, executive director of the Sanatorium Board, who spoke about the developments at the Rehabilitation Hospital.

He announced that the Central Tuberculosis Clinic wing at the hospital had been occupied on January 3, and that

pressed the Board's appreciation. He pointed out that voluntary assistance of this kind is essential in the establishment of new hospital facilities.

In addition to their Central Tuberculosis Clinic project, the Ladies Auxiliary also sends money and gifts to eight needy patients at Manitoba Sanatorium five times a year and provides \$50 annually for the patient's library.

The women also assist the Sanatorium Board in their tuberculin and X-ray surveys, and serve as voluntary workers during the Christmas Seal Campaign.

### Brandon Auxiliary

The Ladies' Auxiliary to the Associated Canadian Travellers, Brandon Club, have also given splendid support to our Assiniboine Hospital in Brandon. Their latest activity was the official opening of a newly furnished A.C.T. Ladies Auxiliary Ward at the hospital on January 9.

The beautiful furnishings include a motorized high-low bed, the first of its kind in the hospital.

the Board expected to occupy the balance of the hospital around the middle of April of this year.

### Winnipeg Auxiliary

The Sanatorium Board received another pleasant gift when the Ladies Auxiliary of the Associated Canadian Travellers (Winnipeg Club) presented a cheque for \$1,206.60 at their 16th anniversary meeting held at Moore's Restaurant, on January 3.

The money will be used to provide furniture in a two-bed ward in the Central Tuberculosis Clinic.

The cheque was presented on behalf of the Ladies' Auxiliary by Mrs. Bruce Ingram, outgoing president. T. A. J. Cummings, executive director of the Sanatorium Board, accepted the cheque and ex-

Dr. A. H. Povah, chief of medical services, cut the ribbon following an address by Mrs. M. R. Gunness, club president. Also taking part in the ceremony was Business Manager C. C. Christianson, Superintendent of Nurses Mrs. I. A. Cruikshank, and Mrs. W. G. Earley, a member of the auxiliary who presented the scissors to Dr. Povah following the opening.

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# News Bulletin

SANATORIUM The BOARD OF MANITOBA

# SBM Welcomes New Senior Members

The beginning of this year saw the appointment of four senior members to the Sanatorium Board staff. A hearty welcome is extended to Kenneth John Rowswell, purchasing agent for the Sanatorium Board, to Miss Edith G. Coull, director of nursing at the Manitoba Rehabilitation Hospital and the Central Tuberculosis Clinic, and to Miss Joan Kathleen Edwards and Mrs. Joy Huston, chief physiotherapist and chief occupational therapist respectively at the Rehabilitation Hospital.

## K. J. Rowswell

Mr. Rowswell, who for many years was associated with Great West Saddlery Company Ltd., has been appointed to the general Sanatorium Board staff, and will have charge of all the purchasing for the Board.

He was born in Elgin, Ontario, and was raised and educated in Edmonton. He attended Normal School in Edmonton and for some years taught school in remote districts in Northeastern Alberta.

He joined Great West Saddlery in 1930, and for the next few years worked out of Edmonton, Regina and Winnipeg. Transferred permanently to Winnipeg in 1933, he became a buyer for that company in 1945 and as such travelled extensively throughout Canada and the United States.



When the firm ceased to function in 1960, he joined the Winnipeg real estate firm of Black and Armstrong.

Mr. Rowswell is married and he and his wife, Ida Madoline, have two sons: Malcolm, an engineering graduate from the University of North Dakota, and Graeme, now in his second year of business administration at the U. of N.D.

Mr. Rowswell is an active member of the Norwood Community Club and is a past master of Norwood Masonic Lodge, 119. An outdoor sports enthusiast, he coached the Norwood baseball, hockey and lacrosse teams for many years, and for some time was an executive member of the Grain Exchange Curling Club.

## Miss E. G. Coull

Miss Coull, who on January 15 took over her duties as

director of nursing of both the Manitoba Rehabilitation Hospital and the Central Tuberculosis Clinic, has held a number of nursing supervisory positions in various parts of the country. For the past five years she has been director of nursing at Moose Factory Indian Hospital in Northern Ontario.

She was born and raised in New Carlisle, Quebec, and after graduating from high school took a year's business



training in Campbellton, New Brunswick. She then entered the School of Nursing at Jeffery Hale's Hospital in Quebec City and for some years following graduation held several supervisory positions in Toronto and Montreal hospitals.

She was later appointed supervisor of nursing at St. Peter's Hospital in Hamilton, and in 1953 she became director of nursing at Wadena General Hospital in Saskatchewan, a position she held for two years until her appointment to the Moose Factory hospital.

In 1960 she interrupted her duties for a year's study in nursing education at the University of Ottawa.

## Miss J. K. Edwards

Miss Edwards, who under medical direction will supervise all physiotherapy treatment at the Manitoba Rehabilitation Hospital, comes to us from St. Boniface Hospital.

She was born in Lancashire, England, and received her early education in Surrey. She took her three-year physiotherapy training at St. Thomas' Hospital in London, England, graduating in 1949.

After a brief stint as physiotherapist at St. Thomas' Hospital, Miss Edwards became assistant physiotherapist at Haslemere Hospital in Surrey. In 1951 she came to Canada to assume a position as assist-



ant physiotherapist at Sunnybrook Hospital in Toronto.

In 1954 Miss Edwards returned to England, where for the next five years she was in charge of the general physiotherapy department at Kidderminster Hospital in Worcestershire.

Returning to Canada in 1959 she worked for a short time with the Canadian Arthritis and Rheumatism Society in Winnipeg, then became head of the physiotherapy department at St. Boniface Hospital, a position she held until her appointment to the staff of the new rehabilitation hospital.

## Mrs. Joy Huston

Mrs. Huston (whose Profile appeared in the October, 1961, issue of the News Bulletin), arrived in Canada last month and soon after began her duties as chief occupational therapist at the Manitoba Rehabilitation Hospital.

To reiterate briefly, she was born of Irish missionary parents in Manchuria, and was educated at Chefoo, China, and in Belfast, Northern Ireland.

She holds a domestic science degree from the Edinburgh College, and during the war was an officer in the Women's Auxiliary Air Force.

In 1949 she graduated from the three-year occupational therapy course at Merton



Rise School in London, England, and for the past two years has been examiner in Administration and Resettlement for the Association of Occupational Therapists in London.

# Many New Members are Appointed To CTC and Rehab. Hospital Staffs

With the opening of the new Central Tuberculosis Clinic at the Manitoba Rehabilitation Hospital this month, many people have been appointed to the Sanatorium Board staff, and a number of others, particularly in the nursing department, have received promotions.

## CTC Nursing Staff

Mrs. P. M. Torgerson, who has been associated with the Central Tuberculosis Clinic for a number of years, has been appointed day supervisor in the CTC nursing department. Mrs. Marion L. McRae is evening supervisor and Mrs. Isabella Findlay, night supervisor.

Mrs. Theresa Faso has been named head nurse of the second floor and Miss Erna Klassen assumes the post of head nurse on the third floor. Mrs. Eileen Ethier has joined the staff as head nurse on the fourth floor.

New general staff nurses include Mrs. Anna M. Woods, Mrs. Catherine Mallick (transferred from Manitoba Sanatorium), Miss Anne Weeks and Mrs. Edna L. Cartwright.

New Licensed Practical Nurses at the Clinic are Peter Hecker, Mrs. Elly Heber, and Mrs. M. Teran.

Joining the Nurses' Assistants staff are Mrs. Margit Dienes, Mrs. Maria Popkiewicz, Mrs. Gladys Coghil, Mrs. Juliette Pauwels, Miss Joyce Carter, Mrs. Lillian Bondeson, Mrs. A. W. Hjorth, Miss Sarah Laubmann and Mrs. Christine Delogu.

## Rehabilitation Hospital

Among the new staff members at the Manitoba Rehabilitation Hospital is William O. Duncan Evans who this month assumed his duties as the hospital's plant superintendent. Mr. Evans holds his second and third class stationary engineer's papers and was formerly employed with Manitoba Hydro. He was also a member of the staff at Manitoba Sanatorium during 1956 and 1957.

Gerrit Hoogbruin has been appointed the chef for the Re-

habilitation Hospital. A nat of Holland, he was former chef de nuit at the Viscount Gort Hotel and at the Airy Hotel.

Assistant relief cooks Nelson Gordon Bonner and Steve Sauchan. Hillechie Byholt and Giuseppe Schi have also been appointed to the kitchen staff.

Other Rehabilitation Hospital staff appointments include George Sterzuk who will have charge of the hospital store-

## A.C.T. GROUPS

(Continued from page 1)

In her address, Mrs. Gness expressed appreciation on behalf of the auxiliary having had the opportunity to furnish the ward.

"We hope that the furnishings will contribute in some small measure to the comfort of those who must spend time in hospital," she said.

"The Ladies Auxiliary enjoyed a most pleasant association with the hospital in the past, and we are looking forward to continued effort on behalf of the patients. Assiniboine's new venture an extended treatment hospital."

The members of the Auxiliary committee who were responsible for purchasing furnishings were Mrs. Earl Mrs. J. E. Windsor and Mrs. J. A. Dunlop.

On the day following the ceremony, several members of the Ladies Auxiliary appeared on CKX-TV to discuss their activities at Assiniboine Hospital. Appearing on the minute program entitled "Two for Tea", were Mrs. Gunness, Mrs. Earley and Mrs. Dunlop. Mrs. W. D. Ferguson, a member of the auxiliary, conducted the interviews.

Apart from the furnishing of the new ward, the women also discussed the library service which the club has provided to patients at Assiniboine Hospital for the past two years.

# Contributions to 1961 Seal Campaign Are Still Welcomed by San. Board

Christmas Seal contributions, still coming in steadily to the Sanatorium Board's head offices, show a two percent increase over the returns received at this time last year.

The Christmas Seal campaign, which was opened last November, will officially close on February 28, and at that time a full report will be made on the final contributions.

The Chairman of the Sanatorium Board, J. W. Speirs, expressed appreciation to the

people of Manitoba for their continuing support of the anti-tuberculosis campaign. The contributions are used solely for a year-round program of tuberculosis prevention in all parts of the province, including the city of Winnipeg. This includes community tuberculin and X-rays, school surveys, industrial surveys, free TB clinics, a comprehensive rehabilitation program for tuberculous patients, and health education.

# Christmas at Our SBM Hospitals

Once again it was Christmas time, that most wonderful of holiday seasons, when people the world over momentarily forget their cares and problems to join with others in celebrating the birth of Christ. It is a time for renewing acquaintances and for family gatherings, for singing Christmas carols and lighting the Christmas tree. It is a time for merrymaking and going to church.

For many of the approximately 600 patients in Sanatorium Board institutions, Christmas was spent at home, making it an especially happy holiday for them. Others who remained in hospital made the best of the situation and, with the help of staff members and friends of the hospital, they, too, had many moments of fun and festivity.

We have two reports of Christmas activities in two of our institutions — which are related here.

## Christmas at Assiniboine

The Christmas trees decorating the wards throughout the hospital sported a "new look" this year, thanks to the Associated Canadian Travellers of Brandon, who donated \$122.50 for new decorations. The boys from the Rehabilitation Unit again helped with the decorating this year, and the hospital dining room, the reception area, physiotherapy unit and patients' lounge took on a beautiful, holiday atmosphere.

Many groups from Brandon and district joined in spreading happiness and cheer to the patients. Among the choral groups who visited Assiniboine were the Teachers Training College Choir, the Crocus Hi-Y Club, St. Paul's Brownie Pack and the First Presbyterian Young Peoples Group.

The Brandon I.O.D.E., who have "adopted" 15 multiple sclerosis patients, shopped for them, helped to wrap gifts and addressed and mailed their Christmas cards. On December 23, they delivered gifts to these patients and helped greatly to make their Christmas a happy one.

The Ladies Auxiliary of the Associated Canadian Travellers, Brandon Club, also called at the hospital on December 23 and presented gifts to the 14 remaining Indian and Eskimo patients.

On Sunday, December 24, the Salvation Army Band played and sang for the patients and distributed a present to each one, and finally, on Christmas Eve, Santa Claus paid a visit and left a gift for each child.

## Staff Celebrations

Christmas festivities for the staff members began on December 14 when they and their guests gathered at Columbia Hall for an evening of dancing and merrymaking.

Following a carol sing song, and games, the orchestra from the Brandon Hospital for Mental Diseases provided lively music. Mrs. E. J. Denbow and H. J. Kane, assisted by Mrs. J. V. Blencowe, Mrs. L. Fisher and Mrs. M. B. Hlady, had charge of the program and served a delicious supper at midnight. Dr. W. Shahariw welcomed the guests.

The staff lounge was also the scene of several parties over the holiday season. Among these was a party for members of the Ladies Auxiliary of the A.C.T. on December 5, a Night Staff party on December 11, an Evening Staff party on December 18 and, finally, a party for members of the Housekeeping, Linen Room, Physiotherapy and Occupational Therapy Departments on December 22.

## A Gift for Chickie

Of particular interest among holiday happenings at Assiniboine Hospital was the story that evolved around one of the small Eskimo patients, Kushlakoukah or "Chickie" as the staff call her.

She wrote a letter to Santa Claus asking for a record player and enclosing with it a picture torn out of the catalogue of the one she wanted. The letter was turned over to the nursing staff and was eventually posted in the staff dining room, along with a donation box. Two days later there was enough money to buy the machine, and a happy staff were able to fulfill a little girl's wishes and deepen her faith in Santa.

## Manitoba Sanatorium

The patients and staff at Manitoba Sanatorium again enjoyed a fun-packed Christmas, which over the years has become a famous part of that hospital's life.

The celebrations, however, started a day earlier this past year when on the evening of December 23 Santa Claus (played by Henry Young) made his rounds of the sanatorium wards, accompanied by Mrs. Santa Claus, two Christmas fairies, and a group of carollers. The sanatorium orchestra, composed of both patients and staff members, also provided entertainment. Later, the children from the outside buildings gathered in the Main Building Assembly Hall, where Santa presented each of them with a gift.

On Christmas morning, Dr. A. L. Paine, medical superintendent, led members of the medical and teaching staff on a tour of the hospital, conveying greetings and good wishes to the patients and other staff.

Later that day, more than 200 people gathered in the dining hall for a sumptuous Christmas dinner. The hall was decorated with festoons of cedar, gathered last October from the neighboring hills.

The dinner was followed by a picture show in the Assembly Hall for patients, staff and guests.

Another highlight of the Christmas activities was the annual Christmas concert. The program included an address by Dr. Paine, who outlined the progress of tuberculosis treatment during the year, a Christmas pageant performed by the Indian and Eskimo patients, an "Angel Choir", made up of members of the nursing staff, and selections by the sanatorium orchestra.

Other numbers included Christmas songs sung by the little children, a duet by Mrs. Lois Gilmore and Miss Gladys Wheatley, two songs by David Flett, and a skit entitled "It Could Happen to You", by members of the staff.

Between the numbers Dr. Paine read messages of encouragement from the expatients to the present patients.

## Children at Ninette Receive Special Treat

The last days before Christmas were filled with good will and excitement for members of the Sanatorium Board's head offices, who sacrificed their lunch hours to wrap three large cartons of gifts for 47 children at Manitoba Sanatorium.

The money for the gifts, purchased by the Rehabilitation Department, was contributed by the Zonta Club of Winnipeg (who donated \$50) and the Ladies Auxiliary to the Associated Canadian Travellers, Winnipeg Club (who donated \$25).

The gaily wrapped packages, each topped with a candy cane, included scarves, necklaces, bride dolls, games and other toys, and, from the letters which have deluged the Rehabilitation Office since then, filled 47 little hearts with much joy.

Our sincere thanks to these Winnipeg groups for making this special Christmas treat possible.



The new Central Tuberculosis Clinic occupies a four-floor wing at the Manitoba Rehabilitation Hospital at Olivia street and Bannatyne avenue. It is a self-contained unit within the hospital and has its own separate nursing and medical service. Entrance to the clinic is on Bannatyne avenue, as shown in the photo at the far right. (Free Press Photo by Bill Rose)

## S. C. Sparling, K.W. Magee - Devoted Friends of Board - Die in Winnipeg

The Sanatorium Board was greatly saddened to learn of the recent deaths of two valuable, long-time friends, Stephen C. Sparling and Knox W. Magee.

Mr. Sparling, who was executive director of the Society for Crippled Children and Adults of Manitoba, died December 12 at the age of 47.

A former tuberculosis patient, Mr. Sparling was a member of the Sanatorium Board staff for many years, and from 1945 until his appointment to the Society in 1951, he served as the Sanatorium Board's rehabilitation officer.

Mr. Sparling was born near Carberry and was raised and educated in Wellwood. For some years he taught school in Saskatchewan and Rossburn. Later, during his association with the Sanatorium Board, he became a member of the Board of the Society for Crippled Children and Adults in Manitoba, and chairman of the Rehabilitation Committee of the Welfare Council of Greater Winnipeg.

As executive director of the Society, he was instrumental in forming the first Union of Easter Seals and the March of Dimes under one administration in North America.

Mr. Sparling gave his whole life to the serving of humanity. We shall miss him greatly.

Mr. Magee, president of the Winnipeg Saturday Post Ltd., died on January 6.

He was associated with the Sanatorium Board of Manitoba for many years, first through the publication of the magazine, "The Messenger of Health", and more recently, through the publication of this News Bulletin.

Mr. Magee was born in Winnipeg and received his education both in Winnipeg and at Upper Canada College. He also was a man greatly devoted to the well-being of his community. In addition to his deep interest in all the work of the Sanatorium Board, he was also a former president of the Optimist Club.

## TB CLINIC

(Continued from page 1)  
ray, laboratory and admitting departments.

At the time of the move, J. W. Speirs, chairman of the Sanatorium Board, expressed gratitude to the Winnipeg General Hospital for their co-operation in renting Ward C-3 to the Board as temporary quarters for the CTC during the construction of the new building.

This was done at some inconvenience to the Winnipeg General Hospital, Mr. Speirs said, but it enabled the Sanatorium Board to carry on its tuberculosis clinic services during the past two years.

It is expected that the balance of the rehabilitation hospital will be opened in April. Until that time the executive offices of the Board will continue to operate from the temporary quarters at 1654 Portage avenue.

## FORMER PATIENTS

There are between 200,000 and 250,000 former tuberculosis patients in Canada. As the deaths from tuberculosis drop the number of former patients rises. All these people must be carefully watched for reactivation, for they are potential sources of infection.

## Two More Classes Graduate from NATP Courses



Pictured here are the nurses' assistants who recently graduated from the Nurses' Assistants Training Program at Manitoba Sanatorium, Ninette, and Clearwater Lake Hospital, The Pas. Left is the graduating class at Manitoba Sanatorium. Back row, left to right: Mrs. R. Hemery, Mrs. H. Udell, Miss W. Yunker, Miss D. Wiebe, Miss A. La Freniere, and Miss D. Barsness. Second Row: Mrs. A. La Riviere, Miss E. Squires, Mrs. S. Olver, Miss C. Hall, Miss B. Wright, Mrs. K. Kay, Miss F. Matchett. Seated are Mrs. E. R. Towns, an instructor,



Miss D. Ellis, superintendent of nurses, and W. Broadhead, nursing instructor. Pictured following the graduation at Clearwater Lake Hospital are: Back Row: Miss E. Constant, Mrs. D. Smith (an instructor), Mrs. G. O'Connor, J. Seitner, Mrs. S. Craig (the hospital housekeeper), Mrs. C. Grahn and Miss V. Appleby, superintendent of nurses. Front Row: Miss E. McKenzie, Miss N. Robinson, Miss V. Despina, and Miss A. Chapman.

Two more classes were graduated during the past month from the Sanatorium Board's Nurses' Assistants Training Program. The brief ceremonies took place at Manitoba Sanatorium, Ninette, on December 7, and at Clearwater Lake Hospital, The Pas, on December 20.

It was the first such occasion for the nursing staff at Clearwater Hospital, and the second for the staff at Ninette.

### Manitoba Sanatorium

Among those who took part in the graduation ceremony at Manitoba Sanatorium were Dr. A. L. Paine, medical superintendent, and Miss Bente Hejlsted, director of nursing services for the Sanatorium Board. Miss D. Ellis, superintendent of nurses, presented the certificates to the 13 graduates.

The speakers pointed out that the new training program (established last spring) had been a big step forward in improving the sanatorium's care to patients. They thanked the members of the staff who had contributed to the program and praised the members of the class who had applied themselves so enthusiastically to learning and studying.

Miss B. Wright spoke on behalf of the graduating class and extended their appreciation to all those who had provided the course. She gave special thanks to Miss Ellis and Mr. W. Broadhead, nursing instructor, who had given so much of their time and effort to ensure the success of the course.

Following the ceremony, coffee was served in the sanatorium dining room.

### Clearwater Lake Hospital

Eight nurses' assistants and one nursing orderly were graduated from the Nurses' Assistants Training Program at Clearwater Lake Hospital. Miss V. Appleby, superintendent of nurses, assisted by Mrs. Doris Smith, an instructor,

presented the certificates.

Taking part in the ceremony were R. A. Marks, Sanatorium Board Comptroller, who was guest speaker, Medical Superintendent Dr. S. L. Carey, who chaired the event, and Miss Bente Hejlsted, director of nursing services for the Sanatorium Board.

In his address, Mr. Marks said that he was impressed by the interest shown in the course, not only by the nursing department but also by the other departments, since one member of the housekeeping department was among the graduates.

Dr. Carey pointed out that the establishment of the new program was a major event in the history of the hospital. He said that those taking part in the course had already shown greater interest and improvement in their work.

Miss Hejlsted thanked all the members of the hospital staff who had provided the instruction, and Joe Seitner, speaking on behalf of the graduates, extended appreciation to the staff members.

The event closed with coffee and lunch in the hospital dining hall.

### Chronic Bronchitis

Chronic bronchitis is n't usually considered a "killer". Perhaps that's why so many people neglect it until it is in an advanced stage. Often by the time a patient goes to his doctor his lungs have been injured seriously. Then he may be susceptible to heart attacks or to serious lung diseases.

## Some Hints for Visitors

Visitors mean a lot to a patient. True, he needs the help of well-trained doctors and nurses, but family and friends can help him a lot. This may show you how. It gives some hints on how to be a welcome visitor to the TB patient — but as you will see it can apply to almost any kind of patient.

*Come often and don't stay too long.* The patient looks forward to your regular frequent visits. But anything that tires him slows his recovery. You'll help most if you don't stay too long and if you try to make sure that there aren't too many visitors at a time.

*Visit when you're well.* You should stay away if you have an infectious illness. How about writing a letter when you can't visit?

*Bring good news — but be honest.* Tell him about the happy things that happen. However, don't try to hide all troubles — the patient can quickly see if something is worrying you. He may imagine things worse than they are. When problems should be talked over, do it simply and honestly. Lay them aside when you're finished and go on to something pleasant.

*Help the patient to be confident.* A sick person can use a lot of encouragement. Never let the patient see you feeling sorry for him — oh, a little bit now and then, maybe to show that he's important to you. But it's far better to admire his desire to get well, his ambitions for the future.

*Help the patient to stick with his treatment.* One of the things that makes TB hard to take is that the patient can look fine and feel wonderfully

strong — but be very sick. Patients need to be encouraged to continue their treatment.

*Don't worry about bringing gifts.* The patient wants to see you, not a present. But sometimes you'll want to bring a little something that the patient can enjoy after you're gone. It doesn't have to be much — something like snapshots or news clippings, stamps and post cards, bed-socks, cosmetics, razor blades or a favorite magazine. If you plan to bring cigarettes, candy or food, ask beforehand if the patient can use this particular gift.

*Talk to the doctor or nurse if you have questions.* We've all seen people who don't know anything about his disease try to tell a patient what kind of medical treatment he should have. If you have any questions or suggestions, take them to the doctor.

*Can you catch TB from visiting a patient?* The chances are very small. Usually you have to breathe in a large number of germs many times before you can catch TB. (TB patients are also taught how to prevent their germs from spreading to others.) However, here are a few rules which will protect you.

Don't kiss the patient.

Avoid handling things he uses.

Sit on a chair, not on the bed.

Leave children under 16 at home.

Wash your hands after you leave.

There is no reason to be afraid if you follow these rules.

Relax. Enjoy your visit, and the patient will, too.—NTA

## Bulletin Board

The Sanatorium Board of Manitoba held its Board meeting at Manitoba Rehabilitation Hospital on Dec. 28. Primary purpose of this meeting was to show the board members the Central Tuberculosis Clinic before occupation and to see the progress of construction in the rehabilitation hospital. Among those who attended was Dr. George Johnson, provincial minister of health and public welfare.

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T. A. J. Cunnings, executive director of the Sanatorium Board, was guest speaker at a meeting of public health nurses in the city of Winnipeg, held December 27 in the Chown Room of the Children's Hospital. The address was given at the Manitoba Rehabilitation Hospital, and the role of public health nurses in the hospital's program.

\* \* \*

Miss Kathleen Edwards, chief physiotherapist at the Manitoba Rehabilitation Hospital, and Mrs. Joy Huston, chief occupational therapist, flew to Toronto on January 10 to spend two days at the Workmen's Compensation Board Rehabilitation Hospital in Downsview.

They also visited the central offices of their respective associations, the Canadian Physiotherapy Association and the Canadian Occupational Therapy Association.

\* \* \*

The Sanatorium Board extends hearty congratulations to Mrs. Nora Leask whose curling team (the Victoria Club) captured the Emily Gibson Memorial Trophy at the annual Scottish Ladies' Bonspiel held recently in Winnipeg. Mrs. Leask, who is captain of the team, is one of our faithful Christmas Seal volunteers.

\* \* \*

Recent additions to the Sanatorium Board staff in our various institutions include Miss Evelyn R. Toews, licensed practical nurse at Manitoba Sanatorium, Ninette; Ned Wade, junior cook at Clearwater Lake Hospital, The Pas, and Mrs. Ethel Lillian Jones, part-time rehabilitation supervisor at Assiniboine Hospital in Brandon.