



SAN-CHAT STAFF

MEMBER OF THE ASSOCIATED EDITORS OF TUBERCULOSIS PUBLICATIONS.

Managing and Art Editors - - - - - Positions open  
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 Women's Words - - - - - Ruth Porter Cooper

Reporters:

Ward I - - - - - Harry Allen  
 Ward II - - - - - Bess Hansen  
 Ward III - - - - - Bella Watson  
 Ward IV - - - - - Toby Kazingnuk  
 Ward V - - - - - Mary Jean Haaf  
 Ward VI - - - - - Who-Done-It

Various and sundry jobs - - - - - Alice H. Peden

All material is due the first of the month.

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BIRTHDAYS

APRIL

Dora Boskovsky - - - - -1  
 Freda Magaoay - - - - -4  
 Carl Kronquist - - - - -5  
 Peter Neilson - - - - -9  
 Joseph Hanaka - - - - -15  
 John Brown - - - - -15  
 Mary Jean Haaf - - - - -23

MAY

Bella Watson - - - - -2  
 Romaka Miller - - - - -3  
 Hans Totland - - - - -7  
 Carrie Voss - - - - -12  
 Evaline May Beardon - - - -17  
 Nick Ignatin - - - - -22  
 Gladys Walunga - - - - -27

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STRICTLY GERM-PROOF

The Antiseptic Baby and the Prophylactic  
 Pup  
 Were playing in the garden with the Bunny  
 gamboled up;  
 They looked upon the creature with a loath-  
 ing undisguised;-  
 It wasn't Disinfected and it wasn't Ster-  
 ilized.  
 They said it was a Microbe and a Hotbed of  
 Disease;  
 They steamed it in a vapor of a thousand-  
 odd degrees;  
 They froze it in a freezer that was cold  
 as Banished Hope  
 And washed it in permanganate with carbo-  
 lated soap.  
 In sulphurated hydrogen they steep it's  
 wiggly ears;  
 They trimmed it's frisky whiskers with a  
 pair of hard-boiled shears;  
 They donned their rubber mittens and they  
 took it by the hand  
 And 'lected it a member of the Fumigated  
 Band.  
 There's not a Mictococcus in the garden  
 where they play;  
 They bathe in pure iodoform a dozen times  
 a day;  
 And each imbibes his rations from a Hygien-  
 ic Cup--  
 The Bunny and the Baby and the Prophylac-  
 tic Pup.

Sent in by T.J.C.

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KIND WORDS

You can speak a word in the ear of a friend  
 That will linger the whole day through,  
 That will change his frown to a happy  
 smile,  
 For that's what kind words can do.

You can send them out on the sea of life  
 Freighted with cargo rare,  
 For a word that can change a frown to a  
 smile  
 Is a wonderful thing to share.

They will travel on down an endless toad  
 As they pass from friend to friend,  
 And the good they do and the grief they  
 spare---  
 It may never come to an end.

For the day may come as the years go by,  
 When you may be sad and blue,  
 You will change your frown to a happy  
 smile

When kind words come back to you.  
 Lynnford Shockley.

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A COMMON-PLACE LIFE

A commonplace life, we say and we sigh;  
 But why should we sigh as we say?  
 The common place in the common-place sky  
 Makes us the common-place day:  
 The moon and the stars are commonplace  
 things,  
 And the flower that blooms, and the bird  
 that sings.  
 But dark were the world, and sad our lot,  
 If the flowers failed and the bird sang  
 not.  
 And God, who studdes each separate soul,  
 Of our common-place lives,  
 Makes His beautiful whole.  
 Susan Coolidge.

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Difficulty is sand thrown on the track  
 to keep you from skidding.

Don't be a carbon copy of someone else,  
 but make your own impression.

If what you did yesterday still looks  
 big to you, you haven't done much today.

The way to get ahead is to start now.  
 If you start now, you will know a lot next  
 year that you don't know now and that you  
 would not have known next year if you had  
 waited.

William Feather

## SHIPS THAT PASS IN THE NIGHT

AFTER THE HUNDREDTH afternoon rest hour even the most unconcerned Alaskan realizes that healing in tuberculosis occurs slowly. It is natural that the person from Allakaket, Twiggillingok or Nuipishagak should wonder if recovery might be quicker at the Arroyan, Oak Terrace, Maple Crest or Blue Ridge Sanatorium. Marvelous things are made in the States: automobiles, videos, radios, radar, coca cola, chewing gum! Perhaps the experts in the States have something more wonderful than rest for tuberculosis? Perchance the deserts of New Mexico, the ocean beaches of California, the high altitudes of Colorado, or the lakes of Upper New York may exert some mirific influence upon tuberculosis. But after reading Beatrice Harraden's "Ships that Pass in the Night" the Alaskan is certain that he ought to board a chronotropic rocket and depart for the Petershof Kurhaus in Switzerland.

Many readers consider Beatrice Harraden's narrative, published in 1893, merely a love story. Actually it depicts the life in an Alpine refuge for patients with tuberculosis and reflects the views current at the time. The Kurhaus was something of a grand resort in the Alps. The physicians spoke of an overstrained nervous system; they prescribed rest, a change of climate, a variation in scene, and an atmosphere of bracing air. People who needed a strengthening climate went to Petershof for a few months and came away wonderfully better for the mountain air. A prolonged stay brought a reasonable amount of health and prevented a further decline.

The universality of tuberculosis appears in the cosmopolitan atmosphere of the Petershof. The uniformity of the symptoms of the disease are brightened by the presence of a phlegmatic Dutch Mynheer, a Belgian comedian, a labile Polish governess, and temperamental Portugese ladies. A horrid Swedish professor carried chessmen and a chess board with him everywhere. A Scotch widow consoled a Spanish Caballero tenderly. A German baroness buoyant with vulgarity contrasted with the careless freedom of the American group. The people from the British Isles formed a separate, distinct colony, maintained an English library, read London newspapers, ate at an English table, demanded Yorkshire relish, and spoke knowingly of London, Kensington and Lexham Gardens. A Parisian danseuse with a poodle informed the physicians dididantly that wise people do not enjoy themselves!

At noon when the table d'hote rang, the guests gathered in the dining room and ate Gasthaus trout, mutton cutlets, omelet aux fines herbes, forellen. After the meal while the men lit cigars, the patients sat at the dining table sipping coffee, opening a bottle of Sassella or Brandy, and reading the newspapers. A confectionery shop sold tea for those who preferred the beverage. A scratchy string band played music in the concert room of the hotel. Some of the patients retired to play cards or Russian dominoes; others wrapped against the cold and protected from the glaze of the sun with parasols retired to the Kurhaus terrace to sun themselves. In the afternoon they sipped a glass of milk.

For a diversion serious patients read Carpenter's "Anatomy" and Gibbons "History of Rome." They subscribed to "Era" and to "Sporting and Dramatic News." Some of the men occupied themselves with chemistry, photography and Alpine botany. They collected mountain flowers, dissected plants and studied their structure under the microscope. They trudged photographic apparatus and sent samples of their work to the "Monthly Photographic Portfolio". Many of the less serious patients read periodicals in the newspaper room, wrote letters, sewed dresses, embroidered finery or busied themselves with their appearances. The postman was the most important person.

Present day patients, accustomed to months of complete bed rest, will be aghast when they read about sledging parties for patients, about toboggan trains with patients flying down the road, about skating parties being the order of the day. Beatrice carrying a shawl, cloak, hat and umbrella, went on an excursion in a sledge - while the bells on the horses' heads tinkled sleepily - to a chalet at Loschwitz twelve miles away.

Alaskans accustomed to having scenic grandeur on an enormous, continental scale will not be impressed too profoundly by the descriptions of the few acres of miniature mountains, valleys, forests rivers and snow found in Switzerland. They will be interested in knowing that the guests at Petershof did not lodge complaints against an outraged world but seemed bound by a common suffering. Their hope seemed to lie in a sensibility, in a superior virtue, in an emplied wisdom, and in an internal experience of significance. They were not needed for pneumothorax, pneumoperitoneum, pneumonolyses, or streptomycin. They did not have to face thoracoplasties or pneumonectomies. They did not hope for promine, pare-aminosalicylic acid or tibione. Life in the Kurhaus was not complicated by the gnawing curiosity of knowing what the most recent x-ray picture revealed or what the sputum or gastric culture report happened to be. The patients were small, thin, haggard. They coughed a great deal, complained of fever, and tried to conserve their breath. They came for six months but stayed longer. A patient would say, "Excuse me, Sir, I must now take my temperature," and smoke his thermometer in public. They cleaned oil lamps and spoke of water bottles.

After spending seven years in the Kurhaus, Mr. Allitsen was still able to challenge pessimists, "Because you are hopeless, it does not follow that you should try to make others hopeless, too." Although appearing very ill, he did not seem to become any worse and smiled when people talked confidently of recovering their health. When Beatrice considered herself an abused person with disappointed ambitions, Mr. Allitsen warned her, "You are in a fury because your career has been checked and because you

(continued on next page, after Spotlight feature)

SPOTLIGHT

Dan Tatoowi is an old timer at Seward Sanatorium, and hopes to graduate in good health very soon.

His hobbies are bookkeeping and radio, and he divides his time mostly at present between the latter and playing cards. His servicing of radios in Ward I has earned for him the title "Technician Tatoowi."

Dan is from Gamble on St. Lawrence island and lived the life of a trapper before being inducted into the Army during World War II.

Before coming to Seward Sanatorium two years ago, Dan spent some time in an Army Hospital in Santa Fe, N.M., and in Veterans Hospitals in San Fernando, Cal. and Walla Walla, Washington.

He tells us that his pet peeve is bed rest. He has our best wishes for good health. Dan has a sister, Gladys Walunga, in Ward II.

Well! Look who we have here! It's none other than Gertrude Anayak. Ahhh! Just the girl we need--no spotlight please. She brightens up any room she's in.

Gertrude is nicknamed "Gundra" and she has lived in Nome these past few years and came here in July, 1949. She's 17 years old, born August 13, 1932. She's 5' 8" and weighs 106 pounds, has black hair and brown eyes, and is light complected.

She has one brother, Louis, and one sister, Margaret, who are at St. Mary's Mission.

Her likes are many, including cowboy music, sewing, reading and sleeping, etc. Her only dislike is to "just lay here all day long." Well, Gundra, here's wishing you the best of luck and be good.

This month's spotlight casts its glowing ray on Jenny VanDamme who hails from Fairbanks. Jenny was born on the boat coming over from Norway, and she lived in Seattle until 1937 when the call of the north got into her blood and she ventured into the cold north.

Jenny won't tell us her age, but says she's a proud Grandma. She has two sons, both living in Fairbanks. Russell is married and has two children. Rolland the younger, is keeping things shipshape until

Jenny gets home. Her hobby is hunting and fishing, and these she does very well. She likes detective stories---maybe she is planning the "perfect murder?"

Her pet peeve is not getting mail, or her paper, "The Jessen's Weekly." She just loves to tease the help, and is always a laughing, happy person. Her ambition just like the rest of us is to get well and go home. She has recovered very rapidly since her surgery on March 9th and we all hope she will get home soon.

13 LUCKY NUMBER FOR MINTO

While he was waiting for a nurse to push him to his bed this morning, I was able to size-up a smiling patient known locally as Minto Pete. Mike H. Frank is his real name, but the 5 foot, 9 inch, 122 pound, lean-built personality seldom answers to it. Very few people are as quiet or pleasant as the young man with brown eyes and black hair.

This afternoon Pete was interviewed by Toby Kazingnuk, Ward IV Reporter. From his bedside, Mike disclosed that he was born on a lucky day -- December 13, 1930. He did not say if he was named after his birthplace, which was on Mike Hess Creek. Minto derived his nickname from his hometown of Minto. It was there that he was raised and educated. Before coming to Bartlett in September 1949, he did a lot of hunting and fishing. He told his leg-man that he likes baseball and that his hobby was dog-team driving. When he returns to his family (mother, three brothers and three sisters) he would like to find work with the Alaska Railroad. Of course, if he wins the ice pool, he won't have to work.

SHIPS THAT PASS - Con't'd.

have been put on a shelf. You are not the only one who has had to do that. You shall learn that abler ones have not only been put on the shelf but have had to stay there. You have to join the genus cabbage! Why fuss? Things arrange themselves and eventually we arrange ourselves to the new arrangement."

For convenience Mr. Allitsen divided the period at the Kurhaus into four phases: (a) a great deal of fretting and fretting, (b) still more fretting and fretting, (c) less caring and fretting and (d) no further feeling whatsoever. To the recent arrivals he recommended passing over the first three phases quickly and arriving at the final phase as soon as possible.

The readers who seek in Sanatorium magazines and books a thaumaturgic formula which will enable them to avoid the fundamentals of the Rest-cure for tuberculosis will miss all of the implied wisdom of Beatrice Harraden's story, for she has written a whole book about the convalescent at the Petershof without including the frightening words tuberculosis, sanatorium, reentgenograms, thoracoplasty, occupational therapy, pneumothorax or streptomycin. How different all of this seems from what the patients talk or write about today! I wonder if anyone has left an account of life as it existed in, say, the Ben Hur, Ali Baba, Scheherezade or Tutenkhamen Sanatorium?

By Frank Maresh, M.D.

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Spotlight material was gathered by Bess Hansen, Evelyn Pardee, John Neal, and Who? from Ward I.

Ward VI is supposed to have a spotlight writeup this month, too. The gal whose name was pulled out of the hat is Margaret Kirsteatter who hails from Big Gerstie River, on the Highway near Big Delta. She is a housewife, having one daughter age 10 named Josphine. Skin sewing, beading, tanning skins each spring, are her interests. These are used for making mukluks, mittens and such in the fall ready for wintertime. Margaret liked to hunt in the fall, fish in the spring and pick and can berries. When asked her ambition, she says, "I like to go home very bad." Margaret is well liked, and always is happy, making lots of fun for everyone on Ward VI. Good Luck, Margaret.

WARD ONE NEWS

Our bull moose fighter, Mr. Abe Hunter, has formed a habit of constantly making the ward news on ward I. This time he has been promoted to Class II. The first time he got out of bed to try but his legs for locomotion deficiency, we all thought that he was kneeling in prayer. We found out later that it really was his natural height. Good luck, and keep up the good work, Pee Wee.

Eddie Konig of McGrath went to surgery and came walking back a day or two later with a slight starboard list after having us worried and praying for him. Now, our poor Eddie isn't normal anymore for he has lost his appendix to Dr. Crabill.

We have two new patients here at Ward I. They are Richard Gillian, a fisherman from Sitka and John Auliye, a cat driver and cannery worker from Unalakleet. "Gee! we didn't know they trained cats for sledge pulling. Thought they trained dogs." Anyway, both the boys are swell fellows and all of the boys of Ward I wish them a speedy recovery.

Our aching backs sure fell in love with Mr. Ray Harrison from sunny California. Mr. Harrison's hands could really talk any old sore back language, male or female. We just bet that he'd prefer female sore backs though. Mr. Harrison worked in this ward when he first came. He is working on Ward IV now and our poor aching backs miss him so.

Quills Galore

Two voices were heard:

"I love you," said one.

"Ouch!" yelled the other.

"I love you."

"Ouch!"

It was two procupines necking.

Dr. Crabill: "I must fire my butler. He's forever making passes at the cook."

Dr. Lowell: "Why fire him? What business is it of yours if he makes passes at the cook?"

Dr. Crabill: "Because it so happens the cook is my wife."

WARD TWO NEWS

The news! Oh yes, the news! I'm so lazy "I'd say that I had Spring Fever" --and maybe I have!

Say, "Lady Bug", where we moving to?

She's packed and ready to go in no time at all. Why? Cuz of the fire o'course! Every one was more than ready to go "just in case"

Libby and Lucky moved out on the porch last month and betcha they like it out there. Are there reasons? Hmmm!

Mary "bashful" Paquette moved out from her room to the ward and we're awfully glad to have you, 'Bashful', and also Isabel Towarak moved in. We do hope you like it out here. We do. (But deff!!)

Say Ann (Saeth La Wook) and Edna, (Qua eh) "Ha goo, ah thlae tee sah"--- remember? Oooo la la!!

Eve B. Moved from the ward into a room with Rachel--- welllll--can't ya tell us how ya like it?

Ella! Smitty! Eve! Libby. Gert! Bess! Every four hours! Pills, pills pills! We'll begin to look like them pretty soon.

You know, so round, so firm, so easy to

swallow (fooled you, huh?) As I was saying, so easy to swallow, just take a jug of water along with 'em. They'll go down sooner or later.

Bessie Lincoln made Class VIII now. Congrats, Bessie, old gal!

We've been having a lot of birthdays around here lately. Cake, cake, and more cake! But are we complaining--huh uh? (Think I'd better have a couple dozen this year.)

Gundra is the gal in the spotlight this month and ahhh! need I say more?

Stella darling, do you know that pretty soon you'll hear the same old phrase in your dreams? I hate to say it, but! WHERE IS THAT LETTER!

Marfa and Sue -- pretty soon school will be over -- will you be glad? (No more pencils, no more books, no more teacher --Da dee da dee dah!)

At last we're out of news -- so till next time, Bye now.

WARD THREE NEWS

Here we are again friends and neighbors, with news from Ward III. Should have started a week ago to be on time. It takes that

long for me to get started, with Easter very near, and it will be past be the time San-Chat gets out. Anyway, it's better

late than never, to wish one and all a very happy Easter. Everyone in ward III seems to be doing wonderfully, and there have been

a few changes. Joy Wemark and Olive Lindquist have moved to our main ward recently and both are feeling better since surgery.

Bernice Devlin has made the grade of Class IV and is now on Ward VI. We miss you, Bernice and we look forward to your visits on

Sundays. Sophie I. is taking pneumoperitoneum now-a-days and is doing fine. Larva Trainer is the only patient so far in our

ward who has had a cavernostomy. Dorothy Olsen has been promoted to Class II and is

gradually getting used to the up-time schedule. Daisy Hayes received a bunny doll from a friend and it's really cute. Our

nurse, Miss Noble, named it "Sidney". Is there any special reason?--just wondering.

Titania Everett, Marie Savetilik, Alice Ashenfelter, Carrie Voss and Ruth Jorgensen have all had surgery in the past and

are all doing wonderfully, for which we are all glad. Evelyn Conley, Mrs. Miller, Larenia McConnell and Carrie do enjoy all the

sunshine they get on the porch thru all those glass windows. The sun really comes

in on them. Virginia Bruce and Betty Berg showed us a picture of their mother taken with a

beautiful parka during the fur Rendezvous held in Anchorage. It's really a nice picture, too, girls. Bobbie Edwards and Jean

Jack are neighbors now and are very contented. Shirley Alexander had the privilege of

visiting Bess Hansen who is in ward II and enjoyed it very much. She also has a new neighbor and is quite pleased with the situation.

Most of you folks at the San know that the private rooms on Ward III are used as a rule for surgery patients. There are a couple other than those mentioned who

have had surgery recently. They are Lucy C and Pete N, both feeling better. Other patients in private room are:

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Pat Lambert, Jenne VanDamme, John Biglov, Mac Dakutak and Oscar Johnson. All of us were very glad to see Mr. Johnson come to the show the other night, and he is looking better every day.

Evelyn Pardee was promoted to Class III recently. Congratulations, Evelyn. Morris Wilson is a proud mother of a baby boy. She has not been here very long, and we hope to have her back on the main ward again soon. She is doing fine. We have a new patient just moved in our ward. Her name is Barbara Stron. We all hope your stay here will be short and pleasant. They say people who talk about themselves are conceited, but I'm not conceited if I say I have been promoted to Class II and am very happy. So I must sign off now and here's wishing one and all good luck until next issue.

WARD FOUR NEWS

At 6:05 a.m., March 30, 1950 (the time one hour east of London) Ward IV was caught in a remarkable progression. The conventional conduct of Homo became evident at the sound of the siren. Some of the curious sought good vantage points. Others less courageous stole quick glimpses while keeping an eye peeled for the doctor. Few stayed in bed. The remarkable calmness of the staff was indicated by the rapid issue of extra blankets, bathrobes, pillow cases for stowing personal belongings, and booties for the tootsies. The efficiency of the conduct of the situation could be noted by the rapid promotion of all patients to Class IV or V. A minor climax occurred shortly after the major event. It's beginning was echoed as a cab driver yelled, "There's a fire uptown!" With the cry of the night renewed, all rushed to the windows in time to see six men swallowed by the taxi. Before the door slammed, someone asked, "Where in the is the fire engine?" "Don't know," came the reply. "It must be lost." Another cried, "That no count----" The roar of the engine interrupted. The patients on Ward IV slept well that night--the best in nights. At 6:05 a.m., March 30, 1950, the patients washed the smoke from their eyes. About all were back in Class I.

Hello, everyone. The headline news above is presented by Mr. John Neal. He has taken Biglov's place next to Ed Roehl and keeps our end of the ward in good spirits by telling humorous stories and jokes. He has a pretty wife who lives in Seward and comes to visit John almost every day. He is also learning to speak Eskimo slow but sure. Bewteen Tommy John and Nick Ignatin is John Johnson, a new patient from White Mountain. He also keeps the boys next to him in good spirits. The other new patients are: John Killarzoac, a vet. from way up there in cold King Island; Carl Olason, a vet. from Homer; and Henry Kaiser, Jr. from Nenana. Good luck boys, a quick recovery to you. Carl Kronquist comes into our ward every morning with a big smile now-a-days. Who wouldn't, after making Class III? Willie Stream has joined the air force.

Good luck to you, you old goat. Henry Bowen is showing some good interest in art. He does his drawing on cloth. Does good work, too. Keep it up, Bowen.

Ed Roehl is now taking strep and we Received a letter from our former nurse Mrs. Woods. She states that she had a wonderful trip to Kanakanak Hospital. Although she misses the San and trees around it, she likes her new location. A Naknek she saw and spoke to some relatives of some boys here. Said they were anxious for news from Bartlett. In conclusion she sends her regards to Mrs. Grimes, Joe and all the boys.

WOMAN'S WORKS

Hello again and Happy Easter to everyone. This past month we have experienced much joy and sadness. Early in the month our Director of Nursing, Miss Clifford, became the "Blushing bride" of Mr. Gilbert Nelson. Also Miss Alice Hussey took the trip to the alter and was united in marriage to Mr. Ralph Peden. Congratulations, and all good wishes to these happy people. During the course of the month we learned we are losing our most capable Chief of Staff and Surgeon, Dr. Lowell. He and his charming family are going to make their new home near Yakima, Washington. "It gets awfully hot there in the summer, so you'd better re-consider and stay here, Dr. Lowell."

Also our administrator, Mrs. Gutekurt is leaving to return to her home in California. This is indeed a great loss to our staff. Many of us can recall the changes for the better that have taken place since Mrs. G. has been here. While in Seward, Mr. G. has been affiliated with the local police force. We have several new-comers, first, Mr. Earl Blommer has taken over the Lab work, in Mrs. Toni Kruzen's stead. Mr. Blommer comes from St. Cloud, Minnesota. I neglected finding out his interests, etc., but he blushes beautifully, doesn't he, girls? Another young man, Ray Harrison, has joined our staff as orderly. He came to Alaska from Birmingham Vets. Hospital in Los Angeles. I understand he also is a Lab. technician and is interested in bugs and guinea pigs and such.

Also from California comes Hazel Linneberg, R.N. and Mrs. Lillian Weinrich, practical nurse. They haven't been here long but have decided they will return to Cal. Miss Linneberg says it's her car that doesn't like it here. Not enough sunshine or not enough rain -- which is it, girls? Along with pleasantness and happiness we also have grief and sadness. It was indeed a sad, dis-heartening night when the call of "Fire in Nurses Home" came over the radio and our 'squak boxes.' There was much work and comotion but everyone was calm and serene. The ones who lost the most were calmest. The Red Cross and local merchants have done much to help replace clothing and necessities. For this the girls are indeed grateful, but we hope soon they will have a new place to live and can

again feel that they are really living.

In closing I want to say, the women of the institution along with all the other personnel wish to thank Seward Trading Co. for the beautiful Easter flowers on our tables Easter Sunday, and Mrs. Charles Lechner for the lovely box of Easter candies. Its the little deeds of kindness in this life that mean so much. Thank you, and God Bless You.

Word has been received from several of our former employees.

Mrs. Nell Schnoeker is enjoying her vacation and at present is in Macon, Georgia.

Mrs. Bertha Forkner is really enjoying every minute of that rest she is taking.

Margaret Ruffner sends best regards and Easter wishes from the windy city-Chicago.

Lois Moffat and Alice Dahl are still in New York City and anticipating a trip to Alaska at vactaion time.

Helen Maxwell sends greetings from Sitka. Miss Goldie Busko and Mrs. Boysal have been recent visitors in Anchorage.

That's all for this time. See you next month.

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Ward VI is so empty these days with only 4 inhabitants that gathering news is very difficult. Upon concentrated inquiry we learn that Yetta Stickway went home on April 4th, and that Bernice Devlin moved over to Ward VI.

Evelyn Avelino make Class V, and is learning to knit, but goes about knitting on other peoples work, instead of having a piece of her own! Womder how it works.

Hilda Newman is now Class IV. Food work, Hilda.

Margaret Kirstatter has been knitting on socks and gloves, and I hear, is on a diet,-- or is she?

There is a new bright red and white table cover in the center of the ward. Quite the cheerful note for our little band.

The latest new words on Ward VI are heh, heh, heh, delivered in a giggly tone. Tyt it sometime.

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SPORTS

BOXING:

The LaStraza-Marciano encounter turned out as expected, boxer vs puncher. But this time the puncher emerged the victor. Marciano no lived up to his much talked of punching ability by decking LaStraza in the third round and staggering him repeatedly through out the bout. The bell sounded at the count of eight and LaStraza had a full minute to overcome the effects of the knockdown and managed to stay on his feet in the remaining rounds. He made things interesting for Marciano whenever he slugged it out with him but came out second best in that department. It was close all the way and the decision was a split one. Marciano was penalized a round making it that much closer. A rematch between these two young heavyweights would be a large drawing card.

This was the first defeat in thirty bouts for LaStraza. On the other hand it was Marciano's twenty-eighth straight victory and he is defiantly a worthy opponent for any of the "top" contenders

Charley Fusari seems to be getting back into the winning circle with a possible chance at the welterweight title. He recently halted the middelweight ambitions of young Jimmy Flood in a one sided affair. He had too much skill for his less experienced for and easily used his boxing to full advantage, showing he could punch, too, by scoring a nine count knockdown. By this time Charley could have had a title fight with Ray Robinson if only he hadn't blown a decision to Tony Janiro.

Speaking of Tony Janiro, he recently made the boxing world take notice by holding Rocky Graziano to a draw and dimmed the latter's chance for a title bout for the middleweight championship. Janiro, an overstuffed welterweight, surprised everyone since he was the underdog and was even expected by some to be belted out by the hard hitting Graziano. Only his gameness enabeled him to survive the many Graziano bombs he absorbed. He now has the distinction of going the scheduled distance with two of the most feared middleweights of modern times, the other being Jake LaMotta.

Remarking about Jimmy Flood - he packs dynamite in his fists, but lacks the necessary experience that makes a top notch fighter. This he could obtain by mingling with weaker opposition and within a year or so he could be a much improved fighter.

BASEBALL:

The Cincinatte Reds are the winning team in the spring exhibition games and they could easily be the "surprise" club in the National League. They have just the manager who could do it, too. Luke Sewell had the honor of being the only manager to lead the St. Louis Browns to their one and only pennant in 1944. If Sewell Blackwell's right arm doesn't trouble him like it has the past three years and he gets back his 1947 form, they should be tough.

Another team that may not win the pennant but will definately give tough opposition is the Philadelphia Phillies. They have the youngest team in either league as far as players are concerned. Ranging from 21 to 25 are such players as Curt Simmons, Gran Hammer, Stan Lapata, Ritchie Ashburn, Willie Jones and Mike Goliat. Goliat especially has been sensational both at bat and on the field. For instance in an exhibition game against the Cardinals he hit safely each of the five times he appeared and he pitched in some dazzling plays at second base. Their only worry is their pitching. Veteran Ken Heintzemen, Robin Roberts and Curt Simmons are about the only capable pitchers they have.

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WARD FIVE NEWS

March 1st: Victoria Paquette had her first gastric.

March 18th: We had new green shades put on the windows. We want to thank Mr. Al-drich for donating the curtain rods. Our ward looks very nice with the shade and curtain additions.

March 22nd: Mary Jean Haaf had her gastric. We are all getting the nack of how to send that gastric tube down. Minnie Christian-sen gets it down all by herself.

March 23rd: Josie Carrillo and Charles Stevens had their chest X-rays done.

March 29th: Was our red-letter day here at the San. After getting ready for bed and lights out, we were all surprised to hear the fire whistle. The Nurse's Quar-ters was on fire. We wehe all scared but our nurses moved us over to Dr. Lowell's house temporarily. Mary Jean Haaf, Dora Johns, Helen Abbott, Viola Ezukemnew and Minnie Christiansen were sent into town, but we all came back to our ward after the fire had been put out. We want to thank everybody for all the help we received.

SPOTLIGHT

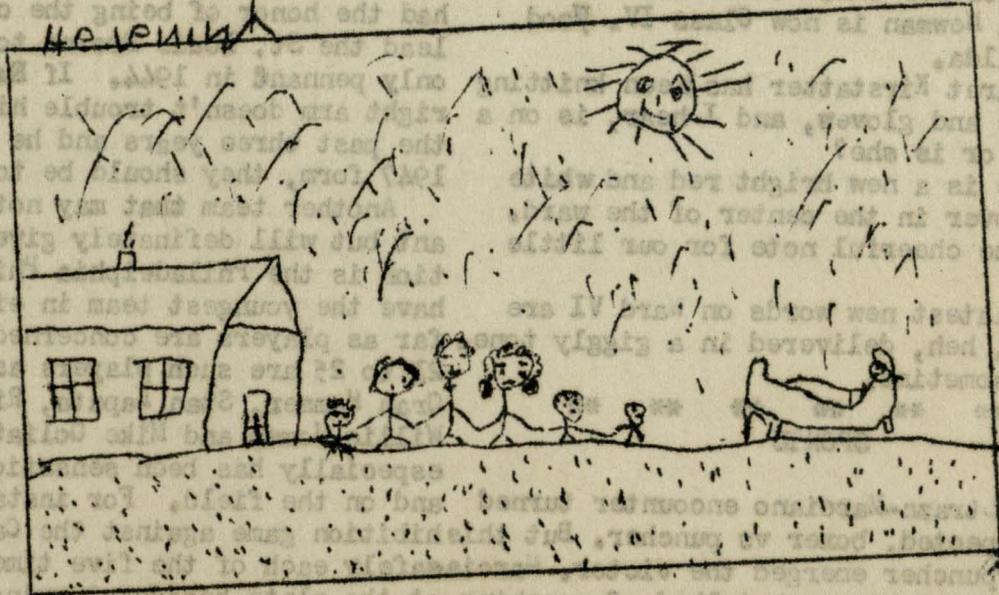
This month our spotlight boy comes from Copper Center. He is 7 years old and has big black eyes. He is Jimmy Haw-kins' roommate, They have a lot of fun throwing paper planes around the room and he builds cars, windmills and bridges with his tinker Toy Set. His ambition is to get back home to his mbther and father.

He likes spaghetti and macaroni saïad best of all. He dislikes having to stay in bed. All in all, he manages to keep a pleasant smile at all times. We wish you a speedy recovery, Gus Nickolai.

THE MYSTERY

I planted a little brown seed today,  
And I know that something will grow.  
I dug and dug and tucked it in  
And patted the earth just so.  
From out of that tiny brown seed will come  
Some roots, a stem and a flower.  
All that it takes is the sunshine  
With once in a while a shower.  
Nobody knows how such wonderful things  
Got into that little brown seed,  
Nobody knows but God, I guess,  
What it is that small plants need.

Lola M. Mitchell.



FIRE LOCATED NURSES QUARTERS (con't.)

form is in her position, even in uneventful days, always cheefful with pleasant re-mark for everyone, trying to be in several places at once, even when some of us are in in beligerent mood. We may never realize, a woman never loses in verbal argument. Womder how many times a nurse hold back counteract retort which would make a man feel like a cur, or unfit to mingle with rest of human beings. Each of us at least can try to be agreeable in our own quaint ways even if we don't express it verbally. When a person with education, college degree and medical knowledge forced to be kind to us, why can't we return kindness likewise? We of all people should learn to control my temper.

Since Florence Nightingale carved herself a place in history, how many other nurses lost their lives, to ease pain of suffering person, even against odds, influ-enza in Arctic, Diphtheria in Northern Canada, Yellow Fever and Malaria in dark African jungles, Destruction of war all over globe, hurricane, blizzards, earthquakes, pestilence, even unknown diseases never daunt their courage. Talk about uhsung hero, a nurse. Shanghai.

### KOBUK JADE

You've probably heard of whole mountain of Jade in Kobuk, that's the Jade Mountain. The outcropping of Serpentine is visible from 60 miles distant. On south slope of mountain, dull green at approximate 3500 foot elevation. Mountains are approximately 5 or 6 thousand elevation. The distance about 200 hundred miles east of Kotzebue to Jade Mountain, that's given English name by Lt. Stoney of U.S.N., explorer in 1884. Eskimos call it Esingknoc, as a result there's a village called Shungnak.

This outcropping of Serpentine runs on same parallel as Kobuk River which empties into Kotzebue Sound, north of Seward Peninsula on Arctic Ocean side. Serpentine exposed visible from distance in places for 100 miles. Serpentine is the formation the Jade and Nephrite originate from, also Termilite Asbestos, that is what they used to make fire proof rock boards of. Eskimos call Asbestos rotten jade.

Anyone would say why not go up to Jade Mountain and get a hunk of Jade? The best grade is found along the streams in same manner as Placer Gold. All inferior or soft parts worn away from the boulder from bumping against other rocks, according to glacial or water movements. The Jade is brittle to compare with some ordinary rocks. Therefore the checks or fractures will extend from one end to another.

The Jade was essential tool or implement until 150 - 200 years ago. The Kobuk Tribe from headwaters jealously guarded the process of working Jade. Very few Kobuk Eskimos know the process today, handed down from father to son.

Jade expressly used for axes, adze, Jack Hammer, used to fall trees with by splitting the trunk against the grain all around until it is weakened enough so it can be pushed over or notched so wind will push it over. They also make tomahawk, or spear heads. They use Brown Bear forearm bone for arrow heads, obsidian, flint and rock crystals, little different shaped than American Indians. Used for hunting Caribou, sheep, moose and small animals. Caribou-horn-tipped are used for warefare and bear. They use obsidian, flint, crystal, to prevent the chipping against each arrow-head in quiver. They wrapped with fine wood shavings and bind with strands of sinew. The idea is to take shavings off before battle or when they start sneaking on a Bear. The standby for bear is a stout spear or tomahawk with Jade head.

Since 1884 reported by Lt. Stoney the Kobuk Jade, also by Wendenhall in 1902. Colonel Marsten while recruiting his Tundra Army made a discovery of Gem material Jade in Kobuk. Before the war I was mining up there. Found lot of good Jade, never bothered to save it. While I was down in Eniwetok, Marshall Islands, I received a letter from home, and after all got some commercial value, Arctic Exploration Mining Co. taking up all the ground. Wrote my brother just to hang on the claims.

No written record how long the Jade used for tools and implements. I don't know. Only place where they find such curios are in old dwellings or graves. Attaching the handle, or hanging the binding are similar to American Indians, so I got no proof who copied the other. As far as the info I can get regarding Jade, it was used as Axes, Adze, Jack Hammer, and Daggers. For skinning they use obsidian, flint and crystal.

Obsidian originates from Indians (Rock Tribe) around Colville, Alatna, Noatak, and Kobuk head, until they were driven away clear over to McKenzie River in Canada. They are known as Canadian Huskies. Before the white man's implements were introduced Kobuk held most of the trade. Most valuable was Jade tools. Also situated close to Indian Border where they get Martin, Beaver, Mink for practically nothing. Reindeer parks skins obtained from Siberia, also native tobacco, wolverines; from Kotzebue - rawhide rope, seal skins, okrok hides and seal oil; From inland Arctic Eskimos - fine summer caribou and sheep skins, sinew, also suet put up in caribou stomachs, wolves, wolverines, foxes; from Canadian Indians - beaded suckskin clothes. All these things obtained by trading finished products of Jade. To my knowledge none of it ever been used for ornamental purposes.

According to history Jade or Nephrite was used for three thousand years in Mexico no written record of it up here. Some Jade implements turn up around White Mountain. Most of the Kobuk Eskimos will tell good grade of Jade, I have to slab it with diamond saw.

Jade comes in green (that's basic color) black, brownish, red, white. Right today Kobuks are scattered all over Alaska also States. Since they couldn't compete with white man in a trade, they drift, settled wherever they make a living. From what I heard around Fort Yukon and Beaver, they manage to get some good trapping ground. Some migrated way over to Aklavik, Canada, became Canadian citizens. What are left are up there in Kobuk.

By Shanghai.

\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\*

### FIRE LOCATED NURSES QUARTERS

Mar. 29, 1950, 9:03, KIBH interrupted the broadcast of Alaska news, "Fire located Nurses Quarters Seward Sanatorium." Out of night appeared day nurse with relief aids and tall man with Texas drawl in tow. Nurse giving orders, cool, efficient, and composed, only sign of excitement light in eyes. Preparing for evacuation. Bed patients were moved near back door of main ward, some bundled in blankets in same manner as Braves papooses. Here they are only interested in welfare of their patients, while their possessions going up in flame, valuable papers which can never be replaced. No apparent panic visible. Next morning those who came on duty, some in slacks and sweater, instead of trim nylon uniforms, showed no signs of regret, cheerful as bird in spring, only visible sign particularly bright light in their eyes.

How many of us who are patients ever realize how important the girl in white uni-

(Continued at end of Children's Page.)

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MONDAY SHINES

Dick: "Doesn't it make you mad when a girl keeps you so long getting ready to go to dinner with you?"  
Dick: "Yes, the longer she takes, the hungrier she gets."

Good Little Willie  
Little Willie, home from school, where he learned the Golden Rule, said, "If I eat up this cake, Sis won't have a stomach ache."

Servant: "The doctor is here, Professor."  
Absent-minded Prof: "Dear me! I'm in bed. I can't see him. Er... tell him I'm ill."

Little Freddie: "Mummie, I know where the candy factory is, and the cookie factory, but where is the satisfactory?"

Passenger: "Why did they build this station so far out of town?"

"You told me how good you were, when I hired you two weeks ago," said a foreman to one of his men, "Now tell me all over again; I'm getting discouraged."

Station Agent: "They wanted to get it near the railroad."

"Which way for the train to Boston?" enquired an old lady.

Dentist: "I'm sorry, but I'm all out of gas."

"Walk straight ahead," said the gateman, "turn to the left and you'll be right."

Girl in chair: "Ye Gods! Do dentists pull that old stuff, too?"

"Young man, don't be facetious with me."

Farmer Brown: "I can't come out to see you any more."

"All right, Madam, turn to the right and you'll be left!"

"Why, what's the matter, doctor?"

"This is an ideal spot for a picnic."

"Why, every single time I come out, your ducks insult me."

"Yes, it must be. Fifty million insects can't be wrong."

"I notice that in talking about that fish you caught you vary the size of it for different listeners."

Willie: "I fell off a sixty-foot ladder today."

"Yes, I never tell a man more than I think he will believe."

Charley: "Goodness, were you hurt?"

Girl (arriving late at game): "What's the score, Larry?"

Willie: "Naw, I only fell off the first rung."

Esprt: "Nothing to nothing."

"Could I have tomorrow off, sir, to help my wife with the spring housecleaning?"

Girl: "Oh, goody! Then we haven't missed a thing."

"No, we're much too busy."

"Thank you, sir, I knew I could rely on you."

SEWARD SANATORIUM PATIENTS LIBRARY

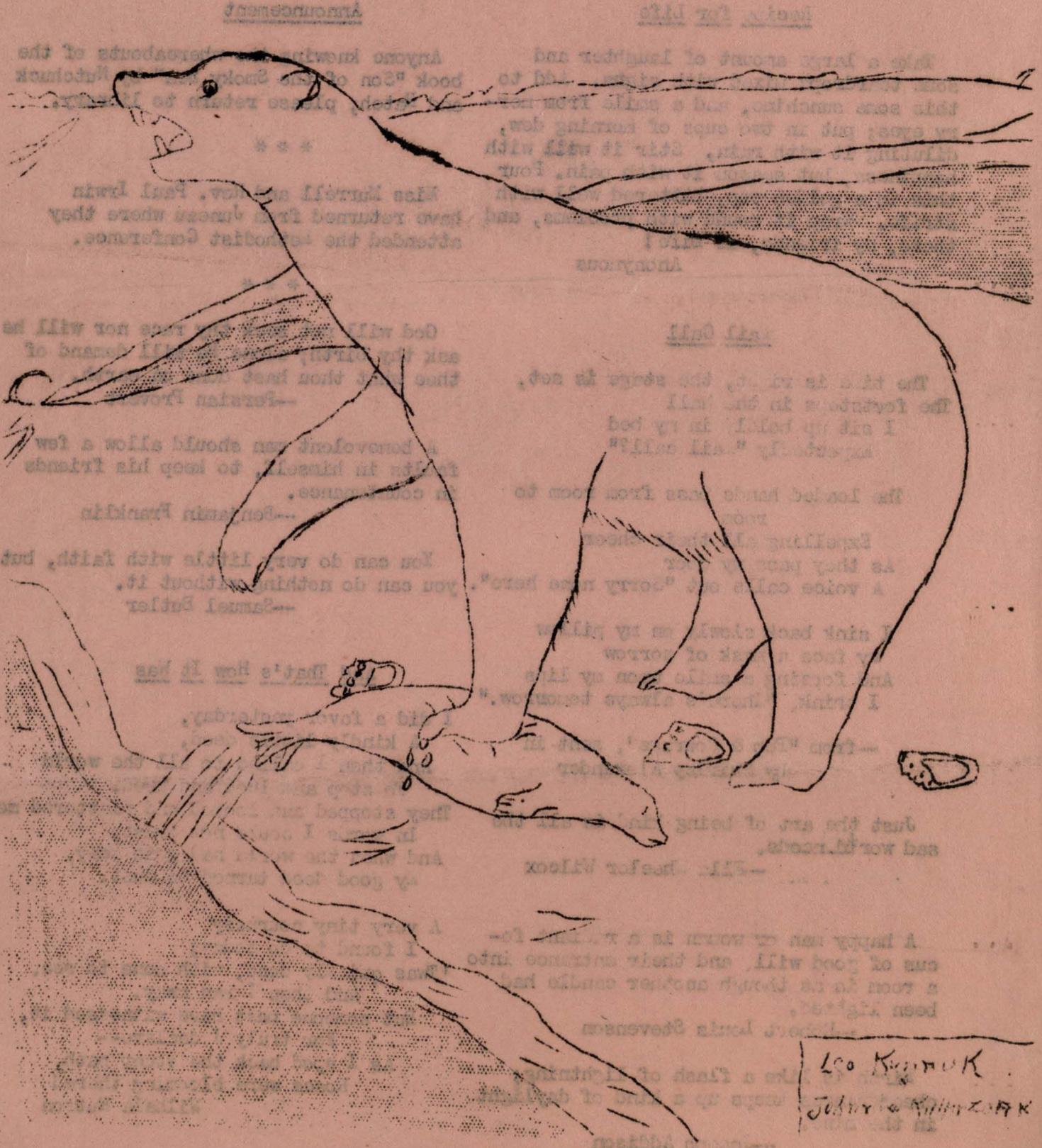
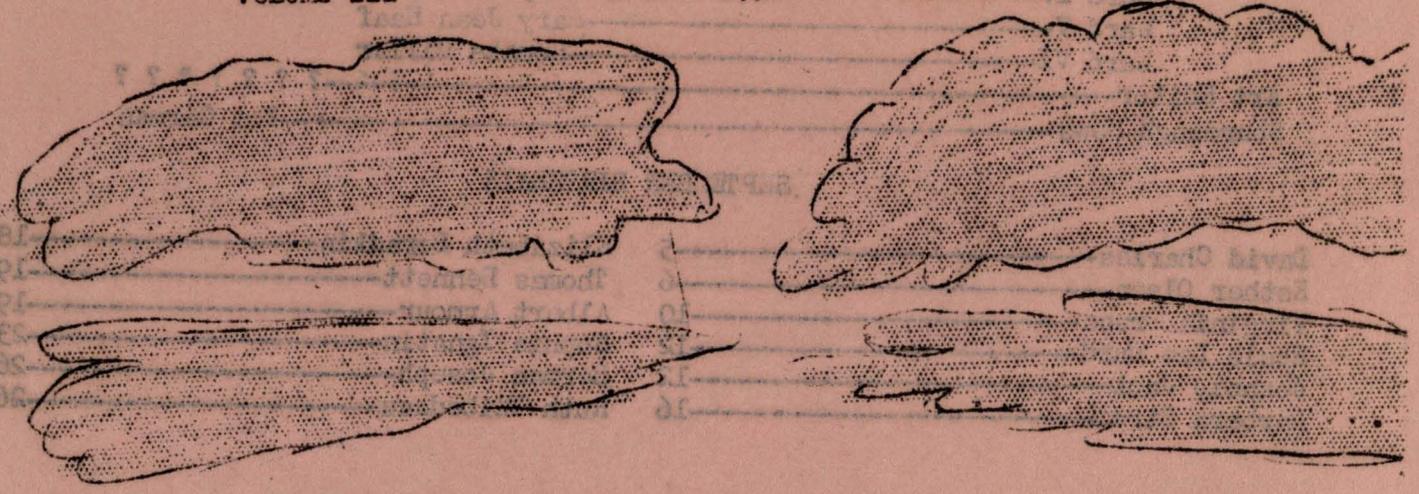


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# W A N C H A T

MEMBER OF THE ASSOCIATED EDITORS OF TUBERCULOSIS PUBLICATIONS

SEWARD SANATORIUM - - - - BARTLETT, ALASKA  
VOLUME III AUGUST 1950 Number VII



Leo Kuznetsov  
John A. Miller, Jr.

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Ward IV-----	Toby Kazingruk
Ward V-----	Mary Jean Haaf
Ward VI-----	Romata Miller
Art Editor-----	???????
Sourdough News-----	Ken Carman

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Recipe for Life

Take a large amount of laughter and some teardrops mixed with sighs. Add to this some sunshine, and a smile from merry eyes; put in two cups of morning dew, diluting it with rain, Stir it well with happiness, but season it with pain. Pour this in a golden cup, buttered well with strife. Wrap it round with problems, and there, my friends, is Life!

Anonymous

Announcement

Anyone knowing the whereabouts of the book "Son of the Smoky Sea" by Nutchuck and Hatch, please return to library.

\* \* \*

Miss Murrell and Rev. Paul Irwin have returned from Juneau where they attended the Methodist Conference.

\* \* \*

Mail Call

The time is right, the stage is set,  
The footsteps in the hall  
I sit up boldly in my bed  
Expectedly "Mail call?"

The loaded hands pass from room to room  
Expelling all their cheer  
As they pass my door  
A voice calls out "Sorry none here".

I sink back slowly on my pillow  
My face a mask of sorrow  
And forcing a smile upon my lips  
I think, "There's always tomorrow."

--from "Pep & Courage", sent in by Shirley Alexander

Just the art of being kind is all the sad world needs.  
--Ella Wheeler Wilcox

A happy man or woman is a radiant focus of good will, and their entrance into a room is as though another candle had been lighted.  
--Robert Louis Stevenson

Mirth is like a flash of lightning; cheerfulness keeps up a kind of daylight in the mind.  
--Joseph Addison

God will not seek thy race nor will he ask thy birth; alone He will demand of thee what thou hast done on earth.  
--Persian Proverb

A benevolent man should allow a few faults in himself, to keep his friends in countenance.  
--Benjamin Franklin

You can do very little with faith, but you can do nothing without it.  
--Samuel Butler

And That's How It Was

I did a favor yesterday,  
A kindly little deed,  
And then I called to all the world  
To stop and look and heed.  
They stopped and looked and flattered me  
In words I could not trust,  
And when the world had gone away,  
My good deed turned to dust.

A very tiny courtesy  
I found to do today;  
'Twas quickly done, with none to see,  
And then I ran away.  
But someone must have witnessed it,  
For truly I declare--  
As I sped back the stony path,  
Roses were blooming there!  
Wilhala Hutson

## THE DOCTOR'S CORNER

(By Dr. Phillips)

Tuberculosis is a disease that is strange in many ways. It seldom gives us pain. It seldom makes us feel sick. It seldom keeps us from walking around. It seldom keeps us from sleeping. And it seldom keeps us from eating. We all do all of these things without thought. If we break a leg, we hurt. We go to a doctor. We are glad to have his help. If we have stomach ulcers, we hurt. If we have headache we can't sleep. If we have cancer of the bowel, we can't eat. But we may have tuberculosis and do all of these things until we become beyond the doctor's help.

The treatment of tuberculosis is like the disease--oftentimes not very interesting. If we break a leg, we get a fancy plaster cast, and everyone may see that we have a broken leg. We may have tuberculosis and no one may see it. Yes, in fact much of the time we don't even know it ourselves. The treatment of this quiet, stealthy, creeping disease begins the day we enter the hospital. Bed rest is the main line of defense in overcoming tuberculosis of the lungs.

Once upon a time, it was believed that people sick with tuberculosis should be exercised on the mountainside. Many died in pools of their own blood from this exercise. Then the doctors decided that treatment was no good. It was then decided that the treatment should be absolute bed rest. Sick people were put to bed, weights of lead were put upon their chests, their hands and feet were bound with sheets to the side of the bed, and they were fed and moved on and off the bedpans by the nurses. That treatment was soon found to be no good.

How fortunate we are today, to have good treatment for tuberculosis. We have proper bed rest, good food, light, airy rooms, and wards, new medicine and special operations, all for the treatment of tuberculosis. But we still must rest properly. If we don't, we lose. The patient is with himself 24 hours each day. The doctors and nurses are not with the patient all the time. The better the patient understands his disease, the better he is able to take care of himself in those 24 hours each day.

As the doctors and nurses get better acquainted with the patients, each patient will be taught about his own condition, in order that he may better help himself get well.

(To be continued)

## ICE JAM

(By Shanghai)

1932 USMS North Star - North Bound Seattle to St. Lawrence Island, dropped anchor Hooper Bay north Kuskokwim mouth, south of Yukon River mouth--proceeded to Sevoonga from Hooper Bay 200 miles west of Nome just before we sighted the island we got into ice jam. Capt. Bush, mate, up in crow's nest directing. He is known as the ice pilot. Capt. Whitlam, master, in chart room watching posit, Ashen Yelter A.B. in chart room call the ticks of chronometer as per captain's orders, Capt. Lysted, 2nd mate, with sextant taking sights, third mate keeping log.

Me, on the wheel, as usual, sometimes we squeezed through two ice bergs, climb nearly half way over the side, get 45 degree list, stayed on the wheel for 26 hours only relieved for meals and coffee by a licensed officer at that. I don't know why Ashenfelter, Andrews and Jacobson A.B.s who are capable on wheel as well as I or better. Learned in later years I was qualified as an officer, offered Navigation course for three months in 31. also offered 65 ft. dog license same year. Turned it down. Told them rather be good sailor than bum officer. Capt. Whitman deceased also Capt. Lysted was master on Admiral Byrd expedition to Antarctic on Flag Ship or Ice Breaker also served as Lt. Com. U.S.N. Puget Sound area during World War II. Died while in service. Capt. Bush back east on Transport Service.

Capt. Salungus master on North Star (Dept. of Interior)

Jacobson master of M.S. Garland, me, present occupation holding bed down in Seward Sanatorium.

Served as quartermaster between Seattle and Barrow under following: Capt. L.S.I. Whitman deceased, former master on Bender Bros., Purser on Corwin one. Early 1900 shipped on Seattle-Barrow run--later skipper on U.S.S. North Star, U.S.S. Boxer, U.S.S. Red Wood. Capt. Dahl, coastwise pilot, known all over SE and SW Alaska. Jacobson, present skipper of M.S. Garland was A.B. with me in early 1930. Capt. Salungus was 3rd mate in 1930s present master on USMS North Star.

When you're in ice jam sometimes you turn completely about follow the lead a ways climb half way up ice berg drift with the ice.

I'd rather take the wheel under Capt. Bush than any skipper I knew when it comes to ice jam.

I take the wheel through Wrangell Narrows, Seymour and Tongas Narrows.

\*\*\*

Deal with the faults of others as gently as with your own.

Be wiser than other people if you can, but do not tell them so.

--Chinese proverb

--Lord Chesterfield

WARD NEWS  
THE DOCTOR'S CORNER

Ward I

(By Dr. Phillips)

Ward III

We have two new patients in Ward I. They are Alex Bird and Paul Rudolph. Paul was here before for about two months last fall. His home is in Sewa rd now, but he was born and raised in good old Juneau. We all hope these two boys have a short stay here.

Our only Class V, Hurley John, the movie man, had a little accident this past week. He ran over his big toe with the movie machine and has been in bed for a few days.

We have quite a few boys in the air force in Ward I now. There are ten of us in the air corps--an all-time high for Ward I, I believe.

Mr. Tom Bennett will be leaving us soon for Sitka Sanatorium. We will all miss Tom and wish him all the luck in the world.

There isn't anyone leaving Ward I for a while to go home that I know of. Hurley John is still waiting to leave and then Mr. Linn will be the next one to leave, we hope.

Edgar "Major Egnog" Mognuk is back in Class II. Tough luck, lad!

All of us boys in Ward I would like to go out and do a little walking around. If anyone's bed is empty, John Biglow will be glad to take the blame for them. Just ask Raymond David, he knows.

Ward II

Hi everybody here's a little chatter from Ward 2. How shall we start? First of all who's the mysterious great lover here in Ward 2. "Rosie Lee". Why that can't be now Rosie don't, well just don't but--every once in a while we'd hear her murmur, "What is this thing called love" to her neighbor "Esther". Well Esther what have you to say to that. Ah--that's how the wind blows, hmm? But we can dream can't we?

Fanny Cookie can't leave the book laying around hmm? Charley ma boy can't get "Doo" out of her a little hearty laugh sometimes.

"Sue-Sue" received a cute little radio sometime ago and seems to be enjoying it very much. Hmm "Sue-Sue"?

Ah here are beautiful eyes none other than Marfa. Nearly every day I'd see a leg running her way. I mean leg mail. Ah where do we get all the fan mail?

Mary McClaine, new patient--no ex-patient--is here for a while. Hope your stay is short and sweet. Hmm?

Ann Smitty, how do you like crochet-ing? Ah, I see we're going to have a

(Continued on next page)

Dear Friends: We want to extend to all the best of luck and to give out with news. Romaka Miller makes for Ward 6 amid farewells and good wishes.

To William Chickenoff, who arrived from Anchorage, we welcome heartily and wish you a speedy return of your health.

In meantime, enjoy your stay here at the San. Barbara Strom has left her private room to take Rom's place on the porch.

Laurena McConnell is still out there in Class III yet and knitting a pair of socks for her cute little girl.

Betty Berg writes, writes, and writes. I sure wouldn't mind being on the receiving end some day perhaps, huh Betty.

Virginia Bruce is just the opposite. She does not write. But she keeps busy cleaning her corner out 3 or 4 times a month. She said she hasn't re-

(Continued on next page)

Ward IV

Hello everyone:

The governor of Alaska visited ward four and he greeted everyone here individually.

It's not everyday the people of Alaska get to meet their governor, so, therefore it was an honor to meet him.

Our nurse Mrs. Edith Grimes, want

(Continued on page 7)

Ward V

Hello everybody--this is your ward 5 news reporter bringing you the latest news of the past month.

Mrs. Basner left July 24th for her home in the states and Mrs. Boysol is taking her place.

Mrs. Miller has been teaching Sunday School for the past three Sundays. She gives us little Bible verses to memorize.

We all wish Helen Nicholi a happy birthday and hope she will be home be-

(Continued on page 7)

Ward VI

We celebrated the Fourth of July by walking over and viewing the marathon race up Marathon Mountain from the porch on Ward 3.

By looking intently and borrowing other people's glasses, we could make out the runners and those waiting at the top of the mountain. They looked like little moving pins from our vantage point.

Hilda Newman would like to thank Mrs. Lee for the nice plant and accompanying birthday card. It's in full bloom now and looks mighty nice on her table.

Hilda was all set to go home when she became ill with a palsy of the face. She is feeling much better now and hopes it

(Continued on page 7)

## Ward II

(Continued from last page)

bed spread soon, huh? How's it coming along? You're learning to crochet fast, huh?

Now look who's here on the porch, Gladys can't leave your home even to see a good movie.

Gundra and Libby don't come to movie any more either. "Ah" here's "Chee-Chee". Ducky how's Dinah Shore out there? Is she out there or is it Al Jolson? Remember Ducky we do have our ears peeled.

Now look who's here--Alice and Joy. How are the gals? Alice had her husband visit her for a while. I betcha you miss that special visitor now.

Joy, how are the mittens, or are they gloves? They sure make beautiful handwork.

Why look who's here--Dewey herself in person--who else? The girl that made the spotlight last month. She received a beautiful bracelet set for her birthday from her husband. The lucky gal. Will she sparkle, huh? Dewey happy? I certainly would be if I received a beautiful set like that. I see that gleam in her eyes, why don't tell me that the great lover was here.

Why, we can't leave Mopsy out of this. Wave, Mopsy, wave. Oh! Oh! not home as usual--out visiting at all hours. You are breaking the rules, Mopsy. Remember, class one!

Next, here's a gal that can solve our problem. Handst to Pete, Stella. Why, yes of course, Johnson! Don't tell me the great lover was here. Can't be.

Mary S. crochets cute little caps. How does it feel to be sitting up? Good, huh? Up time, huh?

Rachel Edwards also received a radio. Carrie Voss is her room mate. Carrie, I see you got the silence treatment from her sometimes, huh? Ah! And that hearty laugh.

Sorry folks still don't know who the great lover is here in Ward 2.

Nutsy and Bashful, we sure missed you gals.

This is my first time writing this little news. Thanks for reading what little chatter there is here.

## Ward III

(Continued from last page)

ceived a letter for seven months. Perhaps we should start a Lonely Hearts' Corner, huh? Just kidding, Ginny.

The crocheted hot pads, runners, place mats are all done by Marva and I. She is busy with a pair of argyle socks. They look pretty. Everything is just super, Marva. Incidentally, Marva is Class III. Keep up the good work, Marva. Ollie Lindquist did a doilie--a ruffled sort of thing, and when she isn't doing that, well Daisy and she are holding hands and being happy. Speaking of doilies it seems Marie Sovetilik, Isobelle Towarak, Sophie Ignatin, are doing some. Haven't seen them as

yet. Sophie goes once in a while to Titania Everett's and plays pinochle. Celia Tommy, Daisy Hays, and Doris Wilson all go to Tny's bed every once in a while to play cards. Doris Wilson is busy doing embroidery work during the day time. See Daisy go by every evening, also Evelyn Conley. It seems she is working a doilie and keeping her corner clean.

Jean Jack is knitting a pair of socks and apparently doing a lot of ripping. But Jean, don't give up. You'll eventually finish the socks and won't even have to do any more ripping.

This reminds me, Sophie Ignatin had a yen to learn the basis of knitting. Did attempt it. But lately I have not seen her plying the needles. What was the trouble, Sophie? Got your stitches all mixed up. Asked Shirley Alexander what she was doing. And do you know what her answer was? "Bedresting." Golly, what's going to happen? At any rate, the next day I had it that she made the grade of Class III. Congratulations! And keep it up. Before long you'll be headed home. Bess Hanson is busy with those attractive beaded belts. And Hazel Nuipak is a proud owner of one of these belts, while we are on the subject of beads, one who does artistic work on coin purses is Celia Tommy. In case you want a purse for your coins, contact Celia Tommy here at Ward 3.

Pat Lambert in the corner here is quite busy writing letters and enjoying the beautiful begonias and reading mystery and love stories. Pat found a new sock dryer, quite by accident, her bed lamp. We now have Frank Ario come out here and see the show and I have it from the boss that he is class IV. Congratulations to you, Frank. It won't be long now before you see the great outside again.

It was good to see Suzanne Savage when she came out here on the ward. We are happy to announce that Suzanne has a 9 pound baby boy. We are happy to hear that she got her wish and glad to hear that you are doing fine, Suzanne. Hurry and make Class III so we can see you again. Otto Kasko has moved up to Ward 4. Good luck, Otto. Ruth Thibedeaux is now Class II. Have the report that Edith Roman, Mary Johansen, Andy Stickwan and Joseph Onaha are all o.k. Also Rose Lee Hurd has been moved up here for thoracic surgery. Loads of luck, Rose Lee. And we hope it won't be long before we see you out here.

As for me, I have troubles: Hives. I'm making a tatted doilie and am still Class I.

(Hope you've all enjoyed this report and must say, "So long," till next month when there may be more news.

With best wishes to all.

Sincerely yours,

Ruby Jorgensen

Ward 3

SPOTLIGHT

Ward I

(By Edgar "Major Egnog" Monignuk)

Clyde Aketa thnak from Katlik has been at the Seaward Sanatorium since April 20, 1950. He has black hair and brown eyes and is five feet seven inches tall. He is 27 years of age. His mother and father and four brothers live at Katlik. He is not married.

At home Clyde fishes for himself during the summer months when he also goes out and cuts down trees for kindling for winter. During the winter he traps white foxes, mink, and beaver. Also, he fishes during the winter by putting the net under the ice and catching white fish. Sometimes he catches 70 or 80 fish. When spring comes he gets aboard his kayak and goes hunting lifetags, white whale, and other game.

Clyde is in Class I. He's a good cure-taker and is getting along fine.

Ward II

(By Carrie Voss)

Well, here we are with sweet Elizabeth Boradkin this month. Her home town is Tatitlik, Alaska.

The dark haired and dark eyed gentleman is married with three children and five grandchildren and is she proud of them. Well, what grandma isn't? She was caring for two grandchildren before she came here, and who are now at home with her husband holding the fort until she returns.

We hope it won't be long before she can go home for she is a model patient. She wants the nurses to know how grateful she is for their kindness and help to her.

Her occupation is that of a housewife, but come summer she likes to work in the cannery.

Her hobby is like that of most women--crocheting. She has done some very beautiful work.

Asked what her dislikes were she replied, "I like everything." Of course she dislikes being in bed, but enjoys rooming with Dora Boskovsky.

And to those of you who remember Harry Allen, she is an aunt of his.

Her ambition? To get home and stay home. Don't we all?

Elizabeth has been here for six (for her long) months. Our very best to you, Elizabeth.

Ward III

(By Elizabeth Berg)

The spotlight of ward three falls on Patricia Lambert, better known as Pat or Hewey. Yes, she's the famous Hewey of Ward two. She's had surgery and so that explains the change in wards. Pat hails from Ketchikan, Alaska.

Her occupation is being a housewife and a mother. One of her two little girls is of school age now.

Pat's hobby is collecting records, she likes music and westerns and the ink spots rate quite high on her hit parade. Crocheting is also another hobby of hers, especially pineapples. She loves them. Her main dislike is waking up in the morning. I don't think she'd mind waking up on the morning of her departure though.

Her ambition is to travel and she won't get home any too fast, so she thinks.

Pat is 5'3" with black hair and large dark brown eyes.

Ward IV

(By John Neal)

BED 427

When you read Ward IV news you will find the byline reads Toby Kazingnuk. It is almost impossible to present new information about Toby because he is so well known. This quite, polite Nomite entered Bartlett eighteen months ago. After graduating from a private room on Ward III, a few months past his arrival, he bedded down in bed 427.

On a bright summer day in 1923, Toby parachuted from his storkportation. He landed safely near Bristol Bay at Koggiunk. His travels took him to Nome at the ripe age of six, via St. Lawrence Island and Cape Wooly, to locate his permanent home.

Toby loves money--don't we all? He likes it so much that he collects coins, a hobby which can be profitable.

Here is an interesting sidelight: Toby's grandfather, grandmother, father, stepmother, and sister have been pictorially featured in such publications as Coronet, Chicago Sunday Times, and Alaska Sportsman. A very photogenic family indeed.

Looking towards the future, Toby's plans include leaving the hospital and going home. The future looks bright.

Ward V

(By Evelyn Pardee)

We cast our spotlight this month on a young man from Chignik, Alaska. He came to Ward 5 June 6, 1950. He has brown hair and eyes. He is 42" tall, and weighs 55 1/2 lbs. He was born Aug. 5, 1943. He has two brothers in school at Wrangell.

He is a quiet, well behaved boy and, oh yes, I guess we'd better tell his name. He is Freddie Troffin.

Ward VI

(By Ron Miller)

The beam falls on Dorothy Olson, now Dorothy Wallace, whose nickname is Dot. She was born in Quinhagak, Alaska on a cold, January day, the fifteenth, to be exact. Her home, before entering the

(Continued on next page)

Ward IV  
(Continued from page 4)

vacation. She stated she is going to Fairbanks and inside the Arctic Circle. We wish her a pleasant vacation. Our barber and handy man, Carl Kronquist has left for home. Lots of luck and continuous health is wished him by the boys.

I guess you folks would be interested to know who we have in ward four. So, we'll go out to the private rooms first. Paul Buck is an ivory carver. He does a good job too. Herman Joseph, we get to see him on show nights. Otto Kasko is a vet from Haines, Alaska. He just moved up here from ward three. Carl Olason comes around once in a while and says hello to his friends. Gilbert Nicolai is a new patient from Copper Center. John Brown comes to see the show and visits the main ward in the evenings. Henry Kaiser comes to see the show too. Gust Brann, Jim Zavorinoff, and Fred Caldwell are all doing fine. Now let's go to the main ward: Ed Roehl is our business man. He sells men's women's and children's clothes and shoes by mail order. He also has greeting cards. Incidentally, Ed is going all out on getting well. He is now taking P.A.S. pills and Strep--two times a day. John Neal is another business man. He sells "Stick on labels", hosiery and magazine subscriptions. He finally got his typewriter he has been expecting for some time and is now busy typing away. He also keeps the Korean news up to date on a map over his bed. Herb Holland has joined the air force and is taking P.A.S. pills. For past time he makes bead belts. He does a good job too. John Johnson has joined the air force too and is doing well. Lee Kunnuk is a quiet fellow and likes to look at comics and magazines. John Killarzoac gets all the mail and is busy answering them. William (Colonial) Johnson is the happy go lucky of ward four. Hans Totland reads good stories and listens to the radio. Willie Stream is our postmaster. The other day he got his new teeth and he stated they feel funny and gets a tooth ache, but finds that it was only a sore under the plates. John Holton is known as "Pinochle John" to his friends back home. He takes a walk and getw fresh air every day. The lucky fellow. McKenna Wemark gets to visit his wife two times a week. He has some hand carved ivory for sale. If you are interested, come and see him. He may have what you want. Tommy John listens to the radio and feels happy the whole day through. Mike (Mento) Frank just takes it easy and looks at the magazines. Joe Hanaka collects stamps and reads stories. Marcus Macarseinta plays solitaire and says the Chinaman's pretty hard to beat. Fred George listens to stories on radio and waits for good news from the doctor. Now let me see who we have here. Oh, yes. S. P. T. period. Bet you couldn't guess who that was. S. Simeon Gabigas takes it easy and looks at pictures. And finally our one and

Ward V  
(Continued from page 4)

fore her next one. Gus Nicholi moved out to the ward this month. He shares a room with Freddie Troffin. Bobby Justin has started waving "by-by" and has also learned to stand up in his bed. This is about all I can think of for this month so until I see you next month-- good-by everyone.

Ward VI  
(Continued from page 4)

won't be long before she can start packing again. Ronaka Miller moved to Ward 6 July 11. The move came as a surprise, but I like it, although I miss the sunny corner on the porch. Governor Gruening, Dr. Albrecht, Dr. and Mrs. Matthews were among the visitors this month. Dr. Matthews is the T. B. consultant from Anchorage. On July 21, something a little out of the ordinary happened--Dorothy Olson was quietly married to Donald H. Wallace. Mrs. Keturah King and Mr. Joe Cawthorn were witnesses. The wedding was so well planned that it took us by surprise, but we did drink a toast of orange juice to the newly weds, and we slept on tiny pieces of angel food cake that night! Bella Watson, Berniece Devlin, Margaret Kirstetter and Bessie Lincoln were the home-goers this month. Leaves Ward 6 kind of empty with only four of us rattling around in it. We miss Bernice's happy smile, Bella's laugh, and Margaret's amusing tales, but we know how happy they must be to get HOME again. Bessie was SO happy to be on her way, and our good wishes have gone home with her. Cribbage and pinochle games fill in our leisure times and there are some lively cribbage skirmishes, I can tell you. Sometimes, there's even talk of that little white-striped animal of the woods-- you know what I mean.

\*\*\*

only MR. Henry Bowen (accent on the MR. please). He is an artist one way or the other. He has many friends here and says he is going home on the 20th, so he says every month.

Some of the boys mentioned above had bronchoscopy and they are all doing fine.

Patient: The size of your bill makes my blood boil!

Dr.: That will be \$20.00 more for sterilizing your system.

Happiness isn't so much a matter of position as it is disposition.

--Gilcrafter



# Women's Words

Another month gone by and I can hear those people in O.T calling for "Women's Words". I'm going to fool them this time so they will only have to remind me once.

Everybody seems to be going somewhere--Pearl Bozner left the 25th and has arrived safely home. Mrs. Collins R.N., anesthetist, and her daughter Judy are leaving this week on the boat. Judy had her 9th birthday the same day, so Happy Birthday and Bon Voyage.

Mrs. Arnsworth from Kitchen, Helen Hiler P.N. and Irene Anderson R.N. are driving about over the highway.

Mrs. M. Yohn has just returned from a week's visit with friends and relatives in Palmer.

D. Bradke R.N., surgery nurse, just returned from stateside. Doris says it's a little hard getting plane reservations to Aaa.

M. Davenport R.N. took a flying four-day trip to Tacoma--to see, well we won't mention that. Then she came back on the new Northwest Stratacruiser. She says it was super duper when upstairs and downstairs, hot and cold running water, etc. sounds ok, but expensive.

We are glad to see Mrs. Pearl Smith R.N. back again. Mrs. Smith took a week's vacation then she took vacation to rest up from the vacation or something anyway she says she got along just fine with all the bears, moose (low bush and high bush) and the fish out at their cabin on Russian River.

E. Grimes R.N. is spending the week in Anchorage. I wonder if she caught a salmon up there.

Mr. and Mrs. Dex Bacon are proud parents of new baby boy--named Guy Williams--also Mrs. Bacon sr. is leaving tonight on the boat. She has been visiting in Bartlett most of the summer.

Barbara Anderson in the administration office is having two weeks vacation.

We now have Mrs. Ruth Green and Phyllis Daugler in the main office, Mrs. Reba Rose replacing Betty Trout as the Dr.'s secretary and Pat Anderson is the P.O. passing out those anxiously waited for letters and packages from home. And I believe we are to soon have a new post-mistress as Mrs. Clark has moved to the states.

I expect some of you are wondering who some of our distinguished guests and visitors were during the month. First was Virginia S. Williamson, Veteran's social worker. She was here three days the first of July visiting all the Veteran patients.

About the 14th Alaska's Governor Gruening visited. The same day Dr. and Mrs. Mathews were here. Dr. Mathews is T.B. consultant from Anchorage.

Miss Murrell and Mrs. Green of Jesse Lee Home had as their guest Mrs. Stewart who is Director of Hospital Division of the Women's Division of Christian Service.

Also Dr. Albrecht from Juneau was here and talked about the new hospital and nurses' home Seward is to have if everything goes all right with the United Nations.

The past few days Mrs. Agnes Gerding of the National T.B. Association, New York, and Mrs. William Paul of Juneau have been visiting the wards and taking pictures. These ladies were accompanied by Katherine Ling and Georgia Gardau of the local Seward T.B. Association.

Word has been received from Pearl Howard that she is on her way back to Alaska. She says it's just too hot in Georgia.

I don't have to mention any men as I understand someone is writing "Men's Mutterings" this month but I just have to tell you about Dr. Phillips and his guest of the week, Dr. R. L. Smith. Dr. Smith says he is not a fisherman but he does a good job of pulling medical directors out of creeks when they aren't any bigger than Dr. Phillips. Dr. Smith is the Assistant Commissioner of Health in Anchorage.

That's all except I'm going to kiss everyone. However, I'm going to be living in Seward so drop in on your way to town. We can always have coffee and who knows the cook might even have some rolls or cookies baked.

## SPOTLIGHT

### Ward VI

(Continued from page 6)

San was at Clark's Point.

Dorothy is a new bride, as of the 21st of July. I wasn't at the wedding, but she wore a beautiful gray gabardine dress and a lovely gardenia and pink roses corsage. She likes to crochet, knit and cook, and does a lot of crocheting; the present item she is working on is a beautiful pineapple chair set. Her dislikes are not many, but one is that we all have to take here, BED REST. Dorothy likes to play cribbage, vinchie, and

Dr. Smith: Do you know who had the first thoracoplasty done?

Dr. Phillips: Sure, Adam, but I don't think we're going to get the same results.

listen to the radio, especially Slim Bryant and Garry Moore.

Dorothy is 5'3" tall, and since entering the San has gained a number of pounds and is now slightly on the chubby side. Her hair is a shiny black, long, and attractive. She has been here a year this month, and her present ambition is to advance to Class 4 and outdoor walks, and is looking forward to the time when she can go home and keep house.



# Sourdough News



I was recently asked to contribute a few spicy lines concerning the sourdoughs here. This writer confesses very little journalistic background but will pen a few comments in this combined inaugural and closing column. Some of the news enclosed will be slightly on the musty side since this publication is only a monthly.

One of our new janitors on a women's ward was recently doing his bit to tidy up the San (so the thought) when to his surprise he was chased away. Seems as though the windows weren't letting the normal amount of light so he proceeded to clean them up. On starting he peered through the cleaned pane--several practicals working around a gal started waving and shouting to convey some message!! Says he, "it was all in the line of duty!"

The tattoo of .22 bullets echoes in back of the firehall--dead eye Turrell is sharpening his aim. By the looks of those targets he's going to need some new ones.

One of the boiler room crew recently discovered Gillette is still in the business. Bill G. has been unmasked--don't know whether it was for protection from the elements or the big marathon celebration. Have a hunch a lot of guys use that for an excuse to keep the blades packaged. It is a chore though--15 minutes per day would amount to a total of 4,732 hours by the age of 70 if he had started to shave at 18. The only satire on this is the time consumed by the fairer sex in fixing their hair, etc.!

Chic Meeks, an ex-paratrooper and a native of West Virginia, brought in a big salmon the other day. Yours truly was along when we saw this ugly silver lying beneath a ripple not far from the San. His 30-40 Craig lifted it clean out of the water. That salmon is now salted away in a locker with Doc Phillips' tag on him.

Before I leave for the tall corn state I hope to visit the Arctic Circle and the Yukon--My hopes to graduate from the chechako class may be realized then.

## Former Patients Write

From Blair Anakak, c/o A.R.R., Fairbanks:

"I am feeling fine now--just had my check-up and x-ray and working 8 hours a day. Dr. said I wouldn't need another x-ray until after 6 months.

I am on my old job again--A.R.R. Sure is nice to be active again and not depend on somebody, but I will not forget the kind service I had while at Seward. Many thanks.

Give my regards to the patients I know.  
'Bye

Blair Anakak

Since our last San Chat we have received word from Logan Hughes that he has been promoted to Class 3 and is allowed out on passes. He also says that Dr. Lowell had been in to see him. Dr. Lowell asks to be remembered to everyone here and says that he misses Seward. Dr. Lowell also saw and talked with Dr. Valle.

Mel Anderson received a letter from Dan Tatoowi and he is doing fine. Dan says that he is drinking lots of butter-milk.

Many will remember Ralph Wilson who is at Walla Walla. He wrote that he will be discharged soon. He also writes that Al Miller has been discharged and is back home in Kodiak.

\*\*\*\*\*

Here's to express my appreciation for wishing me happy birthday to Miss Hayward, and Donald Bland for yelling "Happy Birthday, Swab!"; also to steward department for furnishing cake, I actually ate some of it.

Thank you all,  
Shanghai

## Try This One

Here is one that will puzzle you even after you know how it works. Ask a friend to choose a book, open it anywhere and pick out a word in the first nine lines of any page, but the word must be within the first nine words of the line. Tell him to write down the number of the page, multiply it by ten, and add twenty-five and the number of words in the line he has selected.

Then you take the written answer and the closed book. By looking at this number you will be able to find the word he picked out in the book.

To find it subtract 250 from the amount written on the paper. The last figure of the answer will be the number of the word in the line, the next one to the left will be the number of the line, and the rest of the number will be the number of the page.

---Contributed by Rom Miller.

Baseball

It took 14 innings to settle the annual All-Star game at Chicago and the National Leaguers finally won their 5th game of the series. The game was highlighted by great defensive plays and, most of all, excellent pitching. The most effective hurler was Larry Jansen of the New York Giants. In the five innings he worked, he retired 15 of the 16 batters he faced, 6 of them on strikeouts.

Two Detroit Tiger pitchers gave up home runs at inopportune times. Art Houtteman grooved one to Ralph Kiner in the 9th inning to tie the score 3-3 and Ted Gray served the game winning homer to Red Schoendienst in the 14th.

The All-Star game proved to be a costly one to the Red Sox for they lost the services of Ted Williams who broke his left elbow when he rapped against the left field wall after making a spectacular catch of Kiner's drive in the very first inning. It is not known just how long he will be absent from the line up. At the present time he is recuperating from an elbow operation and hopes to be back before the season is over.

Looks like Bob Lemon will top all pitchers in the American League this year. So far he has 16 wins and only four losses and that is one of the reasons why the Cleveland Indians are in third place.

Besides his remarkable pitching, Bob is also one of the best hitting pitchers. He already has socked four home runs.

Boxing

Jake LaMotta finally made his first title defense since he won it over a year ago, and it was a successful one against previously unbeaten Tiberis Nitre in the latter's second outing in an American ring.

The Italian substituted for Rocky Graziano who couldn't go through with his scheduled bout on account of a hand injury.

There is some talk about Jake meeting Ray Robinson again--that is if Sugar Ray gets by Charley Fusari in a walter-weight title fight on August 9, after which he plans to give up and then move into the middleweight division. Of course that depends on the outcome of the fight in which Fusari has a better than fair chance to capture the title since Robinson will have to take off quite a bit of weight in getting down to the required 147 lbs. and he

Call on Good, but row away from the rocks. --Indian proverb

Pray as though no work could help, and work as though no prayer could help. --German proverb

hasn't made that weight since the last time he defended the title in June 1949. His best fighting weight is usually around 155 lbs. and peeling off eight to nine lbs. is bound to weaken him some.

Another forthcoming title fight that is attracting a lot of attention is between featherweight champ Willie Pep and that very worthy contender Sandy Saddler.

Their two previous battles were real thrillers in which Pep suffered his first knockout and then barely regaining the title in a bout that went down in boxing history as one of the greatest fights of all time.

Their third meeting will take place at Yankee Stadium sometime in September and it should be a large drawing card. Probably break the record for a title fight in that division.

\*\*\*\*\*  
 (Advertisement)  
 Radio for sale  
 \* Three silvertone tubes plus rectifier, guaranteed one year, built in antenna. Tuner 540-1600 K C standard broadcast.  
 \*  
 \* \$12.50  
 \*  
 \* See Rachel Edwards in Ward 2.  
 \* \* \* \* \*

# # # # # # # # #  
 Hello Everyone! I'm the Lover Boy Anem, ..  
 I'd like to say something so here goes:  
 there are girls who love a little, and .  
 there are girls who love a lot, .  
 and though some girls stay single, .  
 most of them would rather not. .  
 ..  
 By Chuck Pickernell

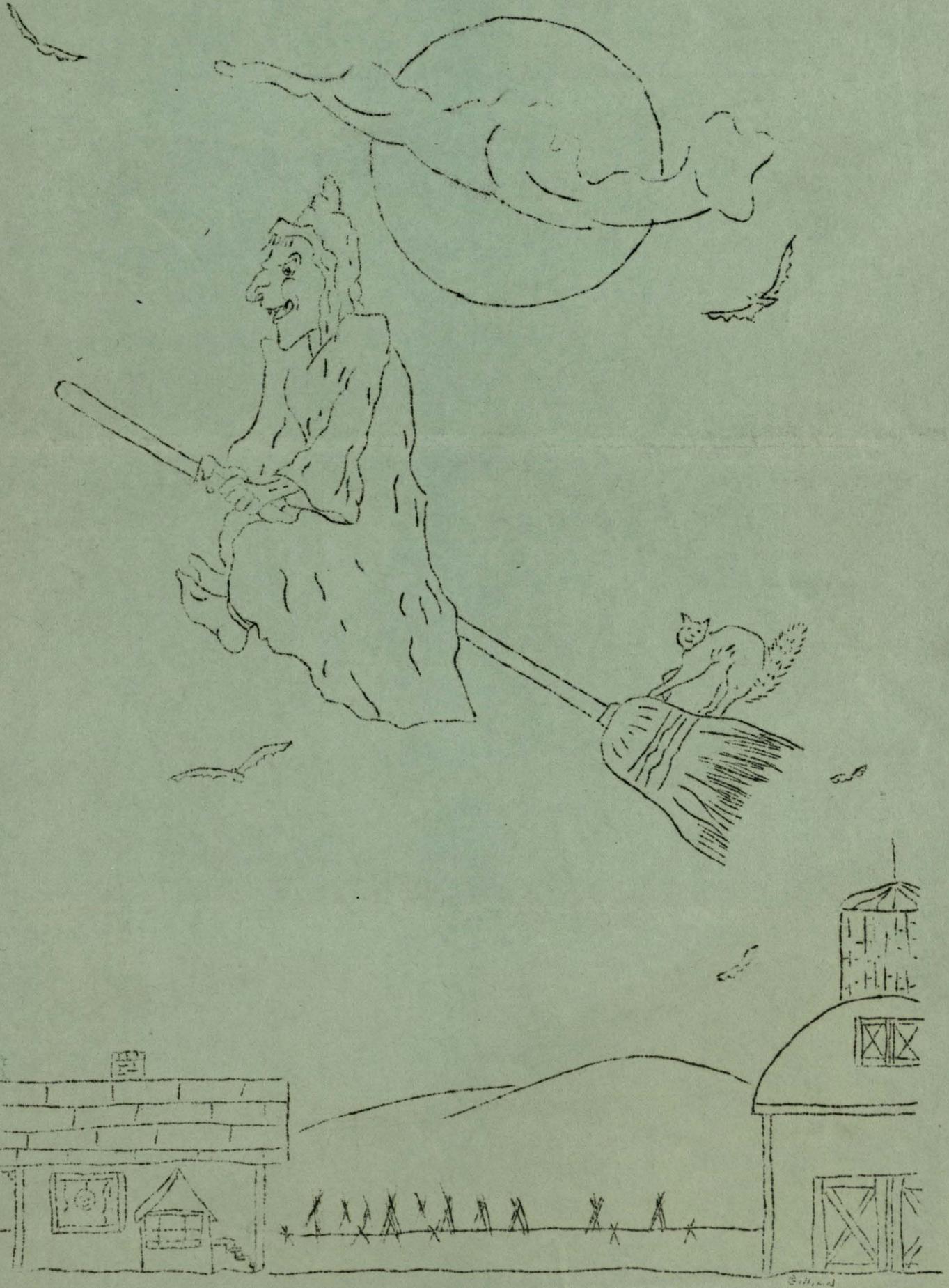


\*\*\*\*\*  
 (Advertisement)  
 \* Halicrafter radio: 9 tube, 5 wave bank excellent condition. Extra set of tubes. \$60. See or non-tact Henry Bowen, ward 4.  
 \* \* \* \* \*

# SAN - CHANT

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November

Birthdays

Frank Cutter	-----	10	Raymond David	-----	15
Jennie Hollman	-----	10	James Douglas	-----	18
Tommy John	-----	11	Edwin Roehl	-----	18
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\* \* \* \* \*

REHABILITATION-WHAT IS IT?

by A. William Regio, Senior Surgeon  
(R) Director, Physical Medicine & Rehabilitation, U.S. Public Health Service, Washington, D.C.  
ED. NOTE (Some parts of this article do not pertain to the situation here and have been omitted).

The National Council on Rehabilitation defines rehabilitation as: "The restoration of the handicapped to the fullest physical, mental, social, vocational and economic usefulness of which they are capable."

In Webster's Dictionary we find that "to rehabilitate is to restore to a former capacity; to fit to make one's livelihood again."

Dr. A. R. Shands, Jr., Medical Director of the A.I. duPont Institute, Wilmington, Delaware, has said: "What place does rehabilitation occupy in Medical care? It has been stated that there are three large divisions of the practice of medicine, namely: Prevention; Diagnosis and Treatment; Convalescence and Rehabilitation. The first of these, Prevention, is the primary responsibility of the Public Health Agencies. The second, Diagnosis and Treatment, is carried out by the medical profession and hospitals. The third, Convalescence and Rehabilitation has generally been the neglected child of this medical family and whether it has been satisfactorily effected without the aid of an established program has been largely a matter of chance. The... However, the actual medical care can only be considered the first step in the restoration of the patient

to optimal health. A rehabilitation service should now take over and complete the job".

There are 10 important factors requisite to a sound rehabilitation program. They are not ten separate steps but they are the necessary components of the service. The whole must click as a "team" and there is no place for individual stars excepting insofar as they help in the teamwork required to make the whole function smoothly.

- These ten factors as we see them are:
1. Mental Hygiene or Psychological Preparation.
  2. Social Service.
  3. Morale maintenance and building up.
  4. P..... T.....
  5. Occupational Therapy
  6. Recreation and Entertainment
  7. Education
  8. Vocational Counsel.
  9. Physical & Vocational Rehabilitation.
  10. THE WILL TO GET WELL.

Any physical injury carries with it a more or less severe mental injury depending on the make-up of the individual. Only too frequently this is not realized chiefly because we are apt to be so absorbed with the the immediate anatomical and physiological problem that we may forget the whole human being with whom after all we are dealing. Maybe we should say with whom we are primarily dealing as the somato-psychic potentialities may present as difficult a problem as the purely physical ones. The treatment of the condition not infrequently over-shadows the treat-

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ment of the individual who has the trouble. This should be avoided.

At the first moment consistent with good medicine the Ten Factor Team should swing into action with of course the physician in charge as Quarterback. He should know all the "plays" and be able to call the signals which will be for the best interests of the patient.

We know that mental attitude can markedly influence the progress of a patient and he must not be allowed to decondition mentally any more than it is permissible physically. It is not good medicine to let either condition develop when both can be avoided.

Social Service is to a large extent responsible for this phase in helping the patient to adjust himself to the sudden change in his daily life. For example, he may need reassuring that his family will be taken care of; his job held for him; finances taken care of; in fact any matters tending to worry him will be attended to so that he can devote his whole energy to the process of getting well.

His morale must be maintained or built up by keeping him occupied in order not to have the time to brood and become bored. Distract his attention from himself by recreation and entertainment between periods of therapy.

A word here about recreation may not be amiss so as to clarify what is meant by "recreation." It is NOT the function of occupational therapy to completely direct or provide purely recreational activity.

The..... Participation in recreation is voluntary whereas in Occupational Therapy it is on a prescription basis as a part of the medical treatment. It should be supervised and planned by a professional .....trained in this field - not just a haphazard procedure.

In prolonged cases with the prospect of a lengthy hospital stay there is the opportunity for completing or supplementing education. The opportunity for study may be welcomed by a certain number and should be provided for in the program. This requires a fairly comprehensive patient-library of appropriate textbooks as well as the customary supply of reading matter with which the hospital librarian is familiar in order to be ready to cater to the various tastes of the patients.

The.....decision.

Rehabilitation is, as stated at the beginning, the restoration of the individual to economic usefulness. This may be relatively simple or extremely difficult depending on the severity of the injury and the individual himself as to how soon he is ready

to resume work. A.....

This ..... the tenth factor which is THE WILL TO GET WELL. Once the immediate, acute phase has been successfully passed some 85% of the work in recovery depends on the efforts of the patient. If he is not interested in getting well or develops the complication known as "Compensitis" the best organized rehabilitation program in the world will, in his case, fail or be rendered ineffective. One objective of a well-drilled team is of course to prevent this from happening. It is not easy but when this potential complication is kept in mind from the beginning preventive measures can frequently be instituted by good teamwork and no broken-field running attempts by any one self-appointed star player. This must include the quarterback.

In the 9th factor we note Physical and Vocational Rehabilitation. To be sure all rehabilitation after injury is physical (....) but what is meant is that straight physical rehabilitation is the return of the individual to the same job held before injury and any well organized hospital with a smoothly functioning program will be able to do this. When however the patient because of a handicap resulting from the injury will not be able to return to his former occupation but will have to be trained in a new occupation, then Vocational Rehabilitation has to be instituted. This generally requires special facilities which will seldom be found in a civilian hospital. It is much longer and more difficult procedure but the pre-vocational training can be started.

The 1.....

Later on..... patient.

In rehabilitation the one main fact to be kept continually in mind is that the whole team has but one objective--namely, the restoration of the patient to as near normal as possible by using its combined skill to his best interests.

Occupational Therapy is aimed to accomplish what the physician desires in such a way that the patient by cooperation will benefit to the fullest. By.....efforts.

Some.....exercise. It makes convalescence more bearable..(and) the patient pleasantly occupied makes the more rapid recovery."

The whole process of converting a presently unemployable into an employable, self-respecting, economically independent asset to society is such a completely worthwhile obligation that we sometimes wonder why there are so many difficulties encountered which tend to slow down the establishment of more facilities to accomplish what will convert a possible liability into a positive asset. Reprint from Amer. Jrl of O.T.

THE DOCTOR'S CORNER  
Continued  
by Dr. F. J. Phillips

Tuberculosis is a strange disease in many ways, but in other ways it is not different from other contagious diseases. All who have tuberculosis, got his or her disease from someone else who had tuberculosis. We would not think of exposing ourselves to a patient with smallpox, and very few patients with smallpox would deliberately expose themselves to us. No one questions that. Tuberculosis makes us sick longer and kills more of us than smallpox, yet we are all sometimes very careless about exposing ourselves to tuberculosis; or, having it, exposing others almost recklessly. Tuberculosis is a contagious disease. This is a contagious disease hospital. That we must always remember. There are families of tuberculosis germs, just as there are families of people. One patient may have one family of germs, and another patient have some different family. The first patient may develop healing powers sufficiently strong to fight his own germ family, but be so weakened that another family of germs will almost overcome his healing powers. That is why it is necessary for patients to exercise precautions among themselves, even though they do have the same disease. That is why tuberculosis hospitals have sputum cups, baywipes, and rules for conduct somewhat different than general hospitals. These rules for conduct are not particularly unusual. They are just methods for sensible conduct. What is a suitable rule for one patient, except in most unusual situations, should also be a suitable rule for any other patient. The actual cost for the care of the individual patient is the same. There are no private patients, no ward patients, no charity patients. Tuberculosis being a contagious disease, the Territorial Department of Health, like any other Department of Health, assumes the cost of proper medical care regardless of the social status of the person afflicted. The rules for conduct in this hospital, like the rules for conduct in any well-run hospital, are not devised to please any one individual, or to annoy any other individual, but are for the common good of all of us.

\* \* \* \* \*

One of the most important treatments for the patient who has a chronic disabling disease like tuberculosis, is Occupational Therapy. Occupational Therapy is not an entertainment. It is part of the treatment of the patient. At one time Occupational Therapy was little more than entertainment, now it much more. It now goes so far, whenever possible, of actually training the patient to a better way of life, or a better way of making a living. We are fortunate in having, as our Occupational Therapist, one who is genuinely interested in Occupational Therapy as a treatment and a means of rehabilitation. The treatments that she carries out under the name of Occupational Therapy, are devised after consideration of each patient's needs and physical capacity. The amount of that treatment is also measured in terms of the progress each patient has made in healing his tuberculosis. Each patient who wants to get well, should learn to look at the prescribed Occupational Therapy the same as he or she looks at streptomycin shots, pneumoperitoneum, or any other treatment.

Occupational Therapy, in addition to being a treatment, is almost always, great fun, too. That is more than can be said about a streptomycin shot, or a thoracoplasty. Since it is great fun, it is not to be abused. The more closely every patient follows all prescribed treatments, the better will his or her chances of getting well become.

to be continued.

\* \* \* \* \*

ENDS AND MEANS

Jawaharla Nehru, in "Visit to America"

The obvious is often forgotten. Personally, if I may repeat what I have said elsewhere, during all these years of thought and action and activity and inactivity and passivity, more and more it has been borne in on me, this basic lesson of Mahatma Gandhi, that means are always as important as the ends; that it is not good enough to have a good end in view, but the means you adopt to reach that end are at least as important. If you adopt wrong means, evil means, to attain

a good end, the evil means do not lead you to that good end at all.

from the NTA Reporter

\* \* \* \* \*

Preventing Disease is Wisdom;  
Conserving Public Health is  
Statemanship. NTA Reporter

\* \* \* \* \*

The finest qualities of our nature, like the bloom of fruits, can be preserved only by the most delicate handling. Yes we do not treat ourselves nor one another thus tenderly.

## TUBERCULOSIS AND EXPLORATION

by  
Frank Maresh, M.D.

"Have you seen the Jade Mountain?" "Have you been to Lake Tustemena?" "Have you bathed in the Hot Springs on the Arctic Circle?" "Have you visited Egegik?" the patients in the Seward Sanatorium ask in a concerned manner. I avoid answering the questions for I know that those fellows lying in bed are dreaming of their homes, roaming with their imagination over the Territory, and pursuing their thoughts to the periphery of the Peninsula.

No really, I have not been to those places. I am doing most of my traveling on the pages of old issues of "The Alaska Sportsman". It is easier and more comfortable to roam that way, and then I see more, too. The superb photographs of mountains, volcanoes, waterfalls, rivers, lakes, springs suffice for the armchair traveller. The marvelous pictures of mountains goats, Kodiak bears, cogruks, Sitka deer, Machniaw trout, Dungeness crab serve as an inducement to the hunter and fisherman. I wonder how many visitors these astonishing sketches have lured to Alaska?

However, the portraits of prospectors, gold miners, explorers, hunters, pioneers and expeditions also provide an excursion into past ages. It is pleasant to browse through the stored volumes. The pictures carry an atmosphere of strength, determination, purposefulness, and indomitableness. Even their disasters and catastrophes have a heroic quality. Not once is tuberculosis mentioned. It would seem out of place to introduce the word into such a salubrious atmosphere of vigorous, robust people.

Still, tuberculosis accompanied many of those fellows to Alaska. Sly, concealed references to the illness come from the unexpected corners and pages of books. In the Territory Library in Juneau, Alaska is a recently rebound, worn volume written by W. H. Pierce and entitled "Thirteen Years of Travel and Exploration". On the fly leaf in faded, almost yellow ink is a paragraph in script stating "This book was bought of W.H. Pierce in 1890. He was far gone with consumption at this time and used large quantities of morphine to ease pain. He died within a year if not within the year. The book was written to support himself." There must be other additional references to tuberculosis on the bookshelves of the library. It would be wonderful to have a special tube which would emanate "epsilon" rays with which a person could transilluminate the pages and photographs in the early copies of the Alaska Sportsman to see how much tuberculosis came to Alaska with the Gold Seekers. It would be wonderful to have such an instrument just to see how much tuberculosis could be discovered in forgotten books and histories.

"Thirteen Year's of Travel and Exploration" reveals a peculiar creative trait of tuberculosis. Sixty years ago, while incumbent with consumption Mr. Pierce began to describe his travel experiences and wrote a book. Today the patients in the Seward Sanatorium cover pages of San-Chat with delightful stories concerning unusual incidents in their lives. Others have behaved similarly. While on a veranda at Saranac Lake, Robert Louis Stevenson began to write a novel. H.G. Wells did not let tuberculosis stop him from writing copiously. Leo Nikolayevich Totstol interrupted the "Kumys Cure" to rescue some radical manuscripts from Government Gendarmes.

Not long ago I accompanied two expeditions from Siberia to North America in Frank Golder's book "Bering's Voyages". Because many of you have a sequence of ancestors who have navigated the waters between Siberia and Alaska for a millenium or two, and because many of you have ancestors who were established in Alaska when the mentioned expeditions arrived, I shall refrain from offending you by saying that Chirikov and Bering discovered Alaska. However after returning from Alaskan waters Captain Alexie Ilich Chirikov died from pulmonary tuberculosis in Siberia. Apparently tuberculosis accompanied that expedition to Alaska, too. It is deplorable that the Academy of Sciences which projected the voyage of exploration did not recommend the taking of x-rays of the chests of the crew destined for the expedition. If I run into Peter the Great, I shall call his attention to this deficiency in the Navy which he founded. I am certain that he will correct the condition!

The average person who lives to be 70<sup>+</sup> years old has slept 20 years of it way.

The average worker in the United States is idle 10 days each year because of illness.

The average person continually gives off as much heat as a 100-watt electric bulb.

The average man's heart beats 3,000,000,000 times in a lifetime.

WARD SCHEDULE FOR OCCUPATIONAL THERAPY PROGRAM, MONDAY THRU FRIDAY

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30	IV	III	IV	IV	IV
9:30 - 10:00	II	II	III	III	III
10:00 - 10:30	I	I	II	II	I
10:30 - 11:00			I		

Library Cart on Wards will not have Occupational Therapy that PM

Not all patients have Occupational Therapy prescribed for them yet, but as their condition improves it will be. A chart will be posted with the names of those receiving O.T. and placed on the ward.

P.J. Brittain, OTR

DISPOSAL OF FINISHED PRODUCTS IN OCCUPATIONAL THERAPY

The production of finished articles by patients in an Occupational Therapy Department is important because of the Amount of Work is a Measuring Stick by which the work capacity of each individual is determined. In choice of work project emphasis is not on saleability of a finished article. O.T. is prescribed by the Physician as a therapeutic treatment just like receiving Streptomycin twice a day, and the finished article is the by-product in O.T. The question of ownership of a finished article should never arise.

To avoid difficulties, all hospital personnel who wish articles made by patients for personal use are requested to route their requests through the Occupational Therapy Department.

A retail price list, based on the Alaska Native Service, is in preparation and will be observed and followed by all patients.

THE VOLUNTEER SERVICES FOR PATIENTS

The appearance of volunteers from Seward has been going on now for some months. This service came at a very needed time. Every effort to show appreciation to them should be taken. They have contributed much to your well being. One of the most needed articles, magazines, has poured forth from this community. Receipt of these magazines for your use has been of great help. We hope they continue to come as a variety of magazines broadens ones reading area. In the future, when a Volunteer comes to your bed, express your gratitude by some phrase of spoken appreciation. We hope to start an extensive Volunteer program. Our present volunteers include:  
 Mrs. James, Ward III  
 Mrs. Jacobs, Ward IV  
 Mrs. Nelson, Ward I  
 Mrs. Ingless, Ward II

When doing your mail ordering for the family at home for Christmas, please have all gifts sent direct to your home.

## BEEN GOOD TO YOUR EYES?

They work for you from the time you rub the sleep out of them in the morning until you close them again in slumber. They are wonderfully accommodating, adjusting themselves automatically for near or far vision; for bright light or dimness; for close work or plain gazing.

Eyes get tired. They depend upon numerous small muscles to adjust the lens, to widen or narrow the iris or "shutter," and to shift the position of the eyeball. It is all done without conscious effort. Under normal circumstances, eye muscles should tire no more readily than those of any other part of the body. But the lenses of many eyes are not quite perfect from an optical standpoint. That makes it necessary for certain muscles to work harder in order to adjust the lens for sharp focus. Reading for lengthy periods, especially when the print is fine, is a strain and the eyes become tired.

The right and left eye are not always equally efficient. Then, like a team of poorly matched horses, one or the other is constantly straining to restore balance; and they both become tired. There are many other causes of eye strain including faulty conditions of the nose and throat. Eye fatigue usually results in headache, a symptom which should be promptly heeded.

Faulty vision usually can be corrected by wearing glasses. Properly fitted lenses compensate for deficiencies in the natural lenses. They not only sharpen focus but also take the load off tired eye muscles. It may be true that, within certain limits, special exercises; but why not let a bit of cleverly-fashioned quartz to the job?

Good light is needed for eyesight conservation. Avoid glare; don't read facing a window or strong light; if possible, arrange to have the light fall on your book over your shoulder; have your visual efficiency checked frequently.

An oculist is the best specialist to consult about eyes. He is a physician skilled in diseases of the eye, including errors of refraction. His assurance is, therefore, usually worth the extra cost. An optometrist is not a physician, but he is competent to measure the eye and to prescribe corrective lenses. An optician is a person skilled in making and fitting lenses prescribed by an oculist or an optometrist, but he should not be asked to decide what kind of lenses are needed. H.K. Kleinschmidt, M.D.

NPA Reporter.

## Women's Words

by Nancy Noble

Best wishes to Porter Cooper for a happy trip to the great outside, but let's all hope she will hurry back--we miss her.

We also miss Marion Davenport, who left this month to return to her old job in Sunny California. She wasn't too eager to leave, though, so we've a good chance she may be coming back soon.

And more bad news: Blanche Clark is on the sick list this week. Sorry to hear it, Blanch, hope you'll be up and at 'em soon.

Ah-- good news--Pat Brittan's back. All those who knew her before are happy to see her again, and those of us who didn't know her before are glad to see her in the O.T. department. From the looks of things, business is going to pick up around here.

We are also happy to see Irene Clark back among us. Hope you've come to stay longer this time, Irene.

Welcome, too, to Mrs. Lanier, who has come to join our staff.

Another new member came in on the last (and I do mean last) passenger boat, too. I know we are all eager to welcome her. She is Mrs. Grant, our new Housekeeper, who comes to us from San Francisco. Hope you enjoy working with us, Mrs. Grant. We are glad you're here.

It's a boy! On Oct. 3 Mr. and Mrs. Gilbert Nelson became the parents of a 6½ pound boy, Gilbert Clifford Nelson. Congratulations!

Mrs. Samburn is back with us after a leave of absence--Reports a good time. Welcome back, Sandy; how does it seem to be sleeping nights and working days?

We have a new neighbor, Mr. and Mrs. Parke Smith have completed their new house, and moved in. They love to have guests; so whenever you simply crave scrambled eggs at 2:30 in the morning--well their house is just a couple of steps from Barracks II.

Miss Caroline Clark, too, has moved to an apartment down town. Understand she is becoming quite a toiler at the broiler. She's particularly good at preparing pork chops. Phone early to make your reservation.

Everybody can relax. Pat Morrissey doesn't have to wade the creek in her slippers any more; but could we have a volunteer to help her carry her hiking boots?

Another new addition is a piano donated to the San by the American Legion in Anchorage-- Now we have a problem. How can you get Ann Huber and the piano to--

gether?

Oh, yes--we have two more new members in barracks II. Both are hamsters--and both are nameless. Anybody have any clever ideas?

Well--that's all for now. Stay happy and stay here.

Ed. note: Miss Noble didn't know this; but Mrs Peden will plan to go "outside" on about the 16th. This is to wish her every success in her new future home--this new home is Arkansas! "Bye, Hussey".

NOTE: The housekeeper's name is Mrs. Graham not Grant as previously stated.

Sports

by Jim Douglas

Boxing: Ezzard Charles became the new heavyweight king after he gave Joe Louis, a heavyweight champion for many years, a 15 round trouncing in Louis' attempt to be the first in ring history to come out of retirement to capture the title, but, like the rest, he failed.

At the age of 36 and weighing 218 lbs. Joe was fat, slow and the punch in his fists that had put many a man away was no longer there. The 10th round was the only time he looked like the Louis of old but he didn't have the steam in his punches to put over the finisher.

Thus ends a great career of a great champion, perhaps the greatest of all time.

Another fight that took place during September found Willie Pep once again losing the featherweight title to Sandy Saddler, this time Pep had to quit when his left shoulder was injured when they were wrestling around. Seems like when these two meet in a ring, they combine both boxing and wrestling before they are through with one another.

Still another fight involving Jake La Motta and Laurent Dantville saw La Motta save his middleweight title by the skin of his teeth, when he knocked out the Frenchman with only 13 seconds remaining in the fight. Up to that point it seemed Jake was well on his way to defeat till that last round when he came out for a knockout, realizing that was the only way he could win, proceeded to do just that when his opponent chose to trade punches with him.

Most boxing observers think La Motta will wind up minus the title in his next title defense, come February, since his opponent will be none other than "Sugar" Ray Robinson.

Baseball: For the second straight year and 17th in Yankee history the New York Yankees won the American League pennant. Detroit, who had been on top most of the campaign, collapsed in the last month of the season and the Red Sox, previously favorites, were a real threat to the club, but that was about all they did and like the

two previous years they failed to come through in the clutch.

The Phillies won their first National League pennant in 35 years but it wasn't as easy as they had anticipated. Going into the last week of play they were leading by a comfortable margin of 5 1/2 games but they went into a sudden tail-spin and the Dodgers in the meantime were making hay and it wasn't until the last scheduled game of the season that the pennant was decided.

All in all, it was an exciting finish in both leagues and to the teams who didn't make it, especially the ones in the cellar, better luck next time. Now the only thing that remains to be settled is the world series, which will decide the world champions.

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K S A N has It's Annual Check-Up

Station KSN has had its tubes checked and we find that only two tubes are in need of repair. This check-up was given by Osboe's. The patients wish to express their thanks for this service. Also Osboe's gave the station some records. All of this of course means a great deal more pleasant listening.

\* \* \*

Spotlights

Ward----- I

by Tommy Bavilla

In our spotlight for this time is none other than Paul Rudolph in wd 1. He is a nice guy with the nick name of "Rudy". He hails from Juneau, Alaska. Rudy's Hobby is music, and one of these days we are going to hire him as our musician, that is if he accepts.

He has a family of five children at Juneau, and his greatest wish is to get well and go home to them.

Paul has only been here two months and seems to be getting along fine.

His ambition is to be able to go hunting and fishing again, also to go back to work and care for his family, but all he cares about doing now is to get well.

He has a Buddy right across the hall from him who is Scottie Armour. Scottie and Paul like each other so much that they are sometimes throwing Paper bags and shoes at each other. One morning I heard Scottie complain about his shoes being lost during the night. Paul says to Scottie, "I was surprised to see your shoes under my bed this morning. You must have been walking in your sleep and left them in my room last night. To which Scottie said, " But thats Impossible."

WARD II by Edna Hammy,

Well look who's in the spotlight for this month from ward 2. It is none other than Fannie Cooke, who comes from Bethel, Alaska. She is married but has no children.

She is five foot tall and has black hair and brown eyes.

Her hobby is hunting, fishing, and dog sled riding. She likes to read and listen to music. Her dislikes are liver and to

take shots. It is 35 years but it is  
She was admitted to the san on Dec.  
22, 1949.  
Just like the rest of us, her ambition  
is to get well and go home to her fam-  
ily.

WARD III  
by Marie Savetilik

We have a very pretty housewife from  
Yakutat in our spotlight for ward 3 this  
month. She is none other than Mary Ann  
Paquette, better known as "Bashful".

Bashful has three girls, one of them  
is Victoria who is a patient on ward 5  
here at the san.

She likes to sew and crochet, and does  
both beautifully.

Bashful is 25 years old and has long  
silky black hair and dark brown eyes.  
She is a smiling happy person who likes  
everything, (lucky girl,) except staying  
in bed.

Bashful has been here seven months  
and no wonder she hates being in bed all  
the time.

Her ambition is to get well and go  
home, and just who in the san doesn't.

WARD IV  
by Francis Payenna

Ward 4 spotlight falls on Herbert  
Holland who claims to have been born at  
Latouche, Alaska. He has lived at  
Anchorage and Valdez also.

Herb served in the army as a private  
and was honorably discharged. After  
leaving the army he worked for the army  
engineers for three years at Nome.

He has been here at the san since  
May 11, 1950 and is getting along fine  
although quite restless at times.

His Hobby is beadwork, Indian style  
decoration for belts.

All the boys in ward 4 wish him a  
quick recovery and the best of health  
for years to come.

WARD-----V  
By Evelyn Pardee

My, my, who is this pretty little lady  
here in ward 5? Oh yes, it is none  
other than Betty Ahnaktook from Noatak,  
Alaska.

Betty is nine years old and has long  
black hair and sparkling brown eyes.  
She is in the second grade and likes  
school.

Betty has three brothers and four  
sisters. One brother is at Kotzebue,  
one at Point Hope, and one is at home,  
her sisters are, one of them at Anchorage  
two at Point Barrow, and the other one  
is at home.

She likes to play a guitar, and likes  
the snow. Her dislikes narrow down to  
just one and that is rain.

Betty wants to get well and go home,  
and if she keeps up, the good work as  
she has been doing she will get her  
wish.

WARD-----VI  
by Betty Berg.

Our spotlight is on Laurena McConnell  
from Candel, Alaska.

The little gal is under five foot and  
has a personality that can't be matched.  
She has brown eyes and  
beeg brown ones they are too. She  
has long silky brown hair.

Larry is a housewife and during the  
summer he cooks for a camp. Of  
course she didn't last summer because she  
has been here since January. Right now  
she is in class 4 and will soon be on  
her way to home sweet home, this is her  
main ambition. Why not, she's a sweet  
little gal.

Her biggest dislike, and the only one  
she could think of at the moment is  
writing letters, but she likes to rec-  
eive them, this is where a secretaty  
would come in handy.

Reading good books and eating fried  
chicken are on the likes list.

Her hobby, in general, is handwork  
of all kinds. She has patience and then  
some, no error will be passed up no  
matter how many times she must rip.

Our very best to you Laurena and may  
good fortune follow you.

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WARD NEWS

WARD I

There will be no news for ward 1 as the y  
didn't get it in on time.

WARD II

Hi folks- Let's take another spin  
around the ward and there's never a dull  
moment in the ward these days either.

Bobbie is in with Garrie now and is  
doing fine except that Garrie has the  
blues these days, I wonder why?

Next door to them is Virginia and Mary  
Jo H. Virginia is busy with her school  
work and knitting mittens for her brother,  
Mary just got through crocheting a pot  
holder, both of them are just as happy  
as can be.

Finnie, next door is passing her time  
reading and taking the cure.

Emma H. is doing fine, she spent one  
night out in the ward with us. She's  
been raising cochroaches to keep her  
company but "Huber" thought there were  
just too many so they sprayed her room.

Now for Elizabeth B. and Alice, both are  
doing O.K. Alice moved from the ward and  
is busy getting acquainted with her new  
neighbors, and crocheting. Elizabeth is  
crocheting a table cloth and is very  
happy because her son came down to visit  
her from Tatluk.

Rachel is in a room all by her lone-  
some? (I doubt it, not with all the  
hands one shieks writing her foun ward  
one. Aint love GRAND? Sigh)

Elsie is passing her time sewing moc-  
tops and Mary Ann is making bead belts  
and both are very happy playing cards.

They both do a lot of gigling any how.  
Now for the twin ward.

Ella is still passing the writting to someone named Linda's because her name is out for a check-up.

Mary S. is kind of a good girl, always taking the cure.

Stella! oh, she can't live here any more, she moved on to Wd. 3 for surgery. Good luck, Stella, and we sure do miss you.

Haroldean moved down from Wd. 3, in Stella's place. Hope you like it down here.

Edna is busy getting acquainted with her new neighbor, and always and forever writing. And where do all the pretty flowers come from? Not bad, huh, Edna? She lays there and sighs.

Ann A. has been getting loads of mail these days. Like her neighbor she is always busy answering them. And busy taking pills, pills, pills, and chrochet-ing. She really has some pretty work, there is only one thing that gets her, and that's when her neighbor lays there and sighs, and doesn't hear a word that's been said to her, otherwise, everything is fine.

Maggie just loves to talk in her sleep and tell us her secrets, and it doesn't worry her one bit, either. Well, you see she talks in her own language, and we can't understand one single word, pretty smart, huh?

Fena moved out from the room, she seems to be enjoying her self, reading.

Joy is kinda lonesome for Alice, these days, passing time knitting mittens. And just taking the cure.

The girls out on the porch are happy as usual. Libby has that sparkle in her eyes and always smiling. Doris is crooning out there as usual, (and just taking life easy.

Gertrude had her tonsils removed, she's doing fine. She was out to see the movie, good to see you, Gert.

Edith, where are you? She must have a good bed, won't even leave it long enough to see the show, oh! maybe someday.

Ann S. is doing fine, always reading or visiting with that certain guy of hers.

Mary McClain doesn't live here any more, either, she left for home, good luck, Mary, and all our best wishes go along with you.

Marfa is busy with her school work, if she isn't doing that, you'll see her reading a movie magazine.

Susie is doing fine too, going to school, knitting and reading.

Madeline finally got her radio back. You can tell, she's really shining.

Famie always waiting patiently for a letter from the lucky guy at home. Listens to the weather reports, then she knows whether she'll receive a letter in the next couple days or not. Pretty good, huh?

Florence is always so quiet, you'd never know she is there, she's just as busy as can be sewing moc. tops.

I had a very pleasant surprise one Friday evening, instead of fish, I had fried chicken, mmm, was it ever good.

I've got Evelyn P. to thank for that.

The girls didn't agree with me the last time I said, I rise and shine every morn. I wonder why?

Wow! that was a lot of gossip, so I'd better sign off. Best of luck to all you kids.

Bye now

Esther Olson.

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### Ward Three News

Hiya! Everybody, How you all?

Oct. 3 and what a day. Happy birthday, Miss Noble, we all extend to you many happy returns for the day.

It seems Stella Anderson has had first stage of thorooplasty today. Best of luck to you, Stella.

Delegate Bartlett with Delegate Victor Rivers was here one day. While they were here Marie Savetilik was having her shampoo and was in the "tiny room". Mrs. Yohn was our nurse for the night, when they left Mrs. Yohn said she didn't know who they were and we began convincing her it is Delegate B. During that time Maie emerged from the room, her head wrapped in a towel (turkish style) and very seriously said, "This is Delegate Savetilik". Including Mrs. Yohn, we had a hearty laugh.

Our sincerest gratitude to Mrs. James for the delicious melon we had some nights ago. They were very good and we also want to thank you for the magazines you've given us.

At this time, I must mention the entertainment we enjoyed very much. Paul McMullen, accompanied by Mrs. Paul Erwin, who plays an accordian, sang and played several popular songs for us. We, the people of Ward 3, say "Thank you".

I once wrote that Virginia Bruce was not getting mail. Well, the result is that she has been receiving quite a bit of mail since then, and is having a hard time keeping up with her correspondence. This is no complaint from Ginger. But you see, she told me last month and I was to have written of is in the report, her gratitude to all those people who wrote. But I'd forgotten, "But, better late than never". Here I am to say "Thank you" to all who wrote to Ginger. She enjoys the letters very much. Perhaps I should begin a "correspondence corner" and put my name there too, at any rate my theme song these days is "No Letter Today".

The boxing bout we heard via the radio of Joe Louis and Ezzard Charles Most everyone had the earphones on and listening closely. Me, I listened to K. E. N. I. They sure had beautiful music that night. What sport I like? I just love baseball. When the world series is on I'll have my ears glued, I'm rooting for the New York Yankees. Sure hope they win. What with Joe DiMaggio,

Zogi Barra and Phil Rozzerto, should be a good game. huh? Somebody agree with me, please.

In this corner we have Betty Berg and in this corner we have Laurena McConnell, well they moved to Wd. 6. Congratulations to you girls and don't stay up there too long. Not that we want to get rid of you girls, but such nice, sweet persons as you both are, we want to see you home fast.

Ginger has moved to Betty's corner and Suzanne Savage has Laurena's corner. Do you like it, Suzanne?

Evelyn Conley still out there and the only class 5 on this ward.

Barbara Strom enjoyed her visits. Her husband came to see her and he brought her some beautiful presents. Her birthday, you know.

From Chignik, Alaska, we have with us a very nice person who goes by the name of Marcelle Skomberg. She had a nice trip coming here.

From around that direction we welcome Antoinette Robinson. Ozinkie is her home town. She also enjoyed here.

Next on the list is John Holgson, who hails from the capitol city. He likes it here and does quite a bit of reading. Oh, yes! he is a drummer. Asked him if he'd like to have his drums to make a lot of noise, he said he would.

Ralph Holland came here from Cordova, he has a relative down at Wd. 2, I believe.

To all these newcomers we say welcome.

Joe Oneha says he misses his golf course, but otherwise everything is O.K.

William Chickenoff, Joe's neighbor, is bed resting, reading and taking pneumo-puritonium once in awhile.

Hans Totland, when I was collecting this, did have thoracic surgery, and was not feeling so hot.

Victoria Everett, Jean Jack, Evelyn Conley, Hazel Hubok and Mary Ann Auguste are all taking the "cure".

Selia Boly and Boris Wilson had tonsillectomy. And with Shirley Alexander had bronchoscopy this month.

Sophie Ignatin and Ollie Lindquist are both making pineapple doilies.

We don't hear Sophie "Good Night, Irene" Ignatin sing that particular song any more.

Ollie needs a dentist, is there a dentist in the house? No! Well, Ollie I'll let you know when the dentist arrives, huh?

Marva is making slippers and knitting gloves. I'm drawing a design for her slippers. Fun, huh, Marva?

Rosie Lee Hurd and Gladys Walunga moved out here after two stages of thorooplasty and are bed resting.

Patricia Lambert surprized herself and me when she actually wrote seven letters. No kidding, she did. Ambitious people, not like me.

Bess Hansen, it seems, occupies her time with the alphabets by her hand. At least I believe someone at 4 enjoys talks.

This is all, so till next month we will be seeing you.

Forgot to mention Ginger Bruce, Bess Hansen and yours truly also had Bronchoscopy.

Well! Well! Well! That's all for now.

Your News Collector  
Ruthy Jorgensen

WARD IV

Hello everyone; Ward 4 boys had the pleasure of meeting Delegate Bob Bartlett (wonder how many times his name has been written and by better heads.)

Before greeting everyone individually, Mr. Bartlett made a little speech. Later he was heard again over K.S.A.N. There were other gentleman with him but your reporter can not supply their names, therefor they are not printed here. You may find their names in other columns.

Miss. Marion Davenport left for the south and she had a wonderful send off by the boys with a wonderful gift for her kind and sincere services to them. She was a fine nurse.

Mr. Henry Bowen is oil painting these days. He was visited by MR. & MRS. Ollestad and son also several others.

John Killarzoak up and made class lll. As usual he is answering fan mail. For past time he takes orders for new records (pas ttime means when he is not writing letters.)

Marcus Macavinta. (missprinted name la stmonth, sorry.) also made class lll.

Jonh Holten, Ma ke nna Wemark, and Andy Stickwan all joined the air forces.

The new patient is Albert Guino from Juneau.

Christmas cards, get your Christmas cards e arly. It is easy, just select your choice from the samples on hand and Ed Roehl will order them for you.

WARD V

Hello Again; Well school started again this month and we welcomed back our teacher Miss. Buscoe.

Our recent guests included, Governor Gruening, Delegate E.L. Bartlett, Senator Rivers, Mayor C.J. Loussac of Anchorage, and MR. Gilliland of Seward. They were in our Ward and spoke to all of us then they s poke twer K.S.A.N.

Our youngest patient, Bobby Justin is beginning to stand alone. He is getting to be quite a show off and keeps us all laughing at his actions.

That seems to be all I can think of for this time. Untill next month, by now.

WARD VI

Hilda Newman left for her home inn Fairbanks this month while Dorothy Wallace left for her home in Seward. To both girls we wish a lot of luck and good health.

Evie and I were all alone here untill Betty Berg and Laurana McConnell moved over from ward 3. We were very happy to welcome them.

What a pleasant surprise! And I mean we were really surprised and thrilled when Evie had a fried chicken dinner for us one Friday nite! You can imagine how we all enjoyed it, and Evie, we all can't thank you enough.

Some visiting delegates went through our ward. They spoke later over the loud speaker. They were, Delegates, Bartlett, Senator Rivers, Mayor Loussac, Governor Gruening, and Mr. Gilliland.

We are all glad to welcome back Miss Brittain and hope her stay here is pleasant and enjoyable. She showed us some of her slide pictures and they were beautiful. The scenery of California, Washington, and Alaska were something to see and we enjoyed them very much.

Betty had a nice visit with her sister from ward 3. While I had a wonderful visit with my little daughter Janie from ward 5. It is so nice to see her again.

That is all from ward 6 this time, so 'till next month. By now.

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#### N O T I C E:

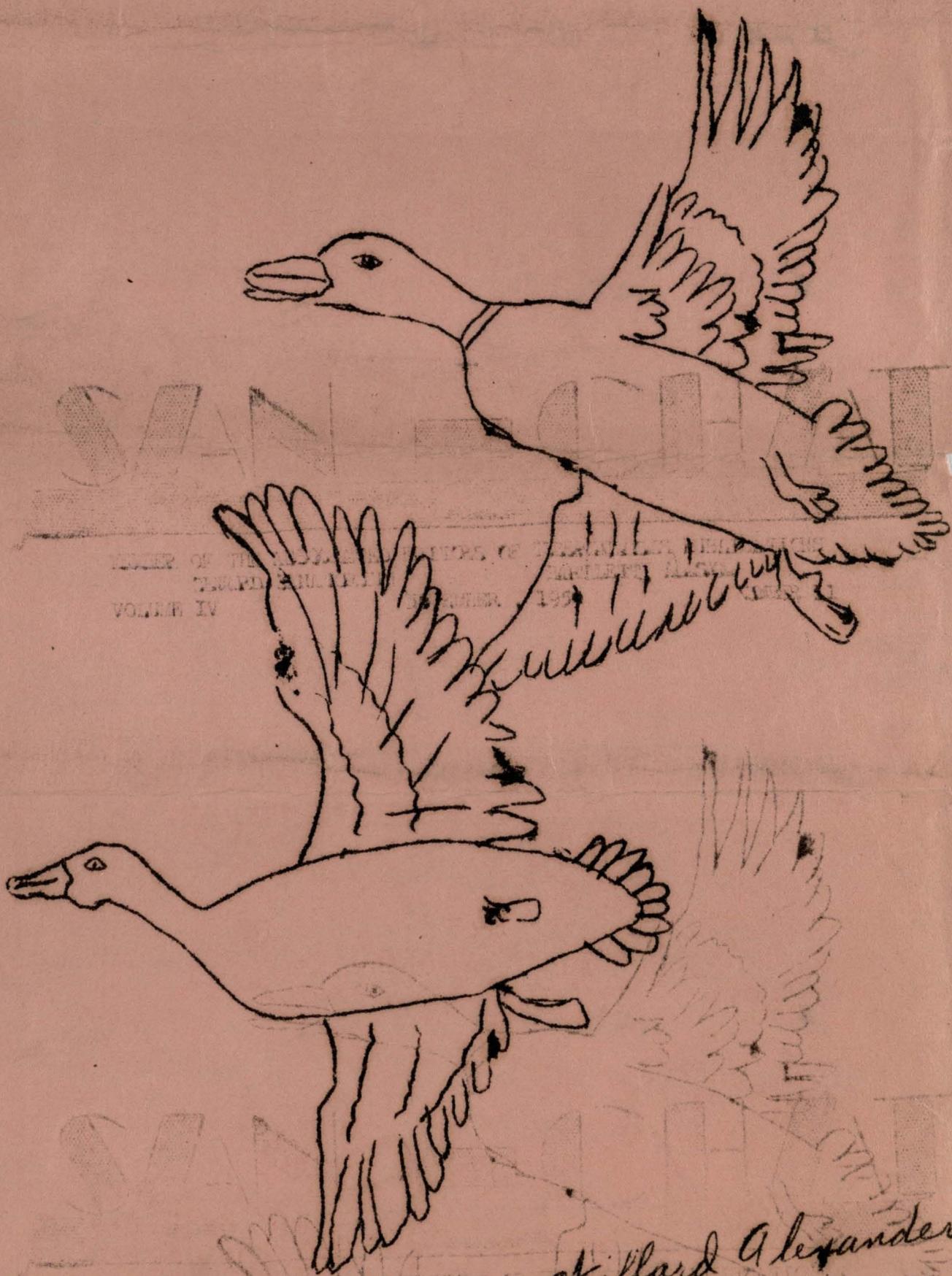
All assignments for the San-Chat will be made on the first of the month and are then due on the 5th of that month. Any articles after that date will miss that issue of the paper. This must be abided xby as there are so few people on the printing staff and the paper is due to come out on the 10th of that month.

staff\*

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# SWAN - CHAT

MEMBER OF THE ASSOCIATED EDITORS OF TUBERCULOSIS PUBLICATIONS  
SEWARD SANATORIUM BARTLETT, ALASKA  
VOLUME IV NOVEMBER, 1950 NUMBER 11



Willard Alexander

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oversize

Member of the associated editors of Tuberculosis Publications

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  - Ward 3-----Ruth Jorgensen
  - Ward 4-----Toby Kazingnuk
  - Ward 5-----Mary Jean Haaf
  - Ward 6-----Ruth Thibedeau
- Art Editor guest this month-----

DECEMBER

BIRTHDAYS

- 3-----Evelyn Conley
- 9-----Herbert Holland
- 12-----Jimmy Hawkins
- 12-----Rachel Edwards
- 13-----Mike Frank
- 13-----John Nathiel

- 19-----Doris Wilson
- 19-----Marie Wassili
- 24-----Rickard Gillian
- 29-----Celia Torrey
- 31-----Victoria Paquette

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NURSING IN A TUBERCULOSIS SANATORIUM

The tuberculosis sanatorium of 1949 is a busy and interesting place. The advances and techniques in the field of medicine and particularly with the regard to the treatment of tuberculosis, have revamped the character from the quiet, unhurried serenity of fifteen or twenty years ago to one of bustling, efficient activity more befitting that of a large general hospital. The type of nursing care rendered has kept pace with the changes. To be sure, strict and continuous bed rest still remains the key note in the treatment of tuberculosis patients. Today even more than formerly it is necessary for the nurse to instruct her patients in how to rest mentally and physically, for it is becoming increasingly more evident that physical rest without adequate mental relaxation is to no avail. In fact a larger percentage of the patients today are on "complete bed rest" than would have been ten or even five years ago; this is due in part to more widespread use of surgical treat-ments to the healing of diseased lungs. These are also means of shortening the length of the stay in the sanatorium.

The nurse in a tuberculosis sanatorium finds her work both satisfying and challenging. To meet this challenge she must be prepared to function effectively in her role as a member of a team including the doctor, social worker, occupational therapist, psychologist, rehabilitation worker and public health nurse. All are working together to produce the complete and permanent cure of her patients and to bring about their re-establishment in the community as independent and contributing members of society.

Let us, then, look inside this great rambling building, and see for ourselves why this nurse finds her work so interesting and stimulating. Any nurse truly interested in the welfare of and service to humanity would necessarily find it so.

We will find that her duties are many varied, and that during the course of her day she will find it necessary to cope with many problems calling for a maximum of initiative and courage.

The patient with tuberculosis is often beset with many difficulties in making a satisfactory adjustment to sanatorium life. This of course, in varying degrees of inability to take the "cure". The nurse who is working closely with him from day to day is frequently the first person to recognize, by her observations, that the patient may be in need of further help and guidance in making this adjustment. She must begin by establishing a good rapport with him and obtaining his confidence. She often finds that she will be able to do more than any one else to help and to allay his fears. He may not be able to accept, fully, the diagnosis. He may still be hampered in by prejudice against the disease, and by false beliefs creating social stigma in connection with tuberculosis. He may feel that, even if he does recover, "there is nothing more for him; that it is all over". Here she will need to further educate and encourage the patient. Or, the patient may well be a young mother who is worried and anxious about the children she had to leave at home in the care of an elderly relative. Perhaps her husband has not been able to make his usual visit in visiting day, and hearing nothing from him, she has increased her fears. This problem is turned over to the public health nurse on the staff who will take steps to investigate the home and learn the explanation to this mother's questions, or make any further adjustments that may be necessary to relieve any condition found that may not be satisfactory. If her patients are to derive full benefit from their treatment, then the nurse must stand ready with

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cont. from page 2  
encouragement, further education and help for them at almost every turn.

In addition to her capacity as teacher and counselor to her patients she must give expert nursing care in a large number of diverse conditions. These will include care of numerous diabetic patients, this diagnosis very often coupled with tuberculosis makes the problem of both somewhat more complicated. There is also a goodly number of patients with tuberculous orthopedic conditions which often present to the nurse a multitude of nursing problems which will tax her ingenuity to the limit. And then, there are always cases of complications to pulmonary tuberculosis. One of her patients may develop a tuberculous laryngitis and need to be put on "whisper routine." All of this will have to be carefully explained to him.

Perhaps on a particular day the nurse will find that she is called upon to help the doctor in pneumothorax clinic, or she may have a number of patients scheduled for surgery and they need to be prepared for the treatment they are to receive both mentally and physically.

Again, we may find her busily engaged in preparations to administer streptomycin. The role of the nurse is one of assistant in the clinical investigations of this drug by careful observations of the patients reactions and responses to the treatment, and making accurate notations of any toxic manifestations. In some cases treatment with this new antibiotic has performed nothing short of a miracle before the nurses eyes. Patients suffering from once fatal conditions such as tuberculous meningitis and miliar disease, now have been cured and are living well. It is a great source of satisfaction to the nurse to know that she has had a part in this accomplishment. The nurse also has a vital and active part in the clinical investigations, now being conducted, of several other new chemotherapeutic agents in the modern treatment of tuberculosis.

All care given is of course rendered under aseptic conditions. Protective measures are instituted and always practiced to safeguard nurses (and others caring for patients) from infection.

Twenty years ago the patient entered the tuberculosis sanatorium in desperation and with little hope for recovery. Today he enters to be cured and the nurse contributes vitally to this cure. Aside from the satisfactions inherent in the work, the nurse in tuberculosis today finds greater opportunities for advancement to positions of responsibility with still greater advantages for personal growth and service.

(Katharine Salisbury, R.N.) (Taken from the Detroit Fluoroscope)

What is meant by Cache?

a. A place to conceal or store property.

### An Important Medicine

By Suzanne Hayward, Dietitian

One of the most important medicines to help in the recovery from tuberculosis is food. Not just food itself, but the proper food-- Food distributed in such a way throughout the day and week that it contains necessary minerals, vitamins and other substances of food that are used by the body to help build strength. The body must be able to rebuild the tissues that have been diseased. The body must be able to keep these tissues well after they have been rebuilt. The body cannot get well and stay well without good food.

There are seven classes of food which we must have everyday for good nourishment. These are listed below. The amounts may be increased but should not be decreased as we need each one of these.

Milk--Canned or powdered milk may be used--4 glasses a day.

Eggs--at least one a day.

Meat, fish, or cheese-- 2 servings a day. A large serving of dry beans may take the place of meat. Liver is one of our best meats and should be eaten 1 or 2 times a week.

Fruits-- 2 servings a day. Dried fruits are good and can be eaten 2 or 3 times a week. Vitamin C foods are one of the most important foods for the tuberculosis patient. He needs them every day. Vitamin C is found in Tomatoes, oranges, grapefruit, either canned, juice or fresh, fresh raw greens, cabbage, potatoes and berries.

Vegetables-- Green and yellow, one large serving every day -- Other vegetables - 2 servings a day-- potatoes are good for one.

Whole grain cereals and breads -- The whole wheat bread and dark cereals are better than the white. 3 slices of bread and one serving whole grain cereal.

Margarine, butter, or seal oil -- 3 teaspoons a day.

These are the foods everyone must have every day. Rich foods and sweets and pastries should not be eaten until the patient has the foods that build up his body first.

Many of our patients are not accustomed to our food and it is true that other foods found in other parts of Alaska are just as good for the body as the food found here. Such as seal oil instead of margarine or butter, or fish instead of beef, or seaweed instead of spinach or other vegetable.

Gain of weight follows improvement although the patient does not want to become too heavy. It is not healthful to over eat but the important thing is to eat normally and eat everything which is recommended. The diet for tuberculosis is a normal diet which should be followed after recovery and also by others maintaining health.

## THE DOCTOR'S CORNER

by F.J. Phillips M.D.

Last time the subject of tuberculosis and Occupational Therapy was talked about. Since then the Christmas Seal Sale has started. Have you bought your Christmas Seals? Those stamps on your letters will help others to remember you are down with tuberculosis. Maybe they will buy a whole lot of stamps. If enough of them buy a whole lot, we will get more help from the Tuberculosis Association. We need it. Our Occupational Therapy Workshop needs more "things" of all kinds. Put a few pennies in for Christmas Seals-- if your neighbor is penniless, put a few extra pennies for him too.

Did you know that there are 137 patients here today, (it was 139 a few days ago, but two boys from ward IV felt the call of the northern lights and left?) Last July there were 127 patients.

Did you know that there are now 63 patients with tuberculosis germs in their sputum while in July there were 71?

Did you know that wards I and III each have only 11 patients with positive sputums? It is too bad that we do not have more rooms. Ward IV has the fewest number of negative sputums. Could it be that rest in bed is being proved good treatment by some of the wards? Ward VI is negative "by law" hence it cannot be entered in the comparison.

Did you know that there are now 46 members in the nursing department and that 19 of those are registered nurses?

Did you know that there are 2 patients going home this month on regular discharge because Mr. Tuberculosis Germ has lost the fight in their lungs?

Did you know that winter is here-- -- so keep that bed warm, and we will out that 63 positive sputums to 53 in 3 more months.

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SANATORIA IN GREENLAND  
BY FRANK MARESH M.D.

"How far north does tuberculosis extend?" "When did the people begin to take the cure in the polar regions?" "Where is the most northern sanatorium?" Three months ago I tried to answer these questions by telling you about a cure conducted on the New Siberian Islands more than forty years ago. But conditions have been changing continuously in this restless world. Situations undergo transformations everywhere, even in the arctic realms. Today I am going to tell you that the most northern sanatorium is at Thule in Greenland, fully two degrees farther north than the improvised sanatorium I tried to describe for you on the New Siberian Islands. Dr. Christensen showed photographs of the Thule Hospital which is at 77 degrees north latitude, - only thirteen degrees from the North Pole. Dr. Christensen's pictures show a three story building of conventional design with a sloping, peaked roof, obtuse gables, angular cupolas, broad windows emanating the character of a New England barn.

To be sure, Dr. Axel Laurent Christensen comes from Julianehaab, a settlement located near the southern tip of Greenland. Like Alaskans he has become reconciled to having long distances between communities. Julianehaab is as far from Thule as Sitka is from Nome. His pictures of a treeless Greenland landscape distorted by irregular mountains, blotted by huge icebergs, indented by fjords, and carpeted by patches of arctic grasses recall the shoreline of the Aleutian Chain. But among the

undulating lines of plateaus and the angular profiles of cliffs the geometric outlines of a toy village with houses distributed systematically, and with ample space between residences indicate that someone thriftier than Americans managed such orderliness and designed the cozy shanties with long peaked roofs, brick chimneys, double windows surrounded by a large white frame.

Besides the usual meteorological observatory, the radio station, administrative buildings and residences, the pictures show the Government Hospital which Dr. Christensen calls a Sickhouse. The central building with the inevitable peaked roof containing the laundry and kitchen sends one ramp to a neighboring similar building which is the hospital and expands another ramp running in the opposite direction into a tuberculous annex. The front of the one story wooden ward with a flat roof consists of a row of arched window spaces covered by screens, for the institution adheres to the Alpine open-air treatment of tuberculosis. Perched on a huge mound of snow before the annex a domestic goat stares at the patients lying in beds on the veranda.

Within the hospital - which occupies the latitude of Anchorage - the simple beds are close together and produce the impression of overcrowding. People have to squeeze through even the aisles at the foot of the beds. Folded woolen accessory blankets lie over the bed covers. Bed stands are not apparent. Pops in the blue walls above the beds suspend the towels. Above the midline, the walls - as well as the ceilings - are white and bare.

Sanatoria in Greenland, cont'.  
by Frank Maresh M. D.

On the pillows above the bed covers appear the same broad faces, horizontal eye slits, smiling eyes, inexpressive mouths, straight black hair, of persons proclaiming, "What has happened cannot be changed." They seem radiant, like people in one sanatorium saying hello to the neighbors in another sanatorium. They look so much like the patients in the Seward Sanatorium that they seem to be saying "A-suk-too-nah" meaning "I want to go Home." If I were to shout "Kamik" they would scream "fur boot." If I were to announce "Say-lung-ee-lok" they would respond with "No rain." For "Ah-nah" they would shriek "Grandmother."

That seems to be saying quite a bit about people whom I have not met and who live more than two thousand miles away, but Dr. Christensen demonstrated the truth of these statements but in the reverse direction. Using the language of the Greenland Eskimos he stepped into the tuberculous wards of the Juneau Government Hospital and conversed with the people from Candle, Council, Golovnin, Shishmaref and Noatak. With the usual diffidence Amos Kiyutelluk, Laurie Amaktoolik, Frank Foster understood the doctor, and he understood Marie Bundy and John DuFresne, often with slight substitution of words. "Mosquitoes in Greenland?" Dr. Christensen repeated and chuckled, "About as bad as they are in Alaska." "Rain?" he questioned and laughed, "Just about as much as there is in Juneau."

From the windows of the hospital in Julianehaab the patients look upon poles of shark meat drying in the sun, huskies snapping at flies, inverted kayaks resting upon posts, sleds tipped over among yellow Iceland poppies. Within the hospital the patients see the treatment managed by Greenland girls for almost all of the nurses are Eskimos. In short-sleeve, colored, cotton uniforms and with white aprons and yoked bibs the young ladies wear white veils over the straight black hair instead of the caps of American nurses. The patients may also listen to the radio station at Gothaab which broadcasts news-bulletins and programs in the Eskimo language.

In addition, these pictures carry an encouraging note of progress. Life in the Arctic, made difficult by enormous distances, isolation, cold, snow, wind, ice is not exempt from "Sakiagdruk" a word which the Greenlanders use for describing tuberculosis. However, regions which not long ago were accessible only to polar explorers have sanatoria. There is something invincible about an institution which has assumed the task not only of eradicating tuberculosis but also of overcoming difficult geography and of functioning in a inhospitable climate.

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### Religion Speaks

By Martin Borbeck, S.J.

"Arise and take the child and his mother, and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy him." St. Matthew 2, 13.

God so often seems to do things backward. In the middle of the night God suddenly sends an Angel to order St. Joseph to take the Child and Mary, His Mother, and fly into a foreign land. The whole affair seemed so ill-planned, so unnecessary. Why all this travelling at night when a man needed his rest after a hard day's work? And of all places, why pagan Egypt? In fact why fly at all? The Child was God. Herod was a wicked monster. There was no need for flight. Let the Child save Himself. Let God bring that murderer to justice. But St. Joseph, being the great saint that he was, didn't argue thus with the Angel or himself. "He arose, and took the Child and His mother by night, and retired into Egypt: and he was there until the death of Herod." Yes, God could have done things so differently. But then, where would have been the sublime example, which the Holy Family has given us, of obedience to God's Will and complete trust and confidence in God's loving care

for man?

There are so, so many things in our own lives which God seems to be doing backwards. Suffering for example. Why does God allow suffering when He could so easily arrange everything differently? God permits suffering, not because He enjoys the suffering, but because out of it, He draws greater good. Men, who bear the cross of suffering properly, grow closer and dearer to God. They grow in humility, in patience.

Prayer comes easily and naturally. And prayer begets union with God. Those who suffer, since they know from personal experience what suffering is, grow in kindness, compassion and love of neighbor. And the second great law of God is to love one's neighbor. But above all, the Christian who bears his cross in union with Christ draws down countless blessings for himself and others. In the light of eternity, God's blessings are the only things which really matter. Look at a tapestry over the shoulder of the artist and you see beautiful design. God is the Artist, my life the tapestry. And God is doing nothing backward.

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Q. Why is the capital E used on doctors' prescription blanks?

A. It represents "recipe," the Latin

Greetings you all;

Well, well another month has roled around and time for me to dig up some news for the San-Chat. I'll try my best.

Let us journey into the wilderness of ward 1 and see whats new.

Our tour will be in our beat up limousine (wheel Chair) Our first stop will be in the padded colls, excuse me please, imeant to say the private rooms.

Room 1 belongs to a proud papa, Paul Rudolph (it was a boy) seems I Wasn't around when the cigars were passed. Next stop, Shanghai's room. At ease skipper, it's only the first mate, "That is quite a pump you have,"

Mr. Johnson is reading as usual. "Read any good books lately?"

Room 4, Eugene K. is busy taking the cure.

Room 5 has a new comer. Name, John Nathaniel. He hails from up the Yukon, Circle, Alaska to be exact.

Our last stop is Scotties room. He is busy taking the cure. Says he's still looking for a rich lassie to marry.

Brace yourself now! We are entering the snake pit (main ward) Ah I see a big Cribbage tournament going on. Carl, Gus and Abe and Willard are the bribrage players in our ward.

The Gold Dust Twins, are busy playing checkers as usual. The Gold Dust Twins are Clyde and alex.

Mac is busy blinking his flashlight. My what a gleam you have in your eyes, Mac. Shoot 'em up, Eddie, is busy reading, Roy Rogers, comics.

Our new class 4 is carl and our new class 5's are Kodiak John and Don.

Tommy is busy with his typing lessons.

Colonel Johnson moved from ward 4 and Ricky moved up there.

That ends our tour for this month, hope ypu had a not too scary a trip.

See you next month

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## Ward 2

By Esther Olsen

Hi folks;

Here we are again with ward 2 gossip. Baby it's cold outside, that's the song you hear all around the ward these days, and every one is getting extra blankets and bed socks, ear muffs and what not. The girls are even knitting sweaters, socks and scarfs. We're really getting all set for the winter.

Ella is busy knitting a pretty nifty looking scarf and so far I haven't seen her ripping back. She really knows her business for a beginner.

Harold Dean or "Chignik" is really taking the cure. She just took off a few minutes ago to get her first Pneumo.

Here's Edna knitting a sweater or should I say ripping a sweater back. Something went wrong some place. (I read her the instructions off a book before she started a sweater for herself) by the time she

started it got so big she decided to make it for her dad. Pretty soon it gott too big for her dad so rip rip went the swaeater and we threw the book out too, decided to do with out it.

Hello Ann A. Still busy taking pills after pills and writing always and forever to Loucille. (I wonder) She's knitting a very pretty sweater and socks and just loves the idea of getting a Bronchocscopy every three weeks. Isn't that right Ann?

Maggie is still going strong with the stories she tells us every night in her sleep.

Fina is busy crocheting a very pretty tablecloth. By the way, Fina, do you understand any of Maggie's stories? If you do how about letting us in on it.

Joy is a good girl and taking the cure. She reads and knits and crochets once in a while.

Libby has stars in her eyes and no wonder with all the sweet requests sent to her from a certain guy on wd 1. (could be)

Doras is doing just fine, talking a blue steak with the sign lingo to a guy across the way.

Gert, happy as usual, and knitting pretty gloves and learning how th crochet.

We never hear a peep out of Edith. S She 's a good girl taking the cure. Come out to see the show more often.

Ann S. always trying something new. Knitting, crocheting and embroidering and doing fine.

Rachel is busy answering long letters as usual (lucky in love). Who's the lucky guy Ray? Any body we know?

Marfa is the lucky gal with the up ti time. Visits Edna and they sit and look at each other and tell each other to say something, or "What shall we talk about?"

Susie is always busy with her school work--- knitting or just listening to her radio.

Madeline is doing a lot of knitting and ansure is turning out a lot of pretty work.

Fannie still listens to weather repor reports and waits patiently for mail and reads as much as ever.

Congratulations Florence! Only been here a couple of months and a few days ago was promoted to class 2, then two days later got promoted to class 3. Talk about speed, Keep it up Wahoo!

Now for the lovely girls in the rooms, Elsie, reading and listening to her radio,

Mary Ann busy knitting mittens and making belts.

Now our lovely Stella is back again and we're sure tickled to have you back and she's doing swell too.

Alice or Miss Elizabeth is reading and just taking the cure. She's got a new girl in with her. Marie Wassili of Bethel/ Oh, by the way, Marie is Fannie's cousin.

Emma H. is doing just swell. She comes out in the ward to visit once in awhile, just to say hello and goodbye.

Jennie H. is doing just fine, making lovely dolls for her daughter's birthdays.

Virginia is busy with school and just finished the nice mittens she's been making. She's going to send them home.

Mary S. is also busy with her school work and taking the cure.

Carrie and Bobbie are doing just fine and pretty busy these days trying to keep warm.

We hope everybody in the other wards are doing just as well as we are in our ward. Best of luck to all you other patients.

(Ed. Note; our reporter seems to have left out a few words about herself.)

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Ward III

by Ruth Jorgensen

Well! Here we are again and Hi everyone.

Our felicitations go out to Marva Trainer and Evelyn Conley who are now on wd 6. Boy! You gals are really on the door step of the great outside, huh? Good luck to ya all.

Apparently Bess Hansen likes in fact just loves hamburgers. At any rate she asked Chester (he's our clean up man) if he was going to town, He evidently gave a positive reply for that same afternoon after rest period here comes Chester with two bags and told Bess the hamburgers were in the largest bag, at the same time giving Bess a curious and wondering stare. His expression on his face said, "I wonder if she's all there?" Any way he went down the hall shrugging his shoulders and muttering, he just couldn't figure out what she was going to do with 3 lbs. of raw hamburgers. At that instant Bess had the hamburger in her hand and for a moment she was utterly speechless and amazed at what she beheld in her hand, 3 lbs. of raw hamburgers! So far no hamburgers as yet.

Incidentally, being a somnambulist, (with her eyes wide open), a dancing hep-cat has just stopped. And Bess now stays in her bed, Period!

Shirley Alexander is class 1 for awhile and she is taking pneumoperitoneum.

Since Evelyn Conley has gone and left us, Well Barbara Strom has moved to Evies corner and Suzanne Savage took over Barbara's corner and Ollie joined the porch, she also has a corner that used to be Suzanne's.

By the way Suzanne is trying to become a citizen of good ole U.S.A. We are glad to have you one of us Suzanne and our best to you.

Now we have Elizabeth Boradkin and Antoinette Robinson with us. Both came up here from wd 2. Glad your here Liz and Tony. Hope you like it here.

Oh yes, Bess moved to corner and Sophie jumped to Ollie place. Golly a lot of moving to corners.

Wonder why corners are so popular. Doris Wilson has a new Hallicrafter and best. She enjoys besides her visit from her hubby, who by the way works at wd 4. Those Hallicrafters are wonderful. I know, I have one.

It Seems Marie "Delegate" Savetilik Hazel "Sarge" Nuipok and Celia WCee Tommy play "Snerts" nightly and apparently have a very enjoyable evening.

We did have Stella Anderson for awhile but she done went back to wd 2. Hope you get well and go home real soon. This reminds me, I forgot to mention, Stella has had two stages of thoracoplasty.

Rosie Lee Hurd has one B.R.P. via the wheel chair. I notice she does quite a bit of reading.

Gladys Walun, Jean Jack and Tiny Ev everette are all doing fine. They are doing a bit of work here and there but optional.

Ollie Lindquist has joined the class III category including as follows, Marie Savetilik, Sophie Ignatin, Hazel Nuipok, Celia Tommy, Doris Wilson, I now hear that Otto Kasko has had two stages of Thoracic Surgery and is doing fine.

It seems Fredrick George is also recuperating from two stages, but I hear that he is all through with surgery.

At this moment we wish to welcome David Andrews, who hails from the Golden heart of Alaska, Fairbanks,

Another new comer from Seward Alaska is Inikente Kalmakoff. I have it that he is a former patient but that must be before the time I came here, and found out that we did have a sanatorium here.

Want some hand drawn Christmas cards? If interested inquire of Paul Buck. I've been informed that he has some beautiful ones. John Hodgson and William Chichenoff and Hans Totland are all doing fine and taking the cure. The tales they hear of beautiful Hawaii, well it seems as if Joe Oneha is trying to get our nurses to go there, now Joe, how could we get along without our wonderful nurses? Of course, I would like to see Hawaii, but when ever we speak of it, I understand it's very warm and warm is mildly putting it;

I hear Reynold Denny received a cute little deck of cards from his daughter the cards are about two and one half by one and one half in. and he is having a grand time with them. They're really cute, I saw them.

You'd be surprised how I get to know what's going on even if I do stay in bed at all times.

Well dear friend this is all I've collected so 'till next month! "Auf Wiedersehen. Don't believe I've forgotten any one of you.

P.S. Some one calle me "busy Body" How do you like that?

Want to thank Mrs. James for the books. We have a lot of comic fans here.

Ward 4 news  
by Toby Kazingruk

Hello Everyone;

The cold weather we are having is very noticeable, but the atmosphere in wd 4 is warm as you'll notice when you first walk in. Yes sir, there's no place like ward 4. No other ward can make that statement, or is there?

Well on with the news;

A veteran, Ralph Holland was moved to a private room from ward 3.

Richard Gillian was also moved to a private room from ward 1. Hope you have a pleasant stay fellows.

Otto Kasko was moved back to ward 3.

The happy go lucky Wm. (Colonel) Johnson was also transferred to ward 1, the boys here send regards and luck to you both.

Arthur Deering and Gilbert Nicolai were moved to the main ward from private rooms, and both have joined the air force. Lots of luck to you two.

Herbert H. Holland has been busy the past month making bead belts. After ripping a few he finally finished three of them. Ginny is the closest name I can give for the proud owner of one belt. A pretty one too.

Incidentally, the lady mentioned above is the one who comes to visit the veterans every month from Anchorage.

Herbert had a Phrenic operation on the 26th and is doing fine. In fact it doesn't seem to bother him.

Herman Joseph makes totem poles for past time, and he does a very good job too. Keep up the good work Joe.

Monday through Friday it's reading, writing and arithmetic for John Johnson and Leo Kunnuk also Ed Roehl and Mike Frank. Reminds me of my school days. Monday used to come around pretty fast in those days.

Andrew Stickwan and Tommy John received some new records. Some are getting popular over station K.S.A.N.

Mr. Henry Bowen, as you may know, does some painting on canvas and also on enlarged photographs.

Our photographers are Tommy John and John Killarzoak. The both have many nice pictures.

Received a letter from Nyc, Alaska in which was an order for some Ivory from Mr. Wemark.

IN the letter, Esther V. Schaubel states she enjoys reading the San-Chat. She wanted to be remembered to Fannie Cooke and Edgar Monignuk.

In her letter to Mr. Wemark she sends her regards to patients from the Bethel area.

Mr. B.B. Mozer, of Noma, also sends his regards to the patients he knows here at the san.

Thanks folks, greetings go a long way here and are really appreciated by all.

Ward 5  
By Mary Jean Haaf

Hello everyone;

We've had a fairly quiet ward this month as far as news goes.

We have a new patient this month from Fairbanks. She is Martha Allashuk. She came in on Fri day Oct. 27th, Welcome to our ward Martha.

Mrs Forth helped us put on a Halloween party. She decorated our ward with black cats, withes, owls and of course big orange pumpkins. We also had orange and black streamers fastened to the posts and each one had a cup full of candy. There was a balloon for all. Evalyn Pardee came in and took some pictures.

Betty Ahnaktok had a birthday this month and she is ten years old.

Josie Carrillo and I made class 5 this month and we are really very happy about it.

We wish to thank the W.S.C.S. 1st Methodist Church in Portland, Oregon (Mrs.L.V. Guild; 2305 S. W. 19th Ave.; Portland, Oregon) for our lovely radio and phonograph they gave us. It plays 7, 10, and 12 inch records and all speeds. Also we wish to thank the Seward T.B. Association for many new records.

That seems to be all the news I have for you this month so with best wishes to all and a happy Thanksgiving to you I say, By now.

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Ward 6

By Ruth Thibedeau

The news that makes the headlines this month is that Evelyn Conley and Marwa Trainer moved over to this ward from ward three. We were happy to see them and hope that they are as glad to be with us as we are to have them. The best of everything to both.

Katherine Apodruk came in for a weeks stay and we miss her cheerful smiles. Her sister, Alice Ashenfelter is in wd 2.

Virginia Bruce came over again this month to visit with her sister, Betty Berg. We all enjoyed her visit and hope she comes again very soon. They took pictures of each other and also of the resy of us. Hope they turn out.

My little girl, Janie, came in to see me one day this month. We had a lovely visit together and I hope she will come to see me soon.

Much to our sorrow, We have run out of jig saw puzzles to work. Many thanks to Mable Pletnikoff for bringing some to us. Evelyn Pardee has sent for some so we are patiently (?) waiting for them.

We play Chinese Checkers, Dominoes, and what ever other games we can think of. Everyone does some kind of hand work Tattling, Knitting, etc.

As a reporter I'd make a good (?) so since I can think of not a thing more I shall say "That's all."

## SPOTLIGHTS

Ward 1  
by Paul Rudolph

In our spotlight for this month we see the smiling face of Nick Ignatin. Look out girls, his smile is catching.

He is 25 years old and single, in the winter he traps for a living and summer he does a lot of fishing. In between times he strums on his guitar. He likes to read books and answer letters. The name of his home town is Old Harbor 80 miles south west of Kodiak, population is 80 people.

Nick has been with us now for the last 13 months. He's hoping to make it home real soon.

He says it's a lot of fun to trap, hunt, and fish.

Nick is a grand boy and we're going to miss him when he leaves.

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Ward II  
By Dorcas Tobuk

Stepping onto the spotlight for ward 2 is nine other than Edith Roman. She stands 5'2" tall and has hazel eyes and gorgeous light brown hair.

Eddie came to Bartlett four months ago from her home town in Circle, where she was a housewife. She has four children one boy and three girls.

Our lady in the limelight says beadwork is her hobby. Although mystery books and swallowing pills take up most of her time now. Eddie is a woman with a lot of likes. Hiking or mushing a dog team are two outdoor sports she enjoys. How ambitious can you get. Edith also likes to dance or to listen to- yup- you guessed it- "cowboy music".

Her two dislikes are lying in bed and eating soup. Her main ambition is to get well soon, another ambition is to learn to crochet. With all the excellent teachers she has out here on the porch she should learn in no time. (ahem)

Our best wishes are yours for a speedy recovery Edith. (Now shall we play Cribbage?)

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Ward 3  
By Evelyn Conley

The spotlight shines this month on lovely Barbara "Bobbie" Strom.

Bobbie is 5' 6" tall, weighs 120 lbs., has blue eyes and blond hair. Along with all this she has a wonderful personality and we enjoy her company a whole lot.

Bobbie is married but has no children. She hails from Kodiak, where her husband awaits her return.

She dislikes liver and her hobby is reading. Her ambition is to get well and then have the doctor tell her she is ready to go home.

We all join you in wishing you that that wonderful day isn't too far off.

Ward 4  
By Leo Kunnuk

Well look whoes in the spotlight this month from ward 4.

Arthur C. Deering whoes khoma is Kodiak, Alaska.

He is 5' 6" tall weighing 143 lbs., he has brown hair and grey eyes. He came here August 28, 1960.

By trade he is a cook and cab operator.

He has lived in Alaska for nearly ten years, all of that time in Kodiak.

His hobbies are reading and traveling.

Since here he has started a collection of abbreviations, mainly Government terms and names and has a collection of over two hundred now.

He likes to fish, skate, and dive.

He dislikes to get up in the morning.

His ambition is to get well and back in business again, so he can get married, says he has his family all picked out.

He also has a diploma from the school of mining from the university of Alaska at College, Alaska.

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Ward 5  
By Evelyn Pardee

Wait, whoe's this good looking gentleman in this bed? You say his name is Costia Inga and he comes from Old Harbor, Alaska.

He is a big boy 8 years old and has a dimpled smile which is always in view. He has black hair and snapping black eyes that are usually full of mischief. He is 50 inches tall and weighs 63 lbs.

He has some brothers and sisters at home.

He likes to work jigsaw puzzles and can do them quite fast.

He is also doing very well with his school lessons.

We all hope he gets well and can go home soon.

\*\*\* \*\*

Ward 6  
By Leurena McConnell

In our spotlight for this month is attractive Elizabeth Berg from Talkeetna, Alaska.

Betty is twenty one years old and 5'6" tall. She has beautiful black hair and sparkling brown eyes and dimples! Wow-eee!

Her hobbies are reading, collecting pictures of friends and tatting. She learned to tat while here, and she is the most tatingest tatter you ever saw and has made some very lovely edgeings.

Betty's ambition is to be a bus driver some day. (for a short time only)

Her dislikes are, getting up in the morning when sleepy. Another dislike is when the plane is unable to come

cont. page 10.

ward 6 spot. cont'd.

due to weather conditions, of course there just isn't any air mail then.

To a swell gal, a speedy recovery and the best of health for years to come.

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Simeon Oliver in the East  
By Elizabeth Berg

The magic of the Alaskan license plate that decorates Mr. and Mrs. Oliver's car has given them many unusual experiences and others the joy and thrill of finding one in the East. Youngsters burst out with "Alaska!" While the older ones give them a glance, occasionally someone will stop and speak to them.

During a rush hour in Philadelphia they were caught in a 5:00 traffic jam, while on their way to a certain hotel and after several futile attempts a kindly traffic officer blew his whistle and led them over to the hotel. Another time our travelers were waiting for the lights to change when a man came up and asked them how things were in Wiseman, Alaska. It turned out that he had been there during the early 20's panning gold.

Their stay in Leonia, N.J. was with friends of long standing. John and Betty Noll. He goes on and describes the living room. Interested in music, art, and literature, they are surrounded with many treasures in these fields. Great works their friends have done.

A party was given in their honor by the Nolls and it was their pleasure to have met Harvey Dunn, a famous artist, one of the few living pupils of Howard Pyle, author of "Robin Hood," "Guliver's Travels" and many other stories well-known.

With Harvey Dunn, as their host, Mr. and Mrs. Oliver were at a large barbecue that was held at the home of Harold Von Schmidt, one of the most famous pupils of Harvey Dunn. The guests numbered about 300, many of whom were artists and advanced students. Our greatest thrill was to meet Lynn Bogue Hunt, whose mallards and other birds and animals we have so long admired.

At another party given by Grant Reynolds, they again met Lynn Bogue Hunt and were invited to visit his studio. This is a room which measures 30 x 30 x 25. One complete wall is composed of windows and pictures of all types are on the remaining three walls.

An interesting incident happened while walking along one day, a young man came out of a book store and excitedly started shaking hands with them. Neither could remember the other's name. Oliver had met this young man when he was a soldier in Alaska, Louie Wavrovics told how he had read a trunk full of damaged papers and found Simeon Oliver's name on many of them. This trunk was sold at one auction, along with other trunks the boy's father had

bought and took the trunks home. The trunk was composed of information, folk music of Eskimos and Aleuts, films of dances, hunting and scenery.

Television is everywhere, aerials are on housetops and apartment buildings mounting into the thousands. It is even sold at so much per minute. Sports take up most of the time in television along with popular radio programs.

People and newspapers alike are interested in Alaska. The high wages and statehood are followed closely.

"To date, according to the register of mileage in our car, we have traveled 6,480 miles. Attendance at my lectures totals 40,320 persons."

(Quotings and material taken from the 49th Star.)

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### Sports

by Jim Douglas

Baseball: As was expected Phil Rizzuto and Jim Konstanty were voted the "Most Valuable Player" in their respective leagues.

Also the two Boston teams captured the outstanding rookie of the year honors; Sam Jekthro centerfield of the Braves and the slugging first-baseman of the Red Sox, Walt Dropo received the awards.

Stan Musial won his fourth National League batting championship, but .346 was his lowest winning mark.

Billy Goodman, Boston's utility man won the American League title. He hit .345.

Both last years' batting champs, Jackie Robinson and George Kell were runners-up in the race.

Ralph Kiner again led in home runs with 47 and Al Rosen of the Cleveland Indians was second with his 37.

Boxing: Joe Louis doesn't seem to think his fighting days are over despite the lacing he absorbed in his comeback bout with Ezzard Charles. Joe says he wants to prove to himself he still can do better than he did in the Charles' fight.

In his attempt to prove himself, he meets a young Argentinian named Cesar Brion on Nov. 29, then Lee Oma and Rocky Marciano on later dates. If he gets by his opposition successfully he may consider a return match with Charles.

Meanwhile Charles is preparing to make his first title defense on Nov. 28 (day before Louis) against a rugged individual by the name of Nick Barone. Barone does his beak busting in the light-heavy-weight division but has met some of the best in the current crop of heavy-weights and should make things quite interesting for the champ.

Notre Dame is having a very rough time this year, so far they have lost three times and the season is only half over. It isn't even ranked as a top team any more, as it had for so many seasons. This is definitely not a good year for Notre Dame.

To begin with the gloomy side- we are sorry to know that Mrs. Reynolds is still on the sick list- we hope that she can soon be up and around again.

But yes, there's good news this month too. We have several additions to our nursing staff. Miss. Alida Janssen comes to us from Chicago, Illinois. This is her first trip to Alaska so lets all help her discover what a good place it is.

Another addition is a familiar face. Miss. Yenkey has returned to Seward after a stay at Mt. Edgecumbe. Her return was eagerly awaited by those who knew her so I think we'll all enjoy having her with us again. Welcome back Yenkey.

And a hearty welcome to Barbara Bismore, who returns after a few months in the Glorious outside. We wouldn't for anything say, "I told you so," Barbara but we're glad we were so right because we are so happy to have you back.

Another very pleasant addition came to us from right here in Seward, when Mary Peters joined our party. It's nice to have your happy smile here, Mary.

And speaking of happy smiles, there were many in sight at the first of the series of concerts offered to the people of Seward. Quite a few people from the San attended and report a very enjoyable evening.

Matter of fact, it's been a happy month at Seward by the Halloween party on Oct. 28th. It was really a success, but of course what else could you expect when the hostess, clad in a pink nightgown and carrying a small unidentified object, arrives on roller skates to quiet the members of the coast guard. By the way, I think there must have been a deserter in the group, one of the sailors didn't leave on the Bittersweet. The party really got off to a fine start though because everybody had to make a little trip down to Gill's first. It was necessary you understand. And by the way if any body is still missing a pair of red flannels, you better get a new pair. Your old ones have a new home.

After the trip to Gill's, the sailors, Pirates, socks, and organ grinders we scrambled together for a few square dances- which attracted a nearby farmer. No body seemed to know who he was- but he certainly added to the party.

Oh, and there was a real live Gypsy to settle your future for you- and if what she predicted doesn't come true- Just remember, Scottie, you should have been more generous with the silver. For reduced rates- reduced future. All in all everybody had a wonderful time. Even those two Cave dwellers who lurked near the fireplace. Although they may have been a little bitter because some Schmo had built a fire in the living room.

The most exotic costume of the evening was worn by Mrs. Aldrich- it was really terrific- and Miss. Hayward looked quite authentic as an Indian Maiden. She even collected scalps, I believe.

The party ended as good parties do: everybody thoroughly saturated - inside with apple cider- and outside with water from ducking for apples. We did have fun didn't we?

Well Here's hoping to see you all again for a Christmas Party.

(Ed: Note: Your editor has heard via the san grapevine that Nancy Noble, Pat Morrissey, and Pat Brittain made a trip to Kenai in a borrowed truck and had a flat tire going and one coming. (they weren't two legged flat tires either) The one on the way back resulted in a wait of almost an hour before help came along.

Ed note #2 I also understand that the halloween party had an escaped convict in the crowd with a ball and chain attached to her right leg, Miss. Noble, we had a hunch the past would catch up sometime. Any how congratulations to you and Miss. Hayward for winning prizes. I've seen the pictures and the costumes really were nice).

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#### Calling Ward 4

Just across the hall from me,  
There's a likely looking she,  
She's goodly with her fingers  
Alphabetic, don't you see?

As she sends her messages,  
her eyes are big and round.  
It's kind of fun to watch her  
As her head bobs up and down.

One can see across the wards,  
Oh, thirty feet or so,  
And see a pair of manly hands  
wigwagging and rolling so.

Jiggers! the nurse 's coming down the hall  
Now all is still and quiet---  
The she is quietly waiting mail call  
from the ward across the hall!

Amon,

#### Concerning the Library

It has come to the attention of the library that some of the cards are not finding their way back to the jacket in back of the book. Now it is a known fact that there are volunteers who assist all patients with their books. However, in the confusion of collecting and distributing, every effort should be made to help the volunteer return the card to the proper book returned to the library truck. Your assistance will be greatly appreciated.



SAN-CHAT STAFF

Member of the Associated Editors of Tuberculosis Publications

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Art Editor (Guest this month)-----	Paul Buck
Sports Editor-----	Jim Douglas
Religion Speaks (Guest this month)-----	L. Russell Clapp, B.D.
Women's Words-----	Nancy Noble, Ed
Adviser-----	P.M. Brittain, OTR
Reporters:	
Ward I-----	David Charles
Ward II-----	Esther Olson
Ward III-----	Ruth Jorgensen
Ward IV-----	Art Deering
Ward V-----	Evelyn Pardee
Ward VI-----	Evelyn Conley

January

1 - - - - -	Doris Tobuk
1 - - - - -	Elsie Justin
4 - - - - -	Susie Milligrock
13 - - - - -	Titana Everett
17 - - - - -	Willard Chickenoff
- - - - -	Mary Shaginoff
31 - - - - -	David Andrews

Birthdays

18 - - - - -	Mary Johnson
20 - - - - -	Joy Wemark
20 - - - - -	Tommy Bavilla
24 - - - - -	Henry Kaiser
25 - - - - -	Fred Caldwell
26 - - - - -	Abe Hunter

DUGO IS SEAL DESIGNER

Andre Dugo, designer of this year's Seal, is the spirit of Christmas itself. He laugh is as jolly as old St. Nick's and he knows that Santa Claus is very real.

Between the time he designed the 1943 Seal and drew the one for 1950, he became a proud grandpere. His son Jack's little daughter, Joan Margaret, aged two, is the inspiration that has opened a whole new field of interest for her grandfather's talents -- those of writing and illustrating children's books. The first book, published by Viking Press, is entitled "Pete the Crow." It received excellent reviews and was chosen by Literary guild for their juvenile selection in October 1949. Another, entitled "Cinnamon", the story of a little cocker spaniel, will be in the book stalls before the 1950 Seal Sale. Mr. Dugo has also been illustrating adult books for the Limited Edition Club, Hperion Press and others.

His appreciation as an artist includes the modern interpreters as well as the old masters. He believes that the ability to sincerely express that which one feels is the command every true artist must obey.

Andre Dugo was born in Szolnok, Hungary. He was destined to be an artist. His father was proud of his juvenile talent but unwilling to see the boy choose art as a profession. Andre was sent to the College of Technology in Budapest to study architecture. Although he made no professional use of his training there, it gave him excellent groundwork in draftsmanship, which was to prove invaluable in his art work later.

He was wounded in the first World War, and it was during the long years

in the hospital that he decided to be a painter. As soon as he was able, he went to Munich. During the next four years, he studied by himself. In 1924, his one-man show in Budapest was an outstanding triumph. After that-Paris. Then fifteen years of artistic success before he came to America in 1939 - NCTA News Letter (Reprint from the Sanatorium Sun)

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RELEGIION SPEEKS  
By L. Russell Clapp, B.D.

Jesus said, "Were there not ten Cleansed, but where are the nine? There are not found that returned to give glory to God, save this stranger." Luke 17:17-18

Jesus was met by ten lepers, who standing afar off, lifted up their voices and cried to Him that He would have mercy upon them. Nine were Jews and one was a Samaritan. Jesus told them to go and show themselves to their priests, the Jews to theirs and the Samaritan to his, for it was up to the prist to pronounce whether they ware healed or not. Off they went and as they traveled the cure was effected, and one when he saw he was healed turned back and with a loud voice glorified God, and fell down on his face at Jesus' feet, giving thanks.

Jesus permitted Himself to feel surprised at their ingratitude. It is part of man's nature to feel gratitude for things done for them, and it is only when negligence or pride of independance steps in, when we try to feel sufficient unto ourselves that we do not return and

and give thanks. The Christian's aim is mutual love. We must be willing to accept help from all sources.

Once in a great while we meet someone who feels gratitude but cannot express it. This situation is to be deplored. When a man is true to himself he should be able to express what he feels toward man, and toward God as well. If we are unaccustomed to express our gratitude toward Him, we must train ourselves with continual acts of thanksgiving.

Have you stopped to think that behind this institution, behind the Doctors, and Nurses and all others here who take care of you stands God. That, until enough men believed in the Christian idea of brotherly love, institutions such as this were impossible. Yet how often we take all of it as a matter of course, sometimes even with the attitude that all this care and attention is something due one, as a debt is owed to another. When so much is done for one it is easy to take it as a matter of course and never think of the giver. If some very material gift comes our way do we thank God for it? Usually, No.

Why is this? Is it because we do not appreciate His favours? or have no desire for His help? No, I believe that it is one of two things; first, a lack of realization of the source of the blessing; or second, a feeling of inability. This can be corrected by seeing God behind everything as the prime mover of our existence, and the latter by practice.

Gratitude breeds character, a character which God delights to see. It causes us to be cheerful, humble, thoughtful of others. All this Jesus had, yet he had to suffer for mankind. In a home for incurables run by the Episcopal Brothers of St. Barnabas, I met a man who was terribly crippled by arthritis, he had been on his back able to do nothing for himself, for 26 years. He was in agony much of the time, yet there was always a smile on his face and a friendly word on his lips. He kept the whole ward cheerful and the St. Barnabas Brothers only take those who can get in no other institution, and this man never forgot to give thanks for being allowed to go there.

Gratitude is a state of mind, thanksgiving is an act. By making acts of thanksgiving we cultivate a state of mind. We need not lack for subjects for which to be thankful - God's providence, His Grace, a due sense of His mercies and so forth. We may show forth His praise by giving up ourselves to His service.

\* \* \* \*

## THERE'S A REASON BEHIND THE RULES

From CTA Bulletin

There a red light at goes on at the street corner and a car or a string of cars stops. Usually some of the drivers mutter in their beards with annoyance at the forced halt, because they didn't want even a slight delay. For a moment it seemed to these hurried people as if stop lights were out on corners just to slow them down when they were hungry and wanted to get home for dinner, had a train to catch, or were already a little late for an important appointment. There's no end to the sets of circumstances which may cause that ruby glow to be the reason for grinding of teeth as well as brakes.

If the irritation and chagrin caused in a day by the stop lights of America could be decanted, it would probably fill a tank about the size of Lake Superior yet not one of us would want the stop lights abolished. It would be as much as our necks were worth to be in cities without them. They may occasionally be a nuisance when you are driving one way, but then if you are the fellow in the other road you want a clear way through. Then, too, most of us spent a good bit of our lives as pedestrians and want the assurance of that forbidding eye gleaming at the impetuous motorist and keeping him in his place.

It's as easy as eating to forget that the primary purpose of a rule is to accomplish something, to give liberty, safety, or comfort, not to prohibit. The main object of the stop light is to provide safe conduct across the street for those who have to cross. The fact that somebody is brought to a standstill is just incidental.

Rules are one thing that have to pay their own way and a bit more. In the long run it means more to us to be sure a line of cars, trucks and buses will stay put until the lights changed, than to wait a few minutes for a green light.

But perhaps there is more difficulty with the rules we almost all run into sooner or later, the rules that aren't applied to everybody, but to a minority to which for the time being we belong. Maybe we are among the unfortunate few who have gall-bladder disturbances and have to avoid such popular items as doughnuts, and ice cream, or those whose hearts demand a little more rest, so that tennis has to be abandoned, or the less romantic but suffering group who to save their feet have to take off some weight, which may mean a hundred petty denials, or those threatened with diabetes who must stick to a rigid regime to stave off coma. Perhaps we find ourselves among the tuberculosis patients who are harnessed with a lot of unfamiliar rules which at first seem needless.

Cont'd next page

Rules cont'd

The rules in a sanatorium are like the rules outside it—they are made to save a lot more trouble than they cause. This applies both to the rules to have to keep along with others (such as keeping absolutely quiet at certain times) and those which are custom built for you (such as keeping within your personal ration of activity). There is not a rule made, which is not meant for the benefit of the patient. If you don't see why it is made, ask the doctor.

And don't be surprised if you get to like some of those rules. You may have observed that many a one who up to about the eighth birthday avoid soap and water has come to the conclusion by his thirteenth, or even sooner, that possession of a shower or his own bathroom, is one of the most desirable luxuries in life.

The rules of a sanatorium are new to you and that may make it hard for you to conform. For the most part they are meant to teach you the art of repose, to develop the gift of relaxation expressed by a Negro lady who on her hundredth birthday was asked by a reporter to what she attributed her long life, "Well," she said, "when I sits, I sits loose, when I walks, I walks slow. And when I see anything that looks like trouble I close my eyes and have a little sleep."

Once that attitude is achieved we can attune ourselves to any rule and will find that rules are a stay and prop, and that once one stops kicking against them, we find we can lean on them, as we depend on the red and green lights to furnish us safety at the street corners. (Reprint from The Detroit Fluoroscope & Jest & Jest.)

R E S T

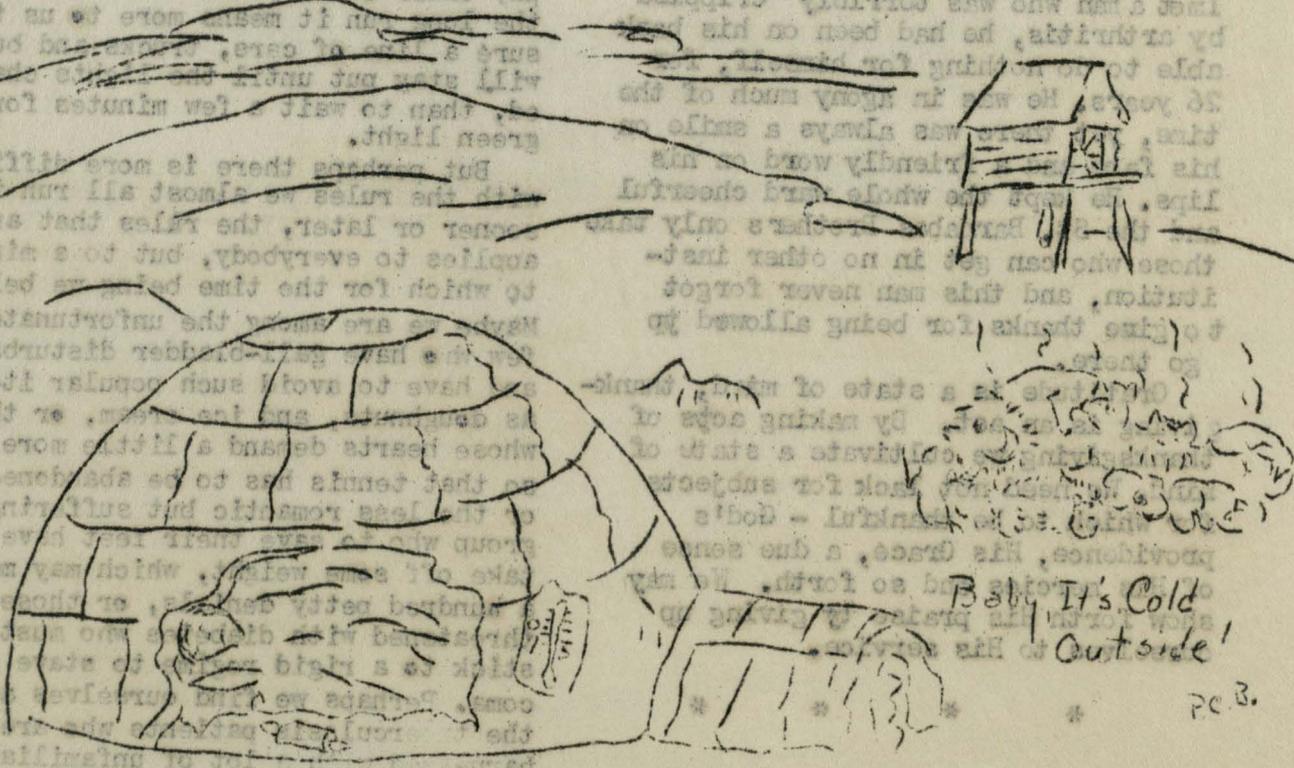
By Art Deering

OUR MOTTO

"Rest"—they say—"get lost of sleep!"

—good idea. But 6 AM, "Hey wake up—time to wash up—Go away, I wanna sleep. "Here's your wash water — 6AM! "Time to get up!" What in the middle of the night! And I was just in the middle of a wonderful sleep. Then for an apology the Nurse brings you a nice steaming cup of coffee to further wake you up. So you sleepily wash your face, brush your teeth, drink your coffee, and settle back to resume your rudely interrupted slumber. You're just nicely to sleep — and — "Hey wake up and get your breakfast!" O.K. So you eat breakfast and \*O Boy—to sleep at last. That's what you think! Here — your pills — so you roll over, sleepily grab a couple of pills and all is well again. But alas! soon there's a slight breeze somewhere in your posterior region as you sleepily follow instructions — Sunny side up and wham the Green Hornet has struck! As your head goes through the grill of the bed and hits the wall — you look wildly around to see what happened. It was just the Nurse giving you your "Strep" injection so you grin maliciously as you see her poised the needle for the next sleepy victim and realize they're not just picking on you. Now another apology is due for your shattered dreams, so they bring you a fresh jug of water and a glass of fruit juice. Now you continuously ease back to rest with one eye open and they call you for lunch at 11:30 AM. You just as well give up trying to sleep now! You eat your lunch and are wide awake finally ready to face the world and the big day ahead. Then 12:30 — O.K. put your magazines away and turn out your light, it's rest period! WHAT! after

cont'd next page



Baby, It's Cold Outside!

Rest Cont'd

you've spent all morning waking me up! Can't sleep now! I give up, but try to follow instructions to get a couple hours rest. I lay back and relax-relax! I've forgotten how! Finally after an hour and a half I relax and get to sleep, but only for about 15 minutes or a half an hour of good well-earned sleep, and "Hey-wake up! Take your temperature-wash your teeth, face and comb your hair. Still sleepy-now's your chance a whole hour of undisturbed sleep and "Here's your dinner - a who knows, a welcome sound at last.

Now everything is rosy, you write letters, do your O.T., read, and try to make up for the time while you were battling for some sleep. Well, you just get started good and the thoughtful Nurse says 9PM time to turn out your light and go to bed-Goodnight. Here you are wide awake ready for the days excitement and to bed you go to spend hours counting sleepy sheep only to be woke up in the middle of the night\* 6AM! Time to get up and wash your face again! I Wanna Sleep! The Moral of this Story : The Early Bird Gets the Worm, But! It's the Early worm that gets Caught. (Ed. note: Mr. Deering has the erroneous idea that writing letters and doing O.T. must be done after dinner! No, Mr. Deering, you are expected to do these things and the time prescribed, which is in the AM and after rest hour in the afternoon!

\* \* \* \*

MAN LOOSENED A MONSTER !!!!!!!!!!!!!

It came to be from a careless spark man lit,  
And rose like a hawk, on untired wings, then spread,  
And ran on swift air-feet, and licked and bit,  
Red fanged, in grass and brush and grew as it fed,  
To leave behind it charred and blackened earth.  
A fiend, it leaped upon defenseless trees,  
That clothed the land with plumaged green; It's breath  
Seared lives that made this forest home,  
It brought long pain and lingering death; man  
Destroyed wealth, he could not give back to those,  
Who pass this way, for spent stumps reared up, again,  
Upon a charred and blackened waste to pose  
The ages monument, a burning pyre,  
To show man's childish use of the gift of fire.

C.B. SCHATTNER

TO THE NURSES  
By Henry Sheldon, Wd I

Been meditating what I possibly could do to return the favor to the Nurses who have taken care of me since I was admitted to Seward Sanatorium May 3, 1949. Here's to express my appreciation, the care I had, which I am positive could not be better in Private Hospital or if I had any means to employ Private Nurses. To the following Nurses and other personnel I salute: Moffat, Clark, Anderson, Dahl, Delay, Rex, Cooper, Echols, Meyers, Neighbours, Smeltzer, Duncan, Huber, Smith, Sandubrn, Grymes, Banier, Brattain, Jensen, Jacobsen, Woods, Bradke, Morrissey, Cullins; Dr. Lowell, Maresh, Crabill, Shelton, Retlinger, Phillips; Aides, Forth, Yehn, Fuffner, Forkner, Wils on, Deuse, Clark, Thompson, Dufesne, Frickson, Clark, Bonnie; Ashenfelter, Ryan, Bismore, Meek, Wilson, Mac, Carmen, Blomer, Harrison; Miss Clark; Hussey, Brittain, Robison, King.

Those not mentioned included, Been bed patient for 18 months and have seen Hospital Staff come and drift to other parts of the globe.

My sincere wish that the Yuletide brings, health, wealth, prosperity and happiness to full extent of contentment for all times, the best this world has to offer.

I also include the housekeeping, Dietary, Maintenance and to all patients.

Those mentioned above have seen the worst side of my nature, there's still the future possibility of seeing my good side. It has been a pleasure knowing you all, hardest part is learning to get along with myself. Since gratitude to Chaplin Irwin and Father Clapp in time of uncertainty.

MERRY CHRISTMAN AND HAPPY NEW YEAR  
from Shanghai.

\* \* \* \*

WHAT IS CHRISTMAN?

What is Christman?  
Churches with their doors thrown wide,  
Programs taking place inside,  
Children speaking while candles gleam  
On parents whose faces proudly beam,

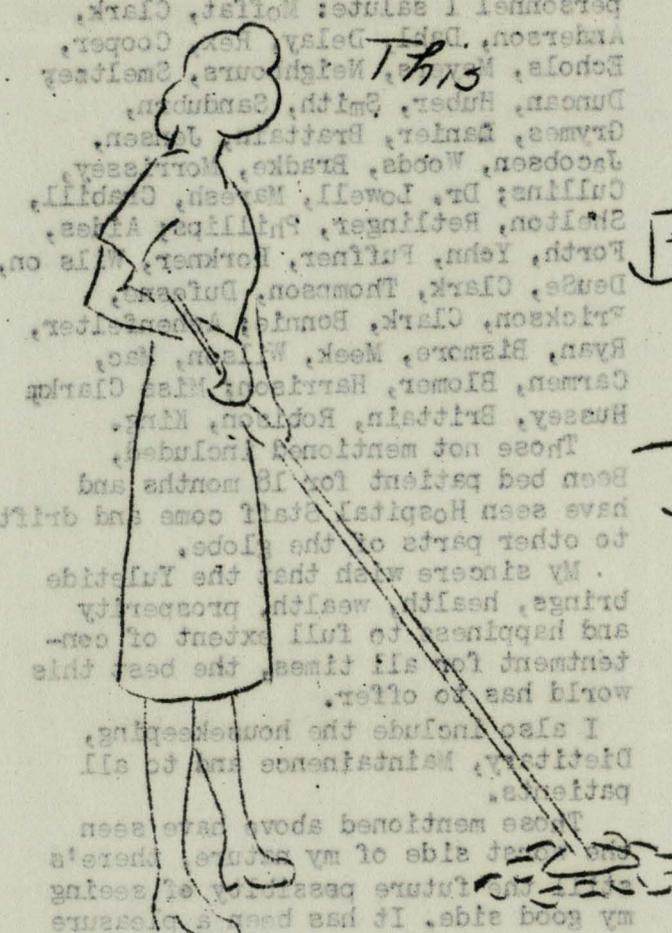
What is Christmas?  
Carillon bells that gladly ring,  
Choirs that joyous carols sing,  
Presents wrapped in colors gay  
Beneath a tree for the wondrous day.

What is Christmas?  
A day set apart as a symbol a seal,  
A guarantee that love is real -  
For only the deed performed in love  
Merits a page in the Book above.

from Ideals by Wilma W. Burton

# POSTURE

## in Housework #1



Back bending  
Back breaking

TO THE NURSES  
BY HENRY SHULTON, M.D.  
I have been reading what is possibly  
the best book on posture that I  
could find to return the favor to the  
nurses who have taken care of me  
since I was admitted to General Hos-  
pital May 3, 1919. Here is an  
expression of my appreciation, and I  
trust that the positive could not be  
better than the negative. If I  
could mention the names of the Nurses  
to the following Nurses and other  
personnel I salute: Moffat, Clark,  
Anderson, Doherty, Delaney, New  
Cooper, Nichols, McLaughlin, Smeltzer,  
Duncan, Huber, Smith, Sanderson,  
Grymes, Ganser, Bretz, Jensen,  
Jacobsen, Woods, Brink, Morrissey,  
Cullins; Dr. Lowell, Messer, Cahill,  
Shelton, Retlinger, Phillips, Atlas,  
Forth, Yehn, Feltner, former, W. J. on,  
Duse, Clark, Thompson, Dulac,  
Frickson, Clark, Bonfield, Gabel,  
Ryan, Blomere, Meek, W. J. on,  
Garmen, Blomere, Harshbarger, Miss  
Hussey, Brittain, Robinson, King,  
Those not mentioned include:  
Been bed patient for 18 months and  
have seen Hospital staff come and drift  
to other parts of the globe.  
My sincere wish that the Yuletide  
brings, health, wealth, prosperity  
and happiness to full extent of com-  
pensation for all times, the best this  
world has to offer.  
I also include the housekeeping,  
Dietary, maintenance and to all  
patients.  
Those mentioned above have seen  
the best side of my nature, there is  
a future possibility of seeing  
my good side. It has been a pleasure  
knowing you all, hardest part is learn-  
ing to get along with myself. Please  
extend to Cecilia and I, and I  
Clara in time of uncertainty.

MERRY CHRISTMAS AND HAPPY NEW YEAR  
from Shanghai.

\* \* \*

WHAT IS CHRISTMAS?

What is Christmas?  
Churches with their doors thrown wide,  
Programs taking place inside,  
Children speaking while candles gleam  
On parents whose faces proudly beam,  
What is Christmas?

Carillon bells that gladly ring,  
Joyous carols sung,  
Resets wrapped in colors gay,  
Beneath the tree for the wondrous day,  
What is Christmas?

A day set apart as a symbol, a seal,  
A guarantee that love is real -  
For only the deed performed in love  
Gives a page in the book above,  
from Cecilia by W. J. W.  
Burton

Rest Com'd  
You've spent all morning thinking  
up! Can't sleep now I give up, but  
try to follow instructions to get a  
couple hours rest. I lay back and re-  
lax-relax! I've forgotten how! Finally  
after an hour and a half I relax and  
get to sleep, but only for about 15  
minutes or half an hour at good  
well-earned sleep, and "Hey-awake"  
and take your tempo for the day,  
teeth, face, and com. and com. and  
sleepy-now's your chance a whole hour  
of undisturbed sleep and "Here's your  
dinner - a who knows, a welcome sound  
at last.

Now everything is rosy, you write  
letters, do your O.T., read, and  
try to make up for the time while you  
were battling for some sleep. Well,  
you just started good and the  
the morning, the P.M. and go to bed  
turn out your light and go to bed  
Goodnight. Here you are wide awake  
ready for the days excitement and t  
bed you go to spend hours counting  
sleepy sheep only to be woke up in  
the middle of the night (O.T. time  
to get up and start your day again)  
I am a Sleep! The Moral of this  
Story: The Early Bird Gets the Worm,  
But it's the Early worm that gets  
Caught! (Ed. note: Mr. Deering has  
the original idea that writing  
letters and doing O.T. must be done  
after dinner? No, Mr. Deering, you  
are expected to do these things and  
the time prescribed, which is in the  
AM and after rest hour in the after-  
noon!

\* \* \* \* \*

MAN LOOSENED A MONSTER !!!!!!!!!!!!!

It came to be from a careless spark  
man lit,  
And rose like a fire that entered  
wings, then spread,  
And ran on swift air-foot,  
and bit,  
Red fanged, in grass and brush and  
grew as it fed,  
To leave behind it charred and black-  
ened earth.  
A fiend, it leaped upon defenseless  
trees,  
That clothed the land with life,  
green; it's breath  
Seared lives that made the forest  
here,  
It brought long pain and lingering  
death; man  
Destroyed wealth, he could not give  
back to those,  
Who pass his way, for spent stamps  
heaped up, again,  
The charred and blackened waste to  
be  
To show man's children use of the  
gift of life.



Not This

C. B. SCOTT  
C. B. SCOTT

THE DOCTOR'S CORNER  
By Francis J. Phillips, M.D.

When you were told that you had tuberculosis of the lungs it was not good news. You could have had stomach ulcers--that would be a fashionable disease. You could have had measles--that would be a short disease. You could have had a broken leg--that would be a painful disease. And, of course, you could have had cancer of the lung--that would be a short disease too. Tuberculosis is a long disease. People do get well who have tuberculosis. But it takes so long, you say. Well, it does take a long time. That is why it is necessary to have some one pay your hospital bills. Tuberculosis is a contagious disease. Therefore, the Territory pays most of the bills. You got the tuberculosis from someone else, who also got it from someone else. It did not come to you like brown eyes or black hair. That is, you did not inherit tuberculosis. Even if you have tuberculosis already, you might get more if you got a lot of germs from someone else. There are families of TB germs just like there are families of Eskimos, Irishmen, Norwegians, or Englishmen. You automatically build up resistance to the family of germs that gets into your lungs first. And you will be less likely to get tuberculosis if you get over the first infection. But, you must remember that you should not deliberately inhale more germs from your neighbor. Be a good neighbor and do not blow your own TB germs on your neighbor. If your sputum is positive for TB germs, you should really always cover your mouth when you talk to someone near you. Everyone knows it is best to cover his mouth when he coughs or sneezes. In ordinary breathing, the germs will not usually go more than three feet. When you cough, or sneeze, with a mighty blast, then the germs may go 8 or 12 feet. Be careful of your neighbor. Remind him to be careful of you. Don't go around giving each other Christmas presents of more TB germs!

Dr. Keyes is here to help us all. We are fortunate to have his help. Now we will be able to get more surgery done for those that need surgery, and we will be able to get around to see those who are fortunate enough to not need a treatment every week or every few days. Every one wants to see his or her doctor every day. Else how would any one know when he needs the cascara tablet? Anyway, there is always the chance that the doctor may have good news. Maybe he will mention just the very something that will help you over the discouraging hump and keep you from hearing the Call of the Northern Lights. Maybe a little good news will be the thing that will keep you from trying the runaway treatment for TB. Remember, that old TB germ will go with you unless you go through the time and treatments that get him out of your body before you leave. Keep well in mind that sooner or later either you or the TB germ will win the fight for life. There is no peace parley. There is no stopping the fight. Either you fight him and win, or he fights you and you join the hunters in the sky. We will all help you fight Mr. TB germ. We cannot fight him for you and win without your help. "Keep those beds warm".

\* \* \* \* \*  
OUR NEW DOCTOR

Would you like to Meet Dr. Keyes? I'm sure you have seen him--that tall new man around with Dr. Phillips? Let's see what we can find out about him, by way of introduction.

Introducing Dr. Thomas F. Keyes, who was born July 5, 1912 in Kingston, Canada. He is an American citizen, six feet tall, with dark, greying hair, and a very pleasant personality. And, by the way, he thinks our country looks much more like Alaska now, than it did when he came!

Dr. Keyes graduated from High School in Rochester, New York. He went to the University of Rochester, and graduated as a Bachelor of Arts in 1934. The same University conferred the degree of Doctor of Medicine on him in 1937. He was an Intern at St. Mary's Hospital, Rochester, from 1937 to 1938; was a Resident Physician in Surgery at Lenox Hill Hospital, New York City, from 1938 to 1939; and Resident in Traumatic Surgery at Morrisonia Hospital, New York City, from 1939 to 1940; and Resident in Thoracic Surgery at Pollak Hospital in Jersey City, New Jersey, 1940 to 1941. From then until 1948, he was in private practice in California.

In 1948 Dr. Keyes received a 2½ year Fellowship in Chest Surgery. From 1948 to 1949, he was in England studying and observing; and from 1949 to 1950, he was in Sweden observing and studying chest surgery there, where he had the very good fortune to be associated with Dr. Crafoord, one of the world's foremost Chest or thoracic Surgeons.

We are very fortunate to have such a well qualified man as Resident here. He is a fine doctor, and a fine man, and we will all enjoy his stay as well as benefit from it. He is married and has two children, a girl 8 and a boy 6. We all wish Dr. Keyes a very pleasant and profitable stay with us.

A SAINT NICHOLAS AT SEWARD

by Frank Maresh, M.D.

It must have been late in the morning, for you were beginning to wonder what the dietician would be serving for the mid-day lunch. You were so relaxed that you lacked the desire to open a book or to select a magazine. You heard a voice on the radio announce the reading of a poem, but because you lacked the initiative to interrupt the program, you listened to a musical voice declaim

'Twas the night before Christmas, when all through the house

Not a creature was stirring, not even a mouse;

Of course, you dismissed poets as exclusive idiots who tinkered with thoughts or expressed feelings which were incomprehensible to you, but the verse coming from the loud speaker was different. You conceded that you enjoyed the charm of the poem when you were a child. You had to admit that even today the unpretentious words brought happy images of precious childhood days. You wondered why Clement Moore's poem has remained popular for more than a century. Perhaps, after all, poets did perform a desirable function.

'When out on the lawn there arose such a clatter

I sprang from my bed to see what was the matter.'

When your doubts became most intense, you began to hear a whispering and a vibration. It became definite and expanded into a murmur, a whirring, a buzzing. You were able to localize it among the mists hanging in the Resurrection Canyon. It was not a poignant hallucination, for it attracted the attention of other people. It became louder, like Katydid on a Summer night, and assumed a course; in fact, it seemed to be coming directly over the sanatorium.

'When what to my wondering eyes should appear

But a miniature sleigh and eight tiny reindeer.'

You stuck your head out of the window, and there above the tips of the lofty cottonwoods and over the tops of the slender Sitka spruces - almost on top of the sanatorium roof - roared the nosy thing; a black fuselage, stubby red wings, angular struts, an erect tail fin, roaring engine, whirring propeller, a pair of enormous skis underneath, and the demeanor of a furious dragon fly. Somewhere you caught sight of the words "Christensen Air Service" which you deduced as a lonely Dane's manner of spelling Christmas.

'More rapid than eagles his coursers they came

And he whistled and shouted and called them by name.'

You looked around the Resurrection Valley. Like an enormous saucer it appeared with a brim serrated by enameled mountain ridges, with edges lacy from hoars frost clinging to grasses and bushes, and with a base shaggy from the karacul of snow-bespattered evergreens. How rigid and peaceful it seemed except for that uproarious contraption soaring gracefully over the Jesse Lee Home, turning easily - like an albatross - over Resurrection Bay, descending as easily as a wasp upon the bristling confiers. It was the only moving object in a frozen world. Not even the speatorial gulls dared to rise from the lagoon.

'His eyes, He was chubby and plump - a right jolly old elf

His cheek, And I laughed when I saw him inspite of myself'

The flying Norseman swooped upon the canal in the narrow air strip, skied to the end of the field, turned around with the motor sputtering friskly. A Head behind the windshield moved from side to side. As the plane stopped, a door in the fuselage opened. A talkative man climbed over the short wing and with brash gaiety began to help passengers out of the body of the plane. You expected him to make a pontificale proclamation, but he shouted into the breeze, "Can't be dilly-dallying around today. Have to go back before the pass colses up." Only the limousine driver was able to interrupt with, "Chris, did you bring the United States Mail?"

'He sprang to his sleigh to his team gave a whistle

And way they all flew like the down of a thistle.'

The engine coughed a few times, the propeller whirled faster, in furtive frenzy, the Norseman glided forward. As it swept down the field, it left a flurry of snow particles in the air. At the far end of the strip it arose, cleared the brushy tree-tops, and became a floating horizontal line in the transparent violet hase. From across the Resurrection Rive, from along the Alaska Railroad, from the Moose Pass the muttering motor maintained the decrescendo of a hum. Were all of these marry proceedings merely a mythological manifestation or a mysterious, artificial scene? By that time you were not certain nor did care, for you knew that it was Chris in the Noreseman somewhere over Moose Pass who was shouting,

'But I heard him exclaim as he drove out of sight

"Mappy Christmas to all, and to all a goodnight!"

## HERE AND THERE WITH INFO!

The Sanatorium wishes to thank Mrs. Glenn W. Williams for the big donation of books which were brought out by Mrs. James and Mrs. Jacobs. Some of the books were: STRATEGY IN HANDLING PEOPLE, by Webb and Margon; ROUGHLY SPEAKING, by Pierson; THE STORY OF MRS. MURPHY, by Scott; THE EGG AND I, by McDonald; INSIDE U.S. A., by Gunther; TOPPER, by Smith; & EVERYBODY SLEPT HERE, by Arnold. Some of the books are now on the wards, as soon as the library pockets arrive from Outside, we'll put them in the back and more will be circulated. Every now and then a few books come in from individuals in the local community. Miss Murrill recently brought in a few: BOB, SON OF BATTLE, by Ollivant; JOURNEY INTO CHRISTMAS, by Aldrich; THE DEEPENING YEAR, by Robinson; & BELLES ON THEIR TOES, by Gilbreth & Carey, this last one, the authors wrote the very funny Cheaper By the Dozen. We are also receiving new subscriptions for magazines, and old ones are being re-newed for the coming year.

\* \* \* \*

### THANKSGIVING

by Doris Wilson, Wd III

What have I to be thankful for?  
Just laying in bed all day!  
Well- What have I to be thankful for?  
I'll just try to tell you, in my  
little way.

I'm thankful to be lying and getting  
all this care.  
Thankful to be waited on, any time  
I call.  
Thankful too for the little things  
we share.  
And thankful we are on the path to  
health..

I'm thankful for the X-Ray someone  
took long ago.  
Thankfull when they talk me to the  
San, I had to go.  
I was thankful when the Dr. said  
I was doing fine.  
And I'll be thankful when he says  
the world is mine.

I'm thankful to each and every one  
That's done their best to help.  
That you and I and everyone  
Will have our best of health.

I'M thankful to our Doctor  
For all that he has done  
I'm thankful to the San's big staff  
Yes, each and everyone.

I'm thankful for my neighbors  
As they smile from on their bed  
Though it get's very tiresome,  
Seldom a complaining word is said.

Why, I've a million things to be  
Thankful for  
It'd take a book to tell  
Most of all, I'm thankful that I'm  
getting well.

Thanks again to all the staff  
To everyone concerned  
And thanks for giving me the rest  
I really haven't earned.

\* \* \* \*

## SPORTS

### BOXING:

Well, Joe Louis's comeback bout was successful. He managed to give his younger rival, Cesar Brion, quite a going over in taking a ten round decision.

The final round saw Joe come close to winning by a knockout, but time ran out on him. In this session was his only opportunity to put his right hand in use as Brion had a perfect defense against it throughout the previous rounds.

It was obvious the one time heavy weight champion lacked his old time form but he still has enough stuff to give any of the present heavy-weights a run for their money.

His next ring activity will take place in Detroit, his home town; where he will meet the old veteran Lee Oma who is also of Detroit. The date has yet to be named. After this fight he plans to meet the sensational newcomer Rocky Marciano undefeated in twenty-nine bouts and having won twenty-six of these by knockouts.

Looks like old man age has finally caught up with Jersey Joe Walcott and from all indications the old warrior ought to hang up his gloves but probably won't until he just has to.

Rex Layne, another bright young prospect, just about put a finish to Walcott's long career by whipping him in a ten round upset recently.

If the army doesn't grab twenty-two year old Layne, boxing fans will be hearing a lot of this fast puncher from the state of Utah.

### BASEBALL:

Already four managerial posts in the big leagues have new faces; two in each league.

The biggest surprise action was taken by the Cleveland Indians when they gave their popular player, manager, Lou Boudreau his release. However, the Boston Red Sox quickly latched onto the veteran shortstop. The new Indian Manager is Al Lopez. The Brooklyn Dodgers also have a new manager, Charlie (Chuk) Dressen: replacing Burt Shotton.

## Sports Cont'd

Marty Marion, one time popular short-stop of the St. Louis Cardinals, was named their manager for 1951 after Eddie Dyer resigned from that post.

The Chicago White Sox also have a new skipper in Paul Richards.

### SPOTLIGHTS

WARD I - Willard Alexander  
by Rudolph

Now, let's get a good focus. Who do we see? "Willard Alexander" / This young man hails from Hyderberg Alaska, Island of Blonds, brunetts, and readheads. Willard is single, and 27 years old. His hobby is collecting safety pins. He is also a fisherman, logger (by trade), loves to eat, and read,; but hates bed rest. Willard has been with us for eleven months. That explains his peeves. There is only one ambition, get well, and go home. This we realize, is not far off. We will miss him when he leaves, but do wish him the best of luck.

WARD II - Mary Shaginoff  
by Haroldan Skonberg

Well look who's in the spotlight for this month, a very nice lady by name of Mary, and has no nickname. She's 5'11" and has long black hair, black eyes and a pleasant voice. Her home town is Chickaloon, Alaska. Her hobby is knitting, sewing, housework and loves the out door life. She is married and has five fine boys, four of them are in school at Lasy Mountain. She has a lot of likes (would not give out with any dislikes). Her arrival at the San was July 25 1949. Her ambition is to get well and go back to har family.

WARD III - Virginia Bruce  
by Olive Lindquest

Our dearest charming little lady, is in the lights.

Her name is Virginia. She was born in a small mining town called Council, Alaska. She made her home in Anchorage since 1938, and loves it.

Ginny, is five feet, two inches tall, and has beautiful black hair and sparkling black eyes. She has three children and her ambition is to make a home for those she loves, and see to their education. She loves being a mother, but very unhappy at the present time. We sincerely hope it won't be long that she can have her wishes and hopes.

Oh, yes, I hear she dislikes smelling skunk cabbage in the spring also dislikes Pimento!

Her company is enjoyable and she keeps us guessing all the time, but we love her.

Best of luck and Better Health, to you Jinny.

WARD IV - McKenna Wemark  
by Editor

This weeks spotlight turns on McKenna Wemark. McKenna came from Wales, with his wife and 4 children to Seward 2 years, 9 months ago. He and Joy have both been here in the San since that time. The youngest boy, Archie, is at Mt. Edgecomb, the others, Matilda, Frederick, and Ann are at the Jesse Lee Home.

When asked about occupations and hobbies, McKenna said that he worked in the tin mines in the summer, and hunted, fished, trapped and carved ivory in winter.

Their longest plane ride was from Wales to Seward and McKenna has been to Nome and Kotesbue.

For one who has been in the San for 2 years 9 months the only objective in sight is to be able to have a home and family around his feet once more.

WARD V - Mary Toko  
by Evelyn Pardee

Good afternoon, ladies and gentlemen, here we are again to put some young lady or gentleman in the spotlight from Wd V this month.

As we send our spotlight around we see a lot of children, but wait lets go back to a few feet before, and see who this little lady is. Why, it's none other than a pretty little dark haired lass from Port Graham, Alaska. Let's find out who she is. "What is your name, honey?" "Wh, it is Mary Toko, she says.

Mary came here last August 17, and is doing wonderful. She was born at Port Graham, on Sept 1, 1940 and was living at Seldovia before coming here. She is 10 years old and weights 67 lbs. She has long black hair and lovely dark eyes. She has brothers and sisters. Mary does very good in her school work and quitely works jig saw puzzles. The only thing Mary really wants is to be well again and go home to her family. Keep up the good work, Mary and be a good girl, then you will get to go home sooner.

(Ed. Note: It is regretted that typographical errors occurred in the last edition of San Chat, we became so engrossed in the subject matter of the issue that we overlooked the errors.)

## WARD I NEWS

All you lovers of the finer things of Live! Once again, this is your roving reporter of Ward I. The tour this month will be in our new Limousine (wheel chair) "Careful, now girls we are now entering the wolf den". My, what a hungry looking bunch of guys. First of all we, the boys of Ward I want to wish Don Bland the best of luck also Johnny Biglow who left here the 24th and 27th respectfully.

We put the Welcome mat out for Fred George who moved down from Wd 3. Willie Stream moved up in place of George, for surety. Mac is busy building planes, getting ready for the War in Korea, he also moved out to the Blue Room (porch) so did Tommy.

Shott 'em up Ed is now Bronc Busting wheel chairs, careful they don't throw you. My you'd think this was the front office, when both John and Tommy start typing together. Carl is now the new Bull cook, since he inherited the coffee pot, must be another pot done, for I see a long line. Our one and only "Gold Dust Twin" is busy taking the cure. The Cribbage tournament is still going pretty strong. Frank and Nifty Nick are busy answering all there fan mail. Hurley John is doing he's school work, also yours truly. Abe "Lover Boy" Hunter telling all the pretty nurses how much he loves them. (boy what a line he has) Col. Johnson how is your itching heart?? Let us peek in some of the private rooms. Scottie whats the boys calling you Frenchie for?? Room # 3 Mr. Johnson is getting the water ready for on the porch. Jim and Ray are busy playing cribbage in the Blue Room. I wonder what ever be came of the Canasta Games?? We also welcome David Andrew and Hans Totland to Wd I, they moved down from Wd 3.

## WARD II NEWS

Hello folks, here we are again for a little chatter from Wd 2. They're playing "Harbor Lights" over the radio and everybody has that dreamy far-away look in their eyes. s-s-s-sigh! All the wonderful gals in the rooms are doing just swell. Stella has that sparkle back in her eyes and looks like a million. Carrie is doing fine too, busy as a bee. Ella has been pretty busy lately, gazing out at the moon. (so she says) I wonder. Mary S. is taking the cure and listening to her new radio. Haroldean "Mrs SadSack" is doing an awful lot of reading and giggling. I wonder what kind of books she's reading that sound so interesting? Edna is still very busy answering mail, and receiving loads of mail, except for today. No one received

any mail, "No letter today". Even leg mail got snowed under along the way. She can't eat and can't sleep) is it love/ Could be. Ann A. is getting pretty clever with her knitting. She finished a pretty sweater, she's taking time off to read one of Mrs Sad Sacks interesting books. Maggie is still telling us stories at night. Edna helps her out once in a while. Fina and Joy are doing just swell taking the cure. Libby looked kinda blue for awhile until she received that special letter from someone. Doris must be starting a bakery out on the porch. They passed around cookies and cake from her. They were very good Doris. Gertrude and Edith are doing fine, don't even hear a peep out of them. Ann Smith moved up to Wd 3 for surgery. We sure do miss you ann. Racheal is talking a blue streak as usual, and answering mail. Marfa and Susie are busy with their school and listening to their radio. Madeline is busy knitting and listening to her faithful radio. Fannie is doing something else this time, besides listening to weather reports, she is knitting (knot bad!!!; that is a joke sone); wish I was that ambitious. Alice is back in the Wd again, has a big smile for everyone. Florence left for home too, the lucky girl. We sure miss her. Santa will be in town soon, so I have to be a good and careful girl, the cure, you know. We'll will you all a Merry Christmas and a Happy New Year!

## WARD III NEWS

Hi, Howdy, Hello greeting to all from the gals here on Wd III. Well we've had a very peaceful month, I must say. You know I've been peanlized this month, know why, I forgot to mention Virginia Bruce's name last month. So here goes. I know she plays canasta, and I know Virginia Bruce goes twice a day by by bed, Virginia I gues is doing something pretty, and I believe Virginia is not having any trouble with mail. Am I forgiven, Virginia Bruce? Your name mentioned over once for good measure. Antoinette Robinson went home after living here for 2½ months, lucky gal. Marie Savetilik knit and plays canasta like sixty, nice combination. Patricia Lambert and Shirley Alexander are buried deep in their Christmas cards. Whenever you hear Shirley speak be sure you listen closely, because you either have to know what she is speaking of or figure it out after she has said it.

Rosie Lee Hurd lies in bed and reads and know what, (Here I go jumping into the fire). I heard Pat asking Rosie if they could go out for a walk Rose use to say yes, but now it snowed and Pat says she is going to dunk Rosie in the snow. Imagine two Class I's wabbling all over the place. Do you suppose they could hold each other up? I wonder. The unique morning greeting I hear these days is "Good morning, Hamburger Girl, and Good morning Hamburger Boy," That is between Bess Hansen and Chester, nice salutation to start the day with. Don't you think so. Gladys Walunga is busy taking the cure and taking up school work. Speaking of school there are Shirley and Bess both doing high school subjects. Jean Jack lies in bed and knits a sweater, I believe. Tiny busiess herself with crocheting. Also Celia Tommy, beautiful stuff. Oh yea, Patsy has been crocheting like mad-too. Hazel wonders around continuously. She plays snerts with Shirley, othertimes she visits. Doris Wilson does embroidery work she says Xmas presents. By the way she also srites poems and stuff. Elizabeth Brodkin and Mary Paquette take the cure. Speedy recovery to you both. See Barbara Strom strolling down the aisle alone twice a day. Ollie visits Pat and I ten times a day then she stays home and crochets, Madame Savage is learning to crochet a doily and I bwlieve she did a good job for a beginner. Sophie Ignatin, Ollie and I are having a three day sputum test, get those pills, it is an awful felling while the pill is working all day. Hope it turns out good. I hear tell Joe Onaha, Wm Chick-enoff, Inikente Paul Buck, Reynold Denny are still in their rooms as yet, David Andrew, Hans totland, Fred George have moved to Ward I. We the girls of Wd III wish you guys lots of luck and hurry up and go home. John Hodgson, it has been told to me, has his quarters at Wd IV. We have now Willie Stream who had two stages of thoroplasty and is doing fine. Evelyn Pardee left Wd VI and came here for a knee surgery. Miss Noble Told me the name, but I can't spell (was it an Arthrotomy!?) Ann Smith is to have surgery soon. She came from Wd II. Well folks all I can think of for now. Oh yes I have a heavy knitted vest, buttoned up the fron, color blue, size 38, and a diamond pattern, two fron pockets, for sale, \$10.00. Hope I haven't borrowed too much of your time and thank you all. With good wishes to all from your reporters.

#### WARD IV NEWS

Howdy every one! Our reporter Toby resigned so I'll give you a few late flashes.

It looks like we will have a white Christmas with over a foot of snow falling between December 2 and 5th. We have two new patients this month. John Hodgson from Juneau is our new patient from Wd III. Good luck John and hope you have a short stay. Joe Devlin was here before but had bad luck and got a relapse. Hope you make a speedy comeback and better luck next time. Patients leaving in the last month were Tommy, Kohnny and Ralph. Toby and Simeon have joined the Air force. in modle form that is! Francis Payenna and Marcus joined the pill and needle gan PAS pills and "Strep". Good luck men. John Brown got surgery and is reported ok. Hope you are well soon John. Our day nurse Miss Grimes left for the big outside and our old pal Yankee is with us again after being gone over a year. Welcome back Miss Yankee. We also have a new afternoon nurse, Miss Thompson who relieved Betty Pahl. Even Dr. Phillips got some badly needed help, Dr. Keyes is the new Doctor, Welcome to Bartlett, Dr. Keyes. Some of our visitors last month included: Miss Williamson from the V.A. Office in Anchorage; Phillis Durham a former nurse from White Mountain; Bill Hall an ex-patient from Cordova, he also got a check up here; Johnny Johnson had a visitor, Mrs Mary Ost from Marshal, Alaska; Henry Bowen had visitors from Seldovia; Ed Roehl had a visit from his folks and some friends from Homer. Mrs Robison, our former social worker paid us a visit from Juneau. We had some more visitors but I didn't get their names - sorry! We wonder and so does Mike Frank who is the pretty girl who sent him a snapshot and a letter (in French) but didn't give her address?? Ed Roehl and Henry Bowen have been busy making jewelry the last while. They are getting out some real nice work too. I guess that about all this month. I got appointed to this job late so am doing a bing up job of reporting but will try and do better next month. Santa Claus will be hear from us soon so wd IV outlaws wish everyone a very Merry Christmas and a Happy New Year, a Healthy one that is.

#### LATE FLASH!!!!!!

We had a nice surprirse the other day Our librarian, Mrs. Jacobs brought us some visitors from Seward. Miss Patricia Van, singer and dancer and Rocky Miller, drummer, both are entertainers at the Knobby Club. Al Horton and Don Lowell, our announcers and operators from station KIBH in Seward. We got to send in some requests in person. We had a nice visit and hope you folk will come back again soon.

again, Merry Christmas and Happy New Year.

## WARD V NEWS

Here another month has rolled around and time for the news once more. Heavens the time really flies by.

Lets take a stroll around the ward and I'll introduce you to the different boys and girls here.

As we start our stroll, on our right is Jossie Carrillo, she is class 5 and doing very well.

Hello, Mary Toko. This young lady is in our spotlight this month. The next bed in empty, Oh that's where I'm supposed to be. I'm also class 5. Then over here we have Dora Johns, How are you this month, Dora. May I present the next two girls? they are Betty Ahnaktook and Helen Nicaolai, They are playing house. This next little lady is Esther Hunt. Her mother is in Wd II. And in the two private rooms we have Martha Allashuk and Costia Inga. Martha is from Fairbanks and has only haeb here a short while. Costia is from Unga and has been here about 3 or 4 months.

In the next place we meet Janie Kokrine and Victoria Paquette. Here we get acquainted with Fred Traffin and Tony Mitchell. Now we meet our youngest member of our little family He is Bobby Justin. Bobby is owned by a mother on Wd II.

Next we have Jimmy Hawkins, How are you these days? Last but not least is Gus Nichaolai. Gus is quite a boy and is usually talking a blue streak.

Everyone is patiently awaiting the arrival of that jolly person, namely, Santa Claus, and we are all on our best behavior now. That is all the news from this ward so the ward sends our best wishes for a Merry Christmas and a Happy New Year.

## WARD VI NEWS

Here we are in the Luxury Ward. At present there are only four of us girls as Evelyn Fardee has moved to Wd 3 for minor surgery. But will be back soon. Ruthy Thibedeau the lucky girl left for home on the 21st. We have already heard from her. She had a pleasant trip on the train, and all her family were to meet her at the station.

Marva Trainer is the girl that shows the Movies in Wards 2,3,5, and 6. She has also been busy wrapping up packages for Christmas going out to different patient's children who are in homes, while their parents are here taking the cure. There will be a lot of happy little boys and girls, cause I saw a lot of the toys and they're really so nice. Leorna and Petty helped too.

The long awaited snow finally arrived. Now we can have an Alaskan Christmas like all of us are accustomed to. For a while were afraid we'd have a snow-less Christmas. So far now all of us here in Wd VI wish each of the patients and all of the staff and our Doctors a very Merry Christmas.

## WOMEN'S WORDS

If you think something is missing around the San lately, your'e right. It's Mrs. Grimes, who left this month for the great Outside. We all miss her and hope she is having a wonderful trip.

Miss Ann Duncan, too, is out in the Big Bad World for a three weeks vacation. She will be back in time to help us all have a Merry Christmas.

But we have acquired a new member to; Mrs. LeDuc comes to the San from her home in San Jose, California, Welcome, Mrs. Le Duc, we want you to like it here.

Miss Hayward's parents who have been visiting her, left thanksgiving day on the Baranof. They report that "Sea Sick" pills may help, but they certainly are 100% effective.

Speaking of Thanksgiving, did everybody have a nice one? We had Turkey and all the trimmings in the dinning room and the tables looked so pretty. All very holiday-ish, and formal too. (nearly all the girls wore skirts)

Miss Caroline Clark has moved back to the San, Barracks Two. She's either psychic, or had an advance notice from the weather man. She was moved a couple of days before the snow fel.

Oh, yes, we do have snow now- and its so beautiful in the world. Does seem to create a few problems, but nothing a good shovel won't cure. So if you find time hanging heavy on your hands, pick up the nearest shovel, and run down and shovel a few tones of snow off the skating pond at mile Three.

Good-bye for now. Be seeing you at the Christmas party. Best wishes for a very Merry White Christmas!

\* \* \* \*

### SNOWMAN By author unknown

Once there was a snowman,  
who stood outside the door,  
He thought he'd like to come inside  
and play upon the floor.

Thought he'd like to warm himself  
by the firelight re.  
Thought he'd like to climb  
upon the big white bed.

So he called the North Wind,  
"Help me, Wind, I pray,  
I'm completely frozen,  
standing here all day."

So the North Wind came along  
and blew him in the door.  
Now there's nothing left of him,  
but a puddle on the floor  
( reprint from Ideals Mag.)