

San Chat

Vol. V No. 1

SEWARD SANATORIUM, BARTLETT, ALASKA
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SAN CHAT

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The Seward Sanatorium is operated by the Women's Division of Christian Service of the Methodist Church. Patients are hospitalized here on a Contract basis. The Alaska Department of Health, The Alaska Native Service, The Veterans Administration and the U. S. Public Health Service hospitalize patients here at a standard per diem cost. The Women's Division of Christian Service make a sizable contribution annually in helping to bear the cost of the operation of the hospital.

SAN CHAT

Published by and for the Patients of the Seward Sanatorium

CHAPLAINS

CHARLES M. MALIN, B.D., Official Hospital Chaplain appointed by the
Women's Division of Christian Service
Martin Borbeck, S.J.)
L. Russell Clapp, B.D.) Visiting Chaplains
K. E. Spaulding, C.T.)

IN THIS ISSUE ARE THE FOLLOWING ARTICLES:

TB WORKER'S CREED-----	4	FAMOUS TB'S-JANE AUSTIN-----	9
THE DOCTOR'S CORNER-----	5	RESCUE OPERATION-----	10
IGLOO TALES-second one-----	6	SPORTS-----	12
HOW TO KEEP YOUR TEETH-----	7	JUST WHERE DOES THE SAN-CHAT GO?-----	13
HOW TO GET MARRIED or WHO CATCHES WHOM-----	8	NAMES CARVED IN STONE-PINEL---	13
THE WARDS-BED TO FOOT--15			

Subscriptions for the SAN CHAT may be addressed to the EDITOR. The price of each copy is 10¢, one year \$1.00. All patients receive one free copy.

VISITING HOURS

Monday & Friday - - - - -6:00 to 7:00 PM
All other days- - - - -3:00 to 4:00 PM

TB WORKER'S CREED

Presented by Dr. Robert J. Anderson
at NTA Annual Meeting in May

In response to numerous requests, the BULLETIN is publishing "Creed for the Tuberculosis Apostle", excerpt from an address given at the Joint Meeting of the 19th Annual Meeting at Cincinnati, Ohio, by Robert J. Anderson, MD, chief, Division of Chronic Disease and Tuberculosis, U.S. Public Health Service. The "Creed" follows:

"I believe that what I have done--and others before me--has reduced the suffering and the deaths of my brothers from tuberculosis. I am grateful that the biological forces of nature and the improving-environmental factors created by man have favored my work.

"I believe that the success of our past efforts has been furthered by the enlightened interest of my neighbor, my country-folk, which has led to cooperation and support which exceeds self-interest.

"I believe that my services have not yet reached every outstretched seeking hand. There is yet more for me to do.

"I pledge myself to my brother man to search out the many unknown cases of tuberculosis.

"I pledge that I shall treat each person equally in his misfortune, excusing myself not at all for my ignorance of his condition --of which he knows not himself.

"I shall help him and his to hold family and station.

"I shall help to restore him to pleasures of health, family, and work.

"This I shall do within my ability until tuberculosis no longer is found. I shall seek knowledge of things I do now or can do tomorrow.

"I shall hold to these tenets and oaths as long as they save suffering for the sick and protect others.

"These things I shall do, and shall help others who hold likewise".

THE DOCTOR'S CORNER

The surgery is again running full steam ahead. The coming to our staff of Miss Glover in surgery and Miss McKay in the laboratory gives us new energy and facility for keeping up the treatment program. Fourteen patients are waiting for surgery. The registered nursing staff is not many in number, but superior in quality. The work will go on. No one will be neglected. No employee's health will be endangered by overwork. The contracts with the various contracting agencies have been renewed and favorably. Wage standards will be maintained. Facilities for treatment will be at hand. Seward Sanatorium will go forward again in 1952.

Rehabilitation will make new progress. The photographic shop is nearing completion. The equipment obtained from "Casey" Cobban of Seward will be put to good use in teaching interested patients to do their own photographic developing, printing and enlarging. It is anticipated that new talent will be added to the rehabilitation teaching staff both in staff positions and among the volunteer workers. The Alaska Tuberculosis Association has augmented their original contribution to Occupational Therapy generously.

The bed capacity still remains at 152. The nearest to a full house has been 149. We have hoped to reach 150 each month, but each time we approach the number something happens to keep a few beds available for new patients. Perhaps by National Hospital Day we will have reached our goal.

We have had a very mild winter so far. The conversion of our heating plant to a cheaper fuel has been more of a success than we anticipated. The wind has blown to be sure but the new fuel has kept the radiators warm in spite of the wind.

Miss Hayward has returned from outside to help with the dietary. Miss Priebe and Miss Hayward are initiating a dietary course for women patients as a part of the "Home Making Plans". Three ambulatory patients are already well started in learning to take care of kitchens efficiently and effectively. This is another phase of our ideas on rehabilitation. We want our going home patients to have benefitted in every possible way while healing their tuberculosis.

The teaching program is progressing energetically. Almost every patient is doing some kind of schoolwork. The teachers are loaded beyond efficient capacity with teaching duties. In addition correspondence courses are being added for specialized teaching for those patients with special ambitions. Yes, the Sanatorium is becoming a community of citizenship training as well as a hospital. The modern trends in tuberculosis eradication are being followed energetically. Constructive ideas are given an attentive ear and serious practical consideration.

The Department of Health loaned Mrs. Gronning from the M/V Health for the few weeks she has had to wait for the ship to come to the Port of Seward in getting ready for its travels in the Bering Sea. Many clerical duties have been accomplished that would have gone undone. The Medical Library books have been catalogued and indexed. Other records have been completed. We are grateful to Mrs. Gronning and thankful to the Department of Health for this help.

Dr. Phillips.

IGLOO TALES

Another story from Igloo Tales by Edward L. Keithahn is reproduced here for your leisurely reading. This is the second of such stories that have been reprinted in the San Chat.

STARVING TIME AT WALES

Years ago, before they had reindeer, the Eskimo frequently had starving times and many people would die before any food could be found. It was in one of these dreadful times that the people of Wales, then known as Kingen, were starving. There were no seal or fish in the sea and the ptarmigan and caribou had disappeared from the mountains and tundra. People were already eating walrus skins, for the dogs had long since been eaten.

In a little igloo all by themselves dwelt a poor old woman and a small girl. The old woman was much too weak to search for food but the little girl would walk the beach daily in hopes that the tide had cast up a few clams or sea snails. One day when she was searching as usual had found nothing, a kayak suddenly came up from the sea and touched the beach near her. The man in the kayak called the little girl to him and giving her a small piece of muktuk (whale skin) and blubber, said, "Do not let the people see this, but take it home and put it in a new dish with salt water. If it does not change, eat it. But if it changes do not eat it until you can see its head and tail and fins." The little girl thanked the strange man and hurried home. The old woman was very hungry and so was the little girl but neither of them so much as tasted the muktuk and blubber although this is a great Eskimo delicacy. But they put it in a new wooden dish and poured salt water over it just as the stranger had told the little girl.

In a few minutes the whale skin began to move a little. It seemed to be alive. They poured on more water and it began to grow larger. Each morning thereafter it would need more water and before long they could see a mouth, then a tail and finally it had fins. It looked exactly like a black whale but was no larger than a seal.

As the whale grew larger it became increasingly more difficult to keep it hidden from the people who occasionally came to the igloo to visit. To hide it the old woman put up a curtain across the corner of the igloo and placed the whale behind it. The little girl's aunt visited one day and seeing the curtain asked, "Why do you have a curtain in the corner?" The old woman quickly replied, "My little girl wanted to make a playhouse so I let her have her way." The aunt was satisfied with the answer so didn't look behind the curtain.

The whale grew and grew until it occupied half the igloo. One night it made so much noise that the little girl and the old woman couldn't sleep, so they felt the time had come to kill it. The next morning they cut it up and the meat and blubber filled their stormshed. Then they cooked a piece of meat and when they were just about to eat it, the aunt came in and asked where they got it. They gave her some meat and told her the story of the stranger in the kayak who had forbidden them to tell their secret to anyone.

Food grew scarcer and scarcer in the village until at last when it looked as if some of the people were going to die, the old woman let the aunt tell the people about the whale meat. When she did so, people came from every igloo bringing deerskins and what ever else they had to trade for meat. Some even died after they had eaten for they had

HOW TO KEEP YOUR TEETH

by J. H. Hittson, DDS

If you should suffer injury resulting in the loss of a tooth, some courts would award you \$1,000 in damages. Since this value has been placed on an individual tooth, it should follow that if you have all your teeth, you have a natural endowment worth \$32,000. What are you doing to safeguard this valuable chewing mechanism in your mouth?

If you are an average American, you have a minimum of three teeth which have holes in them and are possibly beyond repair. Many of us, particularly those with poor health, have many more than three "bad teeth". These bad teeth can destroy all your teeth and indirectly effect many other parts of your body. Such diseased teeth can often be filled and saved by the dentist, but frequently it is necessary that they be extracted.

Artificial teeth, called dentures, may often be used to replace natural teeth that are lost, but healthy, natural teeth are best for you. In view of the fact our teeth decay six times as fast as dentists can fill cavities, you must make every effort to protect your mouth against disease.

But tooth decay, or dental caries, is only one of the many conditions which destroy our chewing mechanism. By far the greatest damage to adult mouths is caused by disease in the supporting structures of the teeth, that is, gum tissue and underlying bone. A health tooth must be anchored in healthy jaw bone and firm, pink gums. Look in the mirror. Are your gums pink, firm and healthy, or are they red, spongy and sick?

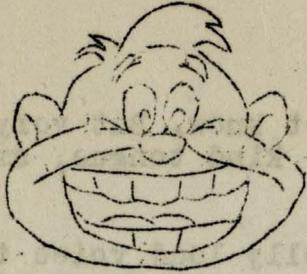
But you may ask, how important are a healthy mouth and sound teeth to the patients of Seward Sanatorium? To you, as an individual undergoing a long treatment regime, the normal chewing and digesting of food is extremely important. Furthermore, low grade, chronic infections of the teeth may cause little pain, but nevertheless place added strain on your overtaxed disease fighting processes. Some doctors believe that the bacteria and toxins from infections of the mouth cause serious disease in other parts of your body.



If you are actively interested in preserving your remaining teeth and improving your health as fast as possible, you will follow these suggestions:

1. The important time to brush your gums and teeth is before retiring at night. However, food particles must be removed by brushing or rinsing immediately after each meal. It is recommended that an ammoniated dentrifice be used. (next pg)

YOUR TEETH cont'd



2. Use "dental floss" daily to clean and polish between the teeth, and to stimulate the gum tissue in those small spaces between the teeth.
3. By use of a mirror, become familiar with the structures inside your mouth. Count your teeth. to find more than thirty-two is rare. Identify the spongy red areas on your gums and massage these daily with brush and dental floss.

* * * * *

SINCE THIS IS LEAP YEAR, WE THOUGHT YOU SHOULD
KNOW "HOW TO GET MARRIED OR WHO CATCHES
WHOM"

Marriages, it is said, are made in Heaven, but most people aren't willing to wait so they settle for one made right here on Earth. Anyway, there are lots of kinds to choose from: marriage by purchase, marriage by capture and marriage by mutual consent, to name just three.

Whatever you may think of it, marriages by purchase still go on. In Africa a wedding sometimes costs the groom as much as one bull, one cow, seven goats and six jugs of beer. In Europe young men don't think it is unromantic to consider the matter of the bride's dowry. The girl's parents don't expect to send her forth penniless.

But, marriage by mutual consent with no thought of financial gain is the traditional American way. However, if a girl hustles the proposal along a bit by tuning up her natural charms...well, what's the harm in that? She'd be a foolish girl if she didn't know how men always notice how she looks and take full advantage of this fact.

Marriage by capture is something different (but only slightly.) It is an old game of make-believe that keeps men feeling strong and important, and women modest and appealing. So, for centuries women has been running away from men - not very fast, and usually screaming pretty little screams in case he didn't notice which way she was running. Among certain groups in Burma and China quite a dramatic production is made of this maidenly reluctance. The bride is carried off kicking and protesting. Mama and Papa and the whole family run along behind shrieking "Help! Help!" loudly and beaming with delight. Presently, the cheerful, noisy procession halts near the new home of the bride who announces happily that she guesses she might as well give in. Everyone then settles down to the feasting and rejoicing. The rules of modesty and manners have been observed.

The suitor of ancient Boetia used to go a step further. He sped off with his bride in a carriage and then burned its wheels at his front door to prove that she could never escape.

Twentieth Century American girls often reverse the process and do the capturing themselves by methods just as successful but much, much

WHO CATCHES WHOM cont'd

quieter. "What methods?" well, snares, if you must know. But very pretty snares: a gentle voice, a listening ear, a kind tongue, smooth hands, cleanliness and soft shining hair.

It takes a little practice to train a naturally loud voice to be gentle and a harsh tongue to be kind. Rough hands can be smoothed by lotions and careful grooming eventually. But cleanliness and pretty hair can be achieved almost at once. Pretty girl, pretty bride, pretty soon. NTA Report

* * * * *

A FAMOUS TB -- JANE AUSTEN (1775-1817)

It has been said that the biography of this great English novelist might be written in a dozen lines - so simple, so tranquil was her life.

From the day of her birth, Jane Austen was used to hearing agreeable household talk and the friendly personal criticism on the men and women who made up her small secluded world. The family circumstances were easy, and the family friendliness unlimited - conditions determining, perhaps, the cheerful tone, the unexciting course, the sly fun and good fellowship of her stories.

"Pride and Prejudice" was written before she was 21 - 1796 - but was not published till 1813; "Sense and Sensitivity" - 1811.

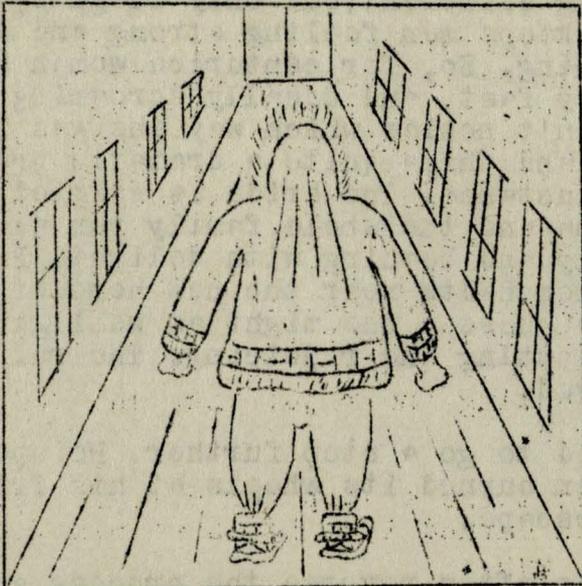
Jane Austen read very little. She once wrote: "I think I may boast myself to be, with a possible vanity, the most unlearned and uninformed female who ever dared to be an authoress." NTA Reporter.

* * * * *

The world will never have lasting peace so long as men reserve for war the finest human qualities. Peace, no less than war, requires idealism and self-sacrifice and a righteous and dynamic faith.

-John Foster Dulles-

Sincerity, integrity and tolerance, to my mind, the first requirements of many to a fine, strong character. The above, though brief, is what I believe all of us should practice in our everyday lives. -George C. Marshall*



There goes the O.T.! Things haven't been the same since the trip up to Fairbanks!!!*

* * * * * not tasked food for many days. But the whale meat lasted until spring when the eider ducks came flying from the south and the village was saved.

RESCUE OPERATION

As told to Henry Sheldon
by Aukvikseeruk Frankson

There was a gathering of old men of the village of Tigara, at Peter Koonooyak's Trading Store. The men, who brought several white fox, polar bear, walrus and okrook skins, were exchanging news of the day's events. One of the oldest men started a story:

When the world was young, men and animals were able to converse with one another. This was Ta-moni, (meaning, long, long ago, or events happening on a spot). There were two families living on the south side of Cap Lisburne. It was in time of the season when sea birds layed their eggs on the ledges of the cliff.

Two men took off on egg gathering. In two days only one returned. He told the story of how he lowered his companion over the brink of the cliff, not even able to see how far he could lower him. As a result, the rawhide rope was severed on the edge of a sharp rock. Now this particular kind of all-purpose rawhide rope never parted easily, as he was reporting. There were no other men around except the women and children. Of course, his report was taken for granted. Now this all-purpose rawhide rope is made of okrook, called Ah-lick. What actually took place at the scene of the accident was: the one manning the rope cut the rawhide in such a way that the extra strain would part the line, using a Obsidian knife. From all appearances, it looked as though it had been parted or cut on the sharpe edge of a rock. When the line parted the man dropped and landed in the bottom of a bowl-like depression. This happened in the morning before the sun had reached the highest meridian. He came to in the cool of the night, face down. He looked around by raising his head, taking in the situation. All he could see was the sheer wall of the cliff. Then he promptly blacked out again. Next time he came to he was still in the same position and the sun was beating down on him, his throat was parched. First thing he thought of was water. From the position of the sun it was still early in the morning. During the month of June up in the Ea-vuk country, the sun shines 24 hours through. He raised his head, moved it from side to side, then moved one arm then another, moved his legs, all his limbs corresponded. Then he proceeded to turn on his back. The sun was beating down on him mercilessly, the heat increasing very rapidly. This makes his craving for water more acute. He looked up the sides of the depression, fortunately he landed on vegetation and moss. Every light movement caused agony of pain all over his body. From the dried blood on his face he must of had a nose bleed. He knew he must have been blacked out for at least three quarters of the day. He figured this was his second day. He tried to get up but all he

RESCUE OPERATION cont'd.

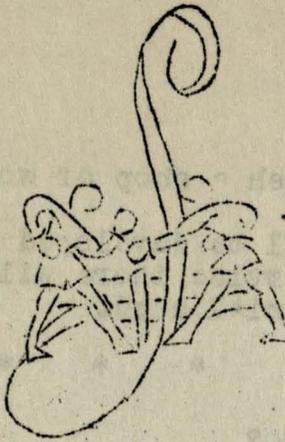
could do was to get on his hands and knees. He tried to crawl, but was unable to move because of the pain. He dropped back into prone position and promptly blacked out.

When he came to it was during the cool of the night, and he heard a Voice. He started to raise his head, the Voice told him not to look, only listen. Do what he is told to do if he wanted to see his wife and small children. The Voice told him his companion let him fall on purpose, by cutting the line part way. The reason was jealousy and envy, desiring to possess his companion's wife. He had been planning this for a long time, to eliminate him without causing suspicion. The Voice, gruff and low, told him to crawl forward keeping his eyes closed till he reached the wall of the cliff. He proceeded crawling although every movement meant torture and agony. When he could go no more, his head against the cliff, he stopped. The Voice told him he is lowering a line. "When the end reaches you make it fast around your waist and when I start pulling keep pawing with your hands as if you find a hand hold also keep your toes digging. Under no condition open your eyes, even if you drop temporarily. Have no fear." He started climbing. Every time he reached up he would find hand holds, also his feet found footing. The Voice kept talking: "You are more than half way up. When you get over the edge, keep your eyes closed till I tell you when to open them". The strain of climbing stopped after quite a ways from the edge and the Voice told him to unfasten the line around his waist. This second time he touched the line he noticed it was wet and slimy and felt thicker than any rawhide rope he knew of.

He unfastened the line. The Voice told him to open his eyes only when he could not hear his foot-steps going away. Then the Voice told him: "In a very short time you will be in a position to return to your family. Now lower your head against the ground. When my foot-steps fade away open your eyes. You are on your own". His foot-steps faded out and he waited to make sure, keeping his word. Then opening his eyes he looked up, straight ahead. He saw a big brown bear going over the ridge toward the other side of the valley. The belief is the bear pulled the man out by using his intestine for a line. The length of a bear intestine is approximately 30 feet.

* * * * *

The machine can free man or enslave him; it can make of this world something resembling a paradise or a purgatory. Men have it within their power to achieve a security hitherto dreamed of only by the philosophers, or they may go the way of the dinosaurs, actually disappearing from the earth because they fail to develop the social and political intelligence to adjust to the world which their mechanical intelligence has created. William G. Carleton



Sports

by HODGSON

A short left hook shot through the sultry air, landed flush on the jaw of Ezzard Charles and ten seconds later, a weeping Jersey Joe Walcott was crowned heavy-weight champion of the world.

The sensational victory of the 37 year old gladiator, a 5 to 1 underdog in his 5th crack at the crown, was chosen in January as the upset of 1951 by sports writers and sportscasters participating in the annual associated press year-end poll.

It was a year of big upsets with others ranking close to the Walcott-Charles surprise. Randy Turpine's decided victory over middleweight champion Ray Robinson in London, and the Giants drive past the Brooklyn Dodgers to the National League Pennant.

Michigan State's 35-0 thumping over Notre Dame in football, was rated fourth. Then came Southern Methodist's victory over Notre Dame; the Indiana triumph over Ohio State in a wow of a football game; Texas Tech topping Texas Christian; Stanford's Pacific Coast victory; Vanderbilt mopping up Kentucky in the Southeastern Conference Basketball Tournament. In the Women's National Tennis Championships we have Maureen Connolly's fast handling of the racket and ball, at Forest Hills, N.Y.

According to TIME magazine, the U.S. King of Skiing might well be an American Girl. So far the European semi-finals show such a prediction to be true. The men are falling by the wayside, coming in only in the 5, 6, 7, or 14th places. Watch Andrea M. Lawrence in the OLYMPICS in Oslo.

* * * * *

SOMETHING NEW HAS BEEN ADDED

For some time now the Occupational Therapy Department and Maintenance have been preparing a new Photo Lab for patient rehabilitation.

We were most fortunate in obtaining good equipment from Kasey Carbone here in Seward. The purchase, totaling \$150.00, was made possible through the WSCS funds and Miss Murrell.

The equipment includes: 2 printers, an enlarger, a dryer, and other necessary items that go with making negatives prints. Now we have the place and supplies. In order that one may have proper instruction in developing, printing and enlarging we have the assistance of a local expert from Seward. Mrs. Gent Shuster has gladly offered some of her time. She is Rochester(Kodak) trained and has some 28 years of experience behind her. One of our goals will be to assist in planning a vocation for any patient who is interested in

PHOTO LAB cont'd:

learning the picture business and wishes to establish a shop or work in a shop when he or she is discharged.

Any and all pictures taken by the patients will be developed in the lab, should you desire they be. For this service there will be a slight charge to cover the expense of the material used.

* * * * *

JUST WHERE DOES THE SAN-CHAT GO?
by H.G. Pumpnickle

Did you know that the SAN-CHAT goes up to Unalaklett and also Outside to Florida? These two places are very far apart on the map and it just goes to show that we, as a hospital and group, are widely known.

This is now Vol 5 - - five years of a going informational magazine. In past years our mailing list has included over 150 individual people or groups. Our current list is now 134.

In order that your local home area may know just how you are coming along in your "Cure" we send SAN-CHATS to all Alaska Native Service Nurses and hospitals, all Alaska Department of Health Nurses both field and city clinic, and to other various departments in the Government service. So that other Sanatoria may know more about us we also send our paper to hospitals all over the United States, this includes private and Government hospitals. The Women's Division of Christian Service have a list of names that we also send SAN-CHATS to.

Every once in a while something comes to the attention of a Territory newspaper and we often quoted in one of their issues. So-- if everytime a SAN-CHAT come to press, if you are asked to contribute a story or information, please do not hesitate to write it down, it helps broaden the scope of this magazine.

* * * * *



Hammes Carved in
Stone

P I N E L.

About the time the American Colonists were battling for their political freedom, Philippe Pinel (1745-1826), a Frenchman, began his fight for the humane treatment of the insane. People who had lost their reason or become "queer" were, in that day, imprisoned.

NAMES CARVED IN STONE cont'd:

Some were caged like wild beasts, some chained to the floor, some put in straight-jackets. They lived in unbelievable filth and were fed scraps or were left to starve. Ordinary decencies were shamefully neglected. And nobody cared. We still use the word "bedlam" to denote hopeless disorder - the word comes from "Bethlehem", a notorious insane asylum in England in the eighteenth century.

Pinel, who saw the cruelty and stupidity of all this, took advantage of the spirit of freedom then sweeping the Western nations. The French Revolution was going on. On all sides one heard ringing slogans about the "rights of man". "Men who have lost their reason", said Pinel, with an insistent voice, "still have rights". Off with the chains!

French authorities gave him two asylums to run in his own way. He cleaned up the places thoroughly, struck off all fetters, fed the victims decently, gave them a chance to keep clean, talked with them as a friend. To the amazement of the toughened keepers, the inmates responded quietly and gratefully. Kindness turned beasts into men.

Pinel recognized that they were sick people and that they needed medical care. That alone was a revolutionary idea but slowly it took hold. In time, disgraceful "asylums" gave way to hospitals for the mentally ill, in France, and in all civilized countries.

We take all this for granted today. Perfection in the care of the mentally ill has not yet been reached, and we have not yet rid ourselves entirely of the stigma of mental disease, but we do recognize it as an illness, not a crime or disgrace. We must remember and honor Pinel who not only struck a blow for freedom but advanced psychiatry immeasurably.

NTA Reporter

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W A N T E D: A "NATIONAL GIVE-US-A-REST WEEK"

The U.S. Department of Commerce informs us that there will be 380 special days, weeks and months in 1952. Good Americans are presumably expected to celebrate them all. You know about Mother's Day, Social Hygiene Week, and Safety Week, no doubt, but how about the more unusual ones? Here are a few of them:

Cleaner Air Week	Save the Horse Week
Honey for Breakfast Week	Save Week
Large Size Week	Sew Week
Leave us Alone Week	Smile Week
National Bow Tie Week	Table Tennis Week
National Kraut & Frankfurter Week	
National Laugh Week	
Odorless Decoration Week	

Special Days include:
Expectant Fathers Day, Pancake Day and Sweetest Day.

HAD ENOUGH!

NTA Reporter

The Wards Bed to Foot

WARD I

"O wad some Powe'r the Gift's gae
us,
To see ourselves as others' see
us.
It wad frae many a blander free
us,
And foolish notion", Robt. Burns.

Well folks, another year has passed, we hope in the coming year, many of us will get well and get home to our family again. We have quite a variety of guests here. Our Head Bartender left for Fairbanks on Mondy, we all wish you Good Health, Wesley, keep your chin up, and your glasses clear. We have a real Bluewater Sailor-man with us, John Fish, (relax John this is only the Bosun), he is on the beach for repairs, we do a good job of overhauling here, Sailor Ray David has been promoted to the office staff, and Mike our Postmaster, is the Water Supt. and Projectionist. Cap. Pawsey has his sciene out to try to catch something on the next ward! We had a letter from Irene Clark, she sends her best wishes to everybody. We welcome back to Wd I, Johan Holten our champion Crib Player. John Nathaniel and Dan Tatoowi, our horticulturists have quite a few plants now, (try some bananas boys) We extend a welcome to John Hodgson from Wd 4. Also to Sam Wesley from Kotzebue, who is a Vet and was a Storekeeper for the K.S.L. Another new roomer is Henry Duncan from Anchorage. Henry has done a lot of flying here and in the state

The Col. and Bill Ferris have staked a claim together and are sure shoveling out the pay dirt. Ed Brown from Anchorage is now out of the rooming business and shares the ward with the rest. He is with the A.R.R. Most popular girl of the Year, Miss Hayward, our Dietitian, "Welcome back, Suzanne. Ed Roehl has moved over from Wd 4, glad to have you with us. To Mrs. Schnocker, who is leaving the San for the South, we all wish to thank you for your kindness and attention in the PM. Hope you have the best of everything in your new home.

SCOTTY

* * * * *

WARD II

Here it is a nice February morn, and everybody is happy about it. It is so nice out on the porch, the sun is shining and all. Maybe it's Joy Wemark that makes it so nice, with her ready smile. Or could it be Theckle Eads and her sister Tanna. Any how it sure is a beautiful bright place to visit. Evelyn had to move up to Wd 3 just when the sun started to shine, now little Marthe Alleschuk has moved out in Evelyn's place. Dora Johns also moved up to Wd 3, and that left Marthe kinda lonesome. Virginia and Mary Jean sure do miss Dora too. Marion Uisok sure made a nice cross stitch picture for Alice Ashenfelter's anniversary. I

The Ward's cont'd:

think Alice likes it very much. Alice, herself, can do might fine fancy work. Right now she is making pin cushions, gloves, etc. Oh dear? so busy. Johnee Warnke is the gal in the corner and in the same cubicle is Edna Harry. Sounds like Anna Pete is teaching you gals her language, huh?

Madeline Charles looks over this way when ever Mary E. pulls back the curtain. She seems to be happy all the time, and should be having a nice roommate like Helen Sheldon. Margie Smith lost a roommate today and got a brank new friend, her name is Oxzeni Carlson. Oxzeni was on Wd 3 for a short time. Annie John says that she sure would like to have moose flippers with me sometime. I don't know what that is but I think it is good, and she like the way I trim hair!

Elsie Justin and Martha Otton sure get along pr ety good. So do Sara Dunn and Maggie Paul. They keep Mary Ann Robinson across the way busy with story telling. Mary Ann Hicklin is waiting patiently for the Doc, to tell her that she can go home. Next month, maybe, Mary Ann???? Mary Ann's new roommate is Elena Willis and next in the rooms is Mabel Nuipok. How's the world treating you Mabel? Mary Julieton left wd 2 and is now up on Wd 3, also Rena James moved up to Wd 3. Our new patients include the following: Mrs. Dorothy Eaton from Anchorage, Alice Junabey from Eagel, and Carolyn Miller from Kodiak. Jessie Isaacson from Manley Hot springs, just sprang in. Hears to a speedy recovery for you new onés, and you old ones "Keep smiling", and they say!

Frances.

* * * * *

WARD III

Blow, blow, winds of the sea, but just don't blow in Seward.

The month of December was one exciting month for everyone. Gifts

in the making gifts coming in, decorations made and hung up. Merva and Johnee, Libby and Betty had their own ideas of clever designs, so the rest of us just followed suit. Beth, Mac and Miss Warner were busy trimming the tree with Jean putting the finishing touches and Barbara keeping the lights burning on the tree, as they kept going out. Barbara & Jeannie Jack made the porch look like something out of a magazine. Miss Kirschner gave us some holly and Chester Burke sent us a poinsetta plant for our ward. Miss Metz and Beth finished decorating the ward so we really were decked out for the holidays. Dr. Phillips said that the place looked like a nite club. Was that a compliment, Dr. Phillips?

Maggie sang carols off and on and I'm sure everyone enjoyed them as much as they did the carolers from Seward. Christmas Day Gladys and Oleta came out of their rooms to the ward and watched Santa pass out gifts from under the tree. Oleta kept busy with her new camera. Afterwards Misses Metz, Stuart and Warner went from bed to bed admiring everyones pretty gifts. The day ended perfectly with a turkey dinner and all the trimming. We want to thank everyone who made it possible for us to have such a lovely Christmas.

This ward is still the busiest for traffic. Doras moved into private room to get rid of her appendix. Barbara and Jean moved out of the porch making room for Mae and Evelyn, but Pat Mc moved in ahead of them, so Mary Ann had a new neighbor first. Rena, Adeline, Dora J. and Mary Julietin from Wd 2. Our new guest is Gronia Toughluck from Anchorage and we had to give Oxzenia of Chignek to Wd 2. Oscar Johnson of Wd 1 is still in one of the private rooms. Husbands came visiting during the past

The Wards cont'd:

couple of months. Those lucky ones were: Mary Shaginoff, Adeline Wood, Gladys Walanga and Barbara Strom. For you single girls, this is leap year.

Emma and Tiny are crocheting beautiful tablecloths. They are not pineapple designs either. I have seen so many pineapples that I'm beginning to think that we're in Hawaii. I'm sure Joe Oneha would feel very much at home then, instead of being snowed under, eh, Joe?

Mr. Wemark had a thoracoplasty, the first one in many months. So you who expect surgeries better enjoy the ribs. Buck, did you have to get so goggle-eyed over the movie that it made you fall out of your chair? Bobbie Ann is doing fine with her pneumo and are you "Undecided" yet, Bobbie? So for now we'll breeze off with the wind in back of us. To, Dr. Phillips we say "BE OUR VALENTINE?" Carrie

* * * * *

WARD IV

Hi, there everyone, here are we back at the typewriter again, and the last two months have really flown by. Santa is just a memory, as is the Baby New Year. We've got "it" weaned by now, its sex hasn't been determined yet. But some thanks and a salute to Miss Gertrude Metz who really decorated our ward from Xmas. Her feminine touch really made it a ward with a Holiday atmosphere. And also thanks to her assists, Henry Bowen and Ricky Gillian. Miss LeDuc our chg nurse assisted between giving medications. "Little Tex Joe is coming, there's pneumo today" could be the shout, every time we hear Joe coming up the hall like sixty with the stretchers. He also works nights and up here too. To our faithful Tex, sombreros off, boys!. Fred Caldwell is still reading mysteries, and Ricky is that lucky guy, going home soon, good luck boy. Gus will have a birthday on

the 12th Lincoln's, a holiday just for him. Me, I'm still here, but the Ice will soon be breaking up here and the interior will really be bustling with construction work this summer. It make one pine for the good days, that is, up coming days. Ed Gustafson is our 4to12 orderly, who is on the ball, he's from the corn state of Iowa, and still doesn't believe horses can wear snowshoes, that's a Cheechack for you. New orderly seen around is Peter Juba from Brooklyn, the first one in history, I believe, that ever said that his team were a bunch of "bums".

Joe Devlin says his two oldest sons were down for Xmas. Lucky man. Art Deering is still selling cards, he doesn't seem to know if the holiday season has come or gone. Killowatt is one of the lucky boys, up time, so have Denny, Kal, Hanaka, Walt, Bowen and Ed Roehl, who moved up to Wd 1. Our sports king, John Hodgson also went to Wd 1. Payenna wants to go back to his "little grass shack on King IIs." Woolard is having his teeth pooled. Hope you new ones won't bit you, Ralph. Jackson and Leo are doing school work, and Leo has his girls to write to, or is it one, Leo? Gilbert is still A-1 patient, never see him. Marco, by order of the US PO has upped ward mail to 2¢ the robber. Ruben is also doing school work and has his turtle. Our new patient is James Stevenson from Fairbanks, also Ed Gelles from Fbks. Hope your stay is short. John Snyder and Mike Frank are still callmates. How's Minto, Mike? Herman Joseph is carving totem poles. Kal doesn't seem to be doing much of anything these days, taking a rest. John Savetilik, how would you like to be out to a dog race? Julis Petterson is in the air force, although he used to be

a sailor. Paul Rudolph is writing a story or two these days, lets see one, Paul. Shanghai moved from cabin 26 to cabin 27 and he's next to Skipper Bowen and me, so that makes Henrys right together. Our motto could be "We always sleep, we never fall(out of bed) and we wake up on sodium luminal!" Well that should do it for this time, be sure and hibernate a few more months, then after that, a few more I read in the PAYSTREAK, Fairbanks High's paper that the hardest thing to do is nothing, because you can never take time out to rest! You know what that means, but rest anyhow!

* * * Kaiser *

WARD V

Hi, Here we are again with Wd 5 news. Jimmy Hawkins has left us to join his parents in Anchorage. Hope you had a nice trip, Jimmy. Mary Toko is the only one with uptime now. Elizabeth Link is back after a little work down on Wd 3 with her eye. She had her new glasses fixed after they were broken. Julia and Matthew take pneumo; they are in the private rooms. On Christmas, Rev. Malin and Santa came by to help us celebrate with our new electric train, dolls, and other nice gifts. We have a very nice ward too. Mr. Fox came over and helped Mrs. Randolph decorate. Hank and Bobby were scared stiff by Santa and wouldn't pose for any pictures. Herman Toole helped the program along by singing "Jesus Loves Me" in Eskimo. Our party was tape recorded and played over KIBH in the afternoon. Mrs. Howard's new relief is Mrs. Fry in the PM's. We like her very much. We will all be very glad when the snow goes so our little pets, the squirrels can come out and play. Also, then we can have a little fresh air and sun shine to make us warm outside.

Mary

Greetings fiends: its that time again, for us to write ward news. February finds us less Fannie Cook and Sophie Ignatin. They left for home, and are really missed by the ward 6 girls. Look who's here, it cute Evelyn Conley-what's with the "Outside"? Next to Evelyn is charming Patricia. The dream girl working for ward 6. Pat does her typing well.

Marfa is always busy doing Post Office errands. She is now helping on the wd 2 kitchen. Oh! Oh! two empty beds. Fina is next doing well in the corner, all by herself. We see her doing a lot of crocheting these days. Whatcha making? Here we come to a friend of trains Elizabeth Borodkin, always having nightmares when she hears a train whistle at night. Don't tire yourself out, whistling, Elizabeth. Oops, I bumped into two more empty beds. Jeannie Jack is our newest member. Not too much time up and around yet, eh Jean? Last but not least is Haroldean. She's busy working in the ward 2 kitchen too. Me, you'll find me in the wd 2 kitchen(kind a crowded isn't it) & also running the movies. Well, we will part company now, but see you around.

Suzzie.

* * * * *

"ON THE STAFF"

Understand the Christmas Party was a bang up affair, everyone enjoying themselves. The month of January was a very blowy one, it even blew in Suzanne Hayward all the way from New Mexico. Took the boat 1hr to dock. We had the wind also blew in some new people among them we find: Christine Rouse, Melva McLeod Wilma Hendrickson, Lyda Glover, and Diana McKay. Just the right time of the year for new people to come and enjoy the spring and summer months. Then you can pick up a choice-wind or dust! Mrs. Jacobsen is outside with her husband, who is very ill.

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San Chat



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SAN CHAT

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The Seward Sanatorium is operated by the Women's Division of Christian Service of The Methodist Church. Patients are hospitalized here on a Contract basis. The Alaska Department of Health, The Alaska Native Service, The Veterans Administration and the U. S. Public Health Service hospitalize patients here at a standard per diem cost. The Woman's Division of Christian Service make a sizable contribution annually in helping to bear the cost of the operation of the hospital.

SAN CHAT

PUBLISHED BY AND FOR THE PATIENTS OF THE SEWARD SANATORIUM

CHAPLAINS

CHARLES M. MALIN, B.D. Official Hospital Chaplain, appointed by the Women's Methodist Division of Christian Ser

Martin Borbeck, S.J.)
L. Russell Clapp, B.D.) Visiting Chaplains
K. E. Spaulding, C.T.)

IN THIS ISSUE ARE THE FOLLOWING ARTICLES:

THE DOCTOR'S CORNER-----	4	BIGGER AND BETTER-----	9
INTRODUCING DR. DEISHER---	5	PAUL IVANOFF BOOK FUND---	11
NAMES CARVED IN STONE-----	6	SPORTS-----	11
PURSE SEINER-----	8	EX-TERRER-R.L. Stevenson--	12
IGLOO TALES-3rd one-----	7	BIRTHDAYS-----	12
WARD NEWS-----	13		

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VISITING HOURS

Monday & Friday-----6:00 to 7:00 PM
All other days-----3:00 to 4:00 PM

THE DOCTOR'S CORNER

The following article by Dr. Pinner will be helpful to all who read it. Dr. Pinner was a world authority on the actual nature of the disease as well as the treatment. Until some miracle drug is thoroughly proven the rules offered in this common sense article will help every one get well. Dr. Phillips.

JUST LYING IN BED ISN'T REST

By Max Pinner, M.D.

Bed rest is not just lying in bed. The accent should be on rest more than in bed. Too many patients believe that, if they have to just stay in bed, no matter how, they are taking bed rest. One needs only to walk through the wards of almost any hospital or sanatorium to see that many patients actually perform as much work, under equal physical stress as if they were not in bed at all. They lie or half-sit in cramped positions, balancing heavy books or scribbling in strenuous and distorted postures. Others keep mind and body continuously on the go by talking, laughing or arguing. Their vocal expenditure during the day equals that of a grand opera performance. Still others spend much time in much strenuous work. This is not bed rest. The accent must be on rest.

The patient must learn not only to be in bed but to rest and relax. We have every reason to know that the difference between bed rest in the real sense of the word and the perfunctory staying in bed with all the exercises, mental and physical, that may help to pass the time, is just as great and significant in the case of tuberculosis as is the difference between comfortable loitering around and strenuous physical work.

Unfortunately, there is no way known as yet to get around real bed rest in the treatment of pulmonary tuberculosis. It is the mainstay and basis of all treatment, and any form of special treatment, such as pneumoperitoneum or thoracoplasty, is only an addition, and an intensification of bed rest, but never, under any circumstances, is it a substitute for it.

It would be wrong to say that one who cannot adapt himself to complete relaxation in bed cannot recover. In many cases such complete relaxation means the difference between getting well or dying, and for other patients, it is the difference between curing by bed rest alone, or undergoing a major operation. We have seen repeatedly that, once patients have really learned to take complete bed rest, either because they finally become conscious of the necessity, or because they got scared facing major surgery or unfavorable developments in their disease the real bed rest cure has turned the course of the disease in an unexpeditedly favorable way.

Practically every patient could shorten his stay in the sanatorium by relaxing in bed, and many could avoid the necessity of pneumoperitoneum and thoracoplasty.

THE DOCTOR'S CORNER cont'd

However, bed rest is not the only thing in treatment. There are periods when exercise is necessary. To strike the best possible balance between rest and exercise throughout the different phases of the disease, is the basis of all successful treatment. One should not argue that, because rest has curative value, more rest is always better. As most of you know from your own experience, exercise is prescribed at other times. The patient should clearly understand that either rest or exercise is advised for clearcut reasons.

Exercise may take many forms. It may start while the patient is still at so-called, bed rest; it may, for some time, be no more than going to the dining room, and it is later adapted to the particular medical and vocational needs of each patient. The aim is to discharge patients, whenever possible, only after they have been tested by a certain minimum amount of activities. It is their reaction to such activities that is the most important guide for determining the time for discharge. But it is not necessary to say much about activities. There is rarely a patient who is not glad to take them before they are given. It is much more important to stress again and again, that real bed rest, such as I tried to describe before, is indispensable for most patients. It is during this period of bed rest that most patients decide their fate. We can urge and urge rest upon our patients, but we can't make them take it. In a most important measure, the patient, in this regard, has his own fate in hand.

AN INTRODUCTION TO DR. DEISHER

Dr. Joseph B. Deisher was born in Rochester, New York, in 1916. He attended Franklin and Marshall College in Manchester, Pennsylvania, receiving a Bachelor of Science degree in 1937. His medical training was received at the University of Rochester, Medical School, in Rochester, New York, where he was given a Doctor of Medicine degree in 1941. As an intern he was at the Charity Hospital in New Orleans, Louisiana. The United States Army Air Force installed him as a Flight Surgeon during World War II, and he spent 20 months overseas in England. Following his discharge from the Air Force, he was in private practice in Windsor, Colorado, for 4½ years. The Call of the North then made itself apparent, and he spent the next 15 months with Dr. Philip More in the Orthopedic section of the Mt. Edgecumbe Medical Center. He has now been in Seward, where he took over Dr. Shelton's practice, for approximately six months, and reports that he is very favorably impressed with the town, the locality, and the people. He is married to a very charming and beautiful lady, and they have three small sons, Joseph age 9, Chris age 5, and Phillip age 4. Dr. Deisher is following in Dr. Shelton's footsteps as part time Resident at the Seward Sanatorium. He is a very pleasant and congenial gentleman, about the same height and general build as our Dr. Phillips, and we are all very glad to have him with us, finding our work with him a very enjoyable and satisfying task. We asked Dr. Deisher for a comment, and we quote, "I have been impressed with the fine work that is being done at the Seward Sanatorium, and with the fine morale of the people there, both patients and employees. I hope that we will be allowed to continue the good work at the Sanatorium for a long time to come."



Names Carved in Stone

Paracelsus

Following the glories of the Greek and Roman periods in history, the Western world wrapped itself up in tradition. Free thought was considered a vice and scholars prided themselves on the mustiness of their knowledge. Medicine, which began as a science in the Greek period, degenerated in a little more than a set of formulas, complicated and dogmatic, handed down from one generation of doctors to the next.

About the time Columbus discovered America, civilization broke out of this suffocating shell like a caterpillar out of its cocoon. Men dared to think independent thoughts and the invention of the printing press spread knowledge, until then carefully hoarded by a few learned men, to the many. Into this scene of restlessness and challenge came Paracelsus (1493-1541). He ripped old traditions to pieces. His idea was to look, to examine facts wherever they turned up and never mind the old masters. What the books said about disease and remedies might be all right, but Paracelsus was skeptical about everything and preferred to do his own thinking. He refused to prescribe remedies blindly handed down through the Dark Ages, and tried to work out treatments based on reason.

Of course, Paracelsus shocked the dignified medical men of his day and no doubt he was a little queer. There was something of the swashbuckler in him and perhaps a streak of quackery. Some of his ideas strike us as curious today. But he did break the chains of medical tradition. Once, just to show his contempt for blind authority, he lit a bonfire of old books. And he was not afraid to lecture to his students in their tongue, German. So he spread a strong influence of rebellion against things as they are and he started medicine once more on its scientific career. Modern science glories in that freedom but monitors it rigidly with the firm hand of logic and proved facts.

From NTA Reporter

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"The human brain is a wonderful thing. It starts working the moment you are born and never stops until you stand up to speak in public."
-George Jessel

IGLOO TALES

Another story from Igloo Tales by Edward L. Keithahn is reproduced here for your leisurely reading. This is the third of such stories that have been reprinted in the San Chat.

THE BOY WHO ATE TOO MUCH

A small boy once lived in an igloo with an old, old woman. This boy was always hungry and always begging for food. But one day the last of the food was eaten, so the old woman sent him down to the beach to search for food.

The first thing he found was a little tomcod. He picked it up and after pulling off its head, swallowed it in one gulp. Continuing his search he presently came upon a seal. As before he pulled its head and ate the whole seal. On he went, still hungry, until he came upon a large bearded seal, or oogrook, sunning itself on the sand. Before it could scramble back into the water he had caught it, pulled off its head and eaten it. Not satisfied yet, he continued down the beach until he caught sight of a white whale stranded high and dry on the sand. In the same manner as he had done with the tomcod, the seal and the oogrook, he pulled off its head and ate the whale, skin, bone blubber and all.

After the boy had finished the whale he felt better and presently began to sing. He rubbed his belly and sang to his stomach. For the first time in his life he had had enough to eat. But soon he became very, very thirsty so he went to a nearby pond and began to drink. He drank and drank and drank until the pond was quite dry. Then he started off for the igloo in which he lived with the old woman.

Reaching the igloo he tried to get in at the door but could not get through. He had eaten too much. "How am I to get in?" he called to the old woman. "Come in through the window," she answered. The window was much smaller than the door but he tried it anyway and found he could just get his head through. "I can't get through the window," he called to the old woman. "Come in through the ventilator!" cried the old woman in answer. This seemed ridiculous to the boy since the ventilator was very much smaller than the window but he tried it anyway. This time he got his head and shoulders through but could go no further. Again he called to the old woman for advice. "Come in through the eye of my needle," she shouted, holding up the needle and through it the boy came tumbling onto the floor.

When the old woman saw how swelled he was from eating so much she shouted, "Look out! Keep away from the seal-oil lamp!" But in spite of himself the boy stumbled towards the lamp. At the same instant the lamp sprang towards him. The old woman barely had time to rush out through the door. Boom! There was a sound like a mighty clap of thunder. When all was again still the old woman crawled up to the window and peeped in. The boy had disappeared. The lamp was gone, too. But down in the room where they had been was a deep, dark pool and in it were swimming a tomcod, a seal, an oogrook, and a big white whale.

PURSE SEINE FISHING IN SOUTHERN ALASKA

By Gerald Pawsey

First, you need a boat anywhere from 36 ft. in length to 57 ft. overall. The U.S. Laws prohibit the use of any boat larger than a 50 footer (That is from bow stem to stern post and the inside measurements); They may be powered with any marine engine from 90 horsepower to 500 h.p. depending on the size of the ship.

The next thing is the seine or net. It again depends on the of the boat as to the size of the seine it will be able to handle. The U.S. Laws prohibit the use of seines less than 150 fathoms long and 150 meshes deep and a mesh not less than 3 inches square, and not more than 250 fathoms long.

Then comes the crew, which consists of a captain, cook, one or two skiff men, deckman and possibly an engineer. (Depending on the size of the motor and vessel.) Some boats use 3, 5, and most of them use 6 men and possibly 7 or 8 men. When the Captain or boatowner knows about the season dates for fishing, he starts lining his crew, they fix up the seine, which requires about one week to get in readiness, before the opening date of fishing. The food and oil are put aboard the vessel.

Nowadays some of the boatowners and captains fly about the water looking for good fishing spots, 2 Or 3 days in advance of the opening date, so as to know where to fish.

The country surrounding the fishing areas in S.E. Alaska is beautiful to see. You may see some of Nature's Wonders during the season. Mountains, purple and green in color, rising from the water's edge towards the sky, or you may see a shaft of rock rising from the water to about 200 ft. There is one such rock, known as the Eddystone Stone, in the Behm Canal area.

A fisherman may fish on the "West Coast", as we call it, and would be out in the open ocean. There the cliffs and coastline are rugged and the boat is continually rolling all day long. There are no shrubs, vegetation, or trees on these outside shores for as high as 200 ft. The waves are continuous and a fisherman and his captain have to know the tides and country very well or there may be some terrible accidents and even death.

A fisherman has very easy life to his way of thinking and would prefer it to working for wages ashore. Of course, there are several types of fishing in S.E. Alaska, but seining is the fastest money-maker of them all.

During the season the day starts at about an hour before daylight for the sock. He gets up to have coffee and toast ready for the crew by daylight and he does not get breakfast ready until about 7 AM. In the meantime, the crew may have made 2 Or 3 sets for fish. The cook has to work at fishing besides his regular cooking duties. He doesn't have to stand wheel-watch or pitch fish on a six man boat.

PURSE SEINE FISHING IN SOUTHERN ALASKA (Cont'd)

There are several types of sets made for fish. One that is most generally used is the hook-off. The skiff men make their end of the seine fast to the beach and the boat starts to let the seine overboard from the turn table. It is held in a half circle position by the main vessel towing against the tide. The hook-off is held in that position until the captain figures that there is enough time elapsed or enough fish to warrant a set, usually about a half hours time is the minimum need to hold a hook.

A drift set is similar to a hook-off only you don't make the sho end fast, but just let it drift with the tide.

Then there is the round set which is made the same as a drift set only you complete the circle. There are the 3 main types of sets and used most frequently by the fishermen.

The day may consist of approximately 10 sets a day, depending on the run of fish and also the tides. After the fishing day is over, the boats then look for their tenders to unload and some use an unloading brailer or some use the old fashioned pue which means the use of your tired muscles with a single tined fork.

Then you repeat the same day after day until the end of the Seas and then wait for the next to come along.

* * * * *

BIGGER AND BETTER !

In a few years I hope something like this will happen to me. I'll be in the club car of a train heading for Florida. A long, tall, big legged fellow will come in and sit down by me.

"Pardner," He'll say, "Where you from?" "Kentucky," I'll say. "Well, I'm from Texas," He'll say, "Greatest state in the union. You can put Kentucky and all of New England in just a little old corner of Texas, you know it. Land area of 263,644 sq. miles. "Greatest state in the union."

Then a man sitting on the other side of me will pipe up. "Pardon me, Pardner," he'll say to the Texan. "I'm from little old Alaska Youngest state in the union, 558,400 sq. miles. One-fifth the size of the whole United States, twice the size of Texas. Greatest state in the Union."

The Texan will blink at him and turn back to me. "As I was saying, "he'll say, "you can't mention a thing Texas ain't got. We got 400 miles of sea coast, you know it, and. . ." "Pardon me pardner," Alaska will say, "We got 4,750 miles of coast line. Our shores are washed by two oceans, one sea, straits, gulfs, and God knows how many bays. We got."

Now you take our mountains, "Tex will say, "There's Capitan in the Guadelupes 9,020 feet high, That makes her about 5,000 higher than anything you got in Kentucky, and. . ."

BIGGER AND BETTER! (cont'd)

"Why, son," Alaska will say, "That's just a little old hill. If you want a he-man mountain, why don't you take old McKinley, 20,300 high. That makes her the about 11,280 feet higher than anything you got - - what's the name of that state again?"

"And," Texas will say, "There's the old Rio Grande. What a river!"

"And" the Alaska will say, "There's the old Yukon, 2,000 miles long and you'll never see the day you can jump across it like you can some rivers I can mention but won't. . . ."

By this time Texas will be foaming at the mouth and he'll turn his back on Alaska and say: "And we got oil and gas and gold and silver and mercury and lead and. . . ."

"And" Alaska will say, "We got oil, gold, silver, copper, lead, tin, platinum, pellacium, antimony, tungsten, coal, marble, glosun, sulpher, pitchblende and fish and. . . ."

"And" Texas will say, "There ain't anything we can't grow. You ever see a Texas watermelon? Biggest thing you ever saw."

"Yeah," Alaska will say, "About half the size of a Matanuska Valley cabbage. Richest land in the world, that Matanuska Valley land, it

"But what we're really noted for," Texas will say, "Is our men. Takes real men to live in Texas. You ever heard of them "blue northers", that whip thru the Panhandle?"

"Yeah," Alaska will butt in again. "They're just baby williwags we send down for seasoning. When they get where they can break 100 miles an hour they come back to Alaska to work out on some real. . . ."

After that, Alaska will leave. Then Texas will turn to me and say, "Them Alaskans! If they ain't the biggest mouthed, loudest bunch of braggers I ever heard. Why we ever let them in the union I don't know!" From the Louisville Courier. Submitted by H. Keiser

SPECIAL

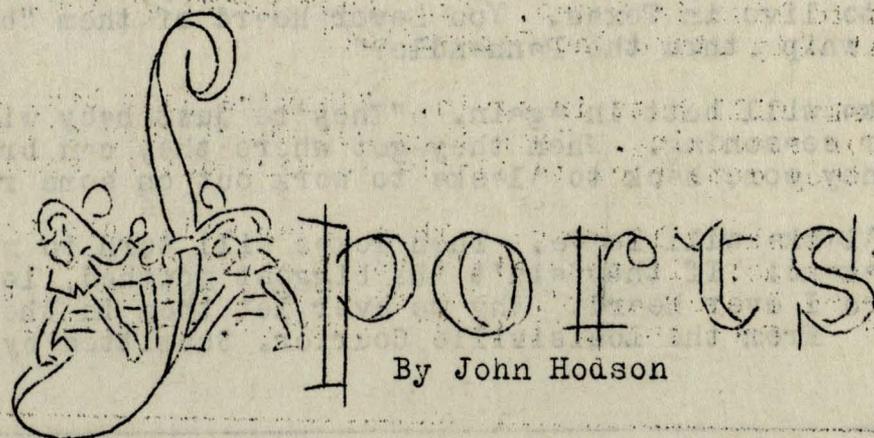
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ON

All occasion Greeting Cards Everyday gift wrapping paper
Were \$1.00 and \$1.25 per box --NOW \$.75 and \$1.00 per box

While they last or till April 15th. See Art Deering, Wa 4

Paul Ivanoff Library Book Fund

It very frequently occurs that the relatives of a patient who is doing well at the Sanatorium express their gratitude in a practical way. Mr. and Mrs. Paul Ivanoff, teachers at Eek, Alaska, have so done. Their daughter, Fins, is rapidly approaching discharge after having successfully overcome the TB germ at the Juneau Government Hospital here at the Seward Sanatorium. Mr. and Mrs. Ivanoff are both Native Alaskans interested in the education of the peoples of the Territory. In appreciation of the gift of the Ivanoffs for the patients at the Sanatorium, it has been agreed to establish a library book fund for the patients at the Sanatorium. The books chosen will be mainly stories of Alaska written for, or by, Alaskans. Both adult and children's books are to be included. Although the list of contributors, at the present time, is rather small, there is enough money in the fund to make the purchase of over 100 volumes, for immediate use of the patients. The committee in charge of this book fund are Mr. Paul Nelson, Mrs. Ketura King, Miss Patsy Brittain, Mrs. Ray James, Miss Grace Ushler, and Dr. F. J. Phillips. If anyone cares to make a contribution to this fund, any of the above mentioned members of the committee will gladly accept and credit the individual, or organization, for his, or their, contribution. It is expected that this library will be perpetuated for the use of Alaska patients suffering from pulmonary tuberculosis. When the books will ultimately be stacked will depend upon where Native Alaskans are being treated for their tuberculosis. We trust that it will remain at Seward Sanatorium for some time to come.



Baseball is soon to be well on the way, the first league game to be played will be April 15th. The Boston Braves and the Brooklyn Dodgers played an exhibition game March 8th, the Braves beating the Dodgers 5 to 2.

BASEBALL'S GREATEST PITCHERS: Carl Hubbell who had won 23 games in the 1933 season, and two more in the World Series, was the starting pitcher for the Nationals in the All-Star game in 1934. Hub listened respectfully to Manager Bell Terry's instructions. He tried to keep his first pitch away from Charley Gehringer, as he had been told by Terry, but it was belted into center for a clean single. Wally Berger fumbled the ball, and Charley reeled for second. The game was one pitch old, and the Americans already had a man in scoring position. Still pitching cautiously, as Terry had warned him, Hubbell walked Heinie

Sports By John Hodson Cont'd

Manush. With men on first and second and none out, the next three hitters were Babe Ruth, Lou Gehrig and Jimmy Foxx. If ever a pitcher was on a spot, Hub was the man.

Catching for the National League was Gabby Hartnett of the Cubs. He halted the game, removed his mask and walked toward the pitcher's box. "Look Hub" said Gabby, "never mind all that junk about being careful and pitching this way or that way", just throw that "thing". It'll get 'em out! "That thing", of course, was Hubbell's screwball. Hub fired three at Ruth and the Babe was out of there. Three more took care of Gehrig, and the fact that Manush and Gehrig worked a double steal while Lou fanned bothered on one. Having fanned Ruth and Gehrig, Hubbell proceeded to close out the inning by striking out Foxx. Then, in second inning Hub still throwing "that thing" struck out Al Simmons and Joe Cronin. It was a demonstration of pitching ever equaled before or since, five straight strike-outs is unusual at anytime but Hubbell had mowed down the flower and the power of the whole American League. (Condensed from "Baseball's Greatest Pitchers").

* * * * *

BIRTHDAYS

MARCH

- 13- WARNEKE, Sara
- 23- WEMARK, McKenna
- 24- TOPKOK, John
- 26- KILLIGIVUK, Eugene
- 27- SMITH, Margaret
- 27- DENNY, Reynold
- 30- JOHN, Annie

APRIL

- 5- AMUKTOOLIK, Gabriel
- 7- LOPEZ, Mary Julia
- 7- OLSSON, Alfred
- 11- ONEHA, Joe
- 15- HANAKA, Joe
- 17- ZIRKEL, Wilford
- 19- FISH, John

* * * * *

EX-TB'ER ROBERT LOUIS STEVENSON

Robert Louis Stevenson, Scottish novelist and poet, was one of the outstanding literary figures of his generation and one of the most beloved authors. He was born November 13, 1850. He entered Edinburgh University to study engineering, switched to law three years later, and was called to the bar in 1875, having in the meantime only partially recovered from a serious pulmonary infection. His literary inclinations soon caused him to desert the legal profession.

His first great success was TREASURE ISLAND, a romance of pirates and hidden gold, which still remains a favorite and has been produced as a play and as a motion picture.

Others of his more successful works are KIDNAPPED, A CHILD'S GARDEN OF VERSE, and DR. JEKYLEE AND MR. HYDE.

Always in delicate health, Stevenson's indomitable will and splendid courage, his happy spirit, his gifts as a conversationalist, and the gaiety and charm which filled his writings, won him the friendship of most of the great literary figures of his time. After his marriage to Mrs. Fanny Osborne in the U.S. they returned to England. Soon after he started his constant search of a climate that would be beneficial to his health. Finally Stevenson chartered a schooner and sailed among the islands of the Pacific, eventually settling in Samoa in 1890 where he built his home.,.....



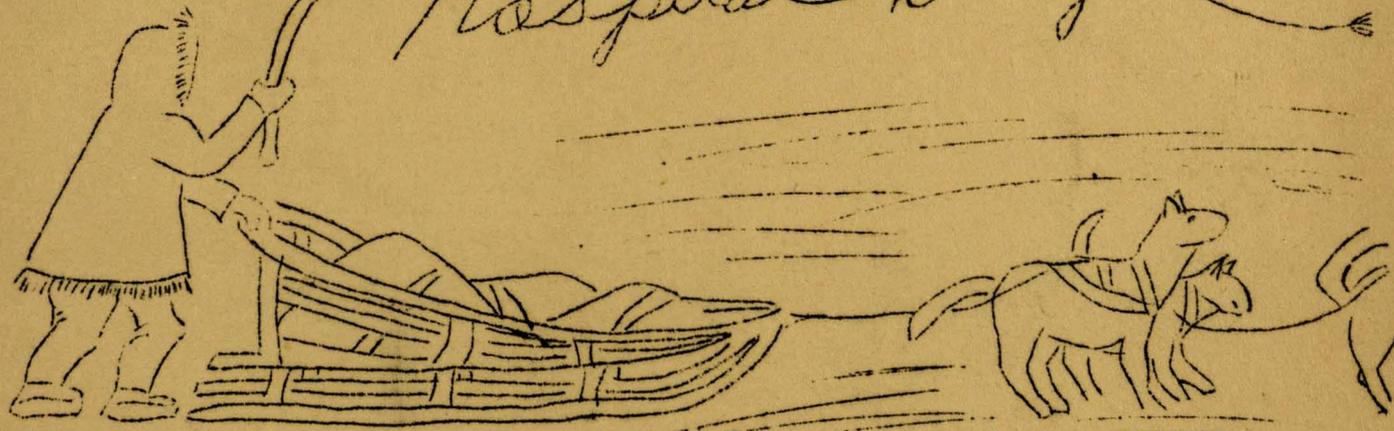
San Chat

Vol. V No. 3 SEWARD SANATORIUM, BARTLETT, ALASKA
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Anchorage Public Library
Anchorage, Alaska

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Hospital Day



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April/May 1952
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SAN CHAT

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 Milo H. Fritz, M.D. - - - - - The American Boards of
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 & Assistant Commissioner of Health

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 Medical Director and Thoracic Surgeon
 Shih Shun Chao, M.D. - - - - - Tuberculosis Clinician
 Joseph B. Diesher, M.D. - - - - - Thoracic Surgery Resident (Part Time)

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 Russell M. Wagner, D.D.S. - - - - - Contract Veterans Dentist
 Florence Lylen, R.N., RPT - - - - - Consultant
 Grace Ushler - - - - - Research in Rehabilitation & Mental Hygiene

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SEWARD SANATORIUM

The Seward sanatorium is operated by the Women's Division of Christian Service of the Methodist Church. Patients are hospitalized here on a contract basis. The Alaska Department of Health, the Alaska Native Service, the Veterans Administration and the U. S. Public Health Service hospitalize patients here at a standard per diem cost. The Women's Division of Christian Service makes a sizable contribution annually in helping to bear the cost of the operation of the hospital.

IN THIS ISSUE ARE THE FOLLOWING ARTICLES

The Doctors Corner.....	4
Nursing Service.....	4
Dietary Department At Work.....	7
Social Service at Seward San.....	9
Doctor Smith Leaving.....	11
Flying Gets Tougher Farther North.....	12
The Steam Plant.....	13
Your Laundry.....	14
Mental Hygiene Work.....	15
Housekeeping.....	16
The Laboratory.....	17
Occupational Therapy.....	18
Igloo Tales.....	20
Drs. Albrecht & Field Visit.....	21
Sports.....	22
Names Carved In Stone.....	23
Birthdays.....	23
Legend by Buck.....	24
Ward News.....	26

SAN CHAT

Published by and for the patients of the Seward sanatorium.

Subscriptions for the SAN CHAT may be addressed to the EDITOR. The price of each copy is 5¢, one year - \$1.00. All patients receive one free copy.

SANATORIUM VISITING HOURS

Monday & Fridays - - - - - 6:00 to 7:00 PM
All other days - - - - - 3:00 to 4:00 PM

CHAPLAINS

CHARLES M. MALIN, B.D. Official Hospital Chaplain appointed by the
Women's Methodist Division of Christian Service
Martin Borbeck, S.J.)
L. Russell Clapp, B.D.) Visiting Chaplains
K. E. Spaulding, C.T.)

THE DOCTOR'S CORNER

Hospital Day has again arrived. It is with a feeling of satisfaction that one can look about the various departments of the Sanatorium and see much evidence of progress since last Hospital Day. Each Department has been asked to take stock of the accomplishments for the year and write them for this paper. Strange as it might seem all were a little fussed at such a request. That is understandable. People who are doing a good job every day soon grow to look at their efforts as commonplace and not mentionable. Such is the measure of the worth of a competent staff of workers. We have just that here at the Seward Sanatorium.

There are other things that are mentionable. During the fiscal year, to date, we have had only one patient leave against medical advice. We have had only one disciplinary discharge. In that period of time we have had 56 admissions. This is just another testimony of the effectiveness of the workers. The patients are enthusiastic about their treatment because something is being done for them and being done well.

It has been possible to keep our per diem cost at a level considerably below many other sanatoriums and hospitals. This is a testimony to the management of the hospital and the efficient manipulation of buying power. Also, this is evidence of an interested working staff. Workers who are interested in their work are always thinking of ways of helping in the general problem.

The Alaska Native Service has seen fit to keep a maximum of patients here during the entire year. There has scarcely been a time when more than two physical beds were not filled. Transportation distances sometimes hinder in keeping the beds full. The Alaska Department of Health has been more than generous in its contributions to the Sanatorium. This includes services not measurable in money. Dr. C. Earl Albrecht obtained another physician for the Sanatorium at considerable effort and worry to himself. We now have Dr. Chao. The agencies may not be even more emphatically assured that their beneficiaries will get the best possible care. The Veterans Administration have kept a maximum number of patients here. This continued sending patients to this Sanatorium has helped us to operate efficiently because the maximum number of beds are filled.

Yes, the Seward Sanatorium is becoming a leading Alaskan Hospital. We look forward to another year of usefulness--SERVICE TO THE SICK.

Dr. Phillips

NURSING SERVICE

The evolution of the nursing service at the Seward Sanatorium has been a slow progress and a process of trial and error. Good progress is usually slow and since this is true in our case, the advances we make are often overlooked or taken for granted. The work of establishing procedures which are safe, economical and practical cannot be hurried. Such procedures should follow the accepted rules for problem solving and be the product of group thinking. The important consider-

ation, however, is that progress has been made. These changes may seem unimportant taken singly, but collectively they have meant a great improvement in comfort and service to the patient.

It is necessary to have the proper tools to do an effective job in any line of work. To simplify the work of our nurses we have provided better office equipment for the wards. All desks have been supplied with paper punches, desk calendars, scotch tape dispensers, pencil sharpeners, medical dictionaries and procedure books. Some of the best publications on the nursing care of tuberculosis are available on each ward for immediate reference. Stethoscopes and sphygmomanometers are provided for taking blood pressures.

The charting system has been reorganized for convenience and to meet the standards of the American Hospital Association. The Kardex includes pertinent data about the patient's treatment, religious preference, activity permitted, medications, etc. Routine methods in filing have been instituted, and revision of the method of transferring and recording the Doctor's orders for greater efficiency and for the protection of the patient has been made.

Our personnel have been instructed in aseptic technique and procedures established for hand washing, mask and gown routine. Masks are no longer hand washed and hung on radiators to dry. Mesh bags are placed conveniently to receive soiled masks worn by patients, personnel and visitors. These bags with their contents are sent to the regular laundry. They are returned to the wards for folding and are then autoclaved. Forceps in Monel Metal containers are used to handle the sterile masks without contaminating the full supply. The procedure for collecting and disposing of the small paper bags used for sputum tissues has been improved by establishing definite hours for collecting. Large manila barrel bags are used for this purpose so the patient may deposit the smaller bags without unnecessary handling by the personnel.

Advance has been made in numerous other ways for the convenience and comfort of the patients. Many of these ideas have been worked out with the help of the Housekeeping and Maintenance Departments. The wards have been partitioned into units suitable in size for 1 to 3 patients. Curtains can be drawn for privacy when desired. Bedside stands, radio shelves, bed lamps, tray tables and rollers for all the beds have been provided. Other improvements include new mattresses, wheel chairs, stretchers, soap dispensers and paper towel racks.

The Central Supply proves of more value every day. New methods have been put into effect in this department and many new drugs and other supplies added. The small syringes and needles which were formerly boiled, are now packed in covered containers and autoclaved. This is economical of the nurses time and has eliminated breakage. Disposable tubing for giving intravenous fluids is in use throughout the hospital. The older method of preparing rubber tubing for I.V. use was time consuming and was not considered as safe from an aseptic view point.

Requisition forms have been devised which enable us to keep a running inventory of medications and supplies ordered and dispensed. Narcotics are requisitioned on a separate slip and are counted and received by the nurse who orders them.

Research has been made possible in the use of one of the newer drugs, Nydravid, by a supply donated from the Squibb Laboratory who sponsors this product. Supply of another of these drugs has been donated by the Schering Corporation, and clinical trial will soon be under way on their Ditubin. Other new drugs will be in use shortly and they, too, will be supplied by the pharmaceutical houses who produce them.

The nurse in charge functions as a health nurse for our personnel and serves as instructor to two patients who are learning the practical phases of this work as a rehabilitation project. This nurse, is in point of service at the Seward Sanatorium, one of our oldest employees. She received her training at the Womens and Childrens Hospital in Chicago and had post graduate experience at Hines-Veterans Hospital, Chicago University Clinics and Billings Hospital.

The operating room work has been given a stimulus recently by the employment of a new surgical supervisor who is well trained in Thoracic Surgery. She is a graduate of the French Hospital in San Francisco. She has worked as Assistant surgical supervisor at the San Francisco Polyclinic Hospital, and for the past seven years as Assistant Supervisor at the San Francisco City Hospital. She is ably assisted by a graduate of the Bellevue School of Nursing, New York, who has a BS degree from New York University. Her experience in surgery and in nursing has been secured in such widely separated areas as the ANS Hospital at Point Barrow, Alaska, and the Cumberland Hospital in New York where she was Night Supervisor.

Another recent addition to the surgical team is that of the Intravenous Therapy nurse. It would not be possible to do successful major chest surgery without the administration of I.V. fluids and blood transfusions. The nurse now responsible for this important duty is a graduate of St. Alphonsus School of Nursing, Boise, Idaho. Her experience includes supervisory duties at the Collan Clinic Hospital, Rotan, Texas, and at the Eugene, Oregon, Clinic.

Some of the changes in this department have resulted from the complete inventory of the stock of instruments in the warehouse. Many of these have been put into use along with additional, newly purchased equipment such as the right angle telescope for viewing upper lobe bronchi.

Economy and safety measures have been made in many other ways, among them is the change to the use of Zephiran solution for non-boilable instruments. This solution is much cheaper and has proven to be safer on test cultures than that formerly used. An emergency kit has been supplied for use in case of fire or other disasters. It is fully equipped with dressings syringes, stimulants, etc., for the emergency we are prepared for, but hope we will not have to face.

The pneumo clinic on Ward I treatment room is the responsibility of the surgical nurses and the orderly. Its appearance has been improved by a morale lifting coat of cheery yellow paint. Other functions carried out by the surgical unit are the emergency out-patient treatment service and donations to the Blood Bank. All of our personnel have been inoculated with typhoid vaccine through this department again this year. Major surgery done at the Seward Sanatorium since May 1951 includes:

Chest surgery 36

Other surgery 7

Minor surgery and treatments:

Chest 286

Pneumothoraces 29

Blood Donors 131

Other 146

Pneumoperitoneums 2,390

Deliveries 5

While our Registered Nurse personnel numbers, only 17, which is 5 less than on Hospital Day last year, we feel that the nursing service is better than it has ever been. Our wards are supervised by able nurses who have been chosen to fill the position most suitable for their training and experience. The head nurse of the surgical ward is a graduate of St. Johns Riverside Hospital, Yonkers, New York. In addition to Army experience, she has had experience in the Rehabilitation Hospital, West Haverstraw, New York and as thoracic surgery nurse in the VA Hospital at Rutherford Heights, Mass. The other charge nurses and staff nurses are able to meet the standards of the best hospitals. Many of them have preparation in college work, such as psychology, sociology or economics in addition to the regular courses in schools of nursing.

Among the many measures which have worked to unify our staff, we can give credit to the in-service teaching programs. The entire hospital benefited from the course of lectures on tuberculosis given by the Medical Director. The teaching and followup program for the nurses aides and orderlies has been a factor in establishing a Seward Sanatorium technique. This program was given by one of our staff, who is a graduate of Syracuse University School of Nursing, Syracuse, New York. Her former experience as Assistant Nursing Arts Instructor at the Wilson Memorial Hospital, Johnson City, New York, was used to our advantage. Procedures in bed making, bed baths, and other nursing arts were set up to standardize methods.

This in-service program has done much toward improving the quality of work of our nonprofessional personnel. However, it is to the individual loyalty and cooperation of our aides and orderlies that we owe a great measure of the success of our bedside nursing program. It is only through the combined efforts of all of our personnel, each contributing his best effort, that we are making progress. THIS IS TEAM WORK IN OPERATION AT THE SEWARD SANATORIUM!

Elizabeth O. Reynolds, R.N.
Director of Nurses

THE DIETARY DEPARTMENT AT WORK

About one year ago when it became evident that a rehabilitation program was a necessity for the patients of the sanatorium, the decision was made to hire a second dietitian. We knew that more teaching of nutrition was important to help the patients recover and also to keep them well, once discharged.

After much discussion on an educational program here, talking with Miss Murrill of Seward General Hospital and Mr. Matthews of Jesse Leo Home, a program was set up whereby a certain amount of time would be spent at each institution to aid in meal planning, ordering, special diets, and job training. In January our program began.

Her former experience as Assistant -7- Wilson Memorial Hospital, Johnson City, New York, was used to our advantage. Procedures in bed making, bed baths, and other nursing arts were set up to standardize methods.

EQUIPMENT

A gas range was installed in November for the Jesse Lee Home, a badly needed steamer just recently came in, and now an electric mixer is on order. This all helps in making a more efficiently run kitchen. It makes possible a higher standard of nutrition--our purpose. In our own sanatorium we too have gotten new equipment. Just recently five new electric grills were installed for each of the five wards so that a wider variety of food may be put out hot from the kitchen to the patient. At the present, we are considering a new walk-in refrigerator for our fresh fruits and vegetables and other foods needing refrigeration.

EDUCATIONAL PROGRAM

Everyone knows that good wholesome food is essential for patients recovering from tuberculosis. But, it can't be discontinued the day they leave the sanatorium. With a broken leg the cast is the healer and in 6 weeks or so can be thrown away. With tuberculosis wholesome food is a very important healer, so to speak; this cannot be thrown out when the case is cured or arrested. There are hundreds of foods, hundreds of ways in which to prepare them and hundreds of different ideas on how to eat them. But a knowledge of nutrition is very necessary to be able to know just what foods are so important to our health--getting well and staying well. It is our responsibility to see that the patients not only eat everything served but to show why these particular foods are so necessary. Through constant observation at meal times we patiently explain that milk is the most complete food; meats contain the proteins which will replace the diseased tissues; and the vitamin B complex which will renew energy; raw cabbage, tomatoes, and citrus fruits contain vitamin C so essential to help prevent hemorrhage and tissue building. All the patients receive this information but recently a class of 15 women patients were taught nutrition in more detail to increase their understanding of meal planning. This was done with the idea that when they go home they will be able to plan and prepare balanced meals efficiently and economically. Energy-saving methods in housework and preparing meals are also taught in this class. Such a class as the one just completed will be available to every woman before leaving the sanatorium.

TRAINING COURSE

The dietary department began their part of rehabilitation by setting up a training program for diet kitchen work. Three girls were selected by our medical director to begin this training. Each girl was given a schedule of duties to perform 2 1/2 hours during the day, each of which included one of the three meals. These girls rotate after 6 weeks and after 18 weeks have learned the entire duties of one day. They become familiar with food handling, learn cleaning techniques in a kitchen, and general efficiency. This training serves several purposes; helping them in their kitchen at home being the most important. Also, they will be qualified to get a similar job in other hospitals or other institutions, waitress work or other work with food.

This training course has been carried to completion for one of our first trainees. Harolden Skonberg, 21 years old from Chignik, Alaska, came here in September, 1950. She is of Aleut, Russian, and Swedish origin. There are 11 children in the family, (a twin herself). After receiving treatment for over a year she was able to participate in different activities offered. She was not too interested in any other

training available here at the sanatorium although her work was done well. From the beginning Harold can carry on her duties in the diet kitchen with enthusiasm and great willingness to learn. She is now on our dietary staff, living in the employees' quarters and receiving the regular salary of our other employees in that particular position.

NATIVE FOODS

Occasionally our patients have been surprised by a taste of their own native foods here at the sanatorium. We have the Alaska Fish and Wild-Life Commission to thank for seeing that we get the moose meat we have been using this winter and previous years. Moose meat is a rare treat for everyone. It has much more flavor than beef, pork, or veal. For though it contains a higher percentage of water it also contains a higher percent of protein and this extra protein is what we consider so important in the diet for tuberculosis. With the help of our laboratory technician, who analysed the moose meat, we are able to make a comparison of some of the meats.

Calculated for 100 gram portion.

	Water	Protein	Fat	Ash	Calcium	Phosphorous	Iron
Beef Rib	59%	17.4	23	.83	.013	.204	.003
Veal	66%	18.8	14	1.00			
Pork Loin	58%	16.4	25	.90			
Venison	73%	20.0	6	1.00			
Moose	61%	21.0	17		.01	.17	.0023

Besides moose meat we have had bear (remember the bear that was killed last fall in our own backyard?). Seal meat was served only a few weeks ago. This we bought from Archy Wheeler, a former patient at the sanatorium. Last summer we served fish heads and rice, the fish heads we picked up at the Fish Cannery. Fresh herring, hooligans and trout have been brought in from time to time. The army has been quite generous with the salmon they catch. The patients not only enjoy these varieties of meats but they do gain weight--one step toward improvement.

SOCIAL SERVICE AT SEWARD SANATORIUM

What does the Medical Social Worker do in a hospital you may wonder. The role of the doctor, the nurse, the laboratory technician, the occupational therapist and many others is obvious, but the duties of the social worker are less tangible. The duties of the social worker cover a wide area, but her main purpose is to assist the patient with personal and family problems which may interfere with his receiving the maximum benefit from his medical treatment. An illness such as tuberculosis, which necessitates long time medical treatment, oftentimes requires many personal and family adjustments. The more satisfactorily these adjustments can be worked out the better the patient can profit from medical treatment. The social worker is a professionally trained person who works in cooperation with the doctor to assist persons who wish help with emotional, social and economic problems, and any information given to her is treated as confidential. The social worker cannot perform miracles and in some instances all she may be able to do is to offer a sympathetic ear. Sometimes there are situations that we must learn to accept and live with with a minimum of hurt and disappointment. The social worker can and does assist with such tangible and concrete

problems as child care, marital difficulties, and financial need. She may interpret medical treatment and progress to members of the patient's family, who may not understand his need to remain in the hospital. She makes out applications for Veterans and Social Security benefits and is available to discuss vocational interests and investigate possible resources for attaining them. Her duties include writing the family following surgery. The social worker routinely receives a copy of the surgery schedule and before the operation learns from the patient whom he wishes notified of his progress following the operation. The family is always anxious to hear how the person is getting along after a serious operation. When a child arrives at the Sanatorium, the Social Worker immediately writes the family to advise them of his safe arrival and throughout his hospitalization she keeps the family informed of his progress. She writes letters for adults, who have never learned to read or write. The Social Worker is eager and willing to do any small service that may affect the individual's happiness, well being and acceptance of long time hospitalization. One of the main duties of the Social Worker is to help the patient and his family prepare for his return home. An individual who has been away from home and community for a period of several years needs help in adjusting to the idea of return to family, community and a more normal way of life. The transition from hospital to family is not made in a day. It takes time to become accustomed to the idea. During his hospital stay the individual is encouraged to be dependent on others for all his needs to help him get well, and at the time of his dismissal he must begin to think in terms of accepting some responsibility within his own family circle. This responsibility however, must be within the activity limitations of the medical recommendations which are carefully worked out for each individual by the physicians. The interest of the physicians and the other hospital personnel as well as that of the agency that sent the individual to the sanatorium does not stop when the doors of the San close behind him. They have worked hard with the patient's cooperation to get him well and they want him to know that he is returning to a home where he has a good chance of staying well. The Social Worker writes to the Public Health Nurse in the local community and asks her to discuss the dismissal plans with the family to help them in preparing for the patient's return. The patient will not be able to do full time work for several months and if necessary the social worker writes the proper agency to arrange financial assistance until he is able to earn. If he is a student who wishes to go on to school the Social Worker corresponds with the authorities to see if a transfer to a school may be made. The Social Worker learns whether or not the person can pay his own way home and if not arranges transportation for him. If he has gained so much weight he can't wear his clothes and if at the moment he cannot rake up the money to buy new ones, she helps with appropriate clothing. She helps plan his travel itinerary and arranges for him to be met at points of change by the Public Health Nurse, so that he may be assured of helpful hands along the way to see that he arrives safely at his destination.

Perhaps you would be interested in some of the following figures taken from the Social Worker's statistical report for March and April 1952: A total of 81 patients were interviewed. Problems discussed during these interviews touched on discharge planning, marital problems, placement of children, illness or death in family and worry over not hearing from family. Letters written during this time totalled 91. Of this number 32 were to relatives and 59 to agencies, including the Department of Public Welfare, the Alaska Native Service and Public Health

Nurses. Twenty-eight of the letters written to the families were to interpret medical progress of the patient. Admission sheets were completed on 16 new arrivals and travel plans were worked out for 7 discharged patients. Eleven notifications were sent to families of patients following surgery and 15 income tax reports were made out for patients.

The Social Worker is on duty 6 days a week. She is here to serve you in the capacity outlined. If you wish an appointment with her and do not see her on the Wards ask your nurse to notify her. If you are able to be up and about you may walk to her office. If you are a bed patient and wish to talk with her in private, special permission may be secured for an interview in a private room.

Keturah F. King
Medical Social Worker

DOCTOR SMITH LEAVING

Dr. Robert L. Smith, the Assistant Commissioner of Health at the Anchorage Branch Office of the Alaska Department of Health will be leaving us in a few weeks to take up new duties in Washington, D. C. Dr. Smith was loaned to the department of Health by the United States Public Health Service. It is with a heavy feeling in our hearts that we say "So Long, Bob". Many of the accomplishments at the hospital in the past two years have been made possible by his efforts in promoting our welfare.

BCG EXPERTS IN SEWARD RECENTLY

Miss Helen Johnson, Tuberculosis Nursing Consultant for the Alaska Department of Health and Miss Gladys Ray, an experienced and specially trained nurse in Tuberculin testing and vaccination with BCG were in Seward during the week of April 21st. Over 600 children and adults including personnel at the Sanatorium were tuberculin tested and all negative reactors were vaccinated.

ANITA GARNICK VISITS

Mrs. Anita Garnick, the woman legislator who sponsored the hospital construction bill for Alaska through the Territorial Legislature, visited the Sanatorium and the Seward General Hospital several days ago. She was openly surprised at the fine equipment she found in the hospitals. We are glad to show important visitors what we are doing and how we are doing it.

LEIGH KERR CHECKS X-RAY MACHINES

Our old friend Leigh Kerr, the x-ray machine fixer from the Alaska Department of Health, was around a week ago fixing our picture machines up for us. The fluoroscope in the Ward I treatment room now sports a new set of wires in the tube cable. No more sparks in the dark.

"Flying Gets Tougher Further North"

After flying 17 years, I do everything from Hedge Hoping to flying upside down, across the airport, 50 feet from the ground. In the states to show the spectators that an airplane could do more than a bird, we fly on our backs and do slow rolls across the airport.

I have built up quite a lot of confidence in several people. Enough that they learned to fly! I also was a licensed instructor both on Primary and Secondary flying (or acrobatics). I could go on and elaborate more on instructing, but after 14 years of it, I wanted to change. I took a job with Jim Robins, President of the Arctic Exploration Co., Candle, Alaska.

Flying a Stinson SR-5, I left Chicago for Candle, February 3, 1945. I flew to the Canadian Border. After clearing through customs, I landed at Winnipeg, my first Canadian stop. From there on through Canada toward Fairbanks the flying got tougher. The temperature was much colder. Visibility was poor and the compass variation was continuously changing, making navigations tough. Many times I used the sense of a Homing Pigeon to get to the next port. Many times I would encounter strong headwinds and my gas supply would start me to worrying if I could make it, or have to set down somewhere, in the wilderness and hope for the best.

One evening, I left Ft. Nelson, Canada for Lake Teslin. I took off at 4:30 PM figuring I would make it before it was too dark.. I was warned by AAF to follow the Alaska Highway and not the airway, or "Beam" to Smith River. I took the highway, flying through canyons so narrow I thought either wing-tip would scrape the mountains. I entered what is called "Hells Gate" where the canyon is so deep one couldn't imagine I was flying at 6500 feet and still lots of mountains above that height. I encountered a snow storm in that close place and the only visibility I had was straight down, so down I went. All I could see was a small stream beneath me and that was the only navigation object I had. I kept between the mountains and above the stream high enough not to hit a pine tree and hoping I could find a stretch of sand bar long enough to land on. By now it was dark and my gas was getting very low, and still it was snowing more than ever. I checked my map and found that there was an emergency field strip about 50 miles ahead. I thought I could make that and stopped looking for a sand bar. A beacon light struck me right in the face. Boy! Did it ever look good to me. I followed the river until I got close enough to see the runway lights which looked as good as the municipal airport of Chicago to me and a lot easier to get into! I landed as soon as possible and tried to call by plane radio to Teslin Lake, but could not get them.. I was reported overdue and there was a search party started from all the Road Camps. Road Camp #13 found the plane on the strip but no pilot. I was

sitting close to the exhaust pipe of the power house engine that ran the generator for the field lights. There I was warm and out of the storm. They found me and off we went to the camp for the night. They were very nice folks, the young married couple. Next morning we had a nice breakfast. It was still snowing hard so there was no takeoff that day. It snowed all day and most of that next night, starting again the next morning. On the third morning the sun came out and we dragged the snow off the runway. We filled the plane with gas and checked it over for the next leg of my flight. The caretaker's wife was there and I tried to pay for my lodging, but they would not take a penny. I offered to take them up for a ride to show my appreciation for their hospitality. They were thrilled to take a ride as neither of them had ever been in a plane. I warmed up the engine and we took off for a joy ride. I took them up the river to their home and the camp. They enjoyed the ride very much and regretted that they didn't take their camera with them for pictures. When we got back, I started to pay for the gasoline and he said no money for the gas. I had been paying from \$1.27 to as high as \$1.37 a gallon for aviation gas, and was I ever surprised. He offered to refill the plane for what we had used on the joy ride but I had plenty to make my next stop, which was Teslin Lake.

by

Henry Duncan

(next month-"On to Northway & Fairbnks")

The Steam Plant

The Steam Plant Unit of the Association of "Sanatorium Alumni" welcomes John Holtan, and Mike Rice, both long time residents of the Sanatorium.

These men have had previous experience in the operation of boilers and steam equipment. With Jack Short, our Alumnus veteran of more than two years service in the Steam Plant, the three daily shifts are manned by former patients of the Seward Sanatorium. And a fine job they are doing, too!

Since last November we have been burning less expensive fuel oil in Boiler Number Three. The new burner has already paid for itself in the lower fuel bills we have enjoyed. Savings amount to more than \$1000 each month. We hope to have another of these fuel savers in operation by the time winter comes again.

A new Vacuum Cleaner is a wonderful help in keeping the Boiler Tubes clear of the heat-robbing soot. This has always been a long, tedious, hot dirty job. Number three boiler, for instance, was out of operation as long as 36 hours each time the flues were cleaned. This job is now done in as little time as three or four hours. And operating costs are penalized about \$2.00 each hour one of the other boilers has to work in place of number three, or has to help it carry the load.

Boiler number three is now equipped with a Low Water Safety device, a watchdog which automatically stops the burner any time there may be low water in the boiler. Just the other day we received from the manufacturer the new devices for Boilers one and two. So, soon all of our boilers will be guarded against any possible danger from low water.

Boiler chimneys have "temperatures" too. A pyrometer now tells us when number three burner needs attention; so that we can adjust it to burn more efficiently. This may mean a fuel saving of as much as 5%.

Three meter clocks now tell us how many hours the boilers actually work during the day. This is a great help in the intelligent control of the operation of the steam plant.

George Green, Superintendent

Your Laundry

Clean clothes and linen tend to be taken for granted in a hospital--until the laundry breaks down and no clean things are available! We are justifiably proud of our record here at the Sanatorium Laundry, there have been very few occasions when a break down has occurred. We can truthfully say we do a very good job. The new laundry equipment we received about a year ago is proving a very great help in keeping all of you in clean beds with clean clothing. Did you know that each piece of laundry is handled twelve times? That each washer load is rinsed twelve times? That we have a big 42x84 washer, and a "pony" washer as well? There are two driers, on flat work ironer, one extractor, two presses, and even an ironing board! To do all the work with this equipment there are seven employees at full time work in the laundry. We do the laundry work for the Seward Sanatorium, and also for the Seward General Hospital and the Jesse Lee Home (on a contract basis). This makes a lot of clothes, bed covers, and such, to wash each week, in fact 5500 pounds, or 2and3/4 tons, per week. This includes

sheets	1000	blankets	50
pillow cases	600	masks	200
bath towels	500	overalls	30
face towels	780	white uniforms	80
gowns	200	dresses	25
stand covers	250	shirts	50
wash cloths	750	pants	25
pajamas	550	dish towels	200
table cloths	50	napkins	144

As you can well imagine, this keeps us working steadily. When you see someone around, and ask who it is only to be told "a laundry worker", don't be surprised that you don't recognize them. They are so busy keeping you in clean pajamas and bed clothes that they have little time to circulate. Be proud of

your laundry, proud of your clean linens. WE ARE! SO SHOULD YOU BE!

C. C. Harrow, manager

Mental Hygiene Work:

Vocational, Mental Hygiene Work, as interpreted here at the Seward Sanatorium, is a counselling function to correlate the patient's needs throughout hospitalization and planning with possible training for future employment, whether in industry or in the home.

The first fundamental need is to stimulate the patient's interest in the treatment of his disease. In combating this disease the patient must work as a part of a team which includes the Doctor, the Head Nurse and her staff, the Dietitian, the Medical Social Worker, the Occupational Therapist and their assistant workers and the Hospital School Teachers. This year we have added another teammate on the patients side, a research worker in Vocational Rehabilitation and Mental Hygiene.

Often, among the things which disturb the patient, is the limited extent of his practical, occupational education, as well as his economic insecurity because of lack of skills. To try to turn that disturbing anxiety into something reassuring is one of the duties of the Research Worker in the Seward Sanatorium Vocational, Mental Hygiene Program.

After the admission procedures have been completed, the worker confers with the Doctor and the Medical Social Worker as to the patient's social history, diagnosis, prognosis, etc. Determining the educational history, mental maturation, occupational aptitudes, and understanding, "what the patient desires to do upon discharge", are important considerations. A practical testing program would include an evaluation of personality traits and character, as well as testing from the vocational guidance standpoint. A possible test outline may include:

- (1) Non-language Mental Maturity, CTB, IQ,
- (2) Personality, STB,
- (3) Achievement, CTB, (4) Occupational Interest Inventory, CTB.

Job placement opportunities in the home community must be talked over with the patient. Finally, actual preparation, initiation of studies toward a chosen goal for his future work is embarked upon.

Employment problems of several discharged patients have been solved by actual on-the-job training here at the Seward Sanatorium. One man has very ably set up and manages an employee community store. With his in-Sanatorium bookkeeping training as background, he has established the books for his commissary, keeps a running inventory of goods on hand, sells, and is learning much in regard to displaying his merchandise, ordering, markups to cover overhead, etc. This man's bookkeeping

training was initiated by Katherine Ling when he was a bed patient. The management of the Employee store has evolved to a full time job. Two men have been hired in the boiler room and are making a very good adjustment as worthwhile employees. Several former patients, recently discharged, have been employed as kitchen aides. Again the program was started as in-Sanatorium training. The course of study, foods, diet, sanitation, etc., was completed and executed by our dietetic staff. Two girls are engaged in practical office training in connection with their commercial studies. Each Tuesday and Friday evening Miss Joanne Linn of the Seward Public Schools staff has generously donated her time to conduct a very worthwhile class in typing and shorthand for the patients of the Sanatorium. In recent months a comprehensive study has been made regarding admission and discharge data, covering the first five year period of the Seward Sanatorium. The compiling of these statistics has been used as a learning aid for two of Miss Linn's commercial patient-students. Through this survey these people have learned to quickly glean and abbreviate needed information. They have learned alphabetizing and filing. This biometric survey, besides the actual compiling the vital statistics data to date, has been used to integrate the policies and working procedures of the Sanatorium. One man is studying General Business with the view of learning a specialized skill and establishing his own shop when he is discharged. Two men are learning to drive trucks to further prepare themselves in the "employable" field.

These observations dramatically portray not only importance of mental hygiene and vocational education, but illustrate the feasibility of such a program. One of the most obvious practical evidences of the success is the decrease in the Against Medical Advice discharge from 15% in 1947-48 to 3% in 1951-52.

Grace Ushler

Housekeeping

The following statistical report will give you some idea of the scope of the Housekeeping Department which has nine employees.

- Sanded and put gum finish and wax on all corridors and in Mess Hall
- Had bedside cabinets with three shelves made for each bed with no bedside table
- Put gliders under each and every cabinet, and put casters under all beds
- Put up curtains on all windows in the Wards--a morale builder
- Painted all floors and walls
- Put rubber mat on floor from Ward VI to Mess Hall and in the Waiting Room
- Overhauled Garbage and Paper disposal truck completely, with change in routine of men running it
- Made packs of linen for Wards and dispensaries

Keep running inventory of all supplies, and send monthly record to office of all supplies used
 Put all janitors into white uniforms
 Invented new mask bag holders, made, and installed them
 Bed lamps put up for each and every patient
 Made and put up cubicle curtains from old bedspreads. This saves much time and trouble for nurses, gives patients more privacy while getting bathed, insures peace and quiet for patients during rest periods
 Put new door knobs on all entrance doors to wards, and placed them one foot higher than the old ones so the carts and gurneys could not knock against them. This saves us at least 50 door knobs a year, and labor to replace
 Repainted all offices in new and cheerful colors
 Instituted more efficient system for delivering of supplies from Warehouse to Linen Room
 Fitted all beds in the Sanatorium with expansion sockets and roller casters
 Refinished Rehabilitation Room completely, including new ceiling

Nellie Graham, Member Executive Housekeepers Association

The Laboratory

Several new procedures have been added to the laboratory accomplishments in the past three months. Such as the Laboratory Control of Antibiotic Treatment--The occasion frequently arises, in the treatment of a local or systemic infection, when it becomes imperative to know the antibiotic to which the infecting organism is most sensitive and to determine the relative degree of that sensitivity, both qualitatively and quantitatively. Not only the diagnosis but the plan for treatment in infections depends on these tests done in the clinical laboratory. After infecting microorganisms have been isolated and identified, the determination of their sensitivity to available antibiotics such as Penicillin, Bactarin, Streptomycin, Chloromycetin, Aureomycin and Terramycin indicates the specific therapy.

Sensitivity Tests for Detecting Resistant Strains of Tubercle Bacilli--In order to determine whether a patient has a streptomycin and PAS resistant strain of tubercle bacilli we carry out sensitivity tests. Thus the doctors can be given information of practical significance in the treatment of patients here at the Seward Sanatorium.

Perhaps a comparison report on procedures last year, and this year, will be the best way of showing the vast improvement in your laboratory facilities.

1951 (1st 3 months)	Hemoglobin	1952 (3 months)
105	Hemoglobin	1160
96	Red Blood Cell Counts	1080
10101	White Blood Cell Counts	975

4	Morphology of Red Blood Cell.	1080
00	Reticulocytes	71
0	Platelets	71
0	Bleeding Time	22
0	Coagulation Time	22
0	Hematocrit	310
73	Rh Factor	589
33	Urinalysis	427
0	Blood Sugars	18
1	Gastric Analysis	8
0	Antibiotic Sensitivity Tests	11
420	Sputums	984

Occupational Therapy

It has been, indeed, an interesting year for the Occupational Therapy Department. Five weeks of this year, September through October, were spent on a field trip. That trip covered many miles. The Therapist left Seward by plane and continued from Anchorage to Fairbanks by train. From Fairbanks on a two day vacation, a trip was made to Nome and Kotzebue. This was a very interesting side trip, for it enabled her to visit with ex-patients and note that Nome also has only a main street, just like Seward. Back to Fairbanks and out to the University of Alaska to see Mrs. Lydia Fohn-Hansen on a special project. That special project was referred to in an earlier edition of the SAN CHAT. In order that the woman patient may return home better equipped for the management of her home, we are writing a booklet of ideas and activities that will help her do more with her time and less "worn out" when the day is over. The University of Alaska Extension Service was very kind in assisting the beginnings of this booklet.

While in Fairbanks the Therapist was taken around to the various ex-patients homes and out with the Public Health Nurse on her calls.

The Therapist also went down the Alaska Highway by bus to Tok Junction to make a few field visits with the Public Health Nurse in that area. They went down to Northway and as far up as Little Gerstlw. At the villages of Tannacross, Big Gerstle, and Dot's Lake they stopped and made rounds in the Villages. All of this proved very enlightening, and supplied many ideas about home life, and just what could be put into booklet form about taking care of a home.

The next important progressive move in the Occupational Therapy Department was the purchase of photographic equipment and the making of a dark room for photography. Mrs. Virginia Shuster from Seward, who was trained by the Eastman Kodak Co. and formerly developed the films at the Alaska Shop, has come out several times and instructed in developing negatives, printing pictures and next will be enlarging. This photollab will serve as an excellent rehabilitation plan for those interested

in photographic work, wither as a hobby or a permanent job. Mr. "Casey" Cobban of Seward was the original owner of the enlarger, printers, and other miscellaneous equipment that we now own. The Methodist group helped to purchase it for us. One patient is taking a correspondence course in photography and is using the photo lab for his practical work, now.

During the year 800 hours were spent on direct OT contacts with patients. This included preparatory work in scanning of skills and interests, passing out of OT materials, and supervising up time spent in OT work only.

Patsy J. Brittain, OTR

DOCTOR PHILLIPS LEAVES FOR TEXAS

Doctor Phillips left via Christensen Air Service to go to the annual meeting of the American Association for Thoracic surgery. The meetings are being held this year in Dallas, Texas. Dr. Phillips also plans to visit medical and surgical clinics at Baylor University Medical School at Dallas after the meetings and also George Washington University Medical School at St. Louis. He ought to be able to cure us all when he gets back.

SANATORIUM ACQUIRES NEW BUS

Have you noticed the new yellow bus? Well, it is something from the Methodist Women's Division of Christian Service. Mr. Nelson went Outside and drove it back over the highway. He also brought a new paint sprayer for putting the new coat of paint on the hospital buildings. It will be a real treat to see the hospital all white.

No one can be sure when the primary tubercle is going to resolve into a harmless primary complex, though most of them do. Only time will tell whether persons with scattered, irregular, and perhaps somewhat loose calcifications will remain clinically well, though the majority of them do. A tuberculous infiltration is always of interest on the basis of health protection and is of clinical importance unless it has reached the favorable discrete character described above.

The basic treatment of tuberculosis is rest. Other treatment, whether by drugs or collapse therapy, is not a substitute for rest but merely supplemental.

IGLOO TALES

Another story from Igloo Tales by Edward L. Keithahn is reproduced here for your leisurely reading. This is the fourth of such stories that have been reprinted in the San Chat.

THE TREE THAT BECAME A MAN

A cottonwood tree once grew near a river. During the long cold winter when the river was frozen and everything was still the cottonwood was very contented with life. But in summertime when the river flowed noisily by and the air was filled with birds, the cottonwood grew very discontented with its lot. It wished above all things that it could move. One day it tried so hard to walk that it actually moved! This was encouraging so it tried again and it moved easier than before. At every trial thereafter the tree moved little by little towards the edge of the river. Finally it took one step too many and fell into the water with a great splash, and the swift current carried it down to the sea. When the tide came in the tree was carried high upon a sandy beach and left there.

As it lay there not knowing what to do, a bird alighted nearby and spoke to it thus, "You Cottonwood, have two legs, two arms, and a head. Why don't you get up and walk?" Then he spread his wings and flew away.

When Cottonwood heard this he tried to move his arms. He found he could move them easily. Then he tried his legs. They moved, too. Then he got up and tried to walk. He moved slowly at first because he was stiff and afraid, but after a few trials he walked as well as any man.

While he was thus walking along the beach the bird came flying back and when it alighted said, "Cottonwood, why don't you make an igloo?" Cottonwood said, "Because I have no shovel nor wood." The bird replied: "You have lots of wood there on the beach. You can make an igloo on the hill beside the river." After saying this, the bird flew away.

So Cottonwood gathered wood along the beach and made an igloo. Then he made a shovel and covered his igloo with earth. When he had finished the bird came again saying, "Why don't you make a cache beside your igloo?" The Cottonwood replied, "Because I have no meat or skins to put in it." Thereupon the bird answered, "Over the hill you have lots of meat and also wolves and foxes. You had better make a cache." Then the bird flew away and Cottonwood began to make a cache. When it was finished he went up to the hill and looking down on the other side he saw a herd of caribou and many wolves and foxes. So he went back and made a bow and some arrows, and a spear and some traps. After that he hunted every day and filled his cache with dried caribou meat and wolf and fox skins.

When the cache was filled with meat and fur the bird returned and said to Cottonwood, "Make a net and put it in the river and in the winter make a hole in the ice for there are animals in the water good to eat." When the bird went away Cottonwood set to making a net and when he had finished it, put it in the river. The next morning he found that

it was full of fish.

Winter came and one night the great white bears came in from the sea looking for food. They smelled the Cottonwood man's fish and started to eat them. Cottonwood saw them eating and went out and killed the bears with a club. One day he saw a dogteam approaching on the frozen river. On the sled were two young men and a young woman. When they came up to the igloo, one of the young men shouted, "Any people here?"

"Ho, yes!" answered Cottonwood. "I live here, alone." He then invited the strangers to stop with him and they readily agreed to, seeing that he had a fine new home and a cache full of meat.

Before spring came, Cottonwood and the young woman were married. She made him mukluks, mittens, trousers and parkas and was a very good wife in every way, so they were very happy.

One night when all were sleeping, Cottonwood began to snore, "Zzz-zzzzzz!" so loud that everybody woke up. "Say, what is your name?" asked one of the young men. "I have no name," returned Cottonwood sadly. "Then I will give you a name," laughed the young man. "I will name you Ka-mo-e-luk!"

Everybody laughed when they heard the name for it meant in Eskimo language, "one who snores." But Cottonwood was glad to get any name for now nobody would ever know that he had once been only a cottonwood tree growing beside the river.

DRS. ALBRECHT AND FIELD VISIT SEWARD AND SAN

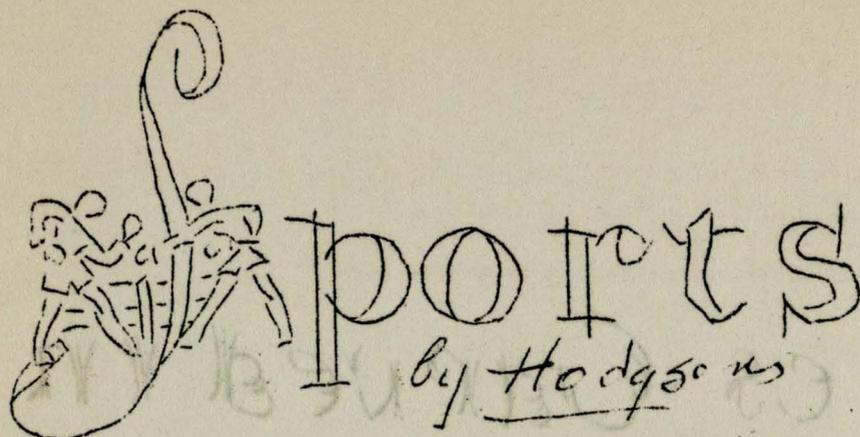
Dr. C. Earl Albrecht, Commissioner of Health, Territory of Alaska, met with key city officials, Chamber of Commerce and Hospital Board representatives this week. He urged that renewed effort be given to the proposed hospital and other health improvements for the city. Although he stated that at the moment the Department of Health did not have Territorial funds available to help, he would give what support he could in obtaining such funds.

Dr. Albrecht advised that the plans be completed as rapidly as possible for the application for Federal Works Projects money, as the source of that money for such projects might be short lived.

Dr. Grace E. Field, Director of the Tuberculosis Division of the Alaska Department of Health, accompanied Dr. Albrecht on his visit to Seward and the Sanatorium to get first hand information on the problems of admission of tuberculosis patients at the Sanatorium.

This process is somewhat involved and required agreement with the particular agency paying for the patient's care. Dr. Field was pleased with the progress being made on this problem and offered some suggestions for expediting the process. Agencies concerned are the Alaska Department of Health, the Alaska Native Service, the Veterans Administration, and the United States Public Health Service. All agencies, Dr. Field stated, are pleased with the care patients are getting at Seward

cont'd page 25



Sports

by Hodgson

BASEBALL: In the world of sports, our national pastime, baseball is again back in the news. Baseball opened its regular season on April 15th, with games being played in all the leading cities. Pre-game favorites to win the championship in the various leagues are as follows: Cleveland in the American League and the New York Giants in the National League. This conclusion was arrived at by a poll conducted amongst the 500 sportswriters, who annually trek to the various spring training camps before the beginning of the regular baseball season. However, this pre-seasonal forecast has invariably turned out to be erroneous. Last season the Boston Red Sox and Brooklyn Dodgers were picked to win the pennants in their leagues but finished the season in 4th and 2nd places, respectively. This year, in the opening games, both Cleveland and Brooklyn have established early leadership in their leagues. In a three game series between Brooklyn and the New York Giants, the Brooklyn Dodgers won two out of the three games played. An estimated crowd of 71,000 saw the series which shows the popularity of the two New York clubs to draw the cash customers through the turnstiles when they are competing against each other. This should be a great season for baseball as every manager interviewed thus far has released a statement to the effect that his club will wind up in the first division.

BOXING: Sugar Ray Robinson again retained his crown as Middleweight Boxing Champion of the World after knocking out the former Middleweight Champion, Rocky Graziano, in the 3rd round of a scheduled 15 round championship bout, which was held in Chicago Stadium before 22,264 screaming cash customers.

Ray Robinson started the bout cautiously, playing it cagey by using a left jab and a hook to the jaw and head with an occasional right to the solar plexus. However, credit must be given to Rocky Graziano for trying to make a fight of it by not backing up once. In fact, during the latter part of the first and second rounds Sugar Ray and Rocky stood toe to toe and slugged it out for quite a few seconds.

In the 3rd round Rocky when coming off the ropes during an exchange of blows landed a right hand punch on the side of Robinson's head that sent Robinson sprawling to the canvas.

After being knocked to the canvas Robinson immediately jumped to his feet. He began unlimbering his heavy artillery, after getting



Names Carved in Stone

Hippocrates

To ancient people, disease was more than a sickness - it was a pitiless, unseen enemy. Evil spirits, they thought, wracked the body with pain, poisoned the food, griped one's bowels, and snatched the helpless baby from his mother's arms. So the early medicine men invented all sorts of charms and prayers and gruesome sacrifices. Besides demons there were the mysterious forces of nature to plague mankind. Something in the air, perhaps, or in the stars made people sick. We still hear the word "lunatic" which comes from the belief that the moon, Luna, destroys the mind.

Hippocrates lit the lamp that dispelled this fearful darkness. He was a Greek and lived in the fourth century before Christ. Hippocrates did not believe in ghosts. He was a born question-asker. Disease, he said, was only an effect and to cure it one has to look for its natural cause. And what a keen observer he was! Read his classic description of consumption, for example - vivid as if the patient were before you. He had strong faith in the healing powers of sunshine, fresh air, and a well ordered life.

It is true that a long period of scientific darkness intervened but the method of Hippocrates, that is, observing, gathering facts, testing, checking results, is the method of modern medicine. Hippocrates cast out the demons of ignorance and superstition and brought in the spirit of research and understanding.

* * * * *

A YEAR OLDER

- | | | | |
|----------|--------------------|--------|------------------|
| April 23 | Mary Grace Haaf | May 16 | Marion Uisok |
| 27 | Alice Junerby | 19 | Elizabeth Link |
| 30 | Gerald John | 21 | Gronia Toughluck |
| May 5 | Tony Mitchell | 24 | Edna Taylor |
| 6 | Tanna Christiansen | 25 | Inga Costia |
| 12 | Carric Voss | 27 | Gladys Walunga |
| 14 | Mae Blatchford | 31 | James Stephenson |
| 15 | Jessie Isaacson | | |

SPORTS CONT'D

Rocky to come to the center of the ring by clever maneuvering, and then starting a left hook to Rocky's head and a screaming right to the jaw to knock the former champion out in 1:53 of the third round.

LEGEND
P. C. Buck

Next morning, I awoke with no boots on. I knew I had to find some skin of some kind, some place. Then I thought for a while wondering when or how I was going to get my skin to make my boots. I look around and know the country. I know just where a bear's den is. That bear was my only bet. I figured if I got to the bear I could have a pair of boots providing I didn't run into the Indians again.

I started out after the bear which was about twenty miles away. On my way the wind started to pick up, the clouds didn't look so hot. When I got about three or four miles from the den the wind was blowing so hard that most of the time I had to crawl to keep going.

I finally met the bear about two mile from his den so I started stalking toward him. He seemed to be staying behind the big boulders and facing the wind too. So the only thing I could do was to shoot my arrows about forty five degrees against the wind so they would land on the bear behind the big boulder. I shot the first one landing it right along side of his head. As it went by his head I heard a ping! I knew I just shot off one of his wiskers that time. I shot a little too far. He didn't even look at the arrow. I hac only two more arrows to get him with, so the second arrow landed on the other side of the bear's head. Then he just looked at that one. So I knew I had to make the last arrow count, so I took a careful aim. You see, I was about a hundred and fifty yards away from the bear.

The last arrow landed right on the tip of his nose and cut it just enough to make hin sore. From where I was I saw he started to slap the arrows around but he couldn't break them. In those days we really knewhow to make good arrows even a bear couldn't break them. So thatleft me with only my little hatchet. I decided to get a little closer. I went up fifty yards closer to the bear, a hundred yards is all I ev r wanted to get to the bear anyway at that time. So I let fly of my little hatchet right straight for the boulder but it seems ny little hatchet didn't quite get the bear, for then he saw me and started to come at me. Only thing I could do was head right for the wind as I was traveling along or rather crawling along. Every once in a while I'd look back.

The bear was gaining on me. We must have gone about ten miles when he finally caught up with me. Then the next thing I knew part of my pants was off that was on the rear. I let out a yelp and the hair of my head shot right up against the wind and at the same time I leaped right into the air and landed some 150 yards behind the bear. Then I started to look around at the bear, sonething black flashed right on top of the bear's head and then it seems that the bear fell dead. For a while I

sat and watched the bear to see what he was going to do next. He never moved so I went back to get my hatchet and arrows where I shot them. I see where my hatchet went clean through the fifty feet of boulder the head had just come out on the other side just enough to hurt the bear. All I had to do was pull hard on the hatchet.

It came out with ease. As for the arrows they took me about half an hour to get them out. I had to dig them out and cut away lots of rocks to get them.

Then I look over toward the bear he was still lying there. I went over to see if he was dead. I got a long stick and poked him for some time. I guess he was dead then. I skinned him right there. Then I finally got to his head I saw a bunch of black hair stuck on his head. I tried to pull them out but they just wouldn't come out. Right then I knew how that bear died. It was my hair that landed on his head. You know that hair on his head was so stiff that I could play "Home Sweet Home" on it.

Well anyway, it took me a couple of weeks to get my boots made and dry some meat to use.

My next place was to go to Blond Eskimo village. You know like I said before they are the most beautiful tribe. One time I drew a picture of one of the Blond Eskimo girls on a big rock with my hatchet. You know, believe it or not the picture on the rock glowed in the night. It is still up there where I left it on the rock to this day.

ALBRECHT & FIELD VISIT Sanatorium.

Dr. Albrecht was particularly interested in seeing first hand the work that is being done at Seward Sanatorium in the treatment of tuberculosis and in the rehabilitation program for the tuberculous here. Both doctors expressed satisfaction that the Sanatorium is now operating efficiently at full bed capacity.

In an era when the chronic diseases and the health problems of the aging are beginning to draw increasing attention, we can profit greatly from the experience of tuberculosis control workers. Tuberculosis has many characteristics in common with such diseases as heart disease, diabetes, and arthritis, as far as program considerations are concerned. These include the prospects of early diagnosis, the important social and economic components, the possibility of extended periods of hospitalization, and the necessity for rehabilitative and restorative services.

Ward I News

Some have meat, but canna eat,
And some have none, but want it.
But we have meat, and we can eat,
So let the Lord, be thankit.
Robert Burns

Well folks, spring is here
and everything is rosy "includ-
ing our noses"!

We wish to extend a hearty
welcome to all the new nurses;
Mrs. Richardson from Portland,
Oregon, Mrs. Catherine Smith
from Walla Walla, Mrs. Keunster
from Manitoba, Canada, Miss
Beryl Ferris from Ventura,
California and from that same
city is Miss Ida Lindley. Now
also is Miss Merthel Smick. We
hope you will all like Alaska
and be with us a long time.

Our postmaster and general
utility man Mike Rice has been
promoted to fireman 1st class
and will be in charge of the
boilerroom on the night shift.
John Holten has also joined the
boilerroom crew as chief eng-
ineer from 4 to 12.

I think more of our crew in
this ward will be ready for work
very soon. Ricky Gillian is a
very busy young man these days
studying for his high school
diploma. He is also learning
radio repairing. Ed Roehl is
very busy with his plastic
jewelry business--very nice
work, Eddie.

Our Sports Editor, John
Hodgson is getting along very
well as he is putting on the
beef. Mrs. A.P. Smith, R.N.,
was on the sick list for a short
time but she is now back
checking on all her brats.

We have two new patients

here. Harold Ptarmigan is from
Anvik and Joseph M. Big Jim
is from Nulato. We all hope
you will be well soon, boys.
In the meantime, we will all
try to make your visit as
pleasant as we can.

Our B.T.O. (Big Time
Operator) who has charge of the
Ice Pool is Wilfred Zirkel.
At present, he is residing in
Sparerib Alley for an over-
hauling job--"give my love to
Mabel, Zirk".

Our Bush Flyer, who was
grounded by Chief Pilot
Jacobson for Hedge hopping is
back on the job again. This
time in the Air Force as
Private Third Class.

The Colonel has taken the
water job is doing well--in
particular with our new girls.

Captain Pawsey has departed
for Sunnier Climes.

Johnny Stevens has his
own 16mm movie projector and
entertained some of the boys
with a movie show.

Miss Diana McKay, our
lab technician, is a very busy
girl these days. Come around
often, Mac, we are glad to
give you all the blood you
want.

Tuck Esintuck has moved over
from Ward #3 to his old
stamping grounds.

We received word that
Norman Blandford, our former
orderlie, is in the States
and in the Air Force in sunny
California. Good luck, Norm.

Joe Oncha, recently of Ward

three, is our new Glamour Boy and is very busy with his correspondence.

Fred Olsen has staked out a "place claim" with Bill Chickenoff and they are surely shovelling out the paydirt.

Ed Brown has become a camera fan. Quite a few of our boys are busy with their cameras and flashbulbs these days.

Henry Brower from Pt. Barrow, a new patient, is beginning to feel at home in his new quarters.

We wish to extend a welcome to Cr. Shih Shun Chao, our new clinician, and we all hope he will like Alaska and will stay with us as long as you can.

A word of welcome to our orderlie, George Rys, who is very busy these days teaching Radio Engineering to our young patients. Keep up the good work, George!

Sam Wesley, the storekeeper from Kotzebue is busy with his camera, snapping the girls as they pass.

Jerry Briscole is settled down in his new quarters. Bosun Fish is taking it easy these days, but he would like to be out on the Rolling Main.

Norman "Loverboy" Selinoff is doing his lovemaking with the sign language with his Sweetie Pie in Ward #2.

Abe and I are planning to open a new business in Fairbanks when we win the Ice Pool.

Sylvest Sosvurock is getting some up time now and is learning to play the guitar.

Well, I guess that this is all my news for this month.
Your reporter,
A. Armour

Ward II News

Once again, we are back with the ward news--so, let me start with Joy Wemark who just had a tonsillectomy. Hope she is feeling better. Her neighbor Martha A. is one of the lucky ones who has up time; I suppose she is glad there is not very many school days left.

Let's hop over and see what the sisters are doing. They are Tonna Christiansen and Theckla Eads. I know they are both doing fine and they are both crocheting also, but one is in the sock department as she has been knitting away on those socks. These four girls are the lucky ones taking in the sunshind out on the porch. Let's say "so long gals" and move on to the ward.

Here is Johnny Warnke and Margie Smith to start with both gals are looking seell. Margie wasn't feeling too well for a while and Johnny, oh, she is the one who made those pretty slippers. Across from them are Anna Pete and Bronnia Toughluck. Don't know what Ann does, guess she crochets like everyone else. Has anyone seen those little beaded Indian pins, well Gronnia is the one who makes them.

Here is Lena Willis who's husband was here to visit her for a couple of happy days. Oxzena Carlson who keeps her company is busy taking schooling also the cure. So Madeline Charles comes next with her beautiful hand work. She can do most

anything. She just completed a fancy beaded belt. Her former neighbor Helen Sheldon moved to Ward #3--hope she is doing fine. We surely miss you, Helen. But now Madeline has a new neighbor--none other than Elsie Justin. She has been moving from one place to another but I guess she is settled to keep Madeline's company.

In the next cubicle we find Grace Lucier who was admitted in February and hails from College. She keeps busy with letter writing and solving those puzzles. Also her roommate Alice Ashenfelter. These two are good in solving those crossword puzzles--nothing cheap about them. They go for ones in the New York Times. We now come to yours truly, doing fine after a tonsillectomy. Mary Ann Hicklin here sure does a lot of crocheting beautiful doilies. She had been my neighbor since March. Nice having your company, Mary Ann. Don't we have beautiful scenery?

Now is Alice Juneby, better known as June Bug. She has been behaving like a good girl should since she joined the Air Force. Gosh Martha Otten what should I say about you? It has to be good so I will say "she is taking the cure" like all of us and how! Mary Ann Robinson is the girl in the last cubicle. She has been busy with school also. Are you not glad school will be over in two weeks? Oh golly, I just about skipped Mugs and Sara, how could I? Mugs had a phrenic and a surgery recently and is at present doing wonderful, still chipper and gay. Sara has been taking the cure besides that she says "I have spring fever". Oh and she has been in such a daze lately--is that not right, Mugs?

We are down to the rooms so we just can't help but look in on the "Little Girls". So we call them. The two are Virginia Amaktoolik and Mary Jean Jaaf, both are doing well in school work. Across the hall way are Hilda Whittaker and Edna Taylor, both were admitted in March. Hilda hails from Dillingham and Edna from Fairbanks. May your convalescence be short as well as enjoyable, girls.

Mabel Nuipak is the gal who has those pretty smiles for everyone, keep up the good words, Mabel. Opposite Mabel we have a new Patient from Selawik by the name of Rosa Mitchell and from the same place is Doras Cleveland. Both were admitted yesterday--so here is wishing you both a speedy recovery. Gosh, some more new patients. They are Alice Shoemaker from Anchorage and Effie Rabbido from Nichole. Jessie Isaacson is from Manley Hot Springs. Our wished to you all is a speedy recovery.

Here I go again just about forgot Dorothy Eton and Caroline Miller. Don't know what both do,, but we do know they are taking the cure. This winds up our news of ward two. Hope you all enjoyed reading the news.

Mary Esmailka

Ward III News

Spring is supposed to have put in an appearance a month ago but we have seen little signs of it.

Life is as usual with the exception everyone is more restless. Boredom leads to

invention and so it was at Easter. Julie, after looking for some time at a paper bag made a hat of it. Thus started our own Easter parade. No two hats were anything alike. Some were very much on the exotic side, while others were very cute. Doras Tobuk's took form from a basket, ribbon, and yarn. Mary Ann Paquette used a very special white paper and made roses on a band of flattened pill cups. A mirror handle, part of a Christmas stocking, and a little of practically everything comprised Gertrude Amyak's hat. The base of May Blatchford's hat was a bay wipes box covered with tissue paper, fern, a candy box top, and ribbon. The nurses grouped us and pictures were taken by John Topkuk and for Barbara Strom.

Barbara Strom, Rena James, and Daisy Hayes are now in the ward after their surgeries. New to the rooms are Anne John, Evelyn Mullaly, and Wilfred Zirkel. John Topkuk, Gladys Walunga, and Paul Buck recently had surgery. Oscar Johnson and Oleta Welch spend their time resting and reading.

Mrs. Jacobson has a hobby of which Dora Johns thinks little and that is collecting pajama bottoms.

Adeline Woods and Marva Trainer play cribbage much of the time while Emma Bell, Betty Engler, Maggie Hunt, and Libby Davidivick do picture puzzles. Carrie Voss and Tiny Everett just rest and gossip back and forth. Bobby Edwards treated us all to the most delicious chocolate cake the other night. Mary Shaganoff's husband has been visiting her often of late.

As for myself, I wish to take this opportunity to tell everyone good-bye and to thank all who have made my convalescence so pleasant. Especially I want all the staff from the doctors to the dishwashers to know I very much appreciate the excellent care given me.

Pat McNavish

Ward IV News

Here we are, finally, and will try to get out some of the events or moves that have occurred on this ward.

First: Our radio active boy, Ricky, moved to ward one. These two or three came up from one, Ed Gellos from Fairbanks, Andy Stickwan, and a Mr. Farris from Juneau. Welcome to our ward, boys!

Rumor has it some of the boys up here are getting the latest: Dancing Pills! The new miracle drug, we hope the rumor is true, and boys, please let us know when you are to put on a floor show for us. Also they are supposed to acquire enormous appetites after taking these new pills for a while, all I can say, I sure feel sorry for a few of the BIG Chow hounds, that preside about the kitchen, and reside in the rooms, oh, who could they be, not your reporter, that's for sure! If the other patients get as hungry as the chow hounds, we best start ordered double orders from the main kitchen.

Gene Killowatt is really running up the light bill, running the shows all over the San. Even got special pass to the girl's wards. How do you rate, Gene? Bowen and Welch

are school-boys, to to typing and shorthand class twice a week. Keep it up fellows, we'll need some office help! Also Bowen is learning all the kinks about working in a photographic darkroom. He has a few pictures he has processed that are really okay for the first he has done.

We are to loose our day orderly, Roy Ashenfelter. We'll sure miss you Roy. We have Mrs. Snicker up here now, also our Miss Matz, and a new night attendant whom I call "The Little Cutch Girl From Sheboygan". Her name is a jawbreaker I can't pronounce, let alone write. Welcome to ward four, Mrs??

We hope Miss LeDuc will have the luck at fishing for trout that she did last summer, we'd sure like some fresh fish. We understand she fishes as well as she nurses. Or maybe we should let some of the boys to out!

Reynold Denny will be leaving sometime this summer, we will miss his helping with the supper cleanup and scraping trays.

Lately there seems to be an increased amount of whistling directed at these young kitchen girls, that, due not to their choice, have to work in ward four. And it still snows practically every day, someone is all mixed up, either it is spring according to the whistling or fall indicated by the snowing. Now if it is spring, the snow should be balled and thrown, oh now, that is enough, all is well in ward four, we are all waiting patiently for the Ice Break Up, with fingers crossed and hopes high, for winning that hundred grand, wouldn't

be grand. "30" for April of '52. Henry Samuel Kaiser, Jr.

Ward V News

Hi! Here we are again with the Ward V News. Gerald John had a birthday on April 30. Gabriel, Castie, Dorothy, and Julia received a prize for being the best readers last month. We are going to have another prize this week. George, Delores and Arlene are the newest patients. Delores is three years old and wears little gold earrings in her pierced ears. Elizabeth and the two Gabriels had their tonsils taken out last month. The children had a nice time at Easter. The children will have new pajamas on Mother's Day. Mrs. Howard will be back in June. A bird found its way through Mathew's window and made quite an appearance on the ward. Well! That is all for this month. See you next month.

Ward VI News

Hello Everyone, We are back again with our Ward VI news. First, we want to say hello to Marion Usiak who hails from Hamilton (if I am not mistaken it is along the lower Yukon). Right now Marion is knitting a pair of snazzy gray socks. Wonder who they're for? Oh well, maybe it is a military secret. Never can tell you know. Next, we have on the list is Mrs. Emma Bell. Her hometown is Copper Center. But sorry to tell you there isn't any copper in the center so if you do decide to go there you won't be disappointed. Emma is making a beautiful table cloth. Mrs. Margaret Hunt is also from Hamilton. So Marion

RC
313
.A65
S48
April/May 1952
Dversize

and Maggie knew each other before entering the Sanatorium. Right now, Margaret is helping Miss Brittain in the library-- sorting out books. Oh, I never see Maggie alone (without books).

Marfa Andrewvitch is still our mail girl and also has her old job back announcing over Station K.S.A.N.

Patsy Lambert is still having her sweet smile even after her phrenic. That is our girl! Keep smiling Pat!

Evelyn Conley is busy taking care of the children on ward five, when the nurse goes to supper. Evelyn is typing and also taking shorthand. She is really a whiz at it, too. Now if I took it I would be as slow as a turtle.

Edna Harry is from Yakutat and enjoys listening to K.E.N.I. Right now, Edna is in Ward III but will be back next week. Hurry back Edna as we all miss you.

Susie Milligrock hails from Unalakoet. She took Marfa's place for a while announcing over K.S.A.N. Now she works mornings in Ward II kitchen.. So, who ever wants a T-Bone steak call on Sue. Maybe spare ribs will be best.

The two young teen age girls we have are Virginia Amakteolik and Dora Johns. Both are thirteen years old. Virginia is in the Sixth grade and Dora is in the third. Gosh, these two grow fast. Say, tell us your secret formula about how fast you grow or is it just spinach.

Mrs. Elizabeth Brodkin left for Toketna last month

and Fina Ivanoff left for Eek--hope she doesn't scream too loud). Jeannie Jack left for Copper Center. Here is hoping you find a lot of Copper in Copper Center.

Haroldean Skonberg moved to the kitchen quarters and is working in Ward III kitchen. Hey how about a nice hot pan cake? Oops, I mean flap jack. Remember ladies, don't call them pancakes--call them flapjacks.

Well, we will now say bye for this month and keep smiling.

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San Chat

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313
A65
S48
Vol. 5 #4
June 1952
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SAN-CHAT

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Mary Toko - - - - - Ward V News
Rena James - - - - - Ward VI News

THE DOCTOR'S CORNER

Well, the trip outside was completed without serious mishap. The meeting of the Chest Surgeons at Dallas, Texas was attended but not well understood. The Chest Surgeons have gone completely "highhat" and seem to be mostly interested in such things as cutting the diseased valves of the heart and fancy medicines that have little to do with Tuberculosis. Anyway it was good to find out how little I knew about the heart. Maybe we will get to doing some heart surgery one day.

Had a good visit with Dr. Shelton. He is busily studying eye surgery at the McKinney Veterans Administration Hospital at McKinney, Texas. He plans to stay at his studies two more years so that he can become a real specialist. He was the same jovial Joe and asked many questions about his friends in Alaska.

I learned that Dr. Orr is a professor or something at the Veterans Hospital at Shreveport, Louisiana.

A week was well used up at Washington University in St. Louis. There is a great deal of work, both clinical and research work being done there. It is a great teaching center. By keeping my big mouth shut and my little ears open I learned a good deal. A week was too little time for me to get a real good refresher training. A month would have been better. Many big chest operations were being done. Dr. Burford of Dr. Evarts-Graham's Clinic did a great many heart operations that week. Dr. Price Thomas of England was there comparing the English methods with the American methods. He was the surgeon who operated on King George. The best thing I learned for us was how to do the operation with installation of Paraffin in the thoracoplasty cases. This appears to be the finest operation for TB yet devised. My teacher, Dr. Wm E. Adams now of the University of Chicago, taught me this operation. He has done it on over 250 cases without a single complication of any major significance. It allows a single operation with maximum, as well as optimum, collapse. It is an easy operation and one that is also easy on the patient.

My third week was spent on the farm in Nebraska. Farming has become very scientific nowadays. I once could do pretty good farming. Now I would starve to death trying to be a farmer.

It was good to get on that old Northwest Airlines plane and head for Alaska. The gasoline shortage delayed me a little, but not so much that I had to come back dog team. However, I would have had there been much more delay.

Dr. Phillips.

A man's country is not a certain area of land -- it is a principle, and patriotism is loyalty to that principle. George W. Curtis.

IGLOO TALES

Another story from Igloo Tales by Edward L. Keithahn is reproduced here for your leisurely reading. This is the fifth of such stories that have been reprinted in the SAN-CHAT.

THE BOY WHO COULDN'T REMEMBER

A small boy once lived alone with his old grandmother. In the wintertime when it was very cold, the old woman would send the boy fishing. He would make a small hole in the ice and fish through it until he had caught enough for his grandmother and himself. Then he would go home and she would cook them.

One day when he was through fishing, he lay down on the ice and looked into the hole. Away down on the bottom he saw a small bullhead. "What is your name?" called the boy.

"My name is I-yə-hu-rə," replied the fish.

"Iyahura, lyahura, lyahura," repeated the boy and picking up his bag of fish, started for home, running.

He had gone only half way, however, when he forgot the bullhead's name. So he ran back to the hole and asked again, "What is your name?"

"My name is Lyahura," answered the little fish.

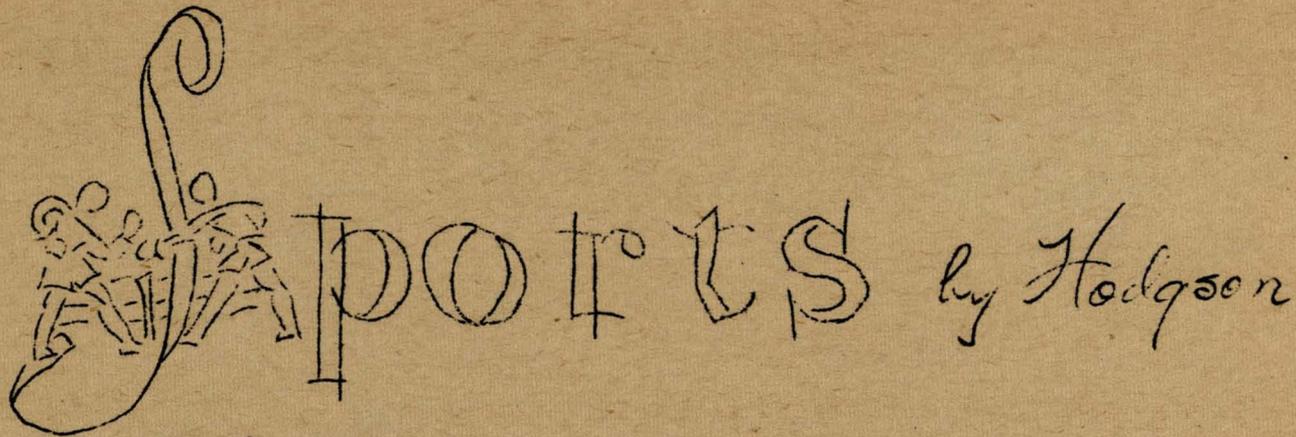
"Lyahura, lyahura, lyahura," repeated the boy and ran faster than ever towards home for it was late and he was getting cold. But again, when almost to the igloo he forgot the name. Back to the hole he ran, and looking down, asked for the third time, "What is your name, little fish?" The bullhead told him as before, "Lyahura."

"Lyahura, lyahura, lyahura, lyahura," repeated the boy as his breath froze on his parka hood. This time he reached the door but as he tried to repeat the name he found he had forgotten it again. Still he would not give up so he turned, took but one step, and then fell dead. His grandmother found him frozen at the door.

* * * * *

OUT OF THE HORSE'S MOUTH

This information comes from a veterinarian. Of all animals, the most difficult to treat with medicines is the monkey. He's too sly. If you cunningly conceal a pill or a capsule in a banana and ply the monkey with it, he'll calmly peel the banana and munch on it till he comes to the pill, which he will then soberly extricate and cast away. What to do? Well, you must humor him by working on his perversity, You take the same pill and place it a few inches outside his cage and turn your back on him. As soon as he believes you're not able to see him, his hand will snake out through the bars to the pill and pop it in his mouth. He will blithesomely eat what he can steal, but will reject with contempt what you offer him as a gift. NTA Reporter



SPORTS by Hodgson

PIRATE FARMHAND SETS STRIKE OUT RECORD WITH 27!

A new strike out record for organized baseball apparently has been set by 19-year old Ron Necciai.

The 6-foot 5 fireballer from Monongahela, Pennsylvania fanned 27 batters in 9 innings, and pitched his team to 7 to 0 no-hit win over the Welch West Virginia Miners.

Statisticians at Columbus, Ohio, St. Louis and Pittsburg riffled through all available records but could find nothing to equal Necciai's feat. The top mark found was hung up by Hooks Iott who struck out 25 in a 9 inning game for Paragould, Arkansas June 18, 1941. Later that season Iott fanned 30 men in a 16 inning game.

In only one inning did Necciai fail to strike out the side, the second when a batter grounded out to short stop. In the ninth he struck out 4. The third strike on Billy Hammond eluded catcher Harry Dunlap. Necciai then whiffed Bob Hendrich for his 27th victim of the game. One batter reached first on an error. Necciai hit another with a pitched ball and gave up one base on balls. Your writer thinks the record will stand for quite some time to come.

Fights June 25th. Joey Maxim K.O.ed Sugar Ray Robinson in the 14th round to retain his Light-Heavyweight championship of the world.

Chuck Davies, 146 pounds, knocked out Chico Vejars, 145, in the 5th round.

John Hodgson

ON TO NORTHWAY AND FAIRBANKS (Continued from last month)

By Henry Duncan

I stayed in Teslin that night. It had turned cold and the next day was going to be no pleasure flight. As I was still flying on wheels, I knew I couldn't make a safe landing on any field that hadn't had the snow blown off or dragged off. A forced landing anywhere would have been a crack up for sure.

I got an early start next day. The visibility was good but very cold. I forget the name of the field strip where I refueled but I wanted to make Northway for the night. When I did, finally, it was 9 p.m. and the temperature was 39 below. I was praying for the motor to stay with me until I got in as I never had a thing for shelter in case of a forced landing. A forced landing would have been disastrous in these mountains anyway. When I circled the field they turned on the runway lights and I came in for a landing. This being an Army Base, there is a line crew waiting to assist me as soon as I came to the ramp. They saw I was in a small plane and, it being so cold, they opened the hanger door and motioned for me to taxi on in. Knowing it was against all flying rules I hesitated to do so.

On To Northway and Fairbanks (continued)

After a few minutes all of them started into a rage and motioned to me to come on in they were getting cold. I was already frozen stiff. My legs were so cold I could hardly get out of the plane and when I did, I couldn't straighten up and walk for some few minutes. They took hold of my arms to help me walk. My feet and fingers were numb. I was so cold my stomach seemed as though I had eaten an ice cube dinner.

The boys thought they were doing me a favor, taking me to a nice hot fire and a warm room. I stayed long enough to get my flying togs off and then I asked where there was a room without a fire. I did not want to thaw out too fast. The officer in charge, Major Tuman, asked one of the boys to get me a cup of coffee and as soon as I could get warm Major said I would get some warm food in me. They treated me royally. After I had a warm meal they showed me where I could sleep. I was very tired and after I got warm and had a good meal I was so sleepy, I could hardly hold my eyes open. I went to bed as soon as I could.

I got a good nights rest. The next morning was clear with a temperature of 51 below, so I stayed in all that day and wrote a few letters. I stayed three days before the weather warmed up. On the third morning the weather station reported -8 so I rolled my plane out to warm up for a take off for Big Delta my next stop for fuel. I warmed my engine for one hour and then called the weather station on my radio. The temperature was reported -12 below and lowering fast. So I p.x. out for Big Delta and 30 minutes later called for takeoff. The tower gave me takeoff permission. The temperature was -21 by then. I took off anyway.

I climbed to 2,000 feet, heading for Big Delta. A very high tail wind put me over Big Delta before I realized it. I was warned about the buffalo at Big Delta being on the airport but with the tail wind I had enough gas to make Fairbanks. I called Big Delta and changed flight plan. They okayed it and gave me a wind velocity of 52 miles per hour and a temp of 72 below. I knew it was very cold as I had all my heat on the motor and wide open throttle. The revolutions on the meter was that of about cruising speed. The buffalo on the highway by count, numbered 37. They were on the move, I guess, to keep warm. The next thing I could see was Fairbanks, the stop I was looking for. The closer I got to Fairbanks the warmer the weather seemed to be. I was running out of the cold weather. But when I got to Weeks Field, I circled for the landing and my motor was so cold I had to make a Power landing and as soon as I throttled the motor back it stopped. A bunch of fellows came out and pushed me on to the parking line. I thanked them and then thanked God for all he had done for me on my flight from Chicago to Fairbanks. I could say more about Alaska flying but time and space does not permit it. Perhaps at some future date I can tell you more about bush flying in the Arctic.

After I leave Seward San I expect to start back to the old game as my wings are itching right now.

Speaking of Seward San, I was admitted here December 20, 1951. From Anchorage I flew here with one of my old bush flying buddies, Pat Bliss, who was one of the many good bush pilots that searched for 3 weeks for me when I was forced down in the Arctic in 1945. Anyway, I got the pleasure of flying with Pat again. Pat flew close by the San so I could get a good look at it. I got a good aerial view all right. Pat said "Well, Hank, I hope I'll be flying you back very soon." I just looked at him with a silly grin and a blank look, but I like it here very much. I wish space would allow me to say how much I appreciate

From Northway to Fairbanks (continued)

the good care I am getting here and the industrious personnel there are here in Ward 1. They are at your service at all times. There was one person here at Seward Sun that I heard about in Anchorage, that I had not met. I was told what a wonderful doctor he was and a wonderful surgeon. I did not care so much about meeting him when they mentioned surgery, but to my surprise, I never met a nicer doctor who made me think I was at home here and I was one of the personnel and that was Dr. Phillips. You don't see much of him unless you are wheeled to his lab or surgery. He is one busy man here.

from FOR DOCTORS ONLY

Where can a man buy a cap for his knee
Or a key for a lock of his hair?
Can your eyes be called an academy
Because there are pupils there?
In the crown of your head what jewels are found?
Who crosses the bridge of your nose?
Could you use in shingling the roof of your mouth,
The nails on the end of your toes?
Could the crook in your elbow be sent to jail?
How can you sharpen your shoulder blades?
Could you sit in the shade of the palm of your hand?
Or beat on the drum of your ear?
Does the calf of your leg eat the corn on your toe?
Then why grow corn on the ear?

* * * * *

We enjoy hearing from old patients and wish they would write more often. I know you will enjoy reading the below.

Dear Mrs. King,

Thanks for everything and I sure had a nice trip all the way from Seward. I sure enjoyed going on planes. They're fun. In Anchorage I stayed at some boarding house. Miss O'Brien was very nice.

Please tell everyone "hello" and give my regards to Dr. Phillips and tell him I sent all my thanks for giving all the good care he's given me and also the nurses.

Martha Andrewvitch
Box 203
Metlakatla, Alaska

Howdy Gals:

Thought I'd write and let you all know that I'm still alive and that's about all too. Caught a bad cold during my stay in Juneau, or, was it Anchorage?

Life is rather rugged right now. Guess it will be for the rest of the year. We have a beautiful dormitory. Everything is modern, except us.

We can't leave the place. If we do, have to write our name in a book, tell them where we're going. So if you gals think you're having it tough, just think of what I'm going thru and life won't seem so tough. I miss you all very much. Love, Evelyn Conley

BLOOD

Every now and then, someone from the laboratory comes in to prick your finger or your ear to get a drop or two of blood. Did you ever wonder what blood is, what it does, and what can be seen when the drop of blood is taken back to the laboratory to be put on a slide and looked at under a microscope.

You probably know that the blood in your body carries food and oxygen to all of your tissues, and carries away waste materials. At the same time, it helps to keep the body at about the same temperature in all of its parts, and is one of the defenses against invading germs.

You know also, that blood is a liquid when it is flowing in the blood vessels in your body--the arteries, the veins and the narrow connections between--the capillaries. When there is a break in the wall of the blood vessel, the escaping blood usually stiffens rather soon into a jelly-like mass or clot. Unless the damaged blood vessel is too large, this stops the flow of blood while the body repairs the damage. The clotting of blood is a rather complicated process, which starts when the plasma--the liquid part of blood comes into contact with an injured blood vessel wall. When this happens, one of the proteins in the plasma is changed from a liquid to a solid. As it does so the blood becomes a jelly which in a short time begins to shrink, and the liquid part which is known as serum, is then squeezed out. Serum and plasma are the same except that serum lacks the protein which forms the framework of the clot.

Blood is a tissue composed of cells suspended in the fluid plasma. About one-thirteenth of the body weight is blood, so if you weigh 130 pounds, you will have about ten pounds of blood. Of the total amount of blood in the body, about one-fourth is contained in the liver, another one fourth is in the muscles attached to the skeleton, another fourth in the heart, lungs and great blood vessels of the body. The remaining fourth is in the digestive tract, the brain and other organs.

A little more than half of the volume of the blood is plasma--the remainder consists of cells, most of which are the red cells. These give the blood its color. Present also, are several different kinds of white blood cells which help to defend the body against infection.

Next time, we will talk more about the cells of the blood, and why they are important to us.

--NTA REPORTER

BIRTHDAYS--JULY

3-Francis Payenna
11-Henry Sheldon
19-Martha Otten
21-Hilda Whitaker

24-Alice Shoemaker
25-Daisy Hayes
27-Henry Kanayurak
27-Virgil Brisco



Discovered in Stone

HARVEY

There was a time when even the most learned did not know how their own bodies were constructed. In the anatomy books were tricky diagrams showing organs and muscles and nerves, but they were mostly the fancies of artists with wild imagination. In the sixteenth century a few daring men committed the sacrilege of dissecting the human body. Graves had to be robbed and even murder was committed to get the bodies, but anatomy actually became a science.

However, even the most minute dissection left questions unanswered as to how the machine works. No one knew that the blood actually circulates, makes a round trip, in the body. The very word "artery" means a vessel that contains air, for the early dissectors always found the arteries empty of blood after death and naturally thought that arteries were for the purpose of carrying air to all parts of the body.

William Harvey in 1628 discovered that the blood does not back and fill in the veins like the waves of the sea washing the shore, but that it flows in a continuous circuit. He proved that the heart is a pump which drives the blood into the great arteries, then through smaller ones and into minute tubules, which in turn connect with the veins which carry the blood back to the heart. The blood circulates! - a startling idea! But Harvey brought out his proof - a chain of facts and reasoning so sure and tight, no reasonable person could doubt it. Harvey's discovery marked an enormous advance in medical progress.

From the NTA Reporter

Two pilgrims in Peter Pinder started for the Holy Land and as a matter of deep penance they agreed to place peas in their shoes.

Reaching Jerusalem, one of the pilgrims rested his aching feet. Every bone and ligament seemed on fire from the rolling movement of the peas. But the other pilgrim showed no distress whatever.

"How come," asked Pilgrim One, "That your feet show no discomfort?"
"Because," answered Pilgrim Two, "I boiled my peas before we started."

The Ward News from Bed to Foot!

Ward 1

Howdy folks! This is ward one news on the press again. I am going to start out the news with the ex-patients of ward one, who went to 3 for surgery, Albert "Scotty" Armour, Norman Selanoff (Music Maker), and John Nathaniel (Horticulturer). We all miss you nice people and hope you all have a lot of luck over there.

We have five new patients in here. John Topkok, a former patient of 1, who came back from ward three with one rib missing. Recently he is doing very fine and is learning the Morse code on the cipher and on the key. The four others are Walter Farrow, Fairbanks, Valentine Morrison, Kodiak, Chris Mellovich, Fairbanks, Herbert Silvertooth, Valdez and Noah Phillips from Wainwright. We all hope you will be well soon and go home to your loved ones or your happy families.

A young man, Ricky Gillian, who is a student of radio repairing is the announcer for radio station KSAN now. And he is taking care of patients requests as an announcer. Well, Ricky, you are doing a good job so keep on yak, yak. We are enjoying your voice on the air.

Our friend, Col. Johnson, who is our ward postmaster, has a lot of red tape since each patient gets Messenger Service Forms, but Col. Johnson says "business is business".

Our merry-go-round patients are Sylvester Sevoohok, Chris Mellovich and Walter Farrow. Sylvester and Chris changed places. Sylvester moved into the private room that

Chris had and Chris is in the ward. Walter is occupying a nice corner of the ward. He is rooming with me now and I am glad to have him for a body guard. Well, boys, hope you'll like your new places and neighbors.

Let's see what is going on among our ward personel. We wish to extend a hearty welcome to all the new nurses, Mrs. M. Bratton from 4, who is a relief for Mrs. A.P. Smith, who is on her annual leave.

Mrs. Isabel Friske, also from 3 took over orderly, George Rys' placd on the 4 to 12 shift.

Mrs. Roberta McHarry from Eugene, Oregon is on from 8 to 4. We hope you will like our ward and be with us a long time.

We must bid goodbye to Miss Beryl Ferris, who went home to sunny California, but we heard she went to Kansas City, Missouri.

Mrs. Richardson also left for Solomon, Mining Camp, which is near Nome. She's going to be a cook for the mining camp there.

Our night orderly, George Rys well known as "George" left too, but I heard he is working at the Marathon Cafe in Seward.

Chuck Wilson, one of our 12 to 4 orderlies, went to Fairbanks. I heard he is going to be a game warden. We miss all of you nice people and hope you all have a nice time and lots of luck wherever you go.

We received a card from Mrs. A.P. Smith saying: "People are talking about summer in Alaska. I haven't seen any summer over here in Kenai. Its cold and there is snow all over the ground yet." Well, Mrs. Smith we wish you have a lot of luck.

Welcome home to Dr. Phillips, who went Stateside for a conference. We are glad to have him back.

We would like to thank Dr. Shih Shun Chao, who gave talks on T.B. over KSAN. We appreciated it very much.

Transferred to the Walla Walla Vet Hospital was Fred Donnelly. We miss him and hear that he is doing fine.

Mrs. Gertrude Knight, well known as the former chaplain of the San, visited for a few minutes. We hope she will come again.

I think school is completely over until September. We had our examinations and now are looking forward to the reports. Hope some of us make "A".

Scotty Armour and Norman Selanoff had the type off surgery and are doing fine.

Well, this is all the news I have for this time.

Dan Tatoowi
WARD II NEWS

Hi Everybody! Here we are again with news of 2. A new face around the ward is that of Mrs. Inez Kappellas from the fair city of Fairbanks. She is a vet and her main interest, as well can be guessed, is to recuperate real soon and rejoin her husband and son.

Taffy is our next. She's been taking the cure so is Alice Shoemaker, her roommate. Taffy, you better take the cure or "I'll shake you" as she says to all of us.

Carrie is so alone in a private room but guess she's happy. One evening I got a glimpse of a pair of pretty socks. Asked who made them and found out Carrie did. Very nice work, Carrie.

I'm sure many of you remember Julie Moreno. She's back but we hope not for long. Hurry and beat us to the draw, Julie, this is no place for you.

We can't pass up Ruth "Blossom" Heckman as she is from Mr. Village. Here's wishing you a real speedy recovery. Don't leave smoke behind tho, after all, we don't want to be smothered.

Sarah, what are you doing any way? Taking the cure? No, you couldn't be doing such. She's giving it a good try though.

Hey! Mugs! Where did you disappear to--New Jersey? "After you've gone, you left us crying". Sob! Sob! Mugs moved to 3. Is it for a change of scenery or to have surgery? Good luck, Mugs, we sure miss you.

Little Ashenfelter across the way has been doing so well the past few weeks. So long as she keep taking those "pills", we have hopes of seeing her do the Tango. Grace, her neighbor, would liketo share those pills with her but it seems Alice is tight with them. Don't blame you, Al.

Elsie and Madeline are both doing fine. Including Johnny and Margie. Elsie, don't cry too much, one Johnny Ray is enough.

Joy! Joy! Are you there? Yes, and with such a pretty smile. Guess that is how come it is so bright out there. Golly, I passed up Martha Allushuk like she was not there. As a fact, she wasn't for a matter of three weeks. She took a trip to 3 and is back after

surgery and is doing fine.

Let's travel down my side of the aisle now. Hi! Eads are you still holding onto your bed? Tanna, keep her down if you can. Say, Tanna, has been discharged from the "Air Force"! Lucky her!

Gronia Toughluck seems to be doing fairly well. Just the way we like to see everybody. Gosh, I just realized some one is missing from this cubicle and she is Anna Pete, who has left us for 3, but it seems Pat Lambert has taken Anna's place. Hope you are back to 6 soon, Pat.

Lena Willis and Oxenia Carlson are my next door neighbors and one would think they weren't there at all. Hardly ever hear a peep from them. They sure are taking the cure.

Mary Ann is practically under my nose and I don't know what she does besides crocheting many beautiful doilies.

Knock, knock, open up, Junebug. I want to see what you and Martha are doing. I'll include Annie Rooney as she's just next door to these two. (Could this be Mary Ann Robinson?) All three are chipper and gay as usual.

Hilda and Edna don't do much besides reading and resting up. Mabel has been looking so much better lately. Just the way we like to see Mabe.

Rosa, Dora and Mrs. Isaacson are three I don't know much of, but all are doing fine.

This does it for this month so here is a little article:

With the coming of summer, the world around us blossoms forth with green leaves and fragrant flowers. The ward 3 girls are proud to tell you that they have two of these summer "Blossoms" right in their own ward. We hope that they will

continue to bloom, smile and brightens up our ward until they can once again find themselves in the greener pastures of their own homes.

Mary Esmailka

Miss Brittain, how can you make no work on my vacation? You can't do this to me! You Can't! Oh, what is the use, I guess she doesn't know what NO means.

Well, we're still circulating patients around and I mean CIRCULATING. If I overlook to mention some its only because I just can't keep up with everyone.

The people who had surgery this month were Oscar Johnson, Joe Devlin, Norman Selanoff, Martha Al-lashuk, Scotty Armour, Ed Gelles, Doras Tobuk, our plucky little girl, and Wilson from Anchorage who was a non TB patient. She's been transferred to the Seward General. John Nathaniel had abdominal surgery.

Norman was the lucky first who had the new Dr. Adams Combined paraffin pac and thoracoplasty. Then Joe, Doras and Scotty. From all reports they are doing marvelously well.

Martha Shaquamic and our cute little, but not so short, teenager Gertrude Anayak are next on list for surgery, but what they will have is still unknown. At least to your reporter.

Dorothy Eaton and Daisy Hayes are "card sharks" now that Rena James, who used to help Dot keep the cards warm, has been transferred to 6. Rena is extremely missed by the girls for her helpful and cheerful ways. Mary Paquette and Daisy Hayes have part time bed partners. Now don't get excited 'cause its only Jimmy the squirrel.

Mae Blatchford is forever making resolutions to stay in bed more than she's one of those lucky gals to have one hour time up.

"Bobbie" Edwards, Babs Strom, Dot, Doras, Gladys Walunga and Oleta Welch have not broken the scales although they take those "dancing pills". Neither have they danced, but give them time and they'll soon be kicking up their heels if they already have not done so.

"Miss-Matz-I-want-to-get-up, Tiny" is growing what she claims are pansies. They still look like nasturtiums to me and to everyone else.

Betty Engler's tonsils were crowding her throat so Dr. Phillips relieved her of them.

Libby Davidovics looks cuter than ever with short tresses.

Annie John and Evelyn Mullaly are in the open ward after surgeries and they look wonderful.

Mary Julation does a lot of bead work-one of those clever gals.

Marva Trainer is the envy of all nurses. She's crocheting a beautiful pansy bedspread. There's lots of work in it too, believe me.

Addie Woods is the devoted grandmother-making so many pretty little garments for her first grandchild.

Mary Shaginoff loves those special letters from her son, Paul, who is at Sitka.

Then you hear Anna Pete's odd little laugh, you can be sure that she's watching the squirrels on the roof of ward 2.

Helen Sheldon, where is that fried trout we've been looking forward to eating? What? You haven't gone fishing? Well, You have friends, haven't you?

We hear Pat McNavish is really enjoying life but following doctors orders. We miss you, Pat, especially yours truly, as the reporting came right back to me. Now Miss Brittain, will you let me have my three months vacation in peace without being called back to work? Well, thank you. Much obliged, I'm sure.

Carrie Voss

WARD IV NEWS

Well, another month, another report. So to begin this month's report, here is a little item I picked up that should be of interest to all.

"The physically handicapped can contribute to the economic and military strength of our country. Their capabilities are strong weapons in our arsenal of democracy and reliable tools in our productive economy which we must exploit fully."--Secretary of Defense, George C. Marshall.

That should be proof, beyond all doubt that you too can help in our fight for freedom.

Let see who has moved here and there. We lost Walt Welch, to Seattle, home. Joe Devlin and Ed Gelles to ward 33. Received Norman Selanoff and McKenna Wemark from 3 and in the rooms here now are former wardites, Julis Petersen, Gilbert Nicolai and Rocky and Wemark are the other two new in the rooms.

Mayor Skipper Bowen is coming along just fine, you probably have seen him out walking around. The fellow with the green suit on and green eye shade.

Also Gene K. gets out, the little fellow with the brown pants and gray jacket would be him. Those are the only two that get to go out up here. Bowen is now running the projector on movie nights.

John Johnson and Jack Snyder are the latest camera fans up here. They are getting a good bunch of pics.

Leo Kunnuk is carving little figures of Bering Sea life, between letter writing, etc.,

Ruben, Mike, just read and listen to old Pop Jim. Herman still is thinking of what to make out of that scrap of wood, and he does it too.

Paul "Full of Life" Rudolph says his life has just begun, guess his last birthday was the fortieth.

Oh, yes, forgot, we have Wilfred Zirkle up here, can't forget another one of our Fairbanks boys. He came up from 3 after a successful operation. Feels pretty good as one can see. Last night he and I moved half of the houses in Fairbanks and Nenana.

Julis Peterson had his 62nd birthday. We hope you had a very happy one, Julis, and many more.

Kal, Norman, Rudolph were all on the June list. I'm sure they are all younger. Andy and Payenna listen to Andy's records. Don't know what Ralph Woolard does. Guess just takes the cure.

Johnny Fawcett and Johnny Savetillik seem to be doing ok. Fawcett is sort of lonesome for a piano and Savetillik carves a little ivory now and then.

Joe Hanaka still watches little Herman turn out something out of practically nothing. Listens to the ball games, along with Herman, Gene K., Jackson and any other fans.

We just about forgot Art Deering. Art is out of paper, writing that is, or was, should be getting a new stock in soon.

Shanghai, Gus and Caldwell, all in the rooms seem to be fairing

Jim Dandy with the new drug. So I guess that ends this month's report.

Henry S. Kaiser, Jr.

WARD V NEWS

Well, here I am again with the ward 5 news. First of all we want to say hello to Arlene Becky Lambert. Arlene is from Anchorage. She can't talk and it is because she can't hear. When she first came in, she couldn't walk, but now she walks. She walks to the bathroom sometimes she runs back to bed. Most of us call her Becky but her real name is Arlene.

Next we have Bobby Justin. Bobby is better than he was before. He talks when he wants to. Bobby is 3 years old. Sometimes Bobby is real cute.

Gary, Hank John is next. We all call him Hank. We are not used to calling him Gary. Gary had bronchoscopy in May. Barbara Boskoffsky is next. Let me see what we'll say about Barbara. Barbara is getting along so far. I don't know what to say about her so we'll go up to Elizabeth Link. Elizabeth likes to look at funny books.

Dorothy Stump likes to play dolls and look at funny books.

Esther Hunt got a prize for being a good girl. Maybe she'll get one again if she's good.

Julia Lopez and Delores Albert. Julia plays cards all by herself. She doesn't have anyone to play with because she is in the room. Julia plays nice and quiet.

Delores has holes in her ears and she wears little gold ear rings.

I guess that's all the news for this month. I'll tell you

all about the boys next month. Good-bye. I'll see you next month.

Mary Toko

WARD VI NEWS

The big news this month is Marion Uisok and Evelyn Conley left for Hamilton and Mt. Edgecumbe, respectively. At this writing, we have had no word from Marion but "Connie" sent a humorous little card from the Practical Nurses Training School she is attending. The best of everything to you, girls.

If we had television, you would see a floor show starring that candy and cake, Evelyn Avelino from Kake. Dancing comes naturally to this slip of a girl and with a lesson or two she could be up there with the best of them.

I don't know whom Edna Harry loves best, the announcers over WVCQ or Lou Russell of KENI. Give a listen to that fascinating gentleman from the deep south over KBY', Edna, he's a dahlings, too.

Dora Johns has the cutest laugh even if she sometimes sounds like a dog when you step on its tail.

Virginia Amaktoolik is another teen-ager with an infectious laugh. Ginger loves to play snertz and you ought to see her scratch the tablecloth before she puts up a card.

Emma Bell is not too enthusiastic about movies, so it is only natural that she sees the same movie four times a week on wards 2, 3, 5 and 6. She also takes our temperatures and occasionally baby sits.

Our baby sister Sue Milligrock is the only one with all day up-time and worked on one of the ward kitchens for sometime but doesn't know why she lost her job. Didn't they appreciate your style of cremating eggs? All kidding aside, Sue is pretty agile at snertz.

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Maggie Hunt puts in a stint on ward 2. She bunks next to the old phone and really gives Ernest Tubbs, and the likes of him, a good running over. Evelyn (When her ankle is not flaring up) sees that the ward 3 girls get their dinner. She insisted she was slow at that kind of work but Miss Preevy assured her "We will teach you how to be fast". Dr. Phillips put an electric hot pad over her legs and said: "This will cook you up."

Like Mrs. Reynolds said, Mary Jean Haaf is getting prettier everyday. She loves to play with cats. Speaking of cats, Jackie scared the bugs out of me one night by landing almost on top of my face. Thinking it was Evie up to her shannanigans, I remained calm, cool and collected until I looked into her eyes. Rather than scream like a lady, this feminine Sugar Ray let go with a right upper cut. Jackie landed near Evie's bed; left her sitting up and gasping, then did a Houdini act. Mrs. Frey never did find her.

Lend an ear while we flip a disc with a few dedications to: Dr. Chao (for his informative and excellent talks on TB over KSAN. "Why Don't We Do This More Often?" Joe Cawthorne of the surgery and pneumo rooms "Delicado". Pat Brittain "Take it Easy". Mrs. Friske and Tommy "It Is No Secret". The New Drug "How Soon?" Sweets and Ink Spots "I Love You Truly". Dr. Phillips "I'd Climb the Highest Mountain" by the I. Spots. Mosquitos "Get Lost". Janitors "They're Either or Too Old." Discharge Papers "Slowpoke" To you and you and YOU!.. "Look For the Silver Lining." A big bouquet to Mrs. Mary Randolph for keeping us happy. Rena James

San Chat



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AUGUST



Esther Aveline

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SEWARD SANATORIUM

The Seward Sanatorium is operated by the Women's Division of Christian Service of the Methodist Church. Patients are hospitalized here on a contract basis. The Alaska Department of Health, the Alaska Public Service, the Veterans Administration and the U.S. Public Health Service hospitalized patients here at a standard per diem cost. The Women's Division of Christian Service makes a sizable contribution annually, but still has to bear the cost of the operation of the hospital.

DO NOT WRITE IN THESE SPACES

Doctor's Corner.....	4
Rehabilitation.....	4
Igloo Tales.....	5
Now - More Than Ever.....	7
Looks at Books.....	8
Blood Pressure.....	8
Platter Chatter.....	10
Communication.....	10
Sports.....	12
Names Carved in Stone.....	13
Ward Hops.....	14
Personalities.....	19

SAN CHAT

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SANATORIUM VISITING HOURS

Monday & Fridays - - - - - 6:00 to 7:00 PM
All other days - - - - - 3:00 to 4:00 PM

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SAN-CHAT

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DOCTOR'S CORNER

The Seward Sanatorium is again being benefited by special talent furnished by the Territorial Government. In the past month we have had a working visit from Mr. Max Williamson, Director of the Office of Vocational Rehabilitation. More detailed information about him and his work appears elsewhere in the San Chat. Mr. William Macomber, Clinical Psychologist, came with Mr. Williamson and stayed with us for almost two weeks. His contribution in our efforts to help the patients has been significant and valuable. These special services over and above the medical care furnished the patients are extremely important to the tuberculous. The time has long since passed when it is enough to treat just the medical aspects of the tuberculous patient. That we have territorial departments of health and education who appreciate the importance of these special services is gratifying. The legislatures who have made this thing possible by special appropriations are to be congratulated on their foresight and understanding. Certainly, the progress that has been made in the treatment of the tuberculous in Alaska, is a live testimony to the key individuals who have fought for these advances.

The Sanatorium and the Seward General Hospital are both grateful to Mrs. Minnie Stewart for her advice and inspiring comments. The Sanatorium was indeed pleased to be able to escort Miss Emma Burris, Secretary of the Social Welfare Division of the Women's Division of Christian Service of the Methodist Church.

In the interest of selecting patients for admission to both the Seward Sanatorium and the Mt. Edgecumbe Hospital the Medical Director attended a two day conference in Juneau in consultation with the Department of Health and the Alaska Native Service.

The Adams type of thoracoplasty that was mentioned in the last San Chat has now been performed on twelve patients. Although the time interval is still too short for any evidence of the success of the procedure the majority of the results were gratifying.

* * * * * By Dr. Francis J. Phillips

REHABILITATION AT THE SEWARD SAN

Since May when Mr. Max Williamson, Director of the Territorial Vocational Rehabilitation Office in Juneau, visited our Sanatorium, there has been much talk and discussion about Rehab. We have had little pieces of pink paper going around, strange people in and out of the wards, tests, radio talks on the subject, but besides all that, just what is Rehabilitation?

From a practical standpoint to rehabilitate means to assist the physically handicapped to establish themselves to the maximum of their ability. As we know, many patients now being treated for Tuberculosis cannot return to their former occupations. They must seek employment in fields which requires limited physical activity. It is the purpose of the Office of Vocational Rehabilitation to help these discharged people establish themselves in their new role. This, we hope, may be done by retraining for occupations of a more limited activity or by job guidance.

First, before any steps can be taken toward job guidance, there must be a willingness and a desire on the part of the patient to think in terms of rehabilitating himself.

(Rehabilitation continued)

In accordance with Mr. Williamson's suggestion there will be an over-all testing program to determine each patient's ability, aptitudes and occupational interests.

Many Alaskan communities will be studied in regard to job possibilities for the handicapped.

The retraining and job guidance program for the discharged tuberculosis patients will be coordinated and directed to meet the needs of the individual and his community.

Start thinking now of what you would like to do, what employment you can secure, when the time comes for your discharge from the Seward Sanatorium. - By Miss Grace Ushler

IGLOO TALES

Two Cousins

by

Edward L. Keithahn

Ke-ak-e-yak lived in a village on the coast. He made his living by catching seal and oogrook and big black whales. Ma-le-yat-o-wit lived in another village about a day's journey inland, among the caribou herds. These two young men were first cousins and very close friends. In fact there was a strong feeling of friendship between all people of these two villages. No doubt at one time these people had belonged to the same tribe since their language, customs, dress and tools were exactly the same. Only their spears were different and these but slightly.

Maleyatowit of the hinterland was the son of a chief. Moreover, he was the best hunter in his village. Whenever he killed a caribou he would take the hide for himself and then cut the meat into pieces and give it to the people. Poor women always came to his igloo with sealskin bags for meat and Maleyatowit saw that they were given plenty. Everybody praised him.

Keakeyak was also a great hunter. He gave the poor people of his village much meat, too. But the sealskins and oogrook oil he saved. Then when the winter snows came Keakeyak would load his sled with pokes of oil and bundles of seal and oogrook skins and drive across the tundra to his cousin's village. There he would trade for caribou skins, all spotted, which he would trade to people in his own village. Then Maleyatowit would trade the oil and skins to his townsmen who had no other means of getting these necessities from the coast. And so through this trade the two cousins became quite prosperous and looked upon as the coming chief men of their respective villages.

Keakeyak was a married man but his cousin was still single. One day the latter's parents who were now quite old, came to him and said, "Maleyatowit, we are old and have not long to live. It is our wish that you take a wife that we may see your children before we die." Now Maleyatowit wished to please his parents above all things so he decided to choose a wife. First he went to his cache and took from it many spotted caribou skins. Then he called all the unmarried women to his igloo. Giving each of them a caribou-skin he said, "Each woman make for herself a parka. I will marry the one whose needle makes no sound."

Every one of the women was anxious to become the bride of the rich and popular trader; therefore each one sewed with her greatest



LIBRARY AT BOOKS

This book corner will be a regular feature of our San Chat. Each edition will publish a book review written by Dorothy Eaton. In connection with her study of creative writing, Mrs. Eaton will read and review one of the Paul Ivanoff Library Books. After reading Dorothy's summary and ideas in the San Chat, if you think you would enjoy the book, you may ask for it when the library cart comes to your bedside.

The first book selected for review is:

OOGARUK the Aleut
by
Mariette Shaw Pilgrim

Only the year before, a great white bear, such as they had heard about in legends of the far Northland, was carried south, as their ancestors had been, on an ice floe. The beast took refuge on the Island, for many days raising havoc on the small area. No man or beast dared go near it and constantly there was fear that the animal would invade the village. Several hunters tried unsuccessfully to trap and destroy the enemy, but not until Oogaruk sharpened his spear and hunted the animal down had it fallen a victim to any of the attacks. This deed was acclaimed as the greatest in the history of the village.

The next menace that faced this heretofore undiscovered Aleutian Island was not disposed of as easily. The natives had never seen white men before - but had heard stories and rumors from roving hunters and know they were to be feared more than the great white bear.

Boris Vielekof, a commander of the Russian American Fur Co., succeeded, by using the utmost diplomacy, to win the friendship and trust of the Natives. However, one unfavorable incident led to another and once again Oogaruk emerges as the hero.

Combining these fictitious characters, the chief ones being Oogaruk, Vielekof, and Pipaluk, with events based on historical facts, makes Oogaruk the Aleut, a most fascinating story written by M.S. Shaw.

BLOOD PRESSURE AND REST IN PULMONARY TUBERCULOSIS

By Dr. Wm. F. Fidler, Med. Supt. Mich. State San.

In recent years, it has become possible to pass long plastic tubes through the veins of the human beings into the heart and large arteries leading to the lungs. This has been done in hundreds of cases, and blood pressure in the lung has been measured. It has been found that the average blood pressure is not sufficient to carry a normal supply of blood to the upper portions of the lungs in the upright position (sitting up.) This lack of adequate flow in the upper portion of the lung produces four principal effects:

1. The amount of oxygen remaining in the air in this area is

(Blood pressure continued)

higher than in other parts of the lung because the blood is not present to absorb oxygen. Tubercle bacilli thrive on oxygen.

2. Normally a fluid is formed in the body tissues called lymph fluid. This fluid picks up germs and particles and carries them to the nearest lymph node where they are filtered out so that they do not spread as readily to other parts of the body. Where there is insufficient blood flow, no lymph is formed, and the upper portions of the lungs do not have this means of protection.

3. In the bronchial tubes secretions and mucous are normally formed and flush out germs and particles from the bronchial tubes so that they may be coughed up. Where there is insufficient blood flow, mucous is not formed, and the upper portions of the lungs do not have this protection.

4. Certain blood cells and other substances in the blood which normally fight infections do not reach the upper parts of the lungs in sufficient quantity.

It is of great interest to see how these effects are related to tuberculosis of the lungs. It has long been known that tuberculosis affects primarily the upper halves of the lungs, and this theory seems to explain why this should be so, since these parts of the lung have so little protection. This does not apply just to the upper lobes of the lung, but also to the portions of the lower lobes which extend up quite high in back of the chest. It has also been the right lung more frequently than the left, and this can be explained by the same theory, since the artery going to the right lung is much longer than that going to the left lung, and the pressure is, accordingly, somewhat less in the right lung than in the left.

In testing this theory it is well to ask: "Are there any people with very high pressures in the arteries to the lungs, and also are there people with very low pressures?" There is a heart condition ('mitral stenosis) in which the blood pressure to the lungs becomes very resistant to tuberculosis. Also, there is another rare heart condition (pulmonic stenosis) in which the blood pressure to the lungs is very low. We find that 80% of persons with this heart condition develop tuberculosis of the lungs.

This condition of very poor circulation of blood to upper portions of the lungs can be corrected by lying flat in bed, so that the heart can pump up to the very top of the lungs. This is one of the reasons why bed rest helps to heal tuberculosis in these regions. Adequate blood flow to the upper portions of the lungs is very important when drugs are used for the treatment of tuberculosis, because the only means of carrying the drugs to the diseased area is by the blood stream.

The patient sitting up in bed the greater part of the day is in the worst position, and the one lying flat in bed is in the best position to heal tuberculosis. It must be emphasized that the patient's position in bed, rather than his presence in bed, is the important factor in bed rest in the treatment of pulmonary TB.

- The Lamp Post via The X-Ray and Oregon Pulse

* * * * *

They were about to put the finishing touches on the new Greene County Memorial Hospital in Xenia, Ohio, with its magnificent maternity wing, when a cat walked in, gave birth to four kittens, and was duly registered as the institution's first patient - Mr. Aly Catt - Collier's

PLATTER CHATTER

by

Barbara Strom

In order to have a hit song nowadays it seems one has only to mine one from the past; or perhaps borrow one from another country. A glance at the Hit Parade confirms these trends.

"Ries of Fire" is a stepped up version of an old tango "El Cielo." "Walking By Edy Dick" is another old song in a new wrapping, and of course "Lover" has been a standard for years. "Belicardo" and "Auf Wiedersehen Sweetheart" are foreign imports.

No. 1 on the Western Hit Parade is a thing called "The Wild Side of Life" (Hank Thompson) which sounds very much like another thing called "Thinking Tonight of My Blue Eyes."

Other old favorites on new recordings: "Should I?" (Four Aces), "Maybe" (P. Cole - E. Fisher), "Someday" (Tony Martin), "Goody Goody" (Bell Sisters), "Street of Dreams" (Sarah Vaughn)

Incidentally, even if Sarah-Vaughn is not one of your favorites, you may like this number. She sings it almost straight, with very few of the weird voice-twisting sounds that are the Vaughn trade-mark.

One really new song that sounds good is the Eddie Fisher recording of "Wish You Were Here", title song from a Broadway musical. Another with promise is "Luna Rosa", Tony Martin's version of an Italian tune. And last but not least - there is Johnny Ray's latest "A Sinner Am I".

CHRISTMAS CARDS

Order your cards now before we have another shipping tie-up. Samples on display and some for immediate delivery. Box Assortments, Humorous Cards, Religious, Christmas Books for Kiddies, Name imprinted cards including the Beautiful Vogue Line, Christmas Ribbon, Wrapping paper, Beautiful Decorated Stationery for those Christmas gifts. Also, Everyday Greeting Cards. Orders being taken now.

See Art Deering, Ward 4

* * * * *

One word reminding you this is your paper and any suggestions and contributions, original or copied, are welcome. A "Thank You" to you ward reporters and writers for your wonderful cooperation.

rj

DEPARTMENT OF JUSTICE
Office of
UNITED STATES MARSHAL
Third Division, - District of Alaska

Seward, Alaska.
Feb. 23rd., 1949.

TO: Patients and Personnel
Seward Sanitorium,
Seward, Alaska.

Dear Ladies and Gentlemen:

(Continued on next page)

(Letter continued)

You are advised that it has been called to the attention of the undersigned on several occasions that Punch Boards, bearing prizes thereon, have been circulated in and upon the premises of the SEWARD SANITORIUM, and that chances thereon have been sold.

Therefore, for the information of all concerned, I wish to quote to you Title 65--13--15. Dealing or conducting gambling game. That each and every person who shall deal, play, or carry on, open or cause to be opened, or who shall conduct, either as owner, proprietor or employee, whether for hire or not, any game of Faro, monte, roulette, rouge-et-noir, lansquenet, rondo, vingt-un, twenty-one, raffling, poker, draw poker, brag, bluff, draw, croos, or any banking or other game played with cards, dice, or any other device, whether the same shall be played for money, checks, credit, or any other representative of value, shall be guilty of a misdemeanor, and upon conviction thereof shall be punished by a fine of not more than five hundred dollars, and shall be imprisoned in the county jail until such fine and costs are paid: Provided, That such person so convicted shall be imprisoned one day for every two dollars of such fine and costs: And provided further, That such imprisonment shall not exceed one year."

Therefore, in the light of the foregoing law, you are advised that the practice of displaying Punch Boards, bearing prizes thereon, and selling chances thereon is strictly contrary to the foregoing law.

It is therefore suggested that the practice of circulating Punch Boards, bearing prizes thereon, and the selling of chances thereon be forthwith discontinued.

Trusting that the foregoing suggestion will meet with your approval and hoping to receive the kind cooperation of each and everyone of you in this matter, I remain,

Respectfully,
/s/ Irwin L. Metcalf,
Deputy U. S. Marshal
Seward, Alaska

You grow up the day you have your first real laugh - at yourself.
- Ethel Barrymore

You cannot prevent the birds of sorrow from flying over your head -
but you can prevent them from building nests in your hair.
Chinese Proverb

A hen is only an egg's way of making another egg. - Samuel Butler

The whole structure of our social life depends upon the realization that we are neighbors, and that we must be interested in the welfare of others. - Franklin D. Roosevelt

Here are four of your favorite songs (especially of physicians)

1. LIVER? STAY 'WAY FROM MY DOOR.
2. YES SIR, ASTHMA BABY
3. YOU TAKE THE THYROID AND I'LL TAKE THE LOW ROID
4. ON A BIFOCAL BUILT FOR TWO

Sports

BY Joe Oncha

BASEBALL

In the United States, baseball has always been our number one sport. It has created more arguments, caused more fist fights and many friendships have been broken because of this great sport.

My baseball story for the month is about a little rookie pitcher in the American League whose name is Bobby Shantz, who is 5' 6 1/4" and weighs in the neighborhood of 139 pounds. Little Bobby who pitches for the Philadelphia Athletics is currently the leading winning pitcher in both the American and the National Leagues with a record of 19 wins and 3 losses. Bobby is also a very exceptional player for a pitcher as he has won many of his own games this year with timely hitting and good fielding. For a lightweight in a sport where the majority of the players are 6' 1" or better and weigh in the neighborhood of 185 pounds or more Bobby is being referred to as the Little Giant Killer because of his size. Furthermore, Bobby's record is very remarkable when you consider that he has completed practically every game he started. If injuries, sore arm, bad ankles and other illnesses familiar to baseball players can be stayed off for the rest of the season, Bobby may be the first Philadelphia Athletics pitcher in over 20 years to win a total of 30 games or more in one season. The writer predicts the "Rookie of the Year" award for little Bobby if he continues with his winning ways.

BOXING

Rocky Marciano will be our boxing subject for the month, and there are thousands of fans who are saying that before the year is out Rocky Marciano will be the heavyweight champion of the world. On Monday, July 28, 1952, Rocky Marciano blasted Harry Matthews into slumber land with a knockout in the second round of a scheduled 10 round fight at the Yankee Stadium before a howling mob of 25,000 fight fans. Although Harry Matthews was given the first round on points because of his superb boxing in the first two and a half minutes of round one, nevertheless, in the last 30 seconds of round one, Rocky Marciano with a combination left and right punch hurt Matthews and contributed to his early second round defeat. Arrangements are now being made to sign Jersey Joe Walcott and Rocky Marciano for a world's championship bout for September to be staged at either New York, Boston, Chicago or Philadelphia.



Names Carved in Stone

RAMAZZINI

Germs were not known in the seventeenth century and that is why search for the real cause of disease was so fruitless. Yet some keen observations were made that led to a better understanding of why disease strikes some persons and not others.

Ramazzini (1633-1714), an Italian doctor, was one of those who opened up a new field of medicine. He noticed that persons engaged in certain trades or occupations suffered from ailments other persons did not have. It was a time when the primitive life of agriculture was becoming more and more industrial. There were no huge factories but many small work shops, tanneries, mills and smithies. In these places of manufacture and trade were likely to be poisonous dyes and fumes, or fabrics and metals that seemed to injure some part of the body. Ramazzini saw the connection between cause and effect. He took the trouble to compile a list of what he called trade diseases. He described their causes and the remedies he had found helpful.

Ramazzini could not, of course, know how complex and huge industry was destined to become. Yet his work marked the beginning of industrial hygiene which is concerned today with the protection of workers against the dangers of their trades. Industrial hygiene is almost wholly preventive medicine. It concerns itself with the protection of workers against lead poisoning, arsenic poisoning, silicosis, and numerous other diseases arising out of industry. Industrial hygiene goes a step further and now aims to make all work safe, even in jobs where there is no specific trade hazard. It pays attention to cleanliness, lighting, ventilation; it spreads health information and guards against the spread of contagious disease. It is even common practice today to make chest X-ray surveys of all employees to track down that enemy of workers in any occupation - tuberculosis.

* - NTA Reporter

* * * *

WHY DOCTORS GO NUTS

Doctor: Does food make the pain worse?

Patient: Not when I eat.

Doctor: I mean, is the pain more or less after eating?

Patient: No.

Doctor: (patiently) Where is the pain?

Patient: Here - it hurts only when I press.

Doctor: (Not so patiently) Well, why do you press?

Patient: (Aggrieved) I don't.

* * * *

I am not afraid of tomorrow, for I have known yesterday and loved today.

--William Allen White

WARD 1 NEWS

Hello, everyone! Here we are again with the news of ward 1.

First of all, I am going to start out the news with the patients who have been discharged.

Our ward postmaster and utility man William Johnson (well known as Colonel) was honorably discharged. Colonel Johnson went home to his business at Dillingham, Alaska. He has an ice cream store and also has a partnership in the Dillingham General Store. He will go to the Pioneer Home at Sitka and the warm climate.

Richard "Ricky" Gillian also has been discharged. Ricky went home to his folks at Sitka. He was the announcer for KSAN here at the San. He was also working as the maintenance man in our ward. I am not going to describe all of his activities because I do not have enough paper to write them all on.

Toby Kazingnak also has been discharged. We don't know where he went but we heard he was at Nome in the hospital and was discharged from there too. We all wish you lots of luck, wherever you go.

Our friend Jerry Briscoe has been transferred to ward 3 for surgery. We heard he is doing fine over there. Keep it up, Jerry, we are all glad to see you get well.

John Topkek has been promoted to ward postmaster. Edgar Monignok also has been promoted to utility delivery job. Congratulations, boys!

Little Harold Ptarmigan (kid of ward 1) was taking pictures with his pop-up camera, and now he is joining the "Airforce". He is also taking the "miracle pills" but he didn't dance around yet, and, he is making too much noise.

Henry Kanayoruk and John Fish

look lonesome for their roommate Toby. I think they miss him lots, but Johnny is the luckiest patient in ward one. He always gets visitors almost every day. Especially when the A.F. of L. Union Sailors were on strike, he and Gus Erickson get lots of visitors. I wish I was long-shoreman, I would get visitors everyday.

Our merry-go-round patients are Sylvester Sevoolak and Edgar Monignok. Sylvester moved out to the open ward from a private room and now is rooming with Harold Ptarmigan. Edgar moved out to the perch and is with Eddie Roehl and John Topkok.

One of the popular men in our ward is John Hodgson (Whitey), the sport writer for the San Chat, is keeping track of world sports with his helpers.

Joe Oneha (Handsome) is his secretary now. Well, Whitey, we are enjoying your interesting articles so keep on catching up the latest news.

Another big wheel is Henry Duncan, the ex-bush pilot, who wrote an article about "Flying Gets Tougher Farther North" in the San Chat. Henry is still in the "Airforce" and has added something for his figure. He wears a moustache. I don't know whats going on in our ward, I think they are growing them for masks.

My roommate, Walter Farrow, joined the "Airforce" and has also started on Strep and PAS.

Chris Mellovich also takes miracle pills but we still didn't see him dancing around yet.

We must goodbye to our 4 to 12

Ward 1 news(continued)

Donald Jackson, who is interested in fishing. He went to Seward but his luck wasn't burning over there and he came back to Seward and went on to Ketchikan. He is going to fish over there until school begins and then will leave for Stateside and College.

We wish you lots of luck and hope you graduate and come back to Alaska.

Mrs. Katherine Smith went to ward 4 but she comes in the evenings and passes medications. We miss you a lot in our ward and hope you will like it over there.

We had a visitor the other day. Pfc. Fred Bowen was here from the Airforce. Fred was an orderly of our ward when he was a civilian. He was on his leave and attended the big 4th of July celebrations held in Seward.

We wish to congratulate Miss Stuart who was promoted to Director of Nurses. We also received a farewell card from our former Director of Nurses Mrs. E. Reynolds. We wish to express our appreciation for the good job she did here.

Popular patient who gets mail and requests almost seven times a week is Tuck Esenituck, but, we still don't know "You know who".

Well, that's the way ward 1 news looks from here, until next time.

By Dan Tatoowi

WARD 11 NEWS

Hiya Everyone! Here we are again with the ward two news. First we want to say goodbye and good luck to Mary Dimples Esmailka who left for ward 6. Next we have Martha H. Caroline Miller and Theckla Eads. Don't know what Caroline and Martha are doing, but I do know Eads is crocheting a pair of gloves. Then here is Margie Smith and Johnee Warnke, Both are doing fine and are

crocheting. Across from them are Pat Lambert and Gronia Toughluck. Gronia is crocheting too, I guess, Seems like everyone has the "bug" crocheting bug, that is, but Pat is busy writing letters. In the next cubicle we find Lena Willis and Oxzenia Carlson. Oxzenia is doing school work three times a week. Bona helps her sometimes.

Opposite Lena and Oxzenia are Elsie Johnson and Charles. Besides I think Elsie crochets too. Elsie is singing "Moanin' the Blues". Seems like Grace Lucier and Alice Ashenfelt have the crochet bugs too and also Mary Ann Hicklin who is across from them.

Hi Junebug and Martha! What cooks? Believe it or not Junebug is taking the cure these days. Martha is busy making little booties besides singing "Blue Moon" to Mary Ann Robinson who is in the next cubicle. Annie doesn't do anything but read.

Mugs Paul, my roommate, hasn't been doing anything lately but read. As for yours truly, I'm busy doing nothing period. We are down to the rooms so we just couldn't pass Ruth Blossom Heckman and Julie Moreno. Blossom is the gal who sings "Beautiful Brown Eyes" in her sleep. Julie wasn't feeling so good for awhile but shes quite finenow. Across the way we find Hilda W. and Eddie Taylor, both girls are taking the cure like good girls should.

We mustn't forget Mabel Nuipak, Dora Cleaveland and Rosa Mitchell who are also taking the cure. Taffy is doing school work three times a week. Her roommate Alice Shoemaker is still writing those special letters.

Inez Kapelle's is knitting a sweater for her son. Cute one too. Across the hall from her is Mrs.

(Ward 2 news continued)

Jessie Isaacson who takes the cure all thotime period.

Before we close the ward two news we want to say hello to our new patients Julia Beans and Olga Sheppard. Both girls hail from Mountain Village. Here's wishing you girls a speedy recovery. Hope you enjoy reading the news.

By Sara Dunn

WARD THREE NEWS

Hi Everyone! First of all I'd like to say that all those who have had surgery for the month of July are all doing nicely. They include Joy Wemark, Tanna Christianson, Ed Gelles, Jerry Brisco, Johnny Johnson and Herman Joseph. Annie John is getting on well also, after her back surgery. Oscar Johnson had a birthday the other day and of course all the sweet tooths enjoyed his delicious cake. (Lucky! Ed.)

Now to see what the ward girls are up to on a Friday evening. Wow! Looks like a photographer's studio with all these things rigged up in Babs and Marys' corner. Couple of cheerful gals, better known as "George" and "So-Kee-Lili". "George" is shooting Mary and vice versa.

These two dreamers Doris and "Sugar Dumpsy" Anayak are looking so well these days. Must be the dancing pills. Doris gets up once a day, walking. "Sugar Dumpsy" is recuperating nicely from her surgery.

Next door to them are Evelyn and Martha, who are just taking life real easy like.

Across are Mary Shaginoff and little Annie Rooney. When they're not crocheting, they're usually reading or listening to the radio. Annie does such pretty work on her cross stitch samplers.

Across from Lib and me are Adeline, Marva and the goldfishes,

Tilly and Rudy. In spite of the cloudy water they are as lively as ever. The fishes, that is. The young grandmother (Adeline) is crocheting a white tablecloth and Marva just finished a very beautiful pansy designed bedspread. Better watch it, kid, or we'll run off with it. It's so pretty I wish everyone could see it.

Libby is catching up on her correspondence. She has a pretty sweet potato plant that's beginning to climb. One of these mornings I'll probably wake up with it around my neck, it's growing so fast.

Helen and Bobby Ann are in the midst of house-cleaning. Half of the time Helen is being electrician and tinkers with a broken down record player. I tried to be helpful but only ended up getting the shock of my life by touching a wire. Let me out of here!!

Carrie and Tiny are just plain resting. That is, when Carrie isn't battling the red spiders.

Porch girls are Joy, Mae, Mary Ann and Dorothy. The squirrel that visits everyday keeps them laughing. He's the cutest little entertainer. Practically knows his way in when the windows and doors are closed.

Well, I guess that's all for this month. By Betty Engler

WARD FOUR NEWS

Here it is time to type up August's scandal sheet, and summer half gone. Guess it's time for this "Cheerful Cherub". "To give my very best to life, should be my greatest aim. It helps me too, for when I do, Life gives me back the same." R. McCann.

Ward 4 has had quite a few

(Ward 4 News continued)

moves, old faces going, and new ones to view. We give a good hearty welcome to Mr. Albert Betty Armour, who came up to four from Ward 1, via three. Also the Avocado man, Mr. Nathaniel (John), who came via the same route, and in 3 lost his appendix.

Rocky Selanoff came back same route, as did Joe Devlin, he made a round trip to three, and back. All these surgery patient's are doing fine. Looking better every day.

We lost John C. Johnson, "Jackson" and Herman "Beaver" Joseph. They are reported to be coming very well.

Our regular Charge RN, Miss Edna LeDuc is on a 6-weeks vacation, we have heard. While her vacationing is going on, we have Mrs. Smith filling the Charge RN's position.

Caldwell listened very intently to the Conventions from Chicago, as did Gus, Wemark, myself, at times, and a few of the other boys. Probably Paul R. Rudoph, that is, if he wasn't working on the project, which seems to be secret, maybe he's working on project, Flying Saucers and Einstines (I believe that's Einstein? Ed.) theory of those, anyway we hear or see him doing some thing???

Zirkel and Bowen are top men, time up and get around quite a bit. Bowen has the green suit, his favorite, along with the others as a change. His photo work and show nite keeps him pretty busy. He is doing well at both! And he is also thinking about going back to the "Little Grass Shack in Seldovia Bay!!"

Buck and Jack Snyder also have time up and both do drawings, etc., Nice work!

Mournful Stickwan is still playing the blues, while his cell mate Payenna reads and occupies himself

in various ways.

Woolard looks like he'll be getting a new set of choppers, has been down to see the tooth man lately.

Johnny Savetilick and Kal are doing a little handicraft to pass the time, Norman and Lee discuss women and music and painting, three things they have always loved, but never really understood. Give 'em time! And more time! (An authority in our midst? Ed.)

Johnny Fawcett is the boy who savvys music, still is itching for a piano!

Mike Frank and Ruben are doing OK, don't seem to be doing much. Guess Pop Jim isn't letting loose with too many ole day's tales of Alaska.

Gene Killig Watt is listening to the ball games and has his fingers crossed for the White Sox.

Marco is doing Ok with the new deal of stamp selling, etc., the recording mess that involved.

Art looks like he is ready for Christmas, you ain't seeing or hearing things, Art HAS already gotten in a supply of those things.

Well, I guess that winds up the news from 4, the boys are all restless because of the good sunny days, even Joe Hanaka, who I just about forgot. Also Shanghai, who is still coming along, little slow but sure.

So goodbye, good day and good luck. By Henry S. Kaiser, Jr.

WARD FIVE NEWS

Well, here I am again with the ward 5 news. This time I am going to give you the boys' side.

(Ward 5 news continued)

We haven't any new patients and nobody went home. The boys all seem to be pretty good. They have been making Indianhead gear for themselves.

We all saw the horse a man from town brought him out. I had a ride on him and I was a little scared. Our nurse Mrs. Green is in the hospital and we all miss her. Hope she comes back soon.

The boys are all proud of the new bedside tables they got. They are trying to be better housekeepers. This is a poor month for news. No surgery, no birthdays, so this is all for now.

WARD SIX NEWS

Once upon a time we had a mop-song-broom-and-dance man named Evan. Never a dull moment when this little bundle of smiles was around. Evan claimed he never had a dose of medicine nor was he sick in 35 years! His advice to the under weight is a quart of beer before each meal. What do you think, Dr. Chao and Dr. Phillips?

We are forever grateful to the good-looking young man who delivered our new dressers because every time Evelyn "Peanuts" Avelino is getting the best of us we can quote him and holler "Ba ck in your drawer, Peanuts"!

Mrs. Mary Randolph, RN, talked for a year to get these dressers. They not only give our ward a homey touch but leave a little more space in our closets in the shower and rest rooms.

Lazy, crazy, (but not hazy) Daisy Hayes reluctantly left ward 3 for this last step for home. You porch hens over there had better be good to Jimmy the Squirrel.

Another addition to our happy family is Mary "Dimples" Esmailka from 2. Someone down yonder beckons to her. He'll keep, Dimples.

IF YOU WERE HERE you would see:
Cute Dora Johns struggling over the

pop corn and muttering "I suppose I'll get in the news."

Susie Milligrock popping the corn Mrs. Randolph brought. It was good, Sus.

Edna Harry sporting a cute pair of green shoes from that handsome someone in 1. Incidentally, she now thinks KPOD's Lin Hilburn is tops. Give me Vern Stevenson anyday.

Virginia Anarktoolik and Peanuts sleeping through the earthquake. Not surprised.

Our new janitor Bill Crookes. He remarked he would make a good housewife. Uh, uh, Daisy, hands off!

The darling love birds and cocker spaniel Mrs. Ethel Short brought out for us to see. Mrs. Short gives so generously of her time to teach Bible lessons to our teen-agers Virginia, Dora, and Mary Jean, Mondays and to Emma Bell and John Topkok on Saturday.

Patsy "Jack-of-all-trades" Brittain walking to ward 3 in record time. We timed her, didn't we, Emma?

Mary Jean Haaf pinning the tail on the donkey. Strange looking donkey.....

Mrs. Margaret Kirschner, RN, winding thread on the bobbin by hand before sewing things for her surgery room. Mrs. Kirschner is an authority on cats and mice. For instance: It's a funny thing but did you know a cat will not eat the tail of a mouse? Why? Because..... (Can you guess this one)

Emma Bell pounding on the piano with one finger and complaining it won't make music! Emma got three ear rings from, OK, I won't tell if you will remember me the next time we have cake. (You blackmailer, you.)

A fair young lady cramming half of an orange into her mouth.

Jackie in Mary Jean's top drawer grabbing for left over meat.

Peanuts gettin those daily

letters from Ouch! quit pinching me!
Maggie Hunt dropping tray and all
by bumping into one of the posts.

Everyone, except Daisy and
Bimbles, preparing for the daily
walk.

Us enjoying Mrs. Clarkson's
kustty hotcakes.

Our theme song "Walking My Baby
Back Home". The only song Johnny
Ray can sing.

Toodle-doo from snooperdoo...
P.S. A cat will not eat the tail of
a mouse because it uses it for a
tooth pick. - R. James

UNDER THE SPOTLIGHT

We are happy to introduce in the
Ward 1 spotlight this month a good
looking youngster by the name of
Harold Pitarigan (no relation to the
bird family) who is 15 years of age,
a resident of Anuik, Alaska which
is a little fishing village with a
population of only 150 people and
situated on the Yukon. Harold was
admitted to the San on April 9th of
this year and has already been ad-
opted as a grandson by grandpa Abe
Hunter who furnishes him with
candies and chewing gum weekly. At
home Harold lives with his Uncle
and two cousins as his parents pass-
ed away when he was in his infancy.
Harold attended the ANS school in
Anuik with 90 other children, and
was in the third grade. Harold is
really making rapid strides towards
recovery if his physical build is
any indication of a cure for TB.
Maybe its the diet that's doing
wonders for the boy. By Anonymous.

In the Ward 2 spotlight this
month I'd like to interview Sara L.
Dunn. Sara hails from Fairbanks.
She's been here since June 30, 1951.
Her hobbies are reading pocket books
and collecting movie pictures. Dis-
likes are oyster stew, tomatoes and
a few other things.

Sara stands five feet one and
one half inches tall, her weight is
124. She has black hair and brown
eyes. Her ambition, as you all can

guess is to get well and go home
to her family. By Margaret Paul

Hello to everyone. My little
sketch here is to be all about
Mrs. Martha Shaquanie.

I believe most of you know Mrs.
Shaquanie. She was in ward 2 be-
fore she joined us here in ward 3.
She's a very friendly person. One
can't help but meet and like her.

Martha was transferred here
February 21, 1952 from the Juneau
Government Hospital for surgery
and she's had her thoracoplasty
and is doing just wonderful. She's
patiently waiting for that OT
time.

Her birth place is Ketchikan
but she spent her childhood in
Hydaburg. She is a graduate of
S.J.S. High School in Sitka and
Asheville Teacher's College,
Asheville, North Carolina.

Martha taught the 5th and 6th
grades for 9 years altogether. 7
years for ANS and 2 years for the
Territory at Kake and Klawock.

At the present time her husband
Aubrey and two children, Karen
age 11 and Byron 13, are making
Kake their home.

(Gasp!) You mean all this and
no gray hairs? (Just kidding)
She likes best of all teaching
little children and being with her
family. Her biggest dislike is
being ill in any manner, even a
tiny headache. Ouch!

Wow! think I'll at least get B
for this, Martha?

Keep smiling, Martha, you'll
get that OT time yet.

By Mary Julaton

For special attention on ward
4 this month we have a young man
from Chenega, Alaska - Mr. Norman
J. Selanoff. Norman entered the
San December 27, 1950. He is a
pleasant young fellow, 21 years
old, 5 foot 5, weights 130 pounds
and his birthday is June 7th. And
ladies! this young man is single
too!

Norman has the distinction of

(Spotlight continued)

Norman is the first patient at Seward Hospital to have the new "Adam's operation" which is a combination of the paraffin procedure and the mesoplasty. He seems to be getting along favorably too.

Norman's main hobby seems to be model boat building. He has under construction at present a beautiful 36-inch model Chris Craft and is it going to be a beauty! He also likes reading good books and all current magazines. He is also on the ball when it comes to letter writing and doing duty on those San Requests and if that doesn't bring results he can pick a mean tune on the guitar. His dislikes are few but do include liver and stew.

I got real personal and asked him what he thought of "Leap Year" and if he had received any proposals. He's apparently in the same boat as "Yours Truly". No proposals! Girls! Girls! This is leap year! Don't let that late spring we had hold you back all year!

Good luck, Norman, and keep smiling. We still have five months to hope in.

Norman is doing a good job of taking "the cure" so he should be well soon, which is his earnest wish. Best of luck, Norm. By Art C. Deering

We have chosen little Arlene Lambert from 5. Becky, as she is better known to all, comes from Metlakatla.

She has dark hair, and brown eyes. Stands 38 1/2 inches, weighs 28 pounds and will be 6 years old September 10th.

Becky has just been recently admitted. Seems to be a happy child along with the others. Comes out of 5 when there's a chance of doing so. By Mary Esmailka

Our victim for 6 this month is Maggie Hunt who hails from Hamilton, Alaska. Maggie has brown hair and brown eyes, tips the scales at 99 pounds, stands 5 feet. Was born November 24, 1924, so that makes her exactly 27 years of age.

Has three children. It seems that the girls outnumber the boys in her family.

It seems Maggie likes to do everything but prefers sewing and cooking. She likes to go for walks very much. (Out on a lonely road, Mag?)

Her main wish is to go home soon, one of these days. Should I say cloudy or sunny days. Wishes to depart on a sunny day so guess she'll just have to wish for a day like that. Don't worry, Mag, you'll be leaving us soon. You'll be a lost or an outcast of the San and we hope for good.

By Mary Esmailka.

BIRTHDAYS

August

- 2 Alice Ashenfelter
- 3 Jack Snyder
- 7 Dan Tatoowi
- 8 Ralph Woolard
- 10 Mary Ann Robinson
- 13 Gertrude Anayak
- 13 Valentine Morrison
- 14 Gabriel Moses
- 15 Dora Johns
- 15 Madeline Charles
- 17 Esther Hunt
- 21 Toby Kazingnuq
- 23 Joseph Devlin
- 28 Martha Allashuk

September

- 1 Evelyn Mullaly
- 2 Martha Shaquanie
- 2 Mary Toko
- 4 Evelyn Avelino
- 6 Mary Esmailka
- 7 Chris Milovich
- 7 Alfred Stephan
- 10 Arlene Lambert
- 12 Betty Engler
- 16 Barbara Strom
- 18 Mary Julaton
- 18 Elena Willis
- 19 Albert Armour
- 26 Herman Joseph

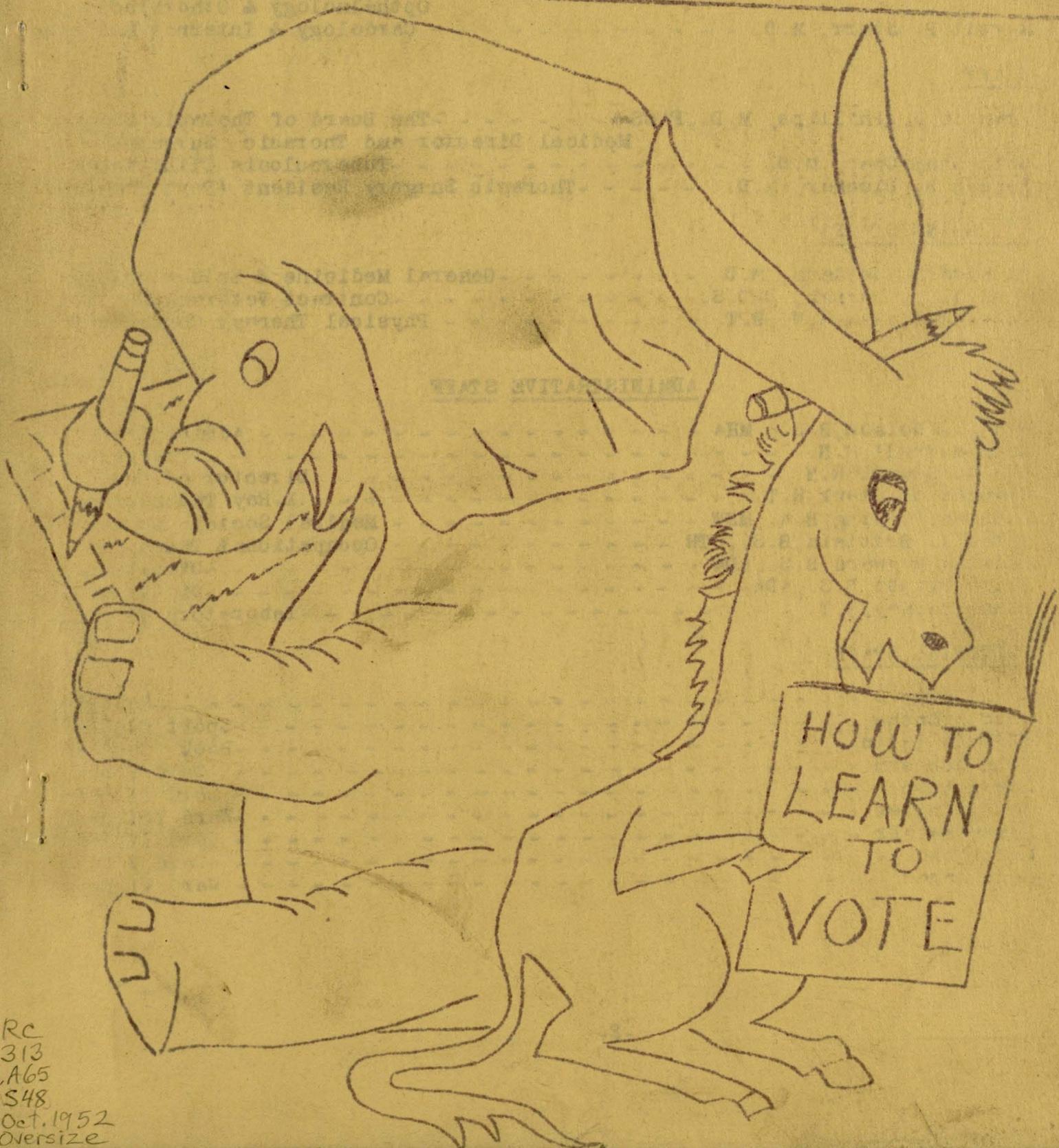
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SAN CHAT

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 Rena James - - - - - Ward VI News

The Seward Sanatorium is operated by the Women's Division of Christian Service of the Methodist Church. Patients are hospitalized here on a contract basis. The Alaska Department of Health, the Alaska Native Service, the Veterans Administration and the U.S. Public Health Service hospitalize patients here at a standard per diem cost. The Women's Division of Christian Service makes a sizable contribution annually in helping to bear the cost of the operation of the hospital.

IN THIS ISSUE ARE THE FOLLOWING ARTICLES

THE DOCTOR'S CORNER - - - - -	4
NAMES CARVED IN STONE-ERLICH & PASTEUR - -	5
TUBERCULOSIS CONTROL IN ALASKA- - - - -	7
REHABILITATION OF THE TUBERCULOUS - - - - -	8
IGLOO TALES - - - - -	9
EARS THAT HEAR- - - - -	10
SPORTS- - - - -	12
LOOKS AT BOOKS- - - - -	13
NEWS FROM THE WARDS - - - - -	14

SAN-CHAT

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VISITING HOURS

MONDAY & FRIDAYS - - - - - 6:00 to 7:00 PM
All other days - - - - - 3:00 to 4:00 PM

CHAPLAINS

CHARLES M. MALLIN, B.D. Official Hospital Chaplain appointed by the
Women's Division of Christian Service

L. Russell Clepp, Episcopal)
K. E. Spaulding, Lutheran) Visiting Chaplains
Rev. Father A. Custer, Catholic)

THE DOCTOR'S CORNER

Some months so many things have happened that it is not easy to write only a page. The San Chat is the newspaper of the hospital. In any busy hospital so many things happen that there is always more news than paper. We look forward to more years of successful extra-mural relations now that BOB BARTLETT has been re-elected. No matter where one's political feelings are, were, or have been, Delegate Bartlett is a good friend to this hospital. We are encouraged in the continuance of this friendship.

Maxim Schapiro of The Alaska Music Trail made his usual visit to the Sanatorium. Along with him came violinist Bela Urban. Bela Urban was a newcomer. We expect him back. We liked him. He liked us. He liked us so well that he gave the children a demonstration of what a concert violin can do when it becomes a talking violin. We are becoming more and more rehabilitation minded here at Seward Sanatorium. We like Maxim Schapiro so much that we have something even more to say about him. One of the first and most important efforts in the entire rehabilitation program is the inspiration of the patient. Maxim Schapiro is so full of inspiration that it fairly bubbles out of every one he meets. With his permission I relate one of the fine things that I think he has done in helping rehabilitate a patient. Last year there was a young man at the Seward General Hospital who had had his right hand severed in a recent train accident. This young man had come to Alaska for the summer. He had hoped to make enough money to go back to music school in the winter. He was a piano student and a good one. But, disaster had come on him. His right hand was now gone.

When Maxim Schapiro heard about him, he asked to see him. After a few words of encouraging discussion the sick room was moved to the piano. The soul of the artist spoke with the left hand. Selections from the Old Masters of Music came from that half piano. Concertos to minuets written especially for the left hand flowed from the artist's memory like water from a crystal spring. In that hour rehabilitation had begun. Maxim Schapiro had opened a door of new opportunity for our right handless young man. He could be more than an ordinary pianist. He could be a concert pianist, but with the left hand only. This all happened a year ago. Recently word came from the young man telling us that he was already giving concerts. He is more than a good pianist. He is a single handed pianist. The left hand.

Maxim Schapiro we have been making a music consultant on our rehabilitation staff. We appoint you MUSIC CONSULTANT.

Dr. Anderson, the Alaska Department of Health psychiatrist visited the Sanatorium over a weekend recently. He combined a trip for his family with work. He interviewed some of our troubled patients.

Dr. said Mrs. Jack Hittson came back to us a week ago. The Navy Health has harbored her for the winter. We hope to keep our Dentist and his technician here to solve the dental problems. It is poor economy to doctor lungs and forget the teeth.

Our Rehabilitation Counselor and the Director and family took part in the recent Alaska Science Conference September 25th. We left for Anchorage and then flew to Mt. McKinley and back the same afternoon. The mountain was majestically beautiful in a sunshiny clear sky. The conference is reported elsewhere.

By the way, the first snow came to Seward and Bartlett October 19th.

Many more things have happened, but the page is full.

Dr. Phillips.



James Watson in STONE

EHRlich

Young Paul Ehrlich (1854-1915) was not a very good medical student. Instead of sticking to his medical books he was forever messing around in the laboratory making experiments, - staining his hands and the glassware, like Joseph's coat of many colors. He had the odd idea that certain chemical dyes have a specific affinity for certain tissues. That fact, if proved, might lead to a better understanding of what happens when tissues become diseased, and it might help in devising remedies for germ diseases that went to the spot.

Arsenic, for example, is the deadly enemy of the syphilis germ, but arsenic also poisons body tissues if given in doses large enough to do the germs much harm. Why not attach the chemical, arsenic, to another chemical that had a special affinity for the syphilis germ? After 606 experiments Ehrlich found an effective combination. He gave it a long name, but the world chose to call it 606. It was the miracle drug of the early years of the present century. It marked the beginning of chemotherapy which has given us so many valuable remedies, like the sulphur drugs, in recent years.

Ehrlich also developed a theory of immunity, which helps to explain how the body protects itself against unwelcome invaders. Much progress in this field, too, has been made since Ehrlich's time, but his basic principles stand firm. We owe much to Ehrlich for our understanding of tuberculosis - and probably no subject is more complex than immunity and resistance in tuberculosis. Meantime scientists are working steadily on several drugs that give promise of giving the tubercle bacillus its knock-out blow some day. What ever success is achieved, honors should be shared with Ehrlich.

NTA Reporter

* * * * *

PASTEUR

When you enjoy that glass of delicious, pasteurized milk, knowing that it is clean and safe, you pay a tribute to Louis Pasteur (1822-1895). When you trust your life in the hands of the surgeon, you indirectly pay honor to Pasteur. In fact, there is little about the modern hospital that has not felt his touch or that does not originate from him.

Pasteur discovered the germ-cause of disease. Before his time fighting communicable diseases was like fighting windmills - futile stabs in the dark. Pasteur furnished the key to the secrets of nature pertaining to communicable diseases. At last man understood how his unseen enemies attack, and soon he learned also how to counter-attack and conquer.

TUBERCULOSIS CONTROL IN ALASKA

Presiding: Max Williamson, Director of Vocational Rehabilitation, F.S.A.

Table Members: Margaret Lantis, Anthropologist; Phillip Moore, M.D., Orthopedic Surgeon; Francis J. Phillips, M.D., F.A.C.S., Thoracic Surgeon; William Macomber, Clinical Psychologist; Edward Weiss, Statistician; William Beltz, Senator, Native Alaskan; Clara Robison, Medical Social Consultant, A.D.H.; Alice B. Schree, Welfare Worker; & Grace Ushler Rehabilitation Counselor.

After an introduction with a statement of theme and aims of the discussion by Mr. Williamson, Dr. Moor was presented to the group. He delineated between extra-pulmonary tuberculosis and bone and generalized tuberculosis in Alaska. Pre-Columbian bone fossils have been found showing presence of lesions thought to be of a tuberculous nature. Dr. Moor's discussion of the Bone Bank and utilization of the ribs removed in the thoracoplasty for bone graft was quite interesting. The newer medications have helped to keep the infections to a minimum and helped the post-operative conditions of his patients. Mr. Macomber reviewed the psychological factor in tuberculosis. Often the emotional significance of the disease is overlooked in treatment. All of the body contracted tuberculosis, yet often only the symptom, the physical aspect of the disease, is treated. His views on the disturbed interrelationships, western vs. old Native culture, providing an emotional breeding ground for inter-conflicts, were well taken. This conflict not only may tend to aggravate the disease but may keep the patient from recovering. Senator Beltz gave a very candid and vivid picture of the Alaskan native in the north and the material hazards he must undergo to survive. He denounced the dual educational system. He deplored the housing and fuel situation of the north. There is lack of sound economy. Fur and ivory cannot support our people. The far Advanced tubercular person is left to roam. He cannot be hospitalized as beds available are given to those who can be cured in less time. There is a complete lack of adequate dental care in the low population villages. The young, the workers and supporters are being taken from the north. Welfare is not the answer, Senator Beltz said. Dr. Lantis presented four significant factors of Tuberculosis Control in the village. The re-use of old customs. Isolation and the concept of an alien is not new to Eskimo culture. The old Native foods may again take their place in the nutritious fight against tuberculosis. The food pit may again be used. The supporter going off to work is not new, the old way of life in the north is mobile, there is fish camp, summer camp, winter house, etc., again the old way may be brought back in a new light - to help the economic, to help the diet, to help the material fight against disease in the village. One cannot generalize. Each village is different. To establish sound steps in the treatment of tuberculosis one must go from village to village and adapt the program to the individual community. Group relationships, responsibilities, and old customs relative to the family group may be brought in to the care of the Tubercular. Adaptation in and out of the family may be utilized when working together to fight tuberculosis in the village. The emotional factor again was reiterated by Dr. Lantis as she contrasted the child or adult in the home and hospitalization. It is a traumatizing emotional experience. Self respect and a sense of personal responsibility

is a momentous element in the progressive treatment of tuberculosis. In the establishment of a village tuberculosis control project, the program should be built on the old experiences, the old customs of the village. It will thus become the project of the community. (There was a brief pause in the discussion.) The second half of the meeting was in the form of a round-table and this article will be continued in the next issue).

REHABILITATION OF THE TUBERCULOUS

Rehabilitation is the restoration of the handicapped person to the fullest mental, social, vocational and economic usefulness of which he is capable.

You, as patients and ex-patients of the Seward Sanatorium are well aware that pulmonary tuberculosis limits the activity in which you can participate. You cannot return to strenuous, physical activity; the hunting, fishing and manual labor which 65% of you were engaged in for a livelihood before admission.

WHAT THEN?

Today it is becoming more generally recognized that a disabled individual when properly prepared and then placed with due regard to his assets and limitations, proves on the average as satisfactory as the nondisabled employee. The 1949 statistics of the Office of Vocational Rehabilitation illustrate the wide variety of occupations in which the disabled are engaged.

Your Rehabilitation Counselor has a list of job opportunities for which you as discharged pulmonary tuberculosis patients can qualify. Job opportunities which are or will be available in Alaska. Be thinking of the job you will be doing, or wish to be doing when you leave the Sanatorium to see your Counselor.

CAN SPEED BEAT TIME?

Jet planes now fly at the rate of about 600 miles per hour. A plane taking off in New York to encircle the world without a stop, via Fairbanks, Umanak, Omsk, Moscow, Paris, and Gander, can theoretically make the trip in 24 hours.

Suppose an aviator made a non-stop flight by that route, starting at New York at high noon on a Sunday, going west. He would constantly have the sun at noon over him. When he landed again at New York would it still be Sunday? If not, what happened to his Sunday night?

Suppose instead of going west, he flew eastward over the same route. How many sunsets would he see on the way? What day, and what time of day would it be when he landed in New York?

You may need a little aspirin to solve this problem.

was yet another story from Igloo Tales by Edward L. Keithahn, Jr. reproduced here for your leisurely reading. This is the first of such stories that have been reprinted in the magazine "SAND-CHAT".

THE RAVEN-SKIN PARKA

Once long ago, three brothers lived all by themselves. The youngest of the boys very much pampered because his mother and father were dead and everybody felt sorry for him. Consequently he grew more stubborn, cross and selfish every day. In order to keep him contented the older brothers decided to make him a raven-skin parka. This pleased him very much for a raven-skin parka was very unusual in their village. But when the parka was almost completed it was found they lacked just a single raven-skin to finish it. When the little boy heard this he hurried down to the beach to look for another raven for he was impatient to wear his new parka. At the edge of the village he saw one feeding all by itself. As it was tame it was no trouble to catch and kill it. But he had hardly done so and was starting home with it when he saw an old man coming towards him, acting as if he had lost something and was searching for it.

When the old man saw the raven in the boy's hands he cried out in a beseeching voice, "Please give me my raven."

"It is not your raven!" snapped the boy. "I found it on the beach."

"Yes, that is my raven. I lost it only today," said the old man.

"Please let me have it."

"No you can't have it," returned the selfish boy. "I need it myself for there are not enough raven-skins to finish my parka."

Thereupon the old man became angry and said, "I warn you, young man, if you do not give me my raven something terrible will happen to you."

"Well, you can't have it," returned the boy as he started home.

"Very well," called out the old man, "Keep it if you wish, but if you do you will walk only a short way and then you'll sit down and say, 'An-soo-gotah-tuk-tunga!'"

"You can't frighten me," returned the boy and on he went taking the raven with him. But before he had gone half the way home he began to tremble so much that he was obliged to sit down to rest. Hardly had he sat down when he said in a startled voice, "An-soo-gotah-tuk-tunga!" Had he spoken in English his words would have been, "I am getting old!"

After his rest the boy got up and tried to walk. But his legs were too weak to bear his weight. He could barely crawl now, so he crawled and crawled on his knees and elbows until he reached his igloo. Not having strength to open the door he called to his brothers, "Open the door, Open the door!" The brothers heard the voice and ran to see who it was. "Pull me in, Pull me in!" cried the boy, feebly. "I am your brother"

"No you are not our brother," said the young men. "Our brother is a little boy but you are a feeble, old man." But they took him in anyway and the boy began to tell what had occurred since he left in search of a raven. While he was telling the story he grew older and more wrinkled, his hair turned gray and then snow white and his voice sounded faint and distant. He at last convinced his brothers that he was their younger brother but during the course of the story he had grown so old that hardly had the story ended when he died of old age.

OPEN LETTER TO OUR READERS

We use that word "Readers" with reserve, for we fear that by now we have no readers. Not too long ago a new machine was purchased for our use in putting out the SAN-CHAT. We are finding out all about the machine, "the hard way". It seems that the company that sent us the Ditto machine failed to enclose any instructions on operation. We, not being mechanical, waited for a manual to arrive. It did, but failed to give us information that we needed.

A little more than a month has elapsed now since the first operation of the Ditto and we have found out a lot of things that we didn't know. We sincerely hope that you will pick up this copy of our paper and read it from cover to cover. We feel sure that with the change in stencil and paper that it will be readable to each and every one of you.

Hoping that we still remain a news gathering bureau for your pleasure, we are,

THE SAN CHAT STAFF

* * * * *

RECENT WORD FROM OUR GAL-Daisy Hayes
Box 328
Juneau, Alaska

Dear Mrs. K.....

How's your weather? It has been raining steady here. It's been sliding on Mt. Roberts. The Sherman Crosby home was demolished the other night and all the people in that area had to move out.....
Will you please give my regards to all. How is everyone?.....
Regards to all, s/s/ Daisy Hayes

* * * * *

EARS THAT HEAR
Reprinted from the JOHN HANCOCK MUTUAL
LIFE INSURANCE COMPANY, "Life Conservation"

When it is a matter of saving eyesight, people are less likely to wait "Till the well runs dry" than when hearing is concerned. But hearing, too, means much to safety and success and satisfaction through this life of ours. And there are some things you can do to preserve this gift of nature. To be ready to take good care of your hearing, you will have to learn what the ear is like and how it works.

First, just a little anatomy. The LOBE of the ear is not of great importance-except for looks! The CANAL, extending through the lobe almost an inch into the head, is lined with glands that secrete wax. This wax seems intended to prevent entrance by insects. In health, the excess wax moves outward along the canal where it can be removed by ordinary, soap and water washing. If the canal becomes filled with wax, go to the doctor or clinic to have it cleared. He will float it out by irrigating the canal.

Stretched tight across the inner end of the canal is a membrane, the ear DRUM. In addition to picking up sound waves, the drum guards the middle ear, which is a chamber housing three tiny BONES OF HEARING. The bones are held in place by the most delicate of all muscles. The middle ear is connected to the throat by the EUSTACHIAN tube. This passage allows air to move

to equalize the atmospheric pressure.

Still deeper in the head is the inner ear. One part-composed of the SEMI-CIRCULAR CANALS-is the mechanism by which we balance our bodies. Seems a strange place for such an apparatus, but there it is! The other part is shaped like a snail shell. In it the nerve of hearing is spread out to catch sound impressions and carry them to the brain. So much for anatomy!

Head colds and sore throats sometimes cause ear troubles. If the nose is blown violently while the nostrils are pressed together in a handy Kleenex, the air pressure may push the mucus through the eustachian tubes. Hold the Kleenex loosely and be sure not to press both nostrils shut at the same time.

Impaired hearing often is the result of injury to the nerve itself. And this sort of injury is usually an aftermath of some general disease of the body. In addition to general diseases, the nerve of hearing may be injured by poisons coming from a localized infection, such as a tonsil, or an abscessed tooth. Though progress of the impairment may be stopped, it is not always possible to restore function completely to the damaged hearing nerve.

In addition to seeking prompt medical care when ears are inflamed or hearing is impaired, you can do four things to preserve your hearing:

1. Keep things out of the ear canal. Have doctor or nurse remove wax or foreign matter.
2. Clean your ears with ordinary soap and water.
3. Don't blow your nose with both openings closed up tight.
4. Tell your nurse if you have a bad ear ache.

* * * * *

ASHES TO ASHES - DUST TO DUST

Rome was not built in a day. In fact, Rome is many cities, each one built on the ruins of its predecessor. As buildings crumbled, new ones were erected on the debris. The ruins of the Circus Maximus, where the last chariot race was run in 549 A.D., are seventy feet beneath the present street level. When the Rome subway was built, the diggers found chariot stalls below the present Basilica of St. Peter in Chains, built in 422 A.D. On the Via Nazionale, one looks down twenty feet to the Church of San Vitale, built in the fifth century. Recently twelve inches were added to a street along the Tiber River when workmen repaved it. Architects estimate that in 1000 years the Eternal City will be seventy feet above its present level. Wonder what the man who drives the bulldozer of the day will say when he turns up such quaint antiques as television sets, juke boxes, atom smashers, and a Roy Rogers pop gun! NTA RE

* * * * *

I Could never quite understand why the Lord put a curl in a pig's tail. But I reckon that the Almighty knew what He was doing when He put it there, and as it is outside my department, I have quit fretting about it.

Abraham Lincoln.

Sports

BY ONEHA

BASEBALL

Baseball climaxed the 1952 season with the greatest World Series in baseball history which was won by the New York Yankees National League for the fourth consecutive year over its opponents the Brooklyn Dodgers. The series this year went to 7 games with the Dodgers winning the first, third, and fifth games while the Yankees were edging their way in the second, fourth, sixth and seventh games. It was so hotly contested that the outcome of each game was in doubt until the final out was called out. There were lots of spectacular fielding, brilliant pitching, and home run hitting displays by both teams to thrill the more than 300,000 spectators who witnessed the 7-game series.

The outstanding players for the Yankees were Mickey Mantel, Allie Reynolds, Johnnie Mize, Gene Woodling and Yogi Berra, whereas the Dodgers stars consisted of Duke Snider, Pee-wee Reese, Jackie Robinson, Carl Furillo, Joe Black and Carl Erskine. Mickey Mantel the kid whom everyone predicted would some day be the spark-plug for the Yankees came through with brilliant fielding and clutch hitting to be the Yankee's outstanding player of the series. Credit must also be given to big Johnnie Mize who took over the hitting honors when the champions showed signs of faltering after the Dodgers won their second victory in the third game of the series. Big Johnnie Mize was sent in to replace regular first baseman Joe Collins who was held hitless in three games and forthright proceeded to thrill the spectators in the next three games by hitting homers into the bleachers. Altho on the threshold of retiring after more than 10 years of major league competition, Johnnie Mize at 39 years of age displayed one of the greatest exhibitions of hitting power ever seen in a World Series.

In the pitching department Allie Reynolds and Vic Raschi of the Yankees and Joe Black and Carl Erskine of the Dodgers were brilliant. Allie Reynolds competed in four of the seven games losing and winning one and helping to win the final two games for the Yankees. His opponent Joe Black, Dodger rookie in World Series, play also showed considerable ability as a pitcher, won the first game for the Dodgers and lost in his second attempt to turn back the Yankees in the fourth World Series game. Carl Erskine a teammate of Joe Black lost and won a game for the Brooklyn Dodgers and also pitched as a relief hurler in the final game.

There was not too much difference between the playing ability of both teams but the final outcome was decided by clever substitutions of pitchers and hitters by the Yankees Manager Casey Stengel in the sixth and seventh games to return the Yankees the baseball championship of the world.

BOXING

A new heavyweight champion of the world in boxing was crowned on the night of September 23rd when Rocky Marciano the Brockton, Massachusetts

cont'd on page 14

BOOKS AT BOOKS

HELP YOURSELF GET WELL: A GUIDE FOR T.B. PATIENTS & THEIR FAMILIES
By Marie McDonald Pyle, M.D., Physician, Scientist & Ex-T.B. Patient
Revised by Martha Shaquanic, book donated by the Alaska T.B. Assoc.

Dr. Pyle mentions briefly those that play a part in the cure of the tuberculous persons; such as Federal and State Sanatoria, professional staff that give all the benefits of their medical knowledge and surgical skill and rehabilitation programs, all paid for by the tax payer. All these are given to the T.B. patients to help effect his cure.

But the purpose of Dr. Pyle is to outline for the T.B. patients what he can do for himself from the time he accepts the doctor's verdict that he has T.B., until he is back home as an arrested case.

Here is some of her advice. It is wise to accept the doctor's verdict promptly. Then set about solving it at once by being hospitalized and taking treatment. Don't waste time going from doctor to doctor looking for a cure.

Once in your hospital bed round up and take care of all your trouble financially, family, children's care and medical examinations. When those are disposed of try to dispel all worry from your mind.

Then relax your mind and body and take whatever treatment he may recommend to you. Adhere faithfully to this treatment. Put complete trust in your physician for he knows what treatment is best for each case.

T.B. is a waiting game. You wait for your meals, company, mail, medicine, examinations, results of the examinations, and above all, for your cure. But all things come to those that wait patiently.

Put no time limit on your illness. The surest way for a patient to reduce his time in the San is to resign himself to staying no matter how long is taken to become arrested.

Any patient interested in learning how to help himself get well, stay well and then to lead a happy useful life after his discharge from the Sanatorium should read this before D-Day.

THE MIKE, by Benedict & Nancy Freedman

Because a doctor in Boston advised that the cold, dry climate of Canada would be good for a lung condition, sixteen year old Katherine Mary Coffey was sent to visit a bachelor uncle on a ranch in Calgary, Alberta. The year was 1907 and that province had only been officially civilized for two years. That fall, Kathy married Sgt. Mike Flannigan of the North West Mounted Police and they went seven hundred miles farther north to the Sets station.

The book unravels the hard, dangerous but thrilling life that confronts the inhabitants in the great wilderness. During a diphtheria epidemic, which claimed the lives of their two children, Kathy could only

feel anger at the remoteness of the country. Shortly after this she took a trip to Boston, but her love for Mike and the north country persuaded her to return.

The heart breaking experiences to this couple and their friends, the forest fires, plagues, mosquitoes, long winters and short summers and the happiness they find in accepting the chances and goodness of their lives tends to make Mrs. Mike an interesting book of suspense combining romance and adventure.

SPORTS: BOXING, cont'd from page 12

strongboy, kayoed old Jersey Joe Walcott in the Thirteenth round of a 15-round championship fight held at Philadelphia. Prior to the kayo Jersey Joe gave the new champion a real lesson in the early art of self-defense for twelve rounds, proceeding to make him look like a rank amateur on many occasions and dropping him for the first time in his pro career to the canvas in the first round with a left hook to the jaw. The credit must be given to the new champion, however, who came off the floor to force the fighting all of the way until he succeeded in connecting with his devastating right hand to floor the champion Jersey Joe for the full count in the thirteenth round. From the 9th, 10th, 11th and 12th rounds Rocky Marciano fought at a disadvantage from the pummeling he received around his eyes which left him staggering around blindly at times. At the end of the fourth round it was the consensus of opinion amongst the spectators at ringside that Jersey Joe would retain his crown if he lasted out the fight. Before the end of the round, Jersey Joe doubled Rocky Marciano with body blows before the bell rang ending the round. Coming out for the 13th Jersey Joe rushed Rocky towards the ropes with a two fist attack but Marciano caught the old champion unexpectedly with a round house right to the jaw and finished him off with a left to the same spot to put the old champion away for the count of ten and win the heavyweight boxing title of the world.

NEWS FROM THE WARDS

WARD I

Well, here we are again, back in the San news for October. From my point of view everybody is doing fine except for the patients who get streptomycin shots, given by Mrs. Smith, who just returned from her 4 months 1 week vacation. A new patient recently arrived from Hitchhiker. His name is Al Brown. All of us in wd 1 wish you a speedy recovery, Al. Other new faces are Jack Snyder & Marcus Macavanta. Jack, by the way was 4 hours up-line, and hopes to be going home soon. Marcus from wd 3 had surgery last month. Norman "Rocky" and Jerry Brisko are really making headway. They have 1 hour up-time.

Roy Maxwell our one-time janitor of about a month is happy with his new job. He is wd 1 orderly. Alfred Olson who recently was discharged went back to Fairbanks. He hopes to return in the near future to be employed here. Here's wishing him a healthy happy life. Abe Hunter & Joe Onehe are still making bets on the fights and ball games. Harold Ptermigan & Sylvester are entertaining themselves by throwing things at each other. Herman Johnson and myself are back to our hobby of building model airplanes. Joan King & Ed Brown are keeping their spirits up by telling each other laughable stories. Brown thinks he can win a beauty contest. I wouldn't agree with

Heckman, passes her time not listening to her sister Jessie taking the cure we have another new patient Dangali and she hails from Ketchikan. Here's wishing you a short & pleasant one Louise all for now.

3-0

* * * * *

WARD VIII NEWS

Hi, everyone!
 Here by me going again with the girls to the 2. Hats start with the girls again. Olga Shepard, Judy and Julia and I don't need what the girls are doing. Mergie and Mable and Mable are OK now. Mergie had her tonsils out just recently and is doing fine these days. Across are Pat & Gracie. Pat spends her time reading and writing, while Gracie crochets. Next door are Oxzenie and Lena. I think Lena is studying Spanish these days & if I'm not mistaken Oxzenie crochets when not doing her school work. Across from them are Alice Brown & Johanna. Johanna has been taking it real easy since she returned from wd 3. Alice was recently admitted from Angoon. Here's wishing you a speedy recovery. The fine Alice Ashenholter & Martha J. who are just taking life easy these days. Mary Ann & Alice Spunkner are doing fine. They don't seem to be doing much writing or handwork. Next door to them are Alice Junby & Martha Otten. These girls keep themselves occupied by reading & writing, this included Annie Rooney. Alice wasn't feeling too good for a while, but is just fine now. As for yours truly, I've been pretty busy checking books for the teachers. In the room we find Hilda, Irene P., Madeline & Tuffy. All spend their time knitting & crocheting. Eddie sure is looking fine these days, so is Dorothy Neal. Rose & Dora also joined the air force. Ruth

WARD III NEWS

Hello Everyone:
 Another month has passed and time for this kid to scrounge around for that news. First let us congratulate Dorothy Eaton, who has gone and left us for wd 6. The luxury ward. Then the other lucky girls have more bathroom privileges are Gertie Ansyak who has 3 walking BRP Joy Wemark has one walking and one wheel chair, Helen Sheldon and Grace Lucier each have one and we hope it won't be long before the rest of the girls have up-time. Barbara Strom and Mary Jonkton created a cute little rabbit out of yarn, wire, buttons and goodness knows what else. It looks like a Kangaroo and an owl put together and as Babs said, it takes after them because she's part owl for the reason she doesn't sleep nights and Mary looks like she has a little pouch of a Kangaroo. You'll never know what you'll find over there in wd 3. Here we find Mary Shaginoff resting. She enjoyed a nice visit with her nephew who drove down from Palmer. We just peeked in on Annie Pete who looks like she's all ready for the witches and goblins on Halloween night, paint from ear to ear. By the way she is the owner of that big black spider which scared the living demons out of everyone, even our janitor. Adeline Woods had the nicest surprise this month. Her daughter-in-law son and grandson drove down from Fairbanks to see her. The little grandson Gerald is all of nine months and the most adorable little guy you ever saw. Marva Trainer has two new additions to her fish family. Dinky and Pinky who swam in one day and joined Tillie and Rudy. They really lead a glorious life in that great big fish bowl now. Libby Davidovics just finished a pair of knitted yarn gloves for her favorite boyfriend, who couldn't be anyone else but her dad. As for yours truly, she just comp-

and a cute knitted cowboy suit for little guy Gerry Woods. We really had a nice visit with from the golden heart of which is none other than Fiar Bobby keeps herself quite selling those Christmas cards and stationery, not to mention dolls and music boxes also. The music box plays jingle bells. If anyone is interested just dial 1-2-3 Elizabeth Edwards. Carrie Voss is the gal who made those pretty mittens with faces and pigtales adorning them. She still sings "Am I in Love, Am I in Love". What again ??????

Mae Blatchford looks forward to those twice weekly visits with her husband. She also makes those very cute maklaks, lepland style. Mary Ann Regutte is as usual taking the lead with a capital "G" and looks pleasing plump too.

From the rooms a buzz of activity and a rapid turnover of patients coming and going. Marcus Macavinta from Wd 4 made a quick stopover for surgery before journeying on to Wd 2. Simeon Ostigas from Wd 1 is still with us after his surgery a few weeks ago. Grace Lucier and Carolyn Miller come up from Wd 2 for surgery and have removed on out to the ward. Annie John finally had that long awaited leg cast and is now back in the ward swapping places with Titania Everett who is feeling better now that her operation is over.

Julia Moreno and Doris Tobak traded beds and Doris is getting that sparkle back in her eyes now that her surgery is a thing of the past. Dan Tattoo from Wd 1 is up and around again and is enjoying visits with his sister, Gladys Welunga who also had more surgery. Emma Bell came over from ward 6 for some surgery and is looking forward to going home soon. Oscar Johnson and Bill Chichenoff keep themselves busy patrolling the rooms & seeing that everyone keeps up on all the happenings. Tanne Christensen was very pleasantly surprised recently with a visit from her

sister Thekla Ends from ward 4. We are all glad to see her. Hittson and his wife are one hopes they stay with those toothless people seems to sum up the ward. Bee good now and the gobs and witches run off with you. (Room news gathered by Oleta Nelson)

WARD IV NEWS

Best get this Halloween edition going up here in good Ole ward 4. Let's see what's new in 4. Seems as though Henry Duncan, formerly of Wd 1 was test popping his "Beechcraft Banana," and Wd 1's beam went out so he had to force land up here, seems to like it, hope you don't leave us too soon Henry, we only have 3 more Henry up here now, total of four!

New patient this month is Alexey Merculief from St. George Island. Alexey is a veteran, married and he and his wife have a baby daughter. Here's hoping your stay will be short and sweet and that you will return home to your loved ones soon. Jack Snyder moved to Wd 1 that takes care of the moves. Andy & Frances are taking the cure, do a few puzzles now and then. Ralph Woolard takes it easy. Leo carves a little along with school. John Fawcett, "The Regime Kid" of ward 4, still yearns longingly for a piano. Noah Phillips from Wright is taking the cure. Gene Killiwat draws a few pictures. Buck has got a hearing "ade" and is quite thrilled about it. Ruben and Pop Jim "The Sunshine Boys", missed the sun for a while, and miss Marco their other partner. Mike Frank dreams of Minto, and one day looked up and saw Richard his brother who came to visit him after working all summer on the river boat up north. Joe Hanks doesn't know if he'll visit "Rib Wax City" or not. Jahn Jack, his partner from Nome just takes it easy, we have proof of that took a pic of his sleeping. Semark & Savetlick are partners. Scotty & Julia talk over the good ole days. I think Scotty is still looking for that Big Wido. Now to the Rumors. All are snuggled for the winter.

WARD IV NEWS Cont'd

Art Deering "The Card", has cards, cards and more cards. Henry B. Mayor of Wd 4, gets around quiet a bit, keep up the good work Skipper. Our Jr. Skipper up here is that little fellow, Morris. Ask him how his tonsils are and he'll tell you "Haven't got any". He had 'em out a couple of week ago. John Nathaniel, "The Circle City Kid" is taking the cure. So long for another short month. HK
* * * *

WARD V NEWS

Hi everyone: Here I am again with the ward 5 news. First of all we'll start in with Elizabeth Link who has 4 hours up time now. She eats on the table with me and goes to the school room. Now I have someone to eat with I always use to eat alone. Glad to have you with me, Elizabeth. Mrs. Green didn't come back at this writing, but did show up the next day from her trip outside to visit her other "Family". Mrs. Howard is back from the hospital after being there for 5 days. School is going again and we really study hard. Delores Matthew, Barbers had a birthday this month. Barbers is going to school and Delores was 4 years old. Our little Becky is looking better every month. She has put on weight and knows exactly what she wants and at the right time from Mrs. Randolph or Mrs. McBride. I had better stop now. see you again soon.
MKT.
* * * *

BIRTHDAYS FOR
NOVEMBER

1-Anna Pete	2-Alice Brown
7-Emma Bell	10-Grace Lucier
11-Gust Erickson	12-Henry Bowan
17-Olga Sheppard	18-Eddie Roehl
21-John Stevens	23-John Jack
24-Maggie Hunt	25-Mary Ann Hicklin
28-Eliz. Edwards	28-Sara Dunn
29-Simeon Catigas	30-Helen Sheldon

San Chat



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SEWARD SANATORIUM

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 Betty Engler - - - - - Ward II News
 Henry Kaiser - - - - - Ward III News
 - - - - - Ward IV News

SEWARD SANATORIUM

The Seward Sanatorium is operated by the Women's Division of Christian Service of the Methodist Church. Patients are hospitalized here on a contract basis. The Alaska Department of Health, the Alaska Native Service, the Veterans Administration and the U.S. Public Health Service hospitalize patients here at a standard per diem cost. The Women's Division of Christian Service makes a sizable contribution annually in helping to bear the cost of the operation of the hospital.

IN THIS ISSUE ARE THE FOLLOWING

DOCTORS CORNER	page	4
IGLOO TALES		5
REHABILITATION		6
TO THE PATIENTS-LETTER		6
NAMES CARVED IN STONE		8
TEAMWORK, REHABILITATION		9
SOURDOUGH		9
LOOKS AT BOOKS		10
JOB PLACEMENT CONSIDERATIONS		11
HARD NEWS		12

SAN CHAT

Published by and for the patients of the Seward Sanatorium

Subscriptions for the SAN CHAT may be addressed to the EDITOR. The price of each copy is 5¢, one year \$1.00. All patients receive one free copy.

SANATORIUM VISITING HOURS

MONDAY & FRIDAY - - - - - 6:00 to 7:00 PM
All other days - - - - - 3:00 to 4:00 PM

CHAPLAINS

CHARLES M. MALIN, B.D.

Official Hospital Chaplain appointed by the Women's Division of Christian Service of the Methodist Church.

L. Russell Clapp, Episcopal)
K. E. Spaulding, Lutheran)
Rev. Father A. Custer, Catholic)

Visiting Chaplains

THE DOCTOR'S CORNER

Another month of San Chatting rolls around. This time it is a great source of satisfaction to be able to tell something really interesting.

A few months ago a very lovely girl from Fairbanks got the going home sign at Seward Sanatorium. She was filled with grateful enthusiasm. She was going home to go back to school. Her father had died a few years ago. Her mother was trying to get the children through school. Then TB hit the highschool girl. Many strange emotions came upon that Mother. What to do. That was the question. She was a school teacher. She knew what TB meant. Dr. Weston of Fairbanks came to their rescue and well. He advised them to come to the Seward Sanatorium. Arrangements were made with the Alaska Department of Health for her admission. May 18, 1951, she came to the Sanatorium. I happened to come by as she was going to the xray room for her admission xray chest picture. She said, "Hello, Dr. Phillips". I answered, "Hello, but how did you know my name"? She answered, "Oh, I saw your picture once and I just knew who you were". Well, a gal that is that sharp is one to be watched. We did watch her. We gave her instructions for resting. She took the instructions and followed them to the letter. We gave her streptomycin. She didn't like the shots but she took them anyway. She said, "anything that will help me to get well so that I can graduate next year". Well, you know that girl just took to getting well so seriously that she was not really a treatment problem. It was good to visit her in the ward because she was always so enthusiastic about getting well. She needed a little school work yet to graduate. We found out how much she needed. Miss Brittain helped her with some of her studies. Walter Blue came out from town and helped her with her Spanish. After a few months her mother came down to visit her. She, too, was pleased with Pat's progress. Then somebody got around to finding out that Pat could use a little financial help in her schooling. Mrs. King talked to her about that. Then the Elks Lodge found out that she needed a little help. Hal Gilfillin came out to see her. He had a long talk with me about the prospects for her success as a student since she had TB. Well, after a little talk he simply announced that the Elks were going to sponsor the idea of getting her a scholarship. Then there were interviews. Even pictures. Pat studied every minute the doctor's orders allowed. The school work progressed. Every now and then Gil would ask me how Pat was doing. Always the report was "Good progress". Then the months rolled by to May, 1952. What about it? Could she go to the graduation with her class. She wanted so badly to graduate with her highschool class. Well, maybe just a little bit ahead of her class. She was really only a junior, but she had done so well that she had needed only a few subjects to graduate. Surely, there must be a way. Well, Pat had kept Mr. TB on the run so well that her sputum was negative. In fact, it had been all along. The xray of her chest kept clearing up each time. So, come May eleventh with time enough to get to Fairbanks for the graduation, Pat told us all goodbye and graduated. A couple of weeks ago things started stirring among the Elks. It was like a roundup. Hal Gilfillin, now a 'Former Grand Exalted Leader' of the Seward Elks Lodge, was going about the Territory visiting Elks Lodges in official capacity. He arrived at Fairbanks. It had happened. Pat had won the scholarship. Not only the Territorial scholarship, but the National one as well. Over five hundred dollars toward her college days. Could it be? Yes, it was. Before an audience of over two thousand Elks in the Eagles Hall at Fairbanks, Gil handed Pat the scholarship announcement for the Elks. Well, it was all over but the drying of eyes. No one ever deserved such a gift more. No one ever received it more graciously. So good luck, Pat. We are happy for you. You have been an inspiration to us. We are glad we could have all these people help you.

Dr. Phillips.

IGLOO TALES

Another story from Igloo Tales by Edward L. Keithahn is reproduced here for your leisurely reading. This is the ninth of such stories that have been reprinted in the SAN-CHAT.

HOW THE RICH MAN SAVED HIS PEOPLE

In the little village on Diomedes Island in the center of Bering Straits there was once a very wealthy man. He had grown rich through trade with other people for he was the greatest hunter and trapper of all. In his igloo were many furs and spotted deer skins and in his caches were pokes of seal and cogrook meat.

But one winter there were no animals in the sea. The men went hunting every day but no seal, walrus, or whale could be found. The people were starving, only the rich man had food in his cache. But his man was not selfish, for in the old times all good Eskimo shared with their fellows everything they had, in times of need. So every morning the rich man's wife gave the people who came to their igloo, seal and cogrook meat that the great hunter had cached for such a time as this.

At length, however, even the good man's store was used up. There was nothing to eat now and people were dying of starvation. So the great hunter went far out on the ice in search of food. Just as he came to the open water at the end of the ice he saw a great white bear standing on the edge looking into the water. A seal came up and when it saw the bear, it couldn't move and the bear leaped into the water and killed it. When it crawled out it put the seal on the ice and began to watch the water again. Soon an cogrook came up and as soon as it faced the bear it, too, was unable to move, so the bear dived in and killed it as easily as it did the seal. Next came a walrus and then a whale but each upon seeing the bear stopped as if turned to stone and were killed by the bear.

Just then the bear turned and seeing the hunter, stood up like a man and faced him exactly as it had done the seal, the cogrook, walrus and whale. Then it blew a blast of air at the hunter. When it reached his face, the hunter felt dizzy. Then the bear blew again and the hunter fell down. The third time it blew its breath the man fainted and lay as if dead.

Presently the man came to his senses and looked around for the bear. It was nowhere in sight, so hoping that it might be in the water, he grasped his harpoon and ran to the edge of the ice. Just then the bear's head rose to the surface and the hunter hurled the harpoon. His aim was true and the bear fell dead.

The bear was so big that the hunter could not lift it from the water so he tied a sealskin rope around its neck and the other end he anchored to a piece of jagged ice. Then he hurried back to the village to tell the good news to his people. The following morning all the men of the village followed him to the spot and helped to carry the bear and all the animals that it had killed back to their homes. The village was saved for there was enough meat to last until the birds flew in the spring. The Eskimo people kept no exact record of time but they know that the people who were children at the time of this incident are now long since dead.

ECONOMIC VALUE OF VOCATIONAL
REHABILITATION

The human and social values relative to the restoration of a physically handicapped person overshadow any financial data. However, the national economic values of rehabilitation have been successfully used as an argument for the development of the program. When a person may be made fit for employment, through rehabilitation, and become a tax producer rather than a tax consumer, it seems poor economy to deny him these necessary services.

Federal figures indicate the approximate average cost per rehabilitant to be \$450.00 (Alaskan rehabilitation clients would average a little higher). Relief costs for maintaining an individual and his family in a dependent status is estimated from \$500.00 to \$1400.00 a year. Hospitalization costs far more.

It is wise economy to invest a relatively small amount of money to counsel guide and restrain the physically and vocationally handicapped person. Thus he not only becomes a contributing citizen but a tax payer and supporter of this program for other handicapped people.

Your vocational rehabilitation worker will be around to see you. It is the aim of the Office of Vocational Rehabilitation to assist those physically handicapped people to help themselves.

BE THINKING OF YOUR JOB FUTURE.

#

TO THE PATIENTS

Dear Friends:

Much fog and rain has come down upon our sanatorium since last I pinned a few lines for the "San Chat". Now before me is the pleasure of telling you about some improvements to be made here at the hospital. There is an old saying that you can't teach an old dog new tricks but we are stubborn enough to keep trying. Chance comes hard to many of us, no matter what kind of change it may be.

Booklets are in the making concerning Simpler Rules and Regulations of Seward Sanatorium, so that you will understand what is required of you as a patient. These booklets are approved by the Administrative staff and others concerned with your welfare. We will have to have your cooperation so that you can promote better service to yourselves and better working conditions for our employees.

As you probably know by now, we are beginning classes for the employees of Seward Sanatorium. This year the registered nurses are taking the course as well as all of the nursing aids. Both groups have had classes with Mr. Nelson and Dr. Phillips. Miss Stuart is the next speaker and Miss Priebe and Miss Mackey will have their turns, so you see we are trying to make this educational program include every body.

The "San Chat" will be used to keep you informed as to our progress and also to gain your cooperation in our project. Because it will take a few weeks to complete the booklets, we want to list a few of the rules here so

THAT you can start carrying them out today.

You are to clear your:

1. Bedside stand tops of everything except your drinking water bottle at mealtimes so there is room for trays, and before going to sleep at night so that the morning aide has ample space in which to set your washwater.
2. Table tops are also cleared as stated above, by you, the mornings your bed linen is changed. This gives an adequate space for clean linen so that we can work more efficiently and not drop so many things on the floor.
3. Do not float the emesis basin inside the bath basin. Remember the "Golden Rule".
4. Your waste bags on each bed are to be handled by you. This means, to unpin them, fold the top edges together, roll the edges over three times, push gently to make compact, and place them in the barrel bag held by the worker. Employees may not collect your bags unless you put them in the large barrel bag yourself.
5. Leave chairs free of your materials so that bedpans may be placed there and not on the floor, and so that the chairs may be used for their intended purpose.
6. For a long time the use of contaminated materials that have been dropped on the floor has bothered many of us. Help us help you cut down your chances of re-infection. A box is placed in all linen rooms. Workers are instructed to place any article dropped on the floor in that box.

Now there are a half a dozen big items. I hope they don't give you indignation. Try eating one a day until all six are a part of you.

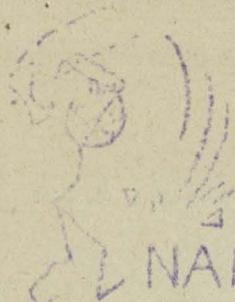
We recognize you are the largest source of help and get-well power for your own recovery. Your ideas and comments are welcome. If you don't get a chance to give them to me personally, write me a letter.

Good gobbling to you and may the Good Mother continue to bless us with our dolly bread.

Sincerely yours,

/s/ S. Martine Burdick, R.N.
Educational Instructor.

/s/ Ada A. Stuart, R.N.
Director of Nurses.



NAMES CARVED IN STONE

FLORENCE NIGHTINGALE

People in eighteenth-century England had little respect for nurses, of whom Sairy Gamp, a slatternly, disheveled female, usually in her caps, was the caricature. She exploited the sick and quieted crying babies with copious draughts of rum. Her moral reputation was not a subject for discussion in polite society.

Florence Nightingale (1820-1910), a young lady of good birth and education, was outraged by the nursing practices and attitudes of her day and vowed to do something about it, much to the consternation of her aristocratic father, who wished his daughter to be a lady. But Florence believed that the care of the sick should be a dignified, loving, self-sacrificing service. She had heard of the good work of Pastor Fliedner and his wife in Keiserwerth, Germany, who trained deaconesses in the art of nursing - and promptly visited him. There she learned proper methods of nursing and, more important, caught the spirit of kindly, disciplined, skilled service for those who cannot help themselves.

Her enthusiasm and good sense were contagious. Other young women took up the torch and soon commanded respect for the new profession on nursing. Theirs was the gospel of cleanliness, kindness and orderly ministrations.

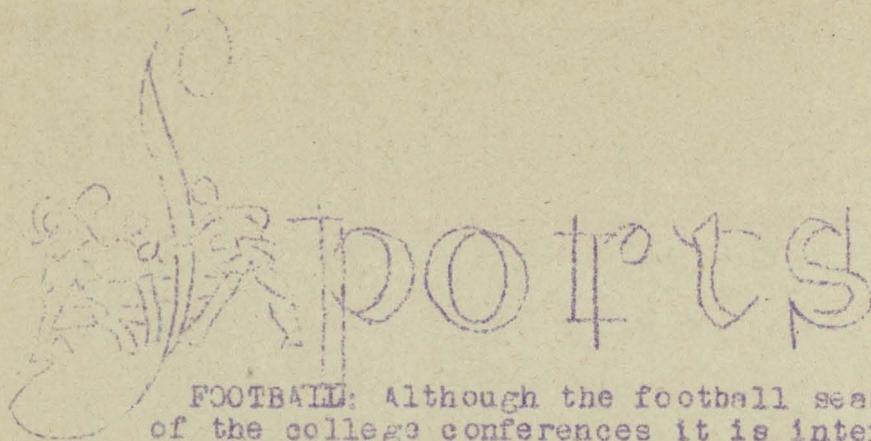
When the Crimean War broke out in 1850, Miss Nightingale was authorized to nurse the wounded soldiers. With her little band of helpers she came upon a scene of indescribable misery in what served as field hospitals. Wounded and sick men on cots and on the floor, side by side, in pain and filth, begging for the common necessities of life, groaning, cursing, dying. Somehow she commandeered soap, towels, linens, eating utensils. Seasoned officers were amazed - how did she do it? The girl had uncanny organizing ability, she got the place cleaned up, secured food and medicines, made the sick more comfortable. Queen Victoria said: "I wish we had her in the War Department." Yet she never lost the personal touch. Silently she crept from cot to cot with her little lamp to bring forth comfort to the sick and dying, and they kissed her shadow as she passed by.

Florence Nightingale set the pattern for nursing. It has never wavered from its idealism, while at the same time has maintained its high standard of practicality and personal, human service.

NTA Reporter

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Look within. Within is the fountain of Good, ready always to well forth if thou wilt alway delve. Marcus Aurelius



by Oneha

FOOTBALL: Although the football season is practically over in most of the college conferences it is interesting to report that upsets galore have been occurring to give the cash customers enough thrills to insure the continued success of this sport. At the present time there are only two teams in the country that have unbeaten records. The Michigan State team of the Big Ten Conference and the University of Maryland have thus far kept their records clean although there were some close games played by both teams this year.

On November 15th, Michigan State played Notre Dame at Lansing, Michigan in a hard fought contest which was dominated by Notre Dame in the first half and Michigan State in the last half of the game. Michigan State because of 6 fumbles on the part of Notre Dame had the ball in their possession most of the first half. On three occasions they were within the 15 yard line of Notre Dame's but splendid defense by the Irish line prevented any scoring throughout the half. On the other hand, Notre Dame outgained Michigan State on yardage by 104 yards to 44 in this period. When the second half was resumed the Michigan State team kicked off to Notre Dame and on the first play the Irish fumbled on their 25 yard line giving the Spartans a recovered fumble. However, when Michigan State tried to pass on the first down, the ball was intercepted by a Notre Dame player who ran the ball back to the midfield stripe. Notre Dame then advanced the ball until they got within Michigan State's 1 yard line and then booted a field goal to place them in the lead by 3 points after one minute and 58 seconds of the 3rd quarter. This lead was short-lived because in less than 5 minutes Michigan State scored a touchdown which gave them a lead of 7 to 3 after one of their players place kicked for the extra point. A few minutes later Michigan State again recovered another Notre Dame fumble on the 25 yard line of the Irish. After a series of plays the Spartans scored and then made it 14 to 3 by adding the extra point. In the fourth and final quarter the Spartans dominated the game by outrushing the Irish and scoring another touchdown which made the final score 21 to 3. The contest as a whole was hard fought and well played with fumbles giving the edge to Michigan State. This is the 23 straight win for Michigan State in the last two years which is quite a record in this era of football.

BOXING: My story for the month in boxing will be the Welter-weight championship fight between Kid Gavilan, the Cuban Hawk and Billy Graham the New York boxer from the Bronx who fought in Havana before a record crowd of over 35,000 fans. In their two previous bouts held in New York it was the consensus of opinion amongst most of the boxing fans that Billy Graham lost two disputed decisions and many of the fans felt that should a third bout materialize Billy Graham would surely win over the Cuban Keed. However, the third fight was hardly a contest for the Champion as Kid Gavilan outboxed, outslugged and cut Billy Graham over the eyes and face to win an easy decision which left no doubt in the minds of the boxing writers and fans who was the winner.

There are several good fights in the offing which will be contested in both the Light-Heavyweight and Middleweight divisions. Archie Moore who has been called the uncrowned Light-heavyweight Champion for a good many years will finally get a chance to fight the Champion, Joie Maxim, who will place his crown on the line sometime in December. Sugar Ray Robinson will also defend his Middleweight crown

cont'd on page 15

TEAMWORK, THE KEYNOTE IN REHABILITATION

The best way to rehabilitate the handicapped, says the annual report of the Office of Vocational Rehabilitation, is through the teamwork of several specialists. Teams were tried first with orthopedic cases since they were the most numerous, constituting 46 per cent of the grand total. Each team consisted of specialists in vocational counselling, orthopedic surgery, physical therapy, limb-making, and social work. This was so successful that similar teams were organized for the hard-of-hearing, and plans are now underway to form teams for cardiac cases.

Of the 71,543 persons rehabilitated in 1950, a large majority were doing their jobs to their own and their employer's satisfaction at the year's end--the rest were still under observation. Eight percent of them were tuberculosis cases.

The Federal Security Agency has set as a goal the establishment of 18 rehabilitation centers by 1960. A pilot study in one Rehabilitation Center justifies the belief that as many as one out of every four beds in public general hospitals could be emptied by a complete program for the chronically ill. The total earnings of rehabilitants is estimated to be at the rate of \$93,000,000 a year. The income taxes from this sum is enough to repay within four years the entire Federal expenditures on the program during the year. nte

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SOURDOUGH

Indians of the Klondike region called the prospectors in search of gold "Sourdoughs". They were impressed by the way in which the strange white man made his delicious bread and pancakes. Every provident prospector carried with him a little brown jug of sourdough. This was his yeast mixture. He carried also flour and all he needed to make fine bread was a little water and an open fire. Many a gold nugget was traded by the Indians for a generous helping of sourdough biscuits.

The prospector did not invent sourdough; he merely brought the idea with him from the American farm. Before the days of commercial baking soda each housewife kept on hand a crock of leavening substance. It was never completely emptied but was replenished each time she took out a portion to bake bread. The leavening supply was started by putting grated potatoes in a crock, adding a little sugar and then "infecting" it, like a culture tube, with a "starter" of yeast borrowed from a neighbor. Yeast is, of course, a living plant which, in growing, gives off carbon dioxide gas, which in turn raises the dough. The crock was stored away in a warm place. In four or five days the mixture would begin to bubble and in a month it really seethed like home brew. Once started the yeast perpetuated itself indefinitely, provided potatoes or other food substance was added, and provided, it did not freeze. Just a little of it added to bread dough would cause it to rise, light and feathery. When a cold snap came on the thrifty housewife's first concern was to look after her crock of sourdough.

Tall tales about sourdough have come out of the Northwest. One fellow, boasting about his batch of sourdough said the bread baked from it was so light that it had to be anchored like a dirigible lest it be blown away by a slight gust of wind. Justice William O. Douglas of the U.S. Supreme Court, an ardent Northwest camper, said that his biscuits were frequently carried off by mosquitoes and gnats. To prevent this he often added blueberries or raisins to the dough,

ROMIGS AT BETHEL

DOG TEAM DOCTOR by Eva G. Anderson, as reviewed by Dorothy Eaton

"With his Doctor's degree and a new bride, Joseph Romig was soon ready to start his career as a missionary in Alaska. The Moravian Church had been generous in providing his education. Now it furnished for the Alaska mission the best surgical instruments and drugs obtainable".

The year was 1896, and young Dr. Romig and wife were headed for the Kuskokwim region, where he promised to serve for seven years in payment of his education. Joseph Romig had always decided to become a doctor, but was unable financially to farther his education. The Moravian Church needed a Doctor for their post at Bethel, so financed Romigs' training.

Epidemics, sickness, death, famine, long hard treks by dog sled, kyak, canoe and foot to relieve the food shortages, or to minister to the ill, were just a few of the many experiences that happened during the time the Romigs were at Bethel. It was a period of hard work, and hardships with many sad and many happy events occurring.

At the end of eight years, the Doctor and his wife with their three children left Bethel for San Francisco. The family had scarcely settled in the bay area, when the earthquake of 1906 occurred, destroying everything. Shortly afterwards, a lonesomeness for Alaska developed and the Doctor accepted a position as physician for a cannery company near Nushagak. In addition to being the medical man, he also acquired the position of Commissioner.

Superintendent of schools and physician to the Southwestern Alaska native was an appointment he received from the Bureau of Education at Washington in 1909. Land was the main feature of this job and he made many trips from the Copper River region to the Kuskokwim.

Travel was hazardous and being away from home an increasing hardship, Dr. joined the staff of the Alaska Northern Railway in 1914. Later he entered private practice in Anchorage--which today is carried on by his son, Howard Romig.

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SOURDOUGH Cont'd from page

which made them just a bit too heavy to be carried off by insects.

The older sourdough gets, the better. An old-timer in Idaho insists that his crock of sourdough dates back to the Coolidge Administration. When nights get cool he hugs his precious jug to his body and wraps himself and jug snugly in blankets. His jug is never washed. That, he says, would be as wicked as scrubbing a whiskey keg with lysol. Hygiene be hanged! NTA.

JOB PLACEMENT CONSIDERATIONS

To get the best out of any employee, he should be placed where his mental ability, interest, special aptitude, previous training and experience, energy, and personality traits will serve him best. He should be made happy in his work by congenial working conditions. He should be given aid and training in the work, if possible, so that he may improve his performance and sustain his morale.

In working with potential vocational rehabilitation clients, the above considerations are kept in mind. They are the reasons your counsellor must know your job history, your personality, your training, and aptitudes. By tests and talking with you she can work out with you your individual job placement problems.

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SAN GRAD WINS SCHOLARSHIP

We know you will remember Miss Patricia McNavish, but do you know that Pat was the recent winner of the National Elks scholarship fund. While Pat was still a patient here in the Sanatorium, she applied through the local Elk's organization for one of their National Scholarships to help her go to college. The regional grand master of the Elks, Mr. Hal Gilfellin, was in Fairbanks not too long ago to present Pat with her scholarship and she is now planning on how it is to be spent at the University of Alaska, her freshmen year.

We are all very happy about this and know that Pat will make a very fine showing at the University. Lots of luck in your coming school activities, Pat.

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BIRTHDAYS FOR THE COMING MONTH
DECEMBER

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|------------------|-----------------------|
| 3-Reuben Lincoln | 13-Mike Frank |
| 8-John Fawcett | 27-Daniel Malavansky |
| 9-Irene Ponchene | 28-Sylvester Sevouhuk |
| 10-Herman Toole | 28-Rena James |
| 11-Edwin Brown | 31-John Nathaniel |

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FAIR WARNING

Two trucks met on a country road just wide enough for one. Truck driver Number 1, a screwy, freil little man, leened out of his cab.

"Turn out, you," he shouted, "if ya don't I'll do to you what I did to the last guy who wouldn't turn out for me".

Two hundred-pound masouler driver number 2, not caring to have trouble, pulled out. But as the other truck rumbled by, he yelled: "What'd ya do to the other guy?"

"Turned out for him", said number 1. Jour. Am. r. Med. Assn.

Another month has almost passed and it is time to write up the news.

First of all, we say "Aloha" to Jack Snyder, who left for his home town, Bethel, on the 13th of this month. We hope you had a nice trip, Jack.

Everyone had better start dreaming of a white Christmas, as we have had only one short month to go till the big holidays. The recent rains ran all of the snow off the ground.

Let us go out to the porch and see what's what. Kal and Ed seem to be contented. Both are good patients, always taking the cure. Over on the opposite side are yours truly and John Topkok. John is leaving for his home in Talkeetna on the 21, he hopes. We certainly wish you a lot of luck and hope you have a nice trip. As for yours truly, I cannot say much for him. Out to the ward now.

Abe Hunter has a new roommate, who is Chris Mellovich. How do you like your new home, Chris? Joe and Henry, Wd 1 businessmen, haven't been doing much business lately. Incidentally, Joe is the agent for the Mason Shoe Co. so if anyone is in need of a pair of good shoes, contact Joe. And if any one needs any socks, call on Henry.

Sylvester, Harold, Herman, Johnny and Oscar Johnson are all doing fine. By the way, Oscar was moved down to ward 1 from ward 111 to make room for John Fish who went up for an operation. We hope you will be back soon John, as everyone misses you, especially your friend Ed. Brown. Speaking of Brown, he and Jerry are both doing fine. Val and Dan read books and magazines most of the time. Further on down we find Marcus, Lindstrom, Farrow, Gus and Big Jim. They are all good patients too.

Well, well look who we find in room 27!! None other than Herbert Silver-tooth. He doesn't do anything, but take the cure, read and listen to his radio. Whitey on the room across hasn't been feeling well lately. Hope you are feeling better soon, Whitey. Al Brown and Stevens in the next two rooms are taking the cure. Catigan, who recently moved down from the "Rib City" is also taking the cure. His next door neighbor, Paul Radolph seems to be doing OK. That takes care of the new--see you next month.
N.J.S.

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Well here I'm again with the news of wd.2, for November. First let us see what's cooking in the rooms. Louise is looking forward to going home in the near future. Now she has gone to Wd 6. Mrs. Isaacson across the hall from her isn't doing anything but taking the cure. Rosa & Doris are both still taking those rides down to the pneumo room. Ruth and Alice are pretty busy doing school work besides knitting. In the next room we find Eddie keeping herself occupied by reading and I mean reading period!! Dorothy is making some cute little pot holders. Some people sure have talent, with I had some. Irene & Hilda are knitting orgyle socks, and I'm telling you they are sure nice. Taffy is still doing school work, while her roommate Madeline keeps herself busy making those cute little dolls. In the ward we find Annie Rooney collecting spiders and she is also the gal who gets almost all the MAIL! Martha is taking life easy these days, so is Gunebug, Mary An.H. is also knitting some socks, her roommate Alice S. got a new radio & phonograph combination, and sure is spinning those Liffy records. In the next cubicle are Oxzenia & Lena, both aren't doing much, expect for Oxzenia who does school work and a little knitting and crocheting on the side. Pat & Gronia are the gals with all the uptime. Pat is our postmaster and she keeps herself busy selling stamps, besides passing

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 the mail, (that is if there is any). Porch girls are Julie B., Edos, Olga S. and none other than that sweet little Emily J. Joe to tell you the truth I don't really know what they are doing, I guess I don't get around as much as I should, Huh? Margie and Mabel crochet and do school work sometimes. Johnnie W. was promoted to one hour up time and also two B.R.P's. Martha S. in the next cubicle was also promoted the same as J.W. congratulations girls. Alice A. I think is learning how to do bead-work. Elsie is pretty happy these days, the reason for that is she had a visit with her little boy, Bobby. We're down to yours truly, I'm doing little school work besides moaning the blues for Fairbanks. Before I close here is a little article I picked up. A hill is not too hard to climb, take one step at a time. One step is not too much to take, one try is not too much to make, One step, one try, one song, one smile, will shortly stretch into a mile. And everything worth while was done By small steps taken one by one. To reach the goal you start for. Take one step more-take one step more. Well this is all for now, be seen' you. S.D.

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If this is winter you don't know it, because it is raining to much. Mae Blatchford, Tiny Everett, Ducky and John Fish have had surgery. All are doing fine. We said a tearfull goodbye to Oscar Johnson when they moved him to wd 1. Barbara's elephant won out over her donkey in the election. Mary Johnston and Mary Ann miss those rides with doctor George. There's some lively times in Bertie's and Julie's corner. Evelyn's neighbor is Gladys Jalanga. Hope you feel better Mary S. after that bad cold. Anna Pete and Annie John had better keep their names straight if they want the hypo's to the right person. Why is Marve so sparkling this month? Addie still remembers the visit from her husband and good looking daughter Gladys. Libby's greatest temptation is her guitar, since cold weather has set in Helen doesn't get all those fresh flowers anymore. All those requests Bobbie is getting from someone in Wd 1. Grace L. moved to the porch. Joy's husband is in room 1 awaiting syrgery. Carolyn Miller is giving tinting lessons to Henry Bowen, and he is doing a good job. What's Carrie and Betty discussing so secretly together? B.E.

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This is November, so Thanksgiving will soon be here, and this is what Ogden Nash has to say about it.. "Thanksgiving, like ambassadors, cabinet-officers, and others smeared with political ointment, Depends for its existance on Presidential appointment."

Our new patient this month is Jimmy Kilupsuk from Point Barrow. Take "er easy Jim, and we hope your stay will be short and pleasant. McKenna Lemerk moved back to wd 3, for completion of his surgery, which was started last summer. That's about all the moving we've had up this way, expect that Julius Petterson the "Smiling Norwegion" moved into a room from the ward. Let's start out in the porch, "Pop Jim", is getting ready for some china Clipper store teeth, in case you don't catch. Ole Pop don't quite talk like he used to. Ruben is going to be Jim's secretary as he's taking a shorthand course. Or at least he said he was. Gene says he's the Cribbage champ, but that will have to be proven. Buck is just taking it easy, he also is a cribbage champ. Henry Duncan is trying to get Minto to eat as much as he does. Hope it works, then Mike will gain some weight. Noah Phillips and John Fawcett are taking the cure, reading some, and Duncan is giving them the low down on this end that. Leo is carving, and especially enjoys show nites, why is that Leo? His partner Alexay just takes the

IV-cure. Savetilick's new partner is Jimmy Kilapsuk, our new patient. John Jeck, from Nome, with his partner Joe Hanaka, are taking the cure. Ralph Woolard is doing pretty good, getting some of the new stuff. Seems we have lots of that up here lately. John Nathaniel is brushing up on his mathematics. He's got Andy brushing up on math, too. Francis Piano is all tuned up. Really fit as a fiddle, or maybe fat as a bullfiddle?? Scotty reads papers, and more news papers. Says he's going to get fat. Art Deering is another cribbage champ and still has lots of Christmas cards, etc, so come see our boy for yours. Joe Devlin is really on the up and up, he calls Gus "Slim" so Gus returns the compliment by calling Joe "Handsome". Our Skipper Henry Bowen is really up to his neck in the photo business. Seems the more stuff one has to get, the more he needs. (You should talk Mr. Kaiser???????) Henry really has the equipment. Come up to see him about a Xmas portrait. Morris, our little fellow, is waiting for Santa he's worried Santa doesn't visit boys and girls in hospitals. But he was assured Santa takes good care of them. Miss LeDuc has up and left us for the southern Alaska. Don't get web-footed. Guess that's about all from good ole Ward 4, Happy Thanksgiving, and hope you get your stomach full of good turkey.

HSK

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Our two helpers Mary Toko and Elizabeth Link have moved out into Wd 6. Mary was also our reporter so I will give you the news from now on. This month my cousin Agrephena Nickolai came from Tyonek, and she is in the isolation room and Julia and Delores moved out into the ward with the rest of us. We had orange and black crepe paper for Hallowe'en. Bill brought us each a hat. We made masks in school and witches. Becky's mother sent us all some treats and came down to see Becky. Barbara's dad came to see her. Mr. Malin brought his mother out to see us too. She is visiting him from Pennsylvania. Alfred Stephan.

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Hello Everybody! First to begin with the newest additions on 6 our final ward are: Mary Toko and Elizabeth Link, moving out of 5 and into the room with the big girls. Both seem to be very happy and enjoying their new "home". One that really is going places is Louise Dangeli--the next place she will be heading for will be "Home Sweet Home". With these three, ward 6 beds are all filled up except for one next to EMK. Come now one of you girls in 2 or 3, I can't be all alone in this here corner. Rene has been one lucky gal who sees the great town of Seward on business. One of these days she'll leave the San and bid us adieu. Rene you can't leave without three other gals--can you fix that? Dorothy and Mugs the two Californians are both so anxious for that Certain Day. By the way ask these two about any sorts of fruits and they'll supply you. Mag, Martha and Mary Jean are kitchen gals including Mugs. These four feed the gals on 2. Ask Mary Jean (Tostie) about it. she does very good all by herself on the lunch shift. This winds up the news this month. So here's hoping you all have a "Happy Thanksgiving"

M.E.

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SPORTS CONT'D

against Bobo Olson in Honolulu in the near future. This will be the third meeting between the two fighters. In their first meeting Sugar Ray kayoed Bobo Olson in the 11th round of a fifteen round fight. This year at the Cow Palace in San Francisco Bobo Olson gave Sugar Ray one of the hardest fights of his career. Bobo has improved considerably during the past year with wins over Chuck Hunter, Walter Cartier and in his last outing Gene Hairston an outstanding Negro middleweight.