



THE OFFICIAL MUKLUK TELEGRAPH

U. S. Public Health Service
Alaska Native Health Service
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WHAT'S YOUR FOG COUNT?

If your correspondence hits a "fog count" of 12 or above, you're in the danger zone. To compute it: 1-Select a sample of your written material - approximately 100 words; 2-Divide the number of words by the number of sentences; 3-Count the words of three or more syllables; 4-Divide Step 3 by the number of words in the sample (100); 5-Add the results of Steps 2 and 4. Multiply this figure by .4 - and that's your fog count.

GSA says that for simplicity, written material should be limited to approximately 165 syllables to 100 words, 21 words per sentence and 7-8 lines per paragraph.

TIME SAVERS - MONEY SAVERS

In writing correspondence and in filing, it is well to keep in mind that anything placed in the files must eventually be taken out and either retired or destroyed. The future workload, as well as the current one, can be reduced by following these suggestions:

Write a transmittal memo only when one is required to clarify the data transmitted. (On file copy of the material forwarded, make a pencil notation of the date it was transmitted).

Don't write when the matter can be handled within the hospital by a telephone or office call.

Keep information copies to the minimum. (And if YOU receive a copy, don't file it unless you need it).

File only material of reference or record value.

THE ROUTE SLIP was designed for carrying instructions. When only routing is required, signing, stapling, and unstapling time (little though it be for ONE route slip) can be saved if the routing is indicated directly on the document.

A N C H O R A G E

Mr. John P. Kelly arrived in Anchorage May 31 to continue as Area Executive Officer. Mr. Kelly will assist Dr. Gallagher in Area operations and for the immediate present will also carry on the functions performed by Miss Mary Sim, former Administrative Officer.

NURSES NEEDED

You are all probably aware of the great need for Registered Nurses in all of our hospitals. Your help in recruiting would be greatly appreciated. Write to all of your friends who are Registered Nurses and ask them to write to the Area Office, Box 7-741, Anchorage, Alaska, Attention: Nurse Officer, and we will be glad to send them all the necessary information concerning nursing in Alaska. We certainly thank you for your help.

A man becomes wise by watching what happens to him when he isn't.

"Dr. and Mrs. J.T. West and family wish to express our thanks to our many friends in the Anchorage Alaska Native Hospital for their many and varied expressions of sympathy on the recent loss of our son John."

NATIONAL HOSPITAL WEEK

On May 11, the Alaska Native Hospital, Anchorage, participated in National Hospital Week. Open house was held from 2 to 4 p.m., for the City of Anchorage and surrounding communities. A number of ancillary organizations participated to make this a most successful occasion.

ADIEU TO - Miss Mary S. Sim, Administrative Officer, transferred to the Washington Office, Bureau of State Services in May.

Miss Beverly Melcher, Miss Sim's secretary, also transferred to PHS in Washington, as did Miss Carol Myer, former secretary to the Medical Social Worker.

T A N A N A

Your reporter took annual leave and went home to San Diego, California, to attend the wedding of her son, Dan, on April 26.

Mr. and Mrs. Peter Miller and family, from Bethel, arrived May 6. Mr. Miller is our new Maintenance Supervisor - we are happy to have them with us.

The ice in the Yukon River broke the mid-morning of May 12, causing much excitement and the immediate appearance of camers and "just gazers."

Our hospital gang enjoyed a weiner roast at Picnic Point on the lovely evening of May 19. Mosquitoes were not too much in evidence so the time was spent in doing that for which it was intended - lots of eating and fun.

Miss Jane Tansy, one of our PNs and Mr. Ray Folger, who works in Construction, were married May 31 in Fairbanks. A honeymoon week followed at Jane's home in Cantwell, and in Anchorage. Our congratulations are extended to them both.

Wallace Hanson from Los Angeles arrived recently to be our Lab and X-ray technician. Hoo-ray, we needed 'im!

Gardens have been planted and are growing along the banks of the Yukon, right out here in front of the hospital. Everyone who loves fresh vegetables has been out digging, seeding and watering religiously, in anticipation of good eating. Flower gardens in infancy are seen here and there, whose future colorful beauty we all hope to enjoy.

Our basketball and volleyball courts have been in constant use by the young people during the long, light evenings.

Recent visitors from PHS, Anchorage: Miss Harriette Greene-Personnel; Mr. Rye, our Construction boss; Miss Mary Anne Hennigan flew up here with Tanana's Pickett twins, for an overnight sojourn; and our most recent visitor, Mrs. Anne Addiscott, here for a few days of nursing business.

The new cars are wider, longer, lower--and higher.

STATEHOOD and COLA

(From the Area Executive Officer)

Some of you have expressed concern about the future of our 25% Cost of Living Allowance when Alaska finally becomes a State. I have before me the law which provides for salary differentials, which is the Act of April 20, 1948, as amended by the Act of June 30, 1948. The title of the Act in the United States Code is, "Pay of Personnel Employed Outside Continental United States or in Alaska; Regulations; Effective Date" (underscoring supplied). The body of the Act authorizes the use of funds available...outside the Continental United States or in Alaska...for additional compensation. This language means that a Cost of Living Allowance would be paid in Alaska whether Alaska would be a Territory or a State unless it were amended. There has been no indication that any amending legislation will be introduced.

At the same time, it might be helpful to know that most other legislation which provides for special benefits for employees in Alaska, such as the Appointment and Separation Travel Act and the Leave Travel Act, usually contain a paragraph which includes the words, "The words 'Continental United States' as used in sections...shall be construed to mean the 48 States and the District of Columbia." This kind of language will probably be subject to legal review when Alaska Statehood becomes a reality and it may even become the subject of cases in the courts, but it does not appear that the Statehood Act itself, or any other legislation which does not so state specifically, could change 48 to 49. In the simplest terms, there is nothing to indicate at present that any of the special benefits which have been enjoyed by employees in Alaska will be changed in any way whatsoever solely because of Alaska's attained Statehood.

Two friends met at the door of their psychiatrist's office. "Hello, there," said one, "Are you coming or going?"

"If I knew that," said the other, "I wouldn't be here."

AFFILIATION OF SCHOOL OF PRACTICAL NURSING

The School of Practical Nursing at Mt. Edgecumbe has changed its affiliation in obstetrics and pediatrics from Tacoma, Washington, to Anchorage. The students will affiliate in pediatrics at the PHS Hospital in Anchorage, and in obstetrics at the 5040th Air Base Hospital at Elmendorf.

The two young men in the class will affiliate in urology instead of obstetrics.

The first group of nine affiliating students arrived in Anchorage May 31.

A hamburger by any other name costs more.

THE VALUE OF A SMILE

It costs nothing and creates much.

It enriches those who receive it, without impoverishing those who give.

It happens in a flash and the memory of it sometimes lasts forever.

None are so rich that they can get along without it and none so poor but are richer for its benefits.

It creates happiness in the home, fosters goodwill in business and is the countersign of friends.

It is rest for the weary, daylight to the discouraged, sunshine to the sad and Nature's best antidote for trouble.

Wife at breakfast table to grumpy husband: "Look on the bright side. In 16 hours you'll be back in bed."

K O T Z E B U E

The mass x-ray and typhoid programs started in March and continued thru most of April. Many people took advantage of the program and as a result our clinics have been very busy. Next on the agenda is a PPD skin test program, possibly in July tonsil and adenoid surgery (part of the ADH program which ANHS participates in).

The hospital staff sponsored a dance to benefit the polio fund in May. Net profits amounted to close to \$200. Attendance was very good. Our only problem was on the musical end - we didn't seem to have enuf "rock 'n roll" numbers to suit our young dancers.

A short time ago the entire staff saw a film on fire control and emergency evacuation of patients.

We have a new addition to our staff, a part-time clerk-typist, Mrs. Margaret Russell. Margaret has been employed by the Kotzebue Hospital previously in the capacity of Chemotherapy Clerk, so she is not a complete newcomer. Margaret received vocational training at Mt. Edgecumbe and has been living in Kotzebue for some time.

Recreationally, our staff has been very busy in recent weeks. With the advent of spring and breakup, we have all spent an increasing amount of time outdoors. Shee fishing has been a popular entertainment with very few of us catching any, but all of us enjoying the sport anyway. We have also had several picnics - why does food always taste so much better out of doors? Dr. Fraser and Dr. Lathrop spent a weekend seal hunting, which turned out to be quite exciting. They came back just a few days before breakup was in full swing and consequently ran into lots of open water. I might add Dr. Fraser came back with a lobster-red sunburn - I guess the Arctic sun can be pretty vicious. At the present time all boat owners, and any help they can get, are giving the boats the "works" in the way of painting and minor repairs, so the water traffic can get under way.

Other definite proof of spring is the annual cleanup campaign sponsored by the Chamber of

Commerce. Two prizes are awarded by the Chamber to the cleanest home. First prize is \$50 worth of materials to be used for home improvement and second prize is \$25 worth of materials. The judges have been selected by the Village Council. This is one project we are all 100% behind since it really makes a difference in the appearance and cleanliness of our village.

The USAF Base here is now in full operation. The dedication ceremony was held several weeks ago, along with a party and dance. This might be a good place to mention our improved radio reception, due to the "White Alice" hookup with the Armed Forces Radio Network.

Dr. Rambo, an Otologist from New York and Dr. Milo Fritz held an ear clinic here May 29. Ear problems are becoming increasingly prevalent - we had 32 patients in the clinic.

Last, but not least, Dr. Fraser will be leaving for a residency on or about July 1. Our best wishes will definitely go with him and all of us hope he won't stay away from Alaska too long.

A city youngster roaming with his friends in the country found a pile of condensed milk cans. "Hey, you guys," he shouted, "come here quick - I've found a cow's nest."

CONGRATULATION DEPARTMENT

Miss Amelia Steiger, Staff Dietitian, PHS Hospital, Anchorage, became the wife of Mr. Larry Snell, April 19. Mr. Snell is in the budget department of GSA, Division of CAA, in Anchorage.

Mrs. Edith Tompkins of Sacramento, California, joined the Dietetic staff when Mrs. Elaine Bard resigned.

DENTAL TATTLE

The oral health aspect of the Area Program is planning a shift in emphasis. Up to the present time the aim of the Program was to accomplish as much clinical dentistry as possible. This clinical aspect has been highly successful and it is felt that it is time to progress to the preventive phase. Our efforts will be pointed toward the problem of dental health education and topical Fluoride applications. It is felt that this, in conjunction with the clinical program, will prove successful in the long run in reducing the dental caries rate.

Dr. Robert J. Lucas, Dental Surgeon, has recently joined the Dental staff at the Mt. Edgecumbe Hospital. Dr. Lucas has been in private practice at Tacoma, Washington, and also served as clinical assistant in oral surgery at the University of Washington Dental School at Seattle. Dr. Lucas is married and has two children.

Dr. John R. Stolpe from Royal Oak, Michigan, is enroute to Nome to replace Dr. Thomas H. McQueen. Dr. McQueen will remain at the Nome Clinic for a short time after the arrival of Dr. Stolpe, to acquaint him with his obligated area, then will proceed to Tanana to activate the new clinic just recently established at that point. The Tanana Clinic came into being as a result of closing the Dental Clinic in Fairbanks.

Mid-July, Dr. Byron Hoffman of Des Moines, Iowa, will report for duty at Barrow, to replace Dr. Robert F. Brodie, Dental Officer, who is leaving the Service to enter private practice. Dr. Hoffman will be accompanied by his wife.

Mr. Ralph G. Merrill, "COSTEP" Dental Student from Seattle will spend the summer at the Mt. Edgecumbe Dental Clinic. Mr. Merrill plans to be married prior to his Alaskan duty and will bring his wife to Mt. Edgecumbe.

Brrrrr!

Dr. Robert L. Lathrop, Dental Officer at Kotzebue, and his wife Assistant, better known as "Petey," plan a skin-boat trip this month to start at Point Hope and continue

north and eastward past Barrow to Barter Island. If weather and ice conditions are favorable they plan to continue the journey as far as Aklavik on the MacKenzie River, Northwest Territory, Canada, and return to Kotzebue. They anticipate the trip will take about six weeks, if favorable winds prevail. We wish our Nuloamutes Godspeed and we'll be with them in spirit from the comfort of our split-level igloos.

Miss Ada Jakes, Dental Assistant at the Nome Clinic, will transfer to Tanana in July; Miss Minnie Abloogalook, who was born at White Mountain, will fill the Nome position, having recently completed the Dental Trainee course at Mt. Edgecumbe.

Miss Nellie Ann Hollywood, Dental Assistant, from Klawock, is now on duty at the Anchorage Hospital Dental Clinic, replacing Miss Alice Smith; Miss Smith returned to her home on Kodiak Island.

Word has reached us of the marriage of Miss Mary Larsen, Dental Assistant at the Bethel Clinic. Since we did not receive any details, our only information is the change of name to Mrs. Mary Ryan.

Mr. Arthur Gamble, Dental Lab Technician, and Miss Anita Duncan, FN, were married May 18. Both are graduates of the Mt. Edgecumbe High School, and Art has been employed at the Dental Lab for the past three years.

Lincoln Brown, whose home is on Nunivak Island, a former Dental Technician Trainee and graduate of the Mt. Edgecumbe High School, entered on duty at the Dental Lab May 29, to fill the vacancy left by Andrew Jack, who recently joined the Navy and is about to see the world.

Quiet people aren't the only ones who don't say much.

SANITATION AIDE SCHOOL

The third University of Alaska Sanitation Training School was held during the period of May 19 to June 13. At this school eight new sanitation aides were trained for field work. Four of the aides come from the Aleutian Chain area and four from the Yukon River area. We also wish to welcome two new Sanitation Aide Supervisors, Mr. Richard Pace, serving the Aleutian Islands, and Mr. John Melville, serving the Yukon River, or "Northern Area."

The training program was under the direction of the Alaska Department of Health who is conducting the Sanitation program under contract with the Alaska Native Health Service, DIH, PHS. Mr. L.S. "Larry" Parker of Juneau is the training officer.

The Yukon River area was opened during the fourth quarter of FY'58 and the new aides being brought into the sanitation work are:

Mr. Oscar Nictune, Alakaket
Mr. Frank Simon, Huslia
Mr. John Thomas, Ft. Yukon
Mr. George Winer, Beaver

The Aleutian Island Sanitation program is being operated by the ADH and the program will follow the same pattern as that established for the Interior Alaska program. We are very happy to see the Territory take on this additional responsibility and wish them much success in their efforts and hope they will be able to expand the work to more villages in the future. The new Sanitation Aides being employed by the ADH in the Aleutian area are:

Mr. Sergie Tutiakoff, Unalaska
Mr. Stepon Dushkin, Belkofski
Mr. Afonia Takak, Perryville
Mr. Thomas Dobson, King Cove

Due to summer work it was impossible to bring the Village Chiefs to a one week orientation in Sanitation Practices so they could work more closely with the Aides in their respective villages. Last year we were successful in bringing nine Chiefs from a total of 11 villages providing Aides. This close working relationship and understanding proved quite successful in pro-

moting a team approach toward advancing the sanitation program.

With this extended program we hope that the hospitals, doctors and nurses in the field will become acquainted with these new health workers and will soon realize the benefits from improved sanitation practices in these eight new villages. With the addition of the four new Aides in the Yukon area, this brings the total active Aides under the contract to 26, or for Alaska, a total of 30 active Aides. There have been a total of 38 Native Aides trained during the past three years - it has been necessary to hospitalize three men and five have resigned.

We wish these new men the best of success in their new undertaking.

Boss to job applicant: "The starting salary isn't much, but we can offer you total exemption from office collections for the first year."

CONGRESSIONAL INTEREST IN TERRITORIAL COST OF LIVING ALLOWANCE

The Bureau of the Budget has made a recent recommendation to one of the Congressional Committees which is of interest to all Federal employees in Alaska. Very briefly, the recommendation was that the 25% ceiling on the Cost of Living Allowance for Federal Employees in Alaska be raised late in 1957. The Civil Service Commission published cost of living figures of three major Alaska cities compared to Washington, D.C.; these showed that Juneau was 41.72% higher; Anchorage, 56.72% higher and Fairbanks, 66.82% higher than Washington, D.C.

DAFFYNITIONS

Perfectionist -- One who takes great pains and gives them to other people.

REPORT OF ACCIDENT AND
REQUEST FOR SICK LEAVE

Following letter quoted by UP from the Manchester "Guardian."

"Respected Sir, when I got to the building, I found that the hurricane had knocked some bricks off the top, so I rigged up a beam with a pulley at the top of the building and hoisted up a couple of barrels full of bricks. When I had fixed the building, there was a lot of bricks left over.

I hoisted the barrel back up again and secured the line at the bottom, and then went up and filled the barrel with extra bricks. Then I went to the bottom and cast off the line. Unfortunately, the barrel of bricks was heavier than I was, and before I knew what was happening the barrel started down, jerking me off the ground. I decided to hang on, and halfway up I met the barrel coming down and received a severe blow on the shoulder. I then continued to the top, banging my head against the beam, and getting my finger jammed in the pulley. When the barrel hit the ground it bursted its bottom, allowing all the bricks to spill out. I was now heavier than the barrel, so I started down again at high speed. Halfway down I met the barrel coming up and received severe injuries to my shins. When I hit the ground I landed on the bricks, getting several painful cuts from the sharp edges. At this point I must have lost my presence of mind, because I let go the line. The barrel then came down, giving me another heavy blow on the head, and putting me in the hospital.

I respectfully request sick leave."

Woman in garden to neighbor: "First I spaded the ground, turning under the compost. Then I added nitrogen fertilizer and raked a smooth seedbed. Then I carefully planted them one foot apart and one and a half inches deep, and that's the last I ever saw of the darned things!"

Conference: A meeting of the bored.

REGISTERED NURSES NEEDED

A large number of jobs for Registered Nurses are open in our Alaska Native Hospitals. Vacancies exist at both Anchorage and Mt. Edgecumbe, as well as at some of the field hospitals.

Employees can be of help to our Service if they know of any nurse in the States who might be interested in coming to Alaska, by giving their name and address to our Nurse Officer, Miss Priscilla Parker. Nurses hired in the States will have their transportation paid from their place of residence to Alaska at Government expense.

If you know of one or more nurses in the States, please contact Miss Parker in the Area Office, Anchorage.

We suppose it would be worse to be born old and have to look forward to growing young and silly.

SO SOON?

Our guests are about to go -
That is, they're all set to start
To plan to prepare to get ready
To begin to commence to depart.

SIGN OF SUCCESS

In the days before he was kissed by fame, Mortimer Boodle signed his name:

Mortimer Boodle

But he's famous now, we may be sure, for look at Mortimer's signature:

Mortimer Boodle

-Digest

WORLD HEALTH ORGANIZATION
(continued from last issue)

The Killing Diseases, Past and Present

The pestilences and infections that swept away our ancestors are losing their empire, and the list of modern killers is a new one.

The phenomenal decline in mortality is the most significant demographic event of the last decade. The decline may be attributed in the main to advances in environmental sanitation and disease control, and is reflected in increased life expectancy almost everywhere. With a decreasing rate of death and an almost unchanged birth rate, the population of the world (now about 2,700,000,000) is growing rapidly.

Pestilences that stalk no more

The last 10 years have seen a dramatic decline in extent and severity of the pestilential diseases whose names terrified our grandfathers - cholera, typhus, smallpox, plague, relapsing fever and yellow fever.

Cholera has dwindled in importance to the point of being a problem only in its epidemic foci in India and Pakistan. Epidemic typhus is now disappearing; smallpox is claiming fewer and fewer victims; yellow fever shows a decline of about 50 percent between 1950 and 1955.

Infections down, accidents up

In North America and parts of Europe, accidents account for nearly one-half of all deaths among boys between 5 and 9 years of age. Road accidents claim most young lives, then falls, which in some countries are responsible for up to one-third of all accidental deaths, then drowning, fire and explosions and poisoning.

Both are doing well

Fewer and fewer women die in childbirth and more and more babies survive their first step into this world. In some countries, a 90 per cent decrease in maternal mortality has taken place during the last 20 years.

As regards infant mortality, the lowest rate in the world is recorded in Sweden,

where it dropped from 22 per thousand live births in 1951, to 17 in 1956.

Malaria - a monster that may soon be tamed

At least three-fourths of mankind live in malaria zones. Up to 1948, about 300 million people were attacked by malaria each year and 3 million died. During 10 years of malaria campaigns, these figures have been cut by 30 per cent but the disease still presents a huge international health problem. However, with insecticides and drugs, malaria eradication is possible almost throughout the world, provided campaigns are pushed hard enough before insect-resistance to spraying develops.

Even in the Eastern Mediterranean countries, a traditional reservoir of malaria, striking results have been achieved during 10 years of anti-malaria work.

In Africa south of the Sahara, malaria presents the most serious and difficult problem; nevertheless, at the end of 1955, 14,000,000 of the 116,000,000 Africans living in malarial regions had been protected against the disease.

These are the modern killers

Heart disease and cancer are not only the largest causes of death in the majority of highly developed countries, but they are on the increase. Also deaths from degenerative disease of the heart and arteries are increasing.

Polio - new defences against a new enemy

The discovery in 1949 of a method of growing poliomyelitis virus in tissue cultures revolutionized the study of polio and eventually resulted in large-scale vaccination campaigns with the killed-virus vaccine of the Salk-type.

In the United States, 70 million people had been vaccinated by the end

WORLD HEALTH-continued

of 1956 - that year the number of polio cases reported was the lowest since 1947; 15,400 compared to 57,879 in 1942, a record year for poliomyelitis. However, it has not been possible to attribute the low incidence in 1956 entirely to the vaccine.

In 1957, WHO recommended large-scale trials with the new live-virus vaccine which can be given orally, instead of being injected.

Tuberculosis - a turning point

Tuberculosis is killing relatively fewer people each year. Nevertheless, tuberculosis is still the greatest killer of all infectious and parasitic diseases, and in North America, Europe and Australia, it accounts for three-fourths of all deaths from these diseases occurring after the age of 15.

In 1955, a turning point was reached in the world outlook on tuberculosis, with the advent of new drugs promising a revolution in the management of the disease.

Pneumonia steady at new low

A substantial decrease in the number of deaths from pneumonia has taken place since penicillin and other antibiotics became available. Nevertheless, pneumonia still ranks among the 10 diseases causing the greatest number of deaths in the more developed countries. It remains one of the three leading causes of death among infants, and is even more serious among the aged. Little variation in the death rate for pneumonia is at present being reported from one year to the next, and it can be assumed that it will remain at the present level for some years to come.

Fewer beds, more patients

Mental patients occupy between 40 and 50 per cent of all the hospital beds in Europe and North America. New mental treatment techniques now being applied in several countries may provide one answer.

Diphtheria capitulates

A prevalent disease at the beginning of the twentieth century, it is now in full re-

gression throughout the world, particularly in Europe, which was the continent most seriously affected. In a number of countries, among them the United Kingdom and Denmark, diphtheria has to all intents and purposes disappeared through vaccination campaigns.

Whooping cough still strikes

Although still a major cause of death of children, whooping cough is on the retreat. The highest death rate is among children less than one year old but it is in this age-group also that the decrease is most striking. Whooping cough is unique among the diseases of childhood as it usually strikes and kills more girls than boys.

Greatest vaccination campaign

In history's greatest campaign of immunization, 192 million people have been tested, and 74 million vaccinated against tuberculosis with BCG between 1948 and 1957. The work was started in war-torn Europe by Scandinavian relief organizations and later expanded to the other continents with the aid of WHO and UNICEF.

Who is getting medical care?

There are now 1,236,000 physicians serving the world's 2,700,000,000 inhabitants and the 638 medical schools operating in 85 countries graduate annually about 67,000 new doctors.

There are 14 countries fortunate enough to have one doctor to serve every thousand or fewer people. But there are 22 others where there is only one doctor for 20,000 or more inhabitants. Between these two extremes the rest of the world shows great variations.

While nine countries have one medical school for less than one million of population, there are 13 countries with only one such school for 2 to 17 million people.

(to be continued)

Sign on a rock'n roller's tombstone:
"Don't dig me now--I'm real gone."