

While up north in Aroostookⁿ I visited the St. Johnⁿ river which has a tidal bore. You walk down a long wooden stairway and at the bottom you see the gigantic potholes dug out, ²⁵ and smooth as a polished filling, by ^{The} tremendous powers of the water containing sand and pebbles. The gorge was about two hundred feet deep in cut through solid rock at times. places. Back on top, you could see fields and fields of beautiful flowering potato fields (Catahdin and Green Mountain varieties.. ^{with pink blossoms} ^{with white blossoms}) contrasted with the pilot who sprays green insecticide but comes out of the Pink and white blossoms were every where. Truly this is Gods country with its vast fertile and forested areas. its abundant streams and lakes and its pleasant folk. Wild animals, deer, moose and even bear were still in abundance.

implant all covered with the green dust.

One day in ~~Mapleton~~ ^{Mapleton} I tried my hand at haying. The hay is bundled by machine and left in the fields. Then, a truck goes around and ^{the bundles are} ~~it is~~ thrown up onto the truck by hand. I used gloves and worked next to the seventy year old farmer. When I became tired in about an hour and quit he was still ~~growing~~ going strong. When I removed the gloves, my hands were filthy because of the dirt and dust gathered by the bundles sitting in the field.

Another day in FARMER I saw a group of three men drilling holes in rock, under a house, by hand to blast the rock away ^{DYNAMITE} ~~OR NITROGLYCERIN WITH WATER OVER IT~~ ^{USED IN THE DRILLED HOLE} so a cellar could be made. I spelled one of the men and found that the timing of the hammer blows was very crucial and demanding and I heard a story of a big fellow, and a little fellow who was being badgered by the big fellow. One day the little fellow let his timing get off and the big fellow's hammer bounced back from the little fellow's hammer and hit the big fellow in the forehead. He didn't bother the little fellow any more after that. In Mapleton, I had my first chance to examine a haying machine. It has teeth that slither sideways like a barbers clippers. One man had both his feet cut off at the ankles

when the horses started up suddenly. I saw the new style helicopter used for dusting the fields (its faster than the spraying machines but the fields must be ten acres or over and must be clear on the sides). One man was killed recently by having half his face It hit him about fifty times before he fell over. chpped away by the tail propeller blade. Reminds me of the stories in service of the men startin the old proppeller planes by hand having their heads chopped off. You have to swing your right foot forward first and then when your foot swings backward you pull down on the prop and throw your body backwards with the momentum of your leg. ¶ At the Northeastland hotel I met Johnnie of Phillip Morris fame and was suprised to learn that he was a midget. Years later I had the chance to sketch his portrait. Wrote The Ode to a Stuffed Shirt in my Hotel room one Night. I wrote it on the grey cardboard that comes out of the shirt.

" Within thy bosom strong and stiff, I kept each fold so neat. When they had once removed the whiff, I braced every pleat.

And now another takes my place, a warped human frame. What chance have we with cardboard face, our lives are all the same.

More about potatoes. Some potatoes may go directly to the starch factory where the grinding process, ~~filtering, straining, settling, pounding and drying~~ results in a pure potatoe starch product.

Potatoe digging season starts about labor day. Some folks make as high as 25 or 30 dollars per day picking potatoes. ~~The white blossoms are the green mountain variety and the pink are the catahdin variety.~~ Jackman is quite a town for sporting camps. While there

90

I visited the burial ground of the ^{first} settler who had received an original land grant possibly from the Governor of Massachusetts. His name seemed to have been something like Ornell. He was buried about 1862. Toward the end of July I looked out the porch window and thought it was snowing. There was a white fluff being blown off one of the trees. ~~I also~~ ^I learned that Jacking (attracting deer at night with a flashlight and shooting them) is illegal.. While in Ashland I took a trip to Portage lake which is best described as being shaped like a pair of pants. You enter from the south or top of the trousers and taking the left leg you reach the inlet which is Fish river. The crotch is known as Oak point. and can only be reached by boat or hiking a long distance through the woods. Fish river is quite a winding stream ^{coming from Fish River Lake} and is about twenty miles long with a stretch of quick water that requires poling to be passed. Saw two young wild ducks on the river bank on the way. On my return, I had the opportunity of visiting the starch factory. The crude potatoes are run down a shoot to where they are tumbled, washed, passed through a grating tumbler, the shreds are then washed again, strained, passed through a beating machine with four hands that pound them at a very high speed, put through a fine ^{filter} ~~strainer~~, settled in settling vats of concrete and dried in a drying closet and strained through a silk screen and packed in sacks. Sometimes ^{flower} the dust in the air can cause an explosion.

Yesterday, at lunch time, the local osteopath picked me up and took me along to assist him in a delivery. It was the first one that I had ever seen. First, 175 mg of Demerol was used to relieve

some of the pain. The patient had had children before and was fully dilated on palpation. The doctor boiled his instrument in a long copper box and waited a short while before starting ether anesthesia, leaving plenty of space for air to be inhaled also. The area was swabbed with metaphen and then the legs were bent and spread. The bag of water was opened by penetration with a closed scissor which was spread apart. When the head could be palpated, first one arm of the forceps was inserted ventrally and then turned to a lateral position and the other arm was vaselined and inserted. The head was gripped and the perineum bulged. The tissues were controlled with the fingers to preventing ripping. The front of the head became locked on the pubis and required that the head be tipped to unlock the chin and nose. The mother was in an ordinary bed and the locality was called plantation no. one. More ether was given as the head was removed. As soon as the head was removed, she was asked to pant like a dog and no longer bear down until the body was removed. As soon as the cord stopped pulsating, hemostats were applied and the cord was cut. The end of the cord was held and the afterbirth was gently teased out.

Silver nitrate was used in the infants eyes and vulva. The mother was given ergotamine and pitocin after the birth. *to induce shrinkage of the uterus and prevent bleeding.*

Instead of hope houses, the houses in Maine are first built of wood. The man goes out in the woods, cuts some trees ~~and~~ with a *gasoline powered* portable saw belt and gasoline motor, puts some posts in the ground, probably made from a locust tree (a hard rot-proof wood) and builds a small frame house on the posts. A kerosene heater is installed (the cause of many deaths in Maine when the children broke the glass container accidentally). The following year, the husband puts a concrete slab in front of the first room and builds another room on the slab connected to it. The following year, he builds a chimney and a footing for the main house.

35

42

(to compensate for
the ~~bad~~ sagging
springs)

Eventually, the house is completed and one look tells us the history of its production and the fact that there is probably no mortgage on it. Some war brides, expecting to see America, wound up in the woods ^{in a house} like this and did not stay long.

Calais is the last coastal city before the bridge to Canada. On the way up the coast (forgive me, on the way "down east"), I passed many biblical sounding towns. Machias, Anticanish, etc. On one tour, I ~~stayed~~ slept in the main hotel in ^{Ellsworth} ~~Lewiston~~ and saw my first ~~hummingbirds~~ ^{compensate for} hummingbirds. *My first action in each hotel I stayed at would be to go to the pillow under the mattress to see* It is also the hometown of William S. Hart the famous cowboy of silent films years ago. Bean hole beans are a favorite with Mainiacs at picnics, plus corn on the cob baked right in the fire with the husks on.

On one tour of duty, I visited ^{of the 1940's} ~~Baa Harbor~~ ^{famous for thunder hole} shortly after ~~(19 year)~~ the great fire. It was winter and you could still see some of the burned out mansions. The road was too icy to make it ^{going in the park} up the main hill. Then, I was stationed in Vinal Haven for a few weeks and had to bring all the dental tools out in a suitcase. I saw an ancient ^{STONE CARRYING WAGON ILLVS XVII} ~~(Gerry m---?)~~ ^{and had been} in the town square. It had grappling hooks under the middle of the wagon used to pick up the concrete blocks ^{carrying them} ~~to be carried~~ to the barges ferrying them to NYC.

This was a big source of income for the island until concrete curbs came in style. The boat ride back and forth was very wobbly because the ship had a derrick on board used to move cargo on and off which made it very unstable due to the higher center of gravity.. I learned about lobster pots and how the netting traps the lobster. Also, how the woolen gloves are dipped in the ocean to keep your hands warm in the winter. The only small slam in bridge I every made was out on the island playing with the one physician living there..

~~See page 59 B (continue)~~



VINALHAVEN

G

GRAPPLING-DEVICE
FOR GRANITE

VINALHAVEN ISLAND, MAINE. CRAPPLE

ILLUS ~~XVII~~

(Before fork tracks
were invented
grapple lifted stones 6"
off the ground)

GRANITE SLABS
FOR CURB STONES IN
N.Y.C.



Chapter 8

The Mobile Dental Office.

leaving
a tiger
by the
tail.

When I first moved to Maine, it was as a traveling dentist

working for the department of Health and Welfare under Alonzo Garcelon, ^{hauling the trailer with a small station wagon was like} son or nephew of the former Governor of Maine. A description of this tour of duty follows.

Insert (the mobile dental Unit)

36A2 ✓ 1LLV5# XVIII

other Insert 36B ✓

Several incidents of interest happened while I worked with this

outfit. I traveled alone and each town supplied ^{park the trailer and} and assistnt and a place to hook up the trailer for water supply and electricity.

One thing the trailer did not have and that was a John. One winters day, while the trailer was parked in a garage and functioning and I was wearing heavy under-wear and long rubber boots as the garage had no heat, I developed diarrhea. Now the John was about half a mile away and I could never reach there. I was too embarrassed to send every one out so I went into the darkroom. The darkroom was so small that you could not bend over. Fortunately I had summer short on under my long drawers. The problem was how to remove them. I pulled my trouser and long drawers partway down, took my hunting knife and cut my short on either side making it possible to remove and fold them up with their contents. All this was done ^{only by} with the the light of a red safety lamp.

I slept in a nearby rooming house and that night, I heard a strange lapping noise in the adjoining ⁱⁿ bathroom. I tiptoed around to see the cause and discovered this tremendous lapplander dog named blackie ^{king from} ^{(the commode).} dring at the "well". On my tour in Machias, I was in a hurry to leave early in the morning and I didnt want to wait for the



DENTAL OFFICE TRAILER - MAINE

ILLUS # ~~XVIII~~

TORN PHOTO (CAN RETOUCH
A DUPLICATION IF NECESSARY)

~~44~~
MOBILE DENTAL UNIT ~~11-10-47~~

Robert Reiss DDS 1947

For a number of years, the State of Maine has had a dental health program for children in the form of a mobile unit consisting of a station wagon and a trailer (illustration). The trailer houses the dental equipment and is disconnected from the station wagon upon arrival at the community scheduled for a one, two or three week program. Gargges and fire houses were used to shelter the trailer in cold weather.

When prepared for travel, everything movable is strapped to the walls or the floor. Lock nuts at movable joints are tightened and the head of the x-ray machine is removed and placed in a rubber lined wooden case. Upon arrival at the next destination, everything must be prepared for use. Parking the trailer, disconnecting it, hooking it to a power source, filling the water tanks and setting up the operating room and office, take about two to three hours for one person. The water supply must be inspected for purity and the trailer must be parked so that proper drainage is possible. A ground post is then placed to remove accumulated static electricity and the danger of short circuit currents. The trailer is then connected to the power source by means of a ~~heavy-insulate~~ heavily insulated cable. The great variety of wiring systems in fuse boxes make it adviseable to seek the assistance of the local electricians. Always hook one terminal to the terminal in the fuse box which is grounded.

When filling the water tanks, it is adviseable to flush the tank first, making certain that all valves except the air escape valve, are closed. This takes about ten minutes. Notification of the local health officer, before beginning treatment, was necessary. Also, permission slips signed by the parents were obtained. Dental treatment was then begun. Services included a complete examination, prophylaxis, operative

44

dentistry, (limited to amalgam restorations and various temporary treatments), surgical care under local anaesthesia and periodontal and root canal treatments.

In the course of caring for the children a number of clinical observations were made. Every locality showed a small percentage of children who appeared to be immune to dental caries. A few children were found to be chewing spruce gum. Frequent shedding of first deciduous molars at eight years of age was noted. A deciduous ~~was~~ tooth was removed which showed complete resorption of the dentine plus resorption of one third of the enamel. Observations on the effect of loss of one, two, three and four six year molars were ~~made~~ made but these observations are still being continued and the results have not been compiled. A record of the work done in one year is shown below.

The figures for a second visit to ~~new~~ ^{one} town were missing so the figures for that town were doubled. *Figures are for a tour of one year.*

Town	# of patients	Sittings	Exams	Prophy's	Flngs	Extr's	XR's	# of days	Cases Complete
Ellsworth	130	343	130	9	268	66	48	9	3
Machias	95	183	101	42	395	97	189	18	53
Weld	34	65	34	10	165	25	66	4½	24
Jackman	100	186	100	38	394	25	52	16	82
Princeton	58	84	58	13	193	34	7	5	45
Surry	37	48	37	13	102	6	6	4	34
Castle Hill- Mapleton	116	213	116	45	459	48	56	16	78
Machias	69	221	69	16	386	35	15	19	56
Limerick	79	160	79	26	294	95	12	10	62
Vinalhaven	118	286	97	39	528	113	24	18½	88
Ashland	131	174	131	14	344	55	29	11½	68
	131	174	131	14	344	55	29	11½	68

Several of the difficulties that were encountered were as follows:

Lack of ventilation and elbow room in the dark room; similar ventilation problem for the trailer(a screen door and air conditioning ^{one} desirable); ~~impr-~~ overheated ceiling in summer and cold floor in winter due to poor insulation; the floor frame of the trailer was not constructed

with sufficient strength to withstand normal road conditions and became warped and broken in the region of the axles; the sterilizer should have had a small shelf next to it for placing instruments upon removal. A heavier car, such as a carryall was later substituted for the station wagon which could handle the weight of the trailer satisfactorily. *A short course in trailering would be desirable*

~~Summary: Observations and record of treatment of children in a mobile dental trailer unit for one year.~~

47
~~47~~

electrician to disconnect the trailer so I set about doing it myself feeling that I knew quite a bit about electricity(such as keeping one hand behind your back so the current doesn't go through your heart); (In teaching dental students I used to compare this to keeping both hands behind your back when you go to operate so that you think before you act). Any how, I removed one terminal from the power board very carefully(the board had ^{half} cartridge fuses as big around as you wrist) and I figured I was home free. Nothing could go wrong now. Wrong! I removed the other terminal and wham, there was a blinding flash and I couldn't see for five minutes. The weight of the line had pulled the second terminal down and it rubbed across the ^{board} ~~board~~ causing a momentary short. On another trip, I had to stop every half mile and scrape ice off my windshield. On still another trip, I couldn't make the hill and when I tried to back down the trailer jackknifed on me. All the people in the nearby town came out to help me. I used to think of the roads in Maine as black arteries as they supplied the life blood of the towns.

Rounding one bend(the roads were sometimes ~~eam~~ banked in the wrong direction) I came upon a truck carrying trees cut down to be used as telephone poles. At one station I had the rare privilege of seeing the inside of ~~an~~ an electric, ~~hydraulic~~ hydraulic power station with its powerful motors, and its ~~set~~ ^{oscilloscopes,} set of two used to synchronize the currents, when switching from one station to another. One lineman from Maine power and light was seventy years old and his teeth were so worn down that the crowns were completely gone but he was still using them to ^{and} eye ear and nose physician chew. My friend, Dr. Provost, used to permit me to watch some of his operations I watched him apply pontocaine topically and slit open a salivary duct to remove a stone. Also, he let me look through his scope into a maxillary sinus and last but not least, I watched him remove a cancerous eye, using a curved scissor to cut the optic nerve.

48

Staying over in Lewiston one night, about seven am, I heard a commotion in the hall. I arose from bed and smelled smoke. After dressing and shaving I opened the door and the hall was filled with smoke. There was an old geezer, (like I am now) dragging a large fire extinguisher into a room. When I looked in, I could see that he couldn't lift it up to use it. I took it away from him and used it on the burning mattress until the firemen came. I went back to my room and the firemen came and shoved a naked man into my room with his clothes. He dropped his clothes and ran back to the burning room and came back with a roll of bills ⁱⁿ his hand that probably had been under the mattress. He then dressed and left. The firemen took the mattress and shoved it out the window into the street below. I ended up with smoke inhalation sickness for a whole week.

OK,

one of my stations for the trailer. ~~was to~~
~~through~~

There is a maritime academy at Castine. One winters night a group of students sneaked out one of the windows to go to Augusta. There was snow on the ground and speeding around a sharp curve they hit a snow plow and ^{sad to say,} ~~the~~ ^{of them} all perished.

My buddy in Maine, Dr. Beek, applied for and took the test for the Prosthetic Specialty Boards. One of the boardmen on the examination committee admired his partial lower denture. Herb had the laugh on him because it was a full lower with two clasps imbedded to give the appearance of a partial lower. P.S. He didn't pass the board exam. There was a story told me about two Maine dentists who each downed quite a bit of liquor and then pulled each others teeth.

When the wind blew in the right direction we could smell the sulfur from the pulp and paper mill and I recall rumors of early industrial deaths as a result of exposure to the acid fumes which burned out the workers lungs.

49 8
Chapt 49

The Veterans Administration

After I left the Health Department in Augusta, because, having a family, I did not wish to travel to the islands as I could not be home on week ends, I applied to the VA in Augusta and was finally accepted about 1950~~4~~ at Togus, Maine which is just east of Augusta. ~~ILLUS # XIX~~ Thus began a long career with the USVA.

The Hospital was a combination of general and psychiatric services. Some of the psycho patients were hard to handle. One or two would not open their mouths. ^{poor} One chap was the king of Alaska. I spent some time in the medical operating rooms being called up once to drill the holes in a mandible to wire a fracture. ~~I WAS VERY~~ being careful to avoid the mandibular canal. Once in a while, people in Augusta, knowing my artistic talent, called on me for ~~ILLUS # XX~~ ASSISTANCE. I drew a cover for the Governors ball and I carved a twelve inch indian to be used as a model to ^{cast} ~~make~~ nine more for the play ten little Indians. ~~ILLUS # XVII~~

I planned to settle in Augusta permanently and bought some land. When I considered further investment for building I rechecked my VA contract and was surprised to note that my appointment was excepted not accepted. A real jolt! I notified my chief that I planned to build and would like to be changed to a permanent status. This was done. Also, I was a member of the army reserve traveling once a week to meetings at no salary except for the two summer weeks at camp Drum (zero degrees in July!) in tent city.. Beautiful purple sunrise going through the White Mountains at dawn! Also, I joined the local Masonic lodge in order to avoid the social segregation of small town life.

My tennis buddy GORDON, and I set out one
club XT. WASHINGTON in New Hampshire on the East Slope