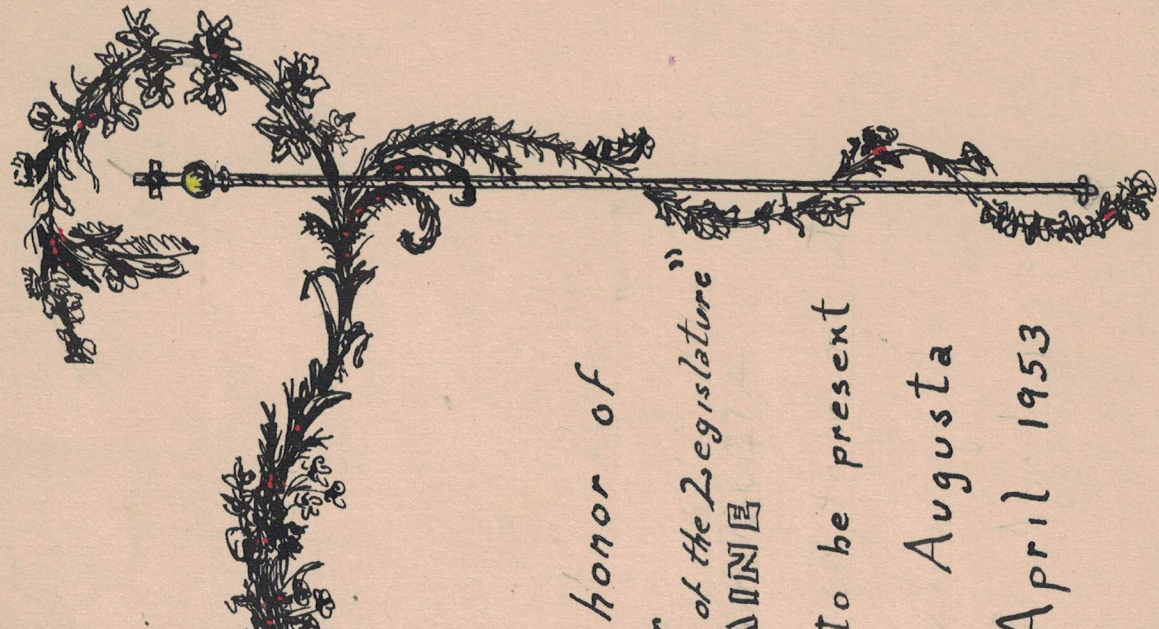
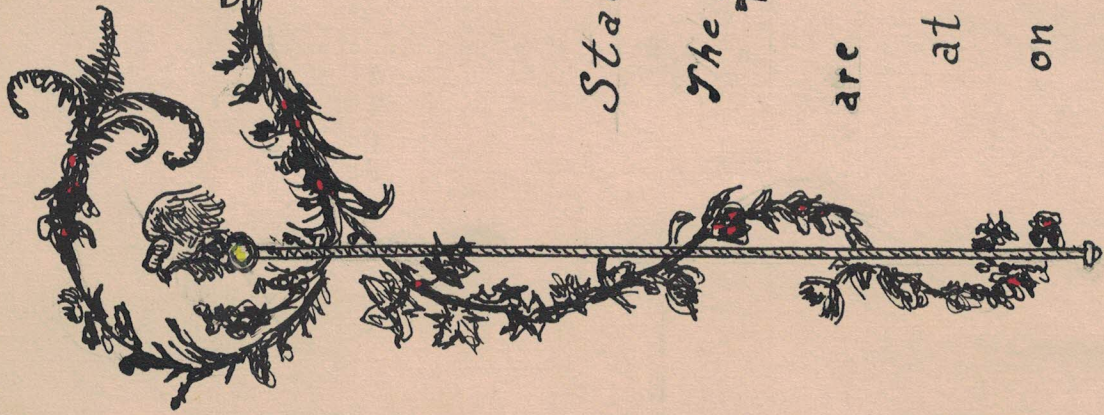


VETERANS ADMINISTRATION HOSPITAL NEWSPAPER-MAINE

ILLUS # ~~XXXXXX~~ XIX



State Ball in honor of
The Governor
The Executive Council & Members of the Legislature
THE CITIZENS OF MAINE

are honored to invite you to be present
at the City Hall of Augusta
on the 14th day of April 1953



Re: S

11115 # ~~XXXX~~ GOVERNOR FAL

4913

~~Insert~~

but we started too late and only climbed as far as the rock fall. We turned around and came down at a rapid pace as it was getting dark. We came down too fast and my hamstring muscles hurt for two weeks..

One thing I learned about leg cramps. ~~When~~ They are usually ~~ly~~ due to purely physical causes. (eg. sleeping on your back so that the blood is squeezed out of the calf or sleeping so that your legs get chilled which prevents adequate blood circulation). When I developed a bad back from shoveling too much snow in Maine, the only thing that was of help besides time was galvanic current therapy (direct electric current).

I put a little time in , in helping a friend build his house. He and his wife had dug and ^o pured a footing two years before. I helped put the steel "I" beam in place in the foundation wall notches. At the very end, he was almost injured. He was working on the roof carrying the shingle bundles up and slipped. The bundles are very heavy and when you become fatigued you can get in trouble on a roof.

My work at the VA , on rare occasion, entailed drilling a hole through the nail on some one finger that had been injured by a blow ^{that} caused a very painful hemorrhage under the nail. Releasing the pressure eliminated most of the pain. My colleague didn't like to do extractions but he was very descriptive. He would say "It's just like pulling a nail out of a board."

4913

James

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VXXIP



CASTLE POINT



CASTLE POINT

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 29 ~~Reaffirming~~
 29 ~~Reaffirming~~

C Insert

One day a bird flew into the house by way of the chimney and we had the darnedest time getting him out. The cellar ceiling beams were large hand hewn timbers, twelve by twelve inches. Originally the story was that the house was built for a relative of the King of England. The ceilings were twelve feet high and each room had a marble/fireplace.

The house was on Overlook road and had a long line of trees leading up to the driveway just like in the movie Rebecca.

My new chief had quarters on the post and did some ^fornicas work in his kitchen. He set the glue on the stove and left the pilot light on. The fumes ^{were ignited by the pilot light,} came out and down and he burned himself and his wife. One of the physicians used paint remover in his kitchen and killed himself when his lungs were burned out as a result of a flash fire. I forgot to mention that ^{I heard that there was} ~~there was~~ one dentist in Maine who did nothing but full dentures for twenty five dollars a set with one impression and possibly in one day. (over) →

Castle Point is right on the Hudson and in nice weather I would eat my lunch out on the lawn. It is also near Mount Beacon and I took ^{one of my sons} ~~my children~~ on the cog railway that goes up the mountain. together with a group of scouts. We bought an old house in Poughkeepsie and I had to ~~convert the coal stove to oil~~ shovel soft coal every winter. My folks werent too well and I obtained a transfer to ~~to~~ the VA at seventh Ave. and 24 St. , the Regional Office.

^{were} We fortunate to find a ^{four} ~~fire~~ room apartment in the Bronx near my parents. Back track for a moment. When I was at Castle Point I learned that the new treatment for TB permitted many patients to be treated at home. Streptomycin, ⁿⁱ ~~isoniazid~~ ^{probably} and ^{neomycin were used,} ~~neomycin~~. One bad side effect. Patients developed eighth nerve deafness ~~from~~ the ~~neomycin~~. When I perforated my eardrum accidentally in NY, I saw the ENT man there and he put ^{bubulous} ~~cigarette~~ paper over it and it ^a ~~heled~~ over. Also he gave me antibiotic ear drops to use. I asked him if there ~~was~~ any Neomycin in the drops and he said no. P.S. I lost most of my hearing in that ear after an allergic reaction due to the neomycin in the ear drops. Caveat emptor and patient beware. I have had other problems with physicians. One wanted to remove my neuroma by radiation (Nerve tissue is the last tissue to respond to radiation).

D Insert

At one point I had considered taking a job at the State Hospital in Poughkeepsie and visited there twice. The the second visit, I heard that the chief dentist, about forty years old had passed away. He died of a dissecting aneurysm of the right femoral artery. He had developed a pain on his right side and would have thought it was appendicitis but his appendix had already been removed. Shortly after that I heard that the other dentist had passed away and that cured me of any thought of working there.

~~Insert~~

I suppose that I am a bit of a maverick when it comes to certain sacred cows of dentistry. After reading the use and abuse of the toothbrush and after considering the possibility of competing with cockroaches or spiders or sivlerfish I stopped using mine and began towaste good whisky by using it as a mouthwash. I figured you could swallow some whisky without too much harm but I didn't know the affects of swallowing mouthwash.

~~Back in the city I began to notice some of the old landmarks and made a few sketches of them before they dissappeared.~~ Bringing up a four children became so hectic I used to set the table with both hands to save time. Life in New York was routine. I became a scout master for a local troop, we went out on the usual weekends, and we suffered with neighbors same as they suffered with us. I purchased a small sailboat at City Island ^{2 silhouette made in England} so we had some place to go to get fresh air. Made friends at the boat yard and learned a great deal about ships carpentry, handling different metals, proper sailing technic, etc. Developed a right inguinal hernia from leaning against the handle of the dental chair combined with working in a standing position. Had ^{and possibly an overzealous hygienist who poked too far.} an awful time with it, ^{yet} ~~and~~ I wouldn't go for an operation as I had been around hospitals too much. Finally, a neighbor showed me his butterfly truss (a metal bar with a strap in the back and two hard balls in the front). I obtained a similar device but only used one ball which I altered by taking an impression of my groin. Also, no one knew how ^{obtaining retention force on the hip bones} to adjust the frame properly and I learned to do that myself. Since that time, they have developed an operation under local anesthesia. I still wear the truss.

To get my long overdue promotion, I had to go to Washington, DC and complain. Eventually our clinic moved over to the VA Hospital on first Ave. One day, the small xrays began to come out full of spots. I checked and found that the girl had left them in the ^{x-ray} room but not in a lead container. Many modern technical advances, too numerous to mention, were coming into play in the dental lab but not that many in the operating room. Four handed dentistry, use of a stool and ~~suction~~ ^{suction for operative} the panographic xray machine, the use of fluoride whose value I still question because of its dubious origins, rapid xray developer, lead aprons and collars (kind of silly, when they are used for the panorex).

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While at first Ave., I did volunteer work at NYU as a clinical instructor in diagnosis. A few interesting cases. One case of swelling of the salivary gland due to a tooth brush bristle stuck in the orifice. (Reminds me of child, in Maine, who returned after an extraction and had the eraser from the top of a pencil in the socket.)
~~There~~^{Here} are a few standard remedies that I still use. ① For post operative socket problems after irrigation, I place some iodoform powder in the socket using ~~an~~^{an} amalgam gun. This washes out in a few days and usually does not require another visit. ② For root therapy I use Beechwood Creosote which is milder^d than Triformocresol and later^I use parachlorophenol. As an irrigation I use Dakins solution. ③ For canker sores^{and} for Vincents I use acriflavin^{topically} (a 1% aqueous solution of Gentian Violet and Acriflavin) remembering the caution that coal tar derivatives cause cancer.

Years ago, my dentist showed me how to hold a forceps so that you have control not only to close it but to open it. You place your fourth finger inside one of the handles. I always liked^{ed} the saying (when operating) ~~Do~~ in the first place what you may have to do in the last place. For example, when I feel that there may be some question of a tooth being removed easily, I do not hesitate to make a flap. I used to have trouble passing the needle through posterior flaps until I read a Russian article (I used to do some translating for the ADA-one of the Journals-). Instead of making a complete circle when passing the needle, I insert the needle^{in two steps} so that the suture will ~~pass~~^{be seen as passing} right through the line of incision when suturing is complete. Also, I watched surgeons use the one hand tie and I found a description which I used to teach it to myself as it is a great timesaver. ILLUS # ~~XXII~~ ~~XXII~~

The One Hand Tie

① Cross part held by right hand over standing part held by left hand and catch a loop with middle finger pulling end held by right hand through to form half granny.

② Use index finger to loop around standing part and running part pull through formed loop.

③ Repeat action in first illustration - (cross part held by right hand over etc.) thus creating ~~square~~ ^{square} knot + a half grannig without moving left hand -

②

Gei II

~~the~~ *self*

When I came back from service, I took the Dewey course in Orthodontia but unless you practice in a small town you need the full University course to establish ²standing for insurance and for referral purposes. Dentistry is a peculiar profession. Everyone makes jokes about dentists; a dentist cannot sign a death certificate and is not taught the real things needed to take care of emergencies; and dentistry is an "hazardous" profession and should rate higher pay than the medical profession because of the closer contact with the patient, the excessive cost of the equipment and the fact that most of the work has to be done by the dentist himself (who has as much ^{pre license} training as a physician). In addition, the medical corps is the tail end of the army and the dental corps is the tail end of the medical corps.

I am reminded of a report I heard of two US dentists being killed in Korea when a hospital base was overrun by North Koreans. One dentist ^{was} lost in Panama when he put a pistol in his mouth and blew his head off. It seems his ~~Puerto Rican~~ CO didn't like the way he was treating his men ^(a company from Puerto Rico) and stood by him all day when he was treating them to see what went on. Col. Shirer was in charge of the dental service at Gorgas Hospital when I wired one fractured jaw and sent him down there by ambulance from Rio Hato with a pair of cutting pliers (in case wiring had to be cut open for emergency reasons).

In the oral surgery room, ^{hospital,} at the NYVA there was a red panic button on the wall. Of course if you pushed it, no one answered. *However, in truth,* ~~but~~ every VA installation ^{does} ~~and~~ have an emergency team available for serious trouble. While at the NYVA I moved my family to Huntington which meant long commuting for me but we did get away from the noxious fumes of the apartment houses incinerators *which were, at a later date, converted to compactors.*

M

499

Living in Huntington gave me a chance to continue my small boat sailing (excuse me - ^{the} ship) and to ^{make} some paintings and drawings which now decorated ^{the} walls in ^{my home} ~~the house~~. I put a small ~~office~~ in the ground floor of my home and jiffy rigged a high speed drill which was a tricky mechanical job. I used a hand pump ^{car} window washer to supply water to it via patient power. On the constitutional committee of the newly formed Suffolk County Dental Society I helped revise the constitution by recording all the changes and retyping everything.

The problem of retiring became imminent and I felt that I could do so with impunity since I had my small office set and had several hobbies to keep me occupied. ~~So~~ I gave notice and bowed out gracefully without any strikes ^{but a few} errors. Thirty seven years at the dental chair, full time, seemed ample. One of the errors was prescribing aspirin for a patient with ulcers.

use a
Petitioner's
name → I must not forget to mention one of my patients, (Frank Wohlfeld) who survived the Bataan Death march and later escaped from a Japanese prison camp. He passed away about 1979 after living with a colostomy for about seven years.

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Insert

Learning by experience can be costly. Particularly in the real estate field. I bought a house and specified what I wanted in the contract only to find that the mortgage is also a contract and supercedes the contract so that everything you want in the contract would have to be in the mortgage also, but then the bank would not be interested because it becomes too conditional. Caveat emptor. Also, it took a long time before I could differentiate between Tenants in Common and Tenants in the Entirety. I still can't remember it and have to look it up each time .