



# D. O. INGS



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## Hello, Friends

Well, how many resolutions have gone up the chimney already? Aha, I thought so! Me? Oh, I played it smart this year—didn't make nary a one. I finally learned if you don't make 'em, you don't break 'em. I learned it the hard way—but I did learn!

Are you looking forward to 1956? Boy, I sure am. This is the year here at O. H. M. It won't be long now before they'll be asking me to scoop out the first shovel full of dirt for the foundation of the new addition. I gotta watch it, tho, and not do it too good, or I'll have a job on my hands. Kelley'll say "Save some money, let D.O.ings do it—all of it." Well, this is to publicly announce that I'm not shoveling 16 tons for anyone—not Mr. Kelley, not even myself!

But seriously, won't it be exciting seeing that dream come true right before our eyes? By the way, have you a share in that dream? It's not too late, friend. Many of my readers have already contributed toward the expansion of our fast-growing hospital. All of us, as a community, should be deeply grateful to those who have donated to the improvement of health care in this area. Your gift—large or small—would be greatly appreciated, too.

So this is the month for Valentines. Romantic, isn't it. Golly, my allowance will sure suffer this month—valentines for all those nurses! It'll break me, but it'll be worth it—I hope. They're such dolls. Wonder if I'll get any from them? Or do they think of me as just paper under their feet? Well, I'll soon find out. Happy Valentine's Day to you good people, anyway.

Guess I'd better start writing those cards now, folks. Don't forget, if there's anything you want to know about the hospital and its "doings," or if you have any criticisms of my efforts in your behalf, you may write to me in care of the Editor, Lowell M. Hardy, D.O., 166 Pleasant Avenue, Portland, Maine. Your letters help me—so let's hear from you.

Bye now. Keep your mailbox open, I'll drop in again soon.

Just me—"D.O.ings."

## Charity Ball

The Osteopathic Hospital Auxiliary requests the pleasure of your attendance at its Annual Charity Ball and Banquet, February 18th, at the Eastland Hotel.

There you have it, in black and white—a formal invitation to a semi-formal.

So come, all you Charity Ball lovers, and dine and dance to the strains of Jimmy Hansen's orchestra. Tickets for the dinner and dance are \$10.00 per couple. But, if you're on a diet and only care to dance, there is a special price just for you of only \$5.00 per couple.

Why don't you go to your phone now and make reservations with the Chairman of this gala event, Mrs. Lowell M. Hardy, SP 4-4319, or contact any of the following committee members: Mrs. Edward Sullivan, UL 5-1972; Mrs. Philip Haigis, TU 3-9941; Mrs. Robert Sawyer, SP 3-5963; Mrs. Roderick Macdonald, SP 4-3310.

The deadline for reservations is February 16th, so DON'T DELAY, MAKE YOURS TODAY!

## Brief History of Osteopathy

The Osteopathic Profession originated humbly and quietly a little more than 80 years ago. Dr. Andrew Taylor Still was a frontier physician, practicing medicine according to the standards of those days, who announced the discovery of a more logical approach to the science of health and disease.

Dr. Still's keen, analytical, searching mind became dissatisfied with methods of diagnosis and treatment in vogue at the time. His original thinking and subsequent study led him to these conclusions: the human body is a complete unit in itself, capable of making the elements and vital forces necessary to prevent or overcome disease; and that the vascular system (blood and vessels) carries them to the places where they are needed. Dr. Still originated the concept that bones, muscles, ligaments, and other parts of the body get out of proper relationship because of certain strains and tensions. These poor relationships interfere with the transmission of nerve impulses and the flow of blood and other body fluids. Thus the basic concept of Osteopathy emerged, i.e., that the structure and function of the body are interdependent; therefore the body must be mechanically sound if it is to perform properly.

In 1892, 18 years after announcing these principles and testing them in practice, Dr. Still offered his findings to the medical world. However, he was so far ahead of his time that his presentations were beyond the comprehensions of his contemporaries. He had not intended to develop a separate school of practice, but expected the medical world to integrate the new approach into the practice of medicine. When these ideas were rejected by his medical colleagues, he was forced to open a new school, which he chose to call Osteopathy, in order to develop his new found principles. The original charter stated that this was a complete school of healing arts including diagnosis, obstetrics, and surgery, as well as manipulative therapy.

From these humble beginnings, and always against organized opposition which has plagued the original thinker in the healing arts throughout Medical history, the Osteopathic Profession grew. It grew because it proved itself clinically, and today the following statistics are a living monument to the vision and original thinking of a great Medical pioneer.

There are six (6) Osteopathic Colleges in the U. S. A., each having an enrollment of approximately 400 students. There are about 400 Osteopathic Hospitals, sanitariums, and many clinics. Requirements for the degree D.O. (Doctor of Osteopathy) are a minimum of 3 years preprofessional study in an accredited college or university and 4 years in an Osteopathic College. In addition, over 90% of the graduates take at least 1 year of intern training in an approved osteopathic hospital. Many follow this with a residency training in one of the specialties, which consists of 1 to 3 or more years of intensive work in the specialty.

The entire profession is represented and guided by the A. O. A. (American Osteopathic Association) whose central office is in Chicago; and by its divisional societies—such as the M. O. A. (Maine Osteopathic Association). The A. O. A. consists of osteopathic physicians, and through far-sighted leadership has developed into an important part of the overall health program of the nation. The A. O. A. is a democratic organization made up much as our own Federal Government is. It keeps a watchful paternal eye on the entire profession. It governs its ethics, fights for proper and adequate practice rights, and maintains many subsidiary organizations (Bureau of Hospitals, Division of Professional and Public Welfare, etc.) which enter into the public health set-up of our nation.

Today there are 12,700 D.O.'s in this country who, according to reliable estimates, care for the medical needs of about 6% of the nation's population—roughly 10,000,000 people. It is a comparatively young, but none-the-less active, aggressive, and growing profession.

Harry J. Petri, D.O.

## Board Notes

The Board announces that following the recent annual inspection of our hospital by the Bureau of Hospitals of the American Osteopathic Association, the Osteopathic Hospital of Maine has received reapproval as an intern training hospital and for resident training in Anesthesiology, Ophthalmology-Otorhinolaryngology, Pathology, Roentgenology, Medicine, and Surgery. In the letter of approval from the Bureau of Hospitals, there were many commendations as to the type of professional work being carried on at the Osteopathic Hospital of Maine.

## Fund Facts

As of the end of the year 1955, we had received \$30,349.50 toward the goal of \$50,000.00, which we requested in our last issue of "D.O.ings" from all our wonderful friends and grateful patients. This amount has been pledged through the efforts of our staff doctors, and we trust the remaining \$19,650.50 will soon be forthcoming, in order to make the BUILDING FUND CAMPAIGN a DREAM COME TRUE!! In fact, we are asking each and all to search their hearts to do whatever is possible within the next few weeks, so that March 15th will find your Osteopathic Hospital of Maine with sufficient funds and pledges to meet all state and federal requirements.

## Diaper Data

Dr. and Mrs. Fisk Hallidy are happy that the third little Hallidy, Jody Ann, joined their family on November 30th.

Adrienne Hughes, formerly of our Business Administration Office, is announcing the birth of a daughter, Karen Jeanne, on December 22nd, at the Mexico City, Missouri, Osteopathic Hospital.

Of the six Christmas babies in our city, we are indeed proud that three were born at O. H. M.! Sharing the honors with the other three was the Mercy Hospital. We said a very "Merry Christmas" to little Debbie Lucy Russo of 14 Saunders Street, to David Wayne MacLean of 21 Wainwright Circle, South Portland, and to Scott Calvin Graffam of Bethel, Delaware.

## With the Guild

The January 17th meeting of the Osteopathic Hospital of Maine Guild was called to order by the newly-elected President, Mrs. Harold Gothrow. Assisting Mrs. Gothrow, in official capacities, for the ensuing year will be Mrs. Arthur Nesbit, Vice President; Mrs. Robert L. Greene, Secretary; and Mrs. Isabelle Davis, Treasurer.

The President announced the following Committee Chairmen for 1956: Miss Nancy Flaherty, Membership; Mrs. John Maley, Hospital Workers; Mrs. Arthur P. Dowling, Bookmobile; Mrs. Arthur Nesbit, Tray Favors; Mrs. Ralph Koenig, Hostesses; Mrs. Arthur H. Duffett and Mrs. Ruth W. Gailey, "D.O.ings"; Mrs. Ralph B. Finch, "D.O.ings" circulation; Mrs. Ivan E. Traver, Publicity and Programs; Mrs. Dorothy Totman, Scrapbook; Miss Mildred Perkins and Miss Evelyn Robinson, Library; Mrs. Carroll Miller, Building Fund.

Plans for fulfilling the pledge to the hospital Building Fund were further discussed by the members. A welcome into the Guild was extended to Mrs. Edward G. Everest. Serving as hostess for the meeting was Mrs. Ralph Koenig.

With the realization of the new hospital addition nearer at hand, the Guild hopes that you will understand its need for new members. As the hospital grows, so must the Guild in order to maintain its program of service to the hospital. Haven't you a few empty hours lying around now and then that could be turned to productive hours in service with the Guild? The members will unanimously guarantee your enjoyment of said services, or your hours will be cheerfully refunded.

A call to the Membership Chairman, Miss Nancy Flaherty, SP 2-1446, will give you further particulars without obligation.

## Welcome—Scarboro Guild

A sincere welcome is extended to the newly-formed Scarboro Guild of the Osteopathic Hospital of Maine. This enthusiastic group of thirty members met on the evening of January 18th, at the home of Mrs. Philip Haigis, with Mrs. Harry Lowell serving as co-hostess. The following officers were elected: Mrs. Ernest Soule, President; Mrs. Hayden Fancy, Vice President; Mrs. George Griggs, Secretary; Mrs. Doris McGratton, Treasurer.

Attending this organizational meeting from Portland, to assist in the plans, were Dr. Lowell M. Hardy, and four members of the Portland Guild, Mrs. Harold Gothrow, Mrs. Arthur Nesbit, Mrs. Ruth W. Gailey, and Mrs. Ralph Koenig.

## With the Auxiliary

On December 7th the Auxiliary held a dinner meeting at the Commodore Restaurant with sixty members in attendance, which was a delightful evening for all. Mrs. Myron G. Ladd, President, presided at the January 4th meeting, which was held at the home of Mrs. Vernon H. Lowell on Orkney Street. Members brought donations for the hospital gift bar. Plans were discussed for the annual Charity Ball on February 18th with Mrs. Lowell M. Hardy as Chairman, and the annual Bridge Luncheon on April 17th with Mrs. Louis R. Farley as Chairman. Mrs. V. H. Lowell will be in charge of the Traveling Food Basket as a project for the month of March.

The President reports that it has been a very successful year for the Auxiliary both in finances and membership.

## Alumni News

We were happy to see Dr. Paul S. Bates, radiologist of the Traverse City, Michigan, Osteopathic Hospital, who was a recent house guest of Dr. C. Robb Hetzler.

Dr. Thaddeus Kopec stopped in to extend Holiday Greetings to his O. H. M. family and to tell us that he has opened a new office in Miami, Florida. (Yes, we're green with envy, Doc!)

## Staff Notes

Members of the Staff were grateful to have Dr. Angus Cathie, head of the Department of Anatomy at the Philadelphia College of Osteopathy and Surgery, give an interesting and informative lecture on the "Anatomy and Physiology of the Neck and Thorax" at their January 4th meeting in the Eastland Hotel. Additional valuable contributions to the program were given by Dr. Boyd B. Button on "Our Hospital Blood Bank" and by Dr. James W. Smith on "Osteopathic Care of Neonatal Cases."

## Nurses' Meeting

Dr. Clifford H. Keating was guest speaker at the January 10th meeting of the nursing staff of our hospital. His lecture topic was "Manipulative Procedures."

## Limington Health Center

Praise, joy, and sadness culminated the opening of the offices of Richard C. Wright, D.O., in the Limington Health Center, on January 7th of this year.

Words of praise go to members of the Adoniran Lodge, A. F. & A. M., of Limington, who, realizing the town's need for adequate medical facilities, volunteered more than two months of their free time in the remodeling of the lower floor of their hall into the Health Center.

The opening was not without sadness, which was brought about early the morning of the opening when Arthur Libby, the Master of the Lodge, fell from a ladder and received five fractures of the ankle, while attempting to hang up the shingle of Dr. Wright. Although greatly handicapped he was able to attend the festivities, and received words of thanks for the many previous hours he had spent directing and working on the project.

The joy of the opening was felt by all, in the viewing of the center, and the large attendance of 250 or more at the public smorgasbord, which was so adequately served by the Eastern Star Chapter in the second floor banquet hall. This was followed by the introduction of guests and the showing of the motion picture, "Progress Report," of the Portland Osteopathic Hospital, in the town hall. After the motion picture, dancing was enjoyed by all.

Those who attended the opening were greatly moved by this example of community spirit, which began with an idea and ended in a reality.

## Along the Corridors

Dr. Harry J. Petri has been a recent surgical patient, but we are happy to report that he is able to return to his duties in our Anesthesia Department.

Dr. Richard H. Wallace of Hollis Center has been a medical patient.

Doctors Louis R. Farley, Harry F. Lowell and Boyd B. Button have been enjoying a few hours of relaxation on recent skiing trips.

We wish to extend a hearty welcome to Dr. and Mrs. Charles Limanni and family from Iowa, who have purchased the former residence and offices of Dr. N. L. Somers on Woodford Street.

Congratulations to Dr. and Mrs. Everett S. Winslow, who were honored on December 27th at a surprise open house in observance of their 25th wedding anniversary!

Dr. and Mrs. Thomas J. Miller and family were happy to entertain during the holidays, Mrs. Miller's parents, Mr. and Mrs. R. H. Phillips of Calais. It was a particularly wonderful Christmas at the Miller household this year, because the doctor's wife, Inez, has learned how to make two fifty cent pieces equal four hundred and sixty dollars (\$460.00) and that indeed is an art worth knowing in these strenuous days of fund raising both for family and for hospital needs! It seems that Inez bought two badly marred violins at an auction, but upon taking them to the proper expert to be repaired for their son Jimmy's future use she found that one was worth \$300.00 and the other \$160.00. Jimmy will become an accomplished violinist some day on the three hundred dollar one and Inez exchanged the other violin for a new Necchi sewing machine, which already has produced a beautiful new wardrobe plus many Christmas gifts, which in turn surely made both Santa and Dr. Miller very grateful.

Dr. Lowell M. Hardy has been conducting a series of lectures on "Parliamentary Law" each Monday evening at the Y. M. C. A. under the auspices of the Portland Toastmasters' Club. Dr. Thomas J. Miller, President of the Club, reports that these valuable lectures have been open to the public and greatly appreciated by all in attendance.

Our congratulations to Mrs. Pauline Martin who has recently been assigned the duties of Medical Secretary to Dr. Button, our hospital pathologist.

A welcome is extended to Miss Edith Saucier, who has joined our staff of Laboratory Technicians. Miss Saucier is specializing in the preparation of tissues.

## Doctors' D.O.ings

Dr. Thomas J. Miller's lecture, "Grunt, Grumble and Groan," which was an interesting part of the program at the Maine Osteopathic Association Convention in December at the Eastland Hotel, proved to be an enlightening message of his valuable work in our Endoscopy Department.

Four interns from O. H. M. were also speakers at the December convention at the Eastland. Dr. Carlton G. Apgar spoke on "Diagnosis and Management of Essential Hypertension"; Dr. George R. Dam's topic was "Frozen Shoulder"; Dr. William R. Durham lectured on "Ectopic Pregnancy"; and Dr. Thomas W. Pierce gave his views on the "New Insulin Therapy for Management of the Diabetic Patient."

Dr. Eugene E. Puffer and family sailed from Boston on January 5th for Linz, Austria, where he will spend three months doing Post-Graduate work in General Surgery.

Dr. Paul Reiger has been appointed to serve as Medical Director of the Osteopathic Hospital of Maine for the ensuing year.

Dr. Lowell M. Hardy was narrator for our hospital movie, which was presented by Mr. Kermit Hanson, a member of the Board, for the viewing pleasure of the Kennebec Rotary Club on January 12th. This interesting motion picture is currently available for all church and civic organizations and is to acquaint the public with the D.O.ings at the Osteopathic Hospital of Maine.

Dr. Richard Wright, school physician in Standish, has been conducting a Polio Clinic in that town for children between the ages of five and fourteen.

## Christmas Decorations

We are greatly indebted to Mr. Robert Cote, Scoutmaster of Troop No. 34, and his Boy Scouts of Falmouth Foreside for the beautiful wreaths on our hospital, to Mrs. Richard D. Fairbend, Jr., and to Mrs. Arthur H. Nesbit of the O. H. M. Guild for the interior and exterior decorations, which were admired by all throughout the holiday season, and to Mrs. John A. Kline, who was assisted by the wives of our interns, for the lovely Christmas tree in our reception room, which brought cheer to many as they entered our hospital.

## Christmas Sojourns

Dr. and Mrs. M. Carman Pettapiece with their daughter, Patricia, and son, M. Carman, Jr., enjoyed a holiday Caribbean cruise on the S. S. Mauretania.

Dr. and Mrs. Harry J. Pettapiece spent the Christmas season in Santa Ana, California, with Lieut. and Mrs. Everett Dudley. Mrs. Dudley was formerly Joyce Pettapiece.

Dr. and Mrs. C. Robb Hetzler enjoyed a Christmas vacation at West Point, New York.

Dr. and Mrs. Boyd B. Button and family spent the holidays in Georgetown, Delaware.

Mr. and Mrs. Gerald Kelley and family have just returned from a two weeks' vacation in New Mexico.

Mrs. Pauline Martin of our Business Administration Office joined a family reunion in Fitchburg, Massachusetts.

## What's New?

Dr. Boyd B. Button is proud of his new high intensity microscope lamp for micro-photography, which was his Christmas present to himself! (We understand it's the "Light of his Life" at present—right, Doctor?)

## Intern Inklings

Thoroughly believing in the old adage about all work and no play and the consequences thereof, the interns of O. H. M. took time out at Christmas for a gay holiday party in the Interns' Quarters. From what we hear it was a memorable event—highlighted by a very tasty buffet supper and the very select recordings of Dr. Pierce.

Dr. and Mrs. John A. Kline motored to Pennsylvania to pay Christmas visits to friends and relations.

Dr. and Mrs. George R. Dam and family visited their families in Lewiston for a happy holiday.

Dr. and Mrs. Carlton G. Apgar and family entertained his mother and dad from New Jersey for the Christmas festivities.

Dr. and Mrs. James W. Smith and family toured to Gorham to spend some of the holiday season with his family.

Dr. and Mrs. William R. Durham saw the New Year in at Hinton, West Virginia, where they had flown to visit his family.

Dr. Thomas W. Pierce and his wife started the New Year with a family visit at Dover-Foxcroft.

## Funnybone Fun

### BED OF PAIN

Come see my children, sick abed  
With fevers high and tonsils red,  
And watch the flying pillows skid  
From invalid to invalid,  
While spring and mattress creak and strain  
In every bouncing bed of pain.

Ah, would I were so bright and quick  
When well, as children are when sick.

—Anita Raskin.

Contributions for "D.O.ings" with general interest to our readers may be mailed to either Mrs. Arthur H. Duffett or Mrs. Ruth W. Gailey, Assistant Editors, 150 Glenwood Avenue, Portland, Maine.

## If You Like This Publication

And want a friend to receive it, send a two-penny postcard to Mr. Gerald M. Kelley, 335 Brighton Avenue, Portland, Maine, with the name, and he will add it to the mailing list.