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PIERCE COUNTY MEDICAL SOCIETY



# BULLETIN

JANUARY, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 1



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
JANUARY 8**

## Pierce County Medical Society

1974

### OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Secretary ..... Judy Gordon

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 Herbert Kennedy ..... Edmund Kanar  
 Robert Johnson ..... John Kanda  
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 John F. Kemman ..... W. Ben Blackett  
 Herbert C. Kennedy ..... James F. Early  
 Herman S. Judd

### ALTERNATE DELEGATES

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 James Blankenship ..... David Millett

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### ON THE COVER



Auxiliary members got together and made this 7-foot snowman to decorate the entrance at the annual Auxiliary Dinner-dance. After the dance, it finished out the rest of the holiday season in the lobby at Mary Bridge Children's Hospital. —(Photo by staff photographer)

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## President's Page



The new By-laws of the Pierce County Medical Society were approved by the membership at the December meeting. The only change from the floor was one providing for voting privileges during the temporary membership year. Many thanks are due to Dr. Robert Ferguson and his By-laws committee who have been working on this project for several years.

I want also to express appreciation to the past president, Dr. John Kanda, and his 1973 Board of Trustees for a fine job. Dr. Kanda's continued advice and help will be very important to a smooth continuity.

The past few years have witnessed some important changes in our Society. I hope that this participation will continue to grow in its influence.

I think some other changes are less fortunate, however. Divisions regarding manner of practice have generally come down through the hospitals via the Joint Commission on Accreditation of Hospitals and have thus bypassed the County Society and have finessed any opportunity for general Society discussion. The Joint Commission, of course, does not review all of the hospitals of a given area at the same time and this has the effect of leaving each hospital standing alone as it faces the Joint Commission's latest demands. This type of fragmentation of influence has tended to reduce the County Society to almost ritualistic function at times. This is evidenced by a reduced Society meeting attendance. The Society meeting has traditionally consisted of a business meeting followed by a program, but quite often even this program has appeared to be less attractive to many members than the prospect of an evening at home. There are some important decisions facing us in the next year or so and I hope that this trend can be reversed. To this end I would like to discontinue the program except that it might relate to matters under discussion or unless there is a speaker or topic of unusual interest. This should permit members to expect an early adjournment where there is not some matter requiring extensive discussion.

Among the most important matters facing us currently is PSRO. A special meeting of the State Medical Society is to be scheduled early in 1974 in order to decide the State Society's role in PSRO. There has been a growing sentiment of opposition to PSRO and I do not think that this State meeting will be a rubber stamp type of decision. Several states and counties have bucked the AMA leadership and are flatly opposing participation in this. I strongly suggest that our Pierce County delegates go to this meeting instructed by us as to how they are to vote.

At the December Society meeting Dr. Robert Lane introduced the following Resolution and moved its adoption. That the Pierce County Medical Society:

1. Recommend repeal of the PSRO law;
2. Recommend that area physicians and hospitals not participate in implementation of PSRO.

The motion was tabled and will be brought up for consideration at the January 8, 1974 meeting. That Resolution appears at this writing to be the major item for decision at the January meeting.

There is also a motion for the employment of an executive director of this Society. This motion was previously tabled and will be brought up for discussion and final decision sometime in the early months of this year. We

(Continued on Page 25)

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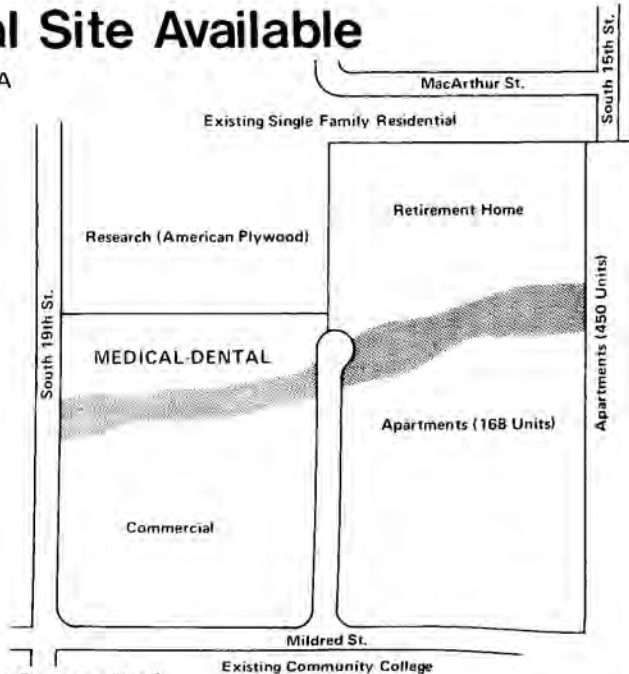
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# Editorially Speaking



At this writing Christmas is very near and yet this issue of the Bulletin won't be in the mails until mid-January when all the feelings of warmth and closeness and nostalgia will seem cold and strangely out of place.

This would seem to be a good time, though, to reflect on the past year and wonder about the coming year.

It has been an unsettling year in the field of medicine with PSRO's and talk of doctor's unions the harbingers of vast changes in medical practice.

It has been a year which saw some old friends depart and many new bright young men come to town. Tacoma, it seems, is blest with many good and dedicated doctors with a warm and easy relationship

between generalist and specialist that is totally missing in many cities.

This year has seen the medical auxiliary continue as a viable and positive force and an acknowledged leader among the state societies.

Looking back is often more pleasant and comforting than facing the uncertain future but as we enter the new year, hopefully, we will have learned from the mistakes of organized medicine in the past with its resistance and often, over reaction to any change.

There is a natural human tendency to resist any change however small but we must learn to differentiate basic and inevitable trends and attempt to work with and guide their administration rather than blindly oppose them. We will have ample opportunity to practice this in the coming year. Let's hope we get it right.

David S. Hopkins, M.D.

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# **Pierce County Medical Society Meeting**

Tuesday, January 8

Medical Arts Building Auditorium

**Program . . . 8:15 p.m.**

**"PSRO"**

Dr. James G. Billingsley

Social Hour – 6:00

Dinner – 6:30

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## In Memoriam

### David H. Johnson, M.D.



"I do not choose to be a common man. It is my right to be uncommon . . . if I can."

Excerpt from **My Creed**, by Dean Alfange.

Dave was not a common man. He was a local legend in his time. A Swede, a Viking, not in statute but in the spirit and the fire that burned within him. He was a monk. His Monastery was the Obstetrical Department of Tacoma General Hospital. His dedication was to obstetrics.

Since he started practice in Tacoma in 1923, he had delivered over 1000 babies in the home, during the years up to the second world war. These were depression years and he often received little or no compensation. During the war and after home deliveries became a rarity. Since that time he delivered some 8000 more babies for a total of over 9000. If one were keeping a baseball score one could add at least another 1000 assists. Dave loved and sought adoration. He received it in full measure from his patients, the obstetrical staff and the student nurses.

Although seldom mentioned, his activities extended far beyond the walls of his "Monastery". He was a champion of the poor, the homeless, the handicapped and underprivileged. He was president of the Tacoma Rescue Mission for years, active in its ministry to the community. He was interested in all phases of social behavior and so-called "off beat movements". He may not have approved of them but they fascinated him, because he was a student of social behavior and causes, looking for any possible good or harm in them. He was a church goer, a Lutheran. But not just a Lutheran, for the same reason, seeking out the philosophy of life in the Buddhist, the Mohammedan and other faiths. He not infrequently meditated with the Quakers, no doubt because they were peacemakers and hated war, as he did. In short, he loved and studied people and gave of himself and his money to aid them.

He was, in addition, vitally interested in education. Dave was a trustee of North Park College of the Covenant Church, Chicago, Ill. He made many trips there contributing time, money, energy and wisdom to the Board in the interest of that school.

He knew misfortune and hardship and mental anguish in his own life. At the age of 24, after receiving his masters degree in zoology from the University of Washington, he had decided on medicine as a career. It was not yet to be. He had applied and had been accepted at John Hopkins. At that time he suffered a nervous breakdown. He immediately divorced himself from all outside activity, even his church. For six months he sawed and chopped cord after cord of wood wrestling within himself. Finally, his mind was at rest. He had found his dream.

One year later, after working as a bookkeeper for funds to enter school, he matriculated at the University of Minnesota. In January 1921 he received his medical decree. He was influenced by Dr. Chris Quevli, senior, to go into obstetrics, a weak specialty in Tacoma. After a rugged year of training, under Dr. DeLee at Chicago Lying-In, he returned to start practice as the first specialist of Obstetrics in Tacoma.

Tragedy struck again. His first wife, a frail woman who bore him two daughters, died of pneumonia after nine years of marriage.

Two years later he married his second wife, Ruth. "She saved my life",

(Continued on Page 13)



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**MEMORIAL** — (Continued from Page 11)

he said. They have an adopted son in Japan and one, now in this country, from Africa.

One must give great praise and credit to his wife, Ruth, for the loving care and sacrifice she unhesitatingly gave to Dave over the years. To fill in the gaps, the waiting, the lonely nights, the cold meals, she studied art. She has become an accomplished painter. One remembers the birthday parties given to Dave in later years by the obstetrical staff, where she was always in attendance glowing with charm and pride. Dave, too, believe it or not, was a creditable pianist and delighted in music.

Dave told me, to my surprise, that he served in the Army during World War 1. He admitted that he didn't like it much and that they, "didn't think much of me either".

Now, the little, stubborn, purposeful, humanitarian Swede is gone. His round, ruddy face never changed much over all the years I knew him. Only his gait slowed. I would still see him even after his retirement, when I had an 8 o'clock surgery, getting out of his car at 7:45 a.m. We would walk together to the hospital and separate. I to surgery. He to the delivery room to monitor the labor board. He had monitored that board for 50 years. He knew the progress of labor of every patient of every doctor in attendance and, although he delivered or assisted in the delivery of 10,000 babies, he probably monitored the progress of labor in over a hundred thousand cases. He was extremely proud of Tacoma General's recent record of delivering more babies than any other hospital in the State.

Dave loved obstetrics and he loved babies. He recognized the necessity of population control. However, under the influence of DeLee and his own conception of life, he did not ascribe to the philosophy that it is more noble to do an abortion than to deliver a baby.

I last saw this remarkable man at the Washington State Obstetrical Society meeting December 8th. We sat together during the round table discussion at lunch. The following night, as he slept, not the Grim Reaper, but the Angels, came to bear him up. His dream was now fulfilled.

—Jerry Kohl, M.D.

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## JANUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>HAPPY NEW YEAR</p>	<p><b>2</b></p> <p>Surgical Conf. TGH—8 a.m.</p>	<p><b>3</b></p> <p>Gastrointestinal Conf. St. Joseph's 8:15 a.m.</p>	<p><b>4</b></p> <p>Tumor Board 7 a.m.</p> <p>Good Sam. Medical Ed 8 a.m.</p> <p>Oncology Conf. TGH—8:15 a.m.</p>
<p><b>7</b></p> <p>Mary Bridge Cardiac Conf. 5:30 p.m.</p> <p>Tac Orthopedic Soc.—6 p.m.</p> <p>Pierce County Pediatric Society 6:30 p.m.</p>	<p><b>8</b></p> <p>C.P.C. of Mary Bridge—8 a.m.</p> <p>PIERCE COUNTY MED. SOCIETY 8:15 p.m.</p>	<p><b>9</b></p> <p>OB-GYN Conference TGH—8 a.m.</p>	<p><b>10</b></p> <p>Medical Chest Conf. St. Joseph's 8:15 a.m.</p>	<p><b>11</b></p> <p>Tumor Board 7 a.m. - Allenmore</p> <p>Good Sam. Med. E.—8 a.m.</p> <p>Neurology Conf. TGH—8:15 a.m.</p>
<p><b>14</b></p> <p>Mary Bridge Cardiac Conf. 5:30 p.m.</p>	<p><b>15</b></p> <p>C.P.C. of Mary Bridge—8 a.m.</p> <p>Tacoma Surgical Club—6:30 p.m.</p>	<p><b>16</b></p> <p>Medicine Conference TGH—8 a.m.</p> <p>Staff of Lekewood Gen.—6:30 p.m.</p>	<p><b>17</b></p> <p>Medical Office Problems St. Joseph's 8:15 a.m.</p> <p>Psychiatric Conf. St. Joseph's 7 a.m.</p>	<p><b>18</b></p> <p>Tumor Board 7 a.m. Allenmore</p> <p>Cardiology Conf. TGH—8:15 a.m.</p>
<p><b>21</b></p> <p>Staff of Allenmore Hospital—Noon</p>	<p><b>22</b></p> <p>C.P.C. of Mary Bridge—8 a.m.</p> <p>Tac. Acad. of Internal Medicine —6:30 p.m.</p>	<p><b>23</b></p> <p>Pathology Conf.—TGH 8 a.m.</p>	<p><b>24</b></p> <p>Clinical Path. Conf. St. Joseph's 8:15 a.m.</p>	<p><b>25</b></p> <p>Tumor Board 7 a.m. - Allenmore</p> <p>Onocology TGH—8:15 a.m.</p> <p>Good Sam. Med. Ed.—8 a.m.</p> <p>Staff of Mary Bridge 12:15 p.m.</p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	

# Action at the Annual Auxiliary Dinner-Dance



Bob Ferguson helps Donna manage the guest list as the Dave Millett's sign in.



Committee members Bev Graham and Kit Larson.



Lorna and Bob Burt discuss matters with Art and Dee Wickstrom and Auxiliary President Obie Alger.



Bob Ferguson helps Ronna manage the guest list as the Dave Millett's sign in.



Bob Osborne, Marcel Malden, George Kittredge.



Glenna Blackett and Betty Johnson with the snowman.



Kit and Vern Larson jitterbuggin'.



The Archer's join the anesthesiologists — Hori's, Bell's and Cannon's.



Orv Harrelson, Ken Pim and Kimi Tanbara, with the Ted Crowell's.



Clockwise from lower left — Gypsy Hoyer, Bev Graham, Jeanne Judd, Obie Alger — and husbands.



Bob O'Connell and Jan join a tableful of anesthesiologist couples — George Barnes, Bill Rohner, Gil Roller and Bill Jackson.



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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1973 - 1974

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(Obie)
- President-Elect .....Mrs. Ronald Spangler, Jr.  
(Nancy)
- 1st Vice President - Program.....Mrs. J. G. Katterhagen  
(Anne)
- 2nd Vice President - Membership  
Mrs. John Havlina  
(Dolores)
- 3rd Vice President - Historian & Bylaws  
Mrs. George Barnes, Jr.  
(Ellie)
- 4th Vice President - Social  
Mrs. Wayne A. Bergstrom  
(Reta)
- Recording Secretary .....Mrs. Melvin L. Henry  
(Marie)
- Corresponding Secretary .....Mrs. Roy H. Virak  
(Gloria)
- Treasurer .....Mrs. Robert C. Johnson  
(Betty)
- Dues Treasurer .....Mrs. W. Ben Blackett  
(Glenna)

## COMMITTEE CHAIRMEN

- AMAERF .....Mrs. Max W. Brachvogel  
(Judy)
- Community Health .....Mrs. George Moosey  
(Jane)
- Cookbook .....Mrs. John Kennedy  
(Nancy)
- Dance .....Mrs. Vernon O. Larson  
(Kit)  
Mrs. Kenneth D. Graham, Jr.  
(Bev)
- Finance .....Mrs. Robert B. Whitney, Jr.  
(Helen)
- P.C. Health Council .....Mrs. Philip Grenley  
(Dorothy)
- Health Careers .....Mrs. Paul B. Smith, Jr.  
(Ginny)
- Hospitality .....Mrs. Marcel Malden  
(Jean)
- Legislative .....Mrs. Herbert C. Kennedy  
(Nadine)
- Mental Health .....Mrs. Jay H. Ehly  
(Vivian)
- Nominating .....Mrs. J. Lawrence Smith  
(Norma)
- Publicity - Bulletin .....Mrs. David S. Hopkins  
(Carol)  
Newspaper .....Mrs. Duncan T. Baer  
(Marilyn)
- Speakers' Bureau .....Mrs. Harold B. Johnston  
(Mary)
- Student Recognition .....Mrs. Charles D. Prewitt  
(Donna)  
Mrs. L. Stanley Durkin  
(Adele)
- Telephone .....Mrs. Dale Hirz  
(Sharon)  
Mrs. Charles L. Anderson  
(Cindy)
- TODAYS HEALTH .....Mrs. William T. Ritchie  
(Marge)
- TAC Center .....Mrs. George C. Gilman  
(Dona)

## January Luncheon

The January luncheon will be served at the home of Norma Smith, 12009 Gravelly Lake Drive S.W. Dr. Gilbert Eade, past president of the Washington State Medical Association, will speak on "Auxiliary Involvement."

All volunteers for the blood pressure check to be held at the Mall are asked to be at Norma's at 11:00 a.m. for a review and assignments prior to the luncheon and meeting.

## Blood Pressure Day

February 9, 1974 has been designated "Blood Pressure Day" by the Pierce County Auxiliary. With specific assistance from Ciba Pharmaceuticals and the Washington State Heart Association, Auxiliary members will man four stations at the Tacoma Mall to take and record the blood pressure of anyone wishing to avail himself or herself of this courtesy service. The hours will be 9:30 a.m. - 6:00 p.m. Linda BeMiller is the chairman of this committee. Bev Harrelson, Anne Katterhagen, and Nancy Spangler also serve on the committee. Anyone wishing to volunteer time or talent on this day may contact Anne Katterhagen.

## Addendum

Another holiday season, and another beautiful Christmas card arrived representing Pierce County's cumulative efforts toward AMA-ERF. This card also represents endless hours by the chairman on our behalf — thank you Judy Brachvogel. Unfortunately, the printer inadvertently omitted the names of two contributors — Dr. and Mrs. Lloyd Elmer, and Dr. and Mrs. Arnie Herrmann who belatedly wish everyone a Merry Christmas.

## Auxiliary Promotes "Killers"

As per Auxiliary policy to participate in and to further medical education projects, the executive board in conjunction with the finance committee voted a donation of \$420 to TV station KPEC in Lakewood. This donation is to be used solely for the promotion of "The Killers" (Continued on Page 23)

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- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

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The hometown bank.

(Continued from Page 19)

TV series, which is programmed exclusively in the Tacoma-Pierce County area by KPEC, and deals with five causes of death — heart disease, inborn genetic defects, trauma, pulmonary disease, and cancer. "The Killers" can be viewed once a month from November through March on Channel 2 and 56, or Channel 3 by cable.

There will be more information and discussion of programming at the January meeting.

### The Mostest

Nancy Spangler, as Pierce County Medical Auxiliary President Elect, has been invited to represent the state of Washington at a leadership seminar in Chicago February 20-21. Washington State Auxiliary officers recommended Pierce County because this Auxiliary has been the most active and offered the most leadership over the past several years. This is a great honor for Pierce County Auxiliary, and a challenging way to start the new year.

### Hallelujah!

ALL COOKBOOKS ARE SOLD — CONGRATULATIONS! Now to begin anew — remember to send your recipes to Nancy Kennedy.

### Attention All Doctors

Is your medical assistant keeping in step with you? The American Association of Medical Assistants can help her. AAMA is a non profit organization which was organized in 1956 and is dedicated to the improvement of medical assistants' services.

Our organization is **not, nor shall it ever become, a trade union or collective bargaining power.** We have the approval of the American Medical Association and many state and county medical societies, including the Pierce County Medical Society.

Members participate in organized educational activities, meetings, study groups, continuing education programs and workshops. They are encouraged to participate in all programs which will help them broaden their knowledge.

We believe better trained assistants can assume more responsibility in maintaining smoothly running offices. To be an effective member of the health care team, a proficient medical assistant must keep up to date.

Won't you encourage your medical assistants to join AAMA, taking that first step toward self-improvement and better job performance? For further information please contact Susan Thornton at 845-7571 (work) or 848-4945 (home).

## LAKWOOD CONVALESCENT CENTER

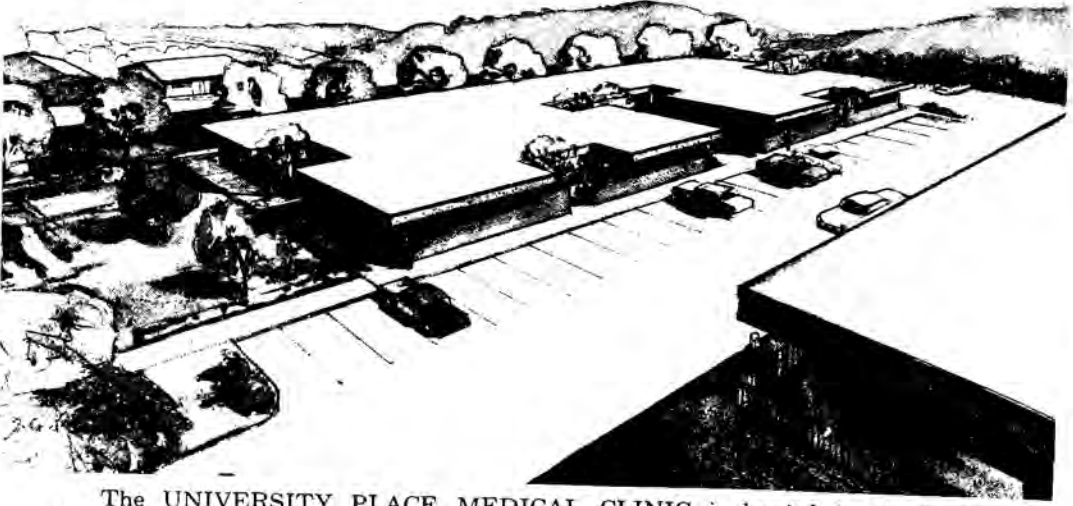
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**PRESIDENT'S REPORT** (Continued from Page 5)

expect to have the executive director of the King County Medical Society to be available at one of our meetings to answer questions.

I would like to begin a Medical Society program to bring a family practice residency into this area. Some letters have been sent to the American Board of Family Practice and the American Academy of Family Physicians in order to learn about specific requirements for certification. I would like to hear from any area hospitals or physicians that would like to participate in such a program.

There has also been some discussion regarding moving the Medical Society meeting place. Rotation between several hospitals in the county has been suggested and the new St. Joseph's hospital has offered its auditorium when completed as a meeting place to replace the Medical Arts building auditorium.

Criticisms, comments or suggestions for any changes in the Medical Society are wanted and I am soliciting everyone's help.

**Christmas Dance**

The Pierce County Medical Auxiliary Christmas Dance was held on Saturday evening, December 1, at the Tacoma Golf and Country Club. A hard-working committee headed by Kit Larsen and Bev Graham provided a memorable evening of dining and dancing.

The focal point of the festivities was a giant snowman which was assembled at the Blackett home. Ben was too modest to admit it but everyone knew that Ben was the model for the snowman. It

was later donated to Mary Bridge Children's Hospital.

The food was excellent as evidenced by the fact that the parsley was fresh and crisp. You can always tell a high class restaurant by the parsley.

The very danceable music was provided by a group called the Seasons 4 and every variety of dancer was observed.

A good time was had by all except Charles Smith whose fingers were stepped on as he made his way to the men's room.

**JANUARY BIRTHDAYS**

- |                     |                    |                    |                      |
|---------------------|--------------------|--------------------|----------------------|
| 1 George G. R. Kunz | Joseph K. Wearn    | 16 Wayne Bergstrom | 20 Ralph Johnson     |
| Randolph Lindblad   | 7 Robert Ferguson  | Donald Carlyle     | Ronald Spangler      |
| 2 Stevens Dimant    | George Race        | Robert Gibson      | 21 Donald Weber      |
| Sidney Whaley       | William Wright     | Leo Sulkosky       | 26 Raymond Ellis     |
| 3 Ralph Huff        | 9 Calisle Dietrich | 18 R. A. Norton    | 27 John Havlina      |
| Paul Hageman        | 10 William Burrows | James Ward         | 30 William Spaulding |
| 4 Edmund A. Kanar   | D. A. Marlatt      | 19 Ted Apa         | 31 Robert Truckey    |
| 5 Norman Magnusson  | 12 Peter Cannon    | Don Cummings       |                      |
| Bernard Ootkin      | George Delyanis    | Alan Sobul         |                      |



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## PRIMARY CARE PHYSICIANS TO BE SURVEYED

On December 11, the Board of the Medical Society reviewed and approved a proposal for a survey of primary care physicians to be carried out by the Pierce County Health Council. The survey will be administered in mid-January and will be directed toward general practitioners, internists, obstetricians-gynecologists, pediatricians, and general surgeons. Members of the Women's Auxiliary will assist by delivering the survey to the physician's office, answering questions the doctor or his office staff may

have, and picking up the completed form several days later.

Information on primary care physicians is being sought by the Health Council's Care Committee as input for their work on a planning guide for Pierce County. The guide will examine primary care needs within the county, inventory current resources, and make recommendations for future development. Dr. James Blankenship and Dr. Richard Vi-mont serve on the committee.



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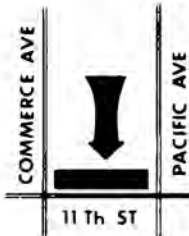
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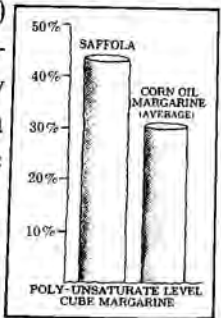


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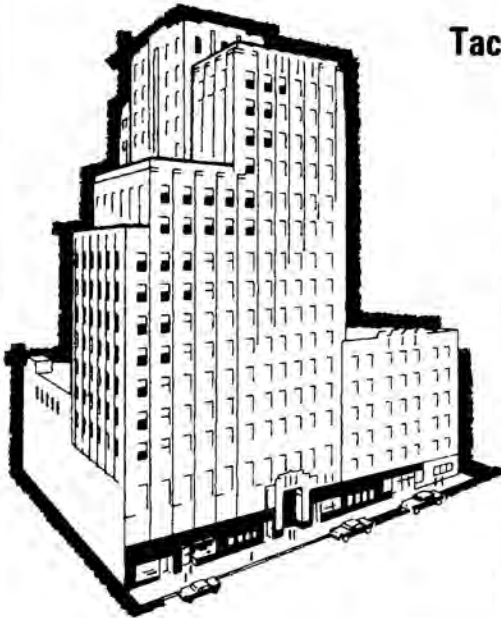
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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at Top of the Ocean
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.



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PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

FEBRUARY, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 2



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
FEBRUARY 12**

# Pierce County Medical Society

1974

## OFFICERS

President .....W. Ben Blackett  
 Vice President .....James G. Billingsley  
 President-elect .....James F. Early  
 Secretary-Treasurer .....David L. BeMiller  
 Executive Secretary .....Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
Herman S. Judd	

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

### Ethics

Dudley W. Houtz, Chairman	
G. M. Whitacre	Murray L. Johnson
Edmund A. Kanar	

### Grievance

John M. Kanda, Chairman	
L. S. Baskin	Robert W. Florence

### Credentials

Kenneth L. Pim, Chairman

### Program

John P. Nagle, Chairman

### Public Health

Harlan P. McNutt, Chairman

### Television

Robert A. O'Connell, Chairman	
Theodore J. Smith	

### Entertainment

William J. Rohner, Chairman

### Legislative

Stanley W. Tuell, Chairman

### Poison Control

James L. Schneller, Chairman

### Medical Education

Marcel Malden, Chairman

### Editorial

David S. Hopkins, Editor	
Stanley W. Tuell	

### Library

Robert A. Kallsen, Chairman



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LO 4-2494

## President's Page



At the January meeting, the Medical Society adopted a Resolution that the Pierce County Medical Society: 1. Recommend repeal of the PSRO law; 2. Recommend that area physicians and hospitals not participate in PSRO implementation. This was adopted by a majority vote of 50 to 41. There have been some rumblings about further con-

sideration or modification of this position, so we may not have heard the last of this.

There has been recent discussion by several physicians and area hospital administrators about a family practice or general practice residency. As I understand it, the chief requirements we are facing are: 1. Establishing a clinic site for the residents; 2. Raising funds to support the program; 3. Finding a full time program director. The Health Planning Committee will be requested to consider this along with physicians and administrators already involved.

At the February meeting, the motion to employ an executive director will be brought up for decision. Mr. Blau, the King County Medical Society Executive Director will be present to answer questions. If adopted, this will require a commitment for a significant increase in everyone's dues. While the quorum requirement in the Constitution and By-laws is only 40 voting members, it would be unfortunate if a decision of this magnitude were made by a small portion of the whole Society.

W. Ben Blackett, M.D.

# R

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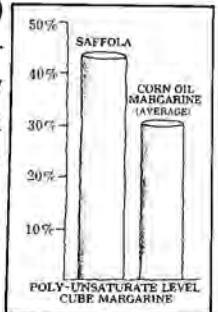


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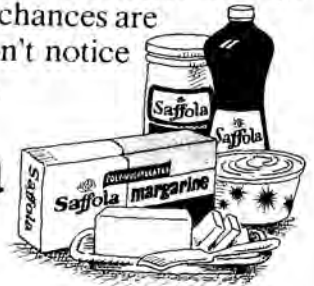
Following the doctor's orders isn't always easy. So when he recommends a low saturated fat diet, it's nice to get some help. Unlike the high-priced spread, Saffola (and, in fact, most margarines) contains no cholesterol. But that's only the beginning. Saffola Margarine is made from safflower oil — lower in saturated fats, higher in poly-unsaturates than corn oil. In conjunction with a low saturated fat diet, Saffola actually helps reduce the level of blood cholesterol.



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# Editorially Speaking



PSRO won't be repealed.

It might be amended, modified, changed, diluted, tempered or softened—but not repealed. It's a bad law, and if I had a vote, I'd vote for repeal. But authorities in the know have informed us that repeal is just not in the cards.

I agree with Sedro-Woolley's Dr. Bob Hunter, chairman of the AMA's advisory committee on PSRO that the PSRO program will only mean the erection of "a massive bureaucratic administrative

structure . . . that will cost the taxpayer dearly."

A humorous story told at the January Society meeting seemed to illustrate the doctors' plight. It concerned three men lined up for the guillotine. The first two each called out something like "God Save the Queen," and the guillotine knife failed to fall. The third kindly pointed out where the guillotine needed a little oil, and sure enough, off went his head.

The implication is that helping to implement a PSRO plan is like oiling the guillotine — but the analogy actually falls down after that. Does anybody really think that shouting out "God Save the Queen," or "I won't participate!" will actually stay the executioner's blade? A rather scant majority at the January meeting seemed to think so. It seems to me that if we were given an opportunity to tinker around with the guillotine for a while, we might be able to make it into a less lethal instrument.

S.W.T.

## FACT SHEET

- EVENT:** Twelfth Annual Symposium on Respiratory Disease  
**WHEN:** February 21-22, 1974  
**WHERE:** Health Sciences Auditorium  
 University of Washington School of Medicine  
**SPONSORS:** Washington Lung Association  
 Washington Thoracic Society  
 Daniel W. Zahn Memorial Fund  
 University of Washington School of Medicine  
 Washington Department of Social & Health Services

## VISITING FACULTY

- SPEAKERS:** Dr. Robert Fraser, Department of Radiology, Royal Victoria Hospital (Montreal, Quebec, Canada)  
 Dr. Edward Gaensler, Professor of Surgery, Boston University Medical Center (Boston, Massachusetts)  
 Dr. Jay Nadel, Cardiovascular Research Institute, University of California School of Medicine (San Francisco, California)  
 PRESIDENT, American Thoracic Society  
 Dr. Lewis Gibson, Childrens Hospital (Chicago, Illinois)  
**CREDIT:** 14 approved credit hours by The American Academy of Family Practice

- FURTHER INFORMATION:** Washington Lung Association/Washington Thoracic Society  
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# **Pierce County Medical Society Meeting**

**Tuesday, February 12**

Medical Arts Building Auditorium

**Program . . . 8:15 p.m.**

**The Program will concern the possibility of  
hiring an Executive Director for the  
Pierce County Medical Society**

**Guest: Mr. Blau, Executive Director of the  
King County Medical Society**

Social Hour - 6:00

Dinner - 6:30

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## Directory Corrections

Please make the following corrections in your 1974 Directory of Physicians:

Bergstrom, Wayne: Omit "no."

Lambing, James D.: Omit "1" before home phone. (It is not long distance).

Smith, Robert K.: Office Phone: JU 2-6363 or 6364.

Spangler, Ronald: No. 26 Allenmore Medical Center; Phone: 572-6880

Tisdale, Terrance: Office phone 848-4571.

Van Dooren, Hugo: Psychoanalysis and General Psychiatry.

Vozenilek, Myra: Radiology. Office: 10109 Plaza Drive S.W.. Phone JU 8-6083, JU 8-7050; 6345 Motor Ave. S.W. — JU 8-6855. Res. 10826 Meadow Road S.W. 98499 — Phone: 588-4595

Tacoma-Pierce County Sickle Cell Program (page 65) Phone: 593-2896.

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Dryer Mortuary .....LE 7-0253

Gaffney .....572-6003

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Lynn Funeral Home .....BR 2-2131

Morley Mellinger .....BR 2-3268

## Dr. Barth Leaves Gig Harbor; Tires Of Federal Pressure

I have made the decision to quit the practice of medicine in favor of a job in clinical research. This decision came not lightly, as I will miss the doctor-patient relationship. The promise of more and more government dictation in the years to come and the ever-present threat of abuse by certain factions of the legal profession, have made the task of the first line physician a constantly more unpleasant one. I have succumbed to the enticement of fewer and regular hours and secure pension benefits.

I would like to use this opportunity to thank the Pierce County Medical Society and its members, especially the ones I have had the great pleasure of being closely associated with, for having allowed me to belong to its ranks. My eight years of practice in this area will always remain vivid and unforgettable.

Edward A. Barth, M.D.

## PSRO Packs 'Em In, But Gets Thumbs-Down Vote

The phrase "PSRO" may not bring smiles to doctors' faces, but it sure brings many of those unsmiling doctors out to a medical society meeting. Some 119 doctors — a record for recent years — flocked to the January 8 meeting of the Pierce County Medical Society, and all because of the advance announcement that would be the topic of discussion.

Up for discussion was the double-barrelled resolution initially proposed by Dr. Bob Lane at the previous month's society meeting, resolving that the Pierce County Medical Society (1) Recommend repeal of the PSRO law, and (2) Recommend that area physicians and hospitals not participate in implementation of PSRO.

Providing source materials for much of the one-hour discussion was Dr. John Dawson, a level-headed Seattle surgeon who heads up the State Medical Association advisory committee on PSRO. By the time Dr. Dawson has fielded 15 or 20 questions from the floor, a parliamentary maneuver in the form of a "previous question" motion from the back of the room shut off all further discussion, and the resolution passed by a 50-41 vote.

Part (1) of the resolution reaffirmed at the local level the stand already taken by the AMA at its December Meeting — recommending repeal of the PSRO. But Part (2), recommending no participation in the implementation of PSRO, was somewhat different from the official AMA stand which holds that the AMA should make its medical know-how available in implementing PSRO, in hopes of making it a little less of a catastrophe than it is sure to be if the government bureaucrats go it alone.

Since the resolution simply made a recommendation, rather than issuing a mandate of non-participation to individual members, it served mainly as a soundboard for opinions. Rather than being discouraged by the anti-PSRO vote, Dr. Dawson indicated that he was pleased with the intense interest in the subject exhibited by Pierce County physicians and that the various opinions expressed from the floor would prove useful to him and his State Advisory Committee in its future deliberations.

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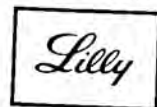
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sense*



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## **MBCH Grant Will Teach School Kids Poison Control**

The already well-established Poison Information Center at Mary Bridge Children's Hospital is expanding its program to include a community education service, thanks to a \$40,000 grant of Federal Revenue Sharing Funds administered through the Tacoma-Pierce County Health Department.

The money will finance continuation of the present emergency information service at the hospital, will provide for hiring additional specially trained staff to provide 24-hour poison information, and will increase the community educational aspect of poison and accident prevention through the use of speaking engagements, slide show presentations, displays, distribution of pamphlets, etc.

A slide presentation on poison and accident prevention is available for showing to school children and to various adult groups. Already being shown on a limited basis, this program will now be expanded. Anyone wanting more information or wishing to arrange for such a program may call the Poison Information Center at Mary Bridge Hospital, BR 2-1281.

## **Doctors, Student Nurses Set for Stormy Battle**

If two gales can make a storm, then there oughta be one heckuva gusty basketball game at the UPS Fieldhouse on Tuesday, Feb. 12, when a motley squad of doctors try to blow a nifty team of student nurses off the basketball court.

The two gales—are Gale Katterhagen and Gail Strait, co-coaches of the team of attending physicians at Tacoma General Hospital who will face the student nurses of the TG School of Nursing in their third "annual" basketball rivalry. Even though the date coincides with the February meeting of the County Medical Society, if 119 attend the Society meeting again, that still leaves over 200 other physicians who might want to take their wives up to UPS for the 7:00 tipoff so they can cheer their heroes (!) on to victory. Or they can cheer for their heroines if they find the first alternative too nauseating.

Proceeds from the game will be used to send student nurse representatives to the national student nurse convention in Salt Lake City. Tickets are available from the student nurses, or you can get them from Dr. Gil Roller in the X-ray department at Tacoma General. Adults \$1.50. Students — 75¢ Children under 12 — 50¢.

## **LAKWOOD CONVALESCENT CENTER**

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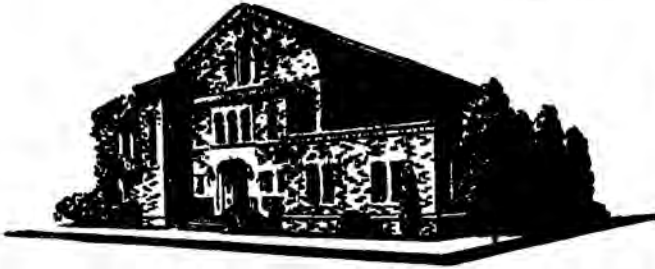
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## FEBRUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  Tumor Board 7 a.m.  Good Sam. Medical Ed 8 a.m.  Oncology Conf. TGH—8:15 a.m.
<b>4</b>  Mary Bridge Cardiac Conf. 5:30 p.m.  Tac Orthopedic Soc.—6 p.m.  Pierce County Pediatric Society 6:30 p.m.	<b>5</b>  C.P.C. of Mary Bridge—8 a.m.	<b>6</b>  Surgical Conf. TGH—8 a.m.	<b>7</b>  Gastrointestinal Conf. St. Joseph's 8:15 a.m.	<b>8</b>  Tumor Board 7 a.m. - Allenmore  Good Sam. Med. E.—8 a.m.  Neurology Conf. TGH—8:15 a.m.
<b>11</b>  Mary Bridge Cardiac Conf. 5:30 p.m.  Staff of Puget Sound Hospital	<b>12</b>  C.P.C. of Mary Bridge—8 a.m.  PIERCE COUNTY MED. SOCIETY 8:15 p.m.	<b>13</b>  OB-GYN Conference TGH—8 a.m.	<b>14</b>  Medical Chest Conf. St. Joseph's 8:15 a.m.	<b>15</b>  Tumor Board 7 a.m. Allenmore  Cardiology Conf. TGH—8:15 a.m.
<b>18</b>	<b>19</b>  Tacoma Surgical Club—6:30 p.m.  C.P.C. of Mary Bridge—8 a.m.	<b>20</b>  Medicine Conference TGH—8 a.m.  Staff of Lakewood Gen. 6:30 p.m.	<b>21</b>  Medical Office Problems St. Joseph's 8:15 a.m.  Psychiatric Conf. St. Joseph's 7 a.m.	<b>22</b>  Tumor Board 7 a.m. - Allenmore  Onocology TGH—8:15 a.m.  Good Sam. Med. Ed.—8 a.m.
<b>25</b>	<b>26</b>  CP.C. of Mary Bridge—8 a.m.  Tac. Acad. of Internal Med. 6:30 p.m.	<b>27</b>	<b>28</b>	

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PHYSICIANS' AND HOSPITAL SUPPLIES

## February Birthdays

- 1 David Millett
- 2 Arthur Wickstrom
- 3 Harry Capell  
William Hauser
- 6 Herbert Kennedy  
Don Willard
- 7 Donald Graham
- 10 Ronald Beck  
Lawrence Cutner  
Michele Maddalosso
- 15 Paul Bondo  
Thomas West
- 19 James Schneller
- 20 George Delaney  
Ada Van Dooren
- 21 Robert Costleigh  
Melvin Henry
- 22 Charles Galbraith
- 23 Frank Rigos
- 24 James Hazelrigg  
John Nagle
- 25 Axel Lindstrom  
Raymond McGroarty
- 26 John Renn
- 27 David Gimlett  
Thomas McDonnell

## Physician's Directory

The information that is supplied is for the other physician's benefit.

DOE, JOHN, M.D.\*1 (JANE2\*)  
Fam Prace W<sup>3</sup> pm Sa 0014 TGH<sup>6</sup>  
Accept<sup>4</sup> All, NF, PF, RSHS, Medic, VR, LI, PCMB, R.C.  
patients

1 Tac Med Plaza 98401 9-12, 1-5<sup>7</sup> 272-1000,  
272-1001<sup>8</sup>, 272-3166<sup>9</sup>

Res. 100 Main St. 98401 272-9999, 272-3166<sup>10</sup>

1\* member of Pierce County Medical Society

2\* spouse, member of auxiliary

3 day or afternoon out of the office

4 designated physician number

5 designated hospital for disaster

6 types of patients accepted

7 hours office open

8 alternate office phone number(s)

9 answering service phone number

10 answering service phone number

Corrections:

Additions:

Deletions:

Please call any corrections, additions or deletions to Judy Gordon 627-2020 for publication monthly to update the directory.

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1973 - 1974

President .....	Mrs. John R. Alger (Obie)
President-Elect .....	Mrs. Ronald Spangler, Jr. (Nancy)
1st Vice President - Program .....	Mrs. J. G. Katterhagen (Anne)
2nd Vice President - Membership .....	Mrs. John Havlina (Dolores)
3rd Vice President - Historian & Bylaws .....	Mrs. George Barnes, Jr. (Ellie)
4th Vice President - Social .....	Mrs. Wayne A. Bergstrom (Reta)
Recording Secretary .....	Mrs. Melvin L. Henry (Marie)
Corresponding Secretary .....	Mrs. Roy H. Virak (Gloria)
Treasurer .....	Mrs. Robert C. Johnson (Betty)
Dues Treasurer .....	Mrs. W. Ben Blackett (Glenna)

## COMMITTEE CHAIRMEN

AMAERF .....	Mrs. Max W. Brachvogel (Judy)
Community Health .....	Mrs. George Moosey (Jane)
Cookbook .....	Mrs. John Kennedy (Nancy)
Dance .....	Mrs. Vernon O. Larson (Kit)
Finance .....	Mrs. Kenneth D. Graham, Jr. (Bev)
P.C. Health Council .....	Mrs. Robert B. Whitney, Jr. (Helen)
Health Careers .....	Mrs. Philip Grenley (Dorothy)
Hospitality .....	Mrs. Paul B. Smith, Jr. (Ginny)
Legislative .....	Mrs. Marcel Malden (Jean)
Legislative .....	Mrs. Herbert C. Kennedy (Nadine)
Mental Health .....	Mrs. Jay H. Ehly (Vivian)
Nominating .....	Mrs. J. Lawrence Smith (Norma)
Publicity - Bulletin .....	Mrs. David S. Hopkins (Carol)
Newspaper .....	Mrs. Duncan T. Baer (Marilyn)
Speakers' Bureau .....	Mrs. Harold B. Johnston (Mary)
Student Recognition .....	Mrs. Charles D. Prewitt (Donna)
Telephone .....	Mrs. L. Stanley Durkin (Adele)
Telephone .....	Mrs. Dale Hirz (Sharon)
Telephone .....	Mrs. Charles L. Anderson (Cindy)
TODAYS HEALTH .....	Mrs. William T. Ritchie (Marge)
TAC Center .....	Mrs. George C. Gilman (Dona)

## February Meeting

The February luncheon will be held at the home of Mrs. David BeMiller at 21 Orchard Road on February 15 at 12 noon. Orchard Road is on the water side of North Yakima Avenue and it is a short dead-end road; consequently, Linda recommends parking on North Yakima and walking the half block to her home. She also wishes everyone lots of luck and suggests riding with a friend who has a map.

The program will be presented by Marie Henry concerning the findings and recommendations of the Ad Hoc Committee.

## Licensure

Recent changes in the Washington State nurse practice law make it appear advisable for RN's to keep their license current or get a current license. The new law has not been changed as yet but it's becoming apparent that by 1976 the licensing board will require:

1. proof of continuing education in nursing for license renewal by October 1967—continuing education to include workshops, conferences, lectures, seminars, institutes, etc.
2. "evidence of knowledge and skill in current practice" needed for licensure after retirement of three years or more.

There is talk about written examination for license renewal after retirement of three years or more.

To renew your license contact:  
Margaret Sullivan, Executive Secretary

Washington State Board of Nursing  
Olympia, Washington

## 'What Dick Said to Jane'

Dr. Gilbert Eade, immediate past president of the Washington State Medical Association spoke to an assemblage of Auxiliary members at the January 19 meeting. Dr. Eade issued a challenge to all physicians' wives — "Every day in some way say something good about medicine to someone."

In his informal talk entitled "The Doctor's Story, OR, What Dick Said to

(Continued on page 23)

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In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

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(Continued from page 19)

Jane," Dr. Eade recommended using a positive approach to tell the doctor's story — not a whitewash, just "tell it like it is." For example, did you know that physicians give more time to charity than any other group? They average one hundred hours per man per year in donated time!

Dr. Eade maintains that physicians' wives can play an important part in building public relations, and each individual can make a difference. Food for thought

## Finance Committee

The Finance Committee will meet on Wednesday, February 13. The committee will discuss Auxiliary projects, amongst them the possibility of assisting an educational TV station in the production of films featuring local health facilities. Please call Helen Whitney if you would like to help investigate the distribution of finances.

## Letters To Write

If you feel strongly about House Bill 1166, which deals with the legislation of marijuana, write your representative and tell him so.

## Awards and Service

Auxiliary member Barbara Teats is one of sixty finalists for the top award from the National Center for Voluntary Action. Barbara has devoted twenty-two years of faithful service to the Handicapped Swim Program. The winner of this award will be announced in April in conjunction with National Volunteer Week.

Dona Gilman, another Auxiliary member, has been appointed to serve a three year term on the Region V Health Planning Commission.

## Recipes Anyone?

Have you remembered to send six or twelve of your favorite recipes to Nancy Kennedy? Nancy is busy cooking, and needs new recipes. Nancy is also editor of the new cookbook and suggests either mailing the recipe cards to her, or bringing them to the February meeting.

## Executive Director

### Duties Difficult, Varied, Important

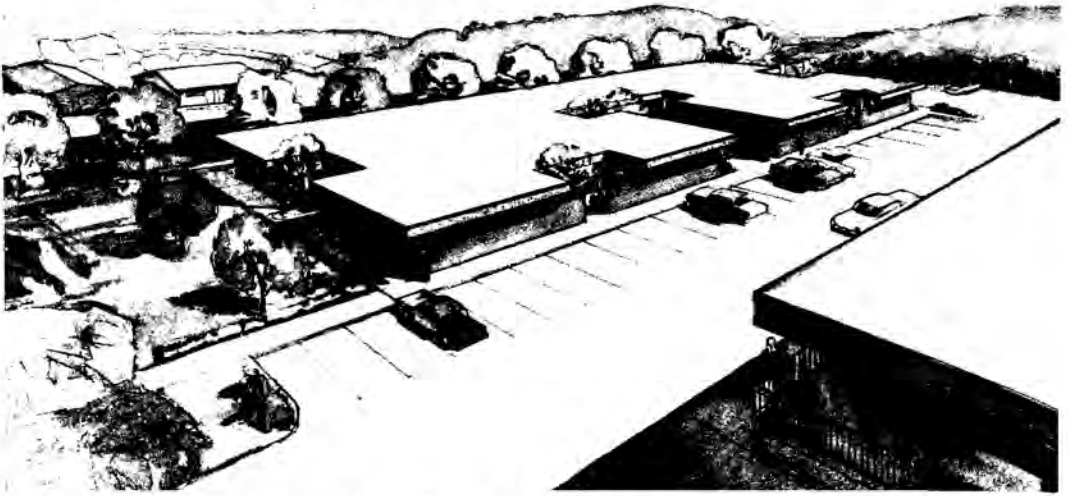
Our medical society now has over 360 members. There are so many things happening in medicine and in allied social aspects of our profession, that to handle the affairs of such an organization is truly a fulltime job for a trained executive. A medical society executive would have some of these more responsible tasks:

- a. Serving as a combined recording and corresponding secretary and in charge of all membership records.
- b. Having varied responsibilities of executing official documents, attesting to others, preparing tax reports and an increasing number of other governmental papers, certifying records for license applications, etc.
- c. A custodian of the records and archives; needs to understand filing systems.
- d. Financial officer of varying responsibilities. He must act as deputy treasurer or controller, at least bookkeeper.
- f. Public relations practitioner, including membership relations, press, radio, T.V. relations, public speaking, creative writing, critical editing, plus several fields of salesmanship such as advertising for our monthly bulletin.
- g. He must be managing editor or business manager or all of these for our monthly periodical, plus knowledge of our special programs, pamphlets, brochures that might be necessary. He must understand printing and how to deal with printers.
- h. He must be part time lobbyist to maintain close contact with local and state legislative bodies and other local and state governmental offices and with our congressional delegations.
- i. He must be a personnel director to employ at least a secretary or any other staff that we feel is necessary.

His principal function, of course, is to accept policy direction and instructions from our Board of Trustees or the

(Continued on page 25)

## UNIVERSITY PLACE NEWEST MEDICAL CENTER



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(Continued from page 23)

President and then perform all of the Society's administrative work in the name of that Board. If this sounds like a 24-hour, seven day a week undertaking, it probably is.

Where does one find such a paragon of virtue? He must be intellectually honest, a diplomat, have tact, horse sense and a dedicated loyalty to the medical profession. He must be ambitious but his ambition must be tempered with a real desire to perform public service. He should have had a liberal arts education with some emphasis on writing, speaking, psychology and at least a smattering of science and finance.

He must either "know his place" in advance or he must quickly learn it. All of these facts are taken from the Colorado Medical Society's chapter of their bylaws. All of the above thoughts were set down by Hollister Smith, executive secretary of the St. Louis Medical Society.

Another thing, of course, that he must do is to work with committees. He must work in an advisory capacity, do much of the spade work and arrange meetings, arrange agenda, try to help committee members perform the duties that they have been charged with.

In this day when all of the media are full of letters and other material against doctors, it is about time that we started to say some things for ourselves, that to us are self-evident. We too have solutions and are always diligently seeking even better ones for the medicoeconomic problems of our patients, community and as physicians. It is about time that we had our say. Only someone who has the time and ability would be able to obtain for us the place in the forum that we deserve.

Such a program is not cheap but I think it could well be done for 30 cents a day for each one of us to contribute. I think that is a small price to pay.

Les Baskin, M.D.

## Family Clinic

1815 So. J St. 98405

M. Tu. W. Th. F. 10-6:30 627-9182

Coordinator — Aaron Miller, EMT

Family clinic was reopened as a needed referral center for low income residents of Pierce County September 10, 1973. The main objective has been and will continue to be the introduction of patients into main stream medical care.

Personnel is available to service patients by phone, but preferably in person from 10 a.m. to 6:30 p.m. Patients are

referred to primary care physicians (family practitioners, internists, obstetrician-gynecologists and pediatricians) in most instances. Only those physicians who have indicated a desire to participate have been contacted, but all are invited. A phone call from your office will include you on the list.

September through December 1973

		Est. Fee	
Physician referral at no fee	279	\$10.50	\$2,299.00
Athletic examinations	12	30.00	360.00
School examinations	3	30.00	90.00
Emergency room	13	30.00	390.00
Health agency referrals	26		
	<u>333</u>		<u>\$2,749.00</u>

There are still patients who seem unable to obtain medical care so a physician manned clinic will be open Friday from 6 to 8 p.m. starting February 15, 1974, in order not to conflict with the Rescue Mission and Eastside Clinic. Again, every attempt will be made to obtain a personal

physician for each patient.

Any physician desiring to participate in Family Clinic by seeing patients in his office or seeing patients at Family Clinic Friday night, please contact Judy Gordon, 627-2020, or Aaron Miller, 627-9182.



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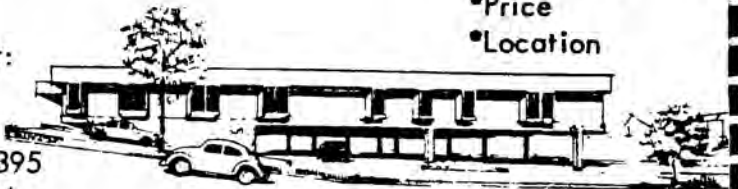
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Wauna, Washington 98395  
1-857-4616 or 383-2104



Mary Bridge Children's Hospital

**POISON INFORMATION CENTER**  
December, 1973

TOTAL CALLS .....	343
From Doctors and Hospitals .....	20
From Community Agencies .....	17
From Others .....	306

AGE DISTRIBUTION

Under 18 Months .....	37
18 Mos. to 3 Yrs. ....	107
3 and 4 Year Olds .....	45
5 and 6 Year Olds .....	9
7 thru 12 Years .....	18
13 thru 19 Years .....	15
20 Years and Over .....	34
No Age Given .....	84

SUBSTANCES TAKEN

	Under 5 Yrs.	Total
Chemical .....	2	3
Cosmetics .....	24	30
Food Inquiries .....	4	22
Household Prod. ....	14	18
Ammonia .....	0	1
Bleaches .....	5	5
Detergents .....	3	3
Other .....	6	9
Repellents .....	0	6
Bites .....	0	1
Medicinal .....	88	137
Aspirin .....	10	15
Patent Meds. ....	38	50
Presc. Drugs .....	40	72
Petroleum Prod. ....	7	24
Plants and Berries .....	18	33
Miscellaneous .....	26	69



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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at O'Brien's.
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

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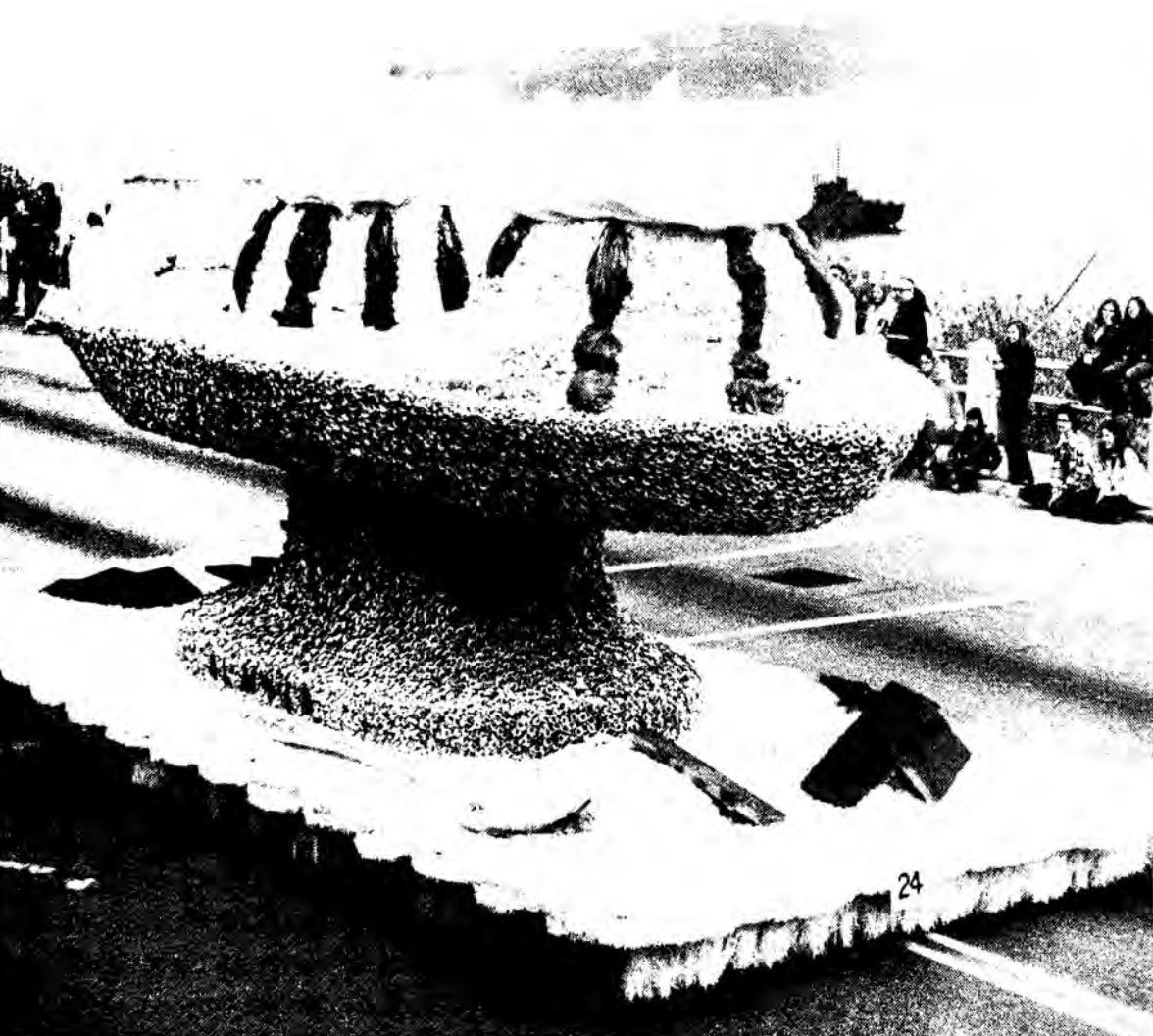
PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

MARCH, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 3



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
MARCH 12**



# Pierce County Medical Society

1974

## OFFICERS

President .....W. Ben Blackett  
 Vice President .....James G. Billingsley  
 President-elect .....James F. Early  
 Secretary-Treasurer .....David L. BeMiller  
 Executive Secretary .....Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
Herman S. Judd	

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

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Dudley W. Houtz, Chairman	
G. M. Whitacre	Murray L. Johnson
Edmund A. Kanar	

### Grievance

John M. Kanda, Chairman	
L. S. Baskin	Robert W. Florence

### Credentials

Kenneth L. Pim, Chairman

### Program

John P. Nagle, Chairman

### Public Health

Harlan P. McNutt, Chairman

### Television

Robert A. O'Connell, Chairman	
Theodore J. Smith	

### Entertainment

William J. Rohner, Chairman

### Legislative

Stanley W. Tuell, Chairman

### Poison Control

James L. Schneller, Chairman

### Medical Education

Marcel Malden, Chairman

### Editorial

David S. Hopkins, Editor	
Stanley W. Tuell	

### Library

Robert A. Kallsen, Chairman



Cover — Puyallup Valley  
 Daffodil Festival Float

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

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## \$ Short Quiz for Members of the Medical Profession \$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
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4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

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## President's Page



At its February meeting the medical society voted to hire an executive director. The search will now begin to find the right individual for this position. The search committee consists of Dr. James Early, chairman, and Drs. Les Baskin and John Kanda. Any suggestions of possible applicants should be directed to Dr. Early.

We are very much aware that the benefits to us from this directorship will depend upon the qualities of the new executive director and not merely upon having him filling such a position. The search will be careful and deliberate.

There have been several requests for help in finding gasoline supplies for physicians. I have spoken and written to the Washington State Emergency Board requesting either a priority treatment of physicians at all service stations or a specific source of available fuel in order to prevent any interruptions in medical services. The former of these two possibilities seems the most likely, but I have no further information at this time (2-20-74).

This will not be fresh news by the time this bulletin is published but in the event anyone has missed it, pre-hospital admission certification has been killed, thanks in large part to the AMA, AHA and the efforts of many of us who wrote to Washington to object.

W. Ben Blackett, M.D.

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Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.



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# Editorially Speaking

## Drug Abuse Can Begin in the Office



We recently attended a medical meeting in Sun Valley, Idaho which is a kind of ordeal in itself when one considers the constant danger of severe sunburn, the numbing fatigue which results from skiing challenging slopes of deep powder snow and the grind of endless apres ski activities. Fortunately the meeting made it all worthwhile.

There were a number of good discussions but one by Dr. David E. Smith of San Francisco dealt with a very pertinent and ever-present problem which crosses all the fields of clinical practice, namely, the polydrug abuser. Dr. Smith's talk was based largely on his experiences in the treatment of drug abuse in the Haight-Ashbury district in San Francisco.

He divides polydrug abusers into two classes: 1) Street—the very disturbed group using mainly heroin and methadon as self medication to control their psychoses 2) Straight—the group the private practitioner sees most often in the office or hospital.

There are some basic facts which aid in the recognition and treatment of the straight polydrug abuser. First of all, their habit most often began with their

physician prescribing drugs. The drug was usually prescribed for a specific symptom and the patient began abusing the drug around this specific symptom. The patient will vigorously resist the idea that there is an addiction problem. The sedative hypnotics, alcohol and barbiturates, are the most abused drugs at present. Straight polydrug abusers do not have severe emotional ills but they tend to have affective disorders (e.g. hysteria) which need to be treated before the drug abuse can be corrected.

Dr. Smith feels that patients with chronic pain symptoms are often well handled on a small daily dosage of percodan or talwin and only if there is an escalation of the dosage is there danger of addiction.

All of us are going to see drug abuse problems in our practice and the more we learn about the psychodynamics of the problem, the better equipped we will be to handle it.

David S. Hopkins, M.D.

## Course Offered for Medical Assistants

The students in Medical Assisting at Clover Park Education Center are busy preparing for the final phase of their course. In April they will be ready for full time employment.

The course is designed to give the Medical Assistant a varied background in clinical and office procedures which prepare her for employment in any physician's office.

Physicians interested in more information please contact Dolores Barrager, R.N., Clover Park Education Center, JU 4-7611, Ext. 240, Monday-Friday, 8 a.m. to 3 p.m.

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

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# **Pierce County Medical Society Meeting**

Tuesday, March 12

Medical Arts Building Auditorium

**Program . . . 8:15 p.m.**

Medical Society Recommendation on  
Facility Review Guideline

Social Hour – 6:00

Dinner – 6:30

Honan's Restaurant



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### Child Abuse Clinic

March 19-20 Dr. Helser, national child abuse authority, will be the featured speaker for an educational seminar for physicians, professionals, and others interested in working with children and families. This seminar will be presented by UPS in conjunction with Panel for Family Living.

For further information contact either the Continuing Medical Education Office or Vivian Ehly at 572-5316.

### Save April 9th

The combined Pierce County Medical Society and Auxiliary meetings will be in the form of a dinner and program at the Sherwood Inn on April 9th. Plan ahead and take a doctor to dinner, or vice versa.

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## Student Nurses Edge Doctors 35-34 in Basketball Fracas

Tacoma General Hospital Staff physicians went down to defeat again at the hands of a smooth-dribbling team of student nurses at the much-publicized Doctor-Nurse basketball game played at the University of Puget Sound gym on Tuesday, Feb. 12. Behind by a score of 25-14 early in the game, the doctors fought back to take the lead at 31-30 with a scant few minutes to go. But the student nurses swished in free-throws with only seconds remaining and won the game 35 to 34 as the doctors couldn't sink their final three desperation shots in the last 5 seconds of the game.

The doctors led in bench-strength, with a total squad of 27 on the roster, though 4 of those didn't show up for the contest. There were 17 student nurses on the roster, coached by "Gipper" Berg. Gail Strait and Gale Katterhagen coached the doctors squad.

Though the score was low, the enthusiasm ran high all through the game, with costumed cheer-leaders on each side of the gym. Ten graduate R.N.'s deserted their chores at T.G. bedsides to cavort along the sidelines and lead cheers for their heroes (that's the doctors).

While the doctors rested up—and they needed it—during half-time, the student nurses put on a riotous half-time show featuring a Kazu band and a unicyclist.

Latest figures aren't back at this writing, but the several hundred dollars profit from the game was to be used for sending student nurse representatives to the national convention of student nurses this year.

## Board Meeting

There will be a general board meeting Monday March 4th at 9:30 a.m. in the doctors' lounge at Allenmore.

## Official Call for Scientific Papers

Physicians are invited to submit a brief two or three paragraph abstract, with title, of the scientific paper they would like considered for inclusion in the 1974 Washington State Medical Association Annual Meeting, Sept. 22-25, in Spokane. The early submission of papers is helpful in establishing program content. Abstracts should be sent to Richard R. Stacy, M.D., Chairman, WSMA Scientific Program Committee, 444 Northeast Ravenna Boulevard, Seattle, Washington 98115. The deadline for the receipt of abstracts is April 15, 1974.

## Members Approve Medical Director For County Society

A relatively small attendance of doctors at the Feb. 12 meeting of the Pierce County Medical Society took a significant milestone type of action when they voted to hire a Medical Director for the Society. Les Baskin had made a motion to that effect at a previous meeting, and this had been tabled. It was now taken from the table by the appropriate motion, discussed, and voted upon favorably.

Also at the meeting, Dr. George Tanbara announced the availability of several medical office assistants being graduated from the Clover Park Educational Center. He noted that the Family Clinic will be operating on Friday nights, and that the Eastside Clinic (Salishan) will have an Open House on Sunday afternoon, March 3.

Orv Harrelson announced that April 1 and 5 were the dates set for the school immunization project which will immunize students for measles, rubella, polio, diphtheria and tetanus. Ralph Stagner urged society members to support the policy of having the Pierce County Medical Bureau switch to five-digit codings.

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MARCH 14, 1974—THURSDAY

8-9:00 a.m. Congenital Heart Disease —1974

1:00 p.m. Acute Aortic and Mitral Valve Insufficiency

2:00 \*Case Presentations — Question/Answer

4:00 Traumatic Heart Disease

MARCH 15—FRIDAY

8:15 a.m. Surgery for Coronary Heart Disease

10:00 \*Case Presentations — Question/Answer

12:00 Luncheon—Jackson Hall Recreation Room

2:00 \*Case Presentations — Question/Answer

4:00 Echocardiography: A non-invasive technique with wide clinical application.

7:30 Social Hour and Dinner—Tacoma Country & Golf Club

Jackson Hall—Tacoma General Hospital School of Nursing

### Scientific Exhibit Applications Available

Applications are now available for scientific exhibit space at the 1974 Washington State Medical Association Annual Meeting, September 22,25, at the Davenport Hotel in Spokane. Exhibits will be selected on the basis of those providing new and useful techniques for practicing physicians. Applications for exhibit space may be obtained by writing to the WSMA Scientific Exhibits Committee, 444 Northeast Ravenna Boulevard, Seattle, Washington 98115.

The closing date for the receipt of completed applications is April 15, 1974. The Scientific Exhibits Committee will meet shortly thereafter to select exhibits to be shown.

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## MARCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Tumor Board 7 a.m. Good Sam. Medical Ed 8 a.m. Oncology Conf. TGH—8:15 a.m.
<b>4</b> Mary Bridge Cardiac Conf. 5:30 p.m. Tac Orthopedic Soc.—6 p.m. Pierce County Pediatric Society 6:30 p.m.	<b>5</b> C.P.C. of Mary Bridge—8 a.m.	<b>6</b> Surgical Conf. TGH—8 a.m.	<b>7</b> Gastrointestinal Conf. St. Joseph's 8:15 a.m.	<b>8</b> Tumor Board 7 a.m. - Allenmore Good Sam. Med. E.—8 a.m. Neurology Conf. TGH—8:15 a.m.
<b>11</b> Mary Bridge Cardiac Conf. 5:30 p.m.	<b>12</b> C.P.C. of Mary Bridge—8 a.m. PIERCE COUNTY MED. SOCIETY 8:15 p.m.	<b>13</b> OB-GYN Conference TGH—8 a.m.	<b>14</b> Medical Chest Conf. St. Joseph's 8:15 a.m.	<b>15</b> Tumor Board 7 a.m. Allenmore Cardiology Conf. TGH—8:15 a.m.
<b>18</b>	<b>19</b> Tacoma Surgical Club—6:30 p.m. C.P.C. of Mary Bridge—8 a.m.	<b>20</b> Medicine Conference TGH—8 a.m. Staff of Lakewood Gen. 6:30 p.m.	<b>21</b> Medical Office Problems St. Joseph's 8:15 a.m. Psychiatric Conf. St. Joseph's 7 a.m.	<b>22</b> Tumor Board 7 a.m. - Allenmore Oncology TGH—8:15 a.m. Good Sam. Med. Ed.—8 a.m.
<b>25</b>	<b>26</b> CP.C. of Mary Bridge—8 a.m. Tac. Acad. of Internal Med. 6:30 p.m.	<b>27</b>	<b>28</b>	

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**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome, steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings:** Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $> 5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded, in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperurcemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

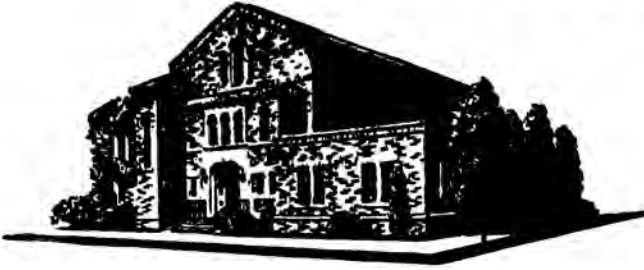
**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis, rash, urticaria, photosensitivity, purpura, other dermatological conditions, nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

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## **ANNOUNCING**

### **THE 1974 EDWIN C. YODER MEMORIAL SPRING LECTURE AND SEMINAR**

**APRIL 18 & 19**

TOPIC

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## **Schedule**

### **YODER SPRING LECTURE**

Friday, April 19

Four p.m.

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(Jane)
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(Nancy)
- Dance .....Mrs. Vernon O. Larson  
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- Finance .....Mrs. Kenneth D. Graham, Jr.  
(Bev)
- .....Mrs. Robert B. Whitney, Jr.  
(Helen)
- P.C. Health Council .....Mrs. Philip Grenley  
(Dorothy)
- Health Careers .....Mrs. Paul B. Smith, Jr.  
(Ginny)
- Hospitality .....Mrs. Marcel Malden  
(Jean)
- Legislative .....Mrs. Herbert C. Kennedy  
(Nadine)
- Mental Health .....Mrs. Jay H. Ehly  
(Vivian)
- Nominating .....Mrs. J. Lawrence Smith  
(Norma)
- Publicity - Bulletin .....Mrs. David S. Hopkins  
(Carol)
- .....Mrs. Duncan T. Baer  
(Marilyn)
- Speakers' Bureau .....Mrs. Harold B. Johnston  
(Mary)
- Student Recognition .....Mrs. Charles D. Prewitt  
(Donna)
- .....Mrs. L. Stanley Durkin  
(Adele)
- Telephone .....Mrs. Dale Hirz  
(Sharon)
- .....Mrs. Charles L. Anderson  
(Cindy)
- TODAYS HEALTH .....Mrs. William T. Ritchie  
(Marge)
- TAC Center .....Mrs. George C. Gilman  
(Dona)

## March Luncheon

The March 15 luncheon will be at the home of Mrs. John Kennedy, 4408 Merry Lane West in Beckonridge.

Ramona Bennett, Chairwoman of the Puyallup Indian Council, will speak on the medical facilities and services afforded the Indians.

## Blood Pressure Rising

February 9th marked a very successful day at the Tacoma Mall for the sixty Auxiliary members who offered time and talent in behalf of the "Blood Pressure Day." Approximately 2,200 people had their blood pressure checked during the day. It was estimated that 80-85 percent of this number had elevated blood pressures and were referred to their own physician for further evaluation and treatment. If an individual did not have a personal physician he was referred to the Medical Society Office. Ciba Pharmaceuticals will send a detailed report to Auxiliary which will be presented at the March meeting.

## Again -- Help!!

The Washington State Department of Social and Health Services has asked the Women's Auxiliary to the Pierce County Medical Society for help in the upcoming immunization program to be conducted within the public school system.

To assist parents in meeting the new State Board of Health Immunization Regulation (WAC-248-100-162), the public schools will offer immunization clinics the last week in March and the first three weeks in April. This regulation requires that all children on entrance and/or attending any schools (including day care centers and nursery schools) present evidence of immunity to measles, diphtheria, tetanus, polio, and rubella.

RN's are needed to give immuniza-

"Glasses as your eye physician prescribes them"

Contact Lenses — Artificial Eyes

**Columbian Optical Co.**

Ground Floor, Medical Arts Bldg.  
Medical Center  
Lakewood  
The Tacoma Mall

Over  
**55%** of the members  
of the Washington  
State Medical Association  
have already signed up  
for the WSMA endorsed  
liability insurance plan.

Why such support? Because this special package from  
Ætna Life & Casualty is a very practical approach to a doctor's  
needs in liability coverage. Coverage that includes  
professional, office premise and catastrophe liability insurance,  
all in one package. It can even be extended to cover your  
professional equipment, too.

Want to know more? Contact your WSMA office or the nearest  
Ætna Life & Casualty agent.



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The Standard Fire Insurance Company, Hartford, Conn.

tions, and other volunteers are needed to do clerical work. Volunteers will be assigned to a team which will move from school to school throughout the day, so when offering your help, it must of necessity be for a full day. You may work as many days as you wish, but on the same "full day" basis. RN's will be provided medical and legal coverage.

The program begins the last week in March in the county, the first week in April will be in Tacoma schools, the second week in April will be in two school districts in the county not on vacation, and the third week in April will be followups.

If you have a day to donate to this program please pick your own specific dates available and call or send your name to Julia Mueller or Dee Wickstrom before March 15th.

## Nominating Committee

Norma Smith, Nominating Committee Chairman, presented the following proposed list of officers for the first reading at the February meeting.

President—Nancy Spangler.

President-elect—Anne Katterhagen.

1st Vice President and program — Julia Mueller.

2nd Vice President and membership—Bonnie Stagner.

3rd Vice President and historian — Delores Havlina.

4th Vice President and social — Judy Brachvogel and Georgia McPhee.

Recording Secretary—Donna Ferguson

Corresponding Secretary — Peggy Smith.

Treasurer—Betty Johnson.

Dues Treasurer—Glenna Blackett.

## Attention Nurses

The 64th Washington State Nurses Association Convention will be held at the Seattle Center March 24-27. The Convention is entitled "Perspectives on Practice." Anyone interested in attending may call Jane Curl at 565-1866.

## Tune In on March 20, 7-8 a.m.

A network television presentation, exclusively for physicians, will be shown on Wednesday, March 20th at 7 a.m., over KTVW, channel 13.

The one-hour television news special on hypertension, is presented by the Merck, Sharp and Dohme Medical Information Network in cooperation with the National High Blood Pressure Education Program.

Host Hugh Downs will communicate with nationally recognized experts on hypertension. These clinicians hope to share with you useable techniques that could prove helpful to you in your private practice.

Since the program is intended solely for physicians, the presentation will not be announced to the general public.



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The hometown bank.



**Seminar on Child Abuse and Neglect  
For Professionals Working in Related Fields Only**

All lectures for this Seminar will be at  
565 Broadway Corporation (Old Elks Temple)  
565 Broadway, Tacoma, Washington  
Tuition: \$10.00 Program and Dinner  
\$ 5.00 Dinner (Optional)

Paid preregistration required — Deadline March 14  
For further information and registration call: 756-3152

**POISON INFORMATION CENTER  
MONTH YEARLY TOTALS 1973**

TOTAL CALLS .....	5418
From Doctors and Hospitals .....	299
From Community Agencies .....	220
From Others .....	4899

Go to E.R. ....	471
Info. to M.D. ....	168
Observe .....	710
No Treatment .....	653
Information only .....	729

**AGE DISTRIBUTION**

Under 18 months .....	639
18 Mos. to 3 Yrs. ....	1611
3 & 4 Year Olds .....	863
5 & 6 Year Olds .....	214
7 thru 12 Years .....	270
13 thru 19 Yrs .....	233
20 Yrs. and Over .....	795
No Age Given .....	793

City Calls 1681 Since June 1973  
County Calls 1775 Since June 1973

**TIME CALL RECEIVED**

7 a.m. - 8 a.m. ....	60
8 a.m. - 9 a.m. ....	197
9 a.m. - 10 a.m. ....	317
10 a.m. - 11 a.m. ....	359
11 a.m. - 12 noon .....	431
12 noon - 1 p.m. ....	362
1 p.m. 12 p.m. ....	365
2 p.m. - 3 p.m. ....	347
3 p.m. - 4 p.m. ....	378
4 p.m. - 5 p.m. ....	441
5 p.m. - 6 p.m. ....	360
7 p.m. - 8 p.m. ....	394
8 p.m. - 9 p.m. ....	361
9 p.m. - 10 p.m. ....	265
10 p.m. - 11 p.m. ....	301
11 p.m. - 7 a.m. ....	174

**SUBSTANCES TAKEN**

	Under 5 Yrs	Total
Chemical .....	37	99
Cosmetics .....	395	461
Food Inquiries .....	42	347
Household Prod. ....	322	477
Ammonia .....	14	30
Bleaches .....	63	91
Detergents .....	43	74
Other .....	190	267
Repellents .....	68	161
Bites .....	31	169
Medicinal .....	1156	1750
Aspirin .....	165	221
Patent Meds. ....	493	621
Prec. Drugs .....	499	908
Petroleum Prod. ....	206	351
Plants & Berries .....	452	796
Miscellaneous .....	427	816

**DAY OF THE WEEK CALL RECEIVED**

Monday thru Friday .....	4143
Saturday .....	637
Sunday .....	554
Holiday .....	80

**NUMBER OF HOMES**

THAT HAD IPECAC .....	449
-----------------------	-----

**NUMBER OF HOMES**

WITHOUT IPECAC .....	778
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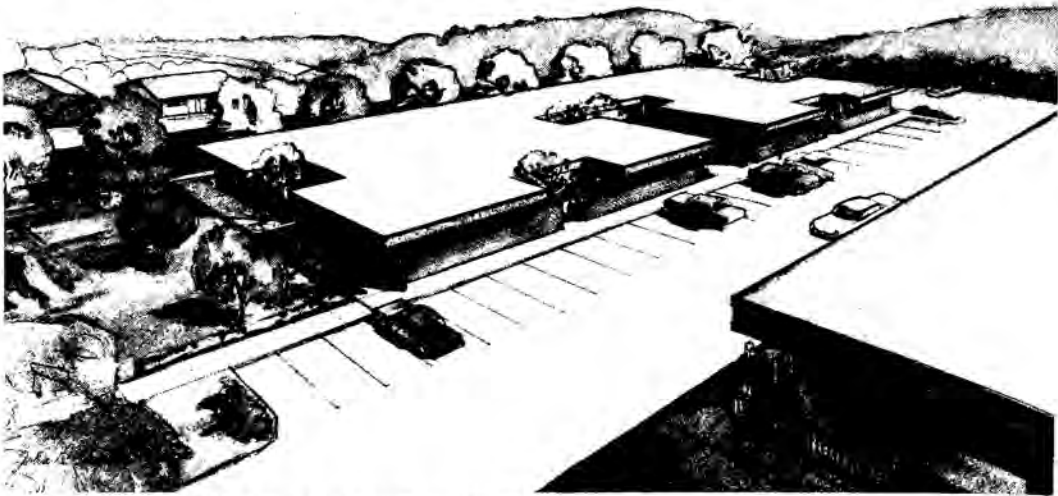
**ADVICE GIVEN**

Contact M.D. ....	512
Give Ipecac .....	836
Give Liquids .....	1341

**POISON CASES SEEN IN MBCH E.R.**

Inpatients .....	42
Outpatients .....	118

# UNIVERSITY PLACE NEWEST MEDICAL CENTER



The UNIVERSITY PLACE MEDICAL CLINIC is located in the heart of University Place and is immediately accessible to a modern, fully coordinated hospital.

The UNIVERSITY PLACE MEDICAL CLINIC has been designed for the most modern professional practice, which provides a prescription pharmacy with a planned, fully equipped laboratory and more than sufficient parking. Restaurants and stores are nearby.

The UNIVERSITY PLACE MEDICAL CLINIC is now leasing for \$5.40 per square foot annually.

For additional information call Art Larson, 564-5455.

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JU 8-2191

South Tacoma  
5401 So. Tac. Way  
GR 4-9419

Thunderbird Shopping Center  
8123 Steilacoom Blvd.  
JU 8-1889

University Shopping Center  
Formerly Don's Drugs  
27th and Grandview  
LO 4-1320

Village Shopping Center  
Formerly Don's Drugs  
40th and Bridgeport  
LO 4-2494

**TACOMA SICKLE CELL PROGRAM (593-2896)  
COMMUNITY ORGANIZER MRS. CHARMAINE ARCHIBALD, LPN**

The local program is now a part of a state-wide program. Much progress has been made but more can be done with all of you assisting. Personnel will be available to aid your office personnel and patients if you desire in the manner that would best suit your practice. Please contact Mrs. Archibald.

From November, 1972 through December, 1973 1851 were tested with the following Results:

Blacks	1,238	Hemoglobin	
Caucasian	414	AA	1,721
Spanish	55	AS	90 — 3 Spanish
Others	50	AC	34
Unknown	94	B Thal	3
		C/B Thal	1
		DA	2 — 2 Caucasians
		—	—
			1,851

January, 1974: 133

Tacoma Sickle Cell Clinics	5
Physicians office	40
Agencies	11
Schools	71
Home	2
	2
	—
	133

Informed	900
Counseled	7

**FAMILY CLINIC — JANUARY 1984 (627-9182)  
Monday Through Friday 10-5:30 1815 So. J St. 98405  
Coordinator Aaron Miller, EMT**

Age		Model City Area	47
6-13	10	Outside	74
14-19	32		—
20-30	54		121
31-45	16	Black	16
46-65	7	Caucasian	101
66+	2	Chicano	0
	—	Asian	3
Total	121	Native American	1
Age			—
			121

Physician	78	17	1
Prescription	25		
Laboratory	11	5	
X-ray	10		
Blood pressure	6		
Dressing	5	3	
Suture removal	3		
Pregnancy tests		4	

Health services referral plus a Friday evening clinic 6-8 p.m. Physicians wanting to participate on your basis please call Aaron.



HOMEMAKERS, a professional source for out-patient care, provides licensed registered and practical nurses—nurse aides—home health aides—companions (geriatrics)—hospital staff relief. Live-in, Live-out. Full or Part time.

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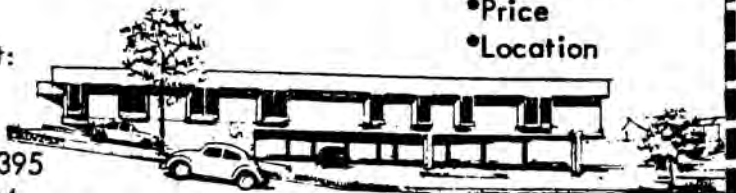
## INTRODUCING ..... A NEW MEDICAL/DENTAL FACILITY

Across from Allenmore Hospital

Unequaled in the combination of:

- Access
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- Appearance
- Price
- Location

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Mr. Daun E. Olson  
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1-857-4616 or 383-2104



## Last Space Available in Medical Center Adjacent to Lakewood General Hospital

Either as 800 sq. ft. free standing office  
Or as 800 sq. ft. plus shared waiting  
room and business space.

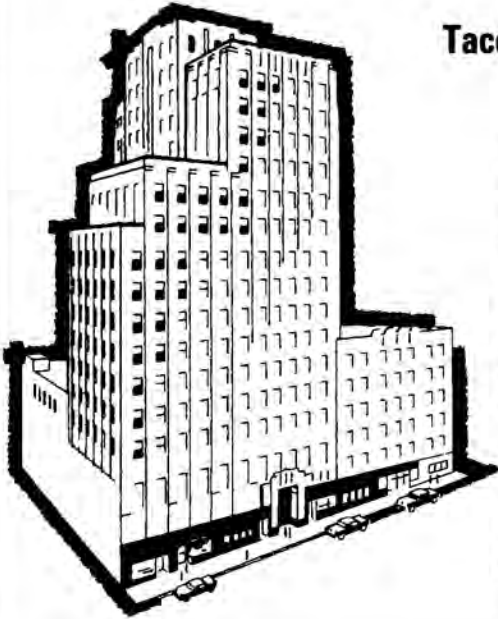
LABORATORY, X-RAY and PHYSICAL THERAPY  
IN BUILDING

IDEAL FOR PART TIME SURGICAL SPECIALIST OR  
FULL TIME PRIMARY PHYSICIAN

FOR INFORMATION CALL 584-1911 or 584-1912 WEEKDAYS

## March Birthdays

2 Ernest Randolph	15 Bryce Betteridge	John Liewer
3 Govnor Teats	16 Alan Porter	George Macha
Charles Cobb	17 Russell Colley	Charles Marshall
W. Howard Pratt	18 Robert O'Connell	24 Robert Crabill
6 Edward F. McCabe	Daniel Schaaf	Arthur Smith
8 Bartholomew Kubat	19 Robert Whitney, Jr.	25 Robert R. Burt
9 Douglas Tait	Thomas Bowden	Gerald C. Kohl
10 J. Edmund Deming	20 Franz Hoskins	28 David Wilhyde
13 Theodore Baer	Albert Sames	30 Dennis Waldron
John Kemp	22 Robert Klein	31 Frederick Paine



## Tacoma's Largest Medical Building

Choice Marine View Space Available.  
The Medical Arts Building located in the heart  
of Tacoma—provides all the needs of  
the medical profession . . . fully equipped  
laboratories, prescription pharmacy, optical  
manufacturers and stores, new restaurant,  
Pierce County Medical Society office, library  
and auditorium, new 70 bed Doctors  
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Your inquiry is invited.

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## Pierce County Medical Society

Medical Arts Building  
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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at O'Brien's.
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.



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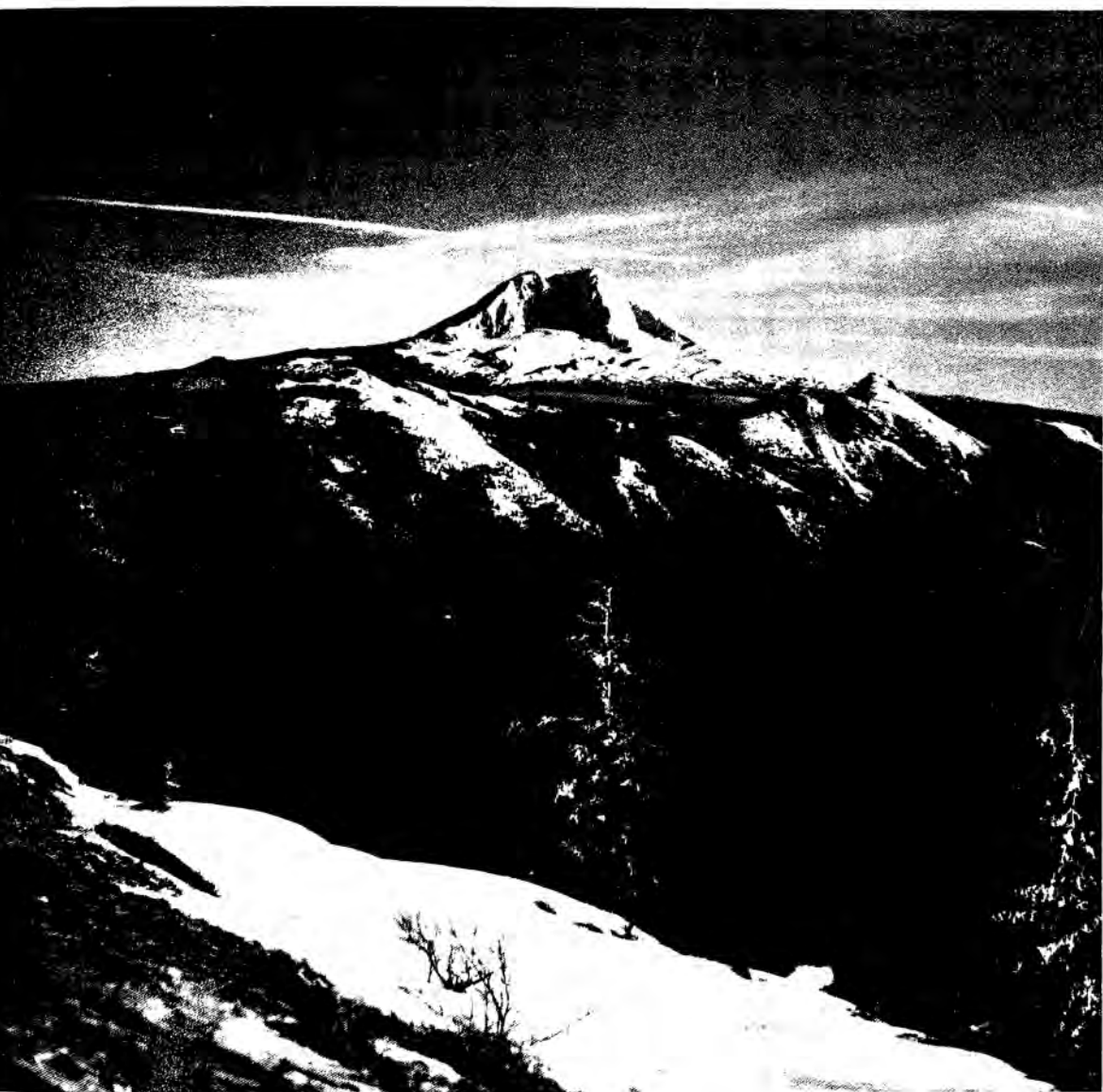
PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

APRIL, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 4



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
APRIL 9**

# Pierce County Medical Society

1974

## OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Secretary ..... Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
	Herman S. Judd

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

### Ethics

	Dudley W. Houtz, Chairman
G. M. Whitacre	Murray L. Johnson
	Edmund A. Kanar

### Grievance

	John M. Kanda, Chairman
L. S. Baskin	Robert W. Florence

### Credentials

Kenneth L. Pim, Chairman  
 Richard F. Barronian  
 William E. Avery  
 Louis P. Hoyer, Jr.  
 Gerhart Drucker  
 Charles Prewitt  
 R. A. Norton  
 Donald F. McKay

### Program

John P. Nagle, Chairman

### Public Health

Harlan P. McNutt, Chairman

### Television

Robert A. O'Connell, Chairman  
 Theodore J. Smith

### Entertainment

William J. Rohner, Chairman

### Legislative

Stanley W. Tuell, Chairman

### Poison Control

James L. Schneller, Chairman

### Medical Education

Marcel Malden, Chairman

### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

### Library

Robert A. Kallsen, Chairman



Cover — MT. ADAMS  
 Photo courtesy Dr. D. G. Kohler

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

## Tacoma Brace & Limb Co.

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 Surgical Belts  
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A service that works **closely** with both physician and his patient. By incorporating the Pavlovian Theory of "conditioned reflex," P.E.S. establishes home therapy programs helpful in correction of nocturnal enuresis when not caused by organic defects or disease.

Patients must **first** obtain **written medical clearance** from the physician in order to avail themselves of our services.

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- Complete personal supervision.
- Periodic program reports to the attending physician.

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## \$ Short Quiz for Members of the Medical Profession \$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

### CONSUMER CREDIT COUNSELING SERVICE OF TACOMA-PIERCE COUNTY, INC.

A NON-PROFIT COMMUNITY SERVICE AGENCY  
TO HELP PEOPLE HELP THEMSELVES  
IN SOLVING THEIR DEBT PROBLEMS  
AND AVOIDING BANKRUPTCY

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\$

**LOOK** WHY NOT GIVE YOUR PATIENTS  
THE BEST IN TRANSPORTATION  
COSTS NO MORE . . . REASONABLE RATES



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Madigan Hospital — McChord AFB — Malstrom AFB (Montana)

## President's Page



The Medical Societies' recommended amendments to the proposed Facilities Review guidelines were presented to the steering committee of that organization on March 18, 1974. The suggested changes were accepted and have been incorporated in the final recommendations.

For several years the Ethics Commit-

tee has been wrestling with the variation in the forms of telephone yellow page listings. These listings vary from strict adherence to the AMA telephone listings guide to those which violate at least the letter, if not the spirit, of this guide. What shall be the local accepted and acceptable practice? This question was discussed at the March Trustees meeting and the decision was made to throw this question to the whole Society for guidance. The Ethics Committee has prepared a statement of what it considers acceptable listings. This is not intended to be final and is most emphatically not intended to be arbitrary. It is published in this Bulletin as a starting point for discussion. Letters to the Editor regarding this are encouraged because letters will give all members an opportunity to consider differing views.

At some meeting in the Fall (perhaps September) this will be the major subject of discussion and a final format will be decided upon then.

*W. Ben Blackett, M.D.*

# R

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**Safflower oil  
margarine helps reduce  
blood cholesterol.**



**Doctor's view:**

From where you sit, it's important that safflower oil is 30% higher in poly-unsaturates than corn oil. That means that margarine, cooking oil, and mayonnaise are higher in poly-unsaturates when made from safflower oil than when made from corn oil.

**Saffola margarine  
tastes like the  
high-priced spread.**



**Patient's view:**

From where he sits, a low saturated fat diet is easier to follow because Saffola tastes as good as the high-priced spread or any premium margarine (corn oil included).

Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.

**Saffola**

\*in conjunction with a low saturated fat diet





# Editorially Speaking

## The Doctors Are Ahead!



We're kilometers ahead of the other professions in the U.S. who have to measure things as part of their professing.

I'm talking about our use of the metric system. While architects are still drawing bedrooms to scale in feet and inches, and engineers are still moving dirt by the cubic yard and measuring stress by pounds per square inch, we doctors have long since started measuring blood in cubic centimeters.

All other major countries in the world are on metric now, including our neighbors to the north and south, and the other major English-speaking countries. But here in the U.S. we're dragging our feet. Doctors can do their part to get the metric system on its way by making scientific use of it as consistently as possible. Let's not be pedantic about it with lay persons and get them confused and antagonistic toward metric thinking, but perhaps we can at least introduce them to the notion. Try describing grandma's tumor to the family by saying, "It was about 10 centimeters across — that's about 4 inches," and you'll be contributing a little toward getting people used to the metric idea.

Even medically, we still have a long

ways to go. We still use half-inch Penrose drains, we tape on 4-inch gauze pads with 1-inch tape and the orthopedic men put people in 15 pounds of traction. All of these could readily be changed to metric equivalents.

We're still using old-fashioned thermometers — all on the Fahrenheit scale — when we should be switching over to Centigrade, a much more logical system that jibes with the rest of the metric systems.

Come to think of it, there is one other profession that is largely converted to the metric system — the lawyers. They sue people for hundreds, thousands, or millions of dollars — all metric. But then that's not exactly what I call "progress," which is what this article is supposed to be about.

S. W. T.

## Income Tax Reminder — Malpractice Premium Return Are Income

Another brief income tax return warning— if you received a so-called "dividend" back from your previously paid premium on your malpractice insurance, you must count it as income. Under the WSMA-sponsored plan with Aetna, which a large number of Pierce County physicians have, certain unused monies are pro-rated out to physicians at the end of the year. Assuming that you used the original premium payment as a deduction on last year's return, the portion of premium returned must count as income for the following year — or whatever year in which it is received. Consult your accountant concerning exactly how to classify this.

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

Schick's  
*Shadel*  
HOSPITAL INC.

12001 Ambaum Boulevard  
Seattle, Washington 98146

(206) CH 4-8100

*Intensive 10-Day Treatment Program for Alcoholism*

*... Based on the Addictive Concept*

# **Pierce County Medical Society Meeting**

Tuesday, April 9

**PHYSICIANS AND WIVES**

**Sherwood Inn**

No-host Cocktail Hour — 6:30 p.m.

Dinner 7:30 p.m.

**SPEAKER DR. JOHN BONICA**

For reservations call Mrs. Dale Hirz, 588-6555 or  
Mrs. Charles L. Anderson, 588-1143

Reservations must be in by Thursday, April 4th



## Money Manager.

Don Collins is a skilled money manager. He's well-versed in investments, up-to-date on taxes, and experienced in financial planning.

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## Guidelines for Telephone Directory Listings of PCMS Members

*All letters of criticism to these proposed guidelines are welcome provided that you specifically list which items should be deleted or that you propose an alternate wording for the present ones.*

### WHERE

1. The name of a physician should not be listed in a telephone directory where he does not have an office, residence or hospital affiliation. (If you have an office or live in Federal Way or Gig Harbor, listing in the South King County or Gig Harbor directories is appropriate. If, however, your home and office are in metropolitan Tacoma such listing is not justified. Needless to say, Olympia, Bremerton etc. are not appropriate.)

2. Listings elsewhere in the yellow pages other than "Physicians and Surgeons, M.D." is unacceptable.

### HOW

3. The size and face of type in the classified section should be uniform.

4. Display or box advertisement for individual physicians or groups or for clinics is not acceptable.

5. Physicians' names should be listed alphabetically.

6. It is acceptable to follow the name with the legal name of a corporation in one of two ways.

- a) Doe John A. M.D. Inc. P.S.
- or b) on the following line  
(i.e. Western Clinic or Radiological Associates)

It is unacceptable to follow the name with an unincorporated group or clinic name (i.e. North End Medical Clinic) unless it is the legal mailing address (i.e. Allenmore Medical Center).

7. Multiple listings

- a) One man—one listing (as described in Sec. 6).
- b) No listing of unincorporated clinics or groups.
- c) Incorporated groups and clinics should not follow with a list of their members if they also desire individual listings elsewhere. An exception to this would be a corporate name which is composed of members of the corporation (Smith, Jones and Johnson).

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The physician would operate the clinic to provide care for injuries and illnesses, an environmental evaluation and control program in conjunction with the Industrial Hygienist, examinations for occupational exposures and management, and general occupational health programs.

An individual specializing in occupational health, is desired, although physicians interested in a career in occupational health who have some on-the-job graduate training, are invited to apply.

Interested physicians may learn further details by calling Medical Director S. M. Williamson, M.D., at 655-5041 or send a written inquiry to The Boeing Company, Box 3707-VCB, Seattle, WA. 98124.

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## WHAT

8. It is not objectionable to follow the physician's name with the simple statement "Practice limited to ....."

In this community the phrase "Diplomate of the American Board of....." is not in common use (despite the fact that the AMA would endorse this form of listing.) We feel that it represents a form of self-aggrandizement. The same can be said for such phrases as ".....Specialist."

9. The 65 listings of medical specialties recognized by the AMA are acceptable, but the use of a specialty listing should be subject to challenge of credentials and qualifications for the listing. These qualifications include:

- a) Limitation of practice to the specialty
- b) proven ability (unrestricted hospital privileges in all hospitals, proof of continuing education to keep abreast with the changes in the field, sufficient volume of practice to remain competent.)
- c) Board eligibility or certification (this should not be interpreted to mean that an incompetent man with board certification should continue to list, or, conversely, that an individual who is generally recognized as a continuingly competent specialist who entered the field before specialty boards were generally required, should not so list.)

Request for additional specialty listings be referred to WSMA.

10. A physician may utilize two recognized specialties (i.e. Internal Medicine—Gastroenterology) assuming he fulfills the criteria in Sec. 9, but that requests to use more than two recognized specialties be referred to the WSMA for approval.

Certainly he should list the specialty which he actually practices prior to his subspecialty or the specialty he would prefer to practice (Psychiatry and Neurology rather than vice versa.)

11. General Practice, Family Physician or Family Practice are acceptable. Since these terms are all-inclusive, other listings are not acceptable. Although an individual is licensed as a "Physician and Surgeon" this listing is deceptive to the public in most instances.

12. It is felt that despite AMA and WSMA recommendations, it is in the best interest of the public to permit such listings as

Infants, Children and Adolescents  
Practice Limited to the Eye  
Eye Physician and Surgeon

Eye, Ear, Nose and Throat  
Ear, Nose and Throat  
Skin Disease, Diseases of the Skin  
Skin, Hair, Nails

These listings would appear to be either redundant, inaccurate or a peculiar combination of English and Latin.

Heart and Vascular Disease  
Surgery and Surgical Diagnosis  
Diseases of Women  
Child and Adult Psychiatry

13. Disease oriented names should be dropped from physician listings. (Orthopedic and Fracture Surgery, Acupuncture and Pain Clinic.)

14. It is acceptable to list residence phone numbers as well as summer residence, physician's exchange or radio-page.

MEDICAL SPECIALTIES  
Recognized by  
THE AMERICAN MEDICAL  
ASSOCIATION  
as of  
March, 1970

- |                              |                               |
|------------------------------|-------------------------------|
| 1. Aerospace<br>Medicine     | 5. Cardiovascular<br>Diseases |
| 2. Allergy                   | 6. Dermatology                |
| 3. Anesthesiology            | 7. Diabetes                   |
| 4. Broncho-Eso-<br>phagology | 8. Endocrinology              |
|                              | 9. Family Practice            |

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- (Continued)
- |                                 |  |  |                         |
|---------------------------------|--|--|-------------------------|
| 10. Gastroenterology            | 36. Pathology, Forensic                  | 60. Surgery, Orthopedic  | 63. Surgery, Thoracic   |
| 11. General Practice            | 37. Pediatrics                           | 61. Surgery, Pediatric   | 64. Surgery, Traumatic  |
| 12. General Preventive Medicine | 38. Pediatrics, Allergy                  | 62. Surgery, Plastic   | 65. Surgery, Urological |
| 13. Geriatrics                  | 39. Pediatrics, Cardiology               | It was also recommended that the telephone company be discouraged from listing a group of names under a given specialty. |                         |
| 14. Gynecology                  | 40. Physical Medicine and Rehabilitation |  |                         |
| 15. Hematology                  | 41. Psychiatry                           |  |                         |
| 16. Hypnosis                    | 42. Psychiatry, Child                    |  |                         |
| 17. Infectious Diseases         | 43. Psychoanalysis                       |  |                         |
| 18. Industrial Medicine         | 44. Psychosomatic Medicine               |  |                         |
| 19. Internal Medicine           | 45. Public Health                        |  |                         |
| 20. Laryngology                 | 46. Pulmonary Diseases                   |  |                         |
| 21. Neoplastic Diseases         | 47. Radiology                            |  |                         |
| 22. Nephrology                  | 48. Radiology, Pediatric                 |  |                         |
| 23. Neurology                   | 49. Radiology, Therapeutic               |  |                         |
| 24. Neurology, Child            | 50. Roentgenology, Diagnostic            |  |                         |
| 25. Nuclear Medicine            | 51. Rheumatology                         |  |                         |
| 26. Nutrition                   | 52. Rhinology                            |  |                         |
| 27. Obstetrics                  | 53. Surgery, Abdominal                   |  |                         |
| 28. Obstetrics and Gynecology   | 54. Surgery, Cardiovascular              |  |                         |
| 29. Occupational Medicine       | 55. Surgery, Colon and Rectal            |  |                         |
| 30. Oncology                    | 56. Surgery, General                     |  |                         |
| 31. Ophthalmology               | 57. Surgery, Hand                        |  |                         |
| 32. Otolaryngology              | 58. Surgery, Head and Neck               |  |                         |
| 33. Otorhinolaryngology         | 59. Surgery, Neurological                |  |                         |
| 34. Pathology                   |  |  |                         |
| 35. Pathology, Clinical         |  |  |                         |

## Tribune Lauds Local Doctors for Stand On Marijuana

Due recognition of an action of the Pierce County Medical Society was given by the Tacoma News Tribune in its lead editorial of March 20, 1974. The Tribune lauded the Society for taking a specific stand on the marijuana problem. Specifically, the editorial stated that "we may attach considerable importance to the fact that the Pierce County Medical Society recently took a stand against the use of marijuana." Observing that lay persons, and the editors themselves, are not experts in such a field, the editorial concludes that "when doctors speak out, as they did here . . . we had better listen."

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## APRIL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  Mary Bridge Cardiac Conf. 5:30 p.m. <hr/> Tac Orthopedic Soc.—6 p.m. <hr/> Pierce County Pediatric Society 6:30 p.m.	<b>2</b>  C.P.C. of Mary Bridge—8 a.m.	<b>3</b>  Surgical Conf. TGH—8 a.m.	<b>4</b>  Gastrointestinal Conf. St. Joseph's 8:15 a.m.	<b>5</b>  Tumor Board 7 a.m. <hr/> Good Sam. Medical Ed 8 a.m. <hr/> Oncology Conf. TGH—8:15 a.m.
<b>8</b>  Mary Bridge Cardiac Conf. 5:30 p.m.	<b>9</b>  C.P.C. of Mary Bridge—8 a.m. <hr/> <b>PIERCE COUNTY            MED. SOCIETY            WITH WIVES</b> 6:30 p.m. Sherwood Inn	<b>10</b>  OB-GYN Conference TGH—8 a.m.	<b>11</b>  Medical Chest Conf. St. Joseph's 8:15 a.m.	<b>12</b>  Tumor Board 7 a.m. - Allenmore <hr/> Good Sam. Med. E.—8 a.m. <hr/> Neurology Conf. TGH—8:15 a.m.
<b>15</b>  Mary Bridge Cardiac Conf. 5:30 p.m.	<b>16</b>  Tacoma Surgical Club—6:30 p.m. <hr/> C.P.C. of Mary Bridge—8 a.m.	<b>17</b>  Medicine Conference TGH—8 a.m.	<b>18</b>  Medical Office Problems St. Joseph's 8:15 a.m. <hr/> Psychiatric Conf. St. Joseph's 7 a.m.	<b>19</b>  Tumor Board 7 a.m. Allenmore <hr/> Cardiology Conf. TGH—8:15 a.m.
<b>22</b>  Mary Bridge Cardiac Conf. 5:30 p.m. <hr/> Pierce Co. Chapt. AAFP 6:30 p.m.	<b>23</b>  CP.C. of Mary Bridge—8 a.m. <hr/> Tac. Acad. of Internal Med. 6:30 p.m.	<b>24</b>	<b>25</b>	<b>26</b>  Tumor Board 7 a.m. - Allenmore <hr/> Oncology TGH—8:15 a.m. <hr/> Good Sam. Med. Ed.—8 a.m.
<b>29</b>  Mary Bridge Cardiac Conf. 5:30 p.m.	<b>30</b>			

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**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome; steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded; in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis; rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

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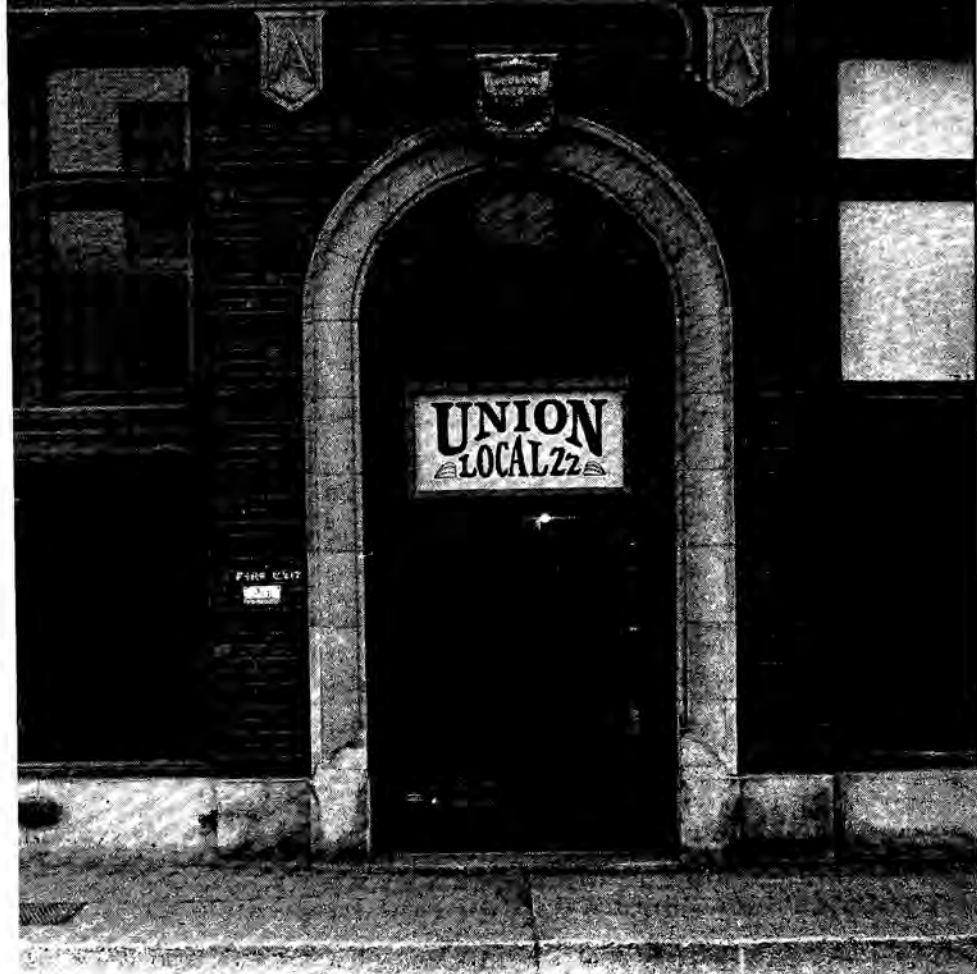
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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1973 - 1974

- President .....Mrs. John R. Alger  
(Obie)
- President-Elect .....Mrs. Ronald Spangler, Jr.  
(Nancy)
- 1st Vice President - Program .....Mrs. J. G. Katterhagen  
(Anne)
- 2nd Vice President - Membership  
Mrs. John Havlina  
(Dolores)
- 3rd Vice President - Historian & Bylaws  
Mrs. George Barnes, Jr.  
(Ellie)
- 4th Vice President - Social  
Mrs. Wayne A. Bergstrom  
(Reta)
- Recording Secretary .....Mrs. Melvin L. Henry  
(Marie)
- Corresponding Secretary .....Mrs. Roy H. Virak  
(Gloria)
- Treasurer .....Mrs. Robert C. Johnson  
(Betty)
- Dues Treasurer .....Mrs. W. Ben Blackett  
(Glenna)

## COMMITTEE CHAIRMEN

- AMAERF .....Mrs. Max W. Brachvogel  
(Judy)
- Community Health .....Mrs. George Moosey  
(Jane)
- Cookbook .....Mrs. John Kennedy  
(Nancy)
- Dance .....Mrs. Vernon O. Larson  
(Kit)  
Mrs. Kenneth D. Graham, Jr.  
(Bev)
- Finance .....Mrs. Robert B. Whitney, Jr.  
(Helen)
- P.C. Health Council .....Mrs. Philip Grenley  
(Dorothy)
- Health Careers .....Mrs. Paul B. Smith, Jr.  
(Ginny)
- Hospitality .....Mrs. Marcel Malden  
(Jean)
- Legislative .....Mrs. Herbert C. Kennedy  
(Nadine)
- Mental Health .....Mrs. Jay H. Ehly  
(Vivian)
- Nominating .....Mrs. J. Lawrence Smith  
(Norma)
- Publicity - Bulletin .....Mrs. David S. Hopkins  
(Carol)  
Newspaper .....Mrs. Duncan T. Baer  
(Marilyn)
- Speakers' Bureau .....Mrs. Harold B. Johnston  
(Mary)
- Student Recognition .....Mrs. Charles D. Prewitt  
(Donna)  
Mrs. L. Stanley Durkin  
(Adele)
- Telephone .....Mrs. Dale Hirz  
(Sharon)  
Mrs. Charles L. Anderson  
(Cindy)
- TODAYS HEALTH .....Mrs. William T. Ritchie  
(Marge)
- TAC Center .....Mrs. George C. Gilman  
(Dona)

## April Dinner Meeting

The joint Pierce County Medical Society and the Auxiliary April meeting will be at the Sherwood Inn on April 9. A no-host cocktail hour begins at 6:30 p.m., followed by dinner at 7:30 p.m.

The program for the evening will be presented by Dr. John Bonica. Dr. Bonica will talk about his trip to China.

## Joint Board Meeting

May 6 is the date, Lakewood Terrace the place, and 10:00 a.m. the time for the combined 1974-75 board meeting. A no-host luncheon will be served at noon. Committee chairmen, please bring your annual report to give to the next year's chairman.

## Mid-Year Conference

Mid Year Conference will be held in Vancouver, Washington this year, April 9-11. Anyone interested in attending may call Obie Alger. As of this writing, Nancy Spangler, JoAnne Johnson, and Vivian Ehly plan to represent Pierce County.

## Finance Report

Helen Whitney presented the report of the finance committee at the March meeting. Donations for 1973-74 totaled \$1,920, distributed as follows:

- \$500—"Today's Health" magazine for all public school libraries in Pierce County.
- \$200—Blood Pressure checks at the Tacoma Mall.
- \$300—Child Abuse Seminar.
- \$400—Children's Industrial Home, for medical expenses.
- \$100—Handicapped Swim Program.
- \$420—KPEC for promotion of "Killers" TVseries.

Any further requests for donations should be submitted in writing to the finance committee, c/o Helen Whitney before Jan. 31.

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## Chicago Seminar

Nancy Spangler gave a synopsis of her Chicago trip at the March board meeting, and will present a report at Mid Year Conference on the same.

The workshop was composed of a representative from each of the fifty states plus the District of Columbia. The entire group toured AMA headquarters, listened to a variety of speakers, and ultimately broke into smaller regional groups to discuss common problems and possible solutions.

It was agreed that the biggest problem on the national, state, and county levels is the problem of communication. To combat the communication gap some auxiliaries use a bulk mailing rate to send out a monthly newsletter to all members in lieu of or in addition to a page in the Bulletin, since the Bulletin is not received by all members. Another means of communicating is through articles in "MD's WIFE" which welcomes county news in its national publication.

Money raising projects were discussed at length, among them: theatre party (rent a theatre and charge for a new movie), tasting luncheon (charge by the spoonful), Monte Carlo Night (Harras in Las Vegas sends all the equipment needed), and a "Guess Who's Coming to Dinner?" Possible projects in turn led to a discussion of whether auxiliaries were, or should be, primarily socially or service oriented. Opinion was divided.

Nancy noted that from her 2½ hours spent in the regional discussion group it became evident that Pierce County Auxiliary was the only one to:

1. Be actively involved in community services (i.e., Blood Pressure Day, school immunization program, etc.)
2. Donate "Today's Health" to the public schools.
3. Contribute the large amount to AMA-ERF each year.
4. Pay only \$12 yearly for dues — all other auxiliaries represented in this

group were higher (between \$15-\$20)

In conclusion, Nancy feels the Chicago seminar was very fruitful and rewarding. Pierce County Auxiliary feels honored to have been selected to represent the state of Washington and pleased to have Nancy attend as our representative!

## Dues Still Due

As of March 15 there are 214 Auxiliary members in good standing. If you have not paid your dues this year it still isn't too late — send a check to dues treasurer Glenna Blackett.

## Hungry?

Do you want a new cookbook? If you are interested, PLEASE sit down now and copy off some recipes and send them to Nancy Kennedy.



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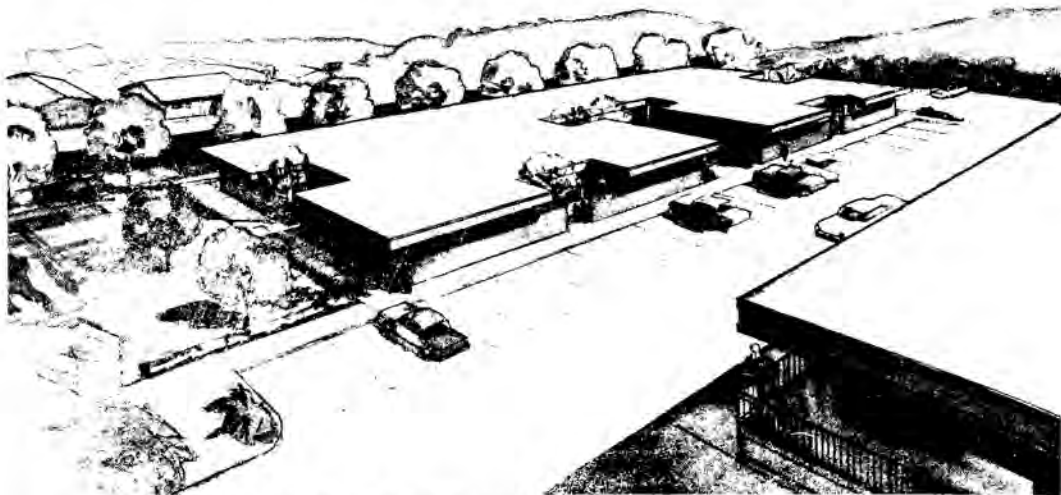


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The UNIVERSITY PLACE MEDICAL CLINIC is located in the heart of University Place and is immediately accessible to a modern, fully coordinated hospital. The UNIVERSITY PLACE MEDICAL CLINIC has been designed for the most modern professional practice, which provides a prescription pharmacy with a planned, fully equipped laboratory and more than sufficient parking. Restaurants and stores are nearby.

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For additional information call Art Larson, 564-5455.

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JU 8-1889

University Shopping Center  
Formerly Don's Drugs  
27th and Grandview  
LO 4-1320

Village Shopping Center  
Formerly Don's Drugs  
40th and Bridgeport  
LO 4-2494

**TACOMA SICKLE PROGRAM (593-2896)**

**Community Organizer — Mrs. Charmaine Archibald, LPN**

**FEBRUARY**

	MALE							Total
	AA	AS	0-5	6-15	16-35	36-50	Sit	
BLACK	27	5	7	5	11	8	1	32
WHITE	9		1	4	2	2		9
SPANISH	1				1			1
OTHERS	4			2	2			4
	41	5	8	11	16	10	1	46
FEMALE								
BLACK	56	1	6	19	25	6	1	57
WHITE	69			26	34	4	5	69
SPANISH	2	1			3			3
OTHERS	3				3			3
	130	2	6	45	65	10	6	132
COMPLETE TOTAL	171	7	14	56	81	20	7	178

Physicians interested in participating, please call Mrs. Archibald.

**FAMILY CLINIC — MARCH 15, 1974 (627-9182)**

**Monday through Friday 10 to 5:30 1815 South J St. 98405**

**Coordinator: Aaron Miller**

**PATIENT SERVICES**

	Through Mar. 15	February	January	Total 1974
Referred to Physicians	20	61	78	159
Referred for Lab. Service	27	25	15	67
Referred for X-ray	1	11	10	22
Prescription Services	16	12	25	53
In-Clinic Nursing Serv.	2	11	21	34

**ETHNIC AND DEMOGRAPHICAL DISTRIBUTION OF PATIENTS**

	February	January	Total
BLACK	4	12	32
CAUCASIAN	46	60	207
ORIENTAL	3	1	7
NATIVE AMERICAN	4	1	6
SPANISH AMERICAN	1	0	1
MODEL CITIES RESIDENTS	13	13	73
OTHER AREAS	44	61	179

**PARTICIPATING PHYSICIANS**

	February	March	Total
On Referral Basis (Outside)	16	21	62
In-Clinic Service	3	2	5
Feb. 15	Dr. Boyd	March 1	Dr. Tanbara
Feb. 22	Dr. Wm. Brown	March 8	Dr. Whaley
		March 15	Dr. T. Smith
		March 22	Dr. Boyd
		March 29	Dr. Wm. Brown

The Clinic is in need of physicians who will volunteer to serve our Friday Night Clinics from 6:00 p.m. to 9:00 p.m. Please call the Clinic if you can serve on any Friday in May or June.



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Home and Health Care Services

HOMEMAKERS, a professional source for out-patient care, provides licensed registered and practical nurses—nurse aides—home health aides—companions (geriatrics)—hospital staff relief. Live-in, Live-out. Full or Part time.

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FU 3-2678

**POISON INFORMATION CENTER FOR FEBRUARY, 1974**

TOTAL CALLS .....	438
From Doctors and Hospitals .....	47
From Community Agencies .....	20
From Others .....	371

**AGE DISTRIBUTION**

Under 18 months .....	42
18 Mos. to 3 Yrs. ....	123
3 and 4 Year Olds .....	62
5 and 6 Year Olds .....	11
7 thru 12 Years .....	16
13 thru 19 Yrs. ....	30
20 Years and Over .....	76
No Age Given .....	78

**SUBSTANCES TAKEN**

	Under 5 Yrs.	Total
Chemical .....	2	10
Cosmetics .....	32	40
Food Inquiries .....	5	41
Household Prod. ....	41	45
Amonia .....	3	5
Bleaches .....	3	7
Detergents .....	10	13
Other .....	15	20
Repellents .....	1	7
Bites .....	3	4
Medicinal .....	94	156
Aspirin .....	6	11
Patent Meds. ....	47	65
Presc. Drugs .....	41	80
Petroleum Prod. ....	25	64
Plants & Berries .....	16	20
Miscellaneous .....	18	51

**INTRODUCING ..... A NEW MEDICAL/DENTAL FACILITY**

Across from Allenmore Hospital

Unequaled in the combination of:

- Access
- Convenience
- Appearance
- Price
- Location

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Mr. Daun E. Olson  
P.O. Box 584  
Wauna, Washington 98395  
1-857-4616 or 383-2104





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Either as 800 sq. ft. free standing office  
Or as 800 sq. ft. plus shared waiting  
room and business space.

LABORATORY, X-RAY and PHYSICAL THERAPY  
IN BUILDING

IDEAL FOR PART TIME SURGICAL SPECIALIST OR  
FULL TIME PRIMARY PHYSICIAN

FOR INFORMATION CALL 584-1911 or 584-1912 WEEKDAYS

## APRIL BIRTHDAYS

2	Edwin Fairbourn	12	Z. Joseph Vozenilek	25	Rodger Dille
	William Mattson, Jr.	15	Leo Hunt	28	James Boudwin
5	Clinton Piper	16	Robert Osborne		Louis Hoyer, Jr.
6	W. Ben Blackett	20	John Comfort		Richard Link
10	James Billingsley	21	Harold Johnston	29	A. W. Howe
	David N. Goodson	22	William Avery	30	Donald McKay
11	Lawrence Brigham	23	Richard Huish		Charles Morris
	Byron Dodge	24	Eugene Hanson		
			Robert Zimmers		



## Tacoma's Largest Medical Building

Choice Marine View Space Available.

The Medical Arts Building located in the heart of Tacoma—provides all the needs of the medical profession . . . fully equipped laboratories, prescription pharmacy, optical manufacturers and stores, new restaurant, Pierce County Medical Society office, library and auditorium, new 70 bed Doctors Hospital—Parking available in building. Your inquiry is invited.

## Medical Arts Building

Building Office:

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BR 2-3161

P.A.D. MGNT., INC.

## Pierce County Medical Society

Medical Arts Building  
Tacoma, Washington 98402

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TACOMA, WASH.

PERMIT NO. 165

## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at O'Brien's.
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

The



PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

MAY, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 5



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
MAY 14**

# Pierce County Medical Society

1974

## OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Secretary ..... Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
	Herman S. Judd

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

### Ethics

Dudley W. Houtz, Chairman	Murray L. Johnson
G. M. Whitacre	Edmund A. Kanar

### Grievance

John M. Kanda, Chairman	Robert W. Florence
L. S. Baskin	

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 Richard F. Barronian  
 William E. Avery  
 Louis P. Hoyer, Jr.  
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 Charles Prewitt  
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### Public Health

Harlan P. McNutt, Chairman

### Television

Robert A. O'Connell, Chairman  
 Theodore J. Smith

### Entertainment

William J. Rohner, Chairman

### Legislative

Stanley W. Tuell, Chairman

### Poison Control

James L. Schneller, Chairman

### Medical Education

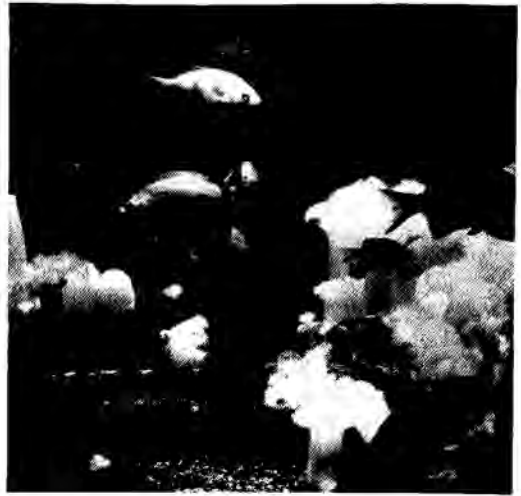
Marcel Malden, Chairman

### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

### Library

Robert A. Kallsen, Chairman



Cover photo courtesy Fred Schwind

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

## Tacoma Brace & Limb Co.

Lenart C. Ceder, owner



Expertly fitted—

Artificial Limbs  
 Orthopedic Appliances  
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 Trusses



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723 South K Street



## PERSONAL ENURESIS SERVICE

A service that works **closely** with both physician and his patient. By incorporating the Pavlovian Theory of "conditioned reflex," P.E.S. establishes home therapy programs helpful in correction of nocturnal enuresis when not caused by organic defects or disease.

Patients must **first** obtain **written medical clearance** from the physician in order to avail themselves of our services.

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- The latest in "dual-system" sensor units.
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- Complete personal supervision.
- Periodic program reports to the attending physician.

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## Short Quiz for Members of the Medical Profession

\$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

### CONSUMER CREDIT COUNSELING SERVICE OF TACOMA-PIERCE COUNTY, INC.

A NON-PROFIT COMMUNITY SERVICE AGENCY  
TO HELP PEOPLE HELP THEMSELVES  
IN SOLVING THEIR DEBT PROBLEMS  
AND AVOIDING BANKRUPTCY

\$

\$

**LOOK** WHY NOT GIVE YOUR PATIENTS  
THE BEST IN TRANSPORTATION  
COSTS NO MORE . . . REASONABLE RATES



**MA 7-4118**

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Madigan Hospital — McChord AFB — Malstrom AFB (Montana)



# Editorially Speaking



With almost weekly frequency the physician in private practice is made aware in various ways of Medicare's increasing reluctance to cover anything but the acute and emergent illness. Angry relatives call because grandma was released from the hospital still ailing and unable to care for herself but not requiring "skilled nursing care." Disillusioned elderly patients find Medicare does not pay all of their medical bills.

It is very tempting to say "we physicians told you so." It is less tempting when one considers how we told them.

Some physicians attempted to work with the federal officials but a number refused to handle any Medicare paperwork and a number made dire, totally unrealistic predictions. The overall effect was to make organized medicine look foolish, greedy and shortsighted.

We are faced now with even more momentous changes, for example, PSRO and National Health Insurance. The Washington State Medical Association has apparently managed to be designated to administer PSRO for the State and this would seem to indicate that we have perhaps learned something.

National Health Insurance is coming and it is inevitable. We had best work with the most feasible of the plans for the sake of the patient and the practice of medicine.

*David S. Hopkins, M.D.*

# R

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**Safflower oil margarine helps reduce blood cholesterol.**

**Saffola margarine tastes like the high-priced spread.**



**Doctor's view:**

From where you sit, it's important that safflower oil is 30% higher in poly-unsaturates than corn oil. That means that margarine, cooking oil, and mayonnaise are higher in poly-unsaturates when made from safflower oil than when made from corn oil.



**Patient's view:**

From where he sits, a low saturated fat diet is easier to follow because Saffola tastes as good as the high-priced spread or any premium margarine (corn oil included).

Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.

**Saffola**

\*in conjunction with a low saturated fat diet



## New Members

**RONALD G. ANDERSON**  
Urology  
Office, 419 So. L  
Home, 32527 41st S.W., Federal Way



**EMORY J. BOURDEAU**  
Radiology  
Office, Tacoma General Hospital  
Home, 12711 Gravelly Lake Dr. SW

**HAROLD J. DAVIDSON, JR.**  
Emergency Room  
Office, Tacoma General & Puget  
Sound Hospitals  
Home, 5902 Broadview



**MICHAEL J. JARVIS**  
Physical Med. & Rehabilitation  
Office, 1812 South Eye  
Home, 4707 Brookdale Rd. E.



**JOHN A. JUNKER**  
Radiology  
Office, 522 Medical Arts Bldg.  
Home, 7606 78th West



**DONALD H. MOTT**  
Orthopedics  
Office, 10116 116th St. E. Puyallup  
Home, 2820 23rd Ave. S.E., Puyallup



**ROBERT G. SCHERZ**  
Pediatrics  
Office, Madigan Army Medical Center  
Home, 10423 Brooklane S.W.

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

Schick's  
*Shadel*  
HOSPITAL INC.

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Seattle, Washington 98146

(206) CH 4-8100

*Intensive 10-Day Treatment Program for Alcoholism*

*... Based on the Addictive Concept*



A new patient... another complete history to take... and you're already behind schedule

For a faster more efficient way—turn page ►

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# The Rocom™ Patient Data Base System\* provides full baseline information for future patient management

No one has to tell you the importance of a complete health history on each new patient . . . or how time-consuming it can be to obtain on a busy day.

Fortunately there is a faster, more efficient way which can save you as much as 20 minutes every time it's used.

**The ROCOM™ Patient Data Base System** combines a health history questionnaire and physical examination form. Together they provide easily retrievable data on which to base your problem list, diagnosis and plans for patient management and education.

**How the system works** Your aide gives the form to the patient and explains how to fill out the questionnaire. The patient then answers 132 carefully chosen questions arranged by body systems. Since *only positive answers* are transferred to the summary sheet, you can quickly pinpoint potential problem areas.



ROCOM Patient Data Base System			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42	43	44
45	46	47	48
49	50	51	52
53	54	55	56
57	58	59	60
61	62	63	64
65	66	67	68
69	70	71	72
73	74	75	76
77	78	79	80
81	82	83	84
85	86	87	88
89	90	91	92
93	94	95	96
97	98	99	100
101	102	103	104
105	106	107	108
109	110	111	112
113	114	115	116
117	118	119	120
121	122	123	124
125	126	127	128
129	130	131	132

\*Created and developed by Patient Care Systems, Inc.

When you begin your physical examination, you already have a comprehensive picture of the patient's medical background and current health status. Anatomical diagrams are also provided for convenient use to pinpoint problems.

Once the Health History Questionnaire and Physical Examination Form have been completed, you can assess the patient's health problems in their order of importance and formulate your plans for treatment.

Many physicians find this data base ideal for beginning a problem-oriented patient record.

You owe it to yourself to try this time-saving system in your practice. To order a trial supply of 100 forms, use the postage-paid order card below. We'll bill you later.

Gentlemen:

Please send me Rocom™ Patient Data Base System forms @ \$69.00 per 100.

I understand that if I am not fully satisfied, I can return the unused forms for a full refund.

name (please print or type)

date

address

city

state

zip

signature



# **Pierce County Medical Society Meeting**

Tuesday, May 14

**MADIGAN OFFICERS' CLUB**

**Scientific Program Presented by  
Madigan Hospital Staff**

Social Hour: 6:00

Dinner: 7:00

# How much time do you really have to manage your money?

You're a busy man. And it's a full-time job staying on top of the market, keeping up with the tax laws.

We have a team of trust specialists whose job is just that. They know stocks, bonds, business and real estate. They understand splits, warrants, options, capital gains, etc. They'll sit down with you and outline your personal investment objectives. Then they'll work to meet them. And you can retain as much control as you want.

We can give your portfolio the objective, professional, constant attention it needs to build principal and increase income. And you can get back to doing what you do best.

We'd like to be  
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## Guidelines for Telephone Directory Listings of PCMS Members

*All letters of criticism to these proposed guidelines are welcome provided that you specifically list which items should be deleted or that you propose an alternate wording for the present ones.*

### WHERE

1. The name of a physician should not be listed in a telephone directory where he does not have an office, residence or hospital affiliation. (If you have an office or live in Federal Way or Gig Harbor, listing in the South King County or Gig Harbor directories is appropriate. If, however, your home and office are in metropolitan Tacoma such listing is not justified. Needless to say, Olympia, Bremerton etc. are not appropriate.)

2. Listings elsewhere in the yellow pages other than "Physicians and Surgeons, M.D." is unacceptable.

### HOW

3. The size and face of type in the classified section should be uniform.

4. Display or box advertisement for individual physicians or groups or for clinics is not acceptable.

5. Physicians' names should be listed alphabetically.

6. It is acceptable to follow the name with the legal name of a corporation in one of two ways.

- a) Doe John A. M.D. Inc. P.S.
- or b) on the following line  
(i.e. Western Clinic or Radiological Associates)

It is unacceptable to follow the name with an unincorporated group or clinic name (i.e. North End Medical Clinic) unless it is the legal mailing address (i.e. Allenmore Medical Center).

7. Multiple listings

- a) One man—one listing (as described in Sec. 6).
- b) No listing of unincorporated clinics or groups.
- c) Incorporated groups and clinics should not follow with a list of their members if they also desire individual listings elsewhere. An exception to this would be a corporate name which is composed of members of the corporation (Smith, Jones and Johnson).

Enjoy Dinner in the pleasant atmosphere  
of a Restaurant typical of San Francisco

### *Honan's Restaurant*

**COMPLETE DINNERS FROM \$2.95**

Specialties . . .

Broiled Steaks  
Australian Lobster Tails  
Prime Ribs of Beef

Banquet facilities  
Private Rooms for  
dinner and meetings  
Cocktails

"Tacoma's most popular downtown Restaurant"  
across the street from the Medical Arts Bldg.

## *Honan's*

MA 7-7179

Free Customer Parking next door

739½ St. Helens Ave.

Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome; steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded; in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth; anaphylaxis; rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

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## WHEN YOUR DIGITALIZED PATIENT NEEDS A DIURETIC, SHE NEEDS DYAZIDE®



- relieves edema\*
- conserves potassium
- reduces the risk of digitalis intoxication due to potassium depletion. Potassium depletion sensitizes the myocardium to the toxic effects of digitalis, and reduces its inotropic effect.

# DYAZIDE®

Each capsule contains 50 mg. of Dyrenium® (brand of triamterene) and 25 mg. of hydrochlorothiazide.

## MEETS THE HEARTFELT NEED FOR POTASSIUM CONSERVATION

**WHAT**

8. It is not objectionable to follow the physician's name with the simple statement "Practice limited to ....."

In this community the phrase "Diplomate of the American Board of....." is not in common use (despite the fact that the AMA would endorse this form of listing.) We feel that it represents a form of self-aggrandizement. The same can be said for such phrases as ".....Specialist."

9. The 65 listings of medical specialties recognized by the AMA are acceptable, but the use of a specialty listing should be subject to challenge of credentials and qualifications for the listing. These qualifications include:

- a) Limitation of practice to the specialty
  - b) proven ability (unrestricted hospital privileges in all hospitals, proof of continuing education to keep abreast with the changes in the field, sufficient volume of practice to remain competent.)
  - c) Board eligibility or certification (this should not be interpreted to mean that an incompetent man with board certification should continue to list, or, conversely, that an individual who is generally recognized as a continuingly competent specialist who entered the field before specialty boards were generally required, should not so list.)
- Request for additional specialty listings be referred to WSMA.

10. A physician may utilize two recognized specialties (i.e. Internal Medicine—Gastroenterology) assuming he fulfills the criteria in Sec. 9, but that requests to use more than two recognized specialties be referred to the WSMA for approval.

Certainly he should list the specialty which he actually practices prior to his subspecialty or the specialty he would prefer to practice (Psychiatry and Neurology rather than vice versa.)

11. General Practice, Family Physician or Family Practice are acceptable. Since these terms are all-inclusive, other listings are not acceptable. Although an individual is licensed as a "Physician and Surgeon" this listing is deceptive to the public in most instances.

12. It is felt that despite AMA and WSMA recommendations, it is in the best interest of the public to permit such listings as  
 Infants, Children and Adolescents  
 Practice Limited to the Eye  
 Eye Physician and Surgeon

- Eye, Ear, Nose and Throat
- Ear, Nose and Throat
- Skin Disease, Diseases of the Skin
- Skin, Hair, Nails

These listings would appear to be either redundant, inaccurate or a peculiar combination of English and Latin.

- Heart and Vascular Disease
- Surgery and Surgical Diagnosis
- Diseases of Women
- Child and Adult Psychiatry

13. Disease oriented names should be dropped from physician listings. (Orthopedic and Fracture Surgery, Acupuncture and Pain Clinic.)

14. It is acceptable to list residence phone numbers as well as summer residence, physician's exchange or radio-page.

**MEDICAL SPECIALTIES**  
 Recognized by  
**THE AMERICAN MEDICAL ASSOCIATION**  
 as of  
 March, 1970

- |                         |                            |
|-------------------------|----------------------------|
| 1. Aerospace Medicine   | 5. Cardiovascular Diseases |
| 2. Allergy              | 6. Dermatology             |
| 3. Anesthesiology       | 7. Diabetes                |
| 4. Broncho-Esophagology | 8. Endocrinology           |
|                         | 9. Family Practice         |

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- (Continued)
- |                                 |  |  |                         |
|---------------------------------|--|--|-------------------------|
| 10. Gastroenterology            | 36. Pathology, Forensic                  | 60. Surgery, Orthopedic  | 63. Surgery, Thoracic   |
| 11. General Practice            | 37. Pediatrics                           | 61. Surgery, Pediatric   | 64. Surgery, Traumatic  |
| 12. General Preventive Medicine | 38. Pediatrics, Allergy                  | 62. Surgery, Plastic   | 65. Surgery, Urological |
| 13. Geriatrics                  | 39. Pediatrics, Cardiology               | It was also recommended that the telephone company be discouraged from listing a group of names under a given specialty. |                         |
| 14. Gynecology                  | 40. Physical Medicine and Rehabilitation |  |                         |
| 15. Hematology                  | 41. Psychiatry                           |  |                         |
| 16. Hypnosis                    | 42. Psychiatry, Child                    |  |                         |
| 17. Infectious Diseases         | 43. Psychoanalysis                       |  |                         |
| 18. Industrial Medicine         | 44. Psychosomatic Medicine               |  |                         |
| 19. Internal Medicine           | 45. Public Health                        |  |                         |
| 20. Laryngology                 | 46. Pulmonary Diseases                   |  |                         |
| 21. Neoplastic Diseases         | 47. Radiology                            |  |                         |
| 22. Nephrology                  | 48. Radiology, Pediatric                 |  |                         |
| 23. Neurology                   | 49. Radiology, Therapeutic               |  |                         |
| 24. Neurology, Child            | 50. Roentgenology, Diagnostic            |  |                         |
| 25. Nuclear Medicine            | 51. Rheumatology                         |  |                         |
| 26. Nutrition                   | 52. Rhinology                            |  |                         |
| 27. Obstetrics                  | 53. Surgery, Abdominal                   |  |                         |
| 28. Obstetrics and Gynecology   | 54. Surgery, Cardiovascular              |  |                         |
| 29. Occupational Medicine       | 55. Surgery, Colon and Rectal            |  |                         |
| 30. Oncology                    | 56. Surgery, General                     |  |                         |
| 31. Ophthalmology               | 57. Surgery, Hand                        |  |                         |
| 32. Otolaryngology              | 58. Surgery, Head and Neck               |  |                         |
| 33. Otorhinolaryngology         | 59. Surgery, Neurological                |  |                         |
| 34. Pathology                   |  |  |                         |
| 35. Pathology, Clinical         |  |  |                         |

## Message

As an added feature to the American Lake Veterans Administration Hospital's 50th Anniversary celebration, they are hosting a Medical Workshop on the subject of "Research in Violence — Problems and Possibilities." Dr. Louis J. West, University of California at Los Angeles, will be the keynote speaker after which Dr. Carl Eisdorfer, Chairman of the Department of Psychiatry at the University of Washington, will discuss Dr. West's paper on Research and Violence.

The medical meeting will be held from 7:30 to 10:00 p.m., the evening of June 5, 1974, in the Auditorium, Building 9, at the hospital. Dr. V. B. Raulinaitis, Hospital Director, has issued an invitation to all interested physicians to attend. Preceding the medical meeting there is a no-host dinner for interested physicians and the dinner at \$1.80 per person will be served in the hospital's main patient dining room, from 6:00 to 7:00 p.m. *If interested in the dinner, please R.S.V.P. to the Director's Secretary, JU 8-2185, extension 223, so adequate facilities may be arranged.*

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JU 8-1711 JU 2-3777 JU 2-3778



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## MAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  Surgical Conf. TGH—8 a.m.	<b>2</b>  Gastrointestinal Conf. St. Joseph's 8:15 a.m.	<b>3</b>  Tumor Board 7 a.m. Good Sam. Medical Ed 8 a.m. Oncology Conf. TGH—8:15 a.m.
<b>6</b>  Mary Bridge Cardiac Conf. 5:30 p.m. Tac Orthopedic Soc.—6 p.m. Pierce County Pediatric Society 6:30 p.m.	<b>7</b>  C.P.C. of Mary Bridge—8 a.m.	<b>8</b>  OB-GYN Conference TGH—8 a.m.	<b>9</b>  Medical Chest Conf. St. Joseph's 8:15 a.m.	<b>10</b>  Tumor Board 7 a.m. - Allenmore Good Sam. Med. E.—8 a.m. Neurology Conf. TGH—8:15 a.m.
<b>13</b>  Mary Bridge Cardiac Conf. 5:30 p.m.	<b>14</b>  C.P.C. of Mary Bridge—8 a.m. PIERCE COUNTY MEDICAL SOCIETY	<b>15</b>  Medicine Conference TGH—8 a.m.	<b>16</b>  Medical Office Problems St. Joseph's 8:15 a.m. Psychiatric Conf. St. Joseph's 7 a.m.	<b>17</b>  Tumor Board 7 a.m. Allenmore Cardiology Conf. TGH—8:15 a.m.
<b>20</b>  Mary Bridge Cardiac Conf. 5:30 p.m.	<b>21</b>  Tacoma Surgical Club—6:30 p.m. C.P.C. of Mary Bridge—8 a.m.	<b>22</b>	<b>23</b>	<b>24</b>  Tumor Board 7 a.m. - Allenmore Oncology TGH—8:15 a.m. Good Sam. Med. Ed.—8 a.m.
<b>27</b>  Mary Bridge Cardiac Conf. 5:30 p.m. Pierce Co. Chapt. AAFP 6:30 p.m.	<b>28</b>  CP.C. of Mary Bridge—8 a.m. Tac. Acad. of Internal Med. 6:30 p.m.	<b>29</b>	<b>30</b>	<b>31</b>

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## In Memoriam



### DR. JESSE WILLIAM (Bill) BOWEN

Dr. Jesse William (Bill) Bowen, a retired ophthalmologist, F.A.C.S. and F.A.A. of Ophthalmology and Otolaryngology, died April 2, 1974, while vacationing in London. Services were held in his birthplace, Dickinson, North Dakota, where his father was one of the outstanding general surgeons of his time.

Doctor Bowen attended Shattuck Military Academy in Minnesota, pre-med at the University of North Dakota and Rush Medical School in Chicago, Basic Science at Tulane University and the University of Illinois Eye and Ear Infirmary. He also took the Lancaster Course in Waterville, Maine prior to returning to Tacoma in 1954.

He was a past president of the Pierce County Medical Society and a past member of the Washington State Medical Association board.

From 1941 to 1946 he served as flight surgeon, Reconnaissance Group of the U.S. Army in France and Germany. He was associated with Dr. T. B. Murphy in 1941 and again from 1946 to 1951.

At the time of his death he was on the Board of Trustees of the Doctors Hospital and was an honorary member of the Tacoma General Hospital staff.

Bill was an excellent surgeon and possessed excellent surgical judgment. He had that rare ability to quickly assess all aspects of a problem, briefly summarize divergent opinions and arrive at a practicable conclusion (which most often was the "answer in a nutshell.")

Always a gentleman and always kind and courteous to his lessers, he was generous with sound advice, if solicited, and honest to the core without any sham or balderdash.

His hobbies were his dear wife, Louise, to whom he was most devoted, photography, travel, fishing and golf. He was a low handicap golfer in his younger days; recently he played leisurely games with Louise and friends. Bill's many friends enjoyed his ready wit and repartee. He was extremely modest about his achievements which he would wish kept private.

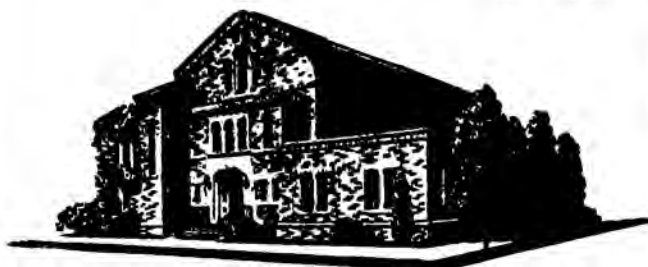
Many of you knew Bill as a sincere friend longer than I did. However, our association was extremely close for twenty years.

Many times in the last few years before he retired from active practice he would say to me, "Why do you work such hours? It's later than you think." It seems so fortunate that he and Louise were able to visit so many places which excited their interest jointly.

Bill Bowen was one helluva doctor. To me, and many others, he was one of the finest gentlemen it has ever been my privilege to know.

*Russell Q. Colley, M.D.*

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## In Memoriam



### ELDON BLIZARD

Eldon Blizard was born September 13, 1915, in Giltner, Nebraska. He graduated from the University of Nebraska Medical School in 1941. He then interned one year at the old Pierce County Hospital, under Dr. Burton Brown, of whom he always spoke highly.

After a short time with the Bridge Clinic he went to the Lahey Clinic for two and a quarter years in Internal Medicine. Since then he has lived and practiced his specialty in Puyallup, except for another year in Internal Medicine at New York University Post Graduate Medical School.

Since 1953 he had suffered from chronic ulcerative colitis, the disease responsible for his death. During this time, also, he had to take anticoagulants regularly for the prevention of phlebothrombosis. He had had repeated attacks of this disease. There were twenty years on anticoagulants.

He was thoroughly dedicated to maximum perfection in patient care. He could not bear the thought that he might be giving less than the best available in diagnosis and treatment. He was the kind of a Physician who would wake in the night thinking of something that might help a certain patient and would then take the necessary action immediately, not waiting for the morning. His patients knew and appreciated this thorough interest in their well being. Many of them have spoken to me of those qualities, and of how much they miss him. They will miss him for a long time, too.

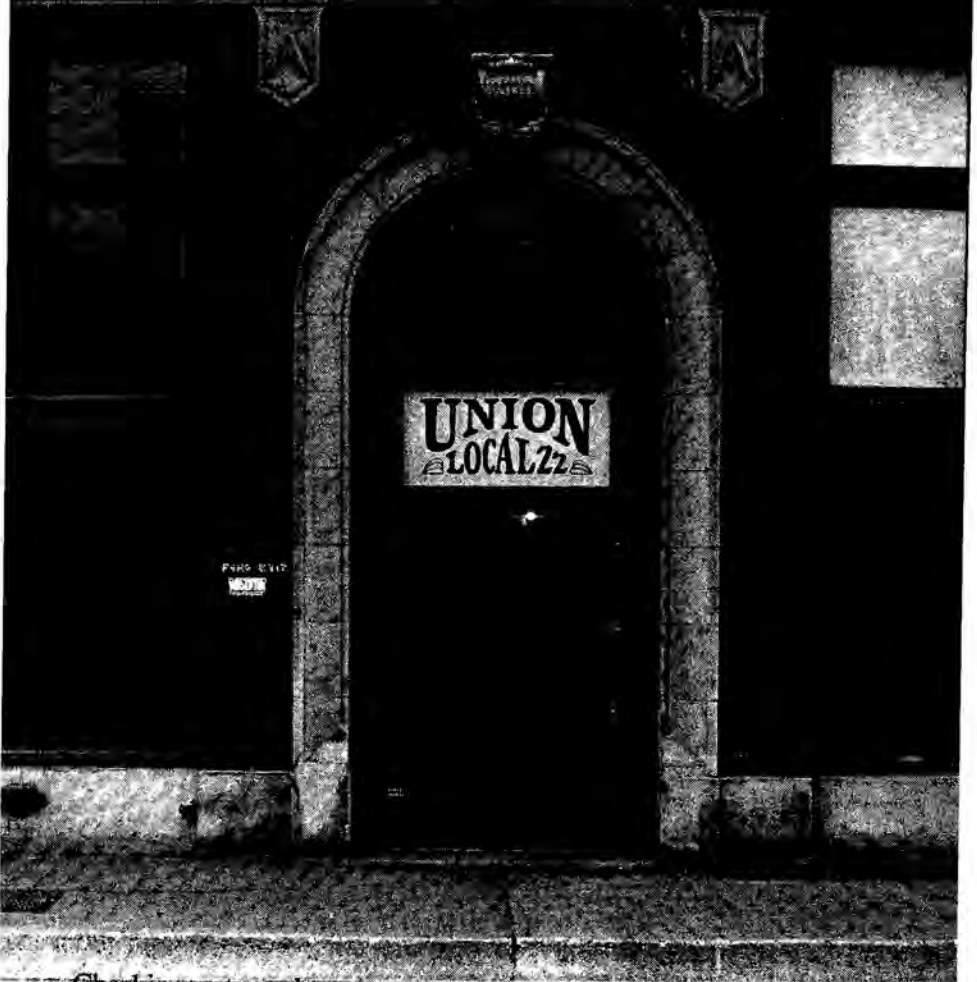
Eldon was a great baseball fan, World Series days were always "days off" for him. Radio or Television held his attention then. During his year in New York, he never tired of watching the Yankees, Giants or Dodgers in their home ball parks.

During the last ten years of his life the ulcerative colitis became steadily worse. During the last five it progressed to the unbearable stage. In March 1973, he had a total colectomy. Cancer of the colon was found. His post operative course was very stormy, almost taking his life then. He finally began to recover and just about the time he could begin to look forward to a normal life again, metastases developed, which rapidly took his life.

He died on April 8, 1974. Survivors are his wife, Ruth, one son and daughter-in-law, one sister and one brother. In addition to the County and State societies and the AMA, he was a member of the American Society of Internal Medicine.

*Kenneth H. Sturdevant, M.D.*

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1973 - 1974

President .....	Mrs. John R. Alger (Obie)
President-Elect .....	Mrs. Ronald Spangler, Jr. (Nancy)
1st Vice President - Program .....	Mrs. J. G. Katterhagen (Anne)
2nd Vice President - Membership .....	Mrs. John Havlina (Dolores)
3rd Vice President - Historian & Bylaws .....	Mrs. George Barnes, Jr. (Ellie)
4th Vice President - Social .....	Mrs. Wayne A. Bergstrom (Reta)
Recording Secretary .....	Mrs. Melvin L. Henry (Marie)
Corresponding Secretary .....	Mrs. Roy H. Virak (Gloria)
Treasurer .....	Mrs. Robert C. Johnson (Betty)
Dues Treasurer .....	Mrs. W. Ben Blackett (Glenna)

## COMMITTEE CHAIRMEN

AMAERF .....	Mrs. Max W. Brachvogel (Judy)
Community Health .....	Mrs. George Moosey (Jane)
Cookbook .....	Mrs. John Kennedy (Nancy)
Dance .....	Mrs. Vernon O. Larson (Kit)
Finance .....	Mrs. Kenneth D. Graham, Jr. (Bev)
P.C. Health Council .....	Mrs. Robert B. Whitney, Jr. (Helen)
Health Careers .....	Mrs. Philip Grenley (Dorothy)
Hospitality .....	Mrs. Paul B. Smith, Jr. (Ginny)
Legislative .....	Mrs. Marcel Malden (Jean)
Mental Health .....	Mrs. Herbert C. Kennedy (Nadine)
Nominating .....	Mrs. Jay H. Ehly (Vivian)
Publicity - Bulletin .....	Mrs. J. Lawrence Smith (Norma)
Newspaper .....	Mrs. David S. Hopkins (Carol)
Speakers' Bureau .....	Mrs. Duncan T. Baer (Marilyn)
Student Recognition .....	Mrs. Harold B. Johnston (Mary)
Telephone .....	Mrs. Charles D. Prewitt (Donna)
TODAYS HEALTH .....	Mrs. L. Stanley Durkin (Adele)
TAC Center .....	Mrs. Dale Hirz (Sharon)
	Mrs. Charles L. Anderson (Cindy)
	Mrs. William T. Ritchie (Marge)
	Mrs. George C. Gilman (Dona)

Friday, May 17th will be the last Auxiliary meeting before summer. It will be a Field Day, time and place to be announced by the telephone committee.

You may sign up to play golf, tennis, or bridge, or you may just come for the luncheon at 1:00 p.m. if you wish. Luncheon will be followed by a short meeting and installation of officers.

For information about tennis courts and sign-up, call Cindy Anderson at JU 8-1143. For a golfing foursome call Elvina Brokaw at JU 4-1272. If you'd like to play bridge call Florence Dean at LO 4-1945.

## 1974-75 Board Meeting

Board members, don't forget the joint board meeting — a no-host luncheon at Lakewood Terrace May 6th at 10:00 a.m. Committee chairmen, please bring your annual report to give to the next year's chairman.

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### MAY BIRTHDAYS

- |                                    |                                      |   |
|------------------------------------|--------------------------------------|---|
| 2 Raymond Pliskow<br>Hans Siebold  | 9 Joseph Lasby<br>Roy Virak          | 26 William Conte<br>Chester Poole               |
| 3 Bernard Bader<br>Herman Judd     | 15 Jay Ehly                          | 28 George Gilman<br>Robert Fortiner             |
| 4 Charles Vaught<br>Antone Walloch | 18 Dale Hirz                         | 29 Isaac Krieger                                |
| 6 Albert Ehrlich<br>Marcus Stuen   | 19 Douglas Buttorff<br>Eugenia Colen | 30 James Billingsley<br>Jerry Williams          |
| 7 Richard Barronian<br>Edward Wood | 20 Robert Chambers<br>Kenneth Graham | 31 Bryan Archer<br>Hugh Larkin<br>Joseph Martin |
| 8 Orvis Harrelson                  | 22 Robert Smith<br>Merrill J. Wicks  |   |
|                                    | 23 Thomas Irish                      |   |



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*Field Day*

*May 24, 1974*

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## Acupuncture Not So Great, Bonica Tells Doctors, Wives

There was a lot of hand-shaking and renewing of old acquaintances at the Joint Meeting of the Pierce County Medical Society and the Pierce County Medical Auxiliary held on April 9th at the Sherwood Inn. The annual affair was well attended, with 134 doctors and wives enjoying the sumptuous banquet planned by Committee Chairperson Marion Doherty. Presidents of their respective Associations, Obie Alger and Ben Blackett and their spouses were at the head table with the other dignitaries.

The reason for all the hand shaking was the presence of fabulous guest speaker and world traveler, Dr. John Bonica and his wife, Emma. Dr. Bonica, now head of the Anesthesia Department at the University of Washington, spent many years as Chief of the Anesthesia Department at Tacoma General Hospital and renewed acquaintances of many old friends here. The subject of his discussion was his recent three-week trip to Communist China in which he saw and took pictures of numerous clinical demonstra-

tions on acupuncture. Besides discussing this fascinating new scientific or pseudoscientific subject, Dr. Bonica gave an interesting travelogue relative to his experiences in China. Though the complete scientific analysis of acupuncture is not yet in, Dr. Bonica seemed to sum up his own opinion of the procedure when he concluded his comments with the reassuring words that anesthesiologists in the area need have no fear of losing their jobs to the acupuncturists.

## Physicians Speak To Varied Groups

Within the past two months the following physicians have spoken at the request of the Society to various groups.

Dr. Maurice Origenes Jr. spoke to several classes of medical secretaries at Bates Vocational School.

Dr. Warren Smith spoke to students at Wilson High School on quackery.

Dr. Robert Ferguson spoke (following the ACS film, "Breast Self-Examination") to the Carpenters' Union Auxiliary.

Dr. Gerald Kohl spoke on this same site to the American Legion Auxiliary and their husbands.

Dr. Charles Kemp spoke on the 20th to 6th grade students at Ruston Elementary School.

Dr. Robert K. Smith spoke to the NCO wives at McChord Field on April 11th on breast cancer.

Dr. Joseph McCracken (Madigan) will speak to the men of the 2nd Division, Fort Lewis.

Dr. J. G. Katterhagen spoke at the April 18th Presidents' Council meeting.

## Ted Haley Tosses In Hat To Fill Doctor Shortage in Olympia

All those crazy rumors are true. Old dumb-dumb Haley is really going to run from the 28th District for the House of Representatives for the seat that Richard Kelly vacated and I need all, and I repeat "all," the help I can get. I'd be the only physician in the legislature that is controlled as far as health issues go, by two chiropractors and we just shouldn't let that go on any longer. So, if you will give me all the support you can, I'll do my best to get in there and do a good job.

*Ted Haley, M.D.*

## Directory Addition

Please add to the list of Physical Therapists in the Directory of Pierce County Physicians the following name:

Neva Meade, 5910 100th St. SW 582-1866

**FAMILY CLINIC — MARCH, 1974 (627-9182)**  
**Monday through Thursday, 10 to 5:30 1815 So. J St. 98405**  
**Coordinator: Aaron Miller**

PATIENT SERVICES:	March '74	Total '74	Total since Clinic opened
Referred to Physicians	81	245	549
Laboratory Services	32	73	111
X-Ray Services	9	30	60
Prescription Services	44	81	157
Referred to Emergency Rooms	2	4	26
Hospitalized	1	1	3
Referred to Community Agencies	2	26	55
Seen by Physicians in Clinic	42	63	63
<b>ETHNIC &amp; DEMOGRAPHICAL DISTRIBUTION:</b>			
Black	19	47	144
Caucasian	72	233	561
Asian	3	7	13
Native American	7	9	29
Chicano	1	1	9
Model City Residents	29	79	217
Other Areas	73	208	529
<b>PARTICIPATING PHYSICIANS:</b>			
On Referral Basis (Outside Clinic)	29	46	60
Friday evening Clinic	5	5	5

Volunteer physicians are needed for the Friday evening clinic, 6-9 p.m.

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JU 8-2191

South Tacoma  
5401 So. Tac. Way  
GR 4-9419

Thunderbird Shopping Center  
8123 Steilacoom Blvd.  
JU 8-1889

University Shopping Center  
Formerly Don's Drugs  
27th and Grandview  
LO 4-1320

Village Shopping Center  
Formerly Don's Drugs  
40th and Bridgeport  
LO 4-2494

## TACOMA SICKLE PROGRAM (593-2896)

Community Organizer — Mrs. Charmaine Archibald, LPN

Hemoglobin	March '74	Total '74	Total since Nov. '72
AA	149	396	2,117
AS	8	18	108
Black	8	17	105
Dark Caucasian		1	3
AC		2	36
B Thal			3
C/B Thal			1
AD			2
	159	416	2,267

Suggested procedure to utilize the Tacoma-Pierce County Sickle Cell Program (TPCSCP) in main stream medical care.

## I. INTRODUCTION

- A. The main purpose of the TPCSCP is to allow access to education for the general public as well as health personnel.
- B. Our hope is that sickle cell education, testing and counseling will become an accepted routine for physicians as rapidly as possible.
- C. To attain this goal it is felt that the TPCSCP must make access to their education, testing and counseling program as simple as possible for the physician and his staff.

## II. ORIENTATION PROCEDURE

## (PRIVATE PHYSICIAN'S OFFICE)

- A. Assistance of physicians and current as well as future physicians' personnel on education, testing and counseling by the TPCSCP staff.
- B. Education of patients by the physician, his staff or on referral to the TPCSCP staff, at the discretion of the physician.
- C. The following pamphlets are recommended by the TPCSCP for the patient and/or his family:
  1. Facts about Sickle Cell anemia—available at TPCSCP office.
  2. "Highlights of the Sickle Cell Story", Charles Whitten, M.D.
  3. "Sickle Cell Anemia (What it is, What can be done)" D. H. E. W./ (HSM) 73-5108
- D. Blood for testing: can be drawn in the physician's office, laboratory or on referral to the TPCSCP staff at the TPCSCP office, physician's office, patient's home or any mutually suitable site. Current and future personnel handling TPCSCP blood will be informed of the TPCSCP procedures. Testing will be voluntary with patient and/or parent or guardian consent.
- E. Genetic Counseling — The advantages of peer and lay counseling will be explained to the physician. This will be in addition to the medical

counseling done by the physician and or his consultant. The consultant may be another physician or the TPCSCP's medical director and/or TPCSCP's medical consultants.

## III. TPCSCP PARTICIPATION

## A. Total

1. Informing physicians and their personnel of the objectives of the TPCSCP.
2. Education, testing and counseling of all patients referred.

## B. Partial

1. Whatever part of III A.2, the physician chooses to incorporate into his practice.

## C. Testing procedure

1. TPCSCP testing will be done by the State Laboratory under the direction of Jack Allard, M. D.
2. Blood will be drawn by qualified personnel. Veripuncture fingerstick will be used to collect blood.
3. Cellulose Acetate Gel Hemoglobin electrophoresis will be encouraged.
4. Solubility tests in addition to electrophoresis will be encouraged and as a sole test discouraged.
5. Confidentiality of test results will be expected of the physician and will be strictly adhered to by the TPCSCP.

## IV. HOSPITALS AND CLINICS

- A. Assistance of hospital and clinic personnel involved in education, testing and counseling by the TPCSCP personnel if desired.
- B. Education of hospital and clinic personnel and/or patients by hospital and clinic and/or TPCSCP personnel as under II. B. & C.
- C. Testing of hospital and clinic personnel and or patients by hospital and clinic personnel and/or TPCSCP personnel on the basis previously described under II. D.
- D. Counseling of hospital and clinic personnel and/or patients by hospital and clinic personnel and/or the TPCSCP personnel on the basis previously described under II. E.



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**POISON INFORMATION CENTER FOR MARCH, 1974**

TOTAL CALLS .....	526	SUBSTANCES TAKEN	
From Doctors and Hospitals .....	33	Chemical .....	5     17
From Community Agencies .....	25	Cosmetics .....	38    41
From Others .....	468	Food Inquiries .....	1     40
AGE DISTRIBUTION		Household Prod. ....	25    42
Under 18 months .....	62	Ammonia .....	0     3
18 Mos. to 3 Yrs. ....	124	Bleaches .....	3     8
3 & 4 Year Olds .....	90	Detergents .....	6    10
5 & 6 Year Olds .....	11	Other .....	16   21
7 thru 12 Years .....	30	Repellents .....	3     8
13 thru 19 Yrs. ....	25	Bites .....	2     9
20 Yrs. and Over .....	88	Medicinal .....	111   177
No Age Given .....	96	Aspirin .....	24    28
		Patent Meds. ....	45    61
		Presc. Drugs .....	43    87
		Petroleum Prod. ....	22    61
		Plants & Berries .....	22    36
		Miscellaneous .....	46    95
		Total .....	276   250

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Across from Allenmore Hospital

Unequaled in the combination of:

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## MARY BRIDGE HOSPITAL ACUTE OBSERVATION UNIT

First Anniversary

Opened February 26, 1973

During the first year patients were admitted to the unit for the following reasons:

I. Medical .....	256	II. Surgical .....	116
A. Observation .....	97	a. Neurosurgical .....	58
1. Ingestions .....	28	b. General .....	18
2. Convulsive disorders .....	20	c. Orthopedic .....	14
3. Head trauma .....	10	d. Burn .....	10
4. Diabetes Mellitur .....	6	e. Plastic Surgery .....	6
5. Meningitis .....	5	f. Cardiovascular .....	5
6. Internal injuries .....	5	g. Otolaryngological .....	5
7. Allergic reaction .....	3	III. Subtotal for Acute Observation .....	372
8. Fever, cause undetermined .....	3	IV. Recovery room back-up .....	276
9. Intestinal obstruction .....	2	a. Post surgical .....	170
10. Miscellaneous .....	15	b. Post-cardiac catheterization .....	106
b. Neurological .....	75	V. Grand total .....	648
c. Respiratory .....	56	VI. Most common Admitting Impression	
d. Gastrointestinal .....	12	a. Head injury .....	66
e. Cardiovascular .....	11	b. Respiratory infection .....	36
f. Sevitourinary .....	2	c. Ingestion .....	28
g. Prematurity .....	2	d. Convulsive disorder .....	27
h. Oncological .....	1	e. Automobile accident .....	24
		f. Brain tumor .....	11
		g. Meningitis .....	5



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The Medical Arts Building located in the heart of Tacoma—provides all the needs of the medical profession . . . fully equipped laboratories, prescription pharmacy, optical manufacturers and stores, new restaurant, Pierce County Medical Society office, library and auditorium, new 70 bed Doctors Hospital—Parking available in building. Your inquiry is invited.

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## Pierce County Medical Society

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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.



The

PIERCE COUNTY MEDICAL SOCIETY

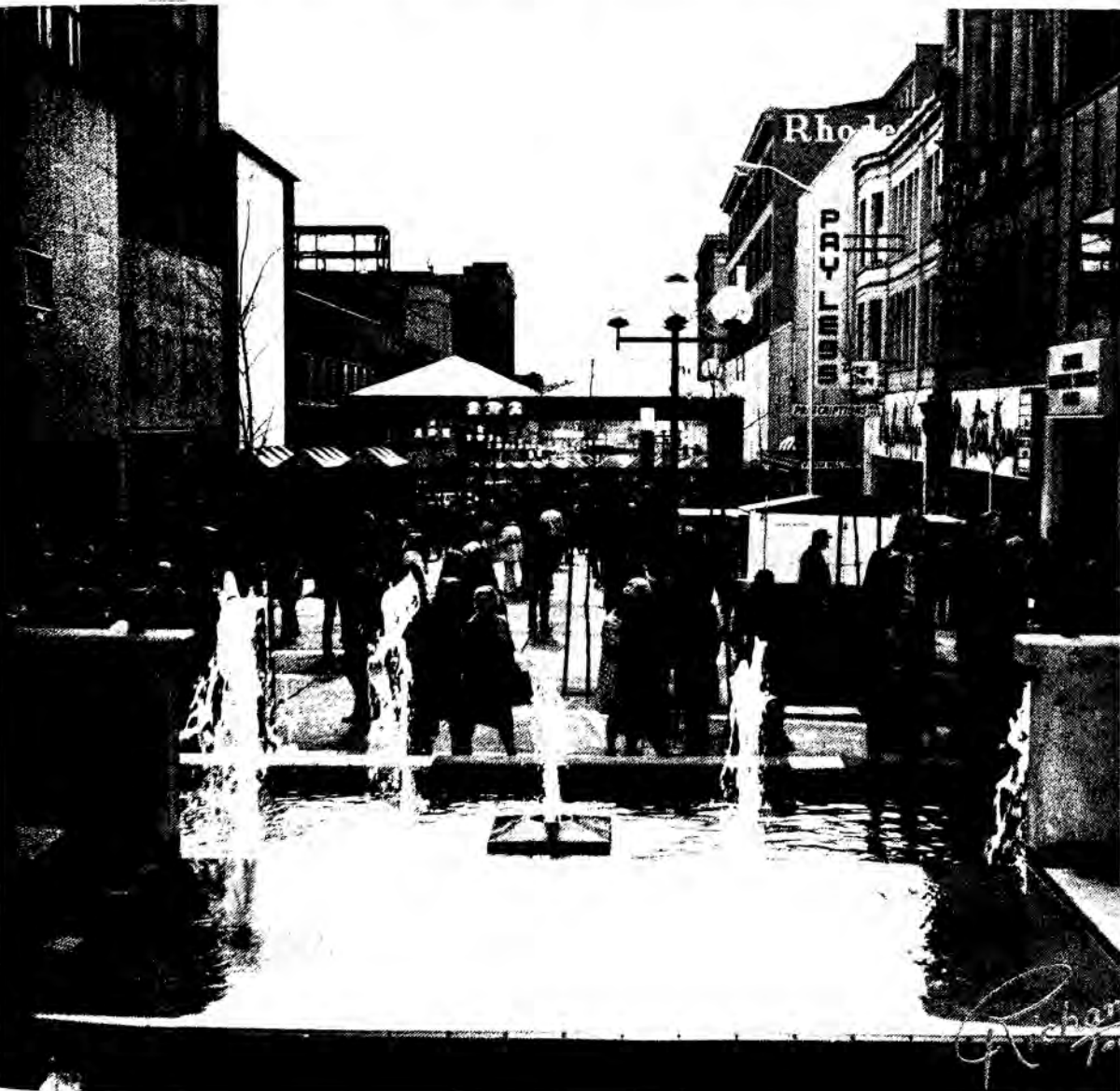


# BULLETIN

JUNE, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 6



PIERCE COUNTY MEDICAL SOCIETY

**NO MEETING JUNE,  
JULY OR AUGUST**

## Pierce County Medical Society

1974

### OFFICERS

President .....W. Ben Blackett  
 Vice President .....James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer .....David L. BeMiller  
 Executive Secretary ..... Judy Gordon

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Herbert Kennedy	Edmund Kanar
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Walter Arthur	John P. Nagle

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Herbert C. Kennedy	James F. Early
	Herman S. Judd

### ALTERNATE DELEGATES

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#### Medical Education

Marcel Malden, Chairman

#### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

#### Library

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### Broadway Plaza's New Look

Cover photo courtesy Downtown Tacoma Assn.

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

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Lenart C. Ceder, owner



Expertly fitted—

Artificial Limbs  
 Orthopedic Appliances  
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 Arch Supports  
 Trusses



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## PERSONAL ENURESIS SERVICE

A service that works **closely** with both physician and his patient. By incorporating the Pavlovian Theory of "conditioned reflex," P.E.S. establishes home therapy programs helpful in correction of nocturnal enuresis when not caused by organic defects or disease.

Patients must **first** obtain **written medical clearance** from the physician in order to avail themselves of our services.

### PERSONAL ENURESIS SERVICE has:

- The latest in "dual-system" sensor units.
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**CH 2-4048 or MA 2-6900**

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## \$ Short Quiz for Members of the Medical Profession \$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

### CONSUMER CREDIT COUNSELING SERVICE OF TACOMA-PIERCE COUNTY, INC.

A NON-PROFIT COMMUNITY SERVICE AGENCY  
TO HELP PEOPLE HELP THEMSELVES  
IN SOLVING THEIR DEBT PROBLEMS  
AND AVOIDING BANKRUPTCY

\$

\$

**LOOK** WHY NOT GIVE YOUR PATIENTS  
THE BEST IN TRANSPORTATION  
COSTS NO MORE . . . REASONABLE RATES



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# President's Page



The executive director search committee chaired by Dr. Early is nearing the stage for interviewing selected candidates. It looks like a director may be hired within the next six months. For this reason, the Board of Trustees approved a \$50 per member billing this summer. This represents one half of the anticipated \$100 per year dues increase which will come due in January, 1975.

The Family Practice residency committee co-chaired by Drs. K. Graham and J. Hazelrigg has reached the study funding state and the prospects of start-

ing such a residency in the county look brighter. Long term funding remains a chief problem.

There was need enough to encourage more primary care physicians to settle in this county prior to the Madigan Hospital cut-back but with that event, the need this summer becomes acute. There will obviously not be any residency program soon enough to help ease that load. I have already seen an increase in CHAMPUS requests, and the Lakewood physicians are probably going to be swamped with them by July. The end of the physicians draft has left many military dependents and retirees in the position of having what they thought was their health insurance "cancelled." We will do our best, but there are certain to be some problems in providing routine care while attending to urgent and emergency needs.

The Medical Society with great pleasure endorses the candidacy of Dr. Ted Haley for State Representative from the 28th District. Good luck, Ted!

— W. Ben Blackett, M.D.

# R

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**Safflower oil  
margarine helps reduce  
blood cholesterol.**



**Doctor's view:**

From where you sit, it's important that safflower oil is 30% higher in poly-unsaturates than corn oil. That means that margarine, cooking oil, and mayonnaise are higher in poly-unsaturates when made from safflower oil than when made from corn oil.

**Saffola margarine  
tastes like the  
high-priced spread.**



**Patient's view:**

From where he sits, a low saturated fat diet is easier to follow because Saffola tastes as good as the high-priced spread or any premium margarine (corn oil included).

Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.

**Saffola**

\*in conjunction with a low saturated fat diet





# The initial Librium prescription: (chlordiazepoxide HCl)

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)

time  
ican  
ians  
xer-  
the

phy-  
ome-  
wed  
gen-  
e.

ASSO-  
due  
the  
rma-  
e fee  
ny.  
rd is  
ssion  
level  
hysi-  
dule.  
ntly.  
W.T.



The patient with severe anxiety



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

9

antianxiety

# Librium®

(chlordiazepoxide HCl)

5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.

16



P.A.D. MGNT., INC.

# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies

(chlordiazepoxide HCl)

**Note:** The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg *b.i.d.* or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)*

*25 mg*

*Cap #30*

*Sig: cap T t. i. d.*

The patient with severe anxiety

*Librium (chlordiazepoxide HCl)*

*5 mg*

*Cap #50*

*Sig: cap T b.i.d.*

*In-Tension*

The overanxious geriatric patient

*Librium (chlordiazepoxide HCl)*

*10 mg*

*Cap #30*

*DATE 12/1/73*  
*Sig: cap T q. i. d.*

The patient with excessive anxiety and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. *Oral—Adults:* Mild and moderate anxiety and tension, 5 or 10 mg *t.i.d.* or *q.i.d.*; severe states, 20 or 25 mg *t.i.d.* or *q.i.d.* *Geriatric patients:* 5 mg *b.i.d.* to *q.i.d.* (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 100 and 500; Tel-E-Dose® packages of 1000. Libritabs® (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.



Roche Laboratories  
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# Editorially Speaking



The lid is off!

But keep yours on . . . Or at least ease it off very gently now that the Economic Stabilization Act has expired.

The stage is all set for Congressional action on National Health Insurance, and standing in the wings are Ted Kennedy, Wilbur Mills, and others waiting to speak their lines. Nothing would suit them better than to have medicine's private sector "blow its lid" and let fee in-

creases shoot off the top of the chart.

Perhaps now more than at any time in the socioeconomic history of American health care, private practice physicians must demonstrate their ability to exercise restraint and reasonableness in the area of medical economics.

During the recent control period, physicians' fee increases were actually somewhat less than the 2.5 per cent allowed by the law, even though inflation in general continued at a much higher rate.

The Washington State Medical Association is urging its members to use due restraint in their fee increases, and the AMA has prepared an extensive informational program to help doctors pace fee adjustments with the general economy.

Here in Pierce County, our record is good. How well the medical profession holds fee increases to a reasonable level depends on how thoughtfully each physician plans his own individual fee schedule.

Do your part to let the lid off gently.

— S.W.T.



## Tacoma's Largest Medical Building

Choice Marine View Space Available.

The Medical Arts Building located in the heart of Tacoma—provides all the needs of the medical profession . . . fully equipped laboratories, prescription pharmacy, optical manufacturers and stores, new restaurant, Pierce County Medical Society office, library and auditorium, new 70 bed Doctors Hospital—Parking available in building. Your inquiry is invited.

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## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

Schick's  
*Shadel*  
HOSPITAL INC.

12001 Ambaum Boulevard  
Seattle, Washington 98146

(206) CH 4-8100

*Intensive 10-Day Treatment Program for Alcoholism*

*... Based on the Addictive Concept*



## In Memoriam



### ALBERT AYRES SAMES

It is with mixed feelings of sorrow and humility that I write words that are appropriate to the memory of Doctor Albert Ayres Sames who died on May 5, 1974. Sadness at the loss of a personal friend of 33 years, and humility at my incompetence to describe for others the man that he was.

Al was born on March 20, 1909 in Texarkana, Texas. His father was a federal court judge whose territory was the wild and as yet untamed southwest.

In his youth he attended the Western Military Academy in Alton, Illinois. After that he attended the University of Wisconsin for eight years, four in pre-med and four in medical school. He spent one year at Multnomah County Hospital in Portland as an intern, where he met and married Ruth. The next three years were spent at Ann Arbor, Michigan in radiology, followed by a move to Tacoma in 1941 where he became associated with Doctor B. D. Harrington in the practice of radiology.

During the years from 1942 to 1946 he served in the United States Army Medical Corp. Our paths crossed several times in those army years with pleasant memories for both families of meetings in New Orleans, El Paso, and Fort Smith, Arkansas. In 1946 the Sames family again chose Tacoma as a place to live and work. Al practiced in the Medical Arts Building and Doctors Hospital until 1966 when he moved to Puyallup to form a partnership with Doctor Joe Jarvis. He retired in January of this year.

Al was an excellent diagnostic radiologist, as many will testify, and the specialty of radiology was peculiarly suited to his striving for perfection. He was a photographer in both the artistic and technical sense. He built his own stereo set and had an enviable collection of records and tapes. He loaded his own shells for pistol competition. At various times his activities encompassed skiing, fencing, and boating. He was a lifetime member of the National Rifle Association and a senior member of the Tacoma Surgical Club.

Those who knew him well will not forget his excellent command of the English language, his mastery of rhetoric, whether it was in the telling of a story or in a philosophical or political discussion. Tacoma has been richer for his having lived here. It will be sadder for his passing.

He leaves his wife Ruth, and three fine sons, Mark, Dale and Todd.

— Don G. Willard, M.D.

# How much time do you really have to manage your money?

You're a busy man. And it's a full-time job staying on top of the market, keeping up with the tax laws.

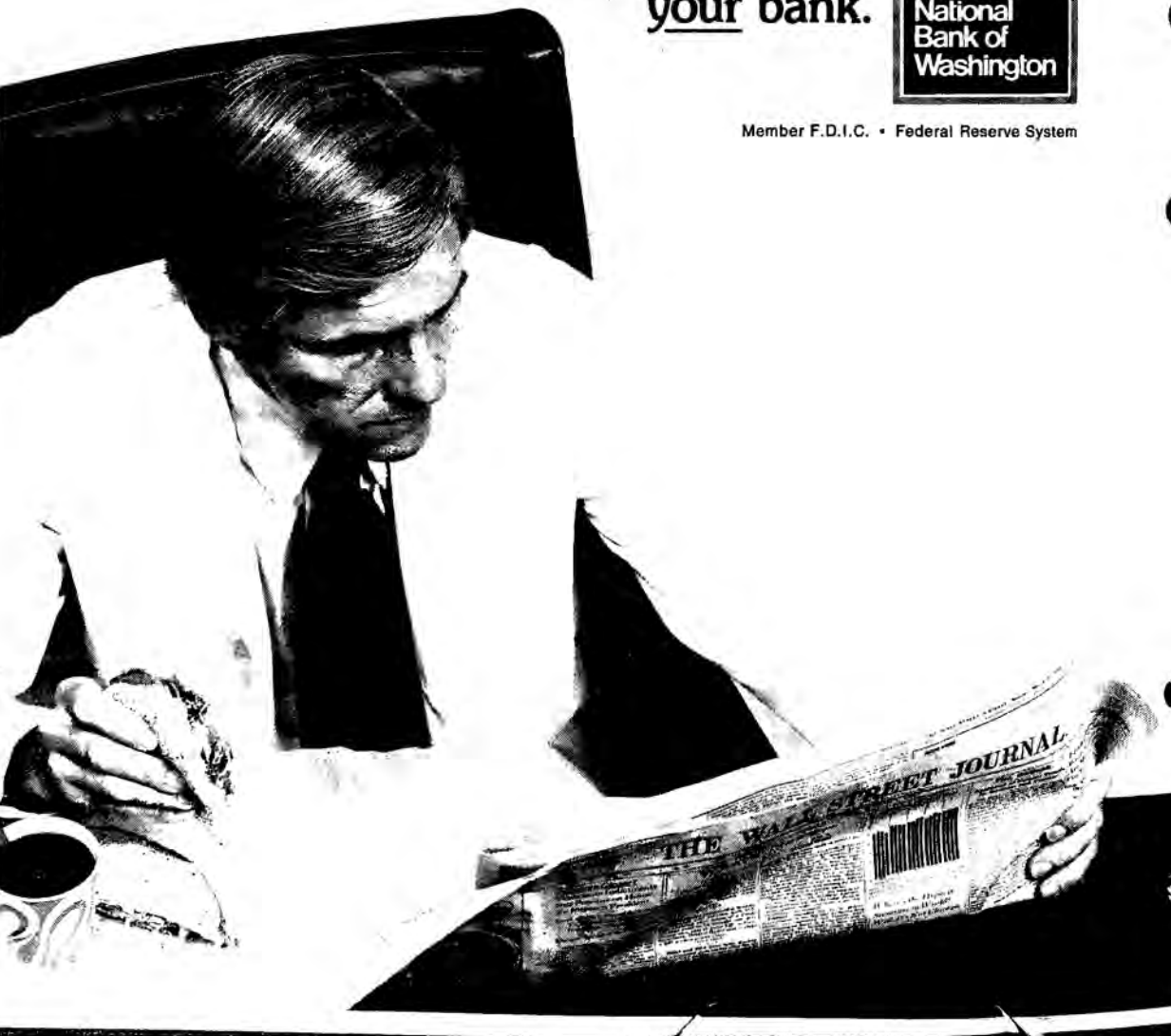
We have a team of trust specialists whose job is just that. They know stocks, bonds, business and real estate. They understand splits, warrants, options, capital gains, etc. They'll sit down with you and outline your personal investment objectives. Then they'll work to meet them. And you can retain as much control as you want.

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Members of the Pierce County Medical Society  
are invited to attend a

TEA and RECEPTION

4 p.m. SUNDAY, JUNE 16

ANNIE WRIGHT SCHOOL, TACOMA

to meet

THE RT. REV. EDWARD CROWTHER, BISHOP PSYCHOLOGIST  
from California

and other speakers from Mass., Pa. and Alaska, for the

NINTH NORTHWEST HEALING CONFERENCE

JUNE 16-20

(In fellowship with the Order of St. Luke the Physician)

5 p.m. — NATURE'S WILDNESS and the SPIRIT —

a gentle but dynamic multi-media experience of God's very nature,  
in which the Trinity of LIGHT, LIFE, and LOVE are interwoven with  
Mt. Rainier, the seasons and the sea.

For sale — THE HEALING TRINITY — Prescriptions for body, Mind  
and Spirit, by Peter S. Ford, M.D., Consultant to William Temple House  
Portland, Oregon

Enjoy Dinner in the pleasant atmosphere  
of a Restaurant typical of San Francisco

## *Honan's Restaurant*

**COMPLETE DINNERS FROM \$2.95**

Specialties . . .

Broiled Steaks

Australian Lobster Tails

Prime Ribs of Beef

Banquet facilities

Private Rooms for  
dinner and meetings

Cocktails

"Tacoma's most popular downtown Restaurant"  
across the street from the Medical Arts Bldg.

# *Honan's*

MA 7-7179

Free Customer Parking next door

739½ St. Helens Ave.

Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome; steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded; in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth; anaphylaxis; rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

SK&F CO., Carolina, P.R. 00630  
Subsidiary of SmithKline Corporation

## WHEN YOUR DIGITALIZED PATIENT NEEDS A DIURETIC, SHE NEEDS DYAZIDE®



- relieves edema\*
- conserves potassium
- reduces the risk of digitalis intoxication due to potassium depletion. Potassium depletion sensitizes the myocardium to the toxic effects of digitalis, and reduces its inotropic effect.

# DYAZIDE®

Each capsule contains 50 mg. of Dyrenium® (brand of triamterene) and 25 mg. of hydrochlorothiazide.

## MEETS THE HEARTFELT NEED FOR POTASSIUM CONSERVATION

## THE MONTHS WITHOUT THE LETTER 'R'

I always thought it was only a matter of refrigeration that led our grandparents to forego seafoods during the months without the letter "R." In part this may be true. However, the information regarding vibrio paraheamolyticus outbreaks in the United States is of interest in this regard. It has only been since the 1950s that this organism has been well documented as foodborne disease accounting for several hundred reported cases each year in Japan. Since this recognition, it has been recognized as a cause of acute diarrhea disease attributed to the ingestion of seafoods in many countries from Australia to Vietnam. Presence of this organism has been documented in a wide variety of seafoods in many of the marine areas of the United States. The gist of this vignette is that this is a free living organism and only contaminates seafood waters, but during the cold months it can only be isolated from the mud of the sea bottom. Because it is free living, it grows readily at ordinary temperatures and generation time is in the neighborhood of 15 minutes, hence theoretically 100 organisms could be almost 10 million in a few hours.

The other factor is that it can resist temperatures up to 80°C. Hence, although refrigeration is a problem during the warm months with seafood, proper cooking and hygienic practice after cooking is obviously doubly important during the months without "R."

—Rodger S. Dille, M.D.

## MEDICAL ASSISTANTS TO MEET

The next meeting for medical assistants is June 10 and Frank Rossiter of Puget Sound Collections, Inc. will give a talk on methods of making collections. This should be a benefit to your office for personnel to attend.

Location for the meeting is Allenmore professional building, 19th street entrance, first building on the left at 8 p.m.

## SAVE ONE, SAVE BOTH

Into the grinding turmoil  
of thoughts too painful to contemplate  
my reluctant mind drifts helplessly  
in torture, self-punishment

toward starry winter sky  
my fickle mind soars joyfully  
seeking truth, infinity, God

to mundane concerns  
my pedantic mind returns faithfully  
bills

taxes

appointments

disappointments

one day like the next  
gray, rainy

sirens, ambulance!

They wheel in a man in distress  
crushing chest pain, clammy, sweating,  
coronary!

"Quick, nurse, a bolus

of lidocaine i.v.

oxygen, morphium, notify the unit!"

Hopefully he won't die.

Neither will God.

—Gerhart A. Drucher

## PUGET SOUND COLLECTIONS, INC.

Washington Building  
Suite 1301

11TH & PACIFIC AVE.

SERVING THE

- MEDICAL
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FRANK ROSSITER, Owner-Manager

## **SPECIAL PURCHASE PLAN FOR ALL PIERCE COUNTY MEDICAL SOCIETY MEMBERS**

All Pierce County Medical Society Members are now able to make savings of up to 50% or more on the purchase of name brand new tires, tubes, shock absorbers, batteries, wheels and other items.

Under an arrangement with Tire Marketers, Inc. of Tacoma, Seattle, Yakima and Spokane, the mass buying power of the Pierce County Medical Society members enables them to make purchases at wholesale prices well below those of the average retail market.

Tire Marketers, Inc. has five locations in the state where these purchases may be made.

They are at 2310 East D Street in Tacoma, 383-3844; 300 Elliott Ave. West in Seattle; 413 Theirman Road North in Spokane; W Walnut and 2nd Ave. S. in Yakima, and a new location at 4524 Pacific Ave. S.E. in Lacey.

The tire firm does not sell to the general public. Those desiring to take advantage of their tire program must have a Tire Marketers group membership card.

Tire Marketers group membership cards are available on the price sheet enclosed in this booklet.

Simply fill in your full name on the membership card and put it in your wallet or safe place for immediate or future use by you or your family.

All passenger tires are guaranteed as to time or mileage for the life of the tire, and including any and all road hazards. The tire list includes only premium, first-line products — no seconds or blem — and the guarantees are nationwide.

Don Simmons, group sales manager, explained that Tire Marketers buys in multiple carload quantities which enables the firm to offer organizations factory-direct prices on merchandise manufactured by some of the largest names in the auto-tire business. A statement of quality and written guarantee is provided with each purchase.

Products available run from compact and sports cars to truck tires, belted, mud and snow designs, radials, conventionals and other. Merchandise may be purchased for cash, Bank America or Master Charge cards or on easy-pay budget term contracts. Mail-order service is also available.

Installation services are available at all five Tire Marketers, Inc. locations, at a cost of \$1.45 for mounting, and \$1.45 for balancing each tire purchased.

For further information regarding membership cards please contact any Tire Marketers location.

The five state-wide Tire Marketers, Inc. warehouses are open from 8 a.m. to 7 p.m. week-days and from 8 a.m. to 4 p.m. on Saturdays.

**CALL 383-3844**



SPECIAL GROUP PURCHASE DISCOUNT PLAN

# TIRE MARKETERS

NOT AVAILABLE TO THE GENERAL PUBLIC

GROUP AFFILIATION CARD REQUIRED



Arrangements have been made with **TIRE MARKETERS INC.**, Washington, Oregon and California (see back page for warehouse locations and phone numbers) for you to purchase name brand new tires, tubes, shock absorbers, batteries, wheels and quality retreads at fantastic wholesale dealer prices.

- **TIRE MARKETERS INC.** buys in multiple carload quantities which enables them to be able to offer you factory direct prices on quality merchandise manufactured by some of the best known tire makers in the industry.
- **TIRE MARKETERS INC.** invites you to compare prices on comparable merchandise and when you do you will see the \$\$\$ saved by the special group purchasing plan. You also receive a written guarantee and statement of quality with each purchase. **TIRE MARKETERS INC.** is compliant with federal, state and local consumer protection regulations.
- **TIRE MARKETERS INC.** invites you to purchase merchandise for cash or you may use your Master Charge or BankAmericard. If you prefer, easy pay budget terms may be arranged. We recommend using your own credit union service if available.
- **TIRE MARKETERS INC.** warehouses are open week days and Saturday. See back page for warehouse hours. Immediate customer service for mounting and balancing is available at all **TIRE MARKETERS INC.** locations.

Due to the low, low prices, we cannot identify the manufacturer in writing without losing our Factory Direct Purchasing Power. However, we can list for you the companies who either directly or thru a subsidiary division are manufacturing the products in this price sheet.



KEEP THIS PAGE IN YOUR WALLET. IT MAY BE THE ONLY ONE YOU WILL EVER NEED.



All Pic saving tires, 1 Under ima ar Societ well k Tire M may k They West 2nd A in Lac 1 to tak group 1 sheet in you your life o includ and t buys organ some qual belter chanc cards avail

locati each

# TIRES - BATTERIES - SHOCK ABSORBERS - WHEELS WHOLESALE PRICES

## W-I-D-E 3 1/2" Whitewall 4 PLY POLYESTER

SIZE	GROUP PRICE	FED. TAX
G78-14	29.44	2.55
G78-15	29.71	2.63
H78-15	30.60	2.82
L78-15	33.27	3.13
6.00-16 *	15.60	3.77

\*\* BLK TUBE TYPE

## EAGLE MAG WHEELS

### ONE YEAR WARRANTY MATERIAL AND WORKMANSHIP

SIZE	GROUP PRICE	SIZE	GROUP PRICE
13" x 5 1/2"	28.75	14" x 10"	45.58
13" x 7"	34.33	15" x 7"	33.51
14" x 5 1/2"	30.99	15" x 8 1/2"	32.47
14" x 7"	30.99	15" x 10"	47.57
14" x 8"	34.95	Hub cover	3.60

COMPLETE: with all accessories

## TIRE MARKETERS INC.

**NORTH KING COUNTY**  
N. 205th & Meridian Ave. N.  
King & Snohomish Co. Line.  
Phone: (206) 775-5541

**SEATTLE**  
300 Elliott Ave. West  
Seattle, Wa 98119  
Phone: (206) 4-3641

**TACOMA**  
2310 East D. St.  
Tacoma, Wa. 98421  
Phone: (206) 383-3844

**SPOKANE**  
413 Thierman Rd. No.  
Spokane, Wa. 99206  
Phone: (509) 463-3851

**WAKIMA**  
2116 So. 2nd Ave.  
Wakima, Wa. 98902  
Phone: (509) 463-3851

Hours 8:00 a.m. to 7:00 p.m. Daily - 8:00 a.m. to 4:00 p.m. Saturdays - All prices carry out Balancing & installation available at all locations



For further information regarding membership cards please contact any Tire Marketers location.

The five state-wide Tire Marketers, Inc. warehouses are open from 8 a.m. to 7 p.m. week-days and from 8 a.m. to 4 p.m. on Saturdays.

**CALL 383-3844**





**ASSOCIATED CALIFORNIA LOCATIONS**

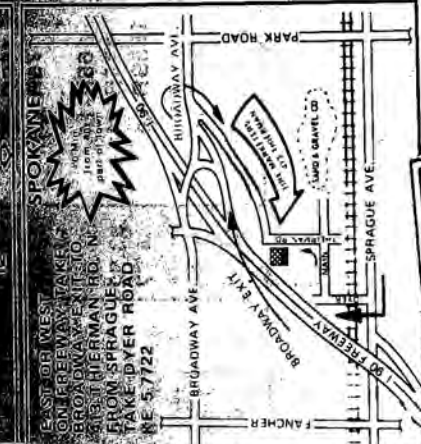
1475 Veterans Blvd.  
Redwood City, California 94063  
Phone: 415-364-4513

66th & Coliseum Way  
Oakland, California 94621  
Phone: 415-635-2801

9th & S Street  
Sacramento, California 96816  
Phone: 916-444-5733

**OREGON**

3030 N.W. 29th Avenue  
Portland, Oregon 97210  
Phone: 503-226-4521



**NEW TIRE GUARANTEE**... All Passenger and Truck tires are guaranteed against defects and workmanship for the life of the original tread (legal usable tread depth). In addition, all passenger tires bear a Road Hazard Warranty for a specific number of months or miles, excepting for repairable punctures, tires run flat, or abused use. Any tire that fails due to the above will be adjusted on a pro rata basis at current Group Purchase Price, charging only for the mileage or time used, plus Federal Excise Tax. Mounting and balancing service is extra.

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Master Charge

Easy budget terms available O.A.C.

We recommend your own credit union service if available



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**TOP QUALITY ONLY — FULLY GUARANTEED**  
**EXPERT BALANCING & INSTALLATION AVAILABLE AT EACH LOCATION**

Member  
Retail Clerks Union

SERIES	78	RADIAL TIRES FOR DOMESTIC CARS										70	SERIES
		STEEL BELTED AND TEXTILE BELTED					STEEL BELTED						
WHITE WALL TUBELESS LOAD RANGE B SIZE DESIGNATION	GROUP PRICE	F.E.T.	GROUP PRICE	F.E.T.	WHITE WALL TUBELESS LOAD RANGE B SIZE DESIGNATION	GROUP PRICE	F.E.T.	GROUP PRICE	F.E.T.	GROUP PRICE	F.E.T.		
J78-15	34.00	3.40	30.58	3.13	BR70-13	38.62	2.85	35.05	2.85	33.21	2.67		
L78-15	35.75	3.47	32.05	3.19	ER70-14	41.12	3.29	37.41	3.29	35.48	2.94		
H78-15	32.68	3.34	29.28	2.97	FR70-14	43.05	3.09	36.60	3.09	35.93	3.07		
G78-15	31.81	3.24	28.01	2.74	GR70-14	46.79	2.95	42.20	2.95	43.90	3.15		
F78-15	30.89	3.27	26.69	2.58	HR70-14	48.12	3.05	43.05	3.05	44.70	3.26		
E78-14	29.91	2.90	25.21	2.50	HR78-15	50.76	3.26	45.49	3.44	53.01	3.44		
D78-14	28.91	2.92	23.86	2.67	JR78-15	54.66	3.60	46.47	3.60	54.66	3.60		
C78-14	27.91	2.92	22.51	2.67	LR78-15								
B78-14	26.91	2.92	21.16	2.67									
A78-14	25.91	2.92	19.81	2.67									
	24.91	2.92	18.46	2.67									
	23.91	2.92	17.11	2.67									
	22.91	2.92	15.76	2.67									
	21.91	2.92	14.41	2.67									
	20.91	2.92	13.06	2.67									
	19.91	2.92	11.71	2.67									
	18.91	2.92	10.36	2.67									
	17.91	2.92	9.01	2.67									
	16.91	2.92	7.66	2.67									
	15.91	2.92	6.31	2.67									
	14.91	2.92	4.96	2.67									
	13.91	2.92	3.61	2.67									
	12.91	2.92	2.26	2.67									
	11.91	2.92	0.91	2.67									

PRICES CASH AND CARRY • IMMEDIATE MOUNTING AND BALANCING SERVICE AVAILABLE AT EACH LOCATION

All Pi  
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For further information regarding membership cards please contact any Tire Marketers location.

The five state-wide Tire Marketers, Inc. warehouses are open from 8 a.m. to 7 p.m. week-days and from 8 a.m. to 4 p.m. on Saturdays.

**CALL 383-3844**

# Kefzol<sup>®</sup> cefazolin sodium

Ampoules, equivalent to 1 Gm. of cefazolin



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to the profession on request.*

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Spacious, beautiful memorial chapel  
Choice of cemetery, mausoleum,  
cremation or columbarium



Choice of type or  
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Budget Terms  
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- Your choice of the finest lines manufactured.
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    . . . Surgical Supports . . . Belts . . . Hosiery . . .
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    . . . Pick up and Delivery Service . . .
- Factory trained repair service in our own shops.

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I N C O R P O R A T E D

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tacoma 2, wash.  
broadway 2-1125

PHYSICIANS' AND HOSPITAL SUPPLIES

## FIELD DAY SUCCESS

### Golf

The first time that a combined Physician-Lawyer-Dentist field day was tried it turned out to be a success. In the past we have had two different field days, one with the lawyers and one with the dentists. These, in the past recent years, have not brought a big crowd. With the combined field we had 99 golfers, 26 tennis players and 78 for the evening dinner.

Next year we plan to try this again with the lawyers in charge of plans. We hope to get a similar Friday in May for the event. If there are any criticisms, good or bad, let us know so that we might change.

Many golf prizes were awarded, some of which are listed below.

- Low gross field .....Jack Gould 75
- Low net field .....Fred Weedon 75-9-66

#### LOW NET

- 1st 0-8 Handicap .....Paul Greiwe 77-7-70
  - 2nd 9-15 .....Bob O'Connell 79-11-68
  - 3rd 16 plus Handicap .....John May 93-24-69
  - Calloway .....Ted Johnson 91-16-75
- Dave Dye shot a 128-52-76 net.

### Tennis

First annual Dentist-Lawyer-Physician tea mtennis match won by the physicians (234½), lawyers (124¼), Dentists (99¼).

George Tanbara	39
Ken Pim	34¾
Vern Larson	30¼
John Colen	27½
Ken Stern	19¼
Jack Alger	19
Gerhart Drucker	11½
Hanif Anwar	10¾
Ken Graham	10¼
George Kunz	8¾
Max Thomas	5
Phil Backup	4

234½

Nick Markovich	17¾
Ed Jacobs	16½
Honeywell	15½
Charles Fogg	13
Joe Gordon	12¾
Jim Morton	12½
Dennis Seinfeld	11¾
Keith Black	8¾
Bob Hamilton	8
Roy Mattern	7¾

124¼

Russ Perkins	33¼
Peter Dickson	24
Ralph O'Connor	22¾
Nick DiRe	19¼

99¼

The biggest winners were the participants who used three indoor courts at the excellent facilities of the Lakewood Racquet Club arranged by Max Thomas to play 30 matches in five hours. Max also provided the refreshments enjoyed by the 26 participants. We all missed Max's playing aside from one match due to a shoulder injury.

### Directory Addition

Medical Office Assistant Training  
Clover Park Vocational-Technical Institute. Fall and Spring.  
Contact Dolores Barrager or Sharon Irish  
JU 4-7611, Ext. 240.



### Johnson-Cox Co.

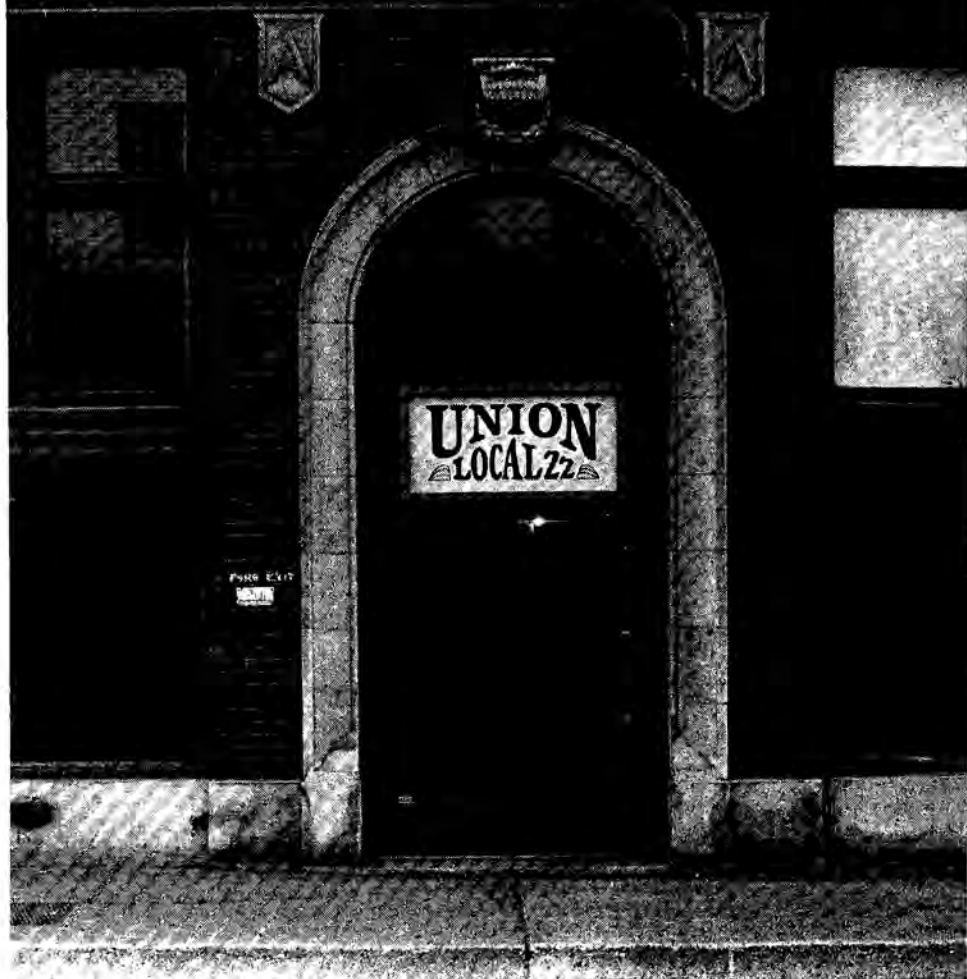
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272-2238

726 Pacific Avenue Tacoma, Washington 98402



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We talk to the people who work in a business as well as the people who run it. We talk to suppliers, labor leaders, competitors, customers—anyone who might have an insight.

Along with published data, this gives us a more accurate assessment of a company.

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attractive investment opportunities first—or spots trouble in time to protect our clients.

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

President .....	Nancy Spangler	LO 4-5535
President-Elect .....	Anne Katterhagen	LO 4-1146
1st V.P. & Program .....	Julia Mueller	SK 9-4862
2nd V.P. & Membership .....	Bonnie Stagner	JU 4-7111
3rd V.P. Historian-By-Laws .....	Dolores Havlina	SK 2-1426
4th V.P. & Social .....	Judy Brachvogel	LO 4-4208
	Georgia McPhee	LO 4-3211
Recording Secretary .....	Donna Ferguson	SK 2-4141
Corresponding Secretary .....	Peggy Smith	SK 2-3078
Treasurer .....	Betty Johnson	SK 2-8652
Dues Treasurer .....	Glenna Blackett	SK 2-3970

## COMMITTEE CHAIRMEN

AMAERF .....	Marilyn Baer	LO 4-6374
	Reta Bergstrom	LO 4-7900
Community Health .....	Jane Moosey	1-265-2323
Cookbook .....	Nancy Kennedy	LO 4-3255
Finance .....	Helen Whitney	LO 4-4345
Health Council .....	Dorothy Grenley	JU 4-4421
Legislative .....	Kathleen Skrinar	BR 2-0486
Mental Health .....	Vivian Ely	572-5316
Nominating .....	Obie Alger	SK 2-5161
Publicity: Bulletin .....	Donna Prewitt	LO 4-9545
Newspaper .....	Carol Hopkins	WA 7-0818
Speakers Bureau .....	Judy Baerg	1-858-9360
Student Recognition .....	Adele Durkin	BR 2-0493
	Florence Dean	LO 4-1946
Telephone .....	Cindy Anderson	JU 4-1143
	Paul Alenick	588-6175
Today's Health .....	Margie Ritchie	LO 4-4122
Health Education .....	Jo Ann Johnson	JU 8-4168
Blood Pressure Project .....	Jo Roller	752-6825
Medical Directory .....	???	

## Field Day and Luncheon

The skies were kind this year and the Pierce County Medical Auxiliary members were able to enjoy golf and tennis at the Oakbrook Golf and Country Club without being wet and cold. All tennis players were presented with a prize by Cindy Anderson and Elvina Brokaw presented prizes to the golfers including her own prize for low net score. Florence Dean held on to her bridge prizes since there were no bridge players. Thanks to these people and to chairman Patty Strait for a very enjoyable day.

A short business meeting followed the luncheon with Obie Alger turning over her gavel to incoming president Nancy Spangler.

## Thanks, Obie

Obie Alger has concluded her term as president of the Auxiliary and we want to offer her our thanks for a job well done! This past year has seen our Auxiliary become involved in two big community service projects; the "Blood Pressure Day" and the school immunization program. Obie certainly deserves a big part of the credit for leading us into these worthwhile areas.

## Immunization Program

Under the directive of the State Board of Health, all children entering or attending school in the State are to show record of up-to-date immunizations against diphtheria, tetanus, rubella, measles, and polio. Dr. Harrelson called upon the Auxiliary for help in obtaining licensed RNs to help with the needed immunization in the Tacoma and Pierce County schools. Julia Mueller and Dee Wickstrom spent considerable time on the telephone calling Auxiliary members and friends of the members and succeeded in locating about 35 people to help with approximately 39,000 immunizations that were given in March and April. Thanks to the more than 20 Auxiliary members who helped and especially to Julia and Dee.

## Today's Health

A reminder from Marge Ritchie that individual subscriptions to Today's Health can be obtained for the reduced price of \$2.50 if they are made through the Auxiliary. So call Marge if you are interested.

"Glasses as your eye  
physician prescribes them"

Contact Lenses — Artificial Eyes

**Columbian Optical Co.**

Ground Floor, Medical Arts Bldg.  
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Over  
**55%** of the members  
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State Medical Association  
have already signed up  
for the WSMA endorsed  
liability insurance plan.

Why such support? Because this special package from  
Ætna Life & Casualty is a very practical approach to a doctor's  
needs in liability coverage. Coverage that includes  
professional, office premise and catastrophe liability insurance,  
all in one package. It can even be extended to cover your  
professional equipment, too.

Want to know more? Contact your WSMA office or the nearest  
Ætna Life & Casualty agent.



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The Standard Fire Insurance Company, Hartford, Conn.

## TWO TACOMA PHYSICIANS HONORED

Traditionally the physician, in addition to practicing the healing arts, has frequently been a leader in community affairs. Last month provided encouraging evidence that this tradition continues to thrive in Pierce County. Two Tacoma physicians were honored for the humanitarian contributions, both locally and nationally.

Dr. Orvis Harrelson, Director of Health Services for the Tacoma School District, received a national Distinguished Service Award for his work as chief national consultant for the educational TV series "Inside/Outside." The award was presented by the Society of State Directors of Health, Physical Education and Recreation.

Dr. George Tanbara was awarded the first annual Community Service Award by the Rotary Club of Tacoma. Dr. Tanbara was selected because of his tireless efforts in the health and social service field. Since 1957 he has either founded or participated in more than a score of health organizations such as the Poison Information Center, the Pierce County Pediatric Society, the Pierce County Health Council, the Eastside Health Clinic and the Boy Scout Explorer Medical Post Program.

### ADVERTISEMENT

Office space in clinic building in Puyallup. Formerly occupied by deceased internist but can be remodeled to suit other needs. May share laboratory with two family practitioners. Radiologist in same building. Close to hospital and with adequate, convenient parking. For information call TH 5-6645.

### CLOSING OFFICE

Dr. S. Robert Lantieri announces the closing of his office in the Medical Arts Building.

### ADDRESSES MEETING

Dr. John Hilger addressed the tenth annual meeting of the Am. Acad. of Facial Plastic and Reconstructive Surgery on April 20, 1974, in Palm Beach, Fla. His subject was "Rhytidectomy with Extended Posterior Dissection."

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for Sale**



Clovercrest Estates

Creek frontage

Nearly an acre

Owner willing to finance



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The hometown bank.



"IT'S STRANGE, BUT THIS LOOKS EXACTLY LIKE A FELLOW I TREATED LAST WEEK WHO HAD A PEPTIC ULCER!"

**TACOMA SICKLE CELL PROGRAM (593-2896)**

Monday through Friday 8:00 - 12:00 and 1:00 - 5:00 daily

454 St. Helens

Community Organizer — Mrs. Charmaine Archibald, LPN

Hemoglobin	April '74	Total '74	Total Since Nov. '72
AA	498	894	2615
AS	25	43	133
Black	24	42	129
Caucasian	1	2	4
AC	4	6	40
B-THAL			
C/B-THAL			
AD			
<b>TOTAL</b>	<b>572</b>	<b>943</b>	<b>2788</b>

**FAMILY CLINIC — APRIL, 1974 (627-9182)****Monday through Friday 10 to 5:30 1815 So. J St. 98405****Coordinator: Aaron Miller**

Referred to Physicians	68	313	617
Laboratory Services	53	126	164
X-Ray Services	14	44	74
Prescriptions Services	50	131	307
Referred to Emergency Rooms	2	6	28
Hospitalized	2	3	5
Referred to Community Agencies	6	32	61
Seen by Physicians in Clinic	27	90	90

**ETHNIC & DEMOGRAPHICAL DISTRIBUTION:**

Black	26	73	173
Caucasian	74	307	635
Asian-American	3	10	16
Native-American	4	13	33
Chicano	0	1	9

Model City Residents	36	115	253
Other Areas	31	239	560

**PARTICIPATING PHYSICIANS:**

On Referral Basis (Outside Clinic)	26	48	62
Friday evening Clinic Service	3	6	6

Additional physicians are invited to service the Friday evening clinic 6-9 p.m.

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JU 8-2191

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LO 4-2494



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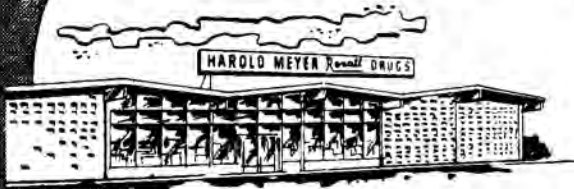
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**11th & K**

**48th & So.  
Tacoma Way**



## JUNE BIRTHDAYS

- |  |  |   |
|--|--|---|
| 1 Robert L. Houk                                     | 13 Erna Guilfoil   | 21 Leo Annest<br>Jack Lee                                     |
| 2 Treacy Duerfeldt<br>William Rohner<br>Lewis Litvin | 14 Karl Humiston<br>Thomas O. Murphy<br>John Stutterheim | 22 Thomas Elder<br>Marcel Malden                              |
| 5 James Vadheim                                      | 15 S. R. Krishnamoorti<br>George Tanbara                 | 24 George Barnes  |
| 8 Jack Erickson                                      | 16 Juan Cordova  | 25 James Early<br>John Merrick<br>Thomas Miskovsky            |
| 10 Harold Lueken                                     | 18 Richard Bowe  | 28 L. Stanley Durkin<br>Mills E. Lawrence<br>H. Herbert Meier |
| 11 Leonard Alenick<br>Jack Mandeville                | 20 John Kennedy<br>Robert Voynow                         |   |
| 12 David BeMiller                                    |  |   |



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Mr. Daun E. Olson

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Wauna, Washington 98395

1-857-4616 or 383-2104





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And the *largest* funeral home in Washington with everything in one place and under one management. One hundred beautiful garden acres containing a cemetery, mortuary, 2 chapels, and mausoleum at the same address. Result? Costs are lower and arrangements are easier for you to make.

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## Pierce County Medical Society

Medical Arts Building  
Tacoma, Washington 98402

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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at O'Brien's.
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

*The*

PIERCE COUNTY MEDICAL SOCIETY

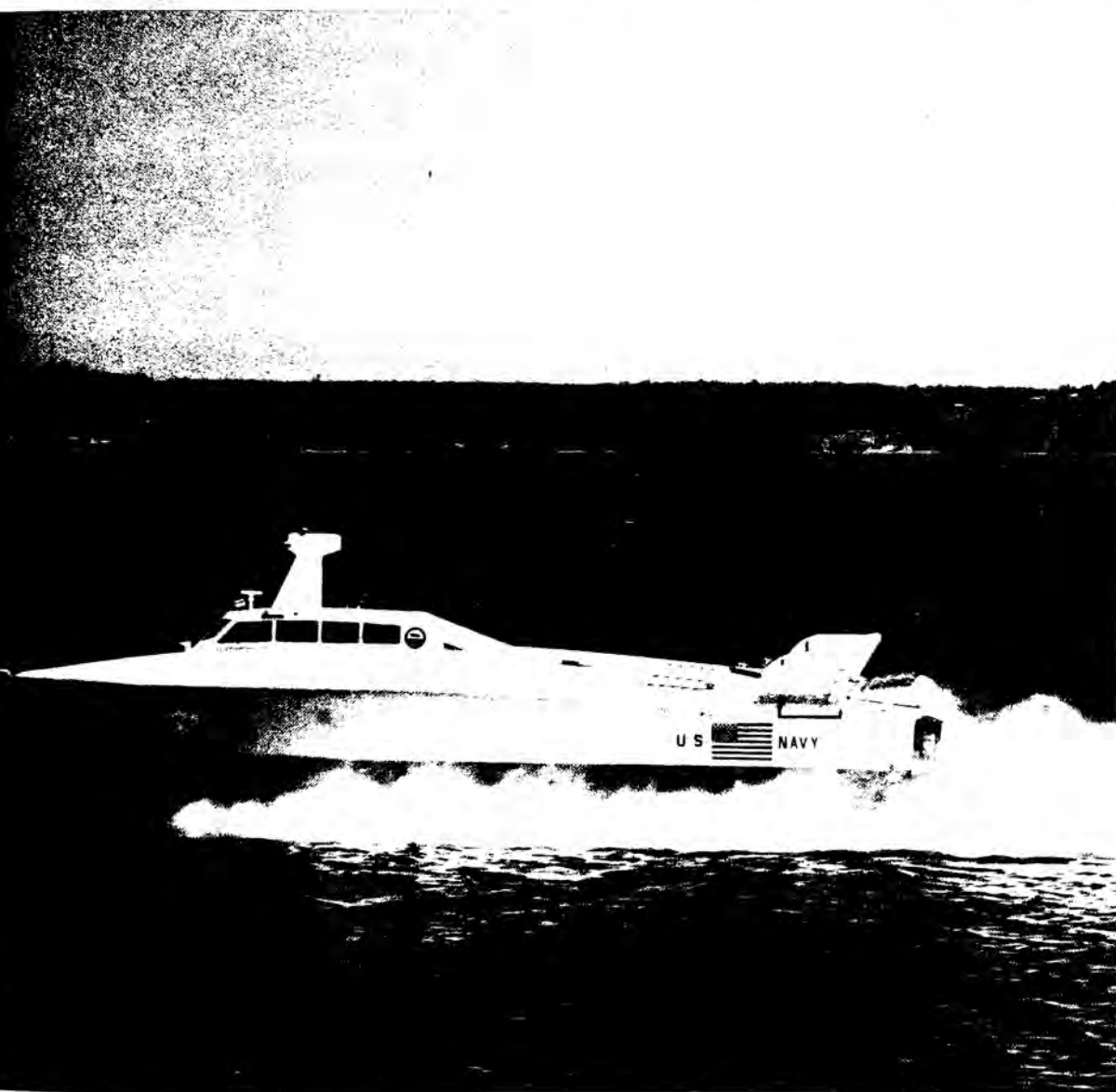


# BULLETIN

JULY, 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 7



PIERCE COUNTY MEDICAL SOCIETY

**NO MEETING JUNE,  
JULY OR AUGUST**

# Pierce County Medical Society

1974

## OFFICERS

President .....W. Ben Blackett  
 Vice President .....James G. Billingsley  
 President-elect .....James F. Early  
 Secretary-Treasurer .....David L. BeMiller  
 Executive Secretary .....Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
	Herman S. Judd

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

### Ethics

	Dudley W. Houtz, Chairman
G. M. Whitacre	Murray L. Johnson
	Edmund A. Kanar

### Grievance

	John M. Kanda, Chairman
L. S. Baskin	Robert W. Florence

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	William E. Avery
	Louis P. Hoyer, Jr.
	Gerhart Drucker
	Charles Prewitt
	R. A. Norton
	Donald F. McKay

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	John P. Nagle, Chairman
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### Public Health

	Harlan P. McNutt, Chairman
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### Television

	Robert A. O'Connell, Chairman
	Theodore J. Smith

### Entertainment

	William J. Rohner, Chairman
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### Legislative

	Stanley W. Tuell, Chairman
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### Poison Control

	James L. Schneller, Chairman
--	------------------------------

### Medical Education

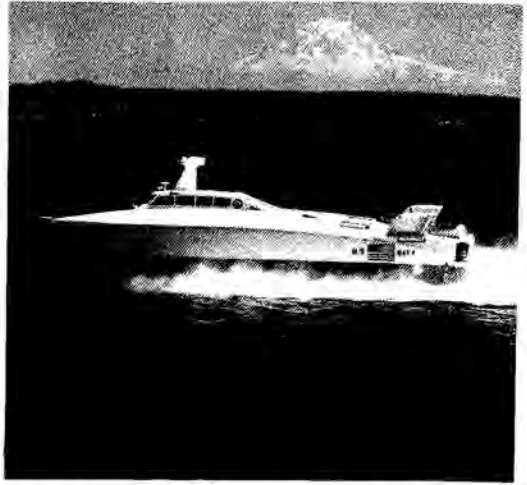
	Marcel Malden, Chairman
--	-------------------------

### Editorial

	David S. Hopkins, Editor
	Stanley W. Tuell

### Library

	Robert A. Kalsen, Chairman
--	----------------------------



## Aerojet's Surface-Effect Ship

Experimental air-cushion craft built and tested here. Picture courtesy Aerojet-General Corp.

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

## Tacoma Brace & Limb Co.

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Expertly fitted—

Artificial Limbs  
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## PERSONAL ENURESIS SERVICE

A service that works **closely** with both physician and his patient. By incorporating the Pavlovian Theory of "conditioned reflex," P.E.S. establishes home therapy programs helpful in correction of nocturnal enuresis when not caused by organic defects or disease.

Patients must **first** obtain **written medical clearance** from the physician in order to avail themselves of our services.

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- The latest in "dual-system" sensor units.
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\$

## Short Quiz for Members of the Medical Profession

\$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

### CONSUMER CREDIT COUNSELING SERVICE OF TACOMA-PIERCE COUNTY, INC.

A NON-PROFIT COMMUNITY SERVICE AGENCY  
TO HELP PEOPLE HELP THEMSELVES  
IN SOLVING THEIR DEBT PROBLEMS  
AND AVOIDING BANKRUPTCY

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\$

**LOOK** WHY NOT GIVE YOUR PATIENTS  
THE BEST IN TRANSPORTATION  
COSTS NO MORE . . . REASONABLE RATES



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# Editorially Speaking



tion is when it becomes necessary to investigate people whose only reason for existence is just to help other people.

Several factors seem to be operating to create this situation. The little bit of larceny which allegedly dwells in all of us certainly is stirred by successful enterprises. In addition our society, when it is made aware of a real need, has tended to work until the need is satisfied and then to institutionalize the original need so that the institution then exists for itself, often with total disregard for the original purpose.

The logical extension of this situation would be the announcement that the evaluating group, the National Information Bureau, had been receiving money from charities in return for a favorable report. It would then be necessary to establish an agency to monitor evaluating agencies and on ad infinitum.

David S. Hopkins, M.D.

On another page in this Bulletin is an announcement that the Medical Society is subscribing to an organization which investigates and evaluates charities. In view of the number of doctors on fund raising lists this would appear to be a valuable addition to the services performed by the Medical Society.

If one were inclined to be cynical, however, one might ruminate on just how advanced and complex our civiliza-

# R

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**Safflower oil  
margarine helps reduce  
blood cholesterol!**



**Doctor's view:**

From where you sit, it's important that safflower oil is 30% higher in poly-unsaturates than corn oil. That means that margarine, cooking oil, and mayonnaise are higher in poly-unsaturates when made from safflower oil than when made from corn oil.

**Saffola margarine  
tastes like the  
high-priced spread.**



**Patient's view:**

From where he sits, a low saturated fat diet is easier to follow because Saffola tastes as good as the high-priced spread or any premium margarine (corn oil included).

Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.

**Saffola**

\*in conjunction with a low saturated fat diet



# The initial Librium prescription: (chlordiazepoxide HCl)



The patient with severe anxiety



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)

antianxiety

# Librium<sup>®</sup>

(chlordiazepoxide HCl)

5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.



DK 2-3101

P.A.D. MGNT., INC.

# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies (chlordiazepoxide HCl)

**Note:** The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg b.i.d. or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extra-pyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)*

*25 mg*

*Cap #30*

*Sig: cap T t. i. d.*

The patient with severe anxiety

*Librium (chlordiazepoxide HCl)*

*5 mg*

*Cap #50*

*Sig: cap T b. i. d.*

The overanxious geriatric patient

*Librium (chlordiazepoxide HCl)*

*10 mg*

*Cap #30*

*Sig: cap T q. i. d.*

The patient with excessive anxiety  
and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. **Oral—Adults:** Mild and moderate anxiety and tension, 5 or 10 mg t.i.d. or q.i.d.; severe states, 20 or 25 mg t.i.d. or q.i.d. **Geriatric patients:** 5 mg b.i.d. to q.i.d. (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 100 and 500; Tel-E-Dose® packages of 1000. Libritabs® (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.



Roche Laboratories  
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## CORRESPONDENCE . . . TO THE EDITOR

### House of Representatives

State of Washington  
Olympia

The Pierce County Medical Society  
Medical Arts Building  
Tacoma, Washington 98402  
Dear Friends,

I would like to thank everyone for their support during the last legislative session. I feel we were able to gain a few victories for the medical profession.

I will again be a candidate for State Representative in the Second Legislative District, and I would appreciate your support.

With warmest wishes, I remain,

Sincerely Yours,

Phyllis K. Erickson (Mrs. Jack Erickson)  
State Representative  
Second District

June 14, 1974

Dear Doctor:

I am writing you on behalf of the search committee which has been assigned the task of seeking out a chairman to head a feasibility study for the development of a family practice residency program in Pierce County. This committee is a segment of a larger, 14 man committee which has been working for the past several months to develop such a program. Support for a local family practice residency has been strong to this point and includes the Pierce County Academy of Family Practice and many specialists interested in post graduate medical education. It is felt that a family practice residency might help to solve many of the health care problems now present in Pierce County.

We will initially raise funding for this study of \$5,000 which will compensate for travel and time in researching the program. It is felt that a 6 to 8 week



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The Medical Arts Building located in the heart of Tacoma—provides all the needs of the medical profession . . . fully equipped laboratories, prescription pharmacy, optical manufacturers and stores, new restaurant, Pierce County Medical Society office, library and auditorium, new 70 bed Doctors Hospital—Parking available in building. Your inquiry is invited.

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Building Office:

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BR 2-3161

P.A.D. MGNT., INC.

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

Schick's  
*Shadel*  
HOSPITAL INC.

12001 Ambaum Boulevard  
Seattle, Washington 98146

(206) CH 4-8100

*Intensive 10-Day Treatment Program for Alcoholism*

*... Based on the Addictive Concept*

period would be necessary to complete such a study. Members of the present committee would give assistance, but the overall responsibility for the study would be in the hands of the payed chairman. This position will be a strong consideration in the selection of a permanent program director should this program become a reality.

We have been assured of local hospital interest and support, but this will be one of the projects for the director to evaluate.

If you are interested in this temporary position, that of feasibility study director, please provide our committee with a summary of your curriculum vitae. Should you desire more information, please call the committee chairman. Applications or inquiries should be addressed to:

Kenneth D. Graham, M.D.  
#30 Allenmore Medical Center  
Tacoma, Washington 98405

Please submit your application by July 20, 1974. Thank you.



**Johnson-Cox Co.**  
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272-2238

726 Pacific Avenue Tacoma, Washington 98402

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of a Restaurant typical of San Francisco

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**COMPLETE DINNERS FROM \$2.95**

Specialties . . .

Broiled Steaks  
Australian Lobster Tails  
Prime Ribs of Beef

Banquet facilities  
Private Rooms for  
dinner and meetings  
Cocktails

"Tacoma's most popular downtown Restaurant"  
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Ready to work with you and your attorney in putting together a sound financial plan for tomorrow.

If you could use objective professional help where your money's concerned, call 593-5986.

Ask for Trust Officer John Hewitt. He'll be happy to talk things over with you.

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**MARY BRIDGE CHILDREN'S HOSPITAL  
POISON INFORMATION CENTER CALLS**

Month of May, 1974

TOTAL CALLS .....	631	SUBSTANCES TAKEN	
From Doctors and Hospitals .....	44	Under 5 yrs.	Total
From Community Agencies .....	24	Chemical .....	6 27
From Others .....	563	Cosmetics .....	42 45
		Food Inquiries .....	6 32
		Household Prod. ....	33 48
		Ammonia .....	2 2
		Bleaches .....	5 10
		Detergents .....	9 13
		Other .....	17 23
		Repellents .....	13 28
		Bites .....	33 10
		Medicinal .....	134 210
		Aspirin .....	23 31
		Patent Meds. ....	52 72
		Presc. Drugs .....	60 108
		Petroleum Prod. ....	40 57
		Plants and Berries ..	47 91
		Miscellaneous .....	29 82
		Total .....	354 277

**AGE DISTRIBUTION**

Under 18 Months .....	64
18 Months to 3 Years .....	181
3 and 4 Year Olds .....	110
5 and 6 Year Olds .....	23
7 through 12 Years .....	25
13 through 19 Years .....	33
20 Years and Over .....	99
No Age Given .....	96

*We have bought a ranch, therefore will sell the following pieces of property.*

**SPANAWAY LAKE**

Secluded cozy cottage with wall to wall carpet, fireplace, dishwasher, 1½ bedrooms, completely redecorated, all electric, large deck and dock, 180° view, 6 ft. chain link fence. 32,000.00

**CONTRACTORS EQUIPMENT YARD**

*(Future Apartment Site)*

300 x 142 ft. 2 mobile home spaces, 28 x 60 ft. shop, 6 ft. chain link fence. 28,000.00

**80 ACRES, RANDLE, WA.**

Will divide. Old farm house, orchard, creek, fronts 3 county roads.

**VACATION CABIN—RANDLE, WA.**

Unfinished, 17 x 25 ft. with upstairs; 5 wooded acres, year-round creek, on county road. 12,500.00

**OWNER WEEKDAYS LE 1-0353**



Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome; steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia (> 5.4 mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded; in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis; rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

SK&F CO., Carolina, P.R. 00630  
Subsidiary of SmithKline Corporation

## WHEN YOUR DIGITALIZED PATIENT NEEDS A DIURETIC, SHE NEEDS DYAZIDE®



- relieves edema\*
- conserves potassium
- reduces the risk of digitalis intoxication due to potassium depletion. Potassium depletion sensitizes the myocardium to the toxic effects of digitalis, and reduces its inotropic effect.

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## MARY BRIDGE CHILDREN'S HOSPITAL POISON INFORMATION CENTER CALLS

Month of May, 1974

### ADVICE GIVEN

Contact M.D. ....	38
Give Ipecac .....	78
Give Liquids .....	151
Go to E.R. ....	63
Info. to M.D. ....	25
Observe .....	119
No Treatment .....	65
Information only .....	92
City .....	252
County .....	215
Out of County .....	44
No Address .....	120

*Number of Homes That Had IPECAC* ..... 71  
*Number of Homes Without IPECAC* ..... 124

### TIME CALL RECEIVED

7 a.m.-8 a.m. ....	13
8 a.m.-9 a.m. ....	25
9 a.m.-10 a.m. ....	51
10 a.m.-11 a.m. ....	52
11 a.m.-12 noon .....	48
12 noon-1 p.m. ....	47
1 p.m.-2 p.m. ....	40
2 p.m.-3 p.m. ....	42
3 p.m.-4 p.m. ....	41
4 p.m.-5 p.m. ....	47
5 p.m.-6 p.m. ....	36
6 p.m.-7 p.m. ....	42
7 p.m.-8 p.m. ....	45
8 p.m.-9 p.m. ....	28
9 p.m.-10 p.m. ....	33
10 p.m.-11 p.m. ....	26
11 p.m.-7 a.m. ....	15

### DAY OF THE WEEK CALL RECEIVED

Monday through Friday .....	506
Saturday .....	57
Sunday .....	53
Holiday .....	15
City .....	252
County .....	215
Out of County .....	44
No Address .....	120

### POISON CASES SEEN IN MBCH E.R.

Inpatients .....	4
Outpatients .....	17

## Check Your Charity

The Pierce County Medical Society is subscribing to The National Information Bureau, an independent, non-profit corporation, which evaluates more than five hundred charities throughout the world.

The Medical Society or any of its members can request confidential reports on most organizations that solicit funds. Each report covers the organization's background, goals, staffing and finances, as well as whether contributions are tax deductible. Subscribers will also receive bulletins and newsletters. Information regarding this service and the bulletins will be available in the Medical Society library.

## MARY BRIDGE CHILDREN'S HOSPITAL POISON INFORMATION CENTER CALLS

Month of May, 1974

### DRUG INGESTION DETAILS IN TEENAGE GROUP

Age	No.	Drug	Amount
?	?	Glue	?
17	1	Tylenol 5 gr.	12
14	1	10% Hydrogen Peroxide	1½ oz.
18	1	Midol	10
18	1	Exlax	30
13	1	ASA gr. with coke	30-50
15	1	Marezine	12
12	1	Acid	X2
12-14	5	Valium 5 mg.	5
17	1	Valium 5 mg.	5
17	1	Chlorotrimeton 8 mgm.	
18	1	Acid	1

### Phyllis Erickson Will Seek Second Term in House

One of medicine's effective and experienced voices in the State House of Representatives will be on the ballot for re-election this fall. She is Phyllis K. Erickson, Representative from the Second Legislative District, and wife of Dr. Jack Erickson.

Mrs. Erickson has completed one full term in that office and before that had five years of experience as a member of her local school board. That experience has made her a valuable member of the Higher Education Committee of the House. She also serves on the Constitution and Elections Committee and the Revenue Committee. Phyllis is a graduate of the University of Utah, where she earned her Master's Degree in Social Work.

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**Community Organizer — Mrs. Charmaine Archibald, LPN**

	May '74	Total '74	Total Since '72
AA	705	1,599	3,320
AS	2	45	135
Black		2	44
Dark Caucasian		0	1
AC	1	7	41
B-THAL	3	2	5
C/B THAL	0	0	1
AD	0	0	2
SC	1	1	1
<b>TOTAL</b>	<b>711</b>	<b>1,654</b>	<b>3,505</b>

**Doctors Hospital Plans Memorial for Dr. Bowen**

In response to the requests of many friends of Dr. J. W. Bowen, a memorial fund has been established at Doctors Hospital of Tacoma. The probable use of the fund will be for the purchase of an operating microscope and/or other equipment used for ophthalmology.

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

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President-Elect .....	Anne Katterhagen	LO 4-1146
1st V.P. & Program .....	Julia Mueller	SK 9-4862
2nd V.P. & Membership .....	Bonnie Stagner	JU 4-7111
3rd V.P. Historian-By-Laws .....	Dolores Havlina	SK 2-1426
4th V.P. & Social .....	Judy Brachvogel	LO 4-4208
	Georgia McPhee	LO 4-3211
Recording Secretary .....	Donna Ferguson	SK 2-4141
Corresponding Secretary .....	Peggy Smith	SK 2-3078
Treasurer .....	Betty Johnson	SK 2-8652
Dues Treasurer .....	Glenna Blackett	SK 2-3970

## COMMITTEE CHAIRMEN

AMAERF .....	Marilyn Baer	LO 4-6374
	Reta Bergstrom	LO 4-7900
Community Health .....	Jane Moosey	1-265-2323
Cookbook .....	Nancy Kennedy	LO 4-3255
Finance .....	Helen Whitney	LO 4-4345
Health Council .....	Dorothy Grenley	JU 4-4421
Legislative .....	Kathleen Skrinar	BR 2-0486
Mental Health .....	Vivian Ely	572-5316
Nominating .....	Obie Alger	SK 2-5161
Publicity: Bulletin .....	Donna Prewitt	LO 4-9545
Newspaper .....	Carol Hopkins	WA 7-0818
Speakers Bureau .....	Judy Baerg	1-858-9360
Student Recognition .....	Adele Durkin	BR 2-0493
	Florence Dean	LO 4-1946
Telephone .....	Cindy Anderson	JU 4-1143
	Fail Alenick	588-6175
Today's Health .....	Margie Ritchie	LO 4-4122
Health Education .....	Jo Ann Johnson	JU 8-4168
Blood Pressure Project .....	Jo Roller	752-6825
Medical Directory .....	???	

## AWARDS

Recipients of this year's Student Recognition Awards, presented each year by the Women's Auxiliary of the Pierce County Medical Society, were Paula Randolph and Mark Dean. The awards were based on scholarship and are given to children of physicians in private practice in Pierce County.

Paula is the daughter of Dr. and Mrs. Ernest Randolph and is a graduate of Washington High School. She is planning to attend Pacific Lutheran University and intends to major in English.

Mark, the son of Dr. and Mrs. Gordon Dean, is a graduate of Curtis High School. He will be joining an older brother at Creighton University where he plans on majoring in dentistry.

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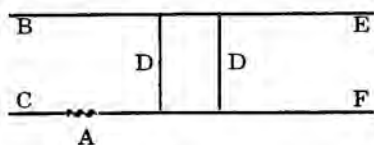
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## MEDICAL MEETING IN PRINCETON, N. J.

I recently attended a meeting in Princeton, N.J. sponsored by the American College of Cardiology entitled "Rational Drug Therapy in Cardiovascular Disease." At this meeting, I learned a few significant nuggets which I'd like to pass along.

//If a block — A — occurs in one of two parallel arterioles — B & C — and collateral blood vessels grow in — D — the section of the uninvolved arteriole past the collaterals — E — usually is in spasm, while the section of the arteriole beyond the block — F — dilates:



If the patient, under stress, has anginal pain, due to the limited coronary circulation, and a vasodilator is employed, this works primarily on E, thus counter-

acting the spasm and resulting in less circulation at F.

//The action of nitroglycerine is apparently due to its ability to reduce myocardial demands secondary to a reduction in myocardial wall tension.

//B adrenergic blocking agents are effective in angina by reducing the arterial demands secondary to a reduction in heart rate and contractility.

//When using inderol, give as much as 100 mgm, qid.

//If using a combination of isordil and inderol for the treatment of angina, administer the inderol before each meal and the isordil, given sublingually, about ten minutes after meals in a dosage of 2.5 to 10 mgm.

//A patient with coronary artery disease took this combination of drugs for five years. When he stopped them for 48 hours, his stress E.K.G. became positive.

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When they were re-started, the stress E.K.G. returned to normal.

//All persons with coronary artery disease should be advised to take a rest period of 30 minutes after meals, during which time they should do nothing but sit and rest.

//Digitalis is of little value in the congestive heart failure associated with an acute myocardial infarction.

//The combination of Inderol and nitrate ointment was also found to be effective for the treatment of angina.

//Nitroglycerine, given continuously by I.V. drip in an acute myocardial infarction, improved the function of the heart.

//An important aspect in the treatment of a patient with angina is the use of a regular exercise training program.

//The potency of nitroglycerine tablets can vary as much as 80%.

//Splanchnic hypoperfusion is a fre-

quently contributing factor to the pathogenesis of cardiogenic shock.

//The treatment for cardiogenic shock is a sympathomimetic amine which will elevate cardiac output and normalize systemic arterial pressure. The most important drugs for this are norepinephrine and isoproterenol. Dopamine has also been used for this purpose and has recently been released for general use.

//Absorption of propranolol is widely different between different people. Because of the difference in the rate at which it is absorbed and passed through the liver, people with the same oral dose may have a three to four fold variation in their blood levels. Thus, blood level measurements have proven useful.

//Propranolol may precipitate asthma in patients with underlying obstructive airway disease. Asthma, per se, is a clear contraindication for its use. Relative contraindications are cardiac insufficiency, A-V block and sinus bradycardia.

— George Race, M.D.

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HAROLD MEYER DRUGS PRESCRIPTIONS

## FAMILY CLINIC — MAY, 1974 (627-9182)

Monday through Friday 10 to 5:30 1815 So. J St. 98405

Coordinator: Aaron Miller

PATIENT SERVICES:	May '74	Total '74	Total since Clinic opened
Referred to Physicians	79	392	696
Laboratory Services	79	205	243
X-Ray Services	7	51	81
Prescription Services	48	179	355
Referred to Emergency Rooms	5	11	33
Hospitalized	0	3	5
Referred to Community Agencies	5	37	66
Seen by Physicians in Clinic	55	145	145
ETHNIC & DEMOGRAPHICAL DISTRIBUTION:			
Black	25	98	195
Caucasion	95	402	730
Asian-American	8	21	41
Mexican-American	7	8	17
Model City Residents	48	163	402
Other Areas	89	328	649
PARTICIPATING PHYSICIANS:			
On Referral basis: (Outside Clinic)	26	51	65
Fri. evening Clinic Services	4	7	7

# LUDWIG'S DRUG STORES

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GR 4-9419

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JU 8-1889

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LO 4-1320

Village Shopping Center  
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40th and Bridgeport  
LO 4-2494



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## JULY BIRTHDAYS

2 Phillip Backup	13 K. Royce Hansen	24 Emory King
8 Sidney Kase	Michael Irvin	25 Chris Reynolds
James D. Lambing	15 Ralph Marx	26 Robert McGreal
9 John Kanda	17 Henry Maki	Charles Prewitt
G. James Kenney	Walter Arthur	27 Frederick Schwind
11 Harry Camp	19 Paul Smith, Jr.	29 Theodore Crowell
Wallace Hoyt	20 Kenneth Stern	30 Joseph Garzon
DeMaurice Moses	21 George S. Kittredge	Richard Ohme
12 Robert W. Florence	22 Karel Pokorny	31 Gilbert Chartier
Robert Johnson		Martin Eltrich



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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec.—7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month at O'Brien's.
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

The

PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

SEPTEMBER 1974

TACOMA, WASHINGTON

VOL. XLV, NO. 8



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
SEPTEMBER 10**



## Pierce County Medical Society

1974

### OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Secretary ..... Judy Gordon

### TRUSTEES

Thomas H. Clark            James Stilwell  
 Herbert Kennedy         Edmund Kanar  
 Robert Johnson         John Kanda  
 Walter Arthur            John P. Nagle

### DELEGATES

Thomas H. Clark         Robert Whitney  
 John F. Kemman         W. Ben Blackett  
 Herbert C. Kennedy      James F. Early  
                                  Herman S. Judd

### ALTERNATE DELEGATES

George Delyanis         James Krueger  
 James Blankenship      David Millett

### COMMITTEES

#### Ethics

Dudley W. Houtz, Chairman  
 G. M. Whitacre            Murray L. Johnson  
                                  Edmund A. Kanar

#### Grievance

John M. Kanda, Chairman  
 L. S. Baskin                Robert W. Florence

#### Credentials

Kenneth L. Pim, Chairman  
 Richard F. Barronian  
 William E. Avery  
 Louis P. Hoyer, Jr.  
 Gerhart Drucker  
 Charles Prewitt  
 R. A. Norton  
 Donald F. McKay

#### Program

John P. Nagle, Chairman

#### Public Health

Harlan P. McNutt, Chairman

#### Television

Robert A. O'Connell, Chairman  
 Theodore J. Smith

#### Entertainment

William J. Rohner, Chairman

#### Legislative

Stanley W. Tuell, Chairman

#### Poison Control

James L. Schneller, Chairman

#### Medical Education

Marcel Malden, Chairman

#### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

#### Library

Robert A. Kallsen, Chairman



FAIR TIME AGAIN . . . The Western Washington Fair starts its 10-day run on September 13th. Cover picture courtesy of the Fair Association.

Former military medical officers are needed to fill Puget Sound area vacancies in the Washington Air National Guard. Telephone Col. Mueller or Col. Wilson at 743-9007 (Seattle); or Col. Adams at 552-3847 (Tacoma).

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5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

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# President's Page



The Medical Bulletin of the Pierce County Medical Society has for several issues carried the Ethics Committee's suggestion regarding the acceptable limits on Yellow Page listings. These are more liberal than those suggested by the AMA and reflect the feeling that the AMA listings are in some instances unrealistically rigid.

Adoption of the Yellow Page listing regulations suggested by our Ethics Committee will appear to require a constitutional amendment permitting the Society

to make interpretations of the principles of medical ethics compatible with ethically accepted local practices. Such an amendment will be proposed and Dr. Houtz, as chairman of the Ethics Committee, will present these guidelines at the September Society meeting.

The State Society meeting is scheduled for the third week in September. The delegates to this meeting will cull out any controversial matters to be discussed or decided at the State meeting and will present these at the Pierce County meeting. The purpose of this is so the delegates may get some voting direction from the county membership. These issues will be selected and will not be a reading of every matter on the State agenda.

Dr. William Ritchie has been appointed official Medical Society representative to the Pierce County Health Council. It is intended that the executive director will also be a Medical Society representative to this body.

Dr. May is representing Pierce County on the state PSRO corporation.

W. B. B.

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**IN THE BON MARCHE, TACOMA MALL**

# Editorially Speaking



*Down with the Family Circle!*

*And you'll hardly believe it when I tell you why. Instead of berating PSRO, national health insurance, and increasing medical society dues, how about joining me in being good and mad at one of those all-American, let's-hear-it-for-motherhood type of magazines you pick up fairly cheap at your supermarket.*

Why? Because in a recent issue of *Family Circle*, right alongside of articles like "Quilted Patchwork Bag to Sew in a Jiffy" and "The Delights of Greek Cookery," they have the nerve to feature an article called, in part — "The Art of Debtsmanship."

In the article, the author — a George Belden — writes as if he were performing some public-spirited service to modern man in explaining how to get out of paying debts. His secret is: "Pay according to how effectively the creditor can collect" and he refers to this principle as "Common sense," and he rates all creditors accordingly. Thus telephone companies get a AAA rating, because if you don't pay the bill they can shut off your phone. Landlords get the same rating — they might evict you if you don't pay the rent!

Then there's a list of AA ratings, like credit cards and the IRS, who can exert some pressure on the bill non-payer, but

it takes them quite a few months to get around to it. Then down there at the bottom of the list are the A ratings, headed by — you guessed it — the doctors and dentists!

Belden advises his reader to "pay your doctor last because you know he cannot do any damage to you if he is kept waiting a month or two . . . or three." Of course if the bill-payer is out of money by that time, the doctor doesn't get paid at all. Since the doctor has already rendered a service he can't take back, why pay him?, reasons Belden. In his words, "Neither diagnosis or therapy can be repossessed."

Belden is so proud of his principles that he has written a whole book on the subject. The *Family Circle* editors unashamedly let him label the senses of guilt and embarrassment as "treacherous emotions" when they influence a person to pay his just debts. He may as well have been a little more brazen and declared honor and responsibility equally as distasteful and repugnant characteristics. His article implies this anyway.

Perhaps we should be on the lookout for future articles in *Family Circle* like "How to Cheat at Bridge" and "How to Shoplift" and "The Art of Smuggling Items Past Customs." Such articles would be right in keeping with *Family Circle's* policy of publishing articles that help build honest and responsible citizens in our great country.

'Course I won't know if such articles ever appear in the magazine 'cause I won't buy another one.

— S. W. T.

## Directory Correction

Dr. Kenneth E. Gross  
Home address: 2901 No. 29th  
Tacoma, Wa. 98407





**Safflower oil  
margarine helps reduce  
blood cholesterol.**



**Doctor's view:**

From where you sit, it's important that safflower oil is 30% higher in poly-unsaturates than corn oil. That means that margarine, cooking oil, and mayonnaise are higher in poly-unsaturates when made from safflower oil than when made from corn oil.

**Saffola margarine  
tastes like the  
high-priced spread.**



**Patient's view:**

From where he sits, a low saturated fat diet is easier to follow because Saffola tastes as good as the high-priced spread or any premium margarine (corn oil included).

Usually there are two sides to a low cholesterol diet—the clinical side and the human side. Happily, in the case of Saffola, you and your patients don't have to take sides.

**Saffola**

\*in conjunction with a low saturated fat diet





# The initial Librium prescription: (chlordiazepoxide HCl)



The patient with severe anxiety

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

)

THE

antianxiety

**Librium<sup>®</sup>**  
(chlordiazepoxide HCl)  
5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.

ROCHE

# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies

(chlordiazepoxide HCl)

*Note:* The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg *b.i.d.* or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)*

*25 mg*

*Cap #30*

*sig: cap T t. i. d.*

The patient with severe anxiety

**R**

*Librium (chlordiazepoxide HCl)*

*5 mg*

*Cap #50*

*sig: cap T b.i.d.*

The overanxious geriatric patient

**R**

*Librium (chlordiazepoxide HCl)*

*10 mg*

*Cap #30*

*sig: cap T q. i. d.*

The patient with excessive anxiety and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. *Oral—Adults:* Mild and moderate anxiety and tension, 5 or 10 mg *t.i.d.* or *q.i.d.*; severe states, 20 or 25 mg *t.i.d.* or *q.i.d.* *Geriatric patients:* 5 mg *b.i.d.* to *q.i.d.* (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 10 and 500; Tel-E-Dose® packages of 1000. Librium (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.



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# **Pierce County Medical Society Meeting**

**Tuesday, September 10**

Medical Arts Building Auditorium

PROGRAM—8:15 P.M.

**DISCUSSION BY DELEGATES OF  
IMPORTANT ISSUES TO COME BEFORE THE  
ANNUAL MEETING OF THE  
WASHINGTON STATE MEDICAL  
ASSOCIATION**

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

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*... Based on the Addictive Concept*

## Visitors to the New Pierce County Medical Library

Mr. Gerald J. Oppenheimer, Director of the Pacific Northwest Regional Health Sciences Library, University of Washington, Seattle, and Mr. Dale R. Middleton, Assistant Director — Operations, viewed the expanded quarters of the Pierce County Medical Library on Wednesday, August 14, and were briefed on the size of the combined hospital library collections, the scope of operation of the Pierce County Medical Library in the community, and future goals. This included a look at the library reading room at Allenmore Hospital, as a representative example of the available literature in the individual hospitals, and their access to the central library.

Mr. Oppenheimer expressed the great interest of the National Library of Medicine, as well as the Regional Health Sciences Libraries, in seeing such consortia developed, and both visitors were very complimentary in their evaluation of this cooperative endeavor.

The Pierce County Medical Library was founded on January 1, 1974, marking the beginning of combined biomedical library services in Pierce County. The new library represents a cooperative venture jointly supported by members of the Pierce County Hospital Council and the Pierce County Medical Society to centralize and expand biomedical library resources in Pierce County.

The Pierce County Medical Library occupies a reference and study area of

approximately 900 square feet at Tacoma General Hospital.

Library services will be provided on a broad basis to Pierce County physicians and allied health personnel of Pierce County hospitals by Miss Marion von Bruck, medical librarian, and Miss Robin Carovano, library assistant.

Although the major biomedical collection will be housed in the central library, basic texts and resources will be maintained at each Pierce County hospital by the staff of the Pierce County Medical Library. Affiliations with the Pacific Northwest Regional Health Sciences Library of the University of Washington and the Medline Center (medical literature retrieval by computer) of the Medical Technical Library of Madigan General Hospital assures access to all available biomedical literature indexed by the National Library of Medicine in Washington, D.C.

Development of the Pierce County Medical Library has attracted national attention as a unique attempt to interconnect available biomedical library resources within a community into a centralized facility. Services provided by the Pierce County Medical Library will be evaluated on an annual basis by the combined library committee, chaired by Robert A. Kallsen, M.D., and composed of representatives of the Pierce County hospitals and the Pierce County Medical Society.



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## CORRESPONDENCE . . . TO THE EDITOR

*Dr. Lewis Hopkins was one of our leading Society members for many years and is now an honorary member of the PCMS. He was president of our Medical Society in 1946 and served in many capacities in both the Medical Society and the Pierce County Medical Bureau. Dr. Hopkins now lives in Santa Barbara in a retirement home. His wife Bess passed away in the past year. Dr. Hopkins would enjoy receiving some letters from some of the Society members who knew him before he retired and moved to California.*

*His address is:*

Vista Del Monte  
3775 Modoc Road  
Santa Barbara Calif. 93105

*Sincerely,  
Fred J. Schwind, M.D.*

Dear Doctor Blackett:

One of the more bothersome problems for doctors in Pierce County, and particularly Tacoma, is the rapid multiplication (or perhaps even explosion) of meetings where attendance is "required." These are "necessary" for various reasons such as accreditation, etc. This has several undesirable effects in our medical community. There is the tendency for physicians to limit their hospital staff memberships and this in turn will lead to a system of closed staff hospitals. (Many of us feel that the present high quality of medical care and the pleasant community relations that we enjoy are related to the open staff system). With such a press of meetings physicians tend to eliminate those that are not required so, among others, the Pierce County Medical Society suffers in attendance and thus effectiveness.

It seems that the alternative is to combine our hospital staff and depart-

ment meetings in such a way that they adequately perform their intended functions but eliminate the duplication of meetings. It is felt that the Pierce County Medical Society is the one organization that represents all of us and that it would be the logical organization to effectively arrange these joint meetings. It will undoubtedly take considerable effort and time to make this perform adequately and efficiently. One possibility that might be considered would be to have the new Executive Director of the Society handle these arrangements with each of the hospitals making some contribution financially since it would relieve them of some organizational and clerical chores.

As the Joint Chiefs of Staff of the Tacoma Hospitals we would like to strongly urge the Pierce County Medical Society to take the leadership in further investigating and implementing the combined hospital and Society meetings.

John R. Alger, M.D.,  
St. Joseph Hospital  
Edwin J. Fairbourn, M.D.,  
Tacoma General Hospital  
Ronald G. Gallucci, M.D.,  
Mary Bridge Hospital  
Charles D. Prewitt, M.D.,  
Allenmore Hospital  
Cletus I. Stevens, M.D.,  
Puget Sound Hospital  
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Doctor's Hospital

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Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**\*Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome; steroid-induced and idiopathic edema; edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded; in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth; anaphylaxis; rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

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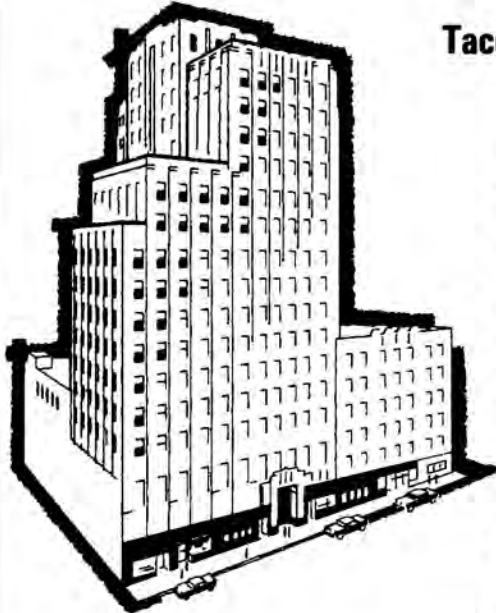
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TOTAL CALLS .....	651	Bleaches .....	2	11
From Doctors and Hospitals .....	39	Detergents .....	3	13
From Community Agencies .....	30	Other .....	6	18
From Others .....	582	Repellents .....	23	31
AGE DISTRIBUTION			Under	
Under 18 Months .....	89		5 yrs.	Total
18 months to 3 years .....	177	Bites .....	10	14
3 and 4 year olds .....	99	Medicinal .....	69	181
5 and 6 year olds .....	40	Asipirin .....	5	18
7 through 12 years .....	44	Patent Meds .....	22	80
13 through 19 years .....	43	Presc. Drugs .....	42	83
20 years and over .....	78	Petroleum Prod. ....	17	61
No age given .....	81	Plants and Berries ..	66	153
SUBSTANCES TAKEN		Miscellaneous .....	31	66
	Under			
	5 yrs.	Total	Total	
Chemical .....	10	16	282	369
Cosmetics .....	6	37	ADVICE GIVEN	
Food Inquiries .....	36	46	Contact M.D. ....	23
Household Prod. ....	14	46	Give Ipecac .....	121
Ammonia .....	3	4	Give Liquids .....	147
			Go to E.R. ....	53



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Month of June, 1974

Info. to M.D. ....	23	City .....	243
Observe .....	106	County .....	259
No Treatment .....	73	Out of County .....	31
Information only .....	105	No Address .....	118

### TIME CALL RECEIVED

7 a.m.- 8 a.m. ....	13
8 a.m.- 9 a.m. ....	27
9 a.m.-10 a.m. ....	31
10 a.m.-11 a.m. ....	38
11 a.m.-12 noon ....	47
12 noon-1 p.m. ....	40
1 p.m.- 3 p.m. ....	45
3 p.m.- 4 p.m. ....	55

### DAY OF THE WEEK CALL RECEIVED

Monday through Friday .....	481
Saturday .....	73
Sunday .....	79
Holiday .....	0

4 p.m.- 5 p.m. ....	45
5 p.m.- 6 p.m. ....	50
6 p.m.- 7 p.m. ....	44
7 p.m.- 8 p.m. ....	32
8 p.m.- 9 p.m. ....	37
10 p.m.-11 p.m. ....	39
11 p.m.- 7 a.m. ....	22

### NUMBER OF HOMES

THAT HAD IPECAC ..... 111

### NUMBER OF HOMES

WITHOUT IPECAC ..... 188

### POISON CASES SEEN IN MBCH E.R.

Inpatients .....	7
Outpatients .....	12



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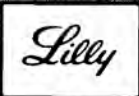


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PHYSICIANS' AND HOSPITAL SUPPLIES



**FAMILY CLINIC — MAY 1974 (627-9182)**

**Monday through Friday 10 to 5:30 1815 South J Street 98405**

**Coordinator: Aaron Miller**

PATIENT SERVICES	May 1974	Total 1974	Total Since Clinic Opened
Referred to Physicians	80	472	776
Laboratory Services	86	291	329
X-Ray Services	5	56	86
Prescription Services	36	215	391
Referred to Emergency Rooms	4	15	37
Hospitalized	0	3	5
Referred to Community Agencies	3	40	69
Seen by Physicians in Clinic	36	181	181

**ETHNIC & DEMOGRAPHICAL DISTRIBUTION**

Black	17	42	115
Canucasian	85	180	487
Asian-American	1	13	19
Native-American	1	22	42
Mexican-American	4	12	21
Model City Residents	28	190	429
Other Areas	81	409	730

**PARTICIPATING PHYSICIANS**

On Referral Basis (Outside Clinic)	26	52	67
Friday Evening Clinic*	4	8	8
*Dr. H. Boyd .....			44
*Dr. T. Smith .....			41
*Dr. S. Whaley .....			23
*Dr. W. Brown .....			20
*Dr. North .....			17
*Dr. G. Tanbara .....			12
*Dr. T. McDonnell .....			11
*Dr. G. Drucker .....			9

Volunteer physicians are needed for the Friday evening clinic, 6-9 p.m.



MR. WILKINS, I THINK YOUR TROUBLE LIES IN THE FACT THAT YOU'RE WOUND TOO TIGHTLY! Courtesy Medical Society Magazine Group

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

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President-Elect .....	Mrs. J. G. Katterhagen (Anne)
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2nd V.P.—Membership .....	Mrs. Ralph V. Stagner (Bonnie)
3rd V.P.—Historian & By-Laws .....	Mrs. John M. Havlina (Dolores)
4th V.P.—Social .....	Mrs. Max W. Brachvogel (Judy) Mrs. William A. McPhee (Georgia)
Recording Secretary .....	Mrs. Robert M. Ferguson (Donna)
Corresponding Secretary .....	Mrs. Arthur M. Smith (Peggy)
Treasurer .....	Mrs. Robert C. Johnson (Betty)
Dues Treasurer .....	Mrs. W. Ben Blackett (Glenna)

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AMAERF .....	Mrs. D. Ted Baer (Maryln) Mrs. Wayne A. Bergstrom (Reta)
Community Health .....	Mrs. George A. Moosey (Jane)
Cookbook .....	Mrs. John A. Kennedy (Nancy)
Finance .....	Mrs. Robert B. Whitney, Jr. (Helen)
Health Council .....	Mrs. Philip Grenley (Dorothy)
Legislative .....	Mrs. Thomas H. Skrinar (Kathleen)
Mental Health .....	Mrs. Jay H. Ehly (Vivian)
Nominating .....	Mrs. John R. Alger (Obie)
Publicity: Bulletin .....	Mrs. Charles D. Prewitt (Donna)
Newspaper .....	Mrs. David S. Hopkins (Carol)
Speakers Bureau .....	Mrs. Richard D. Baerg (Judy)
Student Recognition .....	Mrs. L. Stanley Durkin (Adele) Mrs. Gordon E. Dean (Florence)
Telephone .....	Mrs. Charles L. Anderson (Cindy) Mrs. Leonard B. Alenick (Gail)
Today's Health .....	Mrs. William T. Ritchie (Marge)
Health Education .....	Mrs. Ralph A. Johnson (Jo Ann)
Blood Pressure Project .....	Mrs. Gilbert J. Roller (Jo)
Medical Directory .....	Mrs. Stanley W. Tuell (Stephanie)

## September Coffee

Board members and new auxiliary members in the county are invited to meet at a Coffee on September 13 at 10 a.m. The Friday Coffee in honor of the new members will be held at the home of Nancy Kennedy, located at 4408 Merry Lane W., in University Place.

## Corrections?

Any corrections to be made in either address or telephone number should be called in to Bonnie Stagner, Membership Chairman, JU 4-7111.

## Health Fair

The Broadway Mall in Downtown Tacoma will be the site of the Free Health Fair to be held on Saturday, September 7. Some 30 health related organizations are planning displays which will be open to the public from 11 a.m. until 5:30 p.m. Try to stop by!

## Attention Nurses!

A recent change in the law regulating the practice of nursing stated: RCW 18.88.220: "A person licensed under the provisions of this chapter desiring to re-tire temporarily from the practice of nursing in this state shall send a written notice to the director.

Upon receipt of such notice the name of such person shall be placed upon the nonpracticing list. While remaining on this list the person shall not be subject to the payment of any renewal fees and shall not practice nursing in the state as provided in this chapter. When such person desires to resume practice, application for renewal of license shall be made to the board and renewal fee payable to the state treasurer. Persons on nonpracticing status for three years or more must provide evidence of knowledge and skill of current practice as required by the board or as hereinafter in this chapter provided."

On November 26, 1973, at a public

"Glasses as your eye  
physician prescribes them"

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**Columbian Optical Co.**

Ground Floor, Medical Arts Bldg.

Medical Center

Lakewood

The Tacoma Mall

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hearing the Washington State Board of Nursing adopted the following regulation regarding temporary retirement:

WAC 308-120-180 TEMPORARY RETIREMENT. Persons on nonpracticing status after January 1, 1974 for three years or more must rewrite the State Board Test Pool Examination for registered nurse licensure. Nonpracticing means the individual has not been currently licensed.

## Buy Your Books Here!

Two of our enterprising members, Nancy Irish and Linda BeMiller will soon be opening a general book store to be called Inkflingers. The location is the Old City Hall and the public opening is set for September 29 at noon. They plan on carrying a good line of books and will be offering services such as special ordering, gift wrapping and mailing. So please call or stop by!

*Experienced secretary seeking position in Lakewood area. B.A. in sociology. References available. Phone 964-8475.*

## Medical Assistants

Meetings 2nd Monday of each month.

Upcoming meetings:

Sept. 9 — Speaker, Dick Fitzgerald on "Human Behavior."

Oct. 14 — Dr. Ann Steele, Internist from Bremerton. State Board Advisor to AAMA will speak on "Approach to Death."

## Location of Meetings

19th Street entrance to Allenmore Medical Center, first building on the left. Allenmore Professional Building.

## Open House

The Pierce County Medical Library will hold an open house for the medical community on Friday, September 13, 1974, 8:00 a.m. through 5:00 p.m., at Tacoma General Hospital, 315 South K Street, floor 3-A.

### INSURANCE BROKERS

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## College Strives to Lead in Medical-Secretarial Program

Fort Steilacoom Community College is striving to meet the needs of the medical profession in our community by providing you with well-qualified medical office personnel.

Beginning in the 1974-75 school year, Fort Steilacoom will have a full-time instructor/coordinator to head the Medical-Secretarial Program. The program has been offered at the college, but now Mrs. Jean Graves has been hired on a full-time basis to recruit students, instruct, establish cooperative work experience training stations, and coordinate the Medical-Secretarial Program.

Fort Steilacoom offers to the Medical-Secretarial student an excellent two-year curriculum which leads to an Associate Degree in Secretarial Science. Also, a certificate is awarded to the student who completes the one-year Medical Transcriber curriculum. Classes begin October 2. Registration begins September 18.

This summer you probably received a letter and brochure from the college announcing the appointment of Mrs. Graves

and outlining the cooperative work experience benefits of this program. Mrs. Graves has contacted most medical offices in the community. Perhaps you or your receptionist have talked to her. She has been attempting to establish training stations for second-year students who are regularly enrolled and work part-time in a medical office position. The concept of on-the-job training is a vital part of any vocational program—it is practical application of classroom knowledge and skill.

If you wish further information about this two-year program, please contact Mrs. Graves at the college, 552-3181.

---

### ADVERTISEMENT

Office space in clinic building in Puyallup. Formerly occupied by deceased internist but can be remodeled to suit other needs. May share laboratory with two family practitioners. Radiologist in same building. Close to hospital and with adequate, convenient parking. For information call TH 5-6645.

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Aug.  
 7, 14, 21, 28 Expo '74  
 13-14 Colposcopy  
 Sept.  
 13-14 Clinical Cancer  
 21-25 WSMA  
 27-28 Arthritis Days  
 Oct.  
 7-11 Eastern Circuit Course — "Trauma, Shock, Burns, Emergency Medicine"  
 24-25 Office Management of Chronic Pain  
 Nov.  
 7-8 Helping the Developmentally Disabled Child: It Takes a Team  
 14-15 Drug Therapy  
 21-22 Care of the Critically Ill Patient  
 Dec.  
 5-6 Hypertension  
 Jan.  
 16-17 What's New in Pediatrics '75  
 24-25 Tax Estate & Financial Planning  
 26-Feb. 1 Advances in Perinatology  
 Feb.  
 6, 13, 20, 27 Administrative Dietetics

19-20 Western Circuit Course — "Trauma, Shock, Burns, Emergency Medicine"  
 20-21 Thirteenth Annual Symposium on Respiratory Disease  
 Mar.  
 4-5 Western Circuit Course — Trauma, Shock, Burns, Emergency Medicine"  
 20-21 Basic Sciences for Clinicians  
 24-28 Emergency Medicine Institute  
 31-Apr. 4 Advances in Family Practice  
 Apr.  
 2, 9, 16, 23 Current Concepts in Nutrition  
 10-11 Developmental Disabilities: Early Identification and Intervention Can Make a Difference  
 Conference on Respiratory Care  
 Exercise Testing Workshop  
 24-25  
 29-30  
 May  
 14-16 Advances in Internal Medicine

Dates are subject to change, some courses are held at locations away from the School and some have limited enrollment.

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 E 305 Health Sciences Building  
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 JU 8-1889

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 27th and Grandview  
 LO 4-1320

Village Shopping Center  
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 40th and Bridgeport  
 LO 4-2494



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The hospitals that participated in Aetna Life & Casualty's special professional liability insurance program in 1973 did receive a dividend. Because our system for loss control worked. It resulted in fewer accidents and losses. Which held down the number of claims. Which in turn, allowed us to pay a dividend to hospitals in the program.

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The Standard Fire Insurance Company, Hartford, Conn.



# Guidelines for Telephone Directory Listings of PCMS Members

All letters of criticism to these proposed guidelines are welcome provided that you specifically list which items should be deleted or that you propose an alternate wording for the present ones.

### WHERE

1. The name of a physician should not be listed in a telephone directory where he does not have an office, residence or hospital affiliation. (If you have an office or live in Federal Way or Gig Harbor, listing in the South King County or Gig Harbor directories is appropriate. If, however, your home and office are in metropolitan Tacoma such listing is not justified. Needless to say, Olympia, Bremerton etc. are not appropriate.)

2. Listings elsewhere in the yellow pages other than "Physicians and Surgeons, M.D." is unacceptable.

### HOW

3. The size and face of type in the classified section should be uniform.

4. Display or box advertisement for individual physicians or groups or for clinics is not acceptable.

5. Physicians' names should be listed alphabetically.

6. It is acceptable to follow the name with the legal name of a corporation in one of two ways.

- a) Doe John A. M.D. Inc. P.S.
- or b) on the following line  
(i.e. Western Clinic or Radiological Associates)

It is unacceptable to follow the name with an unincorporated group or clinic name (i.e. North End Medical Clinic) unless it is the legal mailing address (i.e. Allenmore Medical Center).

7. Multiple listings

- a) One man—one listing (as described in Sec. 6).
- b) No listing of unincorporated clinics or groups.
- c) Incorporated groups and clinics should not follow with a list of their members if they also desire individual listings elsewhere. An exception to this would be a corporate name which is composed of members of the corporation (Smith, Jones and Johnson).

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## Honan's

MA 7-7179

Free Customer Parking next door

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**WHAT**

8. It is not objectionable to follow the physician's name with the simple statement "Practice limited to ....."

In this community the phrase "Diplomate of the American Board of....." is not in common use (despite the fact that the AMA would endorse this form of listing.) We feel that it represents a form of self-aggrandizement. The same can be said for such phrases as ".....Specialist."

9. The 65 listings of medical specialties recognized by the AMA are acceptable, but the use of a specialty listing should be subject to challenge of credentials and qualifications for the listing. These qualifications include:

- a) Limitation of practice to the specialty
- b) proven ability (unrestricted hospital privileges in all hospitals, proof of continuing education to keep abreast with the changes in the field, sufficient volume of practice to remain competent.)
- c) Board eligibility or certification (this should not be interpreted to mean that an incompetent man with board certification should continue to list, or, conversely, that an individual who is generally recognized as a continuingly competent specialist who entered the field before specialty boards were generally required, should not so list.)

Request for additional specialty listings be referred to WSMA.

10. A physician may utilize two recognized specialties (i.e. Internal Medicine—Gastroenterology) assuming he fulfills the criteria in Sec. 9, but that requests to use more than two recognized specialties be referred to the WSMA for approval.

Certainly he should list the specialty which he actually practices prior to his subspecialty or the specialty he would prefer to practice (Psychiatry and Neurology rather than vice versa.)

11. General Practice, Family Physician or Family Practice are acceptable. Since these terms are all-inclusive, other listings are not acceptable. Although an individual is licensed as a "Physician and Surgeon" this listing is deceptive to the public in most instances.

12. It is felt that despite AMA and WSMA recommendations, it is in the best interest of the public to permit such listings as

- Infants, Children and Adolescents
- Practice Limited to the Eye
- Eye Physician and Surgeon

- Eye, Ear, Nose and Throat
- Ear, Nose and Throat
- Skin Disease, Diseases of the Skin
- Skin, Hair, Nails

These listings would appear to be either redundant, inaccurate or a peculiar combination of English and Latin.

- Heart and Vascular Disease
- Surgery and Surgical Diagnosis
- Diseases of Women
- Child and Adult Psychiatry

13. Disease oriented names should be dropped from physician listings. (Orthopedic and Fracture Surgery, Acupuncture and Pain Clinic.)

14. It is acceptable to list residence phone numbers as well as summer residence, physician's exchange or radio-page.

**MEDICAL SPECIALTIES**  
Recognized by  
**THE AMERICAN MEDICAL ASSOCIATION**  
as of  
March, 1970

- |                          |                            |
|--------------------------|----------------------------|
| 1. Aerospace Medicine    | 5. Cardiovascular Diseases |
| 2. Allergy               | 6. Dermatology             |
| 3. Anesthesiology        | 7. Diabetes                |
| 4. Broncho-Eso-phagology | 8. Endocrinology           |
|                          | 9. Family Practice         |

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- (Continued)
- |                                 |  |
|---------------------------------|--|
| 10. Gastroenterology            | 36. Pathology, Forensic                  |
| 11. General Practice            | 37. Pediatrics                           |
| 12. General Preventive Medicine | 38. Pediatrics, Allergy                  |
| 13. Geriatrics                  | 39. Pediatrics, Cardiology               |
| 14. Gynecology                  | 40. Physical Medicine and Rehabilitation |
| 15. Hematology                  | 41. Psychiatry                           |
| 16. Hypnosis                    | 42. Psychiatry, Child                    |
| 17. Infectious Diseases         | 43. Psychoanalysis                       |
| 18. Industrial Medicine         | 44. Psychosomatic Medicine               |
| 19. Internal Medicine           | 45. Public Health                        |
| 20. Laryngology                 | 46. Pulmonary Diseases                   |
| 21. Neoplastic Diseases         | 47. Radiology                            |
| 22. Nephrology                  | 48. Radiology, Pediatric                 |
| 23. Neurology                   | 49. Radiology, Therapeutic               |
| 24. Neurology, Child            | 50. Roentgenology, Diagnostic            |
| 25. Nuclear Medicine            | 51. Rheumatology                         |
| 26. Nutrition                   | 52. Rhinology                            |
| 27. Obstetrics                  | 53. Surgery, Abdominal                   |
| 28. Obstetrics and Gynecology   | 54. Surgery, Cardiovascular              |
| 29. Occupational Medicine       | 55. Surgery, Colon and Rectal            |
| 30. Oncology                    | 56. Surgery, General                     |
| 31. Ophthalmology               | 57. Surgery, Hand                        |
| 32. Otolaryngology              | 58. Surgery, Head and Neck               |
| 33. Otorhinolaryngology         | 59. Surgery, Neurological                |
| 34. Pathology                   |  |
| 35. Pathology, Clinical         |  |

- |                         |                         |
|-------------------------|-------------------------|
| 60. Surgery, Orthopedic | 63. Surgery, Thoracic   |
| 61. Surgery, Pediatric  | 64. Surgery, Traumatic  |
| 62. Surgery, Plastic    | 65. Surgery, Urological |

It was also recommended that the telephone company be discouraged from listing a group of names under a given specialty.



**Johnson-Cox Co.**

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**JU 8-1711 JU 2-3777 JU 2-3778**



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## Pierce County Medical Society

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U. S. POSTAGE

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PERMIT NO. 165

## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

The

PIERCE COUNTY MEDICAL SOCIETY

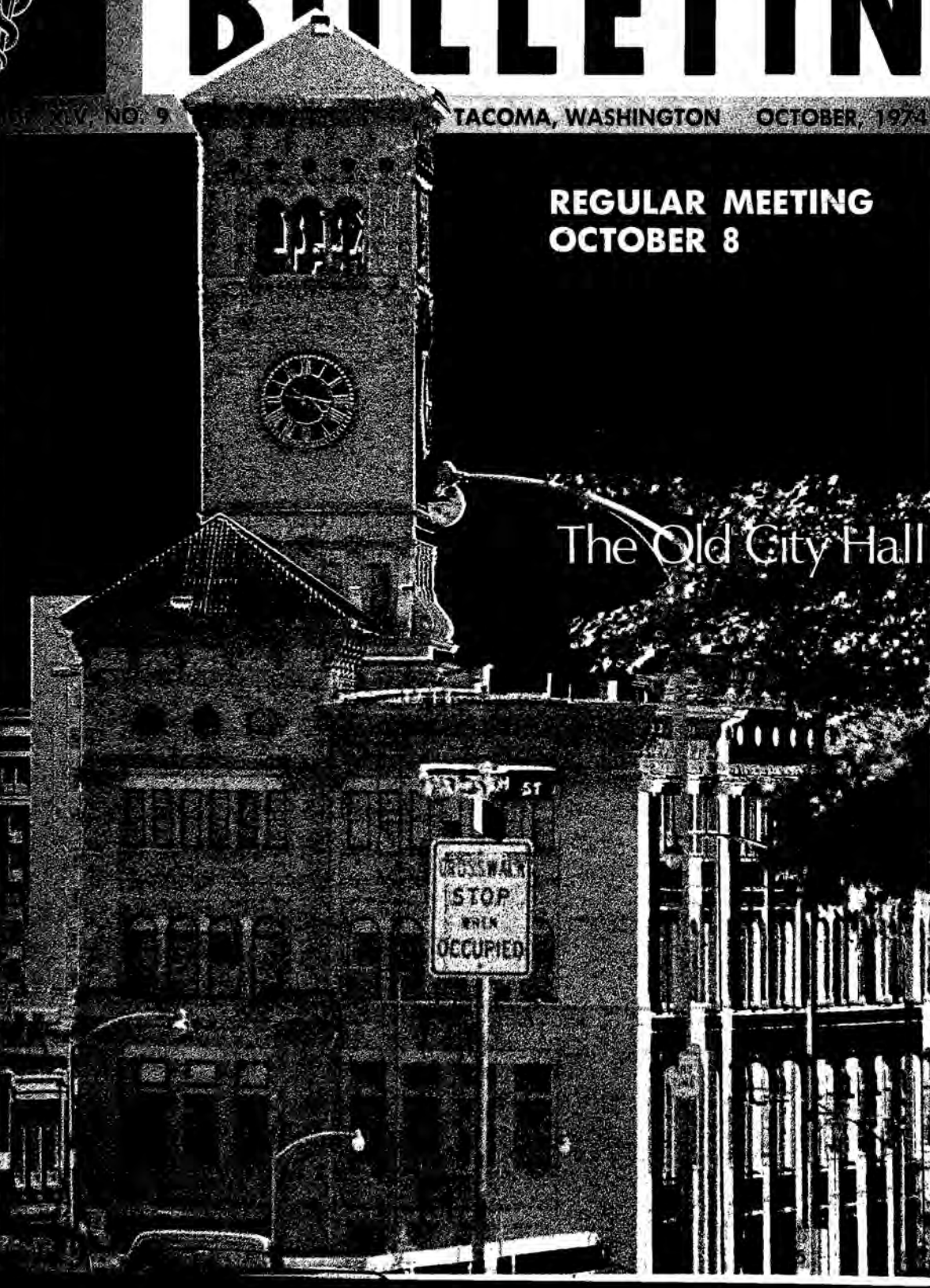
# BULLETIN

VOLUME XIV NO. 9

TACOMA, WASHINGTON OCTOBER, 1974

**REGULAR MEETING  
OCTOBER 8**

The Old City Hall





# Pierce County Medical Society

1974

## OFFICERS

President .....W. Ben Blackett  
 Vice President .....James G. Billingsley  
 President-elect .....James F. Early  
 Secretary-Treasurer .....David L. BeMiller  
 Executive Secretary .....Judy Gordon

## TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

## DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
	Herman S. Judd

## ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

## COMMITTEES

### Ethics

Dudley W. Houtz, Chairman	Murray L. Johnson
G. M. Whitacre	Edmund A. Kanar

### Grievance

John M. Kanda, Chairman	Robert W. Florence
L. S. Baskin	

### Credentials

Kenneth L. Pim, Chairman  
 Richard F. Barronian  
 William E. Avery  
 Louis P. Hoyer, Jr.  
 Gerhart Drucker  
 Charles Prewitt  
 R. A. Norton  
 Donald F. McKay

### Program

John P. Nagle, Chairman

### Public Health

Harlan P. McNutt, Chairman

### Television

Robert A. O'Connell, Chairman  
 Theodore J. Smith

### Entertainment

William J. Rohner, Chairman

### Legislative

Stanley W. Tuell, Chairman

### Poison Control

James L. Schneller, Chairman

### Medical Education

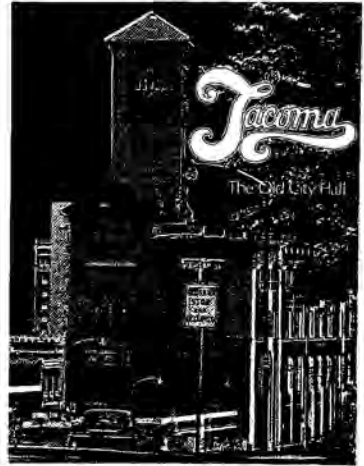
Marcel Malden, Chairman

### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

### Library

Robert A. Kallsen, Chairman



THE NEW Old Cty Hall is now under-going labor pains and the delayed birth of the new shops and eateries is anticipated any time now. Picture on cover is through the courtesy of the architect, Barnett Schorr Company.

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Lenart C. Ceder, owner



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Artificial Limbs  
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# Editorially Speaking



involvement in community and society affairs by all members of the Medical Society. Contributions to the Bulletin would be greatly appreciated as a starter. More and more new faces are appearing in the Society and these men can become a very positive force in continuing the traditions already begun.

— David S. Hopkins

The selection of Jim Hazelrigg for the Washington State Medical Association Community Service Award is the 'frosting on the cake' in a fine year which has seen honor bestowed on a number of Pierce County Medical Society physicians, including George Tanbara, Orvis Harrelson and Charles Larson. It is the type of community involvement which distinguishes a true physician from a medical mechanic. These men embody the ideal portrayed in the Marcus Welby TV series and some of them even see more than two patients a day.

This is working into a plea for more

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## LAKWOOD CONVALESCENT CENTER

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**5702 - 100th Street, Southwest**

**Tacoma, Washington 98499**

**JU 8-1711 JU 2-3777 JU 2-3778**

## The Remarkably Rigid Progression Of Alcoholism

In virtually every case of alcohol addiction there is a time-ordered sequence of progressive drinking. Alcoholism begins with "social drinking," then progresses to:

- Drinking at least once a week.
- Drinking faster and more than the "social drinker."
- Experiencing temporary amnesia, or "blackouts."
- Becoming more drunk than the "social drinker."
- Losing control over ability to stop drinking after the first drink.
- Going on periodic drinking bouts.
- Losing time from work.
- Protecting and hiding liquor supplies.
- Drinking alone in the morning or before breakfast.
- Getting the "shakes" and "butterflies" and finding liquor mediates them.
- Finding it takes less alcohol to get drunk. (less tolerance to the drug, probably due to brain damage).
- Experiencing delirium tremens, (D.T.s).
- Feeling vague and unreasoned fears.
- Experiencing insomnia.
- Dying of liver, or brain, or heart disease, or debilitating diseases such as tuberculosis and pneumonia or accidents.

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*Intensive 10-Day Treatment Program for Alcoholism*

*... Based on the Addictive Concept*

# **Pierce County Medical Society Meeting**

Tuesday, October 8

Medical Arts Building Auditorium

PROGRAM — 8:15 P.M.

Social Hour 6:00

Dinner 6:45

Honan's

# A man you and your money should get to know.

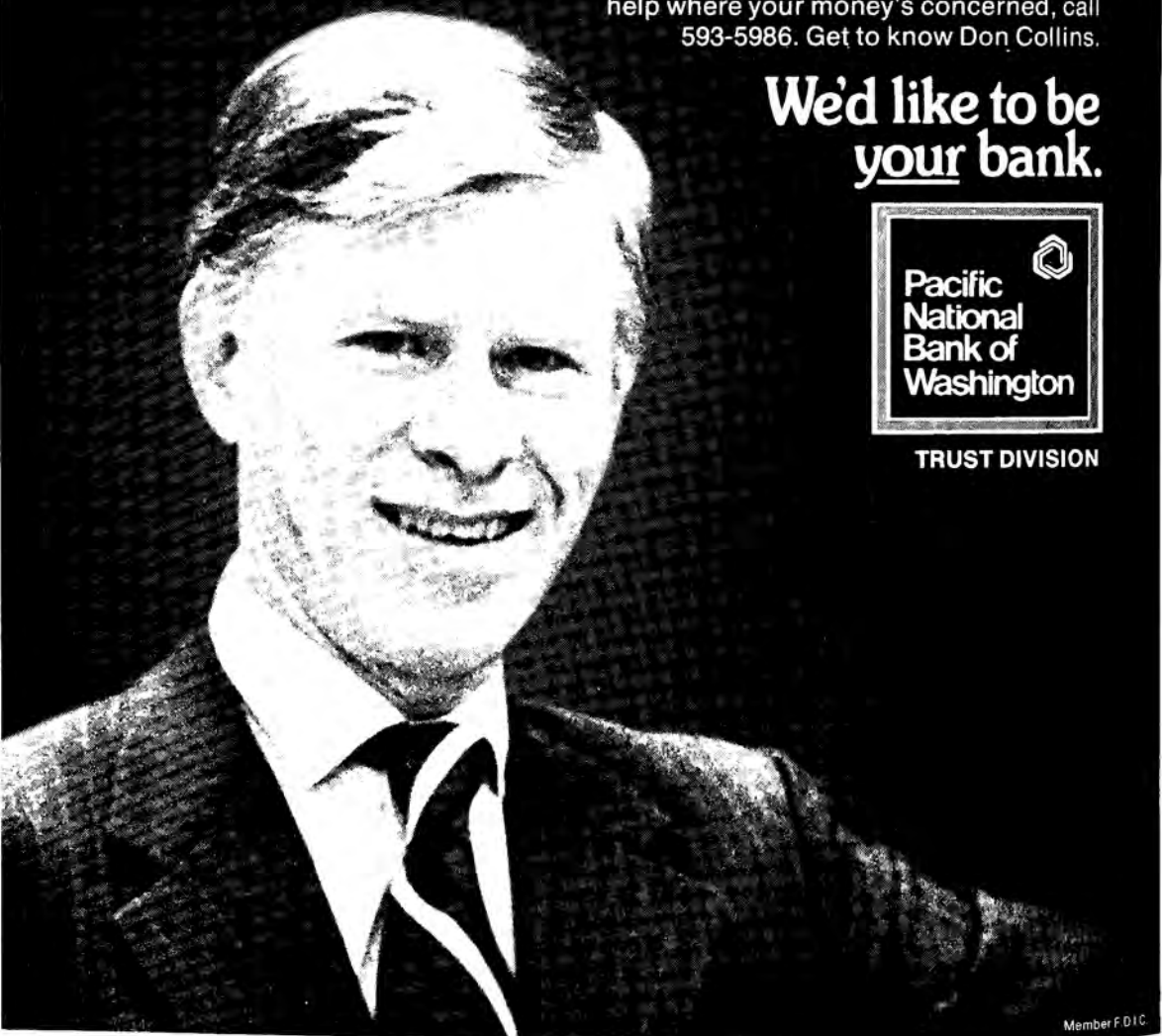
He's Don Collins, trust officer.  
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taxes, insurance, financial planning. He'll  
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with you and your attorney on a sound  
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TRUST DIVISION



Member F.D.I.C.



## 1975 DOCTOR BOOK FULL OF INFO— "ORDER NOW" WIVES URGE

### DIRECTORY

FOR  
PIERCE COUNTY  
PHYSICIANS AND  
SURGEONS



Published by  
PIERCE COUNTY MEDICAL SOCIETY

**627-2020**

The biggest little doctor-book in the world—well, at least in Pierce County—is coming off the press again on Jan. 1. It's the 1975 edition of the *Directory of Pierce County Physicians and Surgeons*. Crammed full of statistical information—like phone numbers, addresses, etc.—about doctors, hospitals, nursing homes, pharmacies, podiatrists, and even morticians, this useful little booklet is an indispensable item at nurses' stations and doctors' offices all over town.

It may not quite come to you trimmed in pink lace, but don't be surprised if you detect a feminine touch to the new directory. The Women's Auxiliary has taken over the project this year, and a 10-member Auxiliary committee is busy trying to improve on the comprehensive format devised by Dr. George Tanbara in the 1974 edition. Once again, doctors' phone numbers will be listed, his day-off, types of patients he sees, and the nature of his practice. As before, you'll

be able to pick out a pharmacy that says open past six, or past nine, or on holidays.

#### *It'll Cost More*

Though printed and distributed free for years, publication expense increased so rapidly in recent years that charge was made for each copy last year. Because of three more increases in paper costs in the past six months, and other expenses, the price per copy again goes up this year. In order to come out ever-so-slightly ahead on the project, the Auxiliary is selling the 1975 edition for \$2.00 per copy.

#### *Will You Be In It?*

If your name is left out, or is followed by incorrect information, it'll likely be your fault or your receptionist's, as information blanks went out in plenty of time to all doctors, pharmacists, hospitals and other related health care facilities. But remember that October 15 is the deadline for getting your copy in and at the same time getting in your order for how many copies you need. General consensus is that each doctor should order at least four copies—one for his own desk, one for his office personnel, plus two for use at the main phone and the extension phone at home. (If your wife's an Auxiliary member, just ask her!)

Be sure to order all the copies you might need in your initial order, since no extra copies will be available after publication. The only extras will be a few printed to sell to new doctors coming to town. And remember, since all the information relates to the conduct of your profession, the entire cost of the copies you buy is a deductible item.

Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome, steroid-induced and idiopathic edema, edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded, in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperurcemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis, rash, urticaria, photosensitivity, purpura, other dermatological conditions, nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

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## KEEP THE HYPERTENSIVE PATIENT ON THERAPY KEEP THERAPY SIMPLE WITH

# DYAZIDE<sup>®</sup>

Each capsule contains 50 mg. of Dyrenium\* (brand of triamterene) and 25 mg. of hydrochlorothiazide.

No potassium supplements  
No special K<sup>+</sup> rich diets  
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Studies have demonstrated that two prime reasons patients drop out of hypertensive therapy are: (1) the patient failed to understand directions, and (2) the regimen was overly complicated.\* Dosage is simple with 'Dyazide', easily understood, once or twice daily, depending on response. There's no need to complicate the regimen with potassium supplements or unwieldy potassium-rich diets.

\*E.D. Freis: The Modern Management of Hypertension, V.A. Information Bulletin, 11-35.

## KEEP BLOOD PRESSURE DOWN AND KEEP POTASSIUM LEVELS UP

# The initial Librium prescription: (chlordiazepoxide HCl)

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)



The patient with severe anxiety



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

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antianxiety

# Librium<sup>®</sup> (chlordiazepoxide HCl)

5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.



# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies

(chlordiazepoxide HCl)

Note: The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg b.i.d. or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)  
25 mg  
Cap #30  
Sig: cap T t. i. d.*

The patient with severe anxiety

*Librium (chlordiazepoxide HCl)  
5 mg  
Cap #50  
Sig: cap T b.i.d.*

The overanxious geriatric patient

*Librium (chlordiazepoxide HCl)  
10 mg  
Cap #30  
Sig: cap T q. i. d.*

The patient with excessive anxiety and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. **Oral—Adults:** Mild and moderate anxiety and tension, 5 or 10 mg t.i.d. q.i.d.; severe states, 20 or 25 mg t.i.d. or q.i.d. **Geriatric patients:** 5 mg b.i.d. to q.i.d. (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 10 and 500; Tel-E-Dose® packages of 1000. Librium (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.



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## INTERNATIONALLY FAMOUS POLISH SURGEON YODER GUEST LECTURER



Dr. Witold Rudowski, internationally famous lecturer, surgeon, and writer will deliver the 1974 Edwin C. Yoder Memorial Lecture here on Friday evening, November 15th, in the Tacoma Art Museum Auditorium. Dr. Rudowski has distinguished himself as a professor of surgery at the University of Warsaw Medical School where he specializes in the instruction of surgeons, hematologists and transfusiologists. He is also Director of the Research Institute of Hematology and President of the Scientific Council to the Minister of Health and Social Welfare, Warsaw, Poland.

A prolific contributor to scientific publications, Professor Rudowski has published 212 original and 63 collective re-

views. He has published 21 books. In the field of research he devoted special attention to malignant diseases, hemophilia A, the introduction of frozen blood to clinical post-transfusion complications and the treatment of burns. His work in the area of problems of pathophysiology has contributed to the integration of surgery, internal medicine and the basic sciences.

Dr. Rudowski is vice-president of the Polish Association of Surgeons, vice-president of the International Federation of Surgical Colleges, an advisor to the International Society of Blood Transfusion, editor-in-chief of the quarterly review *Nowotwory/Neoplazma* and is the editor of the surgical division of the Polish Medical Weekly.

The Yoder Guest Lecturer has received many national honors for his work in war and in peace. He is an honorary member of the American College of Surgeons, the Royal College of Surgeons of England, the Royal College of Surgeons of Edinburgh and the College of Dutch Surgeons.

The Yoder lecture will be held at 9:00 p.m. and will be preceded by a dinner in Dr. Rudowski's honor.

The Edwin C. Yoder Memorial Lecture was established in 1971 to encourage and promote continuing medical education. It is presented under the auspices of St. Joseph Hospital and the Tacoma Surgical Club.



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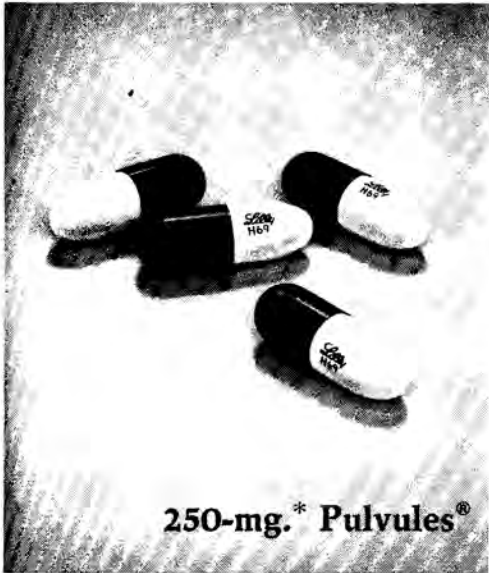
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**FAMILY CLINIC — AUGUST 1974 (627-9182)****Monday through Friday 10 to 5:30 1815 South J Street 98405****Coordinator: Aaron Miller**

PATIENT SERVICES	August 1974	Total 1974	Total Since Clinic Opened
Referred to Physicians	95	653	957
Laboratory Services	82	395	433
X-Ray Services	13	77	107
Prescription Services	47	111	141
Referred to Emergency Rooms	4	31	437
Hospitalized	0	3	5
Referred to Community Agencies	8	16	18
Seen by Physicians in Clinic	39	252	252

**ETHNIC & DEMOGRAPHICAL DISTRIBUTION**

Black	21	107	162
Caucasian	121	398	705
Asian-American	2	19	25
Native-American	2	27	47
Mexican-American	8	20	29
Model City Residents	31	250	489
Other Areas	123	639	760

**PARTICIPATING PHYSICIANS**

On Referral Basis (Outside Clinic)	38	68	82
Friday Evening Clinic*	4	9	9

*Dr. H. Boyd .....	55
*Dr. T. Smith .....	57
*Dr. S. Whaley .....	36
*Dr. North .....	29
*Dr. G. Tanbara .....	12
*Dr. T. McDonnell .....	25
*Dr. G. Drucker .....	18

Volunteer physicians are needed for the Friday evening clinic, 6-9 p.m.

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

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President-Elect .....	Mrs. J. G. Katterhagen (Anne)
1st V.P.—Program .....	Mrs. Stanley A. Mueller, Jr. (Julia)
2nd V.P.—Membership .....	Mrs. Ralph V. Stagner (Bonnie)
3rd V.P.—Historian & By-Laws .....	Mrs. John M. Havlina (Dolores)
4th V.P.—Social .....	Mrs. Max W. Brachvogel (Judy) Mrs. William A. McPhee (Georgia)
Recording Secretary .....	Mrs. Robert M. Ferguson (Donna)
Corresponding Secretary .....	Mrs. Arthur M. Smith (Peggy)
Treasurer .....	Mrs. Robert C. Johnson (Betty)
Dues Treasurer .....	Mrs. W. Ben Blackett (Glenna)

## COMMITTEE CHAIRMEN

AMAERF .....	Mrs. D. Ted Baer (MaryIn) Mrs. Wayne A. Bergstrom (Reta)
Community Health .....	Mrs. George A. Moosey (Jane)
Cookbook .....	Mrs. John A. Kennedy (Nancy)
Finance .....	Mrs. Robert B. Whitney, Jr. (Helen)
Health Council .....	Mrs. Philip Grenley (Dorothy)
Legislative .....	Mrs. Thomas H. Skrinar (Kathleen)
Mental Health .....	Mrs. Jay H. Ehly (Vivian)
Nominating .....	Mrs. John R. Alger (Obie)
Publicity: Bulletin .....	Mrs. Charles D. Prewitt (Donna)
Newspaper .....	Mrs. David S. Hopkins (Carol)
Speakers Bureau .....	Mrs. Richard D. Baerg (Judy)
Student Recognition .....	Mrs. L. Stanley Durkin (Adele) Mrs. Gordon E. Dean (Florence)
Telephone .....	Mrs. Charles L. Anderson (Cindy) Mrs. Leonard B. Alenick (Gail)
Today's Health .....	Mrs. William T. Ritchie (Marge)
Health Education .....	Mrs. Ralph A. Johnson (Jo Ann)
Blood Pressure Project .....	Mrs. Gilbert J. Roller (Jo)
Medical Directory .....	Mrs. Stanley W. Tuell (Stephanie)

## Dues

Remember your dues—\$15 this year. Dues will be accepted at the October meeting or they can be mailed to Mrs. W. Ben Blackett, 4366 No. Lexington, Tacoma, 98407. Membership books will be available at the October meeting for those who have paid their dues.

## Board Meeting

There will be a Board meeting with the State officers on Wednesday, October 23rd at the home of Mrs. J. G. Katterhagen, 7539 Hegra Drive. The time is 9:30 a.m. and it is important that this meeting start on time!

## Handicapped Swim Program

The Handicapped Swim Program, held at the YMCA, needs volunteers, both in the pool and the dressing room. There is on-the-job training and a baby-sitter is available. Classes are held on Mondays, from 9:30 a.m.-11:30 and noon-1 p.m. Although the orientation session was already held, it is never too late to volunteer. If interested, call Helen Whitney or the YMCA.

## AMA - ERF

Marlyn Baer, AMA-ERF chairman, reminds us that Christmas is coming! Pierce County Medical Auxiliary is again asking your support of their AMA-ERF Christmas card project. (For our new members—AMA-ERF is not a subservive group, but an abbreviation for American Medical Association Education and Research Foundation.) AMA-ERF provides financial assistance to medical schools for their educational and research projects.

Pierce County Medical Auxiliary offers you the service of addressing and mailing for you a Christmas card, selected for you by Marlyn Baer, to all members of the Pierce County Medical Society

"Glasses as your eye physician prescribes them"

Contact Lenses — Artificial Eyes

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and their families. The card lists the names of contributors to AMAERF. A record is kept of contributions only for accounting purposes and is confidential; it is also tax deductible, and may be designated for any medical school you wish. The amount of your contribution is determined by you; no contribution is too large or too small. Each contribution is sincerely appreciated and will be acknowledged by the AMAERF chairman.

Your tax deductible check should be made out to Pierce County Medical Auxiliary—AMAERF and mailed before November 15th to:

Mrs. Wayne Bergstrom  
930 Altadena Ave.  
Tacoma, Wa. 98466

## Cookbooks

A few cookbooks of the current edition are still available and can be purchased from Judy Brachvogel or Nancy Kennedy. Recipes are still needed for the new book and should be sent to Nancy Kennedy.

## Fall Luncheon

The home of Mrs. Herbert Kennedy, located at 4117 Madrona Way, will be the location of the luncheon on Friday, October 18th. We will be honoring all past presidents and it should be lots of fun talking to them and hearing a bit about what they have been doing "since they were president."

Please note — we hope to start our luncheons at 11:30 a.m. this year. Try to be there!

## Newsletter

By now you should have received your first Auxiliary Newsletter. If you didn't get one, or if there is any correction needed, please notify Donna Prewitt. This letter will be sent to all wives of Pierce County Medical Society members until the end of this year, but beginning in January, it will only be sent to Auxiliary members who have paid their dues.

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PHYSICIANS' AND HOSPITAL SUPPLIES

## St. Joseph Officers And Trustees Named

Sister Marie Bernard, OSF, has been elected chairman of the eleven member board of trustees of St. Joseph hospital and health care center, operated by the Order of St. Francis. She is the supervisor of the X-ray department at St. Joseph.

Joseph Nolan, prominent Tacoma attorney, is vice chairman and Sister Josephine Clavin, OSF, director of home health at St. Joseph, is secretary. Sister Agnes McCort, principal of St. Ann's school, Tacoma, is treasurer.

Other trustees are Sister Martha Joseph, assistant administrator, St. Joseph hospital; Dr. Richard T. Vimont, Tacoma pathologist, St. Joseph Hospital; August von Boecklin, Tacoma banker and civic leader; Sister Philomena Joseph, Portland, Oregon, Provincial of the Order of St. Francis; R. P. Mallon, Tacoma businessman; Sister Jude Connelly, OSF, Portland Oregon; and Daniel F. Russell, Tacoma, administrator, St. Joseph hospital and health care center.



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## Dr. Hazelrigg Honored

Dr. James E. Hazelrigg was selected by the Washington State Medical Association for its Community Service Award, which is sponsored by the A. H. Robbins Company. Dr. Hazelrigg was honored for his work in the fields of mental health, community health planning and in the Washington State Medical Association.

Jim also has a large family practice in the Brown's Point area and has been instrumental in attempting to set up a family practice residency.

Washington Nurses Association, has been active in state-wide and regional professional groups, having held office in most of them. She was a member of the planning committee for this year's Seattle convention of the Western Hospitals Association, responsible for programs for administrative nurses.

## Mrs. Riedinger Retires

Mrs. Florence Riedinger, RN, retired this month as director of nursing services at St. Joseph Hospital and Health Care Center, after thirty years of service at the Tacoma, Washington "mission to the sick and injured" established by the Sisters of St. Francis in 1891. Mrs. Riedinger, a twenty-five year member of the

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JU 8-1889

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John Wolfe, Executive Director  
Allenmore Medical Center, Inc.  
383-2201

## OCTOBER BIRTHDAYS

- |    |   |     |                                    |
|----|---|-----|------------------------------------|
| 2  | Dudley Houtz<br>Graham Watkins  | 13  | G. W. Bischoff<br>Sumiho Wada      |
| 3  | Lester Backin   | 14  | Robert Bond<br>James McNerthney    |
| 4  | E. R. Anderson<br>Arnold J. Herrmann                                  | 15  | Harold Mayer                       |
| 5  | J. Robert Brooke<br>David F. Dye<br>Thomas B. Lawley<br>Kenneth Gross | 16  | Murray Johnson                     |
| 7  | Howard Boyd<br>Haskel Meier<br>Richard Rich                           | 17  | S. L. Sheimo<br>C. B. Ritchie      |
| 9  | Ernst Baur  | 19  | Marvin Bourne<br>Vincent Murphy    |
| 10 | Donald Nevitt<br>John Pelley<br>Dewey Stephens                        | 20  | Dumont Staatz                      |
| 11 | Myron Kass<br>Carlo Manetti<br>Jerome Weingarten                      | 21  | Buel Sever                         |
| 12 | Robert Kallsen  | 22  | James Symonds                      |
|    |   | 23. | H. A. Anderson<br>Terrence Tisdale |
|    |   | 24  | Giulio di Furia                    |
|    |   | 25  | Charles McGill                     |
|    |   | 28  | Ray L. Miller                      |
|    |   | 31  | John Kemman                        |

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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month except June, July and August
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.

76

PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

VOL XLV, NO. 10 TACOMA, WASHINGTON NOVEMBER, 1974



**REGULAR MEETING  
NOVEMBER 12**

# Pierce County Medical Society

1974

## OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Secretary ..... Judy Gordon

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 Herbert Kennedy         Edmund Kanar  
 Robert Johnson         John Kanda  
 Walter Arthur            John P. Nagle

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Thomas H. Clark         Robert Whitney  
 John F. Kemman         W. Ben Blackett  
 Herbert C. Kennedy      James F. Early  
                                  Herman S. Judd

## ALTERNATE DELEGATES

George Delyanis         James Krueger  
 James Blankenship      David Millett

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 G. M. Whitacre            Murray L. Johnson  
                                  Edmund A. Kanar

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### Poison Control

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### Medical Education

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David S. Hopkins, Editor  
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A service that works **closely** with both physician and his patient. By incorporating the Pavlovian Theory of "conditioned reflex," P.E.S. establishes home therapy programs helpful in correction of nocturnal enuresis when not caused by organic defects or disease.

Patients must **first** obtain **written medical clearance** from the physician in order to avail themselves of our services.

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## \$ Short Quiz for Members of the Medical Profession \$

### DID YOU KNOW THAT—

1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

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IN SOLVING THEIR DEBT PROBLEMS  
AND AVOIDING BANKRUPTCY

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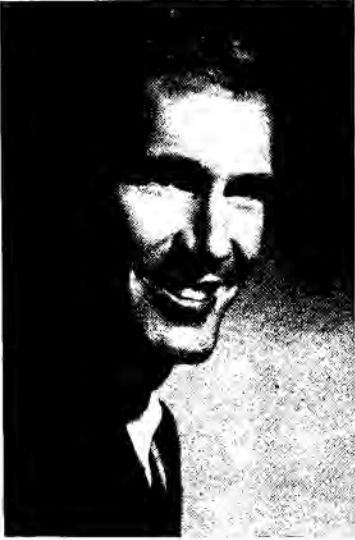
Tacoma, Washington

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Branches in Tacoma, Everett, Bremerton, Fort Lewis, Madigan Hospital,  
McChord AFB, Malmstrom AFB (Montana)



# President's Page



At the October 8th meeting the Board of Directors hired Mr. Dale Shirk as Executive Director of this Society. Mr. Shirk is presently Assistant Executive Director of the Orange County Medical Society in Southern California. He will

be moving to Tacoma directly and may be here by the time this bulletin is published.

The Pierce County Public Library Audio-Visual Department is purchasing equipment which automatically relays a taped message by telephone. The Society Trustees are currently evaluating the use of this facility to carry short public service messages on medical topics. These would be similar to the commercially prepared TEL-MED tapes used by Medical Societies in several areas of the Country except that they would be written and produced locally.

Members of medical specialties wishing Medical Society recognition as a department should begin organizing for this purpose. There are going to be some problems in meshing the departmental meetings with the various hospital departments, but the sooner this program gets started the sooner problems can be identified and solved.

## LAKWOOD CONVALESCENT CENTER

### "Ad Summum Nitamur" We Strive for the Highest

Extended care, nursing home care and self-care units make up this health care complex. Services are tailored to meet patient needs by means of a broad range of medical, nursing and paramedical programs. Standards are set high to insure continuity of care consistent with the quality of care in the acute care section of Lakewood General Hospital. The 130 bed center is directed by the Lakewood General Hospital Staff, Board of Governors and Administration.

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Tacoma, Washington 98499

JU 8-1711 JU 2-3777 JU 2-3778

# The new nutritional margarine labels have a message about you.

INFORMATION ON FAT AND CHOLESTEROL CONTENT IS PROVIDED FOR INDIVIDUALS WHO, ON THE ADVICE OF A PHYSICIAN, ARE MODIFYING THEIR TOTAL DIETARY INTAKE OF FAT AND CHOLESTEROL.

Mandatory nutritional statement on the back of all margarine labels

## Saffola® wants you to get the rest of the message.

### MAZOLA

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32
Calories	100
Protein	0 grams
Carbohydrate	0 grams
Fat	11 grams
*Percent of calories from fat	99%
*Polyunsaturated	3 grams
*Saturated	2 grams
*Cholesterol	0 (0 per 100 grams)
Sodium	120 milligrams (865 mg./100 gm.)

Percentage of U.S. recommended daily allowances (U.S. RDA)

Vitamin A 10%

Contains less than 2 percent of the U.S. RDA of protein, Vitamin C, thiamine, riboflavin, niacin, Calcium and iron.

\*Information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol

### IMPERIAL

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32 (per pound container)
Calories	100
Protein	0 (not a significant source of protein)
Carbohydrate	0
Fat	11 grams
Percent of calories from fat	over 99%
**Polyunsaturated	3 grams
**Saturated	2 grams
**Cholesterol	0 (0 per 100 grams)

Percentage of U.S. recommended daily allowances (U.S. RDA)\*

Vitamin A 10%

Vitamin D 15%

\*Contains less than 2 percent of the U.S. RDA of Vitamin C, thiamine, riboflavin, niacin, calcium, and iron.

\*\*Information of fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol

### SAFFOLA

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32 (per pound container)
Calories	100
Protein	0
Carbohydrate	0
Fat	11 grams
Percent of calories from fats	100%
Polyunsaturated	5 grams
Saturated	2 grams
Cholesterol	0

Information of fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol.

Percentage of U.S. recommended daily allowances (U.S. RDA)

Vitamin A 10%

Vitamin E 15%

Contains less than 2 percent of the U.S. RDA of protein, Vitamin C, thiamine, riboflavin, niacin, calcium, and iron.

With the new nutritional labeling, it's all there in black and white. So you can see for yourself. And so can your patients. It adds up to this: Saffola is higher in polyunsaturates than most other margarines including corn oil. And no other margarine is lower in saturated fats than Saffola.

Of course, all our products, including Saffola oil and mayonnaise are made with safflower oil.

But we're not kidding ourselves. We know that even if you advise a fat modified diet, your patients might not switch to Saffola. Not unless it tastes every bit as good or better than the spread, oil or mayonnaise they're now using. That's something else they're going to find out for themselves.



# Editorially Speaking



Are you shocked? — by those new sky-high malpractice insurance premiums?

Of course you are! But before you start blaming those getting-rich-quick insurance companies, you'd better give some thought to where the real battleground is.

Getting most of the flak right now is the Aetna, which, with its WSMA-endorsed professional liability plan covers over 60 per cent of Washington State physicians. As part of the 55 per cent average increase across the State for 1975, the bill for Neurosurgeons' coverage will go up 107.8 per cent!

But the real battleground isn't between the doctors and the insurance companies. Our insurance companies have had to do some pretty sincere belt-tightening to continue to maintain this type of coverage. If it's so profitable, why has company after company all over the country withdrawn from this field? Why are only about six companies still hanging on with this type of coverage offered?

During the past few years, I've sat with the State Medical Defense Committee as we hashed things out with Aetna officials, and before that we met personally with representatives of other companies, such as Argonaut, and Marsh & McLennan — the largest insurance broker in the United States.

Later this month, our committee will again confront Aetna to get a cash-flow summary of all their malpractice business, in hopes of being able to better substantiate their need to raise our premiums.

But the actuarial complexities are not easy for us to grasp. Terms like "Loss Adjustment Expenses", "Indicated Expense Dividend", "Claim Frequency Trend Factor", and "Average Exposure Date" are as difficult for them to explain to us as it is for doctors to explain complex medical terms to patients. If their message does get across, I suspect that we'll find rates have to be in the new range, or else another insurance company leaves the malpractice coverage field.

Presently proposed rates, incidentally, are still awaiting approval by the State Insurance Commissioner.

Where's the battleground? It's really in using our influence to gradually affect a changing attitude in the courts and legislatures. We must direct our efforts toward long-range solutions to the problem, such as compulsory arbitration, or no-fault insurance, or elimination of the contingency fee arrangement between plaintiff and attorney. We'll eventually get more results there than by being bitter toward our insurance companies.

S. W. T.

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Both Hospital and Medical Staff have a proud heritage. The basic treatment series is based upon conditioned aversion therapy, in conjunction with sodium pentothal therapy, methods now widely accepted but which Shadel physicians pioneered more than three decades ago.



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Experience with over 17,000 patients has proven the success and safety of this therapy when used under proper medical supervision. (Shadel therapy should not be confused with other techniques using medication that may cause serious reactions to the patient should he later take alcohol, even inadvertently.)

The Medical Staff has made many contributions to basic research and improved treatment techniques. Staff works with and supports public and university scientific projects on alcohol.

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# The initial Librium prescription: (chlordiazepoxide HCl)



The patient with severe anxiety

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

antianxiety

# Librium<sup>®</sup>

(chlordiazepoxide HCl)

5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.

ROCHE



# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies

(chlordiazepoxide HCl)

**Note:** The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg *b.i.d.* or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)*

*25 mg*

*Cap #30*

*sig: cap T t. i. d.*

The patient with severe anxiety

R

*Librium (chlordiazepoxide HCl)*

*5 mg*

*Cap #50*

*sig: cap T b.i.d.*

*In Form*

The overanxious geriatric patient

R

*Librium (chlordiazepoxide HCl)*

*10 mg*

*Cap #30*

*sig: cap T q. i. d.*

The patient with excessive anxiety and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. *Oral—Adults:* Mild and moderate anxiety and tension, 5 or 10 mg *t.i.d.* or *q.i.d.*; severe states, 20 or 25 mg *t.i.d.* or *q.i.d.* *Geriatric patients:* 5 mg *b.i.d.* to *q.i.d.* (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 100 and 500; Tel-E-Dose® packages of 1000. Libritabs (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.

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40th  
Year

24-Hour



# **Pierce County Medical Society Meeting**

**Tuesday, November 12**

Medical Arts Building Auditorium

PROGRAM—8:15 P.M.

**Nomination for Medical Offices and  
Report of Nominating Committee**

**Approval of Local Telephone Listing Guide  
(if amendment to Constitution Art 10  
is approved)**

Social Hour—6:00

Honan's

Dinner—7:00

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He's John Hewitt, trust officer.  
His job? Helping you make the most of your  
financial assets. Backed by our team of  
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Member F.D.I.C.

**DOCTOR!**  
**DID YOU ORDER**  
**YOUR PIERCE COUNTY**  
**DIRECTORY?**

Responses on orders and information for the 1975 Directory of Pierce County Physicians have been rather slow. Please send yours in to the Medical Society office immediately. If you did not receive your order form, please contact the Society office at MA 7-2020 and one will be sent to you.

Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome, steroid-induced and idiopathic edema, edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia (>5.4 mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 8% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded, in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Antihypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperuricemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis, rash, urticaria, photosensitivity, purpura, other dermatological conditions, nausea and vomiting (may indicate electrolyte imbalance), diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

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Subsidiary of SmithKline Corporation

## KEEP THE HYPERTENSIVE PATIENT ON THERAPY KEEP THERAPY SIMPLE WITH

# DYAZIDE<sup>®</sup>

Each capsule contains 50 mg. of Dyrenium<sup>®</sup> (brand of triamterene) and 25 mg. of hydrochlorothiazide.

No potassium supplements  
No special K<sup>+</sup> rich diets  
Just 'Dyazide' once daily or twice daily



Studies have demonstrated that two prime reasons patients drop out of hypertensive therapy are: (1) the patient failed to understand directions, and (2) the regimen was overly complicated.\* Dosage is simple with 'Dyazide', easily understood, once or twice daily, depending on response. There's no need to complicate the regimen with potassium supplements or unwieldy potassium-rich diets.

\*E.D. Freis: The Modern Management of Hypertension, V.A. Information Bulletin, 11-35.

## KEEP BLOOD PRESSURE DOWN AND KEEP POTASSIUM LEVELS UP

## November Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  Oncology Conf. TGH 8 a.h. <hr/> Med. Ed. Good Sam. 8 a.m. <hr/> Tumor Board Allenmore 7 a.m.
<b>4</b>  Mary Bridge Cardiac Conf. 6:30 p.m. <hr/> Tac. Orthopedic Soc. 6 p.m. <hr/> PC Pediatric Society 6:30 p.m.	<b>5</b>  CPC of Mary Bridge 8 a.m.	<b>6</b>  Surgical Conf. TGH—8 a.m.	<b>7</b>  Gastrointestinal Conf. St. Joseph's 8:15 a.m.	<b>8</b>  Tumor Board 7 a.m. - Allenmore <hr/> Good Sam. Med. E.—8 a.m. <hr/> Neurology Conf. TGH—8:15 a.m.
<b>11</b>  Mary Bridge Cardiac Conf. 6:30 p.m.	<b>12</b>  CPC of Mary Bridge 8 a.m. <hr/> PIERCE COUNTY MEDICAL SOCIETY	<b>13</b>  OB-GYN Conf. TGH 8 a.m.	<b>14</b>  Dept. of Med. St. Joseph 8:30 a.m.	<b>15</b>  Tumor Board Allenmore 7 a.m. <hr/> Cardiology Conf. TGH 8 a.m. <hr/> Monthly Staff Business Meet. Good Sam. 8 a.m.
<b>18</b>  Mary Bridge Cardiac Conf. 6:30 p.m. <hr/> Active Staff Meeting 12:00 Allenmore	<b>19</b>  Monthly Meet Med. Staff PSGH Luncheon 12:15 <hr/> CPC of Mary Bridge 8 a.m. <hr/> Tacoma Surg. Club 6:30 p.m.	<b>20</b>  Med. Conf. TGH 8 a.m. <hr/> Int. Med. TGH 8 a.m.	<b>21</b>  Med. Chest Conf. St. Joseph 8:15 a.m.	<b>22</b>  Tumor Board Allenmore 7 a.m. <hr/> Oncology Conf. TGH 8 a.m. <hr/> Med. Ed. Good Sam. 8 a.m.
<b>25</b>  Mary Bridge Cardiac Conf. 6:30 p.m. <hr/> Pierce County Chapter AAFPP 6:30 p.m.	<b>26</b>  CPC of Mary Bridge 8 a.m. <hr/> Tacoma Acad. of Int. Med. 6:30 p.m.	<b>27</b>  Path. Conf. TGH 8 a.m.	<b>28</b>  Clinical Path. Conf. St. Joseph 8:15 a.m.	<b>29</b>



## Johnson-Cox Co.

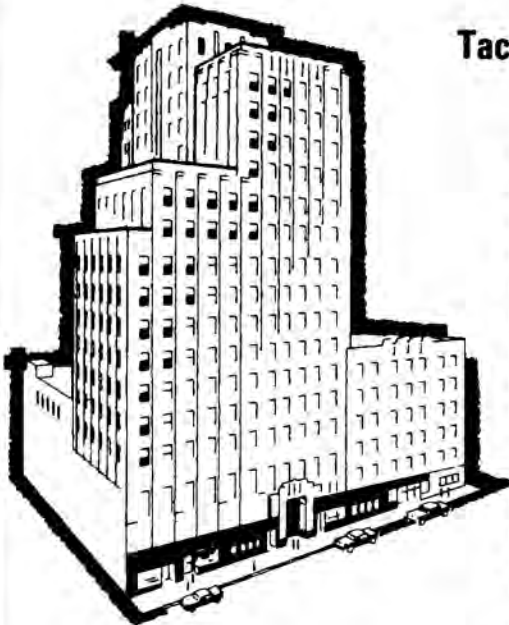
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## Tacoma's Largest Medical Building

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The Medical Arts Building located in the heart of Tacoma—provides all the needs of the medical profession . . . fully equipped laboratories, prescription pharmacy, optical manufacturers and stores, new restaurant, Pierce County Medical Society office, library and auditorium, new 70 bed Doctors Hospital—Parking available in building. Your inquiry is invited.

## Medical Arts Building

Building Office:

Suite 1526

BR 2-3161

P.A.D. MGNT., INC.



## Judy Gordon Dies; Society Secretary Was Long-Time Tacoman



The familiar voice of Judy Gordon no longer answers the phone at MA 7-2020. Judy died on Monday, Sept. 23, after a brief illness. She had been executive secretary for the Pierce County Medical Society for the past 18 years, after answering an advertisement placed by the Society in the Tacoma News Tribune.

Before taking over the desk at 113 Medical Arts Bldg., Judy had worked for the Pierce County Blood Bank for four and one-half years and was Publicity Director for the Pierce County Chapters of the National Foundation for Infantile Paralysis and the Society for Crippled Children. For several years she handled all press, radio and TV material for those organizations. She had also had previous experience managing a small book department and lending library.

Born in Kelso, Judy moved to Tacoma at an early age and had most of her education here, attending Stadium High School, where she was on the staff of the *Stadium World*, on the swimming team, and took part in school operas. She also attended Annie Wright Seminary and the College of Puget Sound, and attended the University of Minnesota for one year.

Judy Gordon lived with her husband at 918 No. G St. Besides her husband, she is survived by two daughters.

## Tanbara To Discuss Malnutrition Issue On November 14

Dr. George Tanbara will discuss the physiological and emotional aspects of malnutrition at a conference on that subject to be held on Thursday, November 14th, from 9 a.m. to 3 p.m. in the activities room at Puget Sound General Hospital.

The conference is sponsored by Neighbors in Need, a coalition of 12 food banks in Pierce County, which stresses the fact that food banks are by no means an adequate solution to the problems of malnutrition and poverty that exists in this community. It is hoped that the conference will give business and community leaders an increasing awareness of the problems, and stimulate them to work together toward a more permanent solution.

Other speakers at this important conference will be Dr. Max Drake, Professor of Sociology at Pacific Lutheran University, who has done extensive research on malnutrition; and Ms. Gail Brandt, a dietitian with the Tacoma Pierce County Health Department.

For further information, call Ms. Gail Keliher, Coordinator, Neighbors in Need, Pierce County, 272-8433.

## Genetics Clinic At Mary Bridge

A Genetics Clinic will be established at Mary Bridge Children's Health Center, according to Willard A. Jones, Executive Director of the Pierce County Chapter of the National Foundation-March of Dimes. The Clinic will be under the direction of Dr. Robert G. Scherz, new Medical Director at the Center. It will function in close coordination and liaison with the University of Washington Hospital.

Individual members of the medical community are invited to forward comments and suggestions about the design or operation of the Clinic to Dr. Scherz.



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So if getting money back on insurance sounds like something you might be interested in, contact your nearest Aetna Life & Casualty agent for details. Paying dividends is something you don't hear about very often, if ever, in professional liability insurance. And something you may not get from an average insurance company. But then again, we're not your average insurance company.

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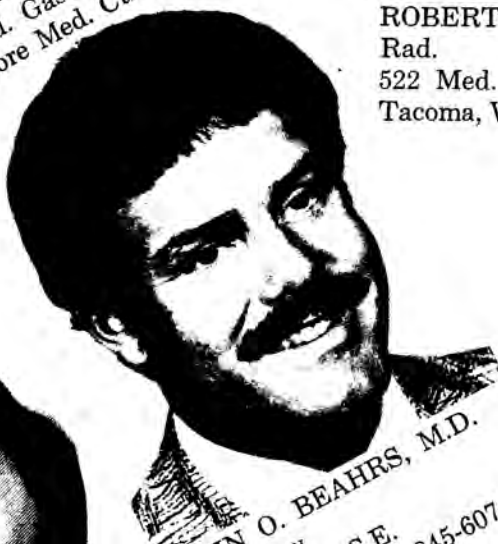
# New Members of the Pierce County Medical Society



**RICHARD D. BAERG, M.D.**  
Int. Med. Gastroent  
Allenmore Med. Ctr. Phone 272-6074



**ROBERT D. RICH, M.D.**  
Rad.  
522 Med. Arts Bldg.  
Tacoma, Wa. 98402 Phone 272-5131



**JOHN O. BEAHR, M.D.**  
Psychiatry  
1318-3rd St. S.E.  
Puyallup. Phone 845-6074



*Associate Membership*  
**WILLIAM M. DYER, JR., M.D.**  
USAF Clinic McChord/SG  
McChord AFB, Wa. 98438  
Phone 984-5300

**JOHN T. SACK, M.D.**  
Orthop. Surg.  
Phone MA 7-7157  
Tacoma, Wa.



## MARY BRIDGE CHILDREN'S HOSPITAL POISON INFORMATION CENTER CALLS

Month of September, 1974

TOTAL CALLS .....	703
From Doctors and Hospitals .....	15
From Community Agencies .....	8
From Others, Home .....	680

### AGE DISTRIBUTION

Under 18 months .....	87
18 months to 3 years .....	193
3 and 4 year olds .....	98
5 and six year olds .....	29
7 through 12 years .....	30
13 through 19 years .....	22
20 years and over .....	171
No age given .....	73

### TIME CALL RECEIVED

7 a.m. - 8 a.m. ....	12
8 a.m. - 9 a.m. ....	26
9 a.m. - 10 a.m. ....	37
10 a.m. - 11 a.m. ....	51
11 a.m. - 12 noon ....	66
12 noon - 1 p.m. ....	59
1 p.m. - 2 p.m. ....	42
2 p.m. - 3 p.m. ....	73
3 p.m. - 4 p.m. ....	58
4 p.m. - 5 p.m. ....	64
5 p.m. - 6 p.m. ....	47
6 p.m. - 7 p.m. ....	42
7 p.m. - 8 p.m. ....	39
8 p.m. - 9 p.m. ....	30
9 p.m. - 10 p.m. ....	18
10 p.m. - 11 p.m. ....	11
11 p.m. - 12 a.m. ....	3
12 a.m. - 7 a.m. ....	9

### DAY OF WEEK CALL RECEIVED

Monday through Friday .....	411
Saturday .....	79
Sunday .....	100
Holiday .....	23

### SUBSTANCES TAKEN

Chemicals .....	0	1
Caustics .....	1	3
Foods .....	5	36
Cosmetics .....	34	38
Pesticides .....	2	8
Bites .....	13	44
Cleaning & Polishing Agents .....	39	54
Petroleum Products .....	32	47
Gases, Vapors .....	2	13
Plants & Berries .....	120	249
Miscellaneous .....	25	46
Aspirin .....	8	12
Pat. Meds. ....	61	80
Presc. Meds .....	36	82

### ADVICE GIVEN

Contact M.D. ....	33
Give Ipecas. ....	120
Give Liquids .....	215
Go to E.R. ....	58
Info. to M.D. ....	1
Observe .....	71
Rinse thoroughly .....	21
No Treatment .....	47
Information .....	126

Number of Homes that Had IPECAC ..... 71

Number of Homes Without IPECAC ..... 58

### POISON SEEN IN MBCH E.R.

Inpatients .....	4
Outpatients .....	9
City .....	232
County .....	220
Out of County .....	29
No Address .....	164



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Indianapolis, Indiana 46205





## Pierce County Sends Full Delegation To State Meeting in Spokane

When the roll was called at the meetings of the House of Delegates in Spokane during the September meeting of the Washington State Medical Association, the doctor delegation from Pierce County was there in full strength — all seven of them. Led by Society President Ben Blackett the rest of the delegation consisted of Doctors Tom Clark, Herb Kennedy, John Kemman, Herman Judd, Bob Whitney and Jim Early.

The entire delegation held a breakfast caucus on the final day, preceding the final meeting of the House of Delegates, to review the issues and decide on what stands to take, though no delegate was bound to any particular vote. Also attending the caucus, and the meeting, were State Trustees Jim Hazelrigg and John May and Speaker of the House Stan Tuell. Ben Blackett and Jim Hazelrigg served on Reference Committees.



*Part of the Pierce County Caucus in Spokane: Jim Hazelrigg, Herb Kennedy, Bob Whitney, Ben Blackett, John May, Herman Judd, and Jim Early.*

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## Dale Shirk Takes New County Society Executive Post

The new Executive Director of the Pierce County Medical Society will soon be on the job. His name is Dale C. Shirk, and he was introduced to the membership of the Society on Tuesday, October 8th, at the regular Society Meeting. The announcement was made by Dr. John Kanda, one of the three Committee Members who have been making an extensive search for an Executive Director for several months. Other Committee Members were Doctors Les Baskin and James Early.

Dale Shirk comes to Pierce County from his position as Assistant Executive Director of the Orange County Medical Association. He held that post from August of 1973 to the present time. Previous to that, he was employed with the Stanislaus County Medical Society and Foundation of Medical Care. This background has given him considerable ex-

perience in training and supervision of office management and clinical personnel, coordination of membership services, placement and information services, group insurance, coordination of staff activities and committee work, and management of medical publication. Before that, he had three years experience in clinical laboratory technology with the United States Army Medical Corp in West Germany.

Mr. Shirk is 30 years old, is 6-ft. 2-inches in height and weighs 235 pounds. His wife, Gail, is expecting their first child shortly after they arrive in the Tacoma area.

## Volunteers Needed

The Pierce County Medical Auxiliary is again going to take part in the Blood Pressure Day project. The time and location will be announced soon. If you want to help in any way, please call Jo Roller, 752-6825.

# R

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

President .....	Mrs. Ronald Spangler, Jr. (Nancy)
President-Elect .....	Mrs. J. G. Katterhagen (Anne)
1st V.P.—Program .....	Mrs. Stanley A. Mueller, Jr. (Julia)
2nd V.P.—Membership .....	Mrs. Ralph V. Stagner (Bonnie)
3rd V.P.—Historian & By-Laws .....	Mrs. John M. Havlina (Dolores)
4th V.P.—Social .....	Mrs. Max W. Brachvogel (Judy) Mrs. William A. McPhee (Georgia)
Recording Secretary .....	Mrs. Robert M. Ferguson (Donna)
Corresponding Secretary .....	Mrs. Arthur M. Smith (Peggy)
Treasurer .....	Mrs. Robert C. Johnson (Betty)
Dues Treasurer .....	Mrs. W. Ben Blackett (Glenna)

## COMMITTEE CHAIRMEN

AMAERF .....	Mrs. D. Ted Baer (Maryln) Mrs. Wayne A. Bergstrom (Reta)
Community Health .....	Mrs. George A. Moosey (Jane)
Cookbook .....	Mrs. John A. Kennedy (Nancy)
Finance .....	Mrs. Robert B. Whitney, Jr. (Helen)
Health Council .....	Mrs. Philip Grenley (Dorothy)
Legislative .....	Mrs. Thomas H. Skrinar (Kathleen)
Mental Health .....	Mrs. Jay H. Ehly (Vivian)
Nominating .....	Mrs. John R. Alger (Obie)
Publicity: Bulletin .....	Mrs. Charles D. Prewitt (Donna)
Newspaper .....	Mrs. David S. Hopkins (Carol)
Speakers Bureau .....	Mrs. Richard D. Baerg (Judy)
Student Recognition .....	Mrs. L. Stanley Durkin (Adele) Mrs. Gordon E. Dean (Florence)
Telephone .....	Mrs. Charles L. Anderson (Cindy) Mrs. Leonard B. Alenick (Gail)
Today's Health .....	Mrs. William T. Ritchie (Marge)
Health Education .....	Mrs. Ralph A. Johnson (Jo Ann)
Blood Pressure Project .....	Mrs. Gilbert J. Roller (Jo)
Medical Directory .....	Mrs. Stanley W. Tuell (Stephanie)

## November Luncheon

Friday the 15th is the date of the November luncheon to be held at the home of Mrs. Cordell Bahn, 624 Aurora North. State Representative Phyllis Erickson will be the speaker, with a post-election discussion of politics. Try to be there. Remember, the new time for the luncheon is 11:30 a.m.

## AMA-ERF Deadline Is Here

This is the final call for your contribution to the AMA-ERF fund. The money is used for the purpose of providing financial aid to medical schools, students, and improved public health through scientific and medical research. When you send in your contribution, you may indicate the school you want it to go to.

It is necessary to receive your contribution by November 15th in order that our Christmas card may be prepared with a complete list of contributors in time for Christmas mailing.

Please make your tax-deductible check to AMA-ERF Pierce County Women's Auxiliary and mail to:

Mrs. Wayne Bergstrom  
930 Altadena Ave.  
Tacoma, Wash. 98466

## Past Presidents Honored

The October meeting of the Auxiliary, held at the home of Mrs. Herbert Kennedy, was in honor of the Auxiliary's Past Presidents, with about a dozen of them in attendance. Julia Mueller gave an excellent summary of the Auxiliary highlights, beginning in the year 1931 when the Pierce County Chapter was founded. Then, as now, the Auxiliary emphasized health education in the community and there have been many worthwhile projects and activities started under the leadership of our fine presidents. Learning about these many activities and hearing some of the amusing side-lights contributed to a very interesting program.

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## Yoder Lecturer Dinner Guest of Honor



Dr. Witold Rudowski, 1974 Yoder Guest Lecturer, will be the guest of honor at a dinner preceding the fall Yoder

Lecture on Friday, November 15th, in O'Brien's Restaurant in the Washington Plaza Building, Tacoma.

A special invitation has been extended to the medical wives to attend the lecture and dinner in Professor Rudowski's honor. Reservations for the dinner may be made by calling Mrs. English at MA 7-4101, Extension 273, Monday through Friday.

Dr. Rudowski's tour to the Western hemisphere will take him before medical audiences at the Universities of Oregon, Washington and British Columbia in addition to his visit here. A widely read author and lecturer, Dr. Rudowski heads the department of surgery at the University of Warsaw (Poland) School of Medicine.

The lecture will be presented in the Tacoma Art Museum auditorium at 9:00 p.m., and is open to members of the medical profession. It is free of charge. Dinner will be at 7:00 p.m.

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**Community Organizer — Mrs. Charmaine Archibald, LPN**

	September	Total '74	Total since '72
AA	899	4436	6157
AS	30	133	223
Blacks	30	130	217
Caucasian	0	3	6
AC	6	20	54
B/THAL TRAIT	3	15	18
SB/THAL	0	0	1
AD	1	3	5
SC DISEASE	1	2	2
PERSISTENCE FETAL Hb	1	4	4
LAPORE	0	1	1
AG	0	1	1
PECULIAR FINDINGS	0	1	1
<b>TOTAL</b>	<b>941</b>	<b>4616</b>	<b>6467</b>

**2 LOCATIONS**

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The advertisement features a stylized illustration of two drug store buildings. One building is labeled '11th & K' and the other '48th & So. Tacoma Way'. A Volkswagen Beetle is shown at the bottom right with 'HAROLD MEYER PRESCRIPTIONS' written on its side.

## AMA Sponsors Meet on Medical Aspects of Sports

The 16th Conference on the Medical Aspects of Sports, sponsored by the American Medical Association under the auspices of its Committee on the Medical Aspects of Sports, will be held in Portland, Oregon, at the Memorial Coliseum on Saturday, November 30, 1974. The Conference is held annually in conjunction with and on the first day of the Clinical Convention of the American Medical Association.

Major highlights of the 16th Conference will focus on: international sports medicine, Jesse Owens, and female athletics.

Additional topics to be discussed are: the effect of local steroid injections on tendon strength, hockey injuries, allied medical care, skiing safety progress, emergency first aid and comprehensive community programs.

The Conference is open to key athletic personnel, allied medical special-

ists, and interested physicians. For further information write:

The Committee on the Medical  
Aspects of Sports  
535 N. Dearborn St.  
Chicago, Illinois 60610

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GR 4-9419

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JU 8-1889

University Shopping Center  
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LO 4-1320

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40th and Bridgeport  
LO 4-2494

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## November Birthdays

- |    |  |    |   |
|----|--|----|---|
| 1  | Charles E. Kemp<br>Carl O. Granquist<br>J. Hugh Kalkus<br>George A. Moosey | 17 | T. R. Haley                                       |
| 5  | William C. Brown<br>Joseph LaTona  | 18 | James D. Krueger<br>G. M. Whitacre                |
| 6  | J. G. Katterhagen<br>Sherman S. Pinto                                      | 19 | Calvin A. Lantz                                   |
| 7  | G. W. Bissonnette  | 20 | Raymond Tyvand                                    |
| 8  | Ray M. Lyle<br>Wayne W. Zimmerman  | 21 | Ronald G. Gallucci                                |
| 11 | William T. Ritchie<br>Kenneth Sturdevant                                   | 22 | Michael Doel<br>Vernon O. Larson<br>John M. Shaw  |
| 13 | Dale D. Doherty<br>Paul E. Gerstmann                                       | 23 | Ralph V. Stagner                                  |
| 14 | Thomas H. Clark<br>Kiyooky Hori  | 24 | John R. Alger                                     |
| 15 | John Junker  | 25 | John H. McGowen<br>William McPhee                 |
| 16 | Kurt Brawand<br>Galen Hoover   | 26 | Kenneth Kilborh<br>Theodore Smith                 |
|    |  | 29 | John Colen  |
|    |  | 30 | Rostom Rivera<br>Robert F. Glock<br>Thomas Smeall |

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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec. —7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month except June, July and August
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.



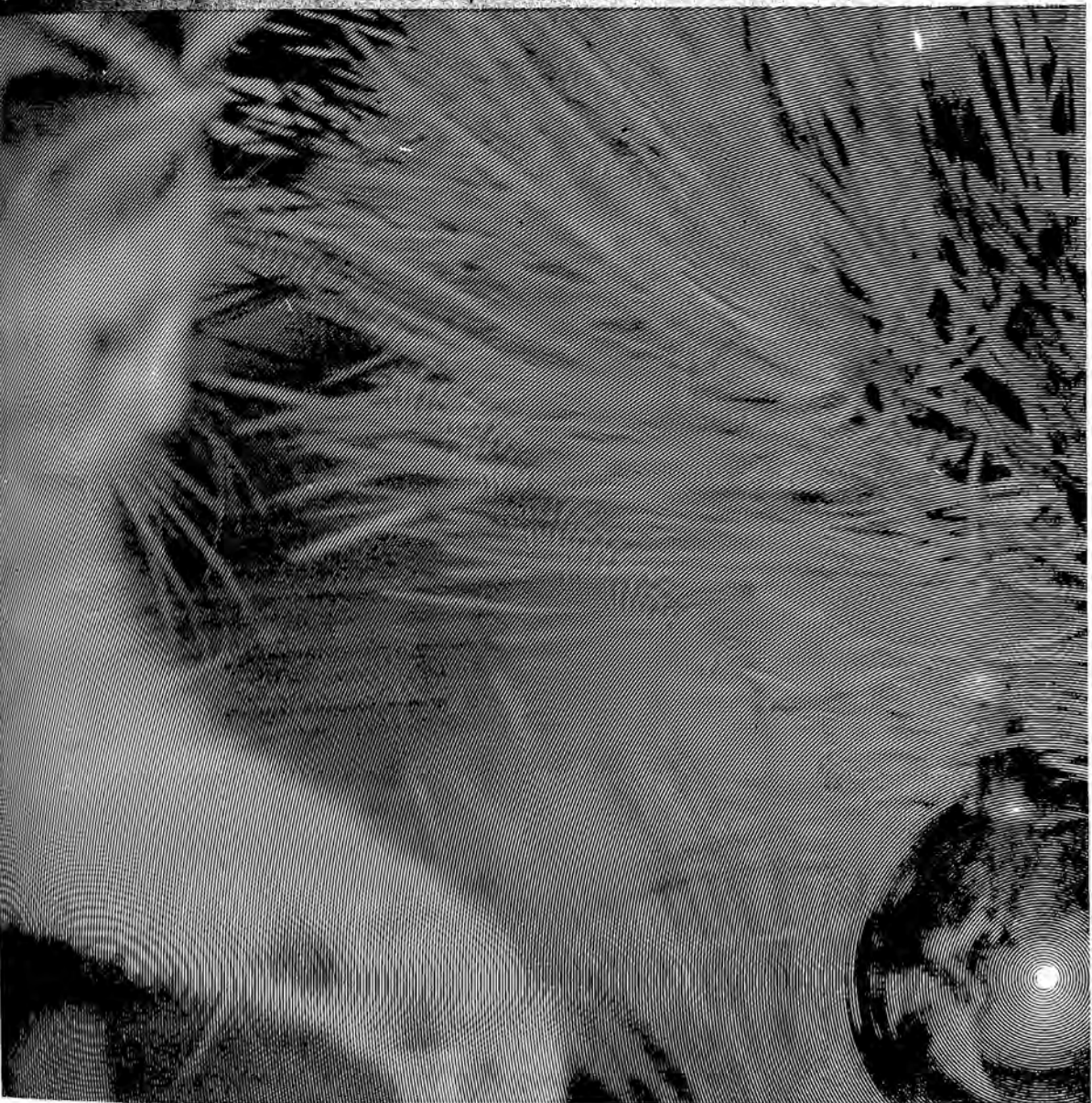
*The*



PIERCE COUNTY MEDICAL SOCIETY

# BULLETIN

VOL XLV, NO. 11 TACOMA, WASHINGTON DECEMBER, 1974



PIERCE COUNTY MEDICAL SOCIETY

**REGULAR MEETING  
DECEMBER 10**

## Pierce County Medical Society

1974

### OFFICERS

President ..... W. Ben Blackett  
 Vice President ..... James G. Billingsley  
 President-elect ..... James F. Early  
 Secretary-Treasurer ..... David L. BeMiller  
 Executive Director ..... Dale C. Shirk

### TRUSTEES

Thomas H. Clark	James Stilwell
Herbert Kennedy	Edmund Kanar
Robert Johnson	John Kanda
Walter Arthur	John P. Nagle

### DELEGATES

Thomas H. Clark	Robert Whitney
John F. Kemman	W. Ben Blackett
Herbert C. Kennedy	James F. Early
	Herman S. Judd

### ALTERNATE DELEGATES

George Delyanis	James Krueger
James Blankenship	David Millett

### COMMITTEES

#### Ethics

Dudley W. Houtz, Chairman	
G. M. Whitacre	Murray L. Johnson
	Edmund A. Kanar

#### Grievance

John M. Kanda, Chairman	
L. S. Baskin	Robert W. Florence

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 Richard F. Barronian  
 William E. Avery  
 Louis P. Hoyer, Jr.  
 Gerhart Drucker  
 Charles Prewitt  
 R. A. Norton  
 Donald F. McKay

#### Program

John P. Nagle, Chairman

#### Public Health

Harlan P. McNutt, Chairman

#### Television

Robert A. O'Connell, Chairman  
 Theodore J. Smith

#### Entertainment

William J. Rohner, Chairman

#### Legislative

Stanley W. Tuell, Chairman

#### Poison Control

James L. Schneller, Chairman

#### Medical Education

Marcel Malden, Chairman

#### Editorial

David S. Hopkins, Editor  
 Stanley W. Tuell

#### Library

Robert A. Kallsen, Chairman

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## \$ Short Quiz for Members of the Medical Profession \$

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1. A large majority of clients at The Consumer Credit Counseling Service of Tacoma-Pierce County list two or more members of the medical profession among their creditors?
2. Each month Consumer Credit Counseling Service disburses 200 to 300 checks to members of the medical profession?
3. Consumer Credit Counseling Service has disbursed over \$1,500,000 in the last 3 years, of which ONLY 3½ to 4% went to the medical profession?
4. Referring a delinquent patient to CCCS will probably result in regular monthly payments on his or her account?
5. The approved treatment for a pinched pocketbook nerve is a referral to CCCS?

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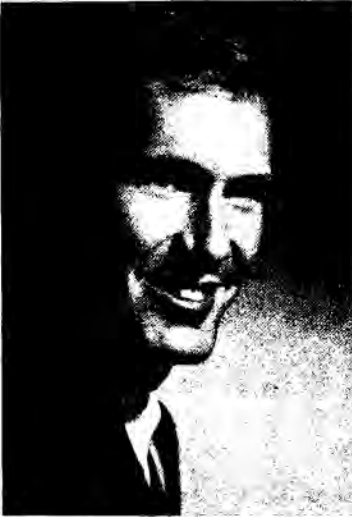
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# President's Page



The Amendments to Articles 10 and 12 were approved and at its November meeting the Society adopted the telephone listing guide suggested by the Ethics Committee.

A county-wide uniform hospital dietary manual, put together by Dr. Fairbourn's Dietary Committee, was approved unanimously.

The organization of county departmental meetings is proceeding rapidly and a trial run with the Medicine Department meeting has taken place. It is hoped that the program will be functioning and available for all who wish to use it within the next few months.

There seems to be some misconception about State Society dues. Membership in the State Society is mandatory for members of this County Society and vice-versa. Membership in the AMA is not a requirement in this Society or State although it is in some other states. New dues statements will be out the first of 1975 and will include any 1974 arrears.

The slate of Officers and Trustees for 1975 named by the Nominating Committee was approved in November. Officers

for 1975 will be as follows:

David H. Hopkins, MD, President-elect  
Stanley A. Mueller, MD, Vice-president  
David L. BeMiller, MD, Secretary-Treas.

Trustees for two-year terms:

William T. Ritchie, MD

Lawrence N. Brigham, MD

K. Royce Hansen, MD

Mr. Dale Shirk began his duties with the Society on November 18th. There are numerous areas in which he will strengthen the Society because neither I nor past presidents have had the time to devote to a number of areas which have necessarily been defaulted.

This is my final president's page; Dr. James Early takes over the Society presidency at the December meeting. I appreciate the honor of having served as President of this Society.



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# The new nutritional margarine labels have a message about you.

INFORMATION ON FAT AND CHOLESTEROL CONTENT IS PROVIDED FOR INDIVIDUALS WHO, ON THE ADVICE OF A PHYSICIAN, ARE MODIFYING THEIR TOTAL DIETARY INTAKE OF FAT AND CHOLESTEROL.

Mandatory nutritional statement on the back of all margarine labels.

## Saffola<sup>®</sup> wants you to get the rest of the message.

### MAZOLA

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32
Calories	100
Protein	0 grams
Carbohydrate	0 grams
Fat	11 grams
*Percent of calories from fat	99%
*Polyunsaturated	3 grams
**Saturated	2 grams
*Cholesterol	0 (0 per 100 grams)
Sodium	120 milligrams (865 mg/100 gm)

Percentage of U.S. recommended daily allowances (U.S. RDA)

Vitamin A 10%

Contains less than 2 percent of the U.S. RDA of protein, Vitamin C, thiamine, riboflavin, niacin, Calcium, and iron.

\*Information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol.

### IMPERIAL

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32 (per pound container)
Calories	100
Protein	0 (not a significant source of protein)
Carbohydrate	0
Fat	11 grams
Percent of calories from fat	over 99%
*Polyunsaturated	3 grams
**Saturated	2 grams
**Cholesterol	0 (0 per 100 grams)

Percentage of U.S. recommended daily allowances (U.S. RDA)\*

Vitamin A 10%

Vitamin D 15%

\*Contains less than 2 percent of the U.S. RDA of Vitamin C, thiamine, riboflavin, niacin, calcium, and iron.

\*\*Information of fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol.

### SAFFOLA

Nutrition Information Per Serving

Serving size	14 grams (about one tablespoon)
Servings per container	32 (per pound container)
Calories	100
Protein	0
Carbohydrate	0
Fat	11 grams
Percent of calories from fats	100%
Polyunsaturated	5 grams
Saturated	2 grams
Contains no cholesterol	

Information of fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol. Percentage of U.S. recommended daily allowances (U.S. RDA)

Vitamin A 10%

Vitamin E 15%

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But we're not kidding ourselves. We know that even if you advise a fat modified diet, your patients might not switch to Saffola. Not unless it tastes every bit as good or better than the spread, oil or mayonnaise they're now using. That's something else they're going to find out for themselves.





# Editorially Speaking



Apathy is "breaking up that old gang of mine" down at Honan's. This is not a plug for Honan's restaurant but, rather, an observation that the number of medical society members attending the pre-meeting planning conferences at Honan's has diminished perceptibly over the past few years. Time was when the bar, and subsequently the dining room, was filled with an air of conviviality and good cheer and, on occasion, a noted heart surgeon could be observed performing a transplant on the folding green stuff from his neighbors' wallets, all based on a random grouping of serial numbers on the dollar bills.

Although no statistics are available, a longtime observer is left with the impres-

ion that the larger crowds at Honan's produced larger crowds at the society meetings despite the fact that a certain percentage was unable to make the transition from the eating place to the meeting place.

Perhaps it is not apathy but instead a puritan denial of frivolity in a time of economic recession that has reduced the social hour attendance. The odds are, however, that it is the former plus feelings of disillusionment and futility that have lowered attendance in both areas.

We are at an important point in the history of the Pierce County Medical Society. We have a new executive director with new ideas and enthusiasm. We have committees working within the medical society to make it a central and positive force in shaping the future of medicine in Pierce County. Two courses appear open to us. We can drag our feet, withdraw from society activities and splinter into small groups of individual self-interest or we can work together within the framework of the social and political change that is upon us and provide medically sound input for the benefit of our patients and our practices.

Your attendance at the medical society meetings will be an excellent indicator of the road you intend to follow.

— *David H. Hopkins, M.D.*



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# The initial Librium prescription: (chlordiazepoxide HCl)



The patient with severe anxiety



The overanxious geriatric patient



The patient with excessive anxiety  
and related somatic symptoms

## how should it differ for these patients?

(Please flip tabs  
for recommended dosage)

antianxiety

# Librium<sup>®</sup>

(chlordiazepoxide HCl)

5-mg, 10-mg, 25-mg capsules

Please see reverse side  
for summary of product information.



# for individualized treatment of excessive anxiety

## adjunctive Librium qualifies (chlordiazepoxide HCl)

*Note:* The usual daily dosages shown here are not intended to restrict the physician in his flexible individualization of therapy. In aged or debilitated patients, initial dosage is 5 mg *b.i.d.* or less to preclude ataxia or oversedation, increasing gradually as needed and tolerated to a maintenance dosage of up to 20 mg daily.

**Before prescribing, please consult complete product information, a summary of which follows:**

**Indications:** Relief of anxiety and tension occurring alone or accompanying various disease states.

**Contraindications:** Patients with known hypersensitivity to the drug.

**Warnings:** Caution patients about possible combined effects with alcohol and other CNS depressants. As with all CNS-acting drugs, caution patients against hazardous occupations requiring complete mental alertness (e.g., operating machinery, driving). Though physical and psychological dependence have rarely been reported on recommended doses, use caution in administering to addiction-prone individuals or those who might increase dosage; withdrawal symptoms (including convulsions), following discontinuation of the drug and similar to those seen with barbiturates, have been reported. Use of any drug in pregnancy, lactation, or in women of childbearing age requires that its potential benefits be weighed against its possible hazards.

**Precautions:** In the elderly and debilitated, and in children over six, limit to smallest effective dosage (initially 10 mg or less per day) to preclude ataxia or oversedation, increasing gradually as needed and tolerated. Not recommended in children under six. Though generally not recommended, if combination therapy with other psychotropics seems indicated, carefully consider individual pharmacologic effects, particularly in use of potentiating drugs such as MAO inhibitors and phenothiazines. Observe usual precautions in presence of impaired renal or hepatic function. Paradoxical reactions (e.g., excitement, stimulation and acute rage) have been reported in psychiatric patients and hyperactive aggressive children. Employ usual precautions in treatment of anxiety states with evidence of impending depression; suicidal tendencies may be present and protective measures necessary. Variable effects on blood coagulation have been reported very rarely in patients receiving the drug and oral anticoagulants; causal relationship has not been established clinically.

**Adverse Reactions:** Drowsiness, ataxia and confusion may occur, especially in the elderly and debilitated. These are reversible in most instances by proper dosage adjustment, but are also occasionally observed at the lower dosage ranges. In a few instances syncope has been reported. Also encountered are isolated instances of skin eruptions, edema, minor menstrual irregularities, nausea and constipation, extrapyramidal symptoms, increased and decreased libido—all infrequent and generally controlled with dosage reduction; changes in EEG patterns (low-voltage fast activity) may appear during and after treatment; blood dyscrasias (including agranulocytosis), jaundice and hepatic dysfunction have been reported occasionally, making periodic blood counts and liver function tests advisable during protracted therapy.

*Librium  
(chlordiazepoxide HCl)*

*25 mg*

*Cap #30*

*Sig: cap T t.i.d.*

The patient with severe anxiety

*Librium (chlordiazepoxide HCl)*

*5 mg*

*Cap #50*

*Sig: cap T b.i.d.*

The overanxious geriatric patient

*Librium (chlordiazepoxide HCl)*

*10 mg*

*Cap #30*

*Sig: cap T q. d.*

The patient with excessive anxiety and related somatic symptoms

**Usual Daily Dosage:** Individualize for maximum beneficial effects. *Oral—Adults:* Mild to moderate anxiety and tension, 5 or 10 mg *t.i.d.* or *q.i.d.*; severe states, 20 or 25 mg *t.i.d.* or *q.i.d.* *Geriatric patients:* 5 mg *b.i.d.* to *q.i.d.* (See Precautions.)

**Supplied:** Librium® (chlordiazepoxide HCl) Capsules, 5 mg, 10 mg and 25 mg—bottles of 10 and 500; Tel-E-Dose® packages of 1000. Librium (chlordiazepoxide) Tablets, 5 mg, 10 mg and 25 mg—bottles of 100 and 500. With respect to clinical activity, capsules and tablets are indistinguishable.

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24-Hour

# **Pierce County Medical Society Meeting**

**Tuesday, December 10**

Medical Arts Building Auditorium

PROGRAM—8:15 P.M.

Social Hour—6:00

Honan's

Dinner—7:00

# How much time do you really have to manage your money?

You're a busy man. And it's a full-time job staying on top of the market, keeping up with the tax laws.

We have a team of trust specialists whose job is just that. They know stocks, bonds, business and real estate. They understand splits, warrants, options, capital gains, etc. They'll sit down with you and outline your personal investment objectives. Then they'll work to meet them. And you can retain as much control as you want.

We can give your portfolio the objective, professional, constant attention it needs to build principal and increase income. And you can get back to doing what you do best.

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## Fraud Order Halts Swindle Attempt on Doctors

CHICAGO.—An international swindle aimed at defrauding more than 300,000 American physicians of \$185 each has been nipped by a fraud order issued by the U.S. Post Office with the cooperation of the American Medical Association and the District of Columbia Medical Society.

Physicians throughout the United States a few days ago received in the mails what appears to be an invoice for \$185 for the purchase of "The International Medical Directory of Physicians" by "Mayo Research and Publishing Co." The statements were mailed from California, but the return address of the so-called publishing company is Hong Kong.

On the reverse side of the invoice card the terms of the agreement explain that "your check is acceptance of our offer to publish your name in the proposed directory, which will be ready for distribution no later than December, 1975."

Issuance of the postal fraud order Nov. 1 means that all mail addressed to the Hong Kong address will be stopped and

returned to the sender. It was feared that in some offices the doctors' assistants would routinely forward checks in response to the "invoice."

The AMA Department of Investigation learned of the mailing and promptly notified the post office in Washington, D.C. Then, working with the District of Columbia Medical Society, physicians there executed affidavits for the Postal Service to form the basis for the fraud order.

The Mayo Research and Publishing Co. (not to be confused with the Mayo Clinic) is not registered in Hong Kong, and British authorities there also are investigating.

It appeared that the names on the invoices had been picked up directly from the "AMA's American Medical Directory," a listing of all American physicians. This was done in violation of copyright without the knowledge or consent of the AMA.

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PRESCRIPTIONS

Before prescribing, see complete prescribing information in SK&F literature or *PDR*. The following is a brief summary.

**Indications:** Edema associated with congestive heart failure, cirrhosis of the liver, the nephrotic syndrome, steroid-induced and idiopathic edema, edema resistant to other diuretic therapy. Also, mild to moderate hypertension.

**Contraindications:** Pre-existing elevated serum potassium. Hypersensitivity to either component. Continued use in progressive renal or hepatic dysfunction or developing hyperkalemia.

**Warnings: Do not use dietary potassium supplements or potassium salts unless hypokalemia develops or dietary potassium intake is markedly impaired.**

Enteric-coated potassium salts may cause small bowel stenosis with or without ulceration. Hyperkalemia ( $>5.4$  mEq/L) has been reported in 4% of patients under 60 years, in 12% of patients over 60 years, and in less than 9% of patients overall. Rarely, cases have been associated with cardiac irregularities. Accordingly, **check serum potassium during therapy, particularly in patients with suspected or confirmed renal insufficiency (e.g., elderly or diabetics). If hyperkalemia develops, substitute a thiazide alone. If spironolactone is used concomitantly with 'Dyazide', check serum potassium frequently**—both can cause potassium retention and sometimes hyperkalemia. Two deaths have been reported in patients on such combined therapy (in one, recommended dosage was exceeded, in the other, serum electrolytes were not properly monitored). Observe patients on 'Dyazide' regularly for possible blood dyscrasias, liver damage or other idiosyncratic reactions. Blood dyscrasias have been reported in patients receiving Dyrenium (triamterene, SK&F). Rarely, leukopenia, thrombocytopenia, agranulocytosis, and aplastic anemia have been reported with the thiazides. Watch for signs of impending coma in acutely ill cirrhotics. Thiazides are reported to cross the placental barrier and appear in breast milk. This may result in fetal or neonatal hyperbilirubinemia, thrombocytopenia, altered carbohydrate metabolism and possibly other adverse reactions that have occurred in the adult. When used during pregnancy or in women who might bear children, weigh potential benefits against possible hazards to fetus.

**Precautions:** Do periodic serum electrolyte and BUN determinations. Do periodic hematologic studies in cirrhotics with splenomegaly. Anti-hypertensive effects may be enhanced in postsympathectomy patients. The following may occur: hyperurcemia and gout, reversible nitrogen retention, decreasing alkali reserve with possible metabolic acidosis, hyperglycemia and glycosuria (diabetic insulin requirements may be altered), digitalis intoxication (in hypokalemia). Use cautiously in surgical patients. Concomitant use with antihypertensive agents may result in an additive hypotensive effect.

**Adverse Reactions:** Muscle cramps, weakness, dizziness, headache, dry mouth, anaphylaxis, rash, urticaria, photosensitivity, purpura, other dermatological conditions; nausea and vomiting (may indicate electrolyte imbalance); diarrhea, constipation, other gastrointestinal disturbances. Rarely, necrotizing vasculitis, paresthesias, icterus, pancreatitis, and xanthopsia have occurred with thiazides alone.

**Supplied:** Bottles and Single Unit Packages of 100 capsules.

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No potassium supplements  
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Studies have demonstrated that two prime reasons patients drop out of hypertensive therapy are: (1) the patient failed to understand directions, and (2) the regimen was overly complicated.\* Dosage is simple with 'Dyazide', easily understood, once or twice daily, depending on response. There's no need to complicate the regimen with potassium supplements or unwieldy potassium-rich diets.

\*E. D. Freis: The Modern Management of Hypertension, V.A. Information Bulletin, 11-35.

## KEEP BLOOD PRESSURE DOWN AND KEEP POTASSIUM LEVELS UP

## December Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Mary Bridge Cardiac Conf. 6:30 p.m.</p> <p>Tac. Orthopedic Soc. 6 p.m.</p> <p>PC Pediatric Society 6:30 p.m.</p>	<p><b>3</b></p> <p>CPC of Mary Bridge 8 a.m.</p>	<p><b>4</b></p> <p>Surg. Conf. TGH 8 a.m.</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>Tumor Board 7 a.m. - Allenmore</p> <p>Good Sam. Med. E.—8 a.m.</p> <p>Neurology Conf. TGH—8:15 a.m.</p>
<p><b>9</b></p> <p>Mary Bridge Cardiac Conf. 6:30 p.m.</p> <p>Quarterly Staff Meet 7:30 p.m. Good Sam.</p>	<p><b>10</b></p> <p>CPC of Mary Bridge 8 a.m.</p> <p>PIERCE COUNTY MEDICAL SOCIETY</p>	<p><b>11</b></p> <p>OB-GYN Conf. TGH 8 a.m.</p>	<p><b>12</b></p> <p>Dept. of Med. St. Joseph 8:30 a.m.</p>	<p><b>12</b></p> <p>Tumor Board Allenmore 7 a.m.</p> <p>Cardiology Conf. TGH 8 a.m.</p> <p>Monthly Staff Business Meet. Good Sam. 8 a.m.</p>
<p><b>16</b></p> <p>Mary Bridge Cardiac Conf. 6:30 p.m.</p> <p>Active Staff Meeting 12:00 Allenmore</p>	<p><b>17</b></p> <p>Monthly Meet Med. Staff PSGH Luncheon 12:15</p> <p>CPC of Mary Bridge 8 a.m.</p> <p>Tacoma Surg. Club 6:30 p.m.</p>	<p><b>18</b></p> <p>Med. Conf. TGH 8 a.m.</p> <p>Int. Med. TGH 8 a.m.</p>	<p><b>19</b></p> <p>Med. Chest Conf. St. Joseph 8:15 a.m.</p>	<p><b>20</b></p> <p>Tumor Board Allenmore 7 a.m.</p> <p>Oncology Conf. TGH 8 a.m.</p> <p>Med. Ed. Good Sam. 8 a.m.</p>
<p><b>23</b></p> <p>Mary Bridge Cardiac Conf. 6:30 p.m.</p> <p>Pierce County Chapter AAFFP 6:30 p.m.</p>	<p><b>24</b></p> <p>Christmas Eve</p>	<p><b>25</b></p> <p>Christmas</p>	<p><b>26</b></p> <p>Clinical Path. Conf. St. Joseph 8:15 a.m.</p>	<p><b>27</b></p>
<p><b>30</b></p>	<p><b>31</b></p>	<p>Surgical Conf. TGH—8 a.m.</p>	<p>Gastrointestinal Conf. St. Joseph's 8:15 a.m.</p>	<p>Oncology Conf. TGH 8 a.h.</p> <p>Med. Ed. Good Sam. 8 a.m.</p> <p>Tumor Board Allenmore 7 a.m.</p>

## Nine Complete Training

Nine members of the Medical Office Assistant career training program at Clover Park Vocational-Technical Institute will graduate Friday, December 13.

These grads are an "additional" class of students who began training in May and attended classes throughout the summer and fall. The "extra" class is the result of the demand for trained personnel in the medical office assistant field.

Physicians interested in contacting one of the graduates for an employment interview are asked to call Mrs. Delores Barrager, instructor, at Clover Park Vocational-Technical Institute, 584-7611, extension 315.

## ABR Exam Cancelled

Because of the paucity of applicants and the high expense of the preparation of a multiple-choice examination, the Executive Committee of The American Board of Radiology has cancelled the

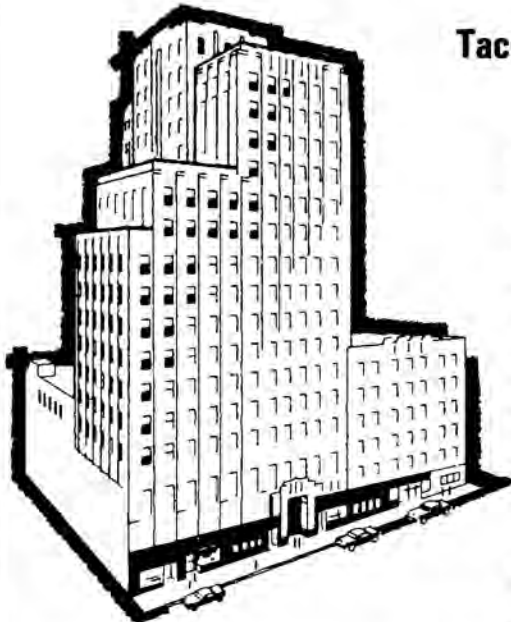
written examination for certification in Diagnostic Radiology with Special Competence in Nuclear Radiology, previously planned for June 21, 1975.

The Examination Committee of the ABR is currently working to formulate plans for a satisfactory examination that can be given at less cost. As soon as plans are complete, announcement of the date and place of such an examination will be made known.

Inquiries should be directed to the ABR, Kahler East, Rochester, Minn. 55901.

## Library Books

There are many old books available from the former Mountain View General Hospital Library at Puget Sound Hospital. If anyone is interested in looking at them, please call 474-0561, Ext. 234, or come to the Medical Record Department. You are welcome to go through the books. A list is also available.



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The Standard Fire Insurance Company, Hartford, Conn.



## DR. MILES PARROTT

The famous painting of "The Doctor" keeping a night-long vigil at the bedside of the sick child portrays Dr. Miles Parrott much better than any written description that I might construe. Dedicated to his profession, patients, colleagues and family, Miles was the complete physician and surgeon.

After attending Northwestern University Medical School and graduating in 1933, he interned at West Suburban Hospital in Oak Park, Illinois. His first office in Tacoma was located on South 38th Street. Just before World War II he moved to the Medical Arts Building where he was engaged in general practice until his retirement in 1967, except for service in the United States Army from 1942 until 1946.

He was a member of the American Academy of General Practice and amongst other duties, was the President of the Pierce County Medical Society in 1954.

During World War II he served in the North African Campaign and later in Italy. He was discharged in 1946 with the rank of Captain. His hobbies included photography, fishing, mountain climbing and hunting, the last mainly with a camera. He was a long time member of the First Methodist Church of Tacoma.

My recollections of Miles are many, but two stand out most vividly. One, was his complete dedication to whatever task he was engaged in at any given time, be it a patient or some assigned work for the medical profession. Second, was his determination to fight and to keep going in his work in spite of illness, long after many would have called it a day.

He was an inspiration to know and to work with. We are fortunate that he chose Tacoma as a location in which to practice. Our sympathies are extended to his wife, Anita, and to his two children, Miles and Anita.

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## DR. MILES PARROTT

For some, life seems to consist of a series of conflicts, hostilities, a storm. For others it would "appear" to be a perpetual serene and happy voyage. Miles Parrott was one of the latter category, in spite of his disability in later years.

He enjoyed his family in a quiet approving manner; proud of their accomplishments, though never boastful. For diversion from his medical literature he would turn to Shakespeare, yet was not given to display his knowledge by quoting from this literary genius. The outdoors was another source of pleasure to him, which is certainly nothing unusual, except for a remark once made by his hunting companion to the effect, "I have never known Miles to get mad."

As I reflect on this friend, I cannot escape the feeling of deep personal loss, as I am certain others will who knew him. There was a quiet composure; a freshness; an attentive knowing smile on his face that made his friends and patients feel comfortable at all times, much like sitting with a friend by the fireplace on a wet, cold day. This litany of his qualities is recited, not so much to eulogize this fellow physician, but rather point to the therapeutic effect of these traits on all those who had the good fortune to know him.

Small things? Perhaps! But they reflect the Miles we will miss, for on October 17, 1974, Miles Parrott succumbed to the illness which forced his early retirement from the profession he loved so much.

*S. Robert Lantiere, M.D.*

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**JU 8-1711 JU 2-3777 JU 2-3778**

## FAMILY CLINIC — OCTOBER 1974 (627-9182)

**Monday through Friday 10 to 5:30 1815 South J Ctreet 98405**

Coordinator: Aaron Miller

PATIENT SERVICES	October 1974	Total 1974	Total Since Clinic Opened
Referred to Physicians	94	821	1125
Laboratory Services	118	599	637
X-Ray Services	9	93	123
Prescription Services	40	195	225
Referred to Emergency Rooms	9	45	451
Hospitalized	1	4	6
Referred to Community Agencies	9	29	34
Seen by Physicians in Clinic	40	332	332
<b>ETHNIC &amp; DEMOGRAPHICAL DISTRIBUTION</b>			
Black	31	163	218
Caucasian	130	603	930
Asian-American	2	25	31
Native-American	0	28	48
Mexican-American	3	27	36
Model City Residents	52	340	579
Other Areas	114	841	962
<b>PARTICIPATING PHYSICIANS</b>			
On Referral Basis, (Outside Clinic)	32	74	90
Friday Evening Clinic*	3	10	10
Dr. H. Boyd .....			73
Dr. T. Smith .....			75
Dr. S. Whaley .....			42
Dr. A. North .....			41
Dr. G. Tanbara .....			12
Dr. T. McDonald .....			25
Dr. G. Drucker .....			18
Dr. D. Wilhyde .....			26

Volunteer physicians are needed for the Friday evening clinic, 6-9 p.m.

### STATE SICKLE CELL PROGRAM / TACOMA SICKLE CELL PROGRAM

	October	Total 1974	Total Since 72
AA	112	4548	6269
AS	4	131	227
BLACK	4	134	221
CAUCASIAN	0	3	6
AC	0	20	54
B/THAL TRAIT	0	15	18
S/B THAL	0	0	1
AD	0	3	5
SC DISEASE	0	2	2
PERSISTENCE FETAL HB	0	4	4
LAPORE	0	1	1
AG	0	1	1
PECULIAR FINDINGS	0	1	1
<b>TOTAL</b>	<b>116</b>	<b>4732</b>	<b>6583</b>

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## Summary of AMA, Medical and Health News

Regional continuing education programs will be offered by the AMA beginning next year with meetings in Tampa, Fla., Phoenix, Minneapolis, and Williamsburg, Va. The purpose of the programs is to take continuing education courses to physicians throughout the country. Each regional program will include eight courses and will be held on weekends to enable physicians in each region to attend at the lowest possible cost in time and travel expense. Active support from state medical associations will be sought in each region.

The Board of Directors of the Woman's Auxiliary to the AMA has directed that the organization change its name to the "AMA Auxiliary." Recent changes in the auxiliary's bylaws provide for male membership. A new programming format has also been adopted by the auxiliary to allow for more grassroots participation.

Two important AMA meetings scheduled for early 1975 are the AMA National Leadership Conference and the AMA-AMPAC Public Affairs Workshop. The 1975 AMA National Leadership Conference, Jan. 24-26, at the Marriott Motor Hotel, Chicago, will include ten seminars and several general sessions on issues of importance to medical society leadership. The 1975 AMA-AMPAC Public Affairs

Workshop, March 7-9, at the Washington Hilton Hotel, Washington, D.C., will look ahead and examine the political climate for medicine created with the election of the 94th Congress. For information write AMA National Leadership Conference or AMA-AMPAC Public Affairs Workshop, AMA Headquarters.

A recent survey conducted by the American Society of Internal Medicine indicates that the majority of internists responding favor recertification. Thirteen thousand responses were received and 56.7 percent of those said they favor recertification.

An advertising campaign to educate consumers about the use of over-the-counter drugs has been launched by the FDA. The FDA has asked broadcasters and publishers to use specially developed ads to alert the public to this message about OTC drugs. "Read the label. Don't take non-prescription medicines for granted. Take them with care."

Edward L. Lilly, MD, became the 168,215th dues-paying AMA member for 1974. Dr. Lilly's enrollment as a member put AMA dues-paying membership records over their all-time high of 168,214. AMA dues-paying membership as of Oct. 25 was 169,436.

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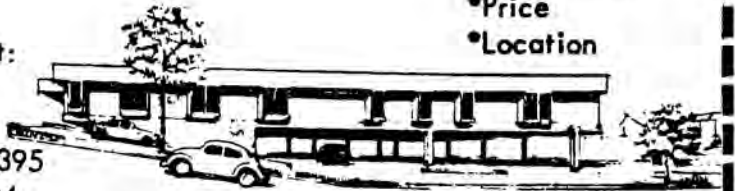
For information contact:

Mr. Daun E. Olson

P.O. Box 584

Wauna, Washington 98395

1-857-4616 or 383-2104



Eight AMA constituent societies and one national specialty society are now using AM-CAP — American Medical Computer Assistance Programs. Through AM-CAP, the AMA's Dept. of Data Services provides a society with membership dues billing and collection reporting, directory preparation, membership information, and other services. A brochure describing services available through AM-CAP may be obtained from Dept. of Data Services, AMA Headquarters.

The U.S. infant mortality rate was at a record low during the first six months of 1974. It was 17.1 per 1,000 live births, compared to 17.9 for the same period in 1973.

Available from AMA: *Medical Licensure Statistics for 1973*, an AMA report. OP-226 is available for \$1 each for medical students, interns, and residents and \$2 each for others from Order Dept., AMA Headquarters . . . *Allied Medical Education Directory* provides statistics and facts on education for the 25 allied medical occupations. OP-392 is available

for \$2.25 for 1-10 copies, \$2.05 for 11-49, and \$1.80 for 50 or more from Order Dept., AMA Headquarters . . . "Meeting the Press," a 26-minute 16 mm. color film produced by the AMA's Dept. of Television, Radio and Motion Pictures. Available on a free loan basis from AMA Film Library, Assn. Sterling Films, 512 Burlington Ave., La Grange, Ill. 60525 . . . *Let's Talk About Food* discusses dieting and weight control, the composition of food and other topics in a question-and-answer form. Available from Publishing Sciences Group, Inc., 411 Massachusetts Ave., Acton, Mass. 01720 . . . *The Best of Law and Medicine 70/73*, a book (OP-413) designed to help physicians become better informed about the law, is available for \$5 each for 1-10 copies, \$4.50 for 11-49, and \$4 each for 50 or more from Order Dept., AMA Headquarters . . . *Comments in Sports Medicine*. To order write for OP-62, \$5 each, Order Dept., AMA Headquarters . . . A booklet describing AMA-ERF activities from AMA-ERF Office, AMA Headquarters.

# R

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# WOMEN'S AUXILIARY PAGE

## AUXILIARY OFFICERS 1974-1975

- President .....Mrs. Ronald Spangler, Jr. (Nancy)
- President-Elect .....Mrs. J. G. Katterhagen (Anne)
- 1st V.P.—Program .....Mrs. Stanley A. Mueller, Jr. (Julia)
- 2nd V.P.—Membership .....Mrs. Ralph V. Stagner (Bonnie)
- 3rd V.P.—Historian & By-Laws .....Mrs. John M. Havlina  
(Dolores)
- 4th V.P.—Social .....Mrs. Max W. Brachvogel (Judy)  
Mrs. William A. McPhee (Georgia)
- Recording Secretary .....Mrs. Robert M. Ferguson (Donna)
- Corresponding Secretary .....Mrs. Arthur M. Smith (Peggy)
- Treasurer .....Mrs. Robert C. Johnson (Betty)
- Dues Treasurer .....Mrs. W. Ben Blackett (Glenna)

## COMMITTEE CHAIRMEN

- AMAERF .....Mrs. D. Ted Baer (Maryln)  
Mrs. Wayne A. Bergstrom (Reta)
- Community Health .....Mrs. George A. Moosey (Jane)
- Cookbook .....Mrs. John A. Kennedy (Nancy)
- Finance .....Mrs. Robert B. Whitney, Jr. (Helen)
- Health Council .....Mrs. Philip Grenley (Dorothy)
- Legislative .....Mrs. Thomas H. Skrinar (Kathleen)
- Mental Health .....Mrs. Jay H. Ehly (Vivian)
- Nominating .....Mrs. John R. Alger (Obie)
- Publicity: Bulletin .....Mrs. Charles D. Prewitt (Donna)  
Newspaper .....Mrs. David S. Hopkins (Carol)
- Speakers Bureau .....Mrs. Richard D. Baerg (Judy)
- Student Recognition .....Mrs. L. Stanley Durkin (Adele)  
Mrs. Gordon E. Dean (Florence)
- Telephone .....Mrs. Charles L. Anderson (Cindy)  
Mrs. Leonard B. Alenick (Gail)
- Today's Health .....Mrs. William T. Ritchie (Marge)
- Health Education .....Mrs. Ralph A. Johnson (Jo Ann)
- Blood Pressure Project .....Mrs. Gilbert J. Roller (Jo)
- Medical Directory .....Mrs. Stanley W. Tuell (Stephanie)

## Dues

About 130 members have already paid their dues. Those who haven't may send their \$15 to Mrs. W. Ben Blackett, 4366 Lexington, Tacoma 98407. You will receive the Newsletter which will not go to members who have not paid their dues after the first of the year.

## Nurses and Non-Nursing Volunteers

The Tacoma Pierce County Public Health Nursing Association is looking for people to assist their public health nurses, mainly in the area of home health service. They only have ten home health aids and need about four hundred. If anyone is interested, please call Mrs. Florence Allen, president of the association, at 759-3652.

## Our Legislators Are Busy!

State Representative Phyllis Erickson spoke to members attending the November meeting of the Auxiliary, and we found out that being a legislator is a full time job. Whether they are in session or not, there are many matters to study and decisions to be made.

Phyllis emphasized that citizen opinions do have an influence and are welcome. We can express our opinions to our legislators by telephone, letter or the Hot Line to Olympia when they are in session. Our job is to help in the decision making by taking advantage of these communication lines.

## No Meetings in December

A Happy Holiday Season to all!

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# Letters . . . To the Editor

Ben W. Blackett, M.D., President  
The Pierce County Medical Society

I have arranged with the curator of the Fort Lewis Military Museum to establish a Medical Section. To date, a most excellent exhibit has been developed and presented by the Madigan Army Medical Center and some items for an exhibit for the 46th Field Hospital which was commanded by Dr. Gerald Kohil. This hospital performed exceptionally during the Ardennes Offensive (Battle of the Bulge) and was selected to provide hospitalization for Task Force A (U.S. contingent in an allied force which assured the freedom of Norway at the end of World War II).

A major local unit that served in ETO was the 50th General Hospital with medical personnel from Seattle and Tacoma. I confirmed with officials of the association of this unit and presently they are gathering material for a unit exhibit. I believe that Bob Florence, Jim Fairburn, Charley Larson and perhaps others from Tacoma were members of this unit.

I would like to invite any physician who has an interest in medical military history and may have items for donation to please

call me (Telephone 564-3074) or the curator 968-4796.

Generally members and their families might enjoy a visit to this really excellent museum — open noon to 4, Tuesdays through Sundays except legal holidays. Take Interstate 5 to the DuPont exit and follow the signs.

With kind personal regards,  
JAMES B. MASON  
Brigadier General, AUS Retired  
President

Editor  
Pierce County Medical Bulletin  
Dear Sir:

It seems as if there are more and more so-called nursing home rules that certainly the doctors have no knowledge of, and medically speaking seem to be quite inappropriate and certainly not within keeping of the best traditions of good medical care and, I might say, good medical economics.

I refer now to a rule which has been inaugurated which states that you cannot enter a patient into a nursing home unless they have had a physical examination within five

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PHYSICIANS' AND HOSPITAL SUPPLIES

days of their being admitted. This little bit of medical lore was brought out when I attempted to admit a patient who had been in the hospital only two weeks prior and who was not doing well at home because of cardiac problems, and I felt did not need further hospital care, but did need a nursing home facility because of her other home problems.

I was not only aghast, but greatly provoked when the nursing home adamantly told the relative, "We cannot admit this patient unless she has had a complete physical examination within five days of the date of her examination, no matter what."

I certainly think that as doctors all these so-called nursing regulations which directly affect us should be of concern, and certainly should be approved by some type of a physicians' panel, and I cannot vision any sensible physicians' panel that would insist upon some type of a rule such as this.

It would seem to me that if the physician enters a person into the nursing home he does have the responsibility of entering some type of a history and physical examination, but certainly if the doctor is taking responsibility for this when he does this, and how recently he has done this certainly depends upon his judgment and not on the opinion of, I presume, some lay panel that seems to do nothing but dream up new rules and regulations in order to justify their existence.

There are many other instances of so-called rules and regulations which are greatly annoying. Recently I sent in some samples of a rather expensive medication for a relative of mine, only to be told that they could not use these because they could only use medications that are in a prescription bottle with a prescription number with definite directions. Another thing that greatly aghasts me, and I am sure many doctors are not aware of this rule and regulation, is that if you

discontinue a medication at a nursing home they cannot keep this medication, but have to destroy it even though they are instructed by the doctor that it may be used later. For this reason I have never discontinued any medication, but have usually indicated that it is to be given once a month, or once every two months, in order to maintain these nitty gritty rules.

I certainly think it is time that the doctors pay more attention to the medical economics of nursing home care, which certainly does not seem to be geared to being as economical as possible.

Yours truly,  
Rodger S. Dille, M.D.

Pierce County Medical Society  
113 Medical Arts Bldg.  
Tacoma, Washington 98402

Dear Sirs:

For over two years, the Nursing Division of the Health Department has received numerous requests for more health services from senior citizens. A pilot program was begun in May to determine how we could assist seniors with their health concerns. Several health clinics were held in senior housing units and the resulting statistics showed a definite need for assessment, counselling, referral, and footcare,

Our goal is to promote independence and optimum well being of the elderly and to be of assistance to the burdened physician. We welcome any opportunity to discuss our present program with you and would appreciate your input in planning for our geriatric program.

Sincerely yours,  
Joy Miko,  
Geriatric Program Coord.  
955 Tacoma Avenue So., Rm. 201  
Tacoma, Washington 98402  
Telephone: 593-4186

## Family Physicians Honored

A number of Tacoma area physicians were inducted as Fellows of the American Academy of Family Physicians in a ceremony which highlighted the annual meeting of the Academy held in mid-October in Los Angeles.

The degree of Fellow represents outstanding effort in the area of continuing education and to qualify, a physician

must either have passed the certifying examination in family practice, administered by the American Board of Family Practice, or have completed 600 hours of Academy-approved continuing education.

The following Pierce County physicians were appointed charter Fellows: Kenneth Graham, Jim Hazelrigg, John May, Dave Hopkins, Dave Gimlett, Robert Bond, Chris Reynolds, Bob Ferguson, Herman Judd, John Kanda, Robert Lantieri, and Arnold Johansson.



## Memo From Blue Cross TO WSMA BOARD OF TRUSTEES

In recent weeks the Blue Cross Plan has absorbed a substantial amount of criticism from physicians for its advertising program on the subject of Medical Claims Review. As a result of that criticism the Plan re-evaluated the program and cancelled it effective Monday, November 18.

The Blue Cross Plan's ultimate objective is to let the public know the positive efforts of the private sector in the organization and delivery of health services. By this means it is intended that the public know that the private sector is capable of and deserves to play a significant role in a future National Health Insurance program and then to support that philosophy during the period the Congress is engaged in passing the legislation. This broad public relations policy is designed to enhance the stature of the private sector, including physicians and

third party payors such as Blue Cross and Blue Shield Plans, so that they may remain as free as possible from federal bureaucratic encumbrances. The Plan believes that objective, if achieved, would be mutually advantageous to the Plan and physicians alike.

Having now aborted its initial effort the Plan extends to the Washington State Medical Association an invitation to join them in developing a program that communicates effectively to the public the "checks and balances" that affect physician fees. The Plan further extends to the Washington State Medical Association an invitation to join them in developing communications program relating to other aspects of the health system as well. The Plan will designate staff personnel to work with whatever committee or group of physicians and Washington State Medical Association staff personnel the Washington State Medical Association Board designates.

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## Indian Health Care

The Senate Committee on Interior and Insular Affairs has reported S. 2938, the Indian Health Care Improvement Act. The comprehensive measure authorizes \$1.6 billion over five years to improve federal Indian health services. Features of the bill include establishment

of a scholarship program for training qualified Indians in the fields of medicine, dentistry, osteopathy and other health professions, improving existing Indian health services, authorizing additional health facilities construction, and improving access to health services for Indians.

## December Birthdays

- |                    |                      |
|--------------------|----------------------|
| 1 David S. Hopkins | 15 Warren F. Smith   |
| Charles Reberger   | 16 Robert M. Freeman |
| 2 Richard Gilbert  | Kenneth J. Ritter    |
| 3 Bernard Rowen    | Maurice Yoachim      |
| 4 C. L. Anderson   | 20 Loy E. Cramer     |
| William Knittel    | 21 Philip Grenley    |
| 5 Charles Curl     | 23 Carl Scheyer      |
| S. Robert Lantiere | 24 John Flynn        |
| 9 Stanley W. Tuell | 28 Kenneth Pim       |
| 12 Charles Curl    | 30 Gordon Dean       |
| Arthur O'Leary     | Milan Pazourek       |
| 13 Bryson Ahlers   | William Dyer, Jr.    |
| 14 Samuel E. Adams | 31 Hanif Anwar       |
| David H. Johnson   |                      |

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## MONTHLY MEETINGS

- STAFF OF DOCTORS HOSPITAL OF TACOMA  
Second Monday of Jan., April, July and Oct.—  
6:15 p.m. Doctors Hospital Cafeteria
- STAFF OF GOOD SAMARITAN  
Second Monday of March, June, Sept. Dec.—6:30 p.m.
- STAFF OF ST. JOSEPH'S  
Third Monday of March, June, Sept., Dec.—7:30 p.m.
- STAFF OF PUGET SOUND HOSPITAL  
2nd Monday of February, May, August, November
- TACOMA AREA CHAPTER OF AMERICAN PSYCHIATRIC  
ASSOC.—First Monday of October, December, February,  
April and June.
- TACOMA ORTHOPEDIC SOCIETY  
First Monday of each month—6:00 p.m.
- PIERCE COUNTY MEDICAL SOCIETY  
Second Tuesday of the month except June, July and  
August—8:15 p.m.
- STAFF OF TACOMA GENERAL  
First Tuesday of March, June, Sept., Dec.—7:30 p.m.
- TACOMA SURGICAL CLUB  
Third Tuesday of each month except June, July and August
- TACOMA ACADEMY OF INTERNAL MEDICINE  
Fourth Tuesday of each month—6 p.m.
- PIERCE COUNTY ACADEMY OF GENERAL PRACTICE  
Fourth Monday of each month except June, July and  
August
- PIERCE COUNTY PEDIATRIC SOCIETY  
First Monday of each month except June, July and  
August—6:30 p.m.
- STAFF OF ALLENMORE HOSPITAL  
Third Monday of each month except July—12 noon at Allenmore  
Hospital.
- STAFF OF MARY BRIDGE CHILDREN'S HOSPITAL  
Fourth Friday of March, June, Sept., Dec.—12:15 p.m.
- STAFF OF LAKEWOOD GENERAL HOSPITAL  
Third Wednesday of March, June, September, December—  
7:30 p.m. Dinner—6:30 p.m.
- TACOMA OB-GYN SOCIETY  
3rd or 4th Tues. of Jan., March, May, Sept., Nov.