



THE HOSPITAL CLIPPER

VOL 4 NO 7

NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENNESSEE

SEPT 70

A MESSAGE FROM THE COMMANDING OFFICER

It is not my intention to make this a regular column in our hospital paper. However, I do want all personnel within the command to know that I consider it an extreme pleasure and most fortunate that I have been assigned as the Commanding Officer. I am replacing an exceptionally fine Navy Medical Officer and I am sure we all wish him the best in his new duty assignment.

In the few short weeks that I have been aboard, I notice the excessive activity that occurs in the hospital frequently taxing our facilities. I must point out that professionalism should be the goal of all the staff personnel. This characteristic must be exemplified by all whether it applies to a physician, nurse, corpsman, cook, driver, or janitorial personnel. Recently in the HOSPITAL ADMINISTRATION NOTES OF THE BUREAU OF MEDICINE AND SURGERY, August 1970, an article entitled "You Are the Artist" was published. It reads as follows:

You Are the Artist. "Have you ever considered yourself an artist? Whether you realize it or not, you, the employees of this activity are painting the picture of this command daily.

Whether you are the receptionist at the information desk, a typist in the typing pool, a mess attendant on the serving line, or a journeyman performing various maintenance functions, you are a vital part of the overall picture derived by persons visiting this hospital.

It is especially important that all personnel, military and civilian, realize that they are the contact points for persons visiting or having business with this command, and are responsible for giving courteous and professional service.

Sometimes in our haste to "get the job done" we tend to forget the lessons we learned in simple courtesy. This article is to serve as a reminder that our business is people and that every effort should be made to instill in the minds of those visiting this command that we are here to provide them services. Supervisors should take every opportunity to motivate their personnel, particularly those who have contact with the public, to take pride in the calibre of service they provide. Supervisors should ensure that their personnel

understand that they are a part of a people-oriented team; that they are an important part of our Navy; and, that the positions they hold, particularly those at contact points, are positions of special trust which support our most important resource -- people.

Another important element in providing improved services to our service personnel and their dependents is that of communications -- keeping the channels of communications open -- upward, downward, and laterally. By keeping these channels open our services will have the personal touch which reflects close command interest and concern, and will provide for making improvements when needed.

Since you are the artist painting the picture of this command, each day should reflect a picture of services performed cheerfully and courteously."

In my opinion, this article not only states our purpose and personifies our constant endeavor, but exemplifies true professionalism. It will be my extreme pleasure to work with you at all times and I sincerely hope that ours will be a united team effort.

CAPTAIN R. D. NAUMAN, MC, USN.....COMMANDING OFFICER
 CAPTAIN F. M. BARNWELL, MC, USN.....EXECUTIVE OFFICER
 COMMANDER M. D. BERGQUIST, JR., MSC, USN....ADMINISTRATIVE OFFICER

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EDITOR-IN-CHIEF
 EDITOR
 MAKE-UP-CREW

LCDR B. C. ROBERTS, MSC, USN
 HN DON J. WILLIAMSON, USN
 MISS GEORGE ANN SOWDERS

GUESS WHO



Doctors Will Get Higher Entry Ranks, Promotion Breaks

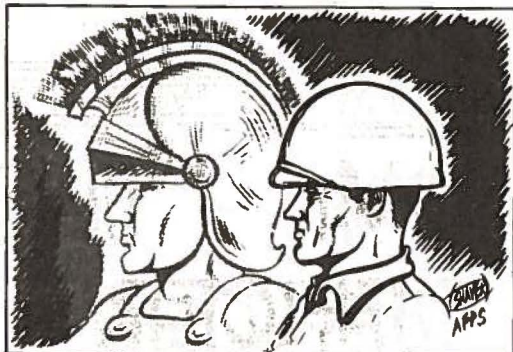
WASHINGTON (AFPS) — Some physicians will be able to enter the military in higher grades and others will be credited with more time in grade at promotion time, under a new system to become effective Oct. 1.

The speed-up in both entry and promotion is tied to training and experience. The changes are part of DoD Directive 1320.7.

One change will allow up to three years' credit for a higher entry grade or promotion to physicians who possess an extra health-related degree not earned on active duty, or who have unusual qualifications.

- Other changes will:
- Grant a half-year credit for each year of active commissioned service performed before becoming a physician, the credit not to exceed three years;
 - Credit physicians in the O-5 grade with an additional year for promotion purposes if they have a board certification in their specialty; and
 - Allow selection boards to reach two years below the promotion zone, instead of the present one year, to select outstanding officers.

If successful at guessing the identity of last month's GUESS WHO, you should now be ready to test your skills at revealing September's Hospital Mystery Personality. This picture was made on the USS BOUNTIFUL in 1946 during the earlier days of this person's naval career. For the correct answer, contact the Hospital Education Office at Ext. 540.



EDITORIAL

A Matter of Hair

Hair is a subject on most people's minds these days, both inside and out and pro and con. For the military man, hair may sometimes seem to be a real dilemma: how to be fashionable, yet meet military standards of style, length and neatness?

Back in the fourth century B.C., Alexander the Great directed his troops to trim their hair and be clean-shaven, to prevent the enemy from seizing their heads and giving them a real short trim—right across the shoulders, all the way. Though history does not say so, doubtless there were some who objected that Alexander's order was not "stylish." The beards were shaven, however, and historians do credit some of the success of his victories to the bare faces of his men. Further, what had once been scorned soon became style.

Today's American military man has little to fear from a hair-grabbing enemy, although assuredly such an enemy would probably take advantage of excess hair if it were present. The real purpose of a military haircut is, frankly, appearance — an appearance that portrays reliability and dependability, essential ingredients of any modern military force.

Except for some instances where a "skin-head" haircut is required during basic training and boot camp for the purpose of instilling discipline and morale, the best military haircut is not necessarily an extreme one. Most branches of service, moved by recent tonsorial fads, have spelled out in various directives and regulations what is an "acceptable" military haircut. By and large, it is the same type of haircut that is worn by many men in business and industry—one that inspires confidence.

There are very few social circles where the military haircut is not looked upon with favor. For the soldier, sailor, airman and Marine who feels that he should wear his hair longer to be accepted by some of the more extreme-appearing groups of people, he can always augment his hirsuteness with any one of a number of commercial hairpieces, including moustaches, beards and sideburns, that will give him the off-duty, off-base appearance he wants, and still permit him to meet on-duty, on-base military standards the next day. Indeed, many military men have already done so.

And, for those who may voice exception to such subtle deception, it should be pointed out that similar disguises have been going on since time immemorial. Primitive men and women decorated themselves with all sorts of un-natural paints and fuzzy hairpieces, cosmetics was a thriving industry in the days of the Pharaohs, short Frenchmen wore high heels in the Louis' courts, and men in Washington's day — including Washington himself — wore wigs.

For the American military man, the hair situation is merely one of keeping the pate well-groomed, hair neatly trimmed and tapered, not too long and combed back off the forehead, according to accepted and directed standards. That is both the long and short of it. (AFPS)



NEW MEDAL—The newly created Defense Distinguished Service Medal is to be awarded for "exceptionally meritorious service in a duty of great responsibility with the Office of the Secretary of Defense, Joint Chiefs of Staff, specified or unified commands, or defense agencies and joint activities." The first recipient of the medal, which ranks below the Distinguished Service Cross, was General Earle G. Wheeler, who served six years as chairman of the Joint Chiefs of Staff.

Doc's Corner

By J. D. Faulhaber

Tularemia, or "rabbit fever" is an animal disease which can be transmitted to man. Hunters can be infected with Tularemia by drinking contaminated water, eating insufficiently cooked game and by handling infected game. Ticks, deerflies and some species of mosquitoes can transmit the disease to man. Hunters should take the following precautions to avoid being infected with Tularemia:

1. Don't drink raw (untreated) water.
2. Don't handle game if you have cuts and scratches on your hands.
3. Wear rubber gloves when dressing game.
4. Use insect repellent when dressing game.
4. Use insect repellent when hunting.

Always carry a bottle of c'ear nail polish in your camp-first aid kit. It will come in handy to remove ticks and chiggers. Ticks must breathe through their skin, therefore they will back out in order to get air when they are coated with the nail polish. Chiggers, too, will be suffocated by the nail polish.

The Little White Pill And You

A 113-year-old pill holds the uncontested record as the world's most popular and useful drug.

That pill is aspirin, and, according to the American Medical Association, Americans swallow more than 16 billion of these little white tablets every year.

Since aspirin is such an important and common item, it's worth your time to learn a few facts about its use. Here are some tips from the National Safety Council:

- Most family doctors think it's safe to take an aspirin or two to relieve headaches, cramps or minor aches. But if the dosage has to be repeated several times a day for several days, the doctor should be called.

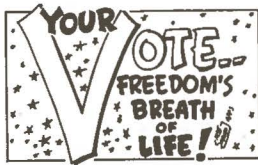
- Never take an aspirin to reduce fever without consulting your doctor. By doing so you may be masking disease symptoms.

- Be sure to drink a full glass of water when you take aspirin and don't swallow them on an empty stomach. Otherwise you may irritate your stomach.

- Don't take aspirin if you have a stomach ulcer. Aspirin's weak acid can irritate an ulcer.

- Since aspirin deteriorates in the bottle, don't buy more than a two-or three-months' supply. If the tablets in your aspirin bottle have a vinegary smell or crumble in your hands, throw them out.

- Aspirin's greatest danger is its familiarity. There are probably very few medicine cabinets that don't contain a bottle of aspirin. Make sure you keep it well out of the reach of curious, cabinet-exploring young children. Aspirin in large doses can be fatal. (AFPS)



SOCIAL SECURITY AND YOU

If you are a Vietnam veteran and going to school, you are probably getting help under the G. I. Bill. In addition to this, you might be eligible for a monthly check from social security, too.

If your parent is deceased or you are getting a social security check, you should contact your Social Security Office. You must be under age 22, a full-time student and unmarried. The only sure way to know if you can qualify is to file an application. Be sure to take your parents' social security number, your number if you have one, and your birth certificate. The folks in the office will take it from there.

Remember, if you are eligible, you can get your social security check in addition to any benefits under the G. I. Bill or scholarship you might have. The office for this area is at 167 N. Main Street in Memphis and the phone number is 534-3631.

W. A. Rushton, Field Representative for Social Security, is at the Naval Hospital each Wednesday and will gladly assist you with any Social Security matters. See him at the Contact Office on Ward 11.

Key, Unlocked Door Attract Car Thieves

Few people would leave a mink coat laying on a public sidewalk, but thousands park their \$3,000 automobiles leaving keys in the ignition and the doors unlocked.

The result of this carelessness is often car theft which can lead to an auto accident. A recent Department of Justice survey found that three out of five stolen cars had had the doors left unlocked or had keys left in the ignition switch.

The National Safety Council's Traffic Safety Department says that the survey also identified stolen cars as a substantial factor in the nation's accident toll. Nearly 17 per cent of the stolen cars surveyed became involved in accidents within a matter of days—sometimes within hours—after they were stolen.

In a recent year there were 90,000 accidents involving stolen automobiles in the United States. Any of us who tempt a car thief to drive off in a car is simply turning a dangerously uncontrolled weapon loose on the highway.

By following these tips you may keep your car from becoming one of the half-million cars stolen yearly in the United States:

- Never leave your key in the ignition lock when you park the car.
- Lock your car whenever possible, particularly when leaving it for long periods.
- Don't tempt people by leaving bulky packages or clothing in your car. Sometimes a thief will sack a car of valuables and then drive the car away as an afterthought.

Remember that the simple act of locking a car door is a safety measure that protects your property and the lives of other motorists. (AFPS)

Test New Insect Repellent

WASHINGTON (AFPS) An insect repellent that doesn't wash away the first time a soldier works up a sweat is being tested by the Army at Camp Lejeune, N.C.

Unlike present insect repellents, which must be reapplied every two or three hours in hot climates, the new repellent could give protection for days.

The secret, the Army says, is a series of compounds composed of molecules that help anchor the repellent to the skin.



UP FROM THE LIBRARY

New Non-fiction

Albee, Lou. OVER FORTY - OUT OF WORK?

Borrer, D. J. A FIELD GUIDE TO THE INSECTS OF AMERICA NORTH OF MEXICO.

Della Femina, Jerry. FROM THOSE WONDERFUL FOLKS WHO GAVE YOU PEARL HARBOR. Front-line dispatches from the advertising war. Feininger, A. THE COMPLETE PHOTOGRAPHER.

Gram, Frank, Jr. SINCE SILENT SPRING. Rachel Carson has been proved right. What have we done about it?

Hass, Hans. THE HUMAN ANIMAL. The mystery of man's behavior.

Hemphill, Paul. THE NASHVILLE SOUND. An intimate portrait of the country and western music scene.

Hoyt, Edwin P. RAIDER 16. The gripping story of a famous German raider and her intrepid captain during a critical period of World War II.

James, Howard. CHILDREN IN TROUBLE: A NATIONAL SCANDAL.

Mead, F. S. HANDBOOK OF DENOMINATIONS IN THE UNITED STATES. 5th edition.

Mehta, Ved. PORTRAIT OF INDIA.

Miller, D. L. AN ALBUM OF BLACK AMERICANS IN THE ARMED FORCES.

Powers, Francis Gary. OPERATION OVERFLIGHT. The U-2 spy pilot tells his story.

Robert, H. M. ROBERT'S RULES OF ORDER. Newly revised.

Schanche, Don A. MISTER POP. The adventures of a peaceful man in a small war.

New Fiction

Finney, Jack. TIME AND AGAIN. Chosen, after exhaustive screening, by a secret government agency, Si Morley was transported back to the New York City streets, presumably only to test the theory and act as an intelligent observer.

But more is wanted of him - Hubbard, P. M. HIGH TIDE. A novel of suspense about an ex-con.

Marlowe, Stephen. THE SUMMIT. Novel of intrigue.

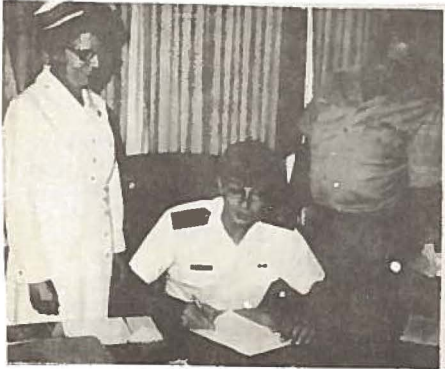
McComas, J. F., editor. SPECIAL WONDER. The Anthony Boucher memorial anthology of fantasy and science fiction.

MacDonald, J.D. DARKER THAN AMBER. A Travis McGee mystery.

Silverberg, R., editor. THE MIRROR OF INFINITY. A critic's anthology of science fiction.

Webb, Charles. THE MARRIAGE OF A YOUNG STOCKBROKER. The author looks inside a marriage and at the possibilities of love.

PROMOTIONS.



LTJG J BOHN



LTJG J FARMER



LTJG M HINZMANN



LCDR C ITZIG

AWARDS.



HMCS W SNOWDEN

HMCS W. SNOWDEN, USN, ASST. CHIEF OF THE LABORATORY SERVICE, WAS AWARDED A LETTER OF APPRECIATION



HM2 A HARRINGTON

HM2 A. HARRINGTON, USN RECEIVED THE NAVY ACHIEVEMENT MEDAL WITH COMBAT DISTINGUISHING DEVICE

AND DEPARTURES



HA F HUDGINS



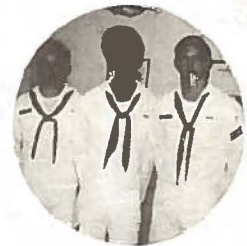
(L-R) HN J. READMAN, USN;
SN R. BRIDGES, USN; HN A.
LOMBARDI, USN; HN R. STAINES,
USN



HN R OLSON



(L-R) HA R. HARRIS, USN; HN
J. HODGES, USN; HA J. COTTER,
USN; HN D. MC WILLIAMS, USN



(L-R) HA J. HOWARD, USN; HN
W. KIMBRO, USN; HN G. HELLUMS,
USN; HN F. MARCH, USN



HN P HOWELL



LCDR J OTTOSON



LCDR M KELLEY



LTJG C EBERT

CIVILIAN AWARDS



MRS M RODGERS

MRS. M. RODGERS, SUPERVISORY BUDGET ANALYST FOR FISCAL & SUPPLY, RECEIVED A TWENTY YEAR LENGTH OF SERVICE AWARD



MRS C WILSON

MRS. C. WILSON, FOOD SERVICE DIVISION, WAS AWARDED A TWENTY YEAR LENGTH OF SERVICE AWARD



MRS C BIBB

MRS. C. BIBB, FISCAL & SUPPLY, RECEIVED A RECENT LETTER OF APPRECIATION



MRS S TAYLOR

MRS. S. TAYLOR, FOOD SERVICE DIVISION, WAS AWARDED A TWENTY YEAR LENGTH OF SERVICE AWARD



MR C ANDERSON

MR. C. ANDERSON, FOOD SERVICE DIVISION, WAS PRESENTED A TWENTY YEAR LENGTH OF SERVICE AWARD

DEPARTMENT OF THE MONTH.....
NURSING EDUCATION

WELCOME ABOARD



CDR H WALKER

CDR H. WALKER, the Nursing Educational Coordinator, is responsible to the Chief of Nursing Service for the orientation of new Navy nurses and nursing service staff members reporting aboard, and the supervision and administration of the nursing educational program within the hospital command. She is also the division officer for corpsmen and corps waves, and corps waves' representative.



HMC R SELLS

HMC R. SELLS, the Nursing Educational Assistant, is responsible for the orientation of, the scheduling of direct learning activities for, and the assigning of details to corpsmen and corps waves.

CDR WALKER recently came to this hospital from the USS SANCTUARY, and HMC SELLS, from Chu Lai, Viet Nam.



Those receiving Letters of Appreciation are from (L-R) Mrs. L. COOK, Mrs. L. OLASON, and Mrs. H. Perry. Working for the Hospital Naval Exchange, these ladies have done an outstanding job in serving the patients and staff of this hospital. The exchange is open from 0830 - 1630 Monday through Friday, and is closed on the weekends.

OFFICERS TO REPORT

LCDR DOYLE E. CAMPBELL, MC, USN	OPHTHALMOLOGY
LCDR FLOYD D. SAINI, MSC, USN	GENERAL SURGERY
LCDR JAMES B. LOCKHART, MC, USNR	INTERNAL MEDICINE
LCDR THOMAS E. MOTLEY, MC, USN	
LCDR DOROTHY J. SHIELDS, NC, USN	OTOLARYNGOLOGY
LCDR WILLIAM B. ECHOLS, MC, USN	PEDIATRICS
LT JAMES B. BARNSHAW, MC, USNR	GENERAL PRACTICE
LT TOM J. MEEK, MC, USN	ANESTHESIOLOGY
LT STEPHEN T. HOOD, MC, USNR	GENERAL SURGERY
LCDR CHARLES B. ITZIG, JR., MC, USNR	

ENLISTED TO REPORT

WATTS, HERBERT	HM3	3rdMarDiv
HUTTO, JAMES E.	HMC	3rdMarDiv
CHUMLEY, P. A.	HN	HCS, San Diego
VANDERLINDEN, G.	HN	HCS, San Diego
COLEMAN, H.	HM3	NAS NSA, RVN
ROSS, GLEN	HM1	HCS, San Diego
PREVETTE, J.	HM3	1stMarDiv, RVN
WHITEHEAD, JOHN	HA	HCS, San Diego
DAVIS, JOHN S.	HN	HCS, Gt. Lakes
MULLINS, JERRY W.	HA	" " "
GRAHAM, TERRY L.	HA	" " "
MOORE, DAVID L.	HA	" " "
GIBSON, BRUCE W.	HA	" " "
JOHNSON, DEX W.	HA	" " "
BEAN, WAYMAN L.	HA	" " "
MC LEAN, S.	HA	" " "
CHERRY, HENRY J.	HA	" " "
REARICK, THOMAS J.	HA	" " "
SCHRADIN, JOHN A.	HA	" " "
SMITH, MIKE S.	HA	" " "
POPE, FRANK C.	HA	" " "
SHORT, CARSON	HA	" " "
SAPP, J. K.	HN	" " "
MOTHERSHED, BILL	HA	HCS, San Diego
HUCKABY, TROY	HA	" " "

FAREWELL

OFFICERS DEPARTING

CDR MARTHA L. BORING, NC, USN	RETIREMENT
LCDR BILLIE C. ROBERTS, MSC, USN	TRANSFER
LCDR LINNIE A. HOWE, NC, USNR	TRANSFER
LT NANCY A. DIX, MSC, USNR	RESIGNATION
LTJG ANDREA R. BROWN, NC, USNR	RAD

ENLISTED DEPARTING

BADER, R.	HMCS	USS FULTON (AS-11)
WALKER, T.	HM3	LAB ASST. TECH SCHL PTS., VA.

