

## DR. PHYLLIS ORLAND INTERVIEW

I: This is Sept. 29, 2001. We're at the office of Dr. Phyllis Orland in our continuing series of interviews commissioned by the village of long-time residents, and what I specifically wanted to cover, what the folks of the Historical Society wanted to talk about in particular was the village's efforts in distributing the polio vaccine and how the village dealt with the polio epidemic. And I guess what I would like to do first is maybe you could set some background about what had happened from say 1900 or wherever you became aware of what, how polio had changed society and what people were doing to combat it before the vaccine became available.

PO: Well, I can get to in many things like that. I mean, I was very much aware of polio for many years before I became a doctor and certainly after I was a doctor in medicine, I had a lot to do with the polio vaccine. You must remember that there was no vaccine available before oh maybe 1955 or so when they came out with the original Salk vaccine. And, that was a miracle in itself to have a vaccine to prevent this disease because nobody knew how. They did all kinds of things. They did trace epidemics back to swimming pools for instance and so one of the one thing that they did was to close all wading pools, close all swimming pools in the summertime because they did know that it was transmitted by close contact, respiratory contact-coughing at other people, sneezing at other people. These people with polio initially only had a sore throat, not as bad as a strep throat, just a little sore throat, and then they seemed to be fine for a little bit and most of them were! But there was the one in a thousand or so who instead of getting

better, got worse!-got neurotoxic materials and some died, many became paralyzed, and that was the horror of polio! Everybody, all parents, everybody was afraid of it.

I: When you say that things that I've read talked about that particularly during the summer months that parents would try and isolate their children away from other children. Do you recall much of that happening?

PO: Sure, well, of course! If they closed all the swimming pools and what have you, it was don't go where there are other children. Don't go to the theatre where you might meet somebody who has the virus. You didn't know who had it because as I say, most of them didn't know that they had it. It was only the occasional one who got very sick, and sometimes died! They died terrible deaths when they did because they had respiratory difficulties, they couldn't breathe, and it was toxic, and it went from bad to worse shall we say. There was nothing they could do for any of it.

I: What does polio do to your system? How does it inflict its damage?

PO: Well, it destroys the nerve cells is how it inflicts it's damage. And so, whichever part of the nerve tract it had gotten into that's where the damage became most manifest and it was called, what's it's other name called, anterior polio myelitis? It's the anterior nerve cells that are irritated by this stuff. And, um, so once they were irritated, usually they didn't recover. So it just depends on how extensive this damage was to you, or what part it did to you. Nobody knew who was going to get it.

I: Another question I have, it seems, many of us, a post-polio patient myself, I got it in both legs and with one much more affected than the other. I know people who had it not so much in the arms, but what, is there any determining factor as to where you were afflicted if you contract this?

PO: No, no. The only thing that we did know was that people who became involved with it and got paralyzed often were the very doers and were healthy and were actually very active before they got the polio. And so that activity beforehand predisposed to really developing it. I had a cousin for instance, who he was 33, you'd never think he'd get it, and I knew quite a few people in the same age group who got polio, many of them in the same state. And, he was fine one day, and then the next day he had a headache and a backache and what have you, and did a spinal and discovered that he had polio. The next day he could hardly roll over in bed, and the next day he couldn't! And, that was where it left him. He had paralysis of both his legs, some of his trunk, and some of his arms. And, he really had to rehabilitate. He had to be completely rehabilitated because he wasn't able to follow the work that he was doing and he had a wife and 3 small children, and this was the result of it. He finally died when he was in his late 60's and was beginning to see the manifestations of this post-polio problem where you get weaker. But he could hardly, he went to Warm Springs in Georgia and there they showed him and taught him how to manage their special crutches and so forth, but he had difficulty. He could hardly get up a couple of steps. And..

I: I think one of the things that also we should make clear is that when, I don't know, it affected the muscles for respiration is really how it killed many people.

PO: Well, when it bothered those and they had to put them in they so called them "Iron Lung", and they had these respirators and I don't think there are any people left on the respirators any more, you don't hear about it-haven't for several years. But, many survived for many years and they got better respirators. First they had these great big tanks of iron lungs which were terrible, and then they got sort of portable respirators which were much more comfortable, but they still wore a respirator.

I: How do those work? I don't understand the principle.

PO: Um, well you're asking me. They, OK, what it did you put them in this, it had a negative pressure thing and what it did was put pressure on the chest, AHH, and then sucked it out, put pressure on the chest, AHH, and sucked it out. It's like giving them artificial respiration all the time.

I: So basically, you were sealed, your body was...like sealed airtight.

PO: They were sealed airtight, yeah, airtight. Around the neck and so forth and so on, not exactly well they would choke them, but they were very much compressed around the neck and then they had this machine that breathed for them actually, is what a respirator was.

I: That would be a very limited existence!

PO: It was a terrible existence! And most of them didn't have any other movement either. I mean if they were that bad and they had respiratory paralysis, usually they had paralysis of their feet and their hands. Some of them could maybe move a toe or so, but nothing, nobody, I saw a lot of it on respirators and I don't think one had that I saw had any movement of the rest of their body It was real tragic!

I: Would you talk, if you are aware, of how polio affected Forest Park and it's recreation area, because I've been told that there were wading pools in places that later were termed "the sandbox." Was this a result of polio?

PO: That's right, yeah. I don't know what happened here in Forest Park because I wasn't part of the scene at that time but I know, for instance, I know what happened in Berwyn. And there they closed the pools and made sandboxes of them to utilize the area. They never developed the pools after that. People didn't want them. They closed the swimming pools, the bigger swimming pools too, and they really could trace, you know, what we might say minor epidemics to some of these places where maybe there were two cases of polio, or three, that was an epidemic out of the clientele of a pool that usually had about 200 people!-if there were 2 cases of polio, that was bad! One was enough!

I: And how did, I'm under the impression that Forest Park's pool stayed open. Do you know that to be a fact?

PO: No, I don't, no. They didn't have many pools in Forest Park, they didn't have anywhere really, they were just developing pools.

I: OK. So, well I think this pool opened in about 1936 I believe,

PO: Maybe.

I: OK, and then the epidemics were still going on every summer.

PO: Well, they were getting every summer and they were very much publicized and realized about the mid 30's. Before that there just seemed to be a lull. I don't think there was very much polio in there and all of a sudden it got more prevalent again.

I: And your husband when we talked, told me about a pool located on Des Plaines Ave. here about where the highway was.

PO: Oh yeah, that was part of the recreation center, you know, yeah. There was a pool there. He used to go swimming there. But, I can't remember it. No, I cannot. I'm just a little bit younger, but then I didn't marry him until '43 and that's when I finally became a little bit involved! But, I was busy with things; I was busy with what I was doing with

the polio! I spent several months at Municipal Contagious in the polio and, you know, that's where I saw so many with respirators and had to help with their care and stuff.

And, I wasn't here, I was there.

I: Where is that located?

PO: I don't think they still have it-on California Ave., and 39<sup>th</sup> about Pershing.

I: And the name of it again was?

PO: The Municipal Contagious Disease Hospital. I don't know whether it still is or not.

I: I wonder what they would be combating today?

PO: Well, right now they don't have any AIDS, but that wasn't a quarantenable sort of a thing. No there isn't, but they are thinking about it I mean I have an article here that I just want to copy actually from a journal that's called "Science" that's talking about some of the diseases coming back like for instance polio would be one, another would be small pox which they absolutely said they have it out of the world except they have a few little places where they've kept the virus chilled and available. And, so somebody would have to get hold of this and start it up and you could have a terrible epidemic before, and there would be nobody resistant to it except some of the real old ones, like me! But we stopped

vaccinating in 1970. So, anybody younger, born after 1970, would not be, has no resistance and maybe would not anyway because we kept revaccinating all of the time.

I: There were things like Ebola, (11:15) and

PO: Those others-they came from Africa.

I: What's that thing, Kroitsfeld? (11:24), the cow?

PO: Oh yeah, that's the mad cow thing-that's due to something that I don't know too much about called "preons" and apparently some change in the mechanism of the cell, these preons, you're not supposed to have them, and they shouldn't be but if they do develop then you get these degenerative diseases. Yeah. We don't need that one either.  
(Laughter)

I: So let's talk about the efforts here of the village to, well first of all let's talk about the development of the vaccine, maybe you can fill me in on the development of the vaccine. And weren't there a couple of different schools of thought about what the vaccine should consist of?

PO: Well, it was how they were made, and I don't really know anymore how they were made. But, they started out with using Salk vaccine, which was in the 50's. And so the children, it was recommend, they knew it was valuable, and so you had to get a yearly

injection, even more than that maybe to begin with. And, but then, Sabin at the same time was developing this other vaccine. His was, I think, in monkeys, anyway, he developed that one and they realized that that one could be given by mouth which was a lot better for most people and it was a permanent vaccine. Once you were immunized to it, you didn't need any boosters. So, that was the one that I was really very, I thought was the best and I still do, but of recent years they've discovered that sometimes it will revert to a wild type or sometimes if someone is exposed to this child who has is active with this polio vaccine can develop polio. So, there was something like maybe 15 cases in the United States? But, that to them was enough to stop using Sabin vaccine, you know the old oral vaccine, and go back to the Salk vaccine, which has been modified and changed a lot too over the years. So, now they're using the Salk vaccine almost entirely.

I: And how did Forest Park mobilize, and did you have anything to do with the actual village here?

PO: Well, they didn't do much of anything. (Laughter) I mean what we did it was done, make me say nationwide, the drug companies and stuff asked for volunteers in the medical field to sort of cover this and I'll tell you the one person who was really most instigative in making me realize it was Margaret Carlon (14:00) who's dead now, but she was very, very much of a positive person in this. So we just got the material from the drug company, I don't the village had anything to do with it. Had to find a place where to give it, and I have that, all this stuff over here I found in this little pile, somehow, all of a sudden, and it just says that this is the 3<sup>rd</sup> dose, there were 2 before that, and it also says

when they were on Nov. 2<sup>nd</sup>, Dec. 7<sup>th</sup>, and Jan. 11<sup>th</sup>, one month apart and we gave them basically I know I went to the area that was in the basement of the Liberty Federal, or whatever one it's called.

I: Yeah First Savings.

PO: First Savings, yeah., North American Savings it was called at that time. And, anyway, that's where we gave it and we had a good turnout, anybody could come and we put them in little glasses, we had paper cups with a little water in them and we put 3 drops of polio vaccine in, and that's how you got it. You drank it, and that was it, came back the next time. And, so anyway, it was a good response and as I say I spent my time, we also gave it at the park building, no, at the Mohr Center? More like the Mohr center. But, we had a couple of places you know. And so, no, it was at the park building.

I: Yeah. I was going to say, I don't think the Mohr Center was there.

PO: No, no I don't think so. No, I don't think it was available, I don't think so.

I: About what year are we talking about?

PO: Well, this was 1963, 1964. That was when we gave the oral or Sabin vaccine. The other one was given in the 50's. And, we didn't have a pusher either I mean, not as far as Forest Park was concerned. But, everybody was giving it. I mean, I don't know where I

was giving it someplace, I don't know. That one I don't know, this one I have more contact with but I know I was doing it, and I forgot about other things that I was supposed to do I was so dynamic.

I: Out of curiosity, having had contracted polio and survived, would I necessarily have needed the vaccine, or would you assume I would have had a resistance?

PO: Well, there were 3 types of polio. So, if you got polio, you don't know which type you had. So, you could have probably conceivably get it again ending one of the other types. So, we generally would recommend to anybody, even though they think they had polio that they should get the vaccine. It wouldn't do them harm anyway. But there were a lot of good questions regarding it. And some people who were very frightened by it too, you know. But it certainly stopped polio!

I: Wasn't a lot of the concern around the different types of vaccine because wasn't one a live vaccine and the other one, I don't know what the alternative was..

PO: The Sabin vaccine was a live vaccine. And, the Salk vaccine was a killed vaccine. I think so. You're asking me a question I'm not so sure I'm answering correctly!

(Laughter)

I: Wasn't there a problem with the live vaccine, at least initially?

PO: Oh yeah, oh sure, there were some cases of people who developed polio. They had to give a lot of directions and to say, for instance, if a small baby got polio vaccine, somebody who was not immunized should not change their diapers because they could get it from them. There was concern about this and there were transmissions, not many, but some. And, in fact, that was why they changed back to the attenuated vaccine, the Salk vaccine.

I: Attenuated that was the word. But then didn't they actually without knowing it, actually induce a number of cases while they were field-testing?

PO: Oh, I imagine so. Yeah, they were very much aware of this and very careful, but it still happened. And, I'm sure, that's why they had all these rules, don't go near a baby, or a small child who just got the polio vaccine, they might have it in their diaper-watch it!

I: How long would you have to be careful under those circumstances?

PO: Well, some of them as long as 3 or 4 months!

I: Oh, no kidding? How did kids get changed? (Laughter)

PO: Well, their mother's were brave, put it that way!! Yeah. You know like I always say when I, this cousin of mine got polio, guess who went to see how he was, and, I did! And, I don't know why I was immune to polio, but anyway I went to his house, took him to the

hospital to get the lumbar puncture, took him to the hospital where he belonged, and kept in touch with him, but I was 3 months pregnant at the time. That was a very, very vulnerable stage you might say! Nothing happened to me-nothing ever did! But, I grew up in a rather, not a sheltered environment by any means, so consequently I feel that I got it as a child somewhere.

I: So, the idea being that if you had exposure at a low enough level you would generate some sort of an immunity to it?

PO: That's right. You had immunity and a lot of people had. And we didn't have any way of checking this immunity either. They weren't able to stick you with a prick like you can with measles and so forth and say hey, you're immune to measles, therefore, you don't have to worry about getting it. They couldn't tell that with the polio, there was no such test. So, that's why it was just recommended for all people-get the vaccine! Why not? (Laughter)

I: And, can you talk a little bit about what the, talk about post-polio and what's happening, this is a couple of generations later, these people, the initial survivors, what, they basically are facing jeopardy again aren't they?

PO: Well, yeah, slightly so. They're not as strong as they had been. Their muscles are getting weak. Or maybe the nerves are. The nerves, and the muscles, and the nerve endings they compensated for it by crossovers and so forth and all of a sudden they're not

that bad, but they are feeling weakness and not able to function as well as they had been. Many of them experience this. Not everyone, but they say about 50%.

I: That's interesting. It seems like that puts a strain on the body that..

PO: Well you would think the way so many of them have to do surgical things, they've had to regenerate nerve tracts that you didn't have to use and doing a little bit of this getting a muscle back to half way decent and then-it's over tiring!

I: Can you actually regenerate a nerve tract?

PO: Not really, I mean, not if it's dead at the end! But nerves, if you sever a nerve it will grow in its channel afterward. And I know, I think it grows like, I think, 6 inches in a year, something like that.

I: Interesting, interesting. So, basically you had with the nerve channels that were killed, you had the surviving channels just taking the load for everything.

PO: That's right, yeah, that's right. That was what was hard. It was hard on those; in fact, sometimes they actually transplanted the muscle somewhere else with its nerve tract to give some more stability to it. They did a lot of that maneuvering and to get some ability into an extremity, particularly in the legs. That's when we noticed it most. I think

the legs got more of it too and than the arms and they were more vulnerable. Typical polio was a foot drop.

I: What was it that the legs were more vulnerable than the arms?

PO: I don't know, I'm just saying that maybe the nerves have a longer way to go maybe, or maybe that part of the spinal cord had more involvement too whereas up in the head, it all comes higher up. So, it could be that maybe the blood supply wasn't as good.

I: I've often thought that, you see a lot of survivors, you say, with drop foot and withered limbs, and you know, I haven't seen much in arms and in things that I've recognized.

PO: Well, you wouldn't see it, but we didn't see it. It was more apt to be the legs.

I: Well, I also suppose that just in daily use that it probably wouldn't be as obvious.

PO: Yeah, maybe.

I: Because, you've got no choice but to walk, and it displays when you walk. Let's talk about, I think we've covered the polio issue.

PO: I think you have. (Laughter)

I: Um, let's talk about, I'd like to talk about Forest Park, can you um, and maybe your earliest recollections of Forest Park, how you met your husband and how.. I take it that was your introduction, where were you before you.

PO: I grew up in the west side of Chicago near Western Electric. That was my habitat you might say and then west of there, I moved, I knew Berwyn pretty well, not Cicero as much as Berwyn. I had some aunts who lived in Berwyn.

I: Western Electric was on Cermak and what?

PO: Cermak and Cicero. It was basically on Cermak and a great extension my father had a drug store just east of there on Kolin and Cermak, he had a drugstore for years. On K-O-L-I-N and Cermak, yeah Kolin.

I: What was your maiden name?

PO: Frozek, (23:43) that means little frost, that explains me!! (Laughter) But anyway, I grew up there and went to the Chicago schools. I went to Flower High School in fact which was quite unusual, but I was kind of on the younger side and they thought maybe it would be good for a little girl so I was sent there and didn't learn very much but it was a nice school.

I: Does it still exist?

PO: Mm Hmm. Yeah, it was sort of almost a grade school and now it's a high school again and it's not only girls, but when I was there it was all girls. Well, anyway, that was where I came from. And then I went to college, went to the University of Illinois, and then I went to medical school and that was where I met Frank. When I was...

I: Where was the University of Illinois when you went there?

PO: Urbana! There was no Circle campus! No, just Urbana and I went to the Urbana campus in 1935. And, I finished and I got a bachelors degree and then got accepted to medical school by hook or crook by somehow and so then when I was in medical school I had some bad teeth and my mother had had an experience with getting her teeth fixed by a dental student I think at Illinois many years ago before that maybe 1910 or so, anyway, 5, she thought it would be a good idea and we couldn't make up our minds which dentist to go to and I had some teeth that needed fixing so I had a little spare time at the University, I had taken a course ahead of time, so I had some free hours. And, so I went to the dental school and applied and Frank, poor thing, accepted me. You know, I mean I was the last on the list. I had some pretty nasty, strange teeth that needed good care you might say. So, anyway we got acquainted and that was how it went.

I: Where was medical school?

PO: Where it still is-on Wood and, now wait, Wood Street, Harrison and Wood. I'm trying to think what are the names of the streets. Wood is this street; Harrison goes this way, yeah.

I: So, that's more like by Pres. St. Luke's.

PO: Yeah, it's by Pres. St. Luke's, just west of Pres. St. Luke's actually and the dental school was associated with it. At that time it was in the same building then they built another building and put the dental school in that building. But the original stuff where we went is still there and I think the medical school is still in the same facilities. They built a new hospital, and the old one, which we went to is some clinics and so forth, but it seems so minimal, compared to what I thought of it when I was going and this new hospital is a much different thing. But, anyway, and the dental school is-I have not even been in the new dental school, but that's a whole building in itself.

I: Can you talk about your courtship or how?

PO: Well, it was interesting. Well, no, not really. We had to meet because he had to take care of my teeth and then you know, before long we got, he asked me out and we went to a few things. Once in a while we went to a couple of barn dances and we went to the, I think it was the auditorium theatre, they didn't have the Lyric Opera House, they only had that. And, they gave very, very good tickets for students; I think they were a quarter apiece. That was nice. So, we went to a couple of those and I remember once instance

which we got seats and we were on either side of an aisle and he didn't like that at all! (Laughter) but, anyway, you know, things like that. And, this went on and then we got engaged when he won a good prize from the dental school for an essay that he did in some research work and so he got \$100 and so he bought me an engagement ring. And so, that was the sum total of it, but then we were engaged for another 2 years so we were married 4 years after we had met. It was a long time, a long engagement you might say.

I: Where were his parents located?

PO: Here.

I: In this actual building?

PO: Next door-in the 2<sup>nd</sup> floor. They moved here from what is called Little Falls, New York. That's a little town on the Mohawk River and Frank was born there and he was 6 when they came here. So, he went through his whole, except for some kindergarten, he went through all the schools in Forest Park.

I: I'll bet he went to Garfield.

PO: He went to Garfield and then to Grant for a little while because that's the way it was. Grant was 7<sup>th</sup> and 8<sup>th</sup> grades, and Garfield only went through the 6<sup>th</sup>. And, then he went to Proviso.

I: Was this building in existence and you folks purchased it?

PO: Yes, we purchased it. We purchased it in 19, I believe in 1948. But he had the house next door. See he was an only child so we were able to combine our resources with his folks. If his folks had money, we had money, if we had money, they had money you know, it worked both ways. He was a very devoted son.

I: I remember him telling me about the fact he used to take you out to Westchester to learn how to drive.

PO: Oh, yeah, I didn't know how, oh yes, that was common. Westchester had streets, oodles of them, and sidewalks! No buildings, no buildings at all except for the few that were around the Canterbury, is that the name of the, anyway, the central part there were some older buildings there, but the rest was nothing, it was all undeveloped! And so you could go there with a car and go up and down streets and really learn how to drive. And I was not exactly every really brave, and he taught me how to drive, and I'm almost a little bit more than brave now I think. (Laughter) I have to be careful that I'm paying attention! I needed to know how to drive, you know, I started in medical practice and those days you made house calls. I couldn't even get to my office. I had an office in Berwyn at that time and I had to have a car to get there, and I did. He couldn't be dropping me off all the time; he had his own stuff to do. And, he worked long hours. He would leave about 7 in the morning and get home about 7 at night.

I: Did he actually have like an active practice?

PO: Not really, not really. He had a little office here, but he never really used it. And at the University he was required to do a certain amount of dental work, which he did, but he didn't like doing it. He didn't like the practice of dentistry. He liked research work and writing. That's what he really, those were his 2 loves-not exactly hobbies, but loves-research work and any kind of writing.

I: OK. And I also want to ask you the names of your children. I know you have 4 kids?

Um, I know Ralph, and Carl, and June, and I'm missing one.

PO: Frank. The oldest one, Frank, he's a little bit, just a little bit older than Carl.

I: And, I know June is my age, I'm born in '52, when were Carl, and Ralph?

PO: Frank was born in '47, and Carl was born in '49, and Ralph was born in '59. He's a lot younger than the others.

I: Yeah, because I remember that June got a baby brother while we were in school.

PO: Yeah, she wanted a baby sister in the worst way, but she wasn't going to have any kind of a baby. She was not exactly, didn't exactly like the idea that it was a little brother, but that's the way it was! (Laughter)

I: Can you at random, any recollections, things that have been a part of Forest Park in the past that no longer exist that people might find interesting?

PO: Oh really, not like Frank, hm. No, not really, they've torn down some buildings. Yes, and there were active, like for instance like the Moose was active and it isn't anymore. The Lions the same way, they've been rejuvenating that in a different way, a different matter, but it's sad to see these things that you thought were almost going to be permanent suddenly become disinteresting to most people.

I: Why is it that fraternal organizations seem to be withering on the vine? What's that about?

PO: Well, that's what everybody has noticed. Well, probably because people don't have time for them. You know, they sort of took over for the people who didn't want to go to church they went to these fraternal organizations and the churches have not been doing too well either, but they're a little more strong. And, the others, well there just isn't any interest. There just is not the interest in them. And, we have television, we have radio, and we're very active.

I: A neighbor tried to get me to join Kiwanis and I was actually sort of scared by the idea. What the hell are Kiwanis? What do I have to do? And you know...

PO: Well stand on a corner, and sell tootsie rolls or something! (Laughter) They're charitable organizations, and they're nice. But people don't have time for them anymore. Maybe they don't have very much charity either. And recent, 911 that had occurred has sort of shown us that there is a certain amount of charity in people, that they're willing.

I: Well I wonder if, I don't know how long this renewal of the brotherhood/sisterhood of our citizens will last. I tend to think it may have like a limited life, but I wonder if that won't initiate, you know, maybe a return to fraternal organizations.

PO: I don't either. Maybe so, or in some way that people should be showing compassion in certain things and understanding. I'm very much interested just in conservation. And sort of (33:48) so, but I took a lot of courses in ecology when was when I was in college which was a word that nobody knew and I've just been interested in it all of my life, and there are other people who are too. But they'll say why worry about it, you know, why should you care about these, I don't care about the degenerating or the loss of animals and so forth and so on, so why? But I would like to see the woodland continue and so forth, I really do, and I don't like to see just wide spread destruction of things that industry likes to do and in their system level it off and build up high rises. Well, they got their high rise in New York City! 2 of them! (Laughter)

I: It's an interesting argument, when the arguments that they make are in terms of the benefit of the common man and employment and...

PO: And then you forget about that and well anyway it's true, employment, and I think people are demanding too much! I think they should be more I have trouble with words really getting out the right ones!

I: Maybe employ them taking care of the woods, instead of..

PO: No, they don't want to do that. It's too hard! (Laughter) They'd rather push a button. Oh my!

I: Well we're not at a dead end here. I just ah, I was thinking about things that went on in Forest Park. Fraternal organizations are gone. I'm trying to think of what else we got.

PO: Well, some of the restaurants are gone. Homer's is gone-it burnt up, so did Otto's that one's another one that burnt up. I guess that restaurant's must have a way of burning up-they cook with fire and so forth so it must be that there is a certain amount of attrition in restaurants, but 2 of the most favorite ones aren't here!

I: Can you shed any light on the Corner Grill? Or the Triangle Grill was that what it was?

PO: No, not that was over here where the Moose hall was.

I: I always thought that they were referring to that little stand by Goldie's where Circle makes the turn, I don't know what the cross street is now.

PO: No, I don't know. I don't know anything about that. You know, I drove by it but paid no attention. Really, I was not thinking about those things. My mind is maybe in a cloud some of the time. I think about babies, not babies necessarily, I don't care much for babies, I like the older kids better, but realizing that there were children and that I had to be active in this sort of concept so I knew that, but I didn't know all this other-I didn't have time to think about it! I hardly ever watched television. When people ask me don't you remember this program or that one, I don't know! (Laughter) I rarely went to the theatre. I didn't have that desire. As a child we were busy my father was active in his drugstore and we all worked at it. And so, he got off every other Sunday and so then we'd go to a museum or something like that or visit relatives. And, I never really was much very on theatre, yet my mother had friends who if they couldn't see their Thursday night theatre and get that free dish, they were sort of lost, you know. (Laughter) We never went to anything like that. It was rare!

I: So you weren't a person who went to the Forest Park Theatre or..

PO: No, I think I was there twice, once to see one of Disney's things we went there with, maybe it was Bambi, hm? Maybe, I remember my children were already grown, my

husband had a cousin and he was visiting and he took his little boy to see it and the little fella was a little bit frightened by Bambi and the woods. But, anyway, now that I am thinking about it I remember that.

I: Well, let's go back and talk just for a second about your actual practice here aside from your involvement in polio. When did you open your office here, and when did you actually shut down your practice? And, are there any notable people that were your clientele?

PO: Well, I knew a lot of people here in Forest Park, but let's not mention any of them there was nothing that I could horrendously think about anybody I could think, but I knew quite a few. I didn't initially start practice here, I had my first office in Berwyn and I was there for 8 years and then it got to be too much-it was traveling from here to there, a lot of house calls in those days, then I suddenly had 3 children and it was just too much!

I: Where was the office located?

PO: On Clarence and Cermak, above a drug store. That was called Knockman's Drugstore, but now it is not there anymore and across the street from the post office so you can decide where it was. So, I was there 8 years and then we bought this building and then we started looking at it's potential and I really wanted to move, I wanted to get out of here. But I didn't, somehow or another whatever I wanted to do didn't always work out. And, so suddenly I find myself, we lost a tenant upstairs and everybody got to

thinking, hey this wouldn't be a bad idea to use this one and that one as an office, and so we thought about it and the price was right you might say, and so we broke this apartment into the other one, you know, as you saw, I can get into the other one. And, then we made this into an office.

I: About what year?

PO: That was about, June was 2, '54. And we had lived next door, and so we moved from there to here. And we had two apartments stuck together, had a little more room and then when the kids were in high school one of our tenants from upstairs was moving and so we incorporated that section into our household. So, I have the 2 apartments on the side here and now the upstairs one, I keep telling everyone, that's the most expensive attic that there is in Forest Park! (Laughter) That's all it is! I liked when June was in high school, and Frank, and Carl they were close, they needed the room and they did the best with it but then they went off to school and practically never came back, and so that was it.

I: And when did you end your practice?

PO: 1988. You know, and I wasn't exactly happy about ending it, but I knew it was time. The thing was that there was so much changing in the medical field and I was finding that I was working hard and getting less. I had to employ all kinds of people to do the bookwork because there was so much of it, and I didn't want to join somebody else's

practice, and so I decided, I was 68 or so, almost 70 at the time, it was time I should quit. And, so I did! I still retain my license and I do one bold?( 40:01) baby clinic a month, so I'm still in practice you see.

I: What would be a client load, patients, clients, how do you refer to them? How many would there be on an average?

PO: I never tried to figure that one out, but I could, shall we say at my height, I would manage about 20 patients a day. That was about all I could manage because I was pretty much one on one person. And, so that was about as good as I could get. Many times it was 10 and I think I could survive on 5. But, anyway, I did, several years especially in the 60's and the 70's, I was very busy. And I had, I would say maybe 20/day for 4 days a week, or 80-100/wk. I never really counted it up.

I: That's a lot of work, huh?

PO: It's a lot of work, yeah, and I did most of it myself. I was rather good at laboratory work and I trained some in laboratory and I could do a blood count practically on nothing in the urine there is a lot of strange little things but I could basically figure out things with what I could do. But, it would never be acceptable today. They don't know what to charge! (Laughter)

I: What did you do with yourself after you shut down the practice?

PO: Oh now, I haven't done anything. I've been lazier and lazier!

I: Well, you've had 12 years, I assume you broke out of, when you shut the practice down and all of a sudden you had all this extra energy, where did you...

PO: Well, I didn't have so much extra energy anymore, after all, I was almost 70. I had to unpack my office records, I have them in here, those for the most part my patient records are on the porch, all filed and they tell us that we can not get rid of records like that until we die! So, a lot of the doctor's I know, they store them in their garage, then if they die, they go, their wife throws them out. I think the last time I had anybody ask for anything, they did at first-I don't think I've had any requests in the past 3-4 years. I've done a little bit for some friends and so forth but I don't want to because I do have a license but I don't have any malpractice insurance anymore which I certainly don't want! In fact, that was one of the main reasons why I quit was that they were asking so much for malpractice insurance. To be on a hospital staff as a pediatrician, they wanted you to be certified that you could take care of sick newborns, which is the one thing that is a big deal with pediatrics. And, it was getting to be a lot of money, maybe \$8,000.00/yr-just to put that into insurance. And I had started, when I first started it was \$28/yr and it was that way for a long time and then all of a sudden it kept doubling and doubling, and before you know it it was \$8000.00 or thereabouts!! So, first of all I was going to Mac Neal, that was part of my hospital routine, and I'd gone to Children's Memorial too but that was years ago and I stopped that because I couldn't get there. But, then when I went

to Mac Neal I was there, I don't know, 20 years or more and they too, they kept wanting more and more and finally I told them I can't take this so I retired and I was on the Ameritus Staff already at Mac Neal and then before that I had joined Oak Park because one of my friends wanted me to and there they weren't quite so pushy about how much you could have, but I too, I said this is it, I can't keep up with this kind of expense. So, I'm on the Ameritus Staff at both Mac Neal and Oak Park Hospital. But, then I'd retired, so I'm considered retired.

I: At Oak Park Hospital, it was a very strange place for me, that's where I had polio, I look at parts of it that look like they went up when the village was founded.

PO: Well, the first part was, I think, built in 1903 or something like that. But it's added too. It has a lot now!

I: Certainly.

PO: I like Oak Park. As a matter of fact at present I like it better than Mac Neal because Mac Neal has been changing hands, well so has Oak Park, but it's not like it used to be you might say! A little bit more ? (45:09)hospital, but Oak Park, it's OK.

I: Yeah, I think the affiliation, or the takeover by Pres. St. Luke's help them keep stride with the times.

PO: Yeah, that's what they're trying to do.

I: As long as you don't mind the bill, huh? (Laughter)

PO: Well, they charge you no matter what and I'm not that pleased with Loyola, although it's just such a big place you might say!

I: I had a, when was the last time I was there? I think about '94 I was back in there and I had all sorts of medical stuff, I had blood clots and so they put in a "Greenfield Filter" is that what it's called? Are you familiar with that? It goes in the, one of the major vessels in the trunk, what's the one that's coming back, the inferior vena cava?

I: It looks like an inverted teepee but it's full of spikes with the idea if the blood clot breaks loose and goes to the heart and lungs that it would break it up in manageable chunks.

PO: This is a new concept to me, OK. (Laughter) You see, I'm not with this modern medicine anymore.

I: Well I'm hoping we don't have to test any of it.

PO: How did you ever get a clot like that?

I: Oh, Dr. Orland I, when I got out of high school I had big adventures. I went to the south side and joined a blues band and managed to get shot and almost died. But, and they put me back together, and I had a bullet pierce the inferior vena cava and instead of dying, I apparently they said 95% of the people that get shot that way, they ? (47:08) the deep vein in my right leg and used the material to rebuild that. So, I had a series of blood clots like restricted circulation in this leg and sort of a complication. But I know, I was perfectly willing to deal with it. (Laughter)

PO: Yeah you're an interesting person.

I: So, I've got the opportunity to be over there a couple of times, otherwise I wouldn't I guess. Well thank you very much for taking the time..

PO: Well, you've been great! You've been great talking to.

I: I just get to feeling that every time I talk with somebody particularly in your case, there's probably a whole treasure trove of stuff that I just don't know what to tap into.

PO: I don't even know what to tap into myself. You know I was thinking when you said what you wanted to talk about that I said, oh sure, and I happened to find that, thank goodness, which gave me some, and then on the monick? (47:52) device, and I do have a nice thick book that's on contagious diseases. I've always been interested in them. And, of course, that rewraps it to a certain extent and talks about the past, but not much.

I: That sign is fascinating by the way. I think it would be a really nice relic for the Historical Society.

PO: Yeah I ought to keep it! That's the only one I found and I ought to give it to them. It means something here; it doesn't mean, well I found it because I apparently kept it for me!

I: That's really nice I think! Can you recommend anybody that you think I should talk to? They're talking about Delores Holub, (48:23)

PO: She's a treasure. Delores knows a lot, oh does she! She went to school with Frank and maybe was a year ahead of him and she grew up on the south side of Forest Park, and she's a wealth of information! She can run circles around me. She knows all sorts of stuff that I don't know anything about.

I: Well, she's my next interview.

PO: You'd be amazed. She knows how to talk too!

I: Since I wanted to snare you first since I became acquainted with you and...

PO: Hey, I was part of the United Way for a while too. I joined that when I retired. I always said all I did for that was to be present. (Laughter) I've said that about many things that I've done that I was there! (Laughter) Present only, maybe half asleep most of the time but at least but at least it was head count, that's what I used to say!

I: OK, you were head count?

PO: Yeah I head counted, which is kind of important too. In the hospitals I did a lot of work with medical records, at Mac Neal and at Oak Park too. That's just kind of policeman's work you know, you send notes to the doctor's who don't fill out their charts, try to make sure every things are good and shapely and then once in a while they wanted a new protocol and there for a while they were telling us how to practice medicine which I didn't like, but they did. So, it's a big change. I've seen a lot of it, but you know, I have to think about it, I really have to think about it because I don't give it much thought. I don't!

I: Well, it's nice to stay that busy I would think.

PO: Well my brain goes off, you know, and likes to dream.. (Laughter) It's good to see you!

I: Who, anybody else in addition to Delores Holub, who's the guy with the railroads?  
Ed?

PO: Oh, Ed?

I: You know, it's funny. He apparently he's got a lot to say, I just wish he would have said it when I had the tape running.

PO: Yeah, well, I wish that if he has so much, why didn't he show up years ago when Frank could have used extra people and so forth. No, he wasn't anywhere to be found. All of a sudden they really hurt him when they all decided that he doesn't need to be present anymore, or he really still wanted to be present at the Historical Society and he was doing the good job but he was getting so frail. He really was sick. I mean he had a bad heart, and lots of other stuff too. But his heart was really giving out, but he couldn't quite face that and well, I'm sorry. I wish we could have done more for him, you know.

I: Yeah, I'm so glad we talked to him and caught him when we did.

PO: Yeah, when you did when you still had him as he said, he had a brilliant mind, and he did! (Laughter) that's what he used to say, he had a brilliant mind, I guess he couldn't get rid of it? Mine wasn't but his was!

I: You know I think I can see where there would be some room for hard feelings, but I think one of the things that he did and I wondered sometimes if he did it on purpose predicting the reaction or if it's really what he wanted to do. I know it seemed like when

he was going it alone with the Historical Society and I don't know if he realized it at some point that he was coming to the end of the trail..

PO: Well, he knew that, yes.

I: And, he wanted the work to be preserved but I think his idea of turning it over to Oak Park lit a fire under so many people, you know.

PO: Which you could never get a fire underneath otherwise. But he really was sincerely was hoping to join with the Historical Society. He went over that many, many, many times about possibly joining the Historical Society of Oak Park and River Forest and he had helped them a lot 15-20 years ago organizing theirs. Theirs was almost going underneath the tube at that time too, and then he did a lot of work for them really. But then, sort of they took over on him. He started the cemetery walk and all of a sudden it's Oak Park cemetery walk. But Frank was the one who had the conception of it, and did the first few! But you see he couldn't keep it up anymore. And, that's what he was hoping that there would be somebody who would step in who would show some ability and want to, but there wasn't!! Just these old ladies!

I: And I do think, as much as I admire the job that he did, I have to agree with the people who said that if Oak Park had taken it over, we always would have been the stepchild.

PO: Well we always, we knew that! We knew that as Forest Park that we would be just Forest Park, you know.

I: There's no Hemingway, no Frank Lloyd Wright, you know, but I think whether he intended it or not, I think the idea of joining with them really lit the fire under a lot of people and I just hope that the fire will stay lit.

PO: No, No, No. Well, that's what's bothering me! I wonder if it will stay lit.

I: Because I think, well I don't know Rich.

PO: I don't know him too well either, but I think he's trying. I think he's a rather new comer to this community, but he works hard at it and he brings up ideas and he's doing the most of it himself. I mean, I'm supposed to be the treasurer, but I never see any of it, he puts it in the bank! I tell him I have to keep a book; I haven't been because I don't have the information! But he computerizes it and I don't understand computers very well so I keep telling him well lets get together and I'll get it on the paper. But, I know that he's not cheating. Just like Frank never cheated. Whatever he got he got, he got, and he never took it himself-in fact he gave more! I don't even know what he gave. We never talked about it.

I: (Laughter) Doctor Orland, thank you for taking the time to do this. I really appreciate it and..

PO: You're welcome; I hope you got something from me. (Laughter) I've enjoyed talking to you.

I: Yeah, this is fun. It's nice to see you again. And when they put this in their oral histories over there and I'd gladly sell you this videotape-later! (Laughter)

PO: Oh, I would like to see it, yeah. I have one of Frank..

I: Some people would pay me to keep this out of their hands if you want. I'm only kidding!

PO: If it's bad enough-I don't know how much you'd want, but we'll see!! (Laughter)  
We shall see! We shall see what I look like seeing that you're taking a picture of me too, you know. I don't know what I am...

I: I think it's always fascinating to, I've done oral history on the radio for years and years. I've been working for public radio since the late 70's and I have a nationally syndicated radio show today. I'm on every Saturday night tonight @ midnight. I'm on about 60 stations around the nation.

PO: Oh really! And, this going to be part of it? (Laughter)

I: Oh no. I specialize in old blues records from 1920 through about 1950. But, coming from a medium where you can't see the people it's always fascinating to see the people that go with the voice I think.

PO: That's true, that's true. Also, if you get both then you can just show the part of it that's auditory but still you can have the other part too. Just in case, just in case, not bad!

I: Just in case!

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