Courtship of Two Doctors: 1930s Letters Spotlight Nebraska Medical Training

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Article Summary: Joe Houloubek and Alice Baker were medical students, he in Omaha and she in New Orleans. Houloubek’s training assumed that most Nebraska doctors would make rural house calls and handle a variety of situations without timely access to hospitals or colleagues. Baker faced different challenges working in an overcrowded urban hospital. Their correspondence reveals the risks and day-to-day triumphs of 1930s medicine.

Cataloging Information:

Names: Joe Houloubek, Alice Baker, Abraham Flexner, Morris Fishbein

Place Names: Omaha, Nebraska; Rochester, Minnesota; New Orleans and Shreveport, Louisiana

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Photographs / Images: letter from Joe Houloubek to Alice Baker, November 2, 1938; the Houloubeks’ wedding photo, July 18, 1939; ear, eye, nose, and throat kit used in the 1930s and 1940s; vials of medicine in Joe Houloubek’s medical bag, 1930s-1940s; Joe Houloubek, 1938 class photo; students in a summer pathology fellowship program observing an operation at Mayo Clinic, Rochester, Minnesota, 1937; Charity Hospital, New Orleans, c. 1939-1940; undated postcard of University Hospital, Omaha; Joe Houloubek’s microscope, purchased secondhand in 1934; Joe Houloubek using his microscope, 1934
My darling Alice:

And I thought that Bedloe was an easy service. Well, I was fooled—and wasted three deep in a group of very acute cases. So far I am fairly well acquainted with the cases. It kept diagnostic problems some of them are. There's anaphylaxis that has been here for 3 months. A Melvin stand will be operated Thursday, but the prognosis is poor. There's one diabetic and she should be dismissed soon. Yes, I had a death the first day. An Mgr. Jorg had appendicular perforation & the abdomen was kept alive with transfusion.
Joe Holoubek trained to be a country doctor in Nebraska. Destiny—and a young physician named Alice Baker—took him 1,100 miles away to Louisiana.

But his later success in life—as a consulting cardiologist, co-founder of a medical school, and half of north Louisiana’s best-known medical couple—springs from his five formidable years of training in Omaha. The emphasis in the late 1930s was primary care, and the level of responsibility Nebraska medical students shouldered was awesome. He spent his senior year treating patients in their homes, diagnosing ailments with little more than a stethoscope and a battery of questions.

We have firsthand accounts of those days in training through Alice and Joe’s courtship letters. His letters to her and her letters to him, written from 1937 to 1939, reveal divergent philosophies of clinical training in Nebraska and Louisiana. They also expose the health risks of internships in the years before World War II.

Joe and Alice met in 1937 during a summer fellowship at Mayo Clinic in Rochester, Minnesota, and courted long-distance. Both were senior medical students, he at University of Nebraska College of Medicine and she at Louisiana State University School of Medicine in New Orleans. Joe was twenty-one, born on a farm in Colfax County. He was the grandson of Bohemian homesteaders, and English was his second language, learned when he started school.

Truth be told, Joe was dismayed when he first met Alice—there was a girl in the class! A “hen medic,” as he called her, with a soft Southern drawl. But fascination overcame his prejudice, and he took her out dancing. He posted a letter to Louisiana the first week he arrived home from Rochester. ¹

Letters flew back and forth twice a week their last year in school and every day their internship year. Alice and Joe wrote about professors and fellow students in Louisiana, Nebraska, and Minnesota, about physicians and patients, illnesses and treatments, family and friends, songs and movies.

Most of that correspondence was preserved. Nearly 800 letters, transcribed and footnoted, now constitute The Holoubek-Baker Letters, 1937-1939: An Annotated Collection. Both alma maters have copies of the collection in their medical archives, as do Mayo Clinic, LSU Shreveport, and LSU Health Sciences Center-Shreveport.

The letters are a treasure of primary source material on 1930s medicine and medical training. They recreate the era before antibiotics, when tuberculosis ran rampant and hospital workers were at risk of serious infection. Illness felled both Joe and Alice their internship year, and their career plans collapsed. But their long-distance courtship sustained them and formed a deep bond that took root and flourished in Louisiana. Dr. Alice and Dr. Joe, as they became known, married and started their professional lives in New Orleans, relocating to Shreveport after World War II. Joe adapted well to his new home. Two years of letters from Alice had prepared him for Louisiana’s different approach to medical training.

In 1937, when the letters began, LSU New Orleans was six years old. Founded by Governor Huey Long to provide an affordable medical education, it was already a Class A school, drawing professors from around the world. ² Students trained for research and practice in the South, with its warm-weather diseases and widespread poverty. As at most medical schools in the country, they worked in clinics their junior year and hospital wards senior year.³
House calls were rare, reserved for obstetrics, and students had little autonomy. After four years of training, they received only a bachelor's degree in medicine. The M.D.s came a year later, Alice wrote Joe in February 1938:

I can't imagine the hospital here really letting us decide anything definitely for ourselves. And I surely feel that loss, too, for I fear I might be sadly lacking at an emergency. That is one reason I so prefer to interne [sic] here. There must be so much more for us to learn from our instructors during our interne year. All of us students have been complaining because we have been given so little therapeutic ... They really mean it when they call our internship our fifth year of Medicine.

In Nebraska, self-reliance was a given. The school, which dated to 1881, readied its students for rural practice hundreds of miles from a major medical center. They would be expected to treat everything from ear infections to major trauma. Students started clinical service their sophomore year, learning how to take histories and make a physical diagnosis. They took on hospital service their junior year and staffed the outpatient clinics their senior year. Seniors also had "outcall" duty, making house calls throughout greater Omaha, under supervision.

Medical training across the country was far more standardized in 1937 than it had been a quarter century earlier, but variations lingered. Second-rate schools had closed in the wake of a 1910 landmark study, Abraham Flexner's Medical Education in the United States and Canada: A Report to the Carnegie Foundation for the Advancement of Teaching. Others moved toward the higher professional standards Flexner pushed, with Johns Hopkins Medical School as his model. Specifically: stricter requirements for admission, affiliation with university hospitals, full-time professors in the basic sciences, two years of clinical training, and financial support from foundations or state governments.

The report was largely complimentary of Nebraska, which already had two years of clinical training. But it helped convince legislators to consolidate the two campuses—students had taken basic sciences in Lincoln, then moved to Omaha. University Hospital opened in 1917, accepting patients for teaching purposes from throughout Nebraska. Clinical teaching staff, and hospital staff comprised local physicians volunteering their time.
In many states, the Flexner report accelerated certain trends already under way, but progress stalled with onset of the Depression. Teaching hospitals were expensive, and often could not provide everything needed for instructional purposes—patients, clinics, research laboratories, or supplemental funding. In Omaha, research was minimal at University Hospital, and emergencies rare. To round out their training, junior-year medical students also worked at two county hospitals, one for the indigent and one for tuberculosis patients.11

While most U.S. schools adopted the standard of two years of clinical training, not all followed the Hopkins model, which assigned students to outpatient clinics before ward service. Nebraska and other schools reversed that pattern. The reasoning: "Patients in the ward are usually sicker, the signs and symptoms of disease are more fully developed, and follow-up is more easily scheduled."12 Thus students were better prepared to shoulder heavy responsibilities their senior year.

During the first months of their courtship, Alice could only marvel at all the challenges of Joe's training. That fall, he was student physician at Nebraska Children's Home, handling colds, injuries, tonsillitis, and more for twenty-one orphaned children.13 He even set a broken arm in an emergency. As he wrote to Alice:

One of the 13 yr. old boys broke both bones in the lower one-fifth of the forearm while sleigh riding. It happened rather late in the day and I could not get him into the University Hospital so I had to set it there. He wants to be a G-man14 so while he was "shooting gangsters" I did the manipulation. A peach box furnished the splints. This happened to be the first arm that I ever set and was I surprised when the X-ray showed the bones in place.15

The second semester, he handled house calls throughout Omaha. He delivered babies and treated cases of chicken pox, rheumatic fever, even neurosis following shell shock.

We do learn a lot of bedside manners, and in some cases how to get along without drugs when the family cannot purchase them and we are not allowed to disperse them.16

The nation was deep into the Great Depression, and medical students encountered extreme poverty in one section of Omaha.

Yes, undesirable filth, unsanitary living conditions and everything that goes with it. I made one call to a house yesterday that was made of tar paper—and a family of 8 children. While on the contrary, other homes are almost immaculately clean and the people so appreciative and carry out our orders to the letter.17

He reported driving ninety-four blocks north one day and eighty-nine the next.

Theoretically, two students are supposed to go on outcalls together but recently we have been so busy that we go alone. On many occasions our ingenuity is taxed to the utmost when we have to make use of some of the meager facilities available in some of the homes. . . . And then to make the decision whether the case should be hospitalized or not or whether to call in a staff-man. . . . At least it makes us rely upon our own judgement [sic] and gives us some confidence in ourselves. Nevertheless, I have been careful to do all the necessary examinations and tests and never to overdose.18

The second year of their courtship, Dr. Alice was one of eighty-two interns assigned to the critically overcrowded Charity Hospital in New Orleans. One of the largest hospitals in the country, with 1,800 patient beds, Charity handled as many as 70,000 patients a year.19 The training was first-rate but frenetic. In contrast, University Hospital in Omaha, where Joe interned, comprised only 230 beds.20 Its modest size ensured that patients received individual attention and its twelve interns a broad diversity in training.

Young Dr. Joe's first rotation was anesthesia. His third day on duty, the regular anesthetist was on vacation, and Joe was on his own administering ether, nitrous oxide, cyclopropane, or avertin. Over Fourth of July weekend, with no operations scheduled, he encouraged four intern friends with local sweethearts to sign out to him. He thus—all at the same time—covered surgery, neurology, radiology, dermatology, nose-and-throat, ophthalmology, and the admitting room.21

Shortly thereafter, Joe and Alice traveled together to Rochester, Minnesota, to begin their applications for postgraduate training. Their fondest hope was to return to Mayo Clinic. Chances were slim they'd both be accepted. The fellowship program was highly competitive,22 and many of the other applicants would have a year of residency under their belts.

In Rochester, Alice encountered what later generations of women would call a sexist attitude, but it did not discourage her.

It hurts to think of giving up a fellowship at Mayo's without even trying. . . . I believe I have
Students in a summer pathology fellowship program observing an operation at Mayo Clinic, Rochester, Minnesota, 1937. Joe Holoubek and Alice Baker met during the fellowship program. Photo by Joe Holoubek. Author’s collection.

as good a chance now as I ever will. I can’t change my sex (and I don’t want to) which seemed to be their chief objection to me—you see, there’s no redeeming feature for me—they’ll just take me or leave me.23

The application process was different around the country, and Mayo’s acceptance date was quite late, but Joe and Alice placed all their hopes and dreams in the one application. Then they settled into their internship year, he at University Hospital in Omaha and she at Charity Hospital in New Orleans, not foreseeing how risky it would be to their health and their dreams.

In short, crowded hospital wards and methods of infection control that seem primitive by today’s standards multiplied the danger to health-care workers. Alice lost four months of her internship to illness and Joe about seven weeks altogether.

Joe was hospitalized twice for staph infections in a finger. He also contracted scarlet fever. The disease was considered serious—with damage to the eyes being a major risk—and highly contagious. He spent eighteen days in semidarkness in the City Isolation Hospital—otherwise known as the “Pest House”—and another two weeks recovering at his parents’ home.24

During his time in the Pest House, he could not write his daily letters to Alice. He had to dictate them to a typist. Those are the only letters in the collection not handwritten. The letters that Alice sent Joe at the Pest House were torn up when he left, for fear of contamination.25

At this time, bacterial infections were treated with sulfa compounds. The letters often mention Prontosil and Prontylin, trade names for sulfanilamide, and joked about their overuse as miracle drugs. Dr. Joe passed along one story he’d heard, that patients at a certain Eastern hospital were prescribed Prontylin upon admission. If a patient did not recover within five days, then the doctors took a history and did a physical.26

But Joe did agree with its use in his own case, on his staph infections. The standard treatment, he wrote Alice, was “Hot packs 4½ hrs, dry heat, 60 grains of sulfanilamide per day, sodium bicarbonate, limited fluids, and bed rest.”27

He also received liberal doses of radiation: 40 or 50 units, or “rads,” through three ports in his arm, once or twice a day.28 “I firmly believe that did more to help me than anything else.”29 But he did inquire whether Alice’s best friend, a radiology intern named Dorothy Mattingly, agreed with the treatment. Alice’s answer:

She believes in 35 rads every other day for three treatments (if necessary) through as many ports as necessary, never exceeding four at one time. She says there is a great controversy as to dosages for infection, and this is her idea. I think she knows what she is about.30

Three weeks after she wrote that letter, Alice was diagnosed with pulmonary tuberculosis. She contracted the dreaded disease on her first rotation as intern, general medicine, which included the TB wards. At that time, there were no antibiotics to treat TB. The standard treatment: total bed rest for months, if not years. Advanced cases required pneumothorax therapy—that is, intentional collapse of one lung to allow it to heal and reduce contagion.

The overcrowded working conditions that led to Alice’s illness were long-standing, as her letters to Joe attest. Charity Hospital had experienced rapid growth early in the century, and patients in some wards were sharing beds as early as 1923.31 Huey Long, in his zeal to help the needy, only made matters worse. He took over Charity in 1928, put his own man in charge, and promoted it across the state as the place for poor people to get the best free health care. Daily admissions soared.32 Nine years later, when the courtship letters began, circumstances were no better. In some ways, they were worse.

A new Charity Hospital was under construction, a twenty-story building with 2,680 beds that would need 200 residents and 250 interns, a hospital so grand it was already being called Charity the Beautiful.33 To make room for this mega medical complex, old buildings were demolished, forcing the hospital to combine patient wards or move them down the street to any spare building.

One of Alice’s early letters to Joe, in November 1937, took note of a prominent physician’s
controversial visit to LSU medical school and Charity Hospital. Dr. Morris Fishbein was editor of the Journal of the American Medical Association. What aggravated Alice and other women med students were the shots he leveled at them. "Not contented with belittling our mental capacity, he informed the group that one only had to look around even in a medical class to see how women wasted money on cosmetics." What drew wider attention, however, was Fishbein's exposure of conditions at Charity Hospital.

In one makeshift ward he discovered twenty-seven patients using ten so-called three-quarter beds—two patients resting and one waiting his turn. He also found adult patients with tuberculosis and other contagious diseases placed near six- and seven-year-old children.

Dr. George Bel, Charity's new director, responded to Fishbein's attack with a lengthy statement. I have attempted in every way possible to at least ameliorate the frightful conditions surrounding the hospitalization of patients. My efforts, I believe, have been somewhat successful. The ratio of patients to beds used to be 1.7. It is now 1.2. But, in spite of this, much remains to be done in order to remedy a situation which undoubtedly has no parallel in the medical annals of America.

Fishbein's comments and Charity's response, reported in Time Magazine that month, made compelling reading across the country. But the conditions were old news to New Orleans and to Dr. Alice.

As long as I've known anything about it, Charity has been known to be in a terribly crowded condition. Even before they tore down the old hospital building preparatory to the building of the new "Charity Beautiful," there had been patients two in a bed or sleeping on the floor.

The following year, Alice fell victim to the health hazards. She was fortunate. An X-ray caught the small lesion in her lung early. And she received permission to convalesce at home in Alexandria, Louisiana, rather than in a public sanitarium. Her father, Dr. E. S. Baker, was a chest specialist and ran a TB ward at central Louisiana's veterans hospital.

Joe traveled to Alexandria in December to see her. He proposed on Christmas Eve 1938, not knowing how serious was her illness and how short might be their time together. Alice accepted his proposal, but only on condition of her recovery. And by early March 1939, prospects were bright.
They taught and lectured at the medical school together, did research, and made ward rounds at the grand new Charity Hospital until spring 1941, when Dr. Joe's reserve unit was called to active duty in the U.S. Army Medical Corps. Assigned to LaGarde General [Army] Hospital in New Orleans, he ran two hospital wards. In mid-June 1941, Dr. Alice took long-term leave of absence from LSU when her tubercular lesion reappeared on X-ray. Back to months of bed rest. She rejoined the staff in 1942, working part time to help relieve the critical wartime staff shortage. This time she was instructor of medicine.

Joe had planned his own return to academia when released from the Army, but high-handed politics threatened LSU School of Medicine in 1945, prompting resignation of department chiefs and crucial faculty members. Matters would resolve themselves, but he couldn’t wait. He needed a job. They had two children by then and Dr. Alice's TB had reactivated. This time she was receiving pneumothorax treatment. They relocated to Shreveport, 350 miles distant, where Dr. Joe entered private practice as an internist and consulting cardiologist.

Dr. Alice worked one day a week at a tuberculosis hospital. Within five years she had two more children, suffered a severe relapse, and experienced a seemingly miraculous cure. Later she joined her husband in the practice of internal medicine. Alice Baker, the eighth woman to graduate from LSU School of Medicine, became the third woman accepted to Shreveport Medical Society.

In private practice, the diagnostic skills young Dr. Joe first developed at patient bedsides in Omaha served him well, as did his willingness to make home visits locally and hospital consultations throughout northwest Louisiana and northeast Texas. “House calls have always been a diagnostic challenge that I enjoyed,” he later reflected. “Just the opportunity to make a diagnosis using only the history and physical findings was intellectually stimulating.” Rural doctors enjoyed his respect for their skills and his resolve to return patients to their care after a consultation rather than add to his city practice.

Demand grew for his skills as a cardiologist, and he became a respected leader in local, state, and national medical organizations. By 1950, Dr. Joe was leading a drive for a new public medical school. It took nearly twenty years of pushing and politicking, but in 1969, LSU School of Medicine in Shreveport opened. The first dean was Dr. Alice’s mentor, Dr. Edgar Hull. Both Joe and Alice joined the clinical teaching staff, volunteering their time just as Joe’s instructors had in Omaha.

The doctors Holoubek practiced together in Shreveport for thirty years, wrote dozens of research articles, and dedicated countless hours to community work and the Catholic Church. They became as widely known for their unbreakable bond as for their honors, achievements, and patient care.

That bond was first forged when Joe Holoubek of Nebraska, a farm boy whose native language was Czech, sat down to write Alice Baker of Louisiana, a prefeminist young woman defying social convention. Courting by letter shaped their ground-breaking careers and nourished their sixty-five-year partnership. They worked together, worshipped together, raised four children, and never stopped dancing together—until silent strokes robbed her of short-term memory and frailty sapped the strength from his limbs.

Dr. Alice and Dr. Joe died two years apart, in 2005 and 2007. She was 90 and he was 91.

**Notes**

1. Letter, Joe Holoubek to Alice Baker, August 22, 1937. Martha H. Fitzgerald, ed., *The Holoubek-Baker Letters, 1937-1939: An Annotated Collection* (Shreveport, 2008), 1. 11. Copies held at McGoogan Library of Medicine at the University of Nebraska College of Medicine, Omaha, Nebraska; Mayo Clinic Historical Archives, Rochester, Minnesota; the medical libraries at the LSU Health Sciences Centers in New Orleans and Shreveport, Louisiana; and LSU Shreveport Archives—Noel Memorial Library, Shreveport. LSU archives also holds an extensive compilation of Holoubek papers and materials: Collection 637, Drs. Alice (1914-2005) and Joe (1915-2007) Holoubek Collection, 1929-2007.


3. Forty-three of sixty-six U.S. medical schools followed this...


3 "Internes" and "internship" were considered standard spellings. February 21, 1938, Letters, 1, 3:30-31.

4 Joe E. Holoubek, M.D., and Alice Baker Holoubek, M.D., "A Nostalgic Trip Down Memory Lane: After 67 Years an Alumnus returns to the Place of His Training." Memories of our Medical School and Postgraduate Medical Training, 1934-1942 (Shreveport, [no date]), Section 3, third page [not numbered].

5 Weiskotten, 4.

6 Abraham Flexner, Medical Education in the United States and Canada: A Report to the Carnegie Foundation for the Advancement of Teaching (1910; reprint, Boston: The Merrymount Press, 1972), 259-62. The state had two other medical schools at the time of Flexner’s visit in April 1909: Lincoln Medical College and John A. Creighton Medical College in Omaha. "In Nebraska, as in most of the western states, the hope of sound instruction lies with the state university. There is apparently no other institution in the state which can confidently count on spending much more on a medical department than fees bring in."

7 Email message, Robert S. Wighton, M.D., associate dean for graduate medical education, University of Nebraska College of Medicine, to author, January 12, 2011.

8 Holoubek, "Memories of my Medical School Years and Internship at the University of Nebraska College of Medicine, 1934-1939," Memories, Section 2, Prologue, 1.

9 Weiskotten, 86; Holoubek, Memories, Section 3, third page [not numbered].


11 October 14, 1937, Letters, 1, 1: 8.

12 Ibid., December 16, 1937, 1, 2: 16. "G-man" is slang for "government man" or FBI agent.

13 Ibid., February 28, 1938, 1, 3: 36.

14 Ibid., April 4, 1938, 1, 3: 21.

15 Ibid., March 21, 1938, 1, 4: 13; February 17, 1938, 1, 3-28.

16 Ibid., December 27, 1937, 1, 2: 22. A 1935 report indicated a daily bed census of 2,781 and bed capacity of 1,814. Annual admissions of 70,400 in 1934 exceeded that of Cook County Hospital in Chicago, Bellevue Hospital in New York, and Los Angeles County Hospital. Outpatient consultations neared 471,000 in 1934. John E. Salvaggio, M.D., New Orleans’ Charity Hospital: A Story of Physicians, Politics, and Poverty ( Baton Rouge: LSU Press, 1992), 121, 125.

17 November 12, 1937, Letters, 1, 2: 5. An earlier source says 240 beds. Bulletin of the University of Nebraska, Series 37, No. 12 (Lincoln, April 15, 1932), 17.


19 Ibid., October 4, 1938, 2, 1: 8.

20 Ibid. Also: November 9, 1938, 2, 2: 15.

21 Ibid., January 10-February 15, 1939, 2, 4: 131.

22 Letter, Joe Holoubek to Alice Baker, February 2, 1939, in author’s collection.

23 April 27, 1938, Letters, 1, 4: 40.

24 Ibid., November 10, 1938, 2, 2: 16-17.


27 The overcrowding was aggravated by insufficient funding and abuse of Charity by patients fully able to pay for health care. A. E. Fossier, M.D., The Charity Hospital of Louisiana (New Orleans: American Printing Company, Ltd., [no date]), 53. Reprint from New Orleans Medical and Surgical Journal (May-October, 1920).


29 February 11, 1938, Letters, 1, 3: 25. Many beds were never occupied. Salvaggio, 133.


31 "Medicine: Double Bed Charity."

32 Ibid.

33 Salvaggio, 126.

34 November 9, 1937, Letters, 1, 2: 4.


36 Ibid., January 2, 1938, 2, 4: 4.

37 Ibid., March 2, 1938, 2, 5: 4.

38 Ibid., April 1, 1939, 2, 7: 2.


40 Ibid., May 5, 1939, 2, 8: 5; Memories, Section 4, 2.

41 "Memories of our Fellowship in the Department of Medicine, Louisiana State University School of Medicine, New Orleans, LA., July 1, 1938; Memories, Section 5, 6.

42 Ibid., "A Nostalgic Trip Down Memory Lane: After 67 Years Two Retired Physicians Return to the Site of Their Training," Section 4, 6-7; Section 5, 3-6.


44 Ibid., June 17-18, 1941.

45 Joe E. Holoubek, M.D., "The Roots of the LSU School of Medicine in Shreveport," Journal of the North Louisiana Historical Association, 17 (Spring-Summer 1986): 112; Klein, 20; Salvaggio, 145-46; School of Medicine Register 1941-1942 (Louisiana State University, New Orleans, 1942), 13.


48 "The Senior Year," Memories, Section 2, second page [not numbered].

49 "Roots," 112.