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The Journal publishes the work of any current staff member or resident of Henry Ford Hospital, alumni, and participants in academic and scientific activities, meetings, and symposia sponsored by Henry Ford Hospital. The Journal is listed by Index Medicus and is intended to be a broad scientific forum for all areas of interest: clinical, research, technical, administrative, medical ethics, and patient care delivery. Complete instructions for authors wishing to submit a manuscript are printed at the back of the first issue of each year.

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A Special Note

In December 1989, Dr. Raymond C. Mellinger retired as head of the Division of Endocrinology after serving 23 years. The Divisions of Endocrinology and Metabolism, separate clinics for 38 years, merged. Dr. Mellinger retired not from his practice nor from his teachings but from his many divisional administrative duties. Although he reduced his medical practice to three days a week, he continues to devote his energies to the care of his patients, to the teaching of Fellows and residents, and to editorial work for the Journal.

On Dr. Mellinger’s retirement, his colleagues wanted to honor his many contributions. After much persuasion and not a little pressure, our Editor-in-Chief agreed not to impede the desires of his colleagues and friends. This festschrift resulted. Perhaps we resorted to secrecy (or was it sorcery); in any case, it seemed easier for us and for him.

We are proud to present the following pages in honor of Dr. Raymond Mellinger, a great Editor and a good man.

—The Editorial Staff
Special Tribute

Raymond C. Mellinger, MD:

Physician Exemplar

Born of a family and society of deeply rooted American values, educated in a respected university, and trained in a patient-oriented hospital with unique clinical resources, the man we honor in this most fitting Journal issue is indeed worthy of the above appellation.

Dr. Mellinger joined the medical staff of Henry Ford Hospital in 1953 following an extended search for an associate member of the newly established Division of Endocrinology. His commendable personal and professional credentials had been recognized earlier through his presence as a house officer at the hospital. New leadership of the clinical staff had established the Division, and it was my privilege to have been appointed first division head. With the near parallel appointment of Dr. J. Martin Miller, the three-member division embarked on what has been 38 years of substantial contributions to patient care, student education, house officer training, and research. In each of these activities at this widely recognized institution. Dr. Mellinger has left a distinguished mark. In 1966 he assumed the leadership of the Division which continued to expand and prosper. In December 1989, he stepped aside after 23 years, having earned wide commendation.

A man of many virtues, Ray has those elements of character and personality that we seek in our profession. Animated and of high intelligence, yet sensitive and modest, he won the confidence and respect of patients and colleagues, many of the latter having sought his medical guidance. In teaching, he excelled through enthusiasm and keenly articulated knowledge. Students often identified with him as a role model. With these qualities and his industry, and having authored many worthy medical articles, he was chosen to serve as Editor of the Henry Ford Hospital Medical Journal. The much regarded Journal today speaks for his efforts and those of its resourceful board and staff.

As he steps aside from full-time involvement as a staff physician for the more limited duties as practitioner, teacher, and editor, we wish him well.

Despite the demands of his profession, Dr. Mellinger has achieved personal successes. He and Joan have parented an attractive family of devoted sons and daughters. With them and Joan and to his love for and talents in music, Ray will surely be spending increasing time.

May his best years be still ahead.

Richmond W. Smith, Jr, MD
Head, Division of Endocrinology, 1953-1966
Chairman, Department of Internal Medicine, 1966-1979
Henry Ford Hospital
Current Address: Tenants Harbor, Maine

A Teacher

"Gladly did he learn and gladly teach..."

Raymond Craig Mellinger, a native of Youngstown, Ohio, attended Ohio State University as an undergraduate and in 1948 obtained his doctorate in Medicine with distinction from this institution. During these years his interests included art, music, English literature, and human biology. While a student he married his childhood friend, Joan Button, a happy union that has stood him well over the years.

After completing medical school he interned at the Henry Ford Hospital, a prestigious institution with a popular Internal Medicine program. Although service in Japan with the United States Army interrupted his training, he returned to Henry Ford Hospital in 1950.

At the time Ray completed his residency in Internal Medicine, Dr. Richmond W. Smith, Jr, had returned to Henry Ford Hospital and founded the Division of Endocrinology. When Dr. Smith singled out Mellinger for a position as associate physician in the Division, Dr. John G. Mateer, Chairman of the Department of Internal Medicine, promptly supported Dr. Smith’s nomination. With Dr. J. Martin Miller, Ray contributed significantly to the growth and success of this new subspecialty. In 1966, when Richmond Smith became Chairman of Internal Medicine, he invited Mellinger to lead the Division. During his leadership, the Endocrine Laboratory continued to flourish as a clinical service and as the research component of the Division.

Dr. Mellinger’s interests span patient care, education, and research. Pioneering clinical investigations at Henry Ford Hospital had shown a salutary effect of ACTH and cortisone on acute inflammation of the eye. Building on these initiatives, Mellinger with Dr. John Reubuck characterized the changes in leukocytic structure and function following the use of ACTH and cortisone in inflammation.
Steroids have represented a prominent theme in Mellinger’s publications. Though a clinical endocrinologist in practice, at heart he is a steroid physiologist. At Henry Ford Hospital, he is identified with Cushing’s syndrome. He has collected more than 150 cases with all the variations and clinical twists it is possible to see in patients with this disease. As would any compassionate physician, Ray offered an attentive ear to his patients with Cushing’s syndrome, objectively analyzed their physical and emotional problems, and sought to understand better the nature of their disease. “The Phenomenology of Cushing’s Syndrome: One Patient’s Account” (pp. 8-9) depicts the difficulties presented by this disease.

Mellinger, also fascinated by the problem of short stature, continued clinical studies on growth hormone treatment in growth hormone-deficient children that had been initiated earlier by others. Dr. David Leach, who learned this art and science at Ray’s side, continues this effort (see pp. 18-21).

As a teacher, Ray’s energy and enthusiasm blossomed. Blessed with a superior command of the English language, he delivers clear and concise messages. He encourages primary care physicians to enhance their knowledge of endocrinology. Fellowships in Endocrinology were established at the inception of the Division, and with Ray Mellinger’s recognized ability as a teacher, the program has attracted young physicians from many parts of the world, including Canada, South America, Australia, Ireland, India, Pakistan, and Turkey. Often these skilled endocrinologists have returned to their countries to follow the directions set by their mentor. Ray’s responsibilities as a teacher also included instruction of the many Internal Medicine residents who rotated through the Division, some of whom stayed on as Fellows.

Mellinger knew the need to understand basic mechanisms of disease. He taught dogma, yet he encouraged creative thought. He enjoyed speculation. The concept of the existence of an androgen-stimulating factor involved in the initiation of puberty is one of his ideas translated into “Hyperandrogenemia and Virilization with Simultaneous Pituitary and Adrenal Adenomas” (pp. 22-24). He gently urged his students to look beyond the obvious, a trait Dr. Rao shows in recognizing the coexistence of “Primary Hyperparathyroidism and Monoclonal Gammapathy” (pp. 41-44). Ray underscored current trends but with a critical eye. This approach led to the development of “A Thyroid Testing Algorithm” (see pp. 30-34). It is difficult to catalogue the many skills and traits he instilled in his Fellows, but it is certain that he has been the major force in the Fellowship Program in Endocrinology and Metabolism.

His love for the English language has found a niche in the Henry Ford Hospital Medical Journal, with which he has been involved since the 1960s. In 1982, he accepted the responsibility of Editor. He put together an exceptional team. With his leadership, the Journal has established its position as a prestigious publication. He now finds himself devoting more time to this effort.

This festschrift, published in Ray’s honor, is a meager effort on the part of his Fellows, colleagues, and friends to salute his contributions to the life of Henry Ford Hospital and its Medical Group. Many authors of these papers have had the privilege of collaborating with Dr. Mellinger. The subjects and issues reflect the wide range of interests of this rare physician.
61. Wisgerhof M, Mellinger RC. Aldosterone response to angiotensin II is not decreased by bromocriptine treatment in idiopathic hyperaldosteronism (Abstract). Endocrinology 1983;112:1088A.