

YOUNGSTER

with a

GOAL



by Inez Hunt

COLORADO SPRINGS PUBLIC SCHOOLS

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YOUNGSTER WITH A GOAL

by

Inez Hunt



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“All of the world gets out of the way
for the man who knows where he is going.”

Author Unknown

To all young people who will someday search for answers to the world's medical problems, this book is dedicated.

Because the answer to the problem of cancer had not been complete by 1971, the life of Ruth L. Liddle, a brilliant young educator, was ended far too soon. In her memory, and with a plea that the answer may come quickly, this book was written.

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*Pictures of del Regato family. *Courtesy of Dr. Juan del Regato.*

IN CAMAGÜEY

It was a warm spring day in Camagüey, Cuba. March was always a pleasant month on this island. Red and purple blossoms spilled over old walls. Flocks of small birds called "tomeguines" made flashes of orange, olive-green, and white as they darted in and out of the green leaves. Royal palm trees waved their high-fringed branches in the gentle breeze. These trees were truly royal. They stood straight and tall and did not bow even to tropical storms.

Señor del Regato did not go to work at the usual time on this beautiful evening. His job was operating a movie machine at the Apolo Theatre. He was one of the few people who knew how to operate this new invention. He sometimes set up the movie equipment in a tent to show the films in small towns or sugar mills. The people were surprised that pictures could move. Many came to see if it were true.

On this day, the neighbors were not surprised that Señor del Regato had delayed going to work. They knew Señor and Señora del Regato were anxiously awaiting the birth of their second child. In the evening, the neighbors heard the cry of the new baby through the open windows.



Royal Palms in Cuba.

When Señor del Regato came out of his house to go to work, he stopped and told the neighbors, "We have another son." He was very much pleased. The neighbors were delighted. They said, "We will go see if we can help Señora del Regato."

As Señor del Regato worked at the Apolo Theatre, his mind was full of memories, plans, and problems. He recalled the name which he had chosen for the new baby. If the baby was a boy, he had decided to call him **Juan Angel del Regato**. He thought, "I can give my new son very little except a good name. Not everyone is allowed to use the word **del** in his name. It shows that some ancestor in our family performed some special act of bravery for his country and he became an 'hidalgo' (nobleman). It is a title which is given from father to son. It is a title greatly treasured. I must be sure," planned Señor del Regato, "that this son has more opportunities than I have had. He must not start from hardships which I have known. He must fly from my shoulder. I must see that he goes to school — to the best schools. He must have books to read. How and where can I find a better job than I have now?" Señor del Regato kept thinking. "With another child in the family, I will need to earn more money. I must find some way — but how?"



The del Regato Boys and Their New Bicycles in Camagüey, 1914.

JUAN GROWS UP

Little Juan's boyhood was full of happy days. He grew to be like his gentle mother and his understanding father. He thrived in the love of his parents.

Juan's father managed to save enough money to buy a small bicycle for Juan and a larger one for Juan's brother. The two boys had fun riding down the dusty roads which were lined with palm trees. Some of the trees were tall and straight. Juan knew these were Royal palm trees. He learned that the crooked trees were called coconut palms. Red hibiscus blossoms and flowers from the wild morning glory vines made pretty splashes of color along the roads. Near Camagüey, Juan first saw large herds of cattle and had his first horseback ride. He also saw for the first time a small airplane. Juan thought that he lived in a wonderful world.

The del Regato home was a simple, white stucco house. There was electricity for lights, but there was only one electric light bulb for the entire house. This was because the electrical company charged according to the number of electrical outlets in the house. Juan's parents could afford one outlet. By means of an extension cord, the light was carried from room to room.

Señora del Regato cooked on a small charcoal stove which held one or two pans at a time. Juan liked to watch his mother cook, and he enjoyed the smell of the good food. Sometimes, they had meat. Fruit came from the papaya trees. Señora del Regato often bought plantain and vegetables from street vendors. A plantain is a large type of banana. Señora del Regato peeled and fried the ripe fruit like potatoes. They had mangoes from their own trees. This fruit tasted like sweet, juicy peaches.

Juan started to school in Camagüey. He walked to school with the older children of the neighborhood. He played with his friends after school. He took care of his friendly dog.

It was not long after Juan started to school that he had to leave his school and his friends. At last, Juan's father had found a better job in a town on the coast of Cuba. Their new home and new job were going to be in Nuevitas. Juan's father was going to work in a newly established movie theatre, and he also had an extra job on weekends to show pictures at a nearby sugar mill.

IN NUEVITAS

Nuevitas was a beautiful northern coastal town near cool, sandy beaches. The view of the port from the heights of the city was a wonderful sight. The del Regatos were able to find a home on the seashore. Many of their neighbors were fishermen. Juan's father was cordially invited to fish with them. Señor del Regato would fish with them after he came home from work or at night. Juan often went with his father and friends to fish. Sometimes, he saw sharks brought out of the deep water. In the morning, the fishermen would come home with their catch of fish. Señora del Regato was always thankful for the food and would cook the fish on the little charcoal stove. They tasted delicious. Juan especially liked soup made from "Moro" crabs.

Juan went to a one-room school in a private home in Nuevitas. He made many new friends in his new school. One day in February, 1917, he and his friends climbed a hill above the city. They saw a battleship in the bay.

When Juan went home that day, he was told by his parents that there was trouble in Nuevitas. The citizens of Nuevitas could not agree on many things. Some of the citizens thought they could make things right by revolting against authority. They encouraged violence and destruction. The lack of authority gave many people the opportunity to destroy property in their anger. They roamed the streets stealing and burning. The del Regato family was worried. Juan stayed at home.

The people who revolted intended to overthrow the government or to force the United States to help them. Their revolt failed. Peace was restored soon after the United States Marines landed in Cuba. The demonstrations had caused much suffering and damage. Everyone was affected. Some lost property. Some lost their lives. Señor del Regato lost his job. The sugar mill where he worked on weekends had been destroyed.

IN YUCATÁN, MEXICO

"What shall we do?" asked Señor del Regato as he talked with his wife.

Señora del Regato did not know what they should do. She felt lonely and insecure. She was homesick to see her old home

and her parents in Mexico. "We have saved a little money," she said. "It is a long time since I have seen my people. They have never seen our children. Maybe it is the right time for us to leave Cuba for awhile and go to my parents' home in Yucatán, Mexico."

Señor del Regato listened thoughtfully.

Señora del Regato suggested, "We could live with my parents until you could find work. There would be much that the children could see and learn in Yucatán. They would meet their relatives. They would see the ruins of the ancient Mayan city of Chichén-Itzá in Yucatán. It is near my birthplace. Should we go now while there is nothing here for us?"

Señor del Regato agreed. The family soon sailed for Yucatán, Mexico. They sailed on a United States ship. There was a war going on in Europe and everyone was aware that there was danger from submarines. Some ships had been sunk. At night, everyone seemed afraid. Curtains were drawn across the windows and no lights were allowed. Passengers were glad when they reached Mexico safely.

Juan went to school for two years in the city of Mérida, Mexico. He learned that a large part of the population of Mérida



A Monument near Chichén-Itzá.

was of Mayan descent. Many of Juan's classmates were Indians. Most of them were from very poor families. They wore "guaraches" (sandals). Some had no shoes at all. They were people of good character. They were clean and honest.

Some of Juan's classmates were excellent artists. Some had great feeling for music. At night, Juan was often wakened by the sound of guitars and the voices of young men who wished to serenade the girls on warm romantic evenings.

Juan learned more than book lessons in Mérida. He learned that the world was much larger than he had thought. He realized that there were troubles everywhere. He discovered that new people and old countries were interesting and wonderful. He learned that it was important to understand differences, to place less emphasis on differences, and to stress the things that people share in common.

Señor del Regato did not forget the promise he had made to himself the day Juan was born. He made sure that Juan had good books to read. Although Juan's father did not urge his son to decide on his future work, he did hope the lad would soon make a wise choice for a career.

"I hope Juan will decide early in life what he wants to do," Señor del Regato said to his wife one day. "If I had plenty of money for the boy's education, it might not be so important for him to make an early choice. As things are, I have no money to waste on wrong directions—and no one can afford to waste time." Señora del Regato agreed.

Juan grew up reading good books. He read adventure stories of India, Africa, and South America. He read until his neck hurt from bending over his books. His mother sometimes felt that the boy needed more rest, but his father always said, "Let Juan read. It is important."

When Juan was about nine years old, his father told him a story of a Cuban doctor whose name was Dr. Carlos Finlay. The doctor had been born in Juan's hometown of Camagüey. Dr. Finlay had become a famous physician and discoverer. Juan thought it might be wonderful to become a doctor. Dr. Finlay's story became so real to Juan that he felt he knew the doctor. This is the story that Juan's father told to him.

DR. CARLOS FINLAY

Carlos Finlay was born in Camagüey in 1833. He was of Scotch and French descent.

When Carlos was old enough to start to school, his parents decided that he should be taught at home. Carlos' aunt became his teacher. He was sent to Europe to go to school when he was eleven years old. He did well in school because he always tried to do his best in everything he undertook.

When Carlos was a young man, he wished to become a doctor, so he enrolled in Jefferson Medical College in Philadelphia, Pennsylvania. After he was granted his degree, he returned to Cuba to practice medicine.



Dr. Carlos Finlay.

There was a disease which everyone feared. It was called yellow fever. No one knew much about it. Some doctors thought that the sickness came from tropical countries. They knew the disease spread rapidly. When an epidemic of yellow fever occurred, whole towns would be almost wiped out because so many died. People became so frightened that they would run away from sick relatives. No one wanted to touch a person who had yellow fever.

Dr. Finlay was determined to end the disease. He worked with blood samples. He read about the disease. He cared for people who were ill with the disease. He was very much puzzled when he made no progress in solving the problem of yellow fever.

One night, Dr. Finlay was sitting and reading beside his bed in his Cuban home. When it was bedtime, he put his book on the shelf and began to recite his rosary. A bothersome mosquito kept buzzing about. The doctor slapped angrily at the annoying insect.

Dr. Finlay suddenly had an idea. He thought, "What if the mosquito holds a parasite which causes yellow fever? What if the mosquito carries the yellow fever to the people it bites?"

Dr. Finlay was so excited with his idea that he couldn't sleep. When morning came, he began to study the habits of various mosquitoes. He learned that only the female Culex mosquito could be the carrier since the male mosquito fed on vegetable food and was a dull, lazy insect. There was nothing dull nor lazy about the female mosquito. She liked to feed on people and gorge on their blood before she laid eggs.

After many experiments, Dr. Finlay became convinced that it was the female Culex mosquito which carried yellow fever. When he went to medical conventions, he told other doctors of



Culex Mosquito
(Aedes Aegypti).

his beliefs. Some of the doctors said his ideas were silly and refused to listen to him. This did not stop Dr. Finlay from going ahead with his research. He was sure he had found the carrier of yellow fever.

In 1898, the Spanish-American War began. Dr. Finlay warned the Surgeon General of the United States Army of the danger of sending troops to Cuba in the season when yellow fever was a hazard. Again no one listened to his beliefs. More American soldiers in Cuba died of yellow fever than died from battle wounds.

It was not until the Spanish-American War was over that some American doctors began to think seriously of Dr. Finlay's beliefs about yellow fever. Dr. Finlay was asked to meet with the American Commission on August 1, 1900. They came to Dr. Finlay's home. He explained his theory, described his experiments,



Dr. Carlos Finlay (extreme right).

and gave the mosquito eggs to the doctors. Two of the American doctors allowed an infected mosquito to bite them. Both doctors became ill with yellow fever. One of them died. Later, they tested Dr. Finlay's theory with American and Spanish volunteers.

Once convinced, Major William Gorgas ordered men to put an end to the mosquito in Cuba. The men went from house to house looking for places where mosquitoes might breed. They inspected gutters. They looked for stagnant ditch water. When they found water which might possibly have mosquito eggs in it, they poured an oil on it so that the larvae could not live. Six months later, the last case of yellow fever was reported in Cuba.

Everyone was grateful that the problem of yellow fever had been solved. Dr. Carlos Finlay was honored by his countrymen as well as by people of other countries.

Dr. Finlay's discovery was declared to be the greatest step forward in medicine since the discovery of vaccine to prevent small-pox.

* * * * *

Juan never tired of hearing this story of Dr. Carlos Finlay. Señor del Regato never tired of telling of the doctor who did so much for the people of the world.



Juan del Regato on Cuban Independence Day in Santa Clara, 1920.

THE DEL REGATO FAMILY RETURNS TO CUBA

The del Regato family decided to leave Mexico and return to Cuba in 1920. This time, they moved to the town of Santa Clara. Juan enrolled in school. Juan's father went to work with the moving pictures again and started a photography shop and studio. Juan helped out after school and on Saturdays by working at the theatre as an usher. Juan also learned to show slides to the audience while his father changed reels.

During his first year in the Santa Clara School, Juan was chosen to make a speech for a special patriotic program. The program was planned to celebrate the day Cuba won freedom from Spain. Juan's father and mother were proud that their son had been selected to speak. Señora del Regato washed and ironed Juan's best white shirt for the occasion. Juan's tie was tied perfectly. His black hair was brushed until every hair was in place. "If you are chosen to do something important," said Juan's parents, "you should show your respect by trying to look your best."

Juan enjoyed playing games with his friends. He liked baseball most of all. He also liked to run in track meets. Running was so much fun. He did not always win, but he learned that he did not always have to be **first** to enjoy it. He was happiest when he did his best. There was no fun in doing anything halfway.

The country around Santa Clara was hilly and pretty. There were fields of sugarcane everywhere Juan looked. He liked to chew on the sweet stalks of sugarcane. They tasted like candy. Juan hiked over the rolling hills. A favorite hike was on the slopes of a hill called **El Capiro**. Near Santa Clara was a large white rock. It was called **Peña Blanca**. Juan learned that native Indians used this rock as a meeting place. He also knew where he could join his friends for a swim in a pond near one of the rivers.

Boys of Cuba were like boys everywhere. They sometimes grew tired of lessons. When the warm spring days came, the boys longed for freedom from the schoolroom. They looked out of the windows. They saw the fragrant Mariposa lilies growing everywhere. The blossoms looked like white butterflies resting on slender green stems. Somewhere, hidden in the orange-colored



Sugarcane in Cuba.

blossoms of a **Flamboyan** tree, a mockingbird whistled a teasing invitation to come outside and play in the free green world.

Juan decided to skip school, one day, with some of his classmates for a cool swim in their favorite swimming hole. Juan did not enjoy that day. He kept thinking how much his parents sacrificed to send him to school. He felt too guilty to have a good time. He decided he could not afford to waste time in that way. He vowed that he would never do it again.

In 1923, when Juan was fourteen years old, his father said, "Son, you have done so well in your schoolwork that I want to reward you this summer by allowing you to go to the United States for a vacation in Philadelphia. It will be an opportunity for you to learn what it is like in the United States. You can also learn to speak English. It will help you as you study it in school."

Juan could not understand how his father could afford this. He did not know Señor del Regato had been saving money for a long time for this trip. His father already had saved enough for Juan's ticket on the boat. There was enough extra money for a few expenses.

"I cannot give you all the money for the trip at one time," said Señor del Regato. "I will send a little money each week to the Cuban Consul in Philadelphia. You must go there to get the money I send to you. Be very careful how you spend your money. Remember, you can do much without spending money. You can go to parks. You can learn by listening, looking, and talking with others."



Juan del Regato in a Park in Philadelphia, Pennsylvania, in 1923.

Juan knew the family would have to do without many things so that he could go to Philadelphia. The family did not feel the sacrifice was too great. They were eager for Juan to have this new experience. Plans had been completed and money had been spent for the boat ticket.

Juan intended to be careful with his money and not to waste anything. Every experience in America would be valuable. He knew that it was foolish to waste anything — especially experiences.

Juan traveled by boat to Key West, Florida. He thought Key West was like Cuba. The rest of the trip to Philadelphia, Pennsylvania, was by train. The train sped along the Atlantic coastline. Juan pressed his face against the window to see the countryside. The train took him through Georgia, Virginia, and Maryland. It was exciting to see all the places that he had read about.

The first thing he did when he reached Philadelphia was to rent a room. The next thing he did was to go to the parks and listen to the people talk. He found that most conversation was about the earthquake that had caused so much damage and suffering in Japan. He noticed everyone hurried. Everyone was busy. Even those who played seemed to put more effort into their playing. He thought, "The United States is not like Cuba. Life is more relaxed and casual in Cuba."

Juan enjoyed going to the automat for his meals. The automat was a place where he could eat for very little money. The food at the automat was kept behind little doors with glass windows. Juan would look through the many glass windows and see sandwiches, salads, and pies. He always chose juicy raisin pie for dessert. There was such a variety of food. He would decide what he wished to eat, drop a coin in the slot, unlock the little door, and take out the food. Juan thought, "Sometimes, money can open doors."

Juan took many trips in the city of Philadelphia. Sometimes he walked. For three cents he could take the Delaware River ferryboat from Philadelphia to Camden, New Jersey. This was his favorite trip. All his sightseeing trips were exciting.

At the end of this wonderful summer, Juan went back to Santa Clara, Cuba, to continue his high school education. "I have three more years of schoolwork before I can graduate from high school," he mused. "I will have many difficult examinations to pass in my senior year, and I must study so I will do well. Some students do not pass these examinations."

Juan studied many hours. On some weekends, there was time for play. He would ride horseback into the country with other students. After relaxing in the country, Juan came back rested and ready for more study. The teachers of Santa Clara School noted that Juan was an excellent student. One teacher, who knew that Juan wanted to be a doctor, made sure that Juan had help when he needed it. Juan, in turn, helped other students. He earned money by tutoring. He saved it for college expenses.

Juan graduated from high school in 1926. He had worked four years with many wonderful students and teachers of all races. He had become more aware of the beauty in the world. He would never forget the night he had heard Caruso sing. Juan had not been able to buy a ticket to Caruso's concert. He had stood outside the theatre and listened to the great singer.

Juan always remembered his favorite books and his favorite classes. Juan was well prepared for his college studies. He knew where he was going.

IN HAVANA

Juan registered at the University of Havana in 1926 for a seven-year course as a medical student. In September of Juan's first year in college, a hurricane struck the province of Havana. Thousands of injured and dying people were brought to the University Hospital. Juan was among the young students who cared for the victims. It was the first time Juan had seen so much suffering and helplessness.

Juan continued to work to pay his expenses. He became a scribe (a writer of records) to pay for his room and board at the university. Later, a professor asked Juan to make some

photographs for the medical students. Juan was glad he had learned about cameras from his father. He worked carefully to get the pictures the professor wanted. When the director of the new cancer hospital saw some of Juan's photographs, he offered Juan a paid position with room and board. Juan was thankful he had this opportunity to earn and learn as he went to school.

In 1929, the director of the cancer hospital called Juan into his office one day. Juan began to wonder if he had done something wrong. "I suppose you know," the director began, "that our X-ray technician has broken a very expensive piece of machinery. Would you like to have his job?"

Juan was frightened at the prospect of doing something which he did not understand. "I am sorry, sir," he answered, "but I do not know anything about X rays."

The doctor was a stern man and still angry about the broken equipment. "I did not ask you if you knew about X rays," he said. "I asked you if you would like to have the job. I think you are capable of learning!"

Juan took the work. If the doctor thought he could do it, Juan decided to try to deserve the doctor's belief in him. "After all," Juan thought, "we all grow by trying to do something that seems too hard for us and making ourselves do it." Juan continued to work in the care of patients.

Young Juan often hated the unfairness which he and his student friends saw at the university. In their youthful eagerness, the students longed to change the whole world. They were often surprised to find that the world did not want to be changed.

When Juan was in his third year at the University of Havana, students protested the political situation in the country. They revolted. This caused the University of Havana to close. It was impossible for Juan to complete his studies in Cuba. The revolt accomplished little but confusion for everyone.

Juan was unhappy and spent hours trying to decide how he was going to complete his medical education. He sought advice from his teachers and friends. He reviewed some of the things he had studied. He thought, "This is a turning point in my life. Thanks to Dr. Finlay, yellow fever has disappeared. Vaccination



Juan del Regato at the University of Havana.

has eliminated a number of diseases, but other diseases remain to threaten life. Cancer is one of the great challenges. My goal shall be to search for the cure of cancer.”

Juan had worked in the hospital for the physicians of the **Cuban League of Cancer**. The League was ready to send some medical students to study in other countries. They chose Juan del Regato to go to France. Juan went to Paris to complete his medical training.



Juan del Regato, Young Assistant at the Radium Institute, University of Paris.

AT THE UNIVERSITY OF PARIS

Juan entered the University of Paris. He had difficulty because he did not understand the French language. "I must learn this language," he thought. He knew it would be difficult to find the time to study a new language, but he had learned to set goals and work toward them. He decided that his task would be to study the French language thoroughly. He had formed the habit of doing well whatever he did. A doctor could not afford careless habits. Lives depended upon doctors. He learned the French language so well that he was paid to help the secretaries with their records.

Juan rented an inexpensive room on the seventh floor of a building near the Seine River. There was no elevator. He cooked his meals on a small burner. There was no heat in the room. Often he had to go to bed and wrap the covers around him to keep warm as he studied.

Juan learned many things in Paris. He learned that the whole world, not just Cuba, was subject to injustices. He found that change was inevitable — in cities, in countries, and in human relationships. He understood the anger of the deprived but also learned that anger did not always produce the right results. He learned that men everywhere dreamed of a better world. Sometimes their dreams came true; sometimes they failed.

Juan was graduated from the medical college of the University of Paris. His thesis was published, and it won a silver medal for him. Juan was offered a fellowship with the **Foundation Curie** in Paris, France, to continue his study of cancer. His teachers were the famous doctors, Claudius Regaud, Antoine Lacassagne, and Henri Coutard. Juan was excited that he could be learning from these scholars who had won world recognition.

The teachers at the Foundation Curie had great respect for the ability of young Dr. del Regato. Once, Dr. Henri Coutard was unable to accept an invitation to go to Russia and give a series of lectures. He wished to send a capable doctor to take his place. He chose Dr. del Regato.

Juan traveled to Moscow and Leningrad. His lectures were received with enthusiasm by the Russian people. The young doctor was entertained at their theatres with great appreciation.

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A gentleman and his wife from Colorado Springs came to the Foundation Curie to see Dr. Coutard. The gentleman was ill and was losing his voice. He had traveled to Paris because he had been told that Dr. Coutard might help him. Dr. Coutard asked Dr. del Regato to set up treatments for the American. The patient was Mr. Spencer Penrose. He was cured of cancer of the larynx.

Seven years in Paris had given Juan a medical degree, special training, and the desire of doing something everlastingly useful.

TO AMERICA

Dr. Henri Coutard decided to go to the United States to work at the Tumor Institute in Chicago, Illinois. He asked his young friend, Dr. del Regato, to go with him. For awhile, the two doctors worked together in Chicago.

Dr. del Regato was always grateful that he went to Chicago. It was while he was there that he met a charming nurse whose name was Inez Johnson. They were both interested in the study of medicine. They talked of Dr. del Regato's research. They often walked on the cold shores of Lake Michigan. The wind seemed less cold when they were together.

Dr. del Regato decided to work at the new Cancer Clinic near Washington, D. C. He had been hoping for an opportunity like this. Miss Johnson knew how anxious the young doctor was to continue his study of cancer. She urged him to go. She knew how important it was to him. She did not want to hold him back.

Dr. del Regato liked his new position in Washington, D. C. He took long walks about the historical city. He enjoyed its beauty. He often went to admire the solemn and impressive monument to Abraham Lincoln. When Dr. del Regato arrived at the monument one day, he found an old black man and his grandson absorbed in the words of the Gettysburg Address, which had been inscribed on the wall. He listened as the grandfather slowly read to his grandson. Dr. del Regato was impressed. All three were uplifted by the message.

One day, Dr. del Regato received a very welcome letter from Inez Johnson saying that she was going to visit in Washington. "Will you be able to meet me at the train?" she asked in her letter. "I do not know my way in Washington. Perhaps you could show me to my hotel where I plan to stay."

Dr. del Regato was happy to know that his good friend was coming. He suddenly realized how much he had missed her. It had been a busy year. He was being paid well for his work. Recently he had purchased his first car. It was a shiny new Chevrolet coupe. He was anxious for Miss Johnson to see it. He thought how proud he would be to show her the beauty of the city.

Miss Johnson arrived in Washington on April 30, 1939. The young doctor hurried to the station and carefully parked his car. The clock on the station wall ticked slowly as he waited for the train to back onto the station tracks. He watched the passengers hurrying down the train steps carrying their bags. He finally saw Miss Johnson. He greeted her warmly and carried her bag to the street where his shiny new car was waiting for them.

"Juan," exclaimed Miss Johnson, "is this new car yours? It is beautiful. You must be doing well to afford it!" The young doctor nodded. "Are you sure you have the time to drive me to the hotel?" she asked anxiously.

Juan smiled happily. "I do have time," he said. "When I knew you were coming, I made a few plans. Let's go for a ride before I take you to your hotel. We have much to talk about."

Dr. del Regato headed his little car for Rock Creek Park, one of the beauty spots in Washington. It was springtime and Washington was at its loveliest. Thousands of daffodils dotted the rolling hillsides. Drifts of pink and white dogwood made lace valentines for the young couple. French lilacs were floating in a perfumed haze.

The doctor stopped his car in Rock Creek Park. "Let me explain a few plans I have made. I hope they will please you. When I found you were coming to Washington, I hoped you would not go back to Chicago. I have in my pocket an application for a marriage license. I have found a house where we could live after our marriage. Will you marry me? Will you marry me tomorrow?"

Miss Johnson knew that she had always been in love with Juan. She thought, "This is very unusual. People don't get off the train and plan to be married the next day." She didn't have wedding clothes. She thought about the families. Surely there should be many reasons why she should wait — but she could not think of one reason. The word **yes** was all she could think to say.

"Yes," said Miss Johnson. "Happy May Day for us!"

* * * * *

The young couple moved from city to city as Dr. del Regato advanced toward his goal. They found themselves by 1943 in Columbia, Missouri. The doctor was chief radiotherapist at the Ellis Fischel Cancer Hospital.

TO COLORADO SPRINGS

Dr. del Regato heard that his friend, Dr. Henri Coutard, was living in Colorado. Mr. Spencer Penrose, who had been cured of throat cancer in Paris, was ill again in 1939. Mr. Penrose did not want to leave his home for treatment, so he asked Dr. Coutard to come to Colorado Springs to treat him. Mr. Penrose purchased the finest equipment and had it installed in the local hospital for Dr. Coutard's use.

Despite Dr. Coutard's care and the modern equipment, Mr. Penrose did not recover from the second illness. All the money in the world was no match for the killer disease, cancer.

Mrs. Penrose was very grateful for Dr. Coutard's help during her husband's illness. She had become very close to the Sisters who were in charge of the hospital. She asked Dr. Coutard and the Sisters to help her plan a memorial to her husband. She wanted the memorial to be a means of saving lives. Together they planned a cancer hospital.

Mrs. Penrose went to Missouri and asked Dr. del Regato if he would come to Colorado Springs and become the director of the new cancer hospital. He accepted the invitation. The cancer hospital was named for Mr. Penrose. Dr. del Regato worked to establish a cancer hospital where all could come for help. He made the facilities of the hospital available to every doctor. It became one of the best hospitals in the world.

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Among the problems of the fight against cancer was the scarcity of young doctors being trained to treat cancer. One of the tasks of the Penrose Cancer Hospital was the education and training of physicians. Today, a great number of the young radiologists heading departments in universities throughout the United States have trained in Colorado Springs with Dr. del Regato and his associates. There remain many problems to be solved. Education is an important area of the effort. The most popular textbook on cancer read all over the world was written by Dr. del Regato and his friend, Dr. L. V. Ackerman. It has been translated into Spanish and Polish.

The unruly behavior of cancer cells takes them to the circulation, and the cells travel to distant points in the body in their destructive aim. The numerous kinds of tumors, which are called cancer, may have many different causes yet to be found. New forms of treatment can be developed to reduce the destruction caused by them. Once a year, more than 500 specialists come to Colorado Springs for a Cancer Seminar. This is a special type of meeting, originated by Dr. del Regato, for the purpose of teaching and spreading information. Skills are sharpened for the recognition of cancer. There is need for more boys and girls to prepare to study and contribute their work to the solution of these problems.

In 1937, the Congress of the United States created the National Cancer Institute to make possible research in all directions. On December 23rd, 1971, President Nixon signed a new National Cancer Act to expand the efforts of the government on behalf of the people of the United States. Dr. del Regato, who has served many years as an advisor to the Cancer Institute, was invited to be present at the signing of the Act in the White House. This will make it possible for many other youngsters with a goal to contribute their efforts to research towards the final solution of the problem.

Dear Young Reader,

The story you have just read is true. Often, we do not realize that there are great people near us. Perhaps we see such great people but do not realize their worth because they are so close to us. Most great men are confident but humble men. They are dedicated to a purpose.

Dr. del Regato has worked for many years reaching for his goal. Meanwhile, he helps young doctors from all over the world to carry on the fight against cancer. His students occupy important positions in outstanding centers of the United States.

Dr. del Regato always remembers his father and mother who helped him get an excellent education. He is grateful for their encouragement and confidence in him. He is thankful they never allowed a generation gap to divide them.

Dr. Carlos Finlay, who was an inspiration in Dr. del Regato's childhood days, still seems to beckon to Dr. del Regato. It seems strange that so many discoveries have been made by accident. It may be possible that the clues for defeat of cancer may be as simple as the buzzing of Dr. Finlay's mosquito. But this is not likely, since cancer is a complex disease. There are over two hundred types. Each one is different.

In the meanwhile, Dr. del Regato travels and works with doctors in many countries. Sometimes the answers seem near. He feels great satisfaction when he has saved a life. He is never happier than when he has given a child a chance to live.

Dr. del Regato works diligently toward his goal. He may reach it. Remember,

**"ALL OF THE WORLD GETS OUT OF THE WAY
FOR THE MAN WHO KNOWS WHERE HE IS GOING."**

Always,

A handwritten signature in cursive script that reads "Inez Hunt". The signature is fluid and elegant, with a large initial "I" and a long, sweeping underline.

Inez Hunt

The President

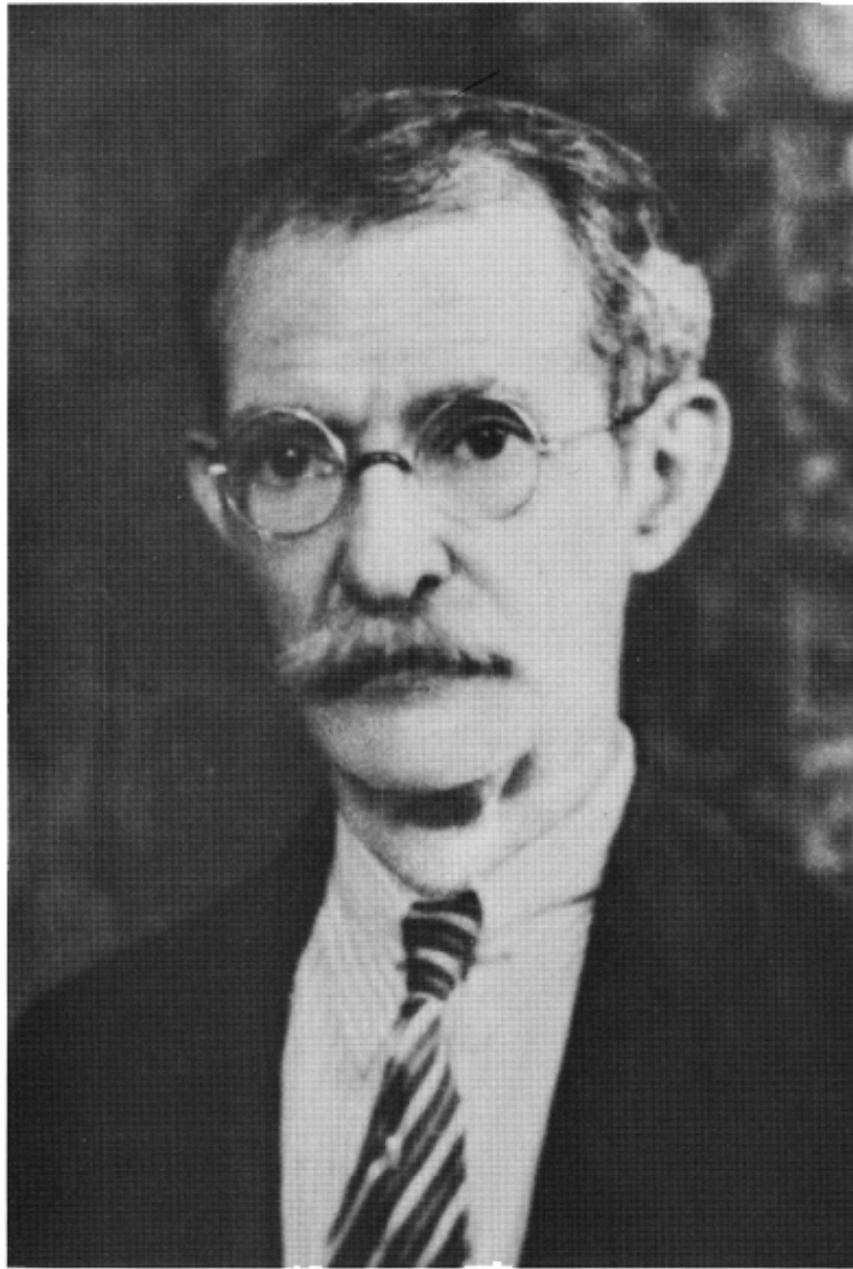


Richard Nixon, President of the United States, signs the Act which will make funds available for increased cancer research. *Courtesy, Richard Nixon, President of the United States.*

OTHER INTERESTING FACTS

Dr. del Regato's remote ancestors lived in caves in a part of Spain called **Santander**. On the walls of the caves, crude drawings of people and animals can still be seen. The caves provided safe places for homes and protection from wild animals and enemies.

* * * * *



Señor Juan del Regato.



Señora Damiana del Regato.

* * * * *

Dr. del Regato's father was a Spaniard who was born in Cuba. His mother was Mayan Indian and Spanish. Her hair was black when she was young. It was so long that it hung below her knees when she brushed it. She was small.

* * * * *

* * * * *

The Spaniards, who came to Cuba shortly after Columbus discovered America, often chose to live on the coast. Their main problems were hurricanes and pirates. Each season, the winds threatened to destroy their houses. When pirates invaded the island, they robbed, murdered, and abused the village people. In 1528, a group of coastal dwellers decided to move away from the sea. They packed their possessions and went to the rolling inland countryside where the city of Camagüey now stands. They settled on the site of an old Indian village, the name of which they kept.

The new settlement was often called the "City of Tinajones".



A Tinajon in Camagüey.

This Spanish word meant that it was a city of many earthenware cisterns. These cisterns were large pottery containers partially buried in the earth so that they could hold drinking water. It was a long time before the new city had a water system.

The rolling hills around the town made good grazing ground for cattle. It was also good land for raising sugarcane.

* * * * *

Camagüey was the birthplace of many patriots who fought to free Cuba from Spain. Some of the most important battles of the Cuban war for independence were fought here.

* * * * *

The first moving picture films came to Cuba from France and Italy. Later, they also came from the United States. There was no sound nor color with the first moving pictures. Words were flashed on the screen to show what the actors were saying. Films were short in length and were sometimes shown before theatre acts.

* * * * *

In Santa Clara, one of Juan's classmates was the son of a slave. This young boy walked several miles each morning to meet Juan at his home for breakfast. The two would study together before walking over a mile to school. Juan came home for lunch each day. Then he walked back for his afternoon classes.

* * * * *

The Mayas are a distinct group of native American Indians who live on the peninsula of Yucatán, Mexico, and Guatamala. They achieved a remarkable civilization which included beautiful architecture, a written language, and a knowledge of astronomy. Their dating system permits us to know the exact date when they built their monuments. Their calendar was made more nearly perfect than that of the western world at the time of the discovery of America. Their civilization achieved its height before the discovery of America.

* * * * *

* * * * *

Juan studied the following subjects: World History; World Geography; English (as a foreign language); Spanish Literature; Physics; Chemistry; Biology; and Trigonometry. Juan was graduated with a special diploma in Biology and Physics.

* * * * *

Because there was no segregation of races in the schools which Juan attended, Juan grew up with affection and understanding for all kinds of people. He was prepared to work with a world vision without unfair discrimination or prejudice.

* * * * *

X rays discovered by Roentgen and radium discovered by Madame Curie became important in the treatment of certain types of cancer. Madame Curie's laboratory in Paris, France, was called the Institute of Radium. It became the center for radiotherapy. This is where Dr. del Regato became assistant to Dr. Coutard and where he received his training.

* * * * *

The Institute of Radium was near the Luxembourg Gardens in Paris, France. During the noon hours, Dr. del Regato would walk through these beautiful gardens. He would visit with many of the students and artists of the Sorbonne, a college in the University of Paris. He increased his knowledge of art and philosophy by talking with and listening to these friends.

* * * * *

In Columbia, Missouri, while Dr. del Regato was working in the Ellis Fischel Cancer Hospital, he coauthored a book about cancer with Dr. Lauren Ackerman. This book is the standard textbook of students in universities in the United States. It has been translated into Spanish and Polish.

* * * * *

Dr. del Regato and his wife, Inez, live in their home in Colorado Springs near the Penrose Cancer Hospital. Their two daughters and their son received fine educations and established homes of their own.

* * * * *

DR. DEL REGATO'S CHILDREN

Daughter, **Ann Cynthia**, teaches Spanish and French at Delta College in Midland, Michigan. She married a youthful orchestra conductor, Don Th. Jaeger. He has recently become Director of the Interlochen Arts Academy.

Daughter, **Juanita Inez**, teaches the deaf children in Pontiac, Michigan. She is married to a dedicated teacher who specializes in the handicapped and in reading difficulties, Nathaniel Peters, III, Ph.D.

Son, **John Carl**, teaches mathematics, statistics, and computer science in Duluth, Minnesota. He is married to a teacher of history, the former Diane Schmahl.

* * * * *

Dr. del Regato's life work is in medicine, but he has many other interests. Because of his fine education, he enjoys good literature, art, and music. He appreciates good poetry. He is an excellent writer and has written many scholarly papers, books, and biographies. He has invented mechanical devices for hospital use. He understands many languages. All these qualities enrich his life and help him to understand people.

* * * * *

CHRONOLOGY OF DR. DEL REGATO'S LIFE

DATE	
1909	Born March 1, in Camagüey, Cuba.
1914	First schooling in Camagüey (brief).
1914-1917	Nuevitas, Cuba. School in private home of teacher.
1917-1919	Mérida, Yucatán, Mexico. Public School (Santos Degollados, Santiago).
1920-1921	Santa Clara, Cuba. Elementary School.
1921-1922	Santa Clara, Cuba. Public Junior High School.
1922-1926	Santa Clara, Cuba. Public High School.
1926	Enters University of Havana.
1930	Political riots close the University of Havana.
1931	Sent to University of Paris to complete medical education.
1931-1934	Completed curriculum at University of Paris.
1934-1937	Post graduate work in Paris at Radium Institute where Mme. Curie headed the laboratory research. Became assistant to Henri Coutard.
1938	Traveled to Chicago to work in Chicago Tumor Institute.
1939-1940	Warwick Cancer Clinic, Garfield Hospital, Washington, D. C.
1941-1943	Research Fellow, National Cancer Institute at United States Marine Hospital, Baltimore, Maryland.
1943-1949	Chief Radiotherapist, Ellis Fischel Cancer Hospital, Columbia, Missouri.
1949	Medical Director, Penrose Cancer Hospital, Colorado Springs, Colorado.
1971	Meeting at the White House.



Dr. Juan Angel del Regato.

A WORD FROM JUAN

Dear Boys and Girls,

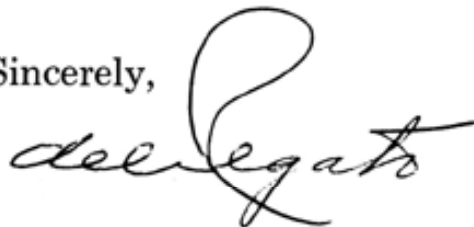
Mrs. Hunt's tender treatment of the story of my youth required that I share with her memories that belong to no one else: I have done so with mixed feelings. My reluctance to accept her humbling compliment was overcome only by thinking of the young readers for whom her carefully chosen words are affectionately intended.

As the young student is confronted with man's awesome baggage of knowledge, it is important not to imply that it all results from genial lucubrations (results which come from willing hard study). The few genuine creators the world has known have been seconded by thousands who sharpened the intellectual tools and implemented the ideas. As any educator knows, it is important that the young be permitted to come into possession of their own intellectual strength before they are overcome by awe or by harsh self-appraisals. Above all, no one should doubt her or his own ability to contribute.

Let every young reader know that the boy of this story was kept blissfully ignorant of his own shortcomings. By the time that he became aware of them, he had gathered enough subsidiary strength to bypass them. Whatever the obstacles faced, innocence, among other things, helped him move to higher ground.

To have one's life story made the subject of a book is indeed flattering; to have it published during one's lifetime is embarrassing. In one way, I am glad that Mrs. Hunt did not plan to publish this story posthumously: I would have missed the opportunity to offer this apology.

Sincerely,

A handwritten signature in cursive script that reads "del Regato". The signature is written in black ink and is positioned below the word "Sincerely,".

J. A. del Regato, M.D.

Colorado Springs

July, 1972

GLOSSARY

B

board Food spread upon the table; meals.

C

career A course of continued progress in the life of a person or nation.

casual Free from hurry; natural; simple.

clue Anything that guides or directs in the solution of a problem or mystery.

coexist To live together.

complex Complicated; having many varied interrelated parts, patterns, or elements, and very hard to understand fully.

Consul An official appointed by or with the authority of a government to live in a foreign country, to represent the interests of the appointing country.

coupe A 2-door automobile with one enclosed seat and a full-width rear seat that is in the open and accessible.

D

dedicate Become committed to a goal.

deprive To take something away; to keep from the possession, enjoyment, or use of something.

diligent Industrious; busy.

E

epidemic The spread of contagious diseases to many persons in a community or area or region at one time.

F

fellowship A scholarship or grant awarded a graduate student in a college or university to pay for educational expenses.

ferryboat A boat used in carrying persons or things across a body of water.

G

gorge To eat greedily; fill to capacity.

grateful Thankful, appreciative of benefits received.

H

hazard Danger; a thing or condition that might operate against success or safety.

hidalgo A nobleman who has earned the honor because of some special service. The honor is handed down from father to son. It is not given because of wealth.

hurricane A storm with rain, thunder, lightning, and winds of 73 miles per hour or greater but rarely exceeding 150 miles per hour.

I

injustices Unfairness; lack of justice.

inscribed Written or engraved.

L

larvae Wormlike forms which develop from an insect egg.

larynx Voice box.

league An association of persons or groups of persons united by common interests or for the achievement of common goals.

M

- mused Thought.
- memorial Something that serves to preserve the memory or knowledge of an individual.

P

- parasite An organism living in or on another living organism.
- port A place where ships may ride secure from storms; a harbor.
- posthumously After one's death.
- province A portion of a country.
- pyramids An ancient massive structure of huge stone blocks having a square ground plan, outside walls in the form of four triangles that meet in a point at the top, and containing inner rooms.

R

- radiologists One who is trained in use of X rays.
- radiotherapist One who treats with X rays.
- relaxed To relieve from nervous tension; less rigid.
- research Careful search; investigate thoroughly.
- royal Of kingly ancestry; noble.
- ruins The remains of something that has been destroyed or has decayed.

S

- sacrifice To do without something; to give up a pleasure or advantage.
- scholar A learned person; one who by long systematic study has gained a high degree of mastery in one or more subjects.
- stagnant Motionless; not running in a current or stream.

T

technician	One who has learned the practical technical details and special techniques of a special job.
theory	An unproved idea or belief; speculation.
thesis	An original article written about an original point of view as a result of research and study for an academic degree.
thrived	To grow increasingly larger and healthier; to prosper outstandingly.
title	A descriptive name; the special name of a written, printed, spoken, or filmed production, as a book, pamphlet, poem, etc.
tutor	To teach, guide, or instruct on an individual basis.

U

uplifted	To improve in thought and feeling.
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V

vendors	Sellers.
victims	Anyone who suffers either as a result of ruthless plans or incidentally or accidentally.

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- _____ : **Rebel Without Hatred: Jose Marti.** Americas (Published in English, Spanish and Portuguese). January 1967.
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- _____ : **Carlos Finlay and the Carrier of Death.** The Cycle of Successful Scientific Discovery. *Jefferson Medical College Alumni Bulletin*. Summer 1971.

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INTERVIEWS

J. A. del Regato, M.D., 1971-1972

CURRICULUM VITAE

1. **Full Name:** Juan Angel del Regato, M.D.
2. **Date and Place of Birth:** March 1, 1909, Camagüey, Cuba.
Naturalized as an American citizen, 1941, June 9, U. S.
District Court, Baltimore, Maryland
3. **Present address:** Penrose Cancer Hospital
2215 North Cascade Avenue
Colorado Springs, Colorado 80907
4. **Titles:** Director of the Penrose Cancer Hospital, Colorado
Springs, Colorado
Professor of Clinical Radiology, University of Colo-
rado
5. **Consultant Positions:**
 - Consultant, Veterans Administration Hospitals
 - Consultant, Fitzsimons Army Hospital, Denver, Colorado
 - Honorary Consultant, Lackland Air Force Base Medical
Center, Houston
6. **Offices and Committees:**
 - Member, Biomedical Advisory Committee to the Puerto
Rico Nuclear Center (AEC)
 - Historian, American Society of Therapeutic Radiologists
 - Editor, CANCER SEMINAR
 - Member, Commission on Cancer, American College of Ra-
diology
 - Member, Committee on Awards and Honors, American
College of Radiology
 - Member, Committee on International Affairs, American
College of Radiology

Member, Board of Chancellors, American College of Radiology

Member, Editorial Advisory Board, Journal CANCER

Chairman, Executive Committee, American Radium Society

United States Counselor, Inter-American College of Radiology

Chairman, Commission on Radiation Therapy, American College of Radiology

7. Past Positions Held:

Vice President, Radiological Society of North America (1959-1960)

President, Section of Radiotherapy, Pan-American Medical Assoc. (1960-1961)

Member, Clinical Studies Panel, Nat'l. Cancer Chemotherapy Center (1961-1964)

Vice President, American Radium Society (1963-1964)

President, International Club of Radiotherapists (1962-1965)

Member, Cancer Chemotherapy Cooperative Clinical Trials Review Committee

Treasurer, American Radium Society (1965-1967)

Secretary, American Society of Therapeutic Radiologists (1958-1968)

Consultant, Los Alamos Medical Center, Los Alamos, New Mexico

President, American Radium Society (1968-1969)

Member, Committee for Radiation Therapy Studies (1960-1969)

Member, Division of Medical Sciences of National Research Council (1968-1971)

President, Inter-American College of Radiology (1967-1971)

Member, National Advisory Cancer Council (1967-1971)

- 8. Legal Address:** 2 East Columbia Street
Colorado Springs, Colorado 80907

9. Additional Pertinent Data:

Diploma of Doctor of Medicine, University of Paris, 1937
Diploma of Radiotherapy, University of Paris, 1937
Diplomate, American Board of Radiology, 1944

10. Positions Held:

Intern, Radium Institute of Paris, 1934-1935
Research Fellow, Curie Foundation, Paris, 1935-1936
Assistant Radiotherapist, Institute of Radium, University
of Paris, 1936-1939
Radiotherapist, Warwick Cancer Clinic, Washington, D. C.,
1939-1940
Radiotherapist, Tumor Clinic, National Cancer Institute,
Baltimore, Md., 1941-1942
Radiotherapist, Ellis Fischel Cancer Hospital, Columbia,
Mo., 1943-1949

11. Membership in U.S. Medical Societies:

Fellow of the American Medical Association
Fellow of the American College of Radiology (F.A.C.R.)
Member, Radiological Society of North American (R.S.N.
A.)
Member, American Roentgen Ray Society (A.R.R.S.)
Member, American Society of Therapeutic Radiologists
(A.S.T.R.)
Member, Association of American Medical Colleges
Member, American Radium Society (A.R.S.)
Member, Radiation Research Society (R.R.S.)

12. Membership in Foreign Societies:

Member, Colegio Interamericano de Radiología
Member, International Club of Radiotherapists
Corresponding Member, Sociedad de Cancerología de la
Habana, Cuba
Corresponding Member, Sociedad Venezolana de Radiolo-
gía

Corresponding Member, Sociedad de Estudios Médicos,
Camagüey, Cuba
Corresponding Member, Sociedad Médica, Inst. Nacional
de Cancerología, Mexico City

13. Honorary Membership in Radiological Societies:

Honorary Member, Rocky Mountain Radiological Society
Honorary Member, Pacific Northwest Radiological Society
Honorary Member, Texas Radiological Society
Honorary Member, Oregon Radiological Society
Honorary Member, Detroit Roentgen Ray Society
Honorary Member, Fred Jenner Hodges Radiological Society
Honorary Member, Sociedad de Radiología de Buenos Aires,
Argentina
Honorary Member, Asociación Argentina de Radiología
Honorary Member, Société Canadienne Française d'Électro-
Radiologie
Honorary Member, Sociedad de Radiología y Fisioterapia
de Cuba
Honorary Member, Sociedad Ecuatoriana de Radiología y
Fisioterapia
Honorary Member, Sociedad de Radiología de México
Honorary Member, Sociedad de Radiología Panameña
Honorary Member, Sociedad Paraguaya de Radiología
Honorary Member, Association de Radiólogos de Centro-
América
Honorary Member, Canadian Association of Radiologists

14. Honors:

Laureat (Silver Medal) Faculty of Medicine, University
of Paris, 1937
Laureat of the National Academy of Medicine of France,
1948
Diploma of Honor, Liga Contra el Cancer of Cuba, 1950

Gran Canciller, Order of Merit of Carlos Finlay, 1955
 Adopted Son, City of Santa Clara, Cuba, 1957
 Honorary Consul of the Republic of Panama in Colorado Springs, 1952-1969
 Distinguished Visitor Medal, Municipality of Mexico City, D. F., 1957
 Gold Medal of the Radiological Society of North America, 1966
 Gold Medal of the Inter-American College of Radiology, 1967
 Gold Medal of the American College of Radiology, 1968
 Commissioned Kentucky Colonel, 1968
 Ambassador of Good Will and recipient of Key to the City of Louisville, Kentucky, 1968
 Honorary Doctor of Science, Colorado College, Colorado Springs, Colo., 1969
 Finlay's Gold Medal, Cuban Medical Convention, 1969
 Plaque of Special Recognition, American Society of Therapeutic Radiologists, 1969
 Declared distinguished Citizen of Managua, Nicaragua, 1969

15. Honorary Membership in non-Radiological Societies:

Honorary Member, Colorado Springs Clinical Club
 Honorary Member, Alpha of Kentucky Chapter, Society of Delta Epsilon, 1963
 Honorary Member, Reno Surgical Society
 Honorary Member, Sociedad de Cancerología de Guadalajara, Mexico
 Honorary Member, Sociedad de Medicina y Cirugía de Santa Clara, Cuba
 Honorary Member, Sociedad de Cancerología, Chile
 Honorary Member, El Colegio de Médicos y Cirujanos de Nicaragua, 1969

16. **Name Lectures Given:**

- Carman Lecturer, The Greater Saint Louis Society of Radiologists, 1958
- William Potter Lecturer, Jefferson Medical College, Philadelphia, 1961
- Rendish Memorial Lecturer, Brooklyn Radiological Society, 1962
- Gordon Richards Lecturer, Canadian Association of Radiologists, 1968
- Carman Lecturer, Minnesota Radiological Society, 1967
- Samuel D. Gross Lecturer, University of Louisville School of Medicine, 1968
- John Modlin Lecturer, Ellis Fischel Cancer Hospital, Columbia, Mo., 1968
- Low-Beer Memorial Lecturer, University of California, San Francisco, 1969
- Annual Alpha Omega Alpha Lecturer, Alpha Kentucky Chapter, 1970
- Edwin C. Ernst Memorial Lecturer, St. Louis, Missouri, 1971
- Michael J. Wittman Lecturer, Macon, Georgia, 1972

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