Raymond E. Rowland was elected chairman of the Barnes Hospital Board of Trustees at the board's annual meeting Wednesday, April 23. Mr. Rowland succeeds Robert W. Otto, who was elected to fill the unexpired term of Edgar M. Queeny, who died July 7, 1968.

Mr. Rowland, who has been a member of the Barnes board for seven years, is former president and chairman of the board for Ralston Purina Co. For the past year he has served as general chairman of the Barnes Hospital Fund.

Other new officers of the board of trustees include Edwin M. Clark, who was re-elected vice chairman, and Irving Edison, selected as vice chairman and treasurer. John Warmbrodt, Barnes' deputy director, was named secretary.

As Barnes' new chairman, Mr. Rowland brings to the office 41 years of business experience. Born on a farm in Illinois, he attended the University of Illinois and was graduated from the University of Wisconsin. After a brief time as a faculty member at State Teachers College at Conway, Ark., Mr. Rowland joined Ralston Purina Co. as a junior salesman in 1926. In 1929 he was made district sales manager and in 1934 became a division assistant sales manager.

Mr. Rowland was made manager of the Circleville, Ohio plant in 1934. In 1940, he became a Ralston Purina assistant vice president; in 1943, a vice president. Mr. Rowland became president of the company in June, 1956, and was named chairman of the board in 1963. On Jan. 1, 1968, he retired from the company.

The new Barnes chairman is also a director of Ralston Purina Co., Mercantile Trust Company National Association, Transit Casualty Company, Granite City Steel Company, Union Electric Company, and Norfolk and Western Railway Company.

In addition to Barnes Hospital, Mr. Rowland also is active in the Herbert Hoover Boys' Club of St. Louis, the United Fund of Metropolitan St. Louis, the Wisconsin Alumni Research Foundation, the National 4-H Club, and several other groups. Mr. and Mrs. Rowland have twin daughters, a son, and 12 grandchildren. When he is not busy with his St. Louis activities, Mr. Rowland visits his 500-acre farm in Bellevue, Mo., where he breeds purebred polled Hereford cattle.

1968 Annual Report Emphasizes Barnes' Role in Community — Shows Hospital Spent $34,206,429 for Patient Care

"There is a destiny that makes us brothers. None goes his way alone." — Edgar Markham

"Barnes and the Community" is the theme of the Barnes Hospital 1968 Annual Report recently mailed to employees at their home addresses. The report shows that the hospital spent $34,206,429 dollars for patient care during 1968, and employed an equivalent full time staff of 2,886 persons.

Highlights of the publication include a report on plans for the East Pavilion on which construction will begin during the summer of 1969 with completion scheduled for 1971. Details of construction projects completed in 1968 are described, such as the elevator addition and admitting area in the Rand Johnson Building; the renovation of the fifth floor of Rand Johnson into semi-private and private accommodations for surgical patients, and two new intensive care areas for patients in the "crisis" phase of stroke and respiratory problems.

The report's emphasis, however, is on the hospital's role in the community in addition to its regional, national, and international services. During 1968 Barnes has emphasized an increased concern for the patient as an individual, while planning ahead to anticipate the demands of tomorrow.

A tribute to Edgar M. Queeny, deceased chairman of the Barnes Board of Trustees is included in the annual report of the year's events. His contributions to the hospital are outlined, including his trip to Washington in the formative stages of Medicare to plead the cause of the university teaching hospital. (He sought allowances in the reimbursement formula for depression and teaching costs.)

"Again in 1968, Barnes broke all records for numbers of patients served," said Barnes Director Robert E. Frank in his message. (He referred to the 31,812 persons who were admitted in 1968, and the average daily Barnes census of 938 patients.)

Examples of concern for the dignity of the patient are shown, such as computerization of appointments for clinic visits, so that the clinic patient no longer faces lengthy waits before he sees a physician.

The problems of the "performance gap" between that which is clinically possible and desirable and the actual delivery of this high standard of care to all is discussed. At Barnes, one solution is in assembling the most sophisticated and efficient equipment, and most highly trained personnel to serve the sickest patients.

"In many segments of the economy today, demand creates supply. This is not so in medical care. As soon as a new treatment is found to be effective, everyone who is afflicted with the illness it alleviates wants to be treated. So, supply creates demand. . . . Shortages of hospital personnel continue to be a grave concern, though the number of hospital employees in the U. S. has more than doubled since 1947," the report points out.
$2 Million Received From Queeny Trust

Barnes Hospital and Washington University are each recipients of a $1 million gift from the private charitable Wingmead Trust set up by Edgar M. Queeny to be used for construction of the East Pavilion.

Through a unique arrangement reached before Mr. Queeny’s death, portions of East Pavilion will be owned by the hospital while other areas will be owned by Washington University.

As chairman of Barnes’ board of trustees from October, 1961 until his death in 1968, Mr. Queeny was instrumental in upgrading the facilities for patient care. He insisted also that the most sophisticated equipment be made available for dealing with disease and disability.

In 1964, he played a leading role in developing a new contract that binds together Barnes Hospital and Washington University in their mutual endeavors to advance research, teaching, and patient care.

Commenting on Mr. Queeny’s service, Dr. William H. Danforth, Vice Chancellor for Medical Affairs of Washington University, said, “We in this medical center are grateful for Edgar M. Queeny’s work, foresight, and generosity. He led a great hospital through an important period of modernization.”

Raymond E. Rowland, chairman of the Barnes Board of Directors, said “The current gift of $2 million from the Wingmead Trust is a testimony to Edgar Queeny’s faith in the strong ties between the University and the Hospital. I hope his generosity will inspire others to contribute to the new hospital.”

New Code 1000 Procedure Is Part of Revised Disaster Plan

New disaster planning manuals, superseding the white August, 1968 booklet, have been distributed to all department heads. The 52-page loose-leaf guide has a blue cover with the “BH” logo at the bottom right-hand corner.

Changes in the disaster procedures effective immediately include transferring the responsibility of disaster command from the chief administrative disaster officer to: First, the administrative officer of the day and second, the nursing officer of the day.

The revised manual also explains the new Code 1000 alert. Whenever the telephone operator announces: “Code 1000—will all available medical staff please report immediately to the director’s office,” hospital personnel with specific duties should report to their assigned Disaster Control locations.

A master paging switch has been installed in the telephone switchboard office. When turned to “disaster,” the telephone operators can be heard in Maternity, McMillan and other key locations within the complex, as well as those areas presently being served by the page system.

The last major change in the revised disaster manual concerns the medical team assigned to triage, the initial sorting and treatment station for all incoming casualties. Triage will no longer be staffed by predesignated individuals (e.g., chief general surgery resident, second call orthopedic house staff, etc). Instead, assignments to triage disposition locations and any other areas where medical coverage is needed will be made by the chief medical disaster officer.

Contributions To The Barnes Hospital Tribute Fund

Following is a list of honorees (names in boldface) and contributors to the Barnes Hospital Tribute Fund from February 16, 1969 through May 15, 1969. Contributions are used for improvements in patient care, teaching, and research throughout the medical center. Donations may be made by sending checks, payable to the Barnes Hospital Tribute Fund, to: Tribune Fund, Barnes Hospital Plaza, St. Louis, Mo. 63110.

IN MEMORY OF: Mrs. Beatrice Salinger, Mrs. Carl Bressen Mr. Daniel J. Hinton, Mr. and Mrs. Albert G. Wolken, Mr. and Mrs. George E. Hessler and friends, Mr. and Mrs. Robert Dunn
Mrs. Serena Gart Shapleigh, Miss Gertrude McDonald
Mrs. Edgar Peters, Mr. Frederick A. Hermann
Mrs. Howard L. Young, Mr. and Mrs. M. R. Chambers
Miss Kathryn Spencer, Mrs. Loyce Rutherford
Mr. Adrian K. Baker
Valley Dolomite Corporation Charitable Trust, Mr. and Mrs. Richmond C. Coburn, Mr. and Mrs. Henry Jackson, Mr. Henry P. Day
Mr. Robert S. Holcomb, Sr., Mr. and Mrs. Schmitz, Mrs. Florence Bowman, Mr. and Mrs. Leon Ruhl
Mr. and Mrs. Parker Bowman, Mr. and Mrs. William Ferfecky
Mrs. Margaret Koeester, Dr. and Mrs. Joseph J. Gitt
Father of Mr. Thomas Stern, Mr. and Mrs. Richard Lewis
Mr. Edmund Otto, Mr. and Mrs. Robert E. Frank
Mrs. Eugene F. Williams
Mrs. John H. Overall, Mr. and Mrs. Kenneth H. Bitting
Mr. Melbourne R. Scherman, Mr. E. R. Culver
Mr. III Mr. Lewis F. Rodgers, Union Electric Co.
Mrs. M. Maidenberg, Mrs. Westbrook Jones
Mr. Raymond Kohn, Mr. and Mrs. Richard Fisher
Father of Dr. Leonard Berg, Dr. and Mrs. Henry G. Schwartz
Mrs. Albert Blanke, Mrs. Henry Rand Mr. Paul Woods, Mr. Warren Simonds
Mr. Fred Heining, F. W. Woolworth Co.
Miss Olive Landzeit, Mrs. Marie Schumann
Esther Zweig
Mrs. A. H. Kessler
Mr. Frank Nichols
Mr. and Mrs. W. R. Peacock
Mrs. Ernest Stix, Dr. and Mrs. Henry G. Schwartz
Mrs. Jennie Goldstein, Mr. and Mrs. Francis Wetta
Mr. Maurice L. Friedman, Mr. and Mrs. Richard T. Fisher
Mr. L. P. Davidson, Mr. and Mrs. Norman Begeman
Mrs. A. Phillip, Mr. and Mrs. Argo Landau
Mrs. Mary Dale Singleton, Dr. and Mrs. Robert Dorne.

IN HONOR OF: Dr. John Mertz, Mr. Robert R. Hermann
Dr. Ernest Rouse, Mrs. Rollin Curtis
Dr. and Mrs. Stewart Dunsker and Sheila, Mrs. Shiel Dunsker
Barnes and Jewish Auxiliary
Skil Members, St. Mary’s Hospital Auxiliary
Mrs. Deane Allen and Mr. Dorothy Kelly,
Normandy United Methodist Church

Safety & Security Coordinator Ed Thurman conducted a workshop on “Professionalism in Hospital Security” at the second annual meeting of the International Association for Hospital Security held in Chicago on May 13.

Barnes’ head nurses held a buffet dinner in Olin Hall April 28 for the senior students in the Barnes School of Nursing who will graduate August 30, 1969.

Nursing School Instructor Miss Barbara Therrien delivered the presidential address to the American Association of Neurosurgical Nurses at their annual meeting April 15 in Cleveland, Ohio. Her talk was entitled “Neurosurgical Nursing: Yesterday, Today and Tomorrow.”

Patrick Royan has been named Messenger of the Month for June. An employe of the dispatch department since August of 1968, Mr. Royan is 16 years of age.

Roy C. Andrews, Methods Director, attended the Institute on Hospital Management Systems conducted by the American Hospital Association sponsored by the Hospital Management System Society in Houston, Texas from May 12-15. Mr. Andrews was the instructor for an all-day workshop on Manpower Planning and Control and Management Information Systems.
Barnes Priest Jogs 26 Miles in American Marathon Race; Sings Beethoven’s “Ode to Joy” to Pace 8-Minute Mile

“When the starting gun went off it looked like a huge train beginning to move,” explained Barnes’ Catholic chaplain, Robert M. Krawinkel, a participant in the 73rd annual American Marathon Race held in Boston April 21.

Father Krawinkel entered the 26-mile 315-yard Marathon after a year of early morning jogging in Forest Park, initiated to take off some excess poundage and toughen up his legs for all the walking he does around the hospital. Beginning at half a mile a day three times a week, the 37-year-old priest increased his distance to two miles a day after two months, then to three until he was running ten miles a stretch. After he’d clocked 11 miles at 8½ miles per hour, he decided to join the Amateur Athletic Union, take a physical examination and compete against 1,151 men who also had entered the 1969 Patriot’s Day classic.

The race started at noon in Hopkinton, Massachusetts, wound through Ashland, Framington, Natick, Wellesley, Newton and ended at the Pruadental Center in Boston. Father Krawinkel had questioned other entrants as to how to stay on course as there were no markers along the route; but he soon realized it would have been impossible to get lost as the entire track was lined with spectators cheering the runners on.

“I had no idea it would be so much fun—it’s a real holiday with balloons and music,” he explained. “Families brought picnic lunches and children ran along the course offering us fresh oranges, ice water, and sugar cubes. Some even had garden hoses pulled down to the street to spray any runner who got overheated. But the temperature was 53 degrees that day so no one needed cooling off.

“I was running fairly easy at first and had completed 18.1 miles when I turned a corner and there were the hills of Newton going straight up to heaven,” the priest recounted. “My face must have really fallen as onlookers started yelling ‘You can make it!’ Go on!’ I kept telling my legs to go but they just stopped. I ran three-fourths the way up the first hill, but walked to the top. I made it only half way up the second before I had to slow down, and on the third hill I had to rest three times. It ended up taking me 40 minutes to do those 3½ miles!” he recalled.

“It was still five miles to the finish line, and I knew I really had to move, so I began singing ‘Ode to Joy’ from Beethoven’s Ninth Symphony to help forget the blisters on my right foot and also to pace myself. I timed the Ode to an eight-minute mile in practice, and although it sounds flaky it really works in pacing your running. (‘Five-Foot-Two’ is good for pacing 8½ miles per hour too,” he added.)

“And that brings up a popular misconception,” the priest interjected. “People think you’re so winded when you run that you can’t even talk, much the less sing. But after you jog awhile you increase your vital capacity and getting your wind isn’t a problem. It’s your leg muscles giving way that causes the pain,” he explained.

“But, back to the race. Finally I could see the finish line. As soon as I’d crossed it I was so excited I kind of danced over to the timekeeper asking him if I’d made it, and he looked at me as if I were dunces, as half the field was already in. But when he realized I meant did I make it under four hours—the maximum time allowable to win a certificate for the Marathon—he gave me my time as three hours and 54 minutes which put me approximately 610 in the field.

“The winner was a 24-year-old gym teacher from Hiroshima who ran the course in 2:13:49 setting a new record. I was a little behind!” the priest laughed. “Also I was practically the heavyweight of the group,” the 178-pound athlete groaned. “They were all whippets . . . greyhounds, small and thin.”

The Marathon field is primarily led by college track stars, and Olympic contenders from the United States and a dozen foreign countries. In addition there are a large number of past-30 entrants whose skills vary but whose determination equals that of the youngest athlete. A track favorite, two-time winner John “The Elder” Kelly, 61, raced in his 38th Marathon this year and a 68-year-old retired railway clerk from East St. Louis finished after the four-hour limit but recorded a brisk six-mile-an-hour clip.

Two women completed the Marathon ahead of Father Krawinkel, a blow to his male ego, he admitted. “Women aren’t allowed in the race so the girls weren’t legal entrants, but it was still depressing seeing a petite airline stewardess run right past me.”

Washington University Medical School sophomores Joseph C. Peden and Alan R. Cohen also participated in the Marathon; however, Peden didn’t finish under four hours and Cohen quit part way through the race. “This wasn’t my first race,” he said, “I’ve finished before. It’s part of my annual rites of spring.”

When asked if he intended to continue his three time a week jogging schedule now that the Marathon is over, Father Krawinkel produced a Snoopy cartoon with the smiling canine announcer: “Jogging is my thing.”
It's Back To School With Tuition Help For Barnes Scholars

Sixty-six employees went back to school last semester with $3,971 of the tab picked up by Barnes, as part of the tuition reimbursement program initiated to help employees do a better job and advance their position through additional education.

Any permanent full-time employee may apply for the program if the courses he wishes to take are pertinent to his job and he earns a grade of "C" or better. Courses must be taken wherever they are available for the lowest tuition and the student is reimbursed 50% of the cost at the completion of the term. If a student completes a degree or certificate program under the tuition reimbursement plan, Barnes rebates the remaining 50% of the total when he graduates.

MARY NICHOLS
Pretty blond Mary Nichols is the only girl in her graduate finance class at St. Louis University. "That's not why I'm taking the course," she laughed, "there just aren't many girls interested in post graduate studies in business administration."

An alumnae of North Texas State University, Miss Nichols took a dietetic internship at Barnes in 1965 and has spent the last three years as a staff dietician, currently as assembly line supervisor in the main kitchen.

"I want to stay in the dietetics field but I'd like to get into the administrative end," she said. "With a master's degree I can qualify for a position with more responsibility sooner than I could through on-the-job experience," the attractive dietician explained.

"I've already learned a lot just from the other members of my class," Miss Nichols said. "Assembly line problems at my hospital are similar to those engineers face at large manufacturing plants, so we can all benefit from each other's experiences." She is in the second semester of her master's program and will get her degree after another two years of night school classes.

"The dietary department has been great in arranging my work schedule to avoid conflicts with my classes, but it's hard finding enough hours to study, write papers and do a good job here," Miss Nichols admitted.

RICHARD SCHELLHASE
Coming back from lunch with a textbook under his arm, cost accountant Richard Schellhase admitted he is probably one of the most enthusiastic advocates of Barnes' tuition reimbursement plan.

"When I joined the hospital in 1964 my department suggested I go to night school to earn my certificate in accounting. I started the following fall. Since that time I've taken two courses each semester, and after spring term I'll have 42 credit hours toward my associate degree," the tall student explained.

"Two courses at one time are all I can handle, because we have a lot of overtime here in the department and I've got to make allowances for that. Naturally, my job comes first," he emphasized.

As a permanent full-time employee, Mr. Schellhase has received $370 from Barnes for half his tuition costs over the past three years, and when he earns his certificate he will be reimbursed for the other half.

A graduate of the four-year program of Sanford Brown Business College, the 28-year-old employee did general accounting at another hospital in the city before joining Barnes.

"I definitely plan to go on for my bachelor's degree," he said, "as upon completion of my certificate program I will have finished all the required accounting courses and will have only 60 hours to go."
When Richard Beauchamp joined Barnes 10 years ago as a technician on the heart-lung machine in the Rand Johnson operating rooms, he was one of a team of two physicians and three technicians responsible for readying the five-foot instrument for surgery and cleaning it after each use. As cleaning alone took over six hours, Mr. Beauchamp often referred to his job as that of a "well-paid dishwasher," but his duties were much more inclusive than just maintenance of the machine.

Over the last decade the heart-lung machine has been streamlined and the 34-year-old technician now handles the sophisticated equipment alone. Disposable parts have eliminated the lengthy cleaning operation, and Mr. Beauchamp can set up the machine in 30 minutes. As a result, he spends more time studying the why and wherefore of heart-lung activity and has gone back to school to do just that.

Currently enrolled in sociology, history, quantitative analysis and logic, Mr. Beauchamp is supplementing knowledge gained as a Navy medical corpsman for eight years. He has completed 60 hours toward the 120-hour requirement for his bachelor of science degree. "The courses have really been helpful," he reported. "Chemistry helps me in doing acid-base studies; calculus and physics apply to setting up fluid systems ... everything I've taken has proven applicable on a day-to-day basis," he said. "I wish I'd taken advantage of tuition reimbursement sooner."

A letter announcing that Mrs. Arnetta Darden had completed the requirements for her master's degree in medical-surgical nursing and will graduate June 9 with honors from Washington University lay in the desk in her office.

Pleased but modest, the nursing care advisor for eye, ear, nose and throat said that "school work comes fairly easy for me and I love my classes."

Even so, a master's degree came only after years of hard work as Mrs. Darden balanced a full-time nursing job with her studies for six years. "I did it the hard way," she admitted. "Most women get their nursing education and bachelor's degree at the same time. I took my basic nursing training at Homer G. Phillips and then came to Barnes full time in 1964 and started working on the undergraduate program at Washington University in 1967. I got my B.S., then I started on my master's.

"There's a stimulating environment for learning here," Mrs. Darden noted. "You have to be working on a bachelor's degree to become a head nurse, and a master's is important for nursing care advisors. But the hospital is very cooperative in trying to arrange your days off to coincide with your class schedule.

"Going on for a Ph.D.? ... I don't know. I'd like to, but right now I'm looking forward to my first summer in ages without homework."
Britisher Describes American Hospital As Viewed From Abroad

Dr. M. Hayward Post, associate ophthalmologist at Barnes Hospital in St. Louis, passed away on July 27 at age 81. He was a world-renowned ophthalmologist and a long-time member of the British Medical Association. He left behind a legacy of excellence in the field of ophthalmology.

Dr. Post was born in 1920 in London, England, and graduated from the University of Cambridge in 1942. He went on to work in various medical positions throughout his career, including a stint at the Royal Victorian Eye and Ear Hospital in London.

Dr. Post's contributions to the field of ophthalmology were numerous. He was a pioneer in the use of microsurgical techniques for eye surgery and was one of the first to perform successful corneal transplants. He also helped to establish the first eye bank in the United States.

Dr. Post is survived by his wife, Dr. Dorothy Rice Post, a prominent ophthalmologist in her own right, and their children, Dr. John Post and Dr. Jane Post.

Busy Barnes Technician Sings for Fun

Ernest Allen, a busy Barnes Hospital technician, has found a way to relax and enjoy singing. He is a member of the Cosmopolitan Singers, a 100-voice group in St. Louis.

Ernest Allen was born in Pleasant Valley, Conn., since his retirement in 1963. He received his medical degree at Johns Hopkins University in 1912, and came to St. Louis as an intern at St. Louis City Hospital in 1912. In 1913 he went into private practice. For 31 years beginning in 1912 Dr. Post taught at the medical school retiring to emeritus status in 1952 with the title of professor of clinical ophthalmology. At the age of 82, he died of cancer after an illness of several weeks duration.

Dr. Post, who was also professor emeritus of clinical ophthalmology at Washington University School of Medicine, had lived in Pleasant Valley, Conn., since his retirement in 1963. He received his medical degree at Johns Hopkins University in 1912, and came to St. Louis as an intern at St. Louis City Hospital in 1912. In 1913 he went into private practice. For 31 years beginning in 1912 Dr. Post taught at the medical school retiring to emeritus status in 1952 with the title of professor of clinical ophthalmology. At the age of 82, he died of cancer after an illness of several weeks duration.

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Have you ever wanted to sleep around the clock, or just rest for an entire 24-hour period? Volunteers in the sleep experiments now being conducted at Barnes on the second floor of Renard Hospital are doing this, and finding out that not only does it sound desirable, it's actually possible to do it.

A research team consisting of Dr. Ekkehard Othmer, M.D., Ph.D., in experimental psychiatry who directs the Renard sleep laboratory; Dr. Juan Corvalon, a psychiatric resident; Mary P. Hayden, R.N. and research assistant; Robert Segelbaum, computer programmer; and three research technicians, has for the past year been studying polygraphic brain and muscle tracings made on sleeping and resting subjects during 24 and 48-hour periods to gather facts about dream activity.

The Barnes group is the only one in the U.S. doing 24-hour studies, undertaken because Dr. Othmer felt there was a gap in information gained from shorter study periods which omitted the daytime portion of the 24 hours. "I was very pleased when the idea of this new approach in sleep research was supported by the interest of Dr. Robins, chairman of the department of psychiatry and his senior staff," he said. The project is being conducted by the Washington University department of psychiatry under a NIMH grant.

The daytime rapid eye movements are harder to discriminate from other eye activity not classified yet; however, we have indications that the REM periods do occur during the day which would mean that the so-called sleep-dream cycle is not specific to sleep, but is a general activity cycle of the brain." Those sleeping for science have included medical students and, recently, student nurses. "When we started, we didn't know whether it was feasible to have someone sleep for 24 hours," Mary Hayden explained. "We didn't know if people would sleep the clock around, whether they would get claustrophobia or would dream during the day. We quickly found out that they would sleep, rest and dream beautifully.

"We studied three female students under four kinds of conditions," Dr. Othmer said. "We observed them in a normal horizontal sleeping position in a dark and in a lightened room, sitting up in a chair, and woke them every time they started to fall asleep for more than a few minutes to see if they would dream without previous sleep."

"There are four stages of sleep," said the research assistant. "Stage one is drowsiness or light sleep, the second stage is moderate sleep called spindle sleep because of the spindle-like EEG polygraphic tracings made during this stage, stage three is called mixed delta and spindle sleep or deep sleep, and stage four, called delta and refers to very deep sleep. During each of the stages of sleep the EEG records a distinctive polygraphic pattern. Normally, when you go to bed you are in a waking stage. Then you go to stage one, two, three and four of sleep then back down to three, then two and then you have a dream. After the dream, you may awaken, or you may go back to the second stage of sleep. After that, you will go up the scale to four again, back again to three and two and then have another dream. If you wake up immediately following a dream you can tell about it, but if you don't waken immediately, you will probably have difficulty in recalling it."

"Everybody dreams during this cycle," Mrs. Hayden said. "We are particularly interested in why people dream every 90 minutes and whether it is necessary for people to dream."

"When a subject is allowed to go back to sleep again after being deprived of a dream he often dreams right away, and his dream sequences occur closer together. It is difficult to wake a person in a REM period and when we do so most of our sleepers become more and more irritable and tell us they feel unrested. In a dream period the muscle becomes extremely relaxed in an abrupt manner and makes a cleaner muscular polygraphic recording than during regular sleep. A muscle relaxing sometimes occurs during stage four of sleep, but not in such an abrupt way."

Researchers working at Barnes sometimes interrupt her sleep in an effort to determine whether it is necessary for people to dream.

This complicated equipment makes a polygraphic recording of a subject's brain waves during sleep which enables researchers to tell when sleep is light, deep, or a dream is occurring.

Studies show normal people dream approximately every 90 minutes during sleep with a dream lasting anywhere from 10 to 30 minutes. "From our studies, we think the REM periods, (the scientific term for a period of rapid eye movements that accompany a dream) occur in about 90-minute sequences when people are resting as well as when they're sleeping," Dr. Othmer said.

Use of Substitute Hearts at Barnes is Discussed During Cooley Visit

Heart transplant authority Denton A. Cooley, M.D., at the medical center on May 12 as the Second Evarts A. Graham Visiting Professor of Surgery, said it is conceivable that heart transplant surgery will someday be as routine as open heart surgery and other procedures that were once thought revolutionary.

During the Cooley press conference, in answer to a question about heart transplants at Barnes, Dr. Walter F. Ballinger, Barnes surgeon-in-chief, indicated that the hospital is well prepared to begin at any time with heart transplant surgery although he made no prediction as to when such an operation might take place here. Dr. Ballinger also said that work that may lead to use of an artificial heart replacement of a hopelessly damaged human heart is beginning at Barnes.

Dr. Cooley, professor of surgery at Baylor University College of Medicine, delivered two lectures to medical students and staff members during his visit. The first was on "Present Day Techniques in Vascular Surgery" and the second was on "Clinical Experience with Cardiac Transplantation." In 1967, Dr. Cooley received from the International Surgical Society the Rene Leriche Prize for the most significant contribution to cardiovascular surgery. He has performed more heart transplants than any other surgeon in the world.
Barnes Obstetrician Shoots English Prince -- An Unlikely True Story

Prince Charles, the newsworthy future king of England, was the photography subject for Dr. Robert Sokol, third year resident in obstetrics, during the latter's recent vacation trip to England. In a combination of lucky coincidences Dr. Sokol was asked to photograph the 20-year-old son of Queen Elizabeth as the Prince talked with craftsmen and viewed the exhibits on display at the Crafts Center of Great Britain in London. Above, Prince Charles discusses a ceramic exhibit with an unidentified artisan.

"Lunched with Prince Charles" reads the Robert Sokols' travel diary of March 15, recounting a lucky chain of events that led to their introduction to the 20-year-old heir to the throne of England.

Dr. Sokol, third year resident in obstetrics, and his wife, Roberta, who works in the medical library, were on a two-week trip to London when they stopped at the Crafts Center of Great Britain to look at the handmade silver jewelry. Upon entering the shop they were approached by the board chairman who explained the center was closed that day as the next Prince of Wales was expected. Then, seeing the two cameras Dr. Sokol carried and learning he had done professional photography, the chairman asked the couple if they would stay and take pictures during the Prince's visit as the center had neglected to hire a local photographer.

The Sokols agreed and spent the next two hours photographing the Prince as he talked to various craftsmen whose work was on display. A reception following the private showing included a buffet luncheon with wine, cheeses and pate de foie gras during which the Sokols were able to speak personally with Prince Charles. "We were very favorably impressed with his poise and self-assurance. He is an excellent conversationalist," Dr. Sokol said.

"Even though he might talk with someone for less than a minute, he asked questions that showed he was really interested in what he was doing," his wife added. "One had the feeling he had really met the Prince, and not just that he had been introduced."

"Prince Charles is handsome, much more so than I'd seen him in pictures, including my own photographs," said Dr. Sokol. "He's quite athletic looking with the largest hand I've ever seen."

"He dresses conservatively," Roberta Sokol interjected. "Dark suit, subdued tie, but his hair is long—not hippy length, but it curls around his ears and brushes his shirt collar in back."

In conversations off and on during the reception the Prince talked to the Sokols about a variety of subjects comparing England to America. He seemed particularly interested in whether paper clothes had caught on in the States and noticed the American obstetrician was wearing a British tweed jacket.

In a conversation on student unrest the Prince said he does not condone pickets but felt organized demonstrations might be the only way students could get administrators to listen, although he admitted they might also antagonize potential sympathizers.

"He seemed very bright, much more so than he is generally given credit for," Mrs. Sokol said, "although a good deal of his presence may be training. He seems to be a lot like the popular stereotype of his father, Prince Philip—shrewd and interested in a wide variety of subjects."