New Responsibilities, Changes Revealed
For 3 Administrators

Dillon Trulove, former executive housekeeper and dispatch co-ordinator at Barnes, was recently appointed assistant director, responsible for laundry and central service, in addition to his present responsibilities in housekeeping and dispatch. Trulove's appointment, part of a realignment of administrative responsibility within certain hospital departments, was announced by Robert E. Frank, director of the hospital.

They say that "Experience is the Best Teacher" and Trulove has completed almost 24 years of work at Barnes, starting on 3 McMillan as an orderly and advancing through the ranks to his present job.

"Supervision in hospitals has advanced to a refined science. Today's executive housekeepers must not only be able to advise subordinates how to strip a floor for waxing, but they must attend seminars and classroom instruction to keep abreast of the latest techniques," Trulove said.

Trulove variy hospital background began while he was in the military service. He was a member of the quartermaster corps, serving in military hospitals as a member of the medical corps.

Trulove advanced through the ranks at Barnes, later supervising central service and then being appointed executive housekeeper in June, 1962. He took over additional duties of dispatch in 1966.

In another change, Donald J. Horsch, associate director at Barnes since 1956, resigned effective March 1 to enter the field of hospital consulting.

(continued on page 2)

Volunteers to Launch Recruitment Campaign

Barnes' Volunteer workers will launch a three-week recruitment campaign on April 1, to solicit adult members for next fall, according to Mrs. Dorothy Kelley, director of volunteers.

The campaign is unique at Barnes in a number of ways. The success of the project depends upon the efforts of each volunteer to recruit someone else to become a member, Mrs. Kelly said.

The person-to-person approach will feature volunteer workers, equipped with pledge cards, soliciting friends and relatives to become volunteer members.

"We would like to at least double the amount of volunteers to 240 adults. We could easily use 300 adult volunteers in the hospital's many areas," Mrs. Kelly said.

Once a person expresses interest in becoming a volunteer, they will be mailed information and contacted periodically during the summer, she said.

Posters to measure the progress of the campaign will be put up in the Volunteer office and in the main lobby in Barnes. New long-range recruitment plans also have been formulated, she said.

Grand-Opening at Employe Cafeteria

Arrows and a large bulls-eye are part of the decorative features of the newly-renovated employee cafeteria. New tables, chairs and colorful ceiling drops accentuate the modernistic decor. Grand-opening and ribbon-cutting ceremonies for the cafeteria were held Feb. 24 with free coffee and doughnuts being served to employees.

Standing in the center of the bulls-eye in the photo is Mrs. Jane McFarland, administrative dietician, who advises two dietary interns, Miss Marcelyn Cagle, left, and Mrs. Kae Dullio, both of menu planning. According to Mrs. McFarland, 2,500 employees are served daily in the cafeteria. She also said that the name of the cafeteria annex, The Arabian Room, has been changed to the Sun Room.
World's Third Largest Man, Max Palmer, Treated at Barnes; 7 Ft., 8 In. Evangelist Uses His Height for an Advantage at Pulpit

Max Palmer, the world’s third largest man at 7 ft., 8 in., and weighing 385, was a patient recently in Queeny Tower. He was side-lined with a foot ailment that stemmed from a tiny infected blister caused by wearing undersized cowboy boots years ago.

Palmer, a lone crusading evangelist who travels the country and preaches the gospel, said he stops at Barnes whenever he has a health problem.

Mr. Palmer’s size presented no great problem for the medical staff at Barnes. An extension was added to the foot of his bed to allow more leg room.

A former professional wrestler who fought under the name of Paul Bunyon, Palmer’s life is just as captivating as the deeds of that legendary folk-hero of the Northlands and his beloved blue ox, Babe.

Palmer, an unmarried resident of Midwest City, Okla., a suburb of Oklahoma City, said “his greatest achievement was to renounce a life of emptiness and alcoholism in favor of a life dedicated to Christian principles.”

Palmer, who was born on a cotton farm at Clarksdale, Miss., said that two things caused him to make that ill-fated wrong turn down the path to alcoholism: “My father died when I was six years old, and I had easy access to alcohol when I was young. Another was the fact that people made fun of my height. I was an alcoholic by the time I was 18 years old.”

Palmer once scored 78 points in only three quarters of action in a high-school basketball game, which is believed to be a national record.

Horsch began his employment at Barnes in 1963 as assistant director. A graduate of the University of Nebraska in 1941, he entered military service and served as an infantry captain from 1941-46. He holds degrees in hospital administration and law.

Thomas C. Winston has been named responsible for maintenance, safety and security, the house staff, chaplain service and co-ordinator of the clinics. Mr. Winston, an assistant director, has been at Barnes since 1967.

Joseph T. Greco, associate director, has been charged with the responsibilities for the dietary department and the Queeny Tower dining and ambulatory-care facilities, in addition to his regular duties.

In other changes, Mrs. Barbara Lee, formerly a dispatch supervisor, has been named dispatch co-ordinator. At one time, Mrs. Lee served as housekeeping supervisor at Maternity and McMillan.

Mrs. Alice Kelly has been appointed executive housekeeper. Prior to the advancement, Mrs. Kelly was assistant executive housekeeper.

At Barnes, Children’s Hospital and the Human Development Corporation have been completed for issuing “prescriptions” or authorizations for supplemental food as a health need or benefit for certain groups of needy persons.

At Barnes, supplemental food orders are now being issued at the OB-GYN Clinic by Dr. Ralph Woolf, Mrs. Marjorie Titsworth, R.N., and other nurses to certain city and county women during and for 12 months after pregnancy, or Medicaid patients who are in need of additional food. "The program is valuable in one respect in that supplemental food may be used as incentive for this vulnerable group to return for necessary medical care. Hopefully the program will also attract individuals needing medical attention to the clinic sooner than they would normally come," George Dixon, director of social services, said.

Food-Supplement Program For Needy Underway

Arrangements between Barnes Hospital and the Human Development Corporation have been completed for issuing “prescriptions” or authorizations for supplemental food as a health need or benefit for certain groups of needy persons.
Barnes’ Physician Weighs Risks of The Pill Amidst Controversy; Large Demand Would Make Pill Difficult to Ban, Committee Told

Birth control pills stirred controversy recently in U.S. Senate subcommittee investigations because testimonials by members of the medical profession varied greatly as to the extent of the harmful effects of the oral contraceptives.

Watching with interest is Dr. Willard Allen, obstetrician and gynecologist-in-chief at Barnes. Dr. Allen ascribes to the theory that the pill is safer than pregnancy. "The pills present a minimum, but definite risk; however, the advantages of the pill outweigh the disadvantages," he said.

For an example of the wide difference of opinion, one medical scientist suggested that the estrogens used in birth control pills enhanced the development of breast cancer, while another research specialist testified that the use of the pill is safer than pregnancy or cigarette smoking.

The Senate investigators were told it would be difficult to ban the pill because of the heavy public demand for the contraceptive. Although the pill that is now prescribed is much different from the drug first made available in 1957, it is estimated that 9 million women in the U.S. are taking the pill.

A recent Gallup Poll showed that 18 per cent of women between 21 and 45 years of age using birth-control pills within a three-month time span at the start of 1970 have quit taking the pill. Newsweek magazine reported that 23 per cent are seriously considering quitting. The main reason given in the telephone interviews of 896 women was the publicity generated by the recent Senate subcommittee hearings.

According to Dr. Allen, the pill is a mixture of two chemical compounds, estrogen and progestogen, which are similar to two natural female hormones, estradiol and progesterone. Although the ingredients of the pill are not actually female hormones, the two synthetic chemicals are closely related to the natural hormones, he said.

Clinicians have been using a form of estrogen and progestogen, similar to that in the pill, for more than 30 years. Dr. Allen noted. "Because of this, the only really new thing about the pill is its use as a contraceptive device. The pill is the most effective contraceptive agent ever devised. Women who take it are completely relieved of the fear of becoming pregnant.

"The rare dangers of the pill get all the publicity. The publicity is centered on a few individuals who develop complications, instead of the large majority who have no difficulty."

"Taking the pill is 10 times safer than having a baby. Of the 9 million women taking the pill, only 118 fatalities were reported over a three-year period. The risk of death from pregnancy is much greater. While ten women per million on the pill died, about three women per 10,000 died because of pregnancy complications."

"The hardest problem that needs to be solved is whether the pill causes serious abnormalities," said Dr. Allen, who served on the first Food and Drug ad hoc investigating committee in 1963 which studied the relationship between women taking pills and cases of pulmonary embolisms (blood clots in the lungs)."No pregnancies occurred in a group of fertile women who were taking the pill in 10,000 cycles," he said.

It has taken more than a decade to establish the medical facts, as researchers know them, about the pill's effects. It may take another decade before all the facts are in. In the mean time, Dr. Allen says, researchers will continue working to develop a pill that is equally acceptable, safe and effective.

New Chairman Appointed To Lead Candy-Stripers

Mrs. Gerald Canatsey has been appointed chairman of the hospital's Candy-Striper volunteer program, according to Mrs. Harry Holmes, chairman of the volunteers. Mrs. Canatsey succeeds Mrs. George DuBois who was chairman of the program for two years. Mrs. DuBois will continue her active work in other areas.

Mrs. Canatsey will begin her duties immediately, coordinating the hospital's teenage summer program that involved more than 235 St. Louis youths assisting in various capacities during 1969.

When asked about the appointment, Mrs. Canatsey said she already is canvassing various hospital departments as their needs for a candy-striper this summer.

"It's a great program for boys and girls, and this year, the age limit has been lowered to permit 14-year-olds participate. Notices have been sent to school guidance counselors for posting and publication in school newspapers.

"We hope to have a large complement of candy-stripers before our orientation which is set for May 16," she said.

Mrs. Canatsey succeeds Mrs. George DuBois who was chairman of the program for two years. Mrs. DuBois will continue her active work in other areas.
The Stoppers

The cigarette habit is difficult to break, but these six individuals stopped and they’re glad they did.

Learning to Live Without Cigarettes

Seventy million persons have quit smoking since the 1964 Surgeon General’s Report. Every day more try to kick the habit, but many individuals are unable to do so.

Five Barnes' employees who recently quit smoking were interviewed to learn why and how. Most of them experienced mild withdrawal symptoms in the early stages, but none expressed regret for having given up cigarettes. They are proud of their achievement and willing to discuss some of their feelings on the subject as encouragement to others who may want to stop smoking.

Mrs. Sharon Miller, house-staff secretary, tried to stop smoking abruptly during the January cold spell. “Everything I did was connected with cigarettes. The habit got so bad one night, when the temperature was 5 below, that I felt I absolutely must have a cigarette. I checked around the house and found none. Instead of going to the store, I chose to go to sleep without one. It was then that I really realized how dependent I had become on them.

“Quitting helps one’s sense of smell. In addition, quitting eliminates the filthy problem around the house, foul odors and smoke haze on mirrors.”

Mrs. Miller’s battle strategy also includes giving up smoking for one day at a time, not thinking about next week, or even the next day. “I concentrate on trying to get through this one day – hour by hour. By doing this, I am setting an attainable goal. Just one day at a time, that’s all.”

Smoking involves health factors and Dr. S. Rockoff, assistant radiologist and chairman of the Lung Specialists of St. Louis Against Air Pollution, was asked to comment. He cited several examples of how smoking relates to heart and respiratory diseases, and he mentioned a philosophical point: “Parents who smoke lose their credibility with their children when it comes to counseling against smoking of marijuana. How does a parent persuade their teenagers when, in effect, smoking regular cigarettes may be more harmful than marijuana?

“I gave up smoking 15 years ago when some researchers first suggested that smoking was detrimental to health. Smoking decreases a person’s wind and causes bad breath. Going
"cold turkey" is the best way to stop. It's difficult to taper off gradually," he said.

Many researchers agree that every time a smoker has finished a cigarette he has shortened his life span about a quarter of an hour.

Mrs. Retha Dern, office clerk in medical records, was all set for trauma when she finished her last cigarette three months ago.

"Surprisingly, I have had few problems. I feel better and I no longer suffer through coughing spells," said the former 3-pack-a-day smoker.

Steve Marshall and Roy Migneco, both programmers in data processing, have one thing in common in trying to beat the "weed" kick. Fortunately, they are married to sympathetic and understanding wives who are also trying to quit smoking. However, Marshall's reason for giving up cigarettes took on a slightly green tinge. "It costs a considerable amount of money to keep up the habit: My wife and I spent more than $300 a year for cigarettes. We spend the money saved from cigarettes on little luxuries."

Migneco, who smoked a pack a day, stopped gradually. "I smoked one cigarette only when I really wanted one. Now that I have made the break, I become nauseated with cigarettes," he said.

Mrs. Renee Monroe, a secretary in maintenance, is elated about her emancipation from smoking which was a year ago.

"Working around the hospital, I had seen the effects of cigarettes on emphysema patients. I also heard that smoking decreases your life span by about eight years. I gained 10 pounds at first. Now I feel great—my husband and I jog in the evenings. I'm 21 years old and I felt like 30 when I smoked. It's tough to kick the habit, but its worth it."
Dr. Carl V. Moore, physician-in-chief of the Barnes' department of medicine, will receive the John Phillips Memorial Award in April from the American College of Physicians at their annual meeting in Philadelphia. Dr. Moore was selected for distinguished contributions in internal medicine. He is the third Barnes' physician to receive the award. Previous Barnes' recipients were the late Dr. Leo Loeb, a pathologist, in 1935; and Dr. Sol Shen, associate physician in the department of medicine at Temple University.

Dr. Henry G. Schwartz, neurosurgeon-in-chief, has been appointed the first incumbent of a new professorship of Neurological Surgery at Washington University. An endowment of $500,000 for the professorship is being established by the Anheuser-Busch Charitable Trust. Fifty years ago, Washington University appointed the first professor of neurological surgery in the world. However, during the intervening 50-year span, the School of Medicine had no endowment to support a permanent professorship of neurological surgery. The new professorship has been named after August A. Busch, Jr.

Dr. David Rockoff, assistant radiologist, has been appointed chairman of a special environmental advisory committee by Attorney General John C. Danforth to help the attorney general to improve legal services connected with pollution and related matters.

Two former graduates of Washington University School of Medicine died recently. They are Dr. Richard M. Strong, 48, of Hannibal, Mo., and Dr. Sol Llewellyn, a pathologist, in the department of medicine at Temple University.

Dr. Joseph Gitt, assistant neurologist and form."

Pointing to a vase of artificial daisies, Lonnie Redmond, a nursing orderly at Barnes, said: "Until I started painting three years ago, that vase would have meant nothing to me. Now when I look at it, I see its design, aesthetic beauty and form."

Redmond, who held a one-man art exhibit recently in the nursing office that was viewed by many employees, aspires to have his own studio someday and be considered by his peers "as one of the best." Redmond said he enjoys painting simply because it is relaxing and it "helps him see things as they really are," in their proper perspective.

He has been interested in art since he was a schoolboy in Greenwood, Miss. Later, he became interested in oil work while attending an art class in college. "My parents and friends encouraged me to continue with art and I've become more fascinated with it every day. I like the challenges that sometimes occur, especially when you are trying to capture certain portrait expressions. Sometimes, I become so engrossed that I spend four or five hours at a time at the canvas."

Redmond is enrolled part-time in an art course at Forest Park Community College. Although he is concerned about his future, he is philosophical about his present endeavors: "Many young people are spending too much time thinking about the future, at the expense of not accomplishing their best in the present.

"I believe we should think about the past just enough so we can learn from it; think about the future enough to prepare for it; but, mainly we should live in order to get the most possible out of the present."
Barnes Hospital's sick leave policy was recently revised and many employees are unaware of some of the changes and benefits while other employees are unfamiliar with the total concept of the program, according to Walter Hanses, director of personnel. The following are questions and answers on the sick-leave policy as compiled by Mr. Hanses:

Q. Who is eligible to receive sick leave?
A. The permanent full-time employee and the permanent part-time employee who are scheduled for employment at least 60 hours per pay period.

Q. When does sick leave start?
A. The permanent full-time employee's sick-leave pay begins on the third day of absence from work due to certified illness. The two-day waiting period is waived for those permanent, full-time employees who have accrued at least 182 hours as of the end of each calendar quarter (March 31, June 30, September 30, December 31). The accrual has been reduced to 144 hours for those permanent part-time employees who are regularly scheduled to work at least 60 hours per pay period.

Q. What is the maximum amount of sick leave an employee may be granted at any one time?
A. Nine days per year (72 hours). The part-time employee can now have a maximum accrual of 45 days or 360 hours.

Q. Does an employee have any obligations in filing for sick leave?
A. In cases of bona fide illness, an employee is absent and expects to return to work, each employee must submit to his department head at least 30 minutes before the start of work a written request for leave with a certificate or other proof of illness. Patients who want to enrich the taste of diet foods and beverages.

Prior to the nation-wide cyclamate furor, some medical centers received canned fruit which contained cyclamates for consumption by patients with diet problems.

The Barnes dietary department has solved these problems that have plagued other hospitals, that is: "How to make canned food (fruits) tasty, but without cyclamates?"

Barnes orders its dietary fruit without cyclamates. The fruit is then served with a pre-packaged sugar substitute on the patient's food tray. Patients who want to enrich the taste of their unsweetened fruit simply add the contents of the non-harmful sugar substitute.

Mrs. Jane McFarland, administrative dietitian at Barnes, said that a number of people have asked if the diet soda sold in the employee cafeteria is harmful. "The diet soda that is sold there contains no cyclamates. Whenever we feel something may be harmful, we check it," she said.

Barnes Hospital orders its dietetic fruit without cyclamates. The fruit is then served with a pre-packaged sugar substitute on the patient's food tray. Patients who want to enrich the taste of their unsweetened fruit simply add the contents of the non-harmful sugar substitute.

Lab Supervisor Teaches Adult Education Course At St. Louis University

Miss Wilma White, a supervisor in the clinical chemistry laboratory, is teaching a 10-week adult education course, "Clinical Laboratory Automation," for medical laboratory technicians at St. Louis University's Metropolitan College, a department that offers continuing education courses.

The non-credit class is being held for two hours each Thursday night at Glennon Hall, 1401 S. Grand. About 25 persons are taking the course which is designed to assist with individual laboratory problems and review the methodological application of automated and semi-automated instruments such as the auto-analyzer and the digicon.

According to Miss White, there will be a number of guest lecturers, including the following personnel from Barnes: Miss Marilyn Erickson, supervisor of chemistry; Mrs. Georganne Tiemann, supervisor of the serology laboratory; and Dr. Harold Kaplan, director of the blood bank.

Sick-Leave Policy Revised Recently

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4 Dietitians Complete Year of Internship

These dietetic interns are members of the January, 1979, graduating class that recently completed a one-year internship program at Barnes. They are, left to right: Carolyn McGuire, Janice Henke, Rita Hablutzel and Marcellyn Cagle. During graduation ceremonies at Clapton Auditorium, they received diplomas, a pin from the dietary department and membership in the American Dietetic Assn.
Barnes' Publications

The theme of the insti-
tion of the pub-
A number of Barnes' publications, published by the public relations department received recognition in two contests recently.

In another contest, Champion Paper Co. chose “Barnes’ Speaks to You” as “publication of the month” for combining imagination in the selection of paper and expert craftsmanship in its use to achieve a printed communication that reflects the highest standards of the graphic arts.

Volunteer Services Increased in 1969

According to the 1969 volunteer services report, the number of volunteers who worked in the hospital and their hours during 1969 increased slightly over the preceding year. In 1968, figures show 642 volunteers worked 64,751 hours, while in 1969, the figures show that 663 volunteers worked 64,751 hours.

The largest number of hours spend on individual projects was the Hospital Wishing Well and Courtesy Cart with 19,002. Other hospital areas where volunteers served were: Nurse volunteers, 10,090 hours; hospitality and hospitality room, 5,232 hours; Nearly New, 4,883 hours; operating and emergency room, 2,928 hours; admitting, 2,296 hours.

Hysteria Symptoms

The most recognized in the world for health care.