Employee United Fund Drive Tops $11,000

For the third straight year, Jewish was the first St. Louis hospital to complete its United Fund campaigning and earn a spot on the coveted fair share honor roll.

A total of 1,065 employees contributed $11,075 to the five-week campaign here which ended October 31.

The final total was 111 per cent of the hospital’s quota of $10,000. The majority of contributors, 639 persons, gave through the payroll deduction system.

Mr. Gee, in a statement thanking all employees for their enthusiastic response said, “I am thrilled by your overwhelming support of the hospital’s United Fund Campaign. “Your generosity aids 116 community health and welfare agencies, including the hospital, which will receive approximately $250,000 from the United Fund to help provide free care in the departments of rehabilitation, chronic disease, child and adult psychiatry, medicine, surgery, home care and the Aaron Waldheim clinics.

Under the direction of Mrs. Virginia Reisinger, director of nursing service, 348 members of the nursing department donated $2,545 to the drive. Other departments with 100 per cent employee contributions were:

216 Reaps National Hospital News Award

A native of Cambridge, Mass., Gee graduated from De Pauw University, Greencastle, Indiana, in 1949. He has published 26 articles on various facets of hospital administration.

Gee lives with his wife and four children at 179 River Bend Drive in Chestfield.

David A. Gee Named Executive Director

David A. Gee became executive director of Jewish Hospital January 1, 1964. His appointment was announced by Joseph F. Rawitch, hospital president.

Mr. Gee, 36, had been acting executive director since 1955. He served as assistant director from 1955 to 1955, administrative assistant from 1955 to 1955 and administrative resident from 1955 to 1955. He holds a master’s degree in hospital administration from Washington University.

Gee is regional secretary of the American Public Health Association and the American Hospital Association’s representative to the Joint Committee with the American Occupational Therapy Association. He is a fellow of the Missouri Council on Health Careers and is active in the Hospital Association of Metropolitan St. Louis.

He is a fellow of the American College of Hospital Administrators, American Public Health Association and the Missouri Public Health Association.

Since 1957 Gee has been a lecturer in hospital administration at the Washington University School of Medicine. He is a project director of the Medical Care Research Center, a joint program of the hospital and Washington University, and he is a research associate in the Social Science Institute of Washington University.

A native of Cambridge, Mass., Gee graduated from De Pauw University, Greencastle, Indiana, in 1949. He has published 26 articles on various facets of hospital administration.

Gee lives with his wife and four children at 179 River Bend Drive in Chesterfield.

Doctors, Nurses, in Double-Header

Dr. Burton Shatz and Alvin Goldfarb were chairman of United Fund campaigning among the visiting medical staff, a drive entirely separate from the hospital’s. Some 111 physicians and their private office personnel contributed nearly $3,500.
Maternity Patient
Writes Poem Praising Her Just Desserts

A maternity patient's delight with being on an unrestricted diet after the birth of her child was reflected in the following poem from the hospital's food service department.

ODE TO A CLEVER CATERING OFFICE:
For nine months, I've patiently waited,
For six months, I've charted my weight,
I'm not much of a boy, but I'm full of zest,
My mother's joy.
And now I can EAT, once again!
I'm living here, contentedly,
Anointing the next meal in state,
Controlling my toes (I'd forgotten I'd those)
Envisioning the 'epicurean plate.
Be it bree m, or whipped cream, or else something between
I'll pig it up to the last drop.
It's sure to be scrumptious, colorful and sumptuous.
For it's all part of Axelrod's stock.
So three cheers for Boris our hero
Of mothers and, I assure you,
My calves reward you and
gold stars accord you,
Our stomachs (and hearts) you have won.
From A Grateful Patient

Health Service Hours
To better serve hospital employees, longer hours have been established for the Employee Health Service.

A registered nurse will be on duty from 8 a.m. to 4:30 p.m., Monday through Friday. A physician will be contacted by the nurse when needed.

Previously, the health service was open from noon to 2 p.m., Monday through Friday.

Sukkoth Observed

SUKKOTH SERVICES WERE HELD IN THE HOSPITAL CHAPEL UNDER A TRADITIONAL BOWER OF HARVEST FRUITS AND VEGETABLES BUILT BY THE UNITED SYNAGOGUE YOUTH OF B'NAI AMOONA CHAPEL. NURSES IN THE EMERGENCY DEPARTMENT WERE DRESSED IN TRADITIONAL SUKKOTH COSTUMES.

Medical Staff

Dr. Samuel Soule and Melvin Rubenstein participated in a panel discussion on "The Feminine Mystique" following a talk by its author, Betty Friedan, at Temple Israel November 15.
Dr. Edward Massie was appointed to the executive committee of the Council on Clinical Cardiology of the American Heart Association.
Dr. B. Y. Glassberg participated in two recently-television panel discussions on “Prostitution” and “Marriage, Family and Divorce”.
Dr. Glassberg also spoke at the American Urologic Association in Colorado Springs.
Dr. R. J. G. Probstein gave an invited paper on "Prevention of Ascending Pyelitis by Enteral Nutrition" at the American Urologic Association in Colorado Springs.
Dr. David Leventhal presented a paper on "Prevention of Ascending Pyelitis by Enteral Nutrition" at the American Urologic Association in Colorado Springs.

It Figures!

U.S. Statistics Show Jewish Hospital Has Total Patient Care

Jewish Hospital offers its patients all of the services a hospital can offer, according to the authoritative Hospital Guide, published by the American Hospital Association, The Guide recently presented national statistics on the services provided by the country’s 7028 hospitals. Here’s the way Jewish Hospital stacks up:

Only 267 hospitals in the United States have home care programs. Jewish Hospital can be justifiably proud that its Training Center for Coordinated Home Care and Other Out-of-Hospital Health Services is one out of four in the nation and a model of daily living.

Barely one out of six hospitals provides medical social service, electroencephalograph testing or cobalt therapy — but all these services are offered at Jewish Hospital.

Radioactive isotopes are used in just one out of four hospitals and less than one-third have a dental department. Selected by the federal government to demonstrate a hospital-based program of dental care for chronically ill, aged, and handicapped persons, the hospital’s dental department also offers the only rotating dental internship program in Missouri as well as a full-time dental service.

Chapel available

Less than half of the nation’s hospitals have a chapel, out-patient department or physical therapy department. Barely half have either a pharmacy or a pathology laboratory.

Only 53 per cent, just 3922 hospitals, are accredited by the Joint Commission on Accreditation of Hospitals. Accreditation is formal evidence that a hospital meets established standards for quality of patient care.

Fewer than six out of every ten hospitals have a blood bank, premature nursery or post-operative recovery room. Less than two-thirds have a women’s auxiliary; our auxiliary’s 3200 members perform volunteer duties and supply funds for research, medical equipment and appliances for indigent patients, scholarships for advanced training of nurses and doctors, and numerous other activities.

Ten per cent of the nation’s hospitals have no delivery room and between two and six per cent have no emergency department, electrocardiography service, clinical laboratories, diagnostic x-ray facilities or some combination.

Religious Services

There are at least three different Jewish denominations represented in the hospital community, and the hospital has a chaplain from each one.
Dr. Stanford Wessler

Blood Clots in Legs May Cause Death, Pose "Critical Unsolved Medical Problem"

Persons taking prolonged automobile trips should stop frequently, get out of the car and walk around, advised Dr. Stanford Wessler.

Visiting Professor of Medicine at Jewish Hospital during October, Dr. Wessler is director of the Clinical Research Center at Beth Israel Hospital and associate professor of medicine at Harvard University School of Medicine.

"Blood clots in one position for a long period of time may happen on long airplane and train trips where the formation of blood clots in the veins of the legs produces severe disability and even death," Dr. Wessler warned.

Many causes of clots

Blood clots may form after such disparate situations as undergoing surgery, giving birth to a child, being immobilized in bed with a body cast, or sticking to a desk job without exercising, as well as taking prolonged automobile or airplane trips, Dr. Wessler said. "All of these are potentially hazardous situations," he said.

"Determining why clots form in some people and not in others, and treating clots when they do form are among medical problems," Dr. Wessler stated. "When clots occur, it is not yet known because a reliable test of their existence hasn't been developed," he explained.

He postulates that a major factor leading to clot formation is stasis, that is, remaining in one position for such a long period that the flow of blood through the veins slows down, giving the reactions in the blood more time to take place. "It's possible that blood is hypercoagulable, that something in the bloodplatelets might be aggregated and platelets and red blood cells move to the lungs, where they hamper breathing and heart action and possibly cause death," Dr. Wessler said.

Cots can be prevented from forming or from being enlarged by combating certain diseases, he said. "It's necessary to find agents that can be used safely as well as effectively," he explained. "Treatment has to be well controlled to retard clotting without encouraging excessive bleeding." Well known for his investigations of blood coagulation and arteriosclerosis, Dr. Wessler is a Diplomate of the Board of Internal Medicine and a Fellow of the American College of Physicians. His memberships include Alpha Omega Alpha, the American Association for the Advancement of Science, the American Federation for Clinical Research, the American Heart Association, the American Physiological Society, the American Society for Clinical Investigation, the American Heart Association, and the American Society for Clinical Investigation. A 1938 graduate of Harvard University, he received his M.D. from New York University in 1942. Dr. Wessler is 46 years old.

X-Ray Tech Students

Six new students in the hospital's school of radiologic technology are Allen Douglas, Norbert Schurgin, Bobbi Rimal, Jeanie Navies, Cynthia Sceraco and Clifford Seals, Jr.

Their two-year curriculum combines classroom work with practical experience.

Eight Named As Visiting Professors

Medical education at Jewish Hospital made major gains with the recent appointment of eight Visiting Professors of Medicine to the hospital's department of medicine, according to Dr. Michael M. Kast, acting director of the department.

Dr. Edward C. Krasnow, professor of medicine at Columbia University College of Physicians and Surgeons, recently elected as a member of the National Academy of Sciences and a fellow of the American Academy of Arts and Sciences, was invited by the Visiting Professors Program to broaden the educational experience of interns, residents and visiting medical staff members.

The Visiting Professors are:

September: Drs. David Kipnis and Eric Reiss, both associate professors of medicine at Washington University School of Medicine.

October: Dr. Stanford Wessler, director of the Clinical Research Center, Beth Israel Hospital, Boston, and associate professor of medicine, Harvard University School of Medicine.

November: Dr. William Dock, professor of medicine, New York State Medical College.

December: Dr. Eugene D. Robin, professor of medicine, University of Pittsburgh School of Medicine.

January: Dr. Norbert Freinkel, Thorn- dike Memorial Laboratory and assistant professor of medicine, Harvard University School of Medicine.

February: Dr. Dickinson W. Richards, professor of medicine, Columbia University College of Physicians and Surgeons, former director of the medical service, Bellevue Hospital, New York, and winner of the Nobel Prize in Medicine in 1956 for his clinical investigations in the physiology of lungs and circulation, and March: Dr. David Ryntaud, professor of medicine, Stanford University School of Medicine.

Physicians and medical students are invited to attend regularly scheduled departmental conferences and rounds. Further information may be obtained by calling Dr. Karl at the hospital, FO 7-8080, or Dr. Wessler at FO 7-8087.

Four hospital employees with five bright ideas won cash awards in plenty of time for holiday shopping via the Employees' Suggestion System.

They are Dale Fogarasi, maintenance, Helen Davis, rehabilitation, Rebecca Lyles, dental clinic, and Paula Kroll, housekeeping.

Fogarasi had two winning suggestions. He received $25 for designing a direct communications system between seventh floor patients on Group Nursing and Group Nurses. Previously calls for Group Nurses had to be relayed by the regular 7-Center nursing station. He also received $10 for designing a central alarm panel to be located in the boiler room. Should a safety alarm go off on any piece of machinery throughout the hospital, the maintenance crew would be alerted instantly by a buzzer.

A way of speeding the connection between telephone callers and patients had to be relayed by the regular 7-Center telephone office.

For making the Suggestion Committee aware that better ventilation was needed in an employee locker room, Mrs. Lyles was awarded $5.

Books for the medical library are being purchased with a $3000 bequest from the late Nathan Hiken, who died October 17, 1960. He is survived by his wife Sadie.

The bequest is being administered by Dr. Julius Elson, Mr. Hiken's nephew and a member of the hospital's medical staff. Mr. Hiken was one of the founders and the first president of the Jewish Federation of Southern Illinois. He was also president of the Beth Israel Congregation of Belleville, the Belleville Beth Elah British Society and the Belleville Retail Merchants Association and was active in other civic and religious organizations.

Persons wishing to add to the Nathan Hiken Memorial Library Fund may contact the hospital's resources and development office.

New Book Fund For Medical Library
Volunteers Cited
At Awards Tea For Service to Hospital

Volunteer workers were honored for their service to the hospital at the Auxiliary’s fall dessert tea in October.

Top award winner was Mrs. Alfred Goldman who has worked 15,000 hours since the Auxiliary was formed in 1952. Other winners included Mrs. Harvey Nathan, 8000 hours; Mrs. Gordon Scherck, 6000 hours; Mrs. Ben Samuels and Mrs. Millard Walking, 5000 hours; Mrs. Harry Galkin, Mrs. Charles Jacobi and Mrs. Sam Rich, 3000 hours; and Miss Lea Chace.

Mrs. Albert Felberbaum, Mrs. Nathaniel Rothschild, Max Sacks, Nathan Sarasohn, Pessikoff, Chester Radziejewski, Paul Alvin Abramson, Harry Deutch, Herbert Schwab, Jerome Sichel, Maurice Steinback in, Jerome Wieselman, Victor Zeve, Miss Madeline Cohn, Mrs. Ruth Ehrlich and Miss Barbara Wexler.

Gold discs were awarded for 500 volunteer hours were Mesdames Edward Boonshaft, Joseph Chas, Arthur Cohen, Julius Franklin, Samuel Freund, Wolfe Grand, Jack Grober, Sol Kaiser, Bernard Mithleder, Sam Portney, David Portney, Robert Reznard, James Schwab, Jerome Siegel, Maurice Steinback and Julian Werner.

Cafeteria Line Becomes Ancient Relics

LONG QUEUES AT THE COFFEE SHOP COUNTER BECAME ANCIENT RELICS WITH THE INSTALLATION OF A CAFETERIA LINE. THERE IS A SEPARATE COUNTER FOR CARRY-OUTS.

Speedier service and an expanded menu have been provided by remodeling of the Auxiliary-operated Coffee Shop.

Formerly able to handle 1200 persons daily, the shop now is equipped to accommodate several hundred more.

The entire Coffee Shop area has been brightened by a Williamsburg blue and white color scheme. White tables, blue and white shutters at the windows, a white wrought-iron railing along the cafeteria counter and blue and white tile flooring are the major changes. Seating capacity remains at approximately 125.

The tables and aisles were designed to accommodate persons in wheel chairs and two lounging banquettes were installed around circular posts to provide a place for patrons to sit while waiting for companions.

Tentatively planned is a “coffee break on wheels” which will provide table service of coffee and sweet rolls.

The previously congested kitchen has been enlarged, with more counter space and a new two-section walk-in cooler.

Coffee Shop chairman is Mrs. Eunice Zalk.

Gift Shop Expanded

More than 175 square feet of storage and display space have been added to the Gift Gallery by recent extensive remodeling.

Adjoining the Coffee Shop, the Gift Gallery has the same new Williamsburg blue and white color scheme.

Mrs. Alfred Goldman is chairman of the Gift Gallery.
The Auxiliary Way

New Shops Viewed, Skit Presented, At Open House

The Jewish Hospital Auxiliary held an open house at the hospital in its enlarged and remodeled Coffee Shop, Gift Gallery and its new Clover Garden Flower Shop, December 2.

Members of the medical staff, board of directors, Auxiliary board of directors, and hospital administration were present to inspect the new and improved facilities and to see a musical production, “The Auxiliary Way” telling the 11-year history of the Auxiliary.

Mrs. Arthur Sherman, Auxiliary publicity chairman, co-ordinated the evening’s events, with the assistance of Mrs. Eunice Zalk, Coffee Shop chairman, Mrs. Alfred Goldman, Gift Gallery chairman, and Mrs. Richard Ferer, Clover Garden chairman. Mrs. Earl Susman is president of the Auxiliary.

Hostesses for the evening included Mrs. Sidney Shoenberg, Jr. and past Auxiliary presidents Mrs. Alvin Bauman, Mrs. Edward Schweich, Mrs. Benjamin Loeb, Mrs. Robert Aronson, Mrs. Harry Milton, Mrs. Joseph Rawitch, Mrs. Harry W. Loeb, and Mrs. Sander Zwick.

“The Auxiliary Way” was written by Mrs. Arnold Dankner and directed by Mrs. Joseph Frager. Cast members included Mrs. Alex Berg, Mrs. Dankner, Mrs. Frager, Mrs. Edward Golde, Mrs. Stanley Levy, Mrs. Carl Lysy, Mrs. Barry Mandel, Mrs. David Milton, Mrs. Sidney Savan, Mrs. Simon Toder and Mrs. Leah Wollf.

Days of Vine and Roses in Hospital
As Auxiliary Opens Clover Garden

Everything’s coming up roses, daisies, potted plants and even artificial flowers in the Auxiliary’s recently opened Clover Garden.

Located in the ground floor lobby underneath the main stairwell on the Kingshighway side of the hospital, the shop is approximately eight by ten feet and contains a refrigerated mirror-backed display case for cut flowers.

At the entrance to the shop are small ice-cream tables and chairs where customers may write gift cards. Patrons may phone orders in to the shop at FO 7-8080, Station 243, for immediate delivery to hospital patients. No deliveries will be made out of the hospital.

The 18 volunteers who staff the Clover Garden were trained in flower arranging by a professional designer, Mrs. Thelma Turner, who donated her services.

Since there is no nearby flower shop, the new unit should be welcomed by patients, their visitors and friends, Auxiliary president Mrs. Earl Susman said.

American Heart Association President Gives Annual Arthur Strauss Lecture

Dr. John J. Sampson, president of the American Heart Association, delivered the fifth annual Arthur E. Strauss Visiting Physician Lecture December 10 in Steinberg Auditorium of the hospital.

The lectures were begun in 1959 to honor the seventieth birthday of Dr. Arthur E. Strauss, former president and secretary of the hospital's medical staff and a former director of the hospital's department of medicine. Dr. Strauss is now a consultant in medicine and cardiology.

Dr. Sampson spoke on "The Lymphatic Flow of the Lung and Its Clinical Importance." The author of approximately 80 articles on physiology, hematology and cardiology, Dr. Sampson is clinical professor of medicine at the University of California School of Medicine.

He is a senior physician at Mount Zion Hospital in San Francisco where he served as chief of staff from 1951 to 1954 and chief of medicine from 1941 to 1958. During 1962 he served as president of the California Academy of Medicine.

Born in Galveston, Texas in 1898, Dr. Sampson received both an A.B. in 1918 and an M.A. in 1922 from the University of California in Berkeley. He graduated from the Harvard University Medical School in 1920.

A pert radiology technician has a developing hobby which you have to be kept in the dark to appreciate.

The technician is Mrs. Patricia Pozanski, and her hobby is x-raying flowers to produce a specterlike artistic effect on the developed film.

"Gladiolas, snapdragons, bells-of-Ireland, orchids and ferns produce the most interesting results," Pat said. "Those flowers aren't dense and the details on the petals and stems show up beautifully."

"I wouldn't be interested in chrysanthemums, carnations or roses. They're too compact."

Pat uses a special—and secret—technique for x-raying flowers. She uses film which is more sensitive than that used, for example, to x-ray bones, film which requires more radiation for exposure and more time for developing.

She buys her own film and pursues her unusual hobby when no patients come in while she is on call.

"Once I threw one of my flower shots in with a bunch of negatives the radiologists were viewing" Pat confessed. "The doctors finally arrived at a diagnosis through fungus disease!"

Pat has worked in the x-ray department since her graduation in 1963 from the hospital's x-ray technology school. She is married to Thomas Pozanski, a research fellow in the hospital's clinical laboratories.

Like other girls, Pat dreams of having someone send her orchids. "It would really be thrilling to x-ray them," she said.
More Research Needed In Chronic Disease, Health Personnel Told

The symposium on research in long-term care, September 23 to 27, was conducted by the Training Center and Medical Care Research Center, a joint effort of the hospital and Washington University. Approximately 75 public health officials, educators and physicians heard speeches and panel discussions on exploring problems and reporting results of investigation in care of the chronically ill. The educational treatment versus home care was debated and economic factors related to treatment of long-term illness was reviewed.

Chronic diseases increasing

Research methods which can be applied to chronic disease care must be developed "because many patients are on a hit-or-miss basis in diagnosis and treatment," Dr. Franz U. Steinberg, analyst of the Training Center, said in summarizing proceedings of the seminar. Steinberg said that the relative expensive nature of a hospitalization, such as high medical costs, and threats of death are not enough to motivate people to change their behavior habits.

Since family relationships, living and working conditions, and emotional problems can affect the progress of disease, physicians, psychologists, sociologists and many others must join together to develop the most effective methods of control of long-term disease, he added. Steinberg is the head of the Health Education Research Center.

Among the speakers was Dr. Thomas M. McKeown, professor of social medicine and chairman of the board of studies in medicine at the University of Birmingham, Birmingham, England. His topic was "Research in Long-Term Care: The English Experience." A member of the ministry health Standing Medical Advisory Committee, Dr. McKeown is the editor of the British Journal of Preventive and Social Medicine. He has been associated with the past three years with the School of Architecture, University College, London, to develop a design for a balanced hospital community.

Many guest speakers

Other guest speakers included Dr. Milton I. Roemer, School of Public Health, University of California at Los Angeles; Robert W. Kleeinmeier, Ph.D., Washington University; Marvin B. Sunnam, Ph.D., Western Reserve University; Theodore D. Woolsey, Department of Health, Education and Welfare; Odlin A. Anderson, Ph.D., research director, Health Information Foundation, University of Chicago; Bernard M. Kutner, M.D., Albert Einstein College of Medicine; Dr. Max F. Peiper, Yale University Medical School; Dr. Harold N. Willard, Thayer Hospital, Watertown, Maine, and Charles C. Flagg, Ph.D., Johns Hopkins University. Speakers from the Medical Care Research Center include: Nicholas J. Demerath, Ph.D., co-chairman; Albert F. Wessel, Ph.D.; Rodney M. Coo, Ph.D., and D. Kent Rice, Ph.D.

Home Care Newsletter

A Home Care Newsletter was launched recently as a project of the Training Center's educational program. Published monthly, the Newsletter reports home care interests to the nation, as well as the hospital. It is the only source of such information, according to Eugene Hanses, Training Center coordinator.

Individuals and organizations wishing to receive the Newsletter may write or call Mr. Hanses at the hospital, station 493.
Humor Seasons Special Diet Cards

“All I get is tea and broth! Can’t I have some decent food for a change?” a patient complained about the dietary department a while ago.

The dietitians couldn’t comply with her wishes—and both were “doctor’s orders”—but they did explain the situation made the patient happier.

Realizing that patients complaining about hospital food often go by simply not aware they’ve been restricted to special diets, Bo Axelrod, food service director, designed cheerfully informative messages for patients who are each of the hospital’s 22 special diets.

Printed on colored 4” by 7” cards, the messages such as those pictured here are delivered to patients with their first meal. A dietitian visits each patient shortly afterwards, to explain what foods are included in the special diet and to try to fit the limited menu to individual preferences.

Of the cards not shown, one for a bland diet for persons with ulcers states, “The lack of any seasoning in your food will require a great deal of imagination on your part. DREAM A LITTLE—We’ll do the rest.”

One with a drawing of a toothy grizzly asks patients to “Please bear with us!” Another features a clock and describing a diet requiring feedings every two hours reads, “This time it’s not our fault.”

An energetic rooster announces an egg diet, asking, “Not worth crowing about?” A rabbit pops out of a hat to announce, “This is from your doctor’s bag of tricks.”

To compensate for the restrictions on food, one card offers patients on that diet any kind of fruit, even if out of season, and another provides solace, commenting, “This diet is not very tasty perhaps, but very good for you.”

“Patients really relish the special diet cards,” Axelrod said. “They savor the messages, which add spice to otherwise distasteful news.”

There’s an Old Spanish Saying . . .

AN EGG WITHOUT SALT IS LIKE A KISS WITHOUT A MUSTACHE!

but your doctor has ordered you a

LOW SALT DIET

Dear Patient:

All your food is prepared without any salt and there is no salt on your tray. But, if you would like a salt substitute on your tray at each meal, your physician can order it for you. This will help your taste buds to remind you how things used to be.

A dietitian will be up shortly to visit with you. She will explain in detail all you should know about your diet.

WISHING WONT MAKE IT SO...

BECAUSE YOUR DOCTOR HAS PUT YOU ON THIS DIET

HI PROTEIN-HI CALORIC DIET

Dear Patient:

This diet has been ordered by your physician. The reason you are probably on this type of diet is because you need a little meat on your bones. We will supply the amounts necessary to help you. Promise us that you will eat it all.

A dietitian will be up shortly to visit with you.

Our Kitchen is a Gourmet’s Delight...

but your doctor has put you on a

STARVATION DIET

Dear Patient:

This diet has been ordered by your physician. The reason you are probably on this type of diet is because you need a little meat on your bones. We will supply the amounts necessary to help you. Promise us that you will eat it all.

A dietitian will be up shortly to visit with you.

CHILD PSYCH CAMP

COUED FOR A PARENT'S PARTY, CHILD PSYCH CAMP PATIENTS MARK THE END OF THEIR SUMMER CAMP PERIODE CHILDREN'S BOOKCASE AT RIGHT WAS BUILT DURING THE WEEK WITH SPACE THEREIN, OTHER WEEKS HAD WESTERN, CIRCUS AND PIRATE FOCUS.

HOSPITAL MOURNS JFK

The hospital joined the nation in mourning the death of President John F. Kennedy.

The Kingshighway entrance was draped in black and others in the hospital were also draped in black. The hospital also served as site of the medical staff’s services at the hospital chapel.

Members of the hospital family were invited to give donations to the Auxiliary-sponsored Tribute Fund. Acknowledgment of each donation was sent to the wife of the late President.

TREND TOWARDS SPECIALIZATION

“We’re used to having the work on our automobiles, telephone and radios done by different people instead of one mechanic who would do everything to all the gadgets in our house, but we still get a little upset when a doctor whom we have known and who has looked after us for many years tells us we have to go to see another doctor or maybe a third doctor,” he said.

“Less tender loving care from the man who is his friend of the family is part of the general trend towards specialization in our society,” Dr. Dock added.

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Visiting Professor

Hospitals Misused, Dr. Dock Charges; Predicts Changes in Insurance Plans

Although November’s Visiting Professor of Medicine, Dr. William Dock, has spent many years as a hospital consultant, he says that it was only ever a patient in a hospital who was 52 years ago when he had his appendix removed at St. Luke’s here in St. Louis, Dr. Dock said in an interview recorded for radio station KFUCO during his stay there.

“That’s not that I’ve never been sick,” Dr. Dock said, “but I don’t believe in going to a hospital with a minor illness. I’d much rather stay right at home.”

“My experience is that when a doctor whom we have known and who has looked after us for many years tells us we have to go to see another doctor or maybe a third doctor,” he said.

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“That’s not that I’ve never been sick,” Dr. Dock said, “but I don’t believe in going to a hospital with a minor illness. I’d much rather stay right at home.”

“My experience is that when a doctor whom we have known and who has looked after us for many years tells us we have to go to see another doctor or maybe a third doctor,” he said.

“Less tender loving care from the man who is his friend of the family is part of the general trend towards specialization in our society,” Dr. Dock added.

We’re used to having the work on our automobiles, telephone and radios done by different people instead of one mechanic who would do everything to all the gadgets in our house, but we still get a little upset when a doctor whom we have known and who has looked after us for many years tells us we have to go to see another doctor or maybe a third doctor,” he said.

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Isometric Exercise

Isometric exercise— that is, exercise without moving muscles—which has been championed by many athletes and coaches, has certain uses in medicine, reported Dr. Franz L. Steinberg, director of the hospital's division of rehabilitation and chronic disease.

This type of exercise is of special value in improving muscle strength in patients whose joints should not be moved," Dr. Steinberg said. "Such patients include arthritis where moving joints is too painful, recent amputees, or those who for other medical reasons are on strict bed rest.

Isometric exercise is based on the principle that a muscle which is forced to work beyond its usual intensity will grow and develop. It involves attempting to push or lift immovable objects or simply tension muscles.

Maximum muscle tension is maintained for six to ten seconds, and, according to Robert Hickok, rehab coordinator, 15 such exercise bouts daily for several weeks will improve significantly the strength of any given muscle.

The biggest selling point of isometric exercise is that it's done without elaborate equipment, Hickok pointed out. A person can exercise by attempting to push a wall or lift a door by its handle. In a hospital setting, weights and other special devices are used so that the amount of muscle tension can be measured.

Isometric exercise would be a sound venture for anyone who wanted to improve his muscle strength, because in normal everyday living we get little opportunity to work out an organized exercise routine," Hickok said.

Both Dr. Steinberg and Hickok felt that isometric exercises are especially useful for patients whose nervous systems are too poorly developed to permit use of more vigorous exercises which revelation the child's reaction to a sound by recording changes in such bodily factors which revealed the child's reaction to a sound by recording changes in such bodily factors which are used so that the amount of muscle tension can be measured.

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11 Teenagers Serve As Jr. Volunteers

One hundred and fourteen teenagers received awards August 22 for more than 50 hours of voluntary service to the Hospital.

Presentations were made to 10 boys and 101 girls by Mrs. Mordecai B. Brown, director of auxiliary services, at a noon luncheon in the hospital's Steinberg Auditorium.

Heading the list of teenage volunteers was Susan Serfel, who has accumulated 523 hours of work since June, 1960. Other candy-strippers receiving special mention for their total hours of service include: Jane Sherman, 460 hours since April, 1961; Lynne Marshak, 462 hours since March, 1962; Lisa Moll, 424 hours since November, 1961, and Nancy Rimach, 389 hours since September, 1962.

Christine Begg, Cheryl Goldberg, Robin Kopelow, Merline Lacy, Vivian Tate and Maasha Weil were honored for between 250 and 299 hours of service. Awards for 200 to 249 total hours were presented to Brenda Brown, Michele Darin, Marsha Weil were honored for between 250 and 299 hours of service.

For the sixth successive year, a Chanukah party was held for hospital patients in memory of the birthday of Samuel M. Kopler, a St. Louis paint manufacturer who died March 8, 1958. Funds were provided by his widow, Mrs. Samuel M. Kopler, and their daughters, Mrs. Earl Rosen and Mrs. Ralph Cohen. More than 60 patients attended the party December 13 in Steinberg Auditorium of the hospital.

Hospital chaplain Rabbi Lawrence Siegel recited the history of the Chanukah festival and Cantor Jacob Renzer of B’nai Amoona Congregation sang Chanukah songs.

The "Young At Heart" choral group, whose 16 members are residents of the Jewish Center for the Aged and whose average age is 81, entertained with English, Yiddish and Hebrew songs. Mrs. Ida Stack is choir director; Mrs. Rose Caldow is accompanist.

Presentations were made to 10 boys and 101 girls by Mrs. Mordecai B. Brown, director of auxiliary services, at a noon luncheon in the hospital's Steinberg Auditorium.

Recruiting awards for 50 to 99 hours of service were Jane Abrams, Nellie Anderson, Janet Deddens, Nikki Dino, Leslie Dieman, Cheryl Klasek, Harriet Krevin, Marcia Levintzina, Jane Livington, Barbara Lucas, Kathy Marecek, Susan Offenbach, Myra Rosenthal and Alice Senturia.

Those honored for 100 to 149 hours worked include Barbara Barrets, Suzanne Bayer, Robert Bleitner, Rosellen Blumoff, Deborah Chait, Robert Chod, Sandra Cohen, Sarah Selcow, Carol Reasner, Wendy Flusser, Mary Freeman, Donald Galt, Carol Goldstein, Cathy Goldstein, Frances Hamburg, Gay Handelman, Virginia Hillemeier, Nona Joseph, Gay Krazower, Linda Krazenberg, Sheri Liebter, Janice Mannschein, Noel Messeg, Hannah Middelman, Carol Mikelinger, Joy Morris, Sherman Novon, Elizabeth Petri, Elaine Schermer, Cindy Siegel, Stephanie Solar, Judith Usher, Sherry White and Samuel Ziskind.

Awards for 50 to 99 total hours were presented to Sandra Ahern, Ernest Andrews, Barbara Balloni, Roberta Beckney, Linda Berkowitz, Betty Berry, Audrey Brown, Jackie Brown, Polly Brown, Mary Chancellor, Judy Ernst, Sue Ann Faravy, Sharen Garret, Linda Glodstein, Karen Goldman, Sharon Gomberg, Sharon Grossi, Beverley Harting, Marilyn Hechter, Janet Hochman, Judith Hoffman, Pamela Hecken, Nancy Kauffer, Barbara Kremer, Peggy Lacombe, Carolyn Meyer, Peggy Nakos, Nancy Kel- lous Stein, Yvonne, Barbars Pearl, Rolly Prager, Rolly Prine, Jane Rosenbaum, Margaret Rothenberg, Vinnie Rothenberg, Beth Rubenstein, Jeff Schlesinger, Rachel Seffer, James Spiegel, Stephanie Stein, Madalaya Weisman and Ellen Yawitz.

Pittsburgh Physician Is Visiting Professor

Dr. Eugene Debe Robin, professor of medicine at the University of Pittsburgh School of Medicine, served as Visiting Professor of Medicine at the hospital from December 2 to 15.

Dr. Robin is former instructor in medicine at Harvard Medical School and junior associate in medicine at Boston’s Peter Bent Brigham Hospital. His special interest is clinical physiology.

A 1959 graduate of the University of Chicago, Dr. Robin received his M.D. from George Washington University in 1951.

Dr. Robin is a member of the American Physiological Society, the American Society for Clinical Investigation, the American Federation for Clinical Research, the American Heart Association, the Thoracic Society and the American College of Physicians.

Chanukah Events Held

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Refreshments were served and gifts were distributed to all long-term patients, including those unable to attend the party.

Mrs. Sally Pugh, registration director of the hospital, said that the event with the assistance of Mrs. Paul Kranzberg, patient party chairman of the hospital auxiliary, is held on each of the eight-day holiday. Candles were kindled in ceremonies in the hospital’s first-floor lobby.

Two Employee Deaths

Hospital employees regrettably noted the deaths of Edna Boyd, operating room scheduling secretary, and William Morris, a cook. Mrs. Boyd, who had worked at the hospital since 1957, died November 8 from leukemia. She is survived by her husband and son.

Mr. Morris, a hospital employee since 1960, died November 23 following a heart attack. He is survived by his wife and two children.

Hospital Chaplains Serve 3 Major Faiths

Recognizing that providing for a patient’s spiritual needs is an important part of complete care, the hospital maintains an active service program for persons of the three major religious faiths. A non-sectarian institution, Jewish Hospital serves about an equal number of Jews, Protestants and Catholics.

When a patient is first admitted to the hospital, he is asked if he would like his clergyman notified that he is a patient here. Postcards to clergymen are sent daily by the admitting office.

This office also prepares a list of the persons admitted each day, along with their church affiliation, if any. The list is forwarded to the nursing service office which keeps it in a notebook for clergymen to consult to see if any members of their congregation are in the hospital. For patients who have no clergyman or who are unable to reach one, Jewish, Protestant and Catholic chaplains are available 24 hours a day.

The Jewish chaplain, Rabbi Lawrence Siegel, was appointed by the Jewish Federation of St. Louis; the Protestant chaplain, the Rev. Daniel Simundson, by the Metropolitan Church Federation of Greater St. Louis; and the Catholic chaplains, members of the Holy Family Fathers, by the Archdiocese of St. Louis.

Religious services for patients, their families and visitors, and hospital staff members are held on Saturday mornings and on major Jewish holidays in the hospital’s chapel. The chapel is open to everyone at all times.
85 Freshmen Enter School of Nursing

Eighty-five freshmen entered the hospital's School of Nursing this fall, according to Miss Edna E. Peterson, director of nursing.

Classes officially began September 3, commemorating the six hundred and second year of the School's operation and marking the School's first year of association with the Junior College District of St. Louis — St. Louis County.

The freshmen are: Kitty Louise Anthes, Mildred V. Bailey, Susan L. Berkemeyer, Carolyn A. Blackwell, Lillian Jane Booher, Thomaime L. Brag, Pamela J. Bridel, Elizabeth A. Brunjes, Donna V. Caldwell, Arlene Jean Campbell, Erma Ray Campbell, Susan J. Campbell, Sandra Lee Carson, Melanie Rae Coss, Cheryl Jean Crow, Kay Clinton, Mary Ann Cochrane, Nancy C. Collins, Carol Anne Corley, Terrall Johanna Durech.


Wendy B. Freiman, Mary Margaret French, tram S. George, Elean Marie Heitau, Ruth Lynette Hill, Martha Mae Hickmann, Pamela Lee Hodge, Heriva M. Hofga- miller, Barbara Jean Holman, Geraldine Hubert, Mary Lynn Hull.

Kathleen Grace Jooit, Patricia Ann Knopp, Peggy Sue Lamb, Paula Langfeld, Betty Jean Law, Ruth Lynette Hill, Stephanie M. Latoff, Laurena Kay Fischer.


Should last-minute happenings force can- cellation of your entertainment plans, you can always call the hospital switchboard.

Tickets, Please!

Dr. J. G. Probstein Receives $65,000 For School of Nursing

A bequest of $65,000 for medical and surgical research at the hospital was pro- vided for Dr. Jacob G. Probstein by the estate of the late Menko E. and Effie E. Probstein.

Dr. Probstein, a senior surgeon here, plans to conduct further research in pan- creatic disease and to establish a scholarship at the School of Nursing for graduate edu- cation in nursing, to be known as the Lillie E. Green Scholarship.

Audiology Moves

The division of audiology has moved to the ground floor from new quarters in the north end of the hospital basement.

Sixty-three senior students received di- plomas and school pins at the fifty-ninth graduation of the hospital's School of Nursing, Sunday, August 11, at Temple Shaar Emeth. It was the largest class ever to receive diplomas from the school.

Commencement speaker Miss Mary Jane Venger, director of nursing at Mount Sinai Hospital, New York, N.Y., emphasized the responsibility of nurses in estab- lishing good patient care. "Fifty years ago nurses did things for patients; 30 years ago nurses did things with patients, and today nurses do things with patients," she said. "Nursing is the field in which we can make the biggest contribution to the patient's care for as long as he can be kept alive.

Nursing Supervisors Program Changed

Assigning nursing supervisors to specific areas will lead to more efficient nursing service administration, according to Miss Edna E. Peterson, director of nursing.

The supervisors are responsible for em- ployment, orientation, and evaluation of personnel, problem-solving, patient con- tact and supplying and evaluating nursing care in their units. Head nurses and as- sistant head nurses report directly to the area supervisor.

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Seven R.N.'s have been appointed to head nurse positions at the hospital. They are: Mrs. Grace Maryand, del 7-So. (Relub); Miss Sharon Prado, Delivery Room; Mrs. Betty Cornell, Nurseries, and Mrs. Patricia Scates, Post-Partum Care.

"Nurse For A Day" Attracts 275 Visitors

Six scholarships awarded

Six members of the graduating class received scholarships or awards. Miss Pa- tricia Ann Voelinger, the highest-ranking graduate, received the Jewish Hospital Auxiliary Scholarship of $1000 for ad- vanced study in nursing. She is now working towards a B.S. at Southern Illinois University.

Miss Barbara Gil Moore, the second- ranking graduate, won the Hattie Wald- beach Scholarship of $500. She is continu- ing her education at the University of Missouri.

Students receiving honorable mention for outstanding scholarship were Misses Sandra Jane Bell, Barbara Brry, Doris Bryant, Ruth Ann Buchmann, Mrs. Martha Ann Carney Patterson, Patricia Ann Geps.

Miss Margaret Gene Lindsey, a fresh- man, received a silver key and the Franc Award, a $100 U.S. Savings Bond, as the highest-ranking first year student. Honor- able mention for excellent scholarship dur- ing the first year went to Misses Mary Ann Aul, Lynanne蝗sight, Jeannp Taylor and Patricia Laubinger.
Emma Garbee Retires After 39 Years Here; Headed School of X-Ray Technology

"Why write a story about me?" asked Emma Garbee. "I've never done anything special, just lived every day as it came."

But the habit of drinking life's cup to the brim is precisely what makes Miss Garbee quite special. Recently retired after 39 years at the hospital, Miss Garbee's interests extended far beyond her job as director of the school of x-ray technology. She's a gourmet cook, enthusiastic gardener, professional painter, amateur poet and competent sparrowwoman. She knits, embroiders, crochets, has traveled extensively and has scale of collectibles. She also is a skilled interior decorator.

For these reasons, Miss Garbee was the subject of a feature story in the St. Louis Globe-Democrat. "This hospital has been a wonderful place to work," she told the Globe reporter. "I'm crazy about the doctors; they've been wonderful."

Recalling for the Globe her early days at the hospital, Miss Garbee said, "The machines weren't shockproof when I started. There were live wires hanging all over the place and fire flew through the air. I well remember standing in a dark room with blue flame crackling all around. And we did get shocked, don't think we didn't. It's a pleasure to teach now that you know that your students won't get electrocuted."

Devoted to students

Miss Garbee was an operating room supervisor at the hospital before she decided to study x-ray technology. She became chief technician and then an instructor, or rather, the instructor, for Miss Garbee alone comprised the faculty of the x-ray technology school, teaching such courses as physics, anatomy and roentgenology. Mr. Gene Shipee, formerly assistant, is the new director of the school.

Miss Garbee's culinary skills are such that people are loafering for her Christmas cookies in July. Invitations to dinner at her apartment in the nurses' residence were much cherished. An avid recipe collector, Miss Garbee once assured a cookbook, although it remains unpublished.

Like other hospitals, Jewish is often invited to send representatives to various schools to talk to students. This year medical staff members have made trips to the state universities of Arkansas, Missouri, Kansas, Illinois, Florida, Tennessee, and the University of Louisville.

The hospital distributes an educational catalog to medical school seniors in Missouri, medical school deans, and others requesting it. The Women's Auxiliary financially supports the catalog as well as other activities for prospective interns.

The hospital offers 17 medical and 2 dental internships and participates in the National Intern Matching Plan (NIMP), which serves as a clearing house. Both hospitals and medical students are matched through this central agency according to their preference for each other.

Dr. Mendelsohn Heads Ambulatory Care

Dr. Robert S. Mendelsohn has been named director of ambulatory care services at the hospital. His responsibilities, which began December 1, include the outpatient clinics, emergency rooms, employee health service and student nurse health service.

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