Barnes Reaches ‘Fair-Share’ Goal For Fourth Year
A total of $53,375 was pledged by Barnes employes during the October United Fund drive, exceeding the hospital’s fair share quota by approximately $5,000, and marking the fourth straight year that Barnes Hospital achieved “Fair Share.”

“Our employes responded with their customary generosity, showing they do care about helping others in the community,” said Thomas Winston, associate director, who was chairman of the United Fund campaign at Barnes.

“I’m very proud of the record of our Barnes employes,” said Robert E. Frank, director. “My thanks are extended on behalf of myself, all the people who worked on the United Fund drive at the hospital, and, most important, the persons in the community who will benefit from these gifts, those who are served by United-Fund member agencies.”

Each United Fund agency receives an annual allotment based on the effectiveness of its services in relation to established community needs and other agency services. Barnes Hospital is one of the UF agencies and during 1970, the hospital received an allotment of $142,968.

Season of Magic...
Fluffy stuffed animals are what many youngsters want for Christmas and these children are no exception. The anticipation of the Yuletide season is reflected on the faces of Rita Carey, 4332a Eichelberger, left, and Ramona Andrews, 6254 Julian, right, who are shown with Mrs. Parker Wheatley, a Barnes Hospital volunteer worker, during a recent visit by the children in the hospital’s Wishing Well gift shop.

Barnes Trustees Studying Feasibility of Erecting Parking Garage:
238 Barnes Employes Use Shuttle-Buses from Opera Parking Lot

The Barnes board of trustees is studying the feasibility of erecting a parking garage over the railroad tracks at the corner of Audubon and Kingshighway, according to Robert E. Frank, director of Barnes Hospital.

“The architects are drawing various possible applications to determine the practicality of the concept. I know this project will have the wholehearted endorsement of the board, because the trustees are extremely eager to find more solutions to parking problems here at the medical center,” Mr. Frank said.

In another phase of a three-prong attack on the parking problem, Eugene Chase, director of physical plant, Washington University School of Medicine, revealed that a net gain of 412 parking spaces will be realized when the new Wayco parking garage at Euclid and Audubon opens in January. Completion of the structure, which is an extension of the old Wayco garage on Audubon, is scheduled for mid-December. To assist the traffic flow, an entrance and exit for monthly reserved parking card-holders will be installed on Euclid. Daily and other type parkers will use the Audubon entrance-exit.

The growing use of the Municipal Opera parking lot shuttle-bus service has helped to relieve parking headaches near the medical center recently. On the first day the system was put into service last June, 23 cars were parked in the lot. During November, approximately 430 cars were being parked there daily. Barnes pays the fees for its personnel using the lot—in November, 238 employes used the shuttle buses. Free passes are distributed by the personnel department and the buses make 28 round trips to the lot every day, or one every 15 minutes between 6 and 9:30 a.m. and between 2:30 and 6 p.m. Employes of Washington University, Children’s Hospital and Jewish Hospital also use the lot.
Barnes’ Nurse Receives Greeting Cards ‘By Bushels’, Not Only at Christmas

Mrs. Blossie Smith, resident nurse on the 7th Maternity unit, is enjoying an unusual Christmas greeting card collection. Christmas cards by the thousands are jamming the postal system as everyone is making their annual last-minute effort to remember long-forgotten friends. However, for Mrs. Blossie Smith, senior nurse assistant on 7 Maternity, almost every day is Christmas at her mailbox because her former patients and colleagues send her letters and greeting cards throughout the year.

In fact, she has received more than 2,000 cards and letters, not counting stacks of Christmas cards, from her many well-wishers in recent years.

“I just go about my daily routine, trying to make the patients happy and comfortable,” said Mrs. Smith, who is affectionately known as “Blossom” by her friends. She has worked at Barnes for about 12 years, primarily with gynecological and surgical patients.

Mrs. Smith’s cards and letters come from all parts of the country—Arizona, Mexico, Florida—from patients born in the post-war era to octogenarians. Wedding invitations and funeral notices are also sent to Mrs. Smith.

Back in 1966, Mrs. Smith decided to stop working at Barnes to devote more time to her family, but missed her patients so she returned to Barnes where she could devote her energies to helping others. “I just could not stay home, because I love people too much,” said Mrs. Smith, who, along with other Barnes nurses like her, are the best kind of public relations for the hospital.

“I plan to continue my nursing career until I’m ready for a walking cane. I’m always surprised and grateful when somebody sends me a card, thanking me for the care I gave them. Each card brightens my day and lifts my spirits,” said Mrs. Smith.
Dr. Mario Werner Assumes Duties as Head of Clinical Chemistry

Dr. Mario Werner recently assumed duties as chief of clinical chemistry at Barnes Hospital. He formerly held the same position at the University of California, San Francisco.

"The addition of Dr. Werner to the hospital's staff is part of the continuing efforts to improve the hospital's diagnostic laboratory section," Dr. Leonard Jarett, director of the laboratories, said. In recent months, several other highly-qualified full-time advisory personnel have been added to the staff, in addition to the renovation of existing facilities.

Dr. Werner said the scope of clinical pathology has changed vastly in recent years. "Sophisticated machinery and data processing systems soon may enable us to monitor a patient's chemical imbalances, almost as they occur. The operation of such equipment may be of considerable assistance in therapy," Dr. Werner noted that several sections of clinical chemistry at Barnes Hospital are being considered for data processing applications.

Noted Accordionist of Welk Troupe Performs for Patients

Myron Floren, featured accordionist of the Lawrence Welk Show and heir-apparent to the lead baton that will someday direct the Champagne Music Makers, entertained patients from Barnes Hospital and the Barnard Free Skin and Cancer Hospital for an hour at 4 p.m. October 31 in Schwartz Auditorium in Barnes Hospital.

Floren and the entire cast of the Welk band were in St. Louis for a benefit concert scheduled later that evening at Kiel Auditorium. Several days prior to the event here, the hospital's administrative staff was informed about the upcoming performance at the hospital, but no names were mentioned. Floren's unexpected arrival was a pleasant surprise for the patients because he is a particular favorite.

Floren, who is making 140 appearances this year, some by himself, and some with the Welk band, at hospitals, benefits and charitable organizations, said that several members of the troupe were slated to come to the hospital, but no names were mentioned. "I decided to come over myself." During an interview, Floren said, "The Welk Show is directed at the family unit. It's an unsophisticated approach, but a person cannot deny that the program has been successful. Attempts are constantly made to keep the show abreast of the changing times. Songs are constantly updated. In fact, arrangements of songs are so different that some are hard to recognize as the same tunes we played 10 years ago.

"Welk is a multi-million dollar business now. He has various interests and is unable to spend every rehearsal with the band so I direct them most of the time." He would not say whether he would eventually take Welk's place since Welk will soon be 68.

While Floren is popular with the elder generations, he also is a favorite of young people as he directs high school choral groups and bands throughout the year.

Floren, 50, is no stranger to St. Louis. He was with the Buckeye Four on KWK from 1946 to 1950 and taught accordion lessons at the Ludwig School of Music. In addition, he performed at the old Casa Loma Ballroom in South St. Louis.

He mentioned the laboratory’s newest acquisition, a chemical diagnostic machine, the SMA 6/60 Auto Analyzer which is capable of very rapid and highly automated multi-phasic testing. As many Barnes employees already know, the clinical chemistry section of the laboratories also has a 12-channel Auto Analyzer, the SMA 12/30, for testing blood samples.

The SMA 6/60 operates mechanically in similar fashion, and is capable of giving 360 test results an hour, measuring sodium, potassium, chloride, carbon dioxide, glucose and urea-nitrogen. Test routines are mechanically programmed in six channels to analyze these constituents in each specimen of cell-free blood serum, at one time, and give back results. Test results are simultaneously traced on graph paper to allow visual evaluation of chemical imbalances.

The SMA 6/60 is used at Barnes for the repetitive testing of patients, for example, a diabetic patient who is hospitalized for treatment. On the other hand, the 12-channel Auto Analyzer performs test routines on patients for the first time. The machine is not in operation 24 hours a day, while the SMA 6/60 operates around the clock. A new SMA 12/60 will be operational around the first of the year which will be complimentary to the SMA 6/60 and replace the present SMA 12/30.

Dr. Werner said that in addition to providing timely and reliable reports, the SMA 6/60 will be valuable in treating large numbers of people; aid in the detection of unsuspected diseases; and provide information that helps the physician exclude the presence of a suspected disease.

Patients from Barnes and Barnard hospitals keep time to one of Myron Floren's fast-moving polkas. Floren, the featured accordionist on the Lawrence Welk Show, entertained about 200 patients for an hour on October 31 in Schwartz Auditorium.
Christmas is drawing near and perhaps you still have a few remaining gifts to buy, but you are puzzled on what to buy for someone who 'has everything.'

Suggestion: Why not let astrology help you make your selections? Hardly anyone today is unaware of their astrological sign. An unplundered fortune cookie is rarely seen on a plate in a Chinese restaurant.

So—in the tradition of these great American amusements, this pre-Christmas present: a compendium of Christmas gift ideas determined by the zodiac. We

### Aries (March 21 to April 20)

Aries people are enthusiastic, upbeat and warm-hearted, and they're a challenge to anyone who tries to slow down their fast moving pace. Frank Knox, assistant laundry manager, has the Aries love for outdoors and action. Frank asks for a rifle to hunt with and a diamond ring for Christmas. (Purely coincidental, but the jewel assigned to Aries is the diamond.)

### Taurus (April 21 to May 21)

There is a shy, "salt-of-the-earth" type that characterizes most Taurans. Good natured, hard working, responsible and practical, they like the nice things money can buy. Bill Davis, wage and salary analyst, is typically Taurus when he said he'd like a suit of clothes, shirts and socks for Christmas. (Somehow the practical always comes out.)

### Gemini (May 22 to June 21)

The intelligent, quick Gemini is a Twin, and that means a dual nature. Patricia Berryman, administrative assistant in the Fund Office, uses her Mercurial flair for improvisation in deciding her Christmas gift. And what could be more Mercurial than a Spiro Agnew watch?

### Cancer (June 22 to July 23)

Moon children love liquids, babies, food, money, their home and their mothers. Mrs. Mary Spicer, assistant director of the dietary department, seems to fit her Cancer profile in every way. Sensitive and sentimental lunar characteristics guide Mrs. Spicer's choices of a diamond drop necklace and an ultra feminine blouse for Christmas.

### Leo (July 24 to August 23)

The Lion and lioness are King and Queen of the social savanna. Maybe that's why they get all the superlatives. There's flair for the dramatic inherent in Leo underlaying a noble and generous nature. Thirza Marshall, supervisor in medical records, wants to touch her Christmas with a little drama—a vacation to a warm and sunny climate.

### Virgo (August 24 to Sept. 23)

On the surface they're shy, polite and gentle. But a hard working, intellectual and independent nature makes Virgos regular hairsplitters about things like being on time. Mrs. Joanne Robb, staff development instructor, put a wrist watch first on her Christmas list. And, in case that doesn't inspire her to get to the classroom on time, she added a glittering footnote to her list . . . sapphire pierced earrings.
can't guarantee the efficacy of buying Christmas presents astrologically, but the Barnes Hospital employees who experimented with us gave indications it might not be a bad idea.

And, as they say on the radio: “The accompanying information on astrology is being presented for entertainment purposes only and not intended to foster a belief in astrology as a true science.”

The scales help weigh questions carefully and objectively for Libras. Dillon Trulove, assistant administrator, has Libra's love for beauty and order; he agrees that there's nothing more beautiful than a spotlessly clean hospital corridor. It seems Libra would like something like handsome ties or a bright colored shirt for Christmas. "It's not true," Mr. Trulove grinned, "I just hope my family remembers I'm trying to set up a woodworking shop in my basement."

Intense and emotional Scorpio has boundless energy too. They somehow are always prepared for the unexpected and can move in a hurry. Cathy Schiller, secretary in the employment office, wants luggage this Christmas. It could be her sun sign at work. Scorpios have a keen imagination that insists on knowing exactly what's going on ... and being the detectives of the zodiac, they usually find out.

The openhearted gregariousness of the Sagittarian hides an acutely logical, razor-sharp mind, strangely blended with pure idealism and naive optimism. Mrs. Arlene Brown, secretary in the nursing office, doesn't think she's being too optimistic in asking for a new house for Christmas. (Sagittarians have a deep psychic attraction to home.)

Look for an air of calm patience with a streak of obstinacy, well concealed by a tactful, diplomatic personality, and you'll find a Capricorn. Astrologers say whatever a Capricorn dreams of getting, he eventually gets. Miss Lois Vahle, nursing recruitment consultant, would like L'Air de Temps (In The Air) perfume for Christmas. (Obviously this Capricorn has a light hearted side that speaks in spite of itself.)

Nothing conventional or ordinary about the Aquarian. They are gregarious, unprejudiced individualists. The Uranus thought waves jump into yesterday, back into today, only to leap forward into tomorrow. Percy Alford, broiler cook in Queeny Tower, almost did that when he made his Christmas list: 1) car repair, 2) three children (well, almost); and 3) Two tickets for a future Cardinal football game.

Dreamy, intuitive Pisces seems to sense and feel things never taught in schools or books, and he can read your mind, so watch what you're thinking. There's an aura of mysticism and compassion and always a sympathetic ear. Kimmel Johnson, assistant supervisor of moving, typifies the wise, sensitive Pisces when he says it really doesn't matter what he gets for Christmas ... "anything will be appreciated."
New Employes Allowed To 'Borrow' Vacation After 6 Months' Service

Barnes Hospital's vacation policy was revised recently and the revision only affects new employes during their first year of employment at the hospital. New employes who have completed at least six months of service, with the consent of their department head, may be given up to one-half of their annual vacation, according to Walter J. Hanses, personnel director.

Mr. Hanses added that any such advanced vacation that is granted will be deducted from the vacation of each employe who becomes effective on the following May 1 or the creation of the vacancy. Vacation entitlement is determined on April 30 of each year for services in the previous 12 months.

For further information, new employes are encouraged to contact their department supervisors or the personnel department.

Typing Burns Calories

Two Barnes Hospital secretaries, who were bemoaning the normal rigors of typing repeated drafts of scientific documents, recently submitted an article to The Bulletin that was clipped from a metropolitan newspaper. The item may prove to be an interesting tip to weight-watching secretaries who are seeking a slimmer figure.

According to Dr. Martin Hoffman of Montreal's McGill University, an average-size woman could gain as much as a half-pound a month if she switches from a manual typewriter to an electric one.

Statistics in the clipping show that a person typing on a manual uses 87.7 calories an hour while on the electric, only 72.7.

80% of Heart-Lung Patients Are Men, Barnes Nursing-Care Advisor States

Pulmonary and respiratory illnesses directly affect one person out of every 10 who suffer from heart disease, said Mrs. John Laycock, nursing care advisor at Barnes Hospital, at the fifth annual St. Louis Heart Association Conference for Nurses on October 7 at St. John's Mercy Hospital.

Speaking as a panel member before 150 members of the Third District Nurse Association and the Visiting Nurse Association of Greater St. Louis, Mrs. Laycock said that men comprise 80 per cent of the patients who are treated for heart lung problems. She noted that most of them are suffering from right ventricular heart failure, resulting from disorders of the lungs, pulmonary vessels or chest wall.

Mrs. Laycock said, "The reason why men have such a high rate of heart-lung problems is said to be that men smoke for longer periods of time in their lifetime and possibly they are heavier smokers than women.

"Twenty-five per cent of them with heart-lung problems die during their first attack because of heart complications, and 50 per cent only have a two-year survival rate." She said that in medical cases, involving patients with heart-lung problems, treatment of the lung problem such as pneumonia, often results in the healing and complete restoration of the diseased heart.

In her talk, Mrs. Laycock outlined case studies of several patients who have been treated at Barnes Hospital, such as a foundry worker who contracted silicosis; a 36-year-old newspaper photographer who was suffering from Marfan's syndrome, a hereditary disorder of the connective tissues affecting the bones, eyes, ligaments, and the cardiovascular system; and a 63-year-old emphysema victim who started smoking at age 14 and smoked one pack a day until recently.

Blood Drive Scheduled for Barnes Employes; 25% of Employes Needed for Family Coverage

Mrs. Del McNamara, field representative for the Red Cross, center, recently visited the hospital's blood bank, while making preparations for the upcoming blood drive for hospital employes that is scheduled for January 14. The hospital's blood bank receives a large percentage of the blood it administers from the Red Cross. Mrs. McNamara discusses the drive with Mrs. Irene Darner, supervisor of the blood bank at Barnes, and Dr. Harold S. Kaplan, director of the blood bank. Walter Hanses, Barnes' personnel director, is in charge of the drive and Red Cross personnel will do the actual blood drawing.

Barnes Hospital employes will have an opportunity Thursday, January 14, to assure themselves and their families of the availability of blood for transfusions throughout the next year. In cooperation with the American Red Cross, the hospital will conduct a blood bank drive on that day from 11 a.m. until 4 p.m. at the designated location.

Volunteers who agree to participate in the program by donating a pint of blood will be entitled to blood at less than the cost of production and no charge for blood itself—any amount of blood used by any member of their household, parents, parents-in-law, grandparents, and grandparents-in-law, anywhere in the United States for a period of one year.

Walter Hanses, director of personnel, who is coordinating the blood donor drive, said, "We are hoping for wide cooperation in this program so that it may be expanded and repeated annually to provide our people with needed blood in the future."

Anyone between the ages of 18 and 65 and in good health is eligible to participate in the program. (Those between 18 and 21 must have parental consent.) If an employee volunteers to donate blood then is disqualified for some reason such as poor health, anemia, pregnancy, weight, etc., he will still be eligible for the benefits of the program. Therefore, anyone with any doubts about their eligibility is advised to fill out the pledge card and leave the final decision up to the professional staff at the donor center rather than disqualifying himself.

An initial goal of 200 pints has been set for the first visit for Barnes employes. Those wishing to participate in the program may do so by indicating 'yes' on their pledge card and returning it to their department head or supervisor as soon as possible.
Handicapped - - But Valuable

Several of the people pictured on this page have two things in common—they are Barnes Hospital employes and they are physically handicapped. However, they have proven they can do a variety of jobs just as dependably and productively as those without handicaps.

Some are almost deaf and although some are handicapped, yet they go to work every day like their more fortunate fellow citizens and they are performing their duties in a conscientious and reliable manner.

Miss Joan Hrubetz contracted polio during the summer she was graduating from nursing school. Since that time, she has been confined to a wheel-chair, but figuratively she has "walked a long way" since then. Today she is the director of the Barnes Hospital School of Nursing.

Miss Hrubetz said, "At first, I was depressed when I realized the consequences of the disease, but I made up my mind to face it. While this wheel-chair has limited my activities in some ways, I travel and shop alone, without assistance. There are some advantages in being handicapped, depending upon how you look at it. For example, the person who is handicapped probably receives more attention because of his handicap. Being handicapped focuses attention on some individuals who would otherwise go unnoticed.

"Since becoming handicapped, I seem to have become more sensitive to people. It's a greater appreciation for them as individuals."

Mrs. Betty Healey, a key-punch operator in data processing has been hard of hearing since birth, but, according to her supervisor Everett Menendez, data processing manager, "She has a good work record." In recent years, the data processing section at Barnes Hospital has hired several deaf applicants for jobs as key punchers. Menendez said that once the new hire, who is deaf, overcomes the communication barriers and learns the key-punch trade, she often does better work than employes who are "handicapped with normal hearing" because the deaf employe's concentration is not interrupted by noise and conversation.

Mrs. Evelyn Willis, a counterwoman in the Employe Cafeteria, has also been hard of hearing since she contracted scarlet fever and diphtheria when she was nine years old. During her childhood, she attended speech therapy sessions at McMillan Hospital.

Mrs. Willis had been unemployed for six years prior to accepting her position at Barnes Hospital. "Before inquiring about employment at Barnes, I tried almost everything to get a job, but it was always the same old story—I was never hired. However, only one month after I applied at Barnes, I was offered a job. That was five years ago, and I am certainly grateful for the opportunity," said Mrs. Willis, who has no other means of financial support.

These are just a few of Barnes' employes who are handicapped, but who creditably perform their duties everyday at the hospital.

All the handicapped want is an opportunity to prove themselves—and Barnes is giving them that chance.
Drug Abuse, Hospital Care Discussed at Volunteer Workshop

Questions ranging from "daylight obstetrics" to the name of the new East Pavilion were presented to a panel of Barnes' Hospital administration during a workshop for Barnes volunteers held Oct. 29 at Kirkwood Methodist Church.

Robert E. Frank, director; John Warmbrodt, deputy director; and Susan Hackman, director of nursing service; answered questions sent in by volunteers. Presenting the questions were volunteers, Mrs. Sadie Canatsey, Mrs. Miriam Rosenberg, and Mrs. Clara Tremayne.

Following the panel, Dr. Donald W. Goodwin spoke on drug abuse. "We don't know much about what happens to healthy people who use marijuana over a long period of time," he said. He said it was "nonsense" to say that smoking marijuana is no more dangerous than drinking beer. "No doctor, or any sensible person, would compare any two drugs without knowing the dosage," he pointed out. "The marijuana most people have smoked in this country comes from a variety of imported hemp weed, to make hemp. It made good rope, and it makes weak smoking."

"The variety of marijuana smoked in Africa and India in hashish and it is very strong, and has hallucinatory effects, altering the judgment and mood of the user. In those countries it is regarded as highly dangerous, and it is outlawed. Since it is a poor man's drug in those countries, (no one would smoke hashish if they could afford to drink whiskey) little is known of its effect on healthy, well-nourished persons."

Dr. Goodwin says he believes legalizing marijuana would make the strong marijuana available, since there would be no way to standardize its strength. "The use of any drug is directly related to its availability," he said, pointing out that less alcohol was consumed during prohibition, with a significant drop in alcoholism and cirrhosis of the liver.

"If it would become available, a certain percentage of persons would abuse its use," he said.

Highlighting the luncheon which was served by the members of the Women's Society of Christian Service of the Kirkwood Church was a presentation of a "Volunteer of the 'Decade Award" to Mrs. Herman Brandenburg, who has given Barnes Hospital more than 13,848 hours of volunteer service work over the past 13 years.

Entries Being Submitted To Nursing Safety Contest

A safety slogan campaign contest for nursing service personnel, with a $25 U.S. Savings Bond as the first prize, is "progressing well" in the early stages, according to Mrs. Donna Jablonski, chairman of the nursing service safety committee.

Members of the Barnes nursing service were encouraged, early this month, to submit an entry consisting of a safety slogan, a 50 to 200-word article related to the slogan, and a poster using the safety slogan or an idea for a poster for judging, by December 11 to the Barnes Nursing Office.

From the initial entries, a panel of three judges are selecting the 12 best ideas for use in a 1971 nursing safety campaign which will feature one safety idea a month. Those employees who submit the 12 best ideas will be honored at a dinner later in 1971.