Hospital President Gives Year-End Report

Mrs. Koplar Gives Nursing School $10,000 Scholarship

Mrs. Koplar gives the annual financial gift to the nursing school.

Globe-Democrat Selects Mrs. Hauslater For Social Service Achievement Award

Mrs. Hauslater is recognized for her contributions to social service.

Dr. Stanford Wessler Moderates Panel Discussion

Dr. Wessler leads a panel discussion.

“Our goal is to render the finest in patient care, and to achieve this goal, our hospital must continue to be an outstanding hospital.” Joseph Ruwitch, president of the Jewish Hospital board of directors, told an assembly of medical and administrative staff members at a year-end informal meeting.

This second annual session was held in Steinberg Auditorium on December 29 to inform hospital personnel of present hospital activities and future plans. In extending New Year’s greetings to the group, Mr. Ruwitch said that 1964 was a year of accomplishment for Jewish Hospital and the staff was to be congratulated for their part in helping to achieve fine medical care.

In discussing Jewish Hospital as a teaching hospital, he cited the importance of actively engaging in medical education for nurses, residents and interns.

“In addition,” he said, “our hospital is and must continue to be engaged in a broad spectrum of medical research. This year we increased our number of ward beds in medicine from 20 to 30. In 1965 we will increase our number of surgical ward beds from 30 to 40.”

Mr. Ruwitch said Jewish Hospital is fortunate in having Dr. Stanford Wessler as our physician-in-chief, as well as having him serve as a full professor of medicine at Washington University Medical School.

He briefly outlined the future plans of WUMSAH, officially known as the Washington University School of Medicine and Associated Hospitals.

“This will be the only medical center of its kind in the country,” Mr. Ruwitch explained, “and we are happy to be a part of it.”

Plans for construction of the new nursing school addition were completed in 1964 and ground will be broken within the next 30 days. This unit which will be constructed onto the admin building and Shoenberg School of Nursing will expand the facilities to accommodate 235 student nurses and female house officers. The nursing addition is scheduled for completion by 1965.

Early summer will be the time for ground breaking ceremonies for the Charles and Florence Yale Research Building. “This two million dollar research facility is not only vitally needed by the hospital but will lend prestige and dignity which will help us attain our basic goal of fine patient care,” Mr. Ruwitch said.

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Looking east, the Jewish Hospital, far left, is seen as part of the complete Washington University School of Medicine and Associated Hospitals. This complex contains 1,706 beds, two and a half million square feet of patient care, education and scientific space; and 2,860 parking places.

Dr. J. G. Probstein, senior surgeon, Jewish Hospital, close friend and relative of Mrs. Jeanette Koplar, acted as emissary in presenting a check for $10,000 to David A. Gee, executive director of the hospital.

The generous gift was made upon the suggestion and advice of Dr. Probstein, and will be used to establish a fund to be known as the Sam and Jeanette Koplar Nursing Scholarship Fund.

Executors of the estate of the late Sam Koplar, acting for Mrs. Koplar, designated this to be used for nursing education of graduate nurses of Jewish Hospital.

The scholarship will be awarded each year at the nurse’s graduation exercises.

In establishing this fund, Mrs. Koplar continues her philosophy of achievement and concern. Funds for rehabilitation equipment for physical and occupational therapy have been made possible by the piano."
Doctor Treats Aches, Pains; Gives Advice on Marital Ills

Why would a successful doctor turn to marriage counseling?

Dr. B. Y. Glassberg's answer is simple: "I found many of my patients had no organic disease. Their pains were a reflection of their dissatisfaction with marriage. So I studied marriage counseling, took a course in it, did a lot of reading and passed two examinations to qualify for membership in the American Association of Marriage Counselors.

Now, Dr. Glassberg, internist at Jewish Hospital, finds his patients come as often with marital problems as with physical ailments. "Many couples are afraid of marriage counseling or other forms of therapy. Men are more likely to be afraid than women; often they misunderstand what marriage counseling is."

"The counselor rarely gives direct advice, but rather seeks to help each spouse discover why the marriage is unsatisfactory and the reasons for his own behavior and attitudes."

"A significant source of difficulty is the failure of the husband and wife to recognize the basic differences, particularly in emotions, goals, values and attitudes toward child rearing that do exist between males and females."

"Marriage problems hit at every social, cultural and economic level. A couple may divorce through their specific manifestations may be different."

"For instance, in the upper and middle classes, the present day wife is likely to eliminate her husband from a significant place in decision making. In the lower economic and social levels, the wife regards her husband more as a ruler than a leader."

"Such a wife accepts sexual relations as a duty and financially rewarding, while the middle and upper class wife is likely to have discovered that marital intimacy affords mutually gratifying release."

"Marriage, of course, is not just a sexual relationship, but the quality of the sexual relationship is influential in determining the quality of the far larger non-sexual part of the marriage, and vice versa."

"One of the reasons for the increasing divorce rate is that marriage was formerly an institution in which men and women put up with one another. Today, it is regarded as a companionship affording mutual encouragement, tolerance and sympathy. Each partner demands these satisfactions for his ego needs; if he doesn't find them—divorce. The basic difficulty, however, lies in the personality structure of the marriage partner."

Evidence shows that each successive marriage lasts shorter and shorter periods. "In my opinion, any young couple planning marriage has much to gain from premarital counseling—to enable them to get a better view of themselves and of their genuine desire to satisfy the needs of a mate. Premarital counseling is designed to enable a particular man and a particular woman to establish a meaningful and contentment producing marriage."

"If spouses could acquire tolerance for the idiosyncracies of their mates; if they could learn to communicate effectively, listen to expressions of anger voiced by their mates and work out their differences through emphatic communication, marriages would have more meaning."

"If the marriage is mutually meaningful, not just sexually satisfying, infidelity is unlikely. There is more to marriage than sex."
Holiday Party Imbued With Gay Nineties Spirit

SETTING THE SPIRIT OF THE ANNUAL HOLIDAY PARTY, held December 17, are members of the planning committee: George V. Horne, chief pharmacist; Mrs. Beverly Ward, R.N.; Mrs. Raya Kovenzy, public relations; A. F. Jaquier, director, building services; Mrs. Virginia Reisinger, assistant director of nursing; Mrs. Barbara Janes, director, public relations; Boris Axelrod, director, food services; and Mrs. Bella Fendelman, payroll supervisor.

IT'S THIS WAY, Boris Axelrod explains to David A. Geo, executive director, Joseph F. Ruwitch, president, and Mrs. Ruwitch.

HAVE SOME EGGNOG, Rabbi Lawrence Siegel, chaplain, says to Mrs. Betty Crump and Miss Kathie Malinoski, clinical laboratories.

NURSES OF THE ROUND TABLE enjoy the holiday feast.

ADDING THE FINAL TOUCH, Mrs. Fran Stovall, patient relations representative, and Boris Axelrod set up decorations.
Good Eating Should Be Fun
Nutrition Instructor Says

"Eating should be fun. I feel sorry for the fussy, picky eater who doesn't like much of anything," said Mrs. Edward Hudson, nutrition instructor in the School of Nursing, who has made nutrition a vital part of her private and professional life.

Her recent election to the presidency of the Missouri Dietetic Association is evidence that she is neither fussy nor picky in taste, that she has had a part in her past record: president, St. Louis Dietetic Association; president, Massachusetts Dietetic Association; and an ex-board member of the American Dietetic Association.

"There has always been an opportunity to use my professional knowledge," Mrs. Hudson explained. "In PTA, in church groups and even in my husband's work. "He's a social worker. While we were in Boston where he worked as director of a settlement house and summer camp, I planned the menus and supervised the preparation of food for the summer campers."

"But my main interest has always been teaching."

Joining Jewish Hospital's staff in April, Mrs. Hudson was merely continuing her teaching career which started after her dietetic internship at Barnes hospital, where she stayed on the staff 4 years teaching nurses and working in metabolism research.

During the war she was nutrition supervisor for the Visiting Nurse Association in Boston and also active in the community education program.

After receiving her masters degree in nutrition at the University of Wisconsin, Mrs. Hudson went East, "because I'd always wanted to live in New England" and taught at Massachusetts General Hospital in Boston, part time at Simmons College and later, Boston College School of Nursing.

"I was doing community nutrition work for the Dairy Council of St. Louis just before I came to the hospital."

"We are exposed to much about food today and a lot of it is good. But the average homemaker, with no background in home economics or who has no particular interest in it, needs some guidance to be able to sift out the chaff."

"There are so many faddies—all you have to do to find them is to pick up any women's magazine. For instance, the use of formulas in weight control."

"I suppose these are okay instead of a meal once in a while, but think of the difference in them from the consistency of normal food. This often causes gastric problems."

"Food has social value too. For those who need to watch their weight, and I think almost everyone does at sometime or other, there is no reason why they can't drink something such as diet cola or coffee when others are eating or drinking."

"Our whole idea in teaching weight control is to follow a normal diet which supplies the basic nutrients essential for good health and leaves the 'luxury' foods out. We want to improve our health while slimming."

"And there's a good chance to do that here," she added. "You know how teenage girls are concerned with weight."

"In fact, we have a very interesting nutrition teaching program at Jewish Hospital. This is partly why I came, along with wanting to go back to teaching."

"The integrated program we use here is relatively new. Jewish Hospital is known for its progressive ideas in nursing education."

"Nutrition is taught right along with medical and surgical nursing instead of separate classes. Diet therapy is taught both in the classroom and when students are caring for patients in the hospital. For example, in their second year, I work with four student nurses at a time, on the hospital floors. They are assigned patients on special diets for 2 weeks and give them complete care including dietary instructions during this time."

"The special diets are based on the hospital's general menu and are modified to meet special therapeutic needs. We teach people to plan their diabetic or peptic ulcer diet around the family's meals. This is easier, psychologically and economically, both for the patient and for the family."

"Nutrition has become so scientific now; there is so much research, it is a big job for the instructor today in medical sciences, to keep up to date with current findings; and to teach student nurses how to make practical applications both in their own food habits and in planning proper food for their patients."

"Of course, I never feel a nurse or a dietitian can be a good teacher unless she applies what she learns to herself first. Both a nurse and dietitian must look the part."

7th Floor Remodeling
Completed

Twenty eight patient rooms on the seventh floor of the hospital have just been remodeled, according to A. F. Jaquier, director of building services.

Each room has been equipped with a wall oxygen outlet, a lowered acoustical ceiling, asbestos vinyl tile floor, and formica covered doors. The bathrooms have new pasted ceramic tile, bedpan flushers, and new fixtures where necessary. Previously there was no shower on the floor. Now, there will be a combination tub and shower as well as a shower room.

The hall ceiling will also be lowered and the original terrazzo floor covered with vinyl. The fifth and sixth floors have a new lowered ceiling.

One of the three delivery rooms has been converted into a recovery room—reconvertable to a delivery room when needed.

In addition, a linen chute from the operating room to the laundry room has been completed.

Hospital Adds
Inhalation Therapist

Larry Munsch has joined Jewish Hospital's staff as a full-time inhalation therapist.

He's on call to administer inhalation therapy treatment to patients who have trouble breathing.

The method of overcoming deficiencies or abnormalities in breathing and supplying enough oxygen to the blood, requires different approaches, techniques, volume and percentages of oxygen.

Some of the clinical illnesses treated by inhalation therapy are cardiac failure, coronary thrombosis, asthma, atelectasis, pulmonary edema, emphysema and pneumonia. It is also used in the treatment of such conditions as acute asthysia, bronchial obstruction, spasmotic cough and gas retention.

The importance of inhalation therapy as a paramedical specialty is growing. Not only is it used in a therapeutic and recuperative sense, but it also has been used in a diagnostic sense for more precise knowledge of diseased lungs.
J. Cook, Brentwood, and Howard F. Cook, Evanston, Ill. His first wife, Mrs. Fanny University School of Medicine from 1914 to the present.

He served his internship at St. Louis City Hospital and his post-graduate training at the University of Berlin.

Dr. Cook graduated from the Washington University School of Medicine in 1905. He was successively instructor, assistant surgeon, and associate professor of surgery at the Jewish Hospital Dispensary and was appointed to the Department of Surgery at Jewish Hospital.

A dinner party was held at 8 p.m. Friday, December 11, in the Kent Room of the Cheshire Inn, given by surgeons who served as chief residents in surgery at Jewish Hospital, 1954-1963. Many of these doctors and their wives returned to St. Louis from other cities for the occasion.

These former residents of the past 10 years were joined at a Saturday morning breakfast in the hospital by the present surgical house officers.

Two special occasions were scheduled the weekend of December 11-12 honoring Dr. Morton D. Pareira's 10 years as director of the Department of Surgery at Jewish Hospital.

Dr. Jerome E. Cook, 80, consulting physician and member of Jewish Hospital's staff for 51 years, died Saturday, December 12, 1964, of heart disease.

Dr. Cook served for many years in the Jewish Hospital Dispensary and was appointed to the Jewish Hospital Medical Staff in 1913. He served on the general staff, surgical staff, and since 1948, consulting staff. He was director of the department of medicine from 1947 to 1949 and twice elected president of the medical staff: 1937-39, 1947-49. He was also a member of the committee on conference and medical matters and president of the intern committee.

He was a member of the St. Louis Medical Society, the Missouri State Medical Association, the American Association of Advanced Science; a fellow in the American College of Physicians and a diplomate of the American Board of Internal Medicine. He was also active in the Ethical Society of St. Louis, the People's Art Center and in many civil rights and liberal organizations.

He had published over 30 papers.

Dr. Cook is survived by his second wife, the former Mrs. Edith L. Straubinger, University City and two sons, Dr. Robert J. Cook, Brentwood, and Howard F. Cook, Evanston, Ill. His first wife, Mrs. Fanny Cook, died in 1949.

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Sketching Scientist Cites Medical Art Techniques

"Photos can't do the things we can do," said Mike Lipsky, research assistant at Jewish Hospital and free-lance medical illustrator. "Medical drawings are more accurate than photographs because you can bring out every single detail in a drawing or put emphasis on what is important."

How does an artist get to be a medical illustrator? Mr. Lipsky cited the following requirements.

"First, you have to know histology, physiology and photography. I picked up a lot of medical knowledge in the Air Force where I was a medical and surgical supervisor and medical administrator.

"Also, you have to be good with details. Most artists are good in one particular thing. Some very fine artists are good layout men, but not good on the finish. I'm mainly a detail man."

"After I was discharged from the service, I went to commercial art school and medical art school. By the way, there are very few medical art schools in the country. In my class, there were only 4 students.

"In medical art school we drew life-size human skeletons from actual models and from autopsy studies. We drew each bone individually, then put them together on a large window shade.

"We did the same for the muscles, showing the origin and insertion of each one in color; and for the circulatory and nervous system.

"Many of the medical arts techniques are different than those I learned in commercial art school. For instance, when drawing an organ of the body, we put it into a "light" box. This is a box, completely black inside with a light in one corner that shows out the highlights, thus making it easier to visualize the organ.

"For drawings of this type (Fig. 1) we usually use carbon dust and brushes. This is called the Bradel half-tone technique. You draw the outline in pencil and brush on the carbon dust just as if you were painting. Then, with a knife, etch out the highlights and different shading values with a stamp — pointed piece of cardboard — and an eraser. A plastic coating keeps the picture from smearing.

"This is one of our most realistic techniques.

"Often we reproduce what we see through a microscope (Fig. 2). For this we use watercolors which look transparent. These same watercolors are also used to color negatives.

"Have you heard of the scratch board techniques (Fig. 3)? It is also used in commercial art. We use a two-layered board with a white shiny surface. Then we cover it with ink and scratch out the drawing in white or vice-versa.

"To fill in areas, like lines on a graph, there is a special paper available called 'Zipper tone'. You press the treated paper against your work and the image comes off.

"'Instant Lettering' works the same way (Fig. 4). These are a real boon to the artist. Before, it took at least a halfday to do some of this fancy lettering. Now it takes no time.

"'SANTA VISITS CHILD PSYCHIATRY HOLIDAY PARTY"

"But this is just a sideline. In Boston I worked for Harvard University at Beth Israel Hospital doing surgical research and operating the heart-lung machine in the laboratory and operating room.

"Now, I am doing full-time research in blood coagulation under Dr. Stanford Wessler, physician-in-chief, at Jewish Hospital."

"Secondly, just for fun, I would like to get away from painting details. I would paint something, not really abstract, yet representational. That's the trend today."

"Parties Enliven Childrens Holidays"

Two parties marked the holiday season for children in the Ellen Steinberg division of child psychiatry at Jewish Hospital. A "Holiday Open House" to introduce the staff and children's friends to their families, was held December 18, on the division. Decorations were made by the children.

A Holiday party with gifts from Santa Claus and a Mexican style pinata filled with candy, was held December 24. Gifts, from the staff and community, were delivered by George Horne, chief pharmacist.

On the air—Howard DeMere, originator of KSDK's "Digest" program, interviews Dr. Robert Goldstein, director, division of audiology and speech pathology, during a special 15 minute Digest program, December 16. Dr. Goldstein explained that audiometers measure by tones and speech, the depth of hearing problems. Actual high and low frequency tones projected by the audiometer gave the audience a chance for cursory hearing tests.

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Barbara Jances, director public relations
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