From earliest times, the red feather has been a symbol of service or achievement. Knights used to wear a red plume in their helmets to signify that they had performed an unusual act of chivalry. Ancient Chinese legends state that a robe of select red feathers could be worn only by that member of the community who had performed some outstanding service to his fellow-man. In Hawaii only the men of noble birth were permitted to wear red feather head-dresses. Here in America, the Red Feather has come to stand for America's warm-hearted generosity at Community Chest time. When the time comes to give to your Community Chest, give generously and wear the Red Feather proudly!
YOU CAN BE PROUD TO WEAR THE RED FEATHER!

On October 20, the Greater St. Louis Community Chest campaign for 1953 got underway. This year a record high of $5,553,000 has been set as the goal. Members of our medical center are in an ideal position to see tangible results of the Community Chest campaigns. The hospitals in our medical group are member agencies of the Community Chest and benefit from the funds raised each year in the annual Red Feather drive. The hospitals and clinic have conducted tours, sponsored by the Community Chest, so that other citizens may see first-hand the fine work being done in our medical center. We, as members of a Community Chest agency, can do much to further the success of the current campaign - not only through our generous contributions, but also by telling our friends and relatives of the work being done here and in the many other Chest agencies in the city and county.

All of us benefit from the work these agencies do. It would be strange, indeed, to live in a community without children’s homes, clinics, hospitals, neighborhood centers, summer camps, old folks’ homes, the Y’s, the Boy and Girl Scouts, and other Red Feather services. It has been said that democracy is at its best in the Community Chest because all segments of our population both give and receive. In a Chest campaign one will find - working side by side - labor and management, Protestants, Jews and Catholics, Negroes and white persons. The Community Chest is the American ideal in action!

The Community Chest idea was inevitable in the United States. Americans are too sensible to waste time and money by holding separate campaigns when the job can be done so much more economically and efficiently in one BIG campaign. A total of 103 health and welfare agencies, located in St. Louis and St. Louis County, are members of the Community Chest. If each of these agencies had a separate campaign, our citizens would be asked to give on an average to two different causes every week in the year.

Every agency which receives money from the Community Chest is asked to submit a budget of its total expenditures. This is carefully examined so that our community will receive the greatest possible amount of welfare care for every dollar spent. Through central budgeting of the one hundred and three agencies, duplications and waste are avoided and new or modified services are offered to meet the changing needs of the times.

From Connecticut to California and from Oregon to Florida, the Red Feather has become the flaming symbol of America’s warm-hearted generosity. You can be proud to wear the Red Feather!

Pledge cards will be distributed in all departments by the supervisors. Pledges may be made in one of three ways: by payroll deduction in one, two or three installments; by direct bill to the employee’s home; or by cash contribution.

On opposite page, a Community Chest tour makes the rounds of the Washington University Clinics.
KNOW YOUR STAFF

A dietitian who doesn't even own a cookbook for her personal use seems to be something of a paradox, but in the case of MARGIE STANTON, Main Kitchen Dietitian, this situation actually exists. Although she relies on a most complete recipe file in supervising the preparation of meals here at Barnes, Mrs. Stanton admits that, at home, her cooking technique is strictly of the "pinch of this" and "a dash of that" variety!

A native of Granite City, Illinois, where her mother, father and younger sister still make their home, Mrs. Stanton has been well-known in our medical group since 1948, when, as MARGIE HARTMANN, she got her first taste of hospital experience as a dietary extern during a summer vacation from Iowa State College at Ames. When she got her degree in Dietetics, she returned to Barnes Hospital in September of 1949 for a year's dietetic internship. She became Cafeteria Dietitian in 1950 and in April of this year, assumed the duties of Main Kitchen Dietitian.

Mrs. Stanton, whose first name is really Margie, and not Margaret or Marjorie as many people seem to think, has been married since April, 1951, to Dr. Mearl Stanton, a Pathologist at St. Louis University, whom she met at a party given by some of her fellow dietitians in the group. A blue-eyed blonde, Mrs. Stanton likes golf, tennis, bowling and reading, but admits that most of her free time is spent in polishing, sanding, painting and upholstering in her new apartment. One of her favorite household chores - believe it or not - is cooking.

SCHEDULE FOR EMPLOYEE SICK CALL

DR. HERMAN ERLANGER, Personnel Physician, has announced that employee response to the new schedule for employee sick call has been gratifying and has asked that the schedule be published one more time in the event that all the personnel are not aware of the new hours. The schedule which went into effect on September 15 is as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8-11:30 12-1 2:30-3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8-11:30 1-2 2:30-3</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8-11:30 12-1 2:30-3</td>
</tr>
<tr>
<td>Thursday</td>
<td>8-9:30 10:30-1 2:30-3</td>
</tr>
<tr>
<td>Friday</td>
<td>8-11:30 12-1 2:30-3</td>
</tr>
<tr>
<td>Saturday</td>
<td>8-11:30 No afternoon hours</td>
</tr>
</tbody>
</table>

Personnel working the night shift are to stay until 8:00 a.m. and will be seen ahead of all other patients so as to allow them to leave the hospital as soon as possible. The 2:30-3 shift is reserved for personnel working the evening shift. Employees who become sick or injured on duty will be seen promptly at any time. If a physician is not on duty, employees requiring immediate attention should go to the Emergency Division on the ground floor of Private Pavilion. Personnel who wish dental extractions must report to the Personnel Health Office at 9:45 or 1:00 on week days, and at 8:00 a.m. on Saturdays.

In addition to DR. HERMAN ERLANGER, DR. CHARLES ROSS and DR. J. MONTGOMERY SMITH will be seeing patients on sick call.
BARNES REPRESENTED AT MEETINGS THROUGHOUT THE COUNTRY

On September 25-26, DR. FRANK BRADLEY attended a meeting of the National Committee for Improvement of Nursing Service in New York City. The meeting was held in the Hotel New Yorker.

MRS. CORNELIA KNOWLES, Associate Director of McMillan Hospital, and MISS BERNICE THOMPSON, Assistant Superintendent of Nurses at McMillan, attended the convention of the American Psychiatric Association at Columbus, Ohio, on October 20. On October 27, Mrs. Knowles will go to Memphis to attend the Southeastern Institute for Hospital Administrators at the University of Tennessee College of Medicine.

MRS. VIOLA CHENEY, Director of the Medical Record Department, and MISS MARIE ZIMMERMANN, Barnes Medical Record Librarian, have just returned from the National Convention of Medical Record Librarians in Washington, D.C. Miss Zimmermann attended a Medical Records Institute prior to the convention. Following the meetings in Washington, Mrs. Cheney visited the outpatient department of the University of Virginia Medical Center, and from there went to Randolph-Macon Women's College at Lynchburg, Virginia, where she spoke to the students on vocational guidance.

Earlier this month, MR. JULIUS KRASNER, Laundry Manager, was elected Second Vice-President at the annual convention of Laundry Managers in Atlantic City. In the latter part of September, MISS GRACE HUEY, Associate Director of Maternity Hospital, visited the new maternity wing of Mt. Sinai Hospital in New York City. From September 28 through October 1, MR. HARRY PANHORST, Associate Director of the Washington University Clinic, was in Chicago at a meeting of the National Association of Clinic Managers.

CHAPLAIN GEORGE BOWLES was present at the (Continued on Page 8)

HOSPITAL RECORD CELEBRATES ITS FIFTH BIRTHDAY

Just five years ago today - October 21, 1947, to be specific - the first issue of the HOSPITAL RECORD was published. The first effort at an employee newspaper consisted of one mimeographed, typewritten sheet, with question marks where the name should have been. It was not until the following month that our newspaper received the name "HOSPITAL RECORD", the title it bears today.

The first issue, edited by MISS LIBBY SHANLEY, carried, among other items, the news that JOHN KEPPLE was the new Head Cashier in Barnes; GENEVIEVE BEAUBIEN had entered the hospital for a tonsillectomy; HENRIETTA BECKER had attended the American Dietetic Convention in Philadelphia; McMillan Hospital had just celebrated its fourth birthday; and the Community Chest was in the midst of its annual drive for funds.

In the intervening years, the HOSPITAL RECORD, like the hospital, underwent many changes. Its appearance has been changed, and it has grown in size to an average of ten pages per issue. The paper's present (Continued on Page 9)
BARNES PERSONALITY

ELEANOR REITZ, popularly known as NORA throughout the hospital, is the person responsible for the smooth-running operation of the central linen room at Barnes. Keeping track of the thousands of pieces of linen used daily in the hospital is obviously no small task, but it is one that Nora seems to take in stride, and, according to her supervisors, has turned in a consistently fine job ever since she joined our ranks back in 1938.

When Nora first came to Barnes, she was not a novice as far as nurse aide work was concerned, because prior to that, she had been a nurse aide at the State Hospital at Elgin, Illinois, and at Deaconess Hospital here in St. Louis. Starting as a floor attendant, Nora had experience in the Operating Room, 5200 Nursing Division, and Emergency before taking over her present job seven years ago. During the war, she left her job at Barnes for a couple of years to aid in the defense effort, but at the war's end, she came back “home” where she has been ever since. She is now classified as a Nurse Assistant.

Nora was born on her grandfather’s farm in El Paso, Illinois, and attended grade school and high school in nearby Marissa. It was in the middle 1930’s that she and her family moved to St. Louis. She has two married children, a son named George and a daughter named Margaret, who have presented her with seven fine grandchildren - her special pride and joy. Nora is mighty fond of children in general, because her spare time is often taken up with visits to local orphanages. For entertainment, she will take the Saturday night wrestling bouts on television. Her hobbies are her flower garden and needlework; her major interest, hospital work.

PATIENTS AT BARNES WILL HAVE OPPORTUNITY TO VOTE NOVEMBER 4

In the near future, patients at Barnes Hospital will receive cards on their trays reminding them that they can apply for a ballot and vote in the November 4 election even though they will be hospitalized and unable to go to their regular polling place on election day.

This is the first year in the history of the United States that persons who are ill or physically disabled may vote in a general election. A law was passed by the State Legislature in 1949, effective in 1950, providing absentee ballots for persons who are physically unable to go to the polls.

Patients desiring to exercise the right and privilege of voting will be given ballot request forms to be signed by their personal physician or the hospital resident. These will be mailed to the St. Louis Board of Election Commissioners or the St. Louis County Board of Election Commissioners. On or before November 4, absentee ballots will be mailed to patients eligible to vote in this election. On November 4, our notary public will witness the patients’ signatures on the ballots which will be mailed special delivery to the City or County Board of Election Commissioners. Residents from Missouri from outside St. Louis and St. Louis County may also vote in this manner by mailing requests for ballots to their local election boards and asking that the ballots be sent to them at the hospital.
the first black month after the United States entered World War II? It was during that month that army and navy medical units affiliated with the Washington University School of Medicine made ready for their forthcoming call to active duty.

On December 29, 1941, ceremonies were held in the main lobby of Barnes, at which time the Barnes Hospital Society presented American flags to General Hospital Number 21, made up for the most part of doctors and nurses of the Barnes Hospital group and commanded by DR. LEE Cady, and Naval Medical Specialists’ Unit Number 72 in charge of the late DR. FREDERICK A. JOSTES. Both these units expected to be activated immediately.

The gravity of the times was reflected in the solemn ceremonies, at which DR. CHARLES DUDEN, who was President of the Barnes Hospital Society, introduced the late MR. FRANK C. RAND, Chairman of the Board of Trustees of Barnes Hospital, who made the major address. DR. MALVERN B. CLOPTON, President of the Washington University Corporation, made the presentation of the Washington University colors to the Army and Navy units, and DR. BORDEN S. VEEDER presented the Joffre Flag to Base Hospital Number 21. The Joffre Flag had been presented to Unit 21 during World War I by MARSHALL JOFFRE and it had been taken to the Base Hospital in France. At the conclusion of the services, DR. FRANK TUCKER, who was District Superintendent of the Methodist Church, conducted the consecration of the colors. Shortly after this, Base Hospital Unit 21 was sent overseas where it was active in both North Africa and Italy.

(Continued on Page 10)
On October 13, Barnes Hospital was the scene of the meeting of the St. Louis Stewards' and Caterers' Association. Guest speakers were DR. FRANK BRADLEY, who spoke on "Hospital Administration: An Accident or a Career", and MISS HENRIETTA BECKER, who spoke on her recent trip to Europe. --- The annual fall mixer at the School of Nursing was a huge success. The nursing students entertained students from Washington University's Medical and Dental Schools, as well as students from the undergraduate school. Music was provided for dancing, and light refreshments were served. --- Congratulations to GEORGE ALLEN, Barber Shop Porter, who was married on October 12 to MISS CORRINE EARA. --- Two McMillan nurses have just returned from vacations: CAMILLE MISSEY, ENT Supervisor, had a wonderful two weeks in Florida, while DELORES NOVAK, Head Nurse on 700, enjoyed two weeks in California. --- Congratulations to DR. and MRS. SAM GUYER on the birth of their first child, a son named Karl, on the 20th of September. Mrs. Guyer was formerly Main Kitchen Dietitian. --- ANGELA HOLLIS, Barnes Medical Records, is flashing a lovely new diamond these days. She plans to be married to MR. AL BARTON on November 1, after which the couple will make its home in Springfield, Missouri. --- Back with us again are MIL-DRED BRADBURY, Executive Assistant in Barnes Admitting, who served for a time with the Navy Nurse Corps, and BOB REBER, Night Tab Operator in IBM, who was in the Armed Service for two years. --- MARGIE STANTON, Main Kitchen Dietitian, has returned from a week's vacation in Chicago with her husband, DR. MEARL STANTON. --- The Chief Dietitian at Good Samaritan Hospital in Portland, Oregon, was a visitor at Barnes on October 15-16, to inspect our airline-type food service. They have a similar food service at Good Samaritan Hospital. --- Congratulations to ALICE and BARNEY MARSHALL, who became the parents of a six pound, fifteen ounce baby boy on October 9 at Maternity Hospital. Mrs. Marshall was formerly Secretary to Dr. Bradley. --- Barnes Dietary Department recently won third prize and two honorable mentions in a photographic contest sponsored by the American Dietetic Association.

BARNES REPRESENTED AT MEETINGS
(Continued from Page 5)

meeting of the Missouri Conference of the Methodist Church at St. Joseph on September 23. On September 30, he went to Springfield, Missouri, for the Southwest Missouri Conference of the Methodist Church. On October 14-18, Jefferson City was the scene of the Annual St. Louis Conference of the Methodist Church. At all these meetings, Chaplain Bowles spoke as a representative of Barnes Hospital and the Golden Cross Hospital Charity Fund of the Methodist Church.

The thirty-fifth Annual Convention of the American Dietetic Association is being held at present in Minneapolis, Minnesota. The meetings, which are scheduled from October 21-24, are being attended by MISS HENRIETTA BECKER, Chief Dietitian, and MRS. HELEN STARCH, Dietary Educational Director. On November 10-14, Miss Becker will attend a Workshop on Man Assignment at Dearborn Inn in Dearborn, Michigan.
Modern life has produced many valuable benefits that we rely upon each day that we live. Too often we take these for granted and fail to realize that they came to us after the payments of great toil and consecration to beliefs that were born and nurtured in fertile minds. Any one of us could name many of these things upon a very few minutes of reflection, and likely it would be helpful to all of us to do just that once in a while. So much for that.

Some unwanted elements have also been produced by modern life as we find it. We have been told over and over again that our many gadgets and other creations of science have produced certain tensions that our forefathers did not have to endure. If this be true, let us not be too hasty to blame science and the ability of man to harness it. Rather let us take a little look at our ability, or maybe our inability, to adjust our characters to these gifts of productive minds and abundant natural resources put here for us. Tensions have been defined as anxieties and strained relationships with those about us. Who would say that these do not exist for all of us in some degree? The hermit might get along without them, but who wants to be a hermit? We like modern life, and it is worth the price that is necessary to weed out the elements that produce this unwanted stumbling block that sometimes gets in the way of happiness.

Granted that tensions do exist, how can we learn to handle them so that we become poised persons? In the first place, we must be willing to recognize that some might exist in our own personal lives, homes, social groups and areas of service. This is not a comfortable thing to do, of course, but unless we are willing to tackle it from this standpoint there is no use to keep the word in our vocabulary.

It seems that the thing of second importance is to discover a way of seeing that most tensions are of our own creation. Not all of them, but far too many. This step really does put each one of us on the spot, for no one of us desires to recognize a personal fault. It is very easy to disregard the old teaching that we should not think more highly of ourselves than we ought to think.

Most of the tensions of life are needless, unnecessary and dangerous, taking a heavy toll in health and peace of mind. In order to arrange our daily lives without them, it seems reasonable to say that the absence of greed, envy and hatred should help.

HOSPITAL RECORD BIRTHDAY
(Continued from Page 5)

form was adopted in November, 1949, and the next month, the first attempt at publishing pictures was made.

The HOSPITAL RECORD is your newspaper. The cooperation and interest of all the employees in supplying news and information for the paper is greatly appreciated and is absolutely essential in the task of publishing our house organ once a month. Our aim is to make the HOSPITAL RECORD better each month. With your continued help we can.

In a medical school, a student was having a hard time with his examination. It contained many questions that were too difficult for him.

He was asked, "how would you induce a copious perspiration?"

He wrote, "I would have the patient take the medical examination in this college."
WOULD YOU BELIEVE IT?

Did you know that in 1951, surgical operations and procedures performed in the Barnes group of hospitals totaled 20,480? In the surgical suites of Barnes and McMillan Hospitals, closely coordinated teams of skilled surgeons, nurses, and nurse anesthetists perform an average of 49-50 operations per day. When our surgical staff goes to work, the entire hospital is on the surgical team. At Barnes, a patient undergoing surgery is safeguarded by experts in all the medical sciences who pool their wealth of experience and work conjointly with the surgeon to effect his cure.

DO YOU REMEMBER - - -
(Continued from Page 7)

Shown in the picture are: Front row - from left: Former GOVERNOR HENRY S. CAULFIELD, LIEUTENANT COLONEL E. H. PERRY, COLONEL LEE CADY, the late MAYOR WILLIAM DEE BECKER, DR. CHARLES DUDEN, DR. BORDEN S. VEEDER, the late CHANCELLOR GEORGE R. THROOP, CAPTAIN G. F. SCHWARTZ, and the late COMMANDER FREDERICK JOSTES. Back row - from left: DR. CURTIS LOHR, MISS LOUISE KNAPP, DR. EVARTS GRAHAM, DR. PHILIP SHAFFER, and MR. ALBERT KELLER.

In the congregation of a church during Sunday morning service was a young bride whose husband was an usher. Becoming terribly worried about having left the roast in the oven, she wrote a note to her husband, sending it to him by another usher.

The latter, thinking it was a note for the pastor, hurried down the aisle and laid it on the pulpit. Stopping abruptly in the middle of his sermon to read the note, the astonished pastor was met with this written injunction:

"Please go home and turn off the gas."

A canny couple from Scotland, when on visit to London, took a journey in "T. Underground." While descending in the elevator, the old man was looking at a notice which read "Spitting strictly prohibited - penalty forty shillings," when his wife whispered to him:

"Eh, John! I think I'm gaen to be sick."

"No' here, woman! No' here!" cried John. "Look at the notice! It costs twa pound just to spit!"

"Look here," said the worried householder to the new maid, "why did you tell your mistress what time I came home last night when I asked you not to?"

"I didn't," replied the maid. "She asked me what time you got in, and I told her I was too busy cooking the breakfast to look at the clock."

A farmer was trying to sell his horse. After exercising it, he exclaimed to his prospective buyer:

"Don't you admire his coat?"

"Coat's all right," said the prospect "but I don't care for the pants!"