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THESE MEN FOUGHT TO GAIN OUR FREEDOM
LET'S STRIVE TO KEEP IT ALIVE
It is not enough for patients to have the best of medical care which includes the latest drugs that have been discovered through careful research but, in addition, they must feel that we are happy in trying to assist them in any possible way during their illness. A smile from you can so many times be just that one extra pill that the patient needs, and only you can supply it. It is very true that medicine and surgery must be used in many instances, but to let the individual know that we are here doing our utmost for his benefit is the one thing that we should always bear in mind and pass on to the patient, not necessarily in words, but in the most powerful way possible—by our actions.

It is true that many of the positions in the hospital are seemingly very routine and far-fetched from the actual care of a patient. Without some of us to do these so-called routine jobs such as dishwashing, cleaning, mending, clerical work, and many other positions, it would mean only one thing—the professional personnel would have to halt their important duties and do the things that the non-professional personnel perform daily. We can assist the doctors and nurses in their job of alleviating pain by performing our tasks more efficiently and cheerfully.

Do all of us know that when we work in a hospital we are working primarily for the welfare of the patients? Far too often we forget that the function of each position, no matter how remotely removed from the patient, is still one of the little cogs in a great wheel—the hospital. Each and every position in the hospital has been set up to perform a specific task that is of utmost importance to the successful operation of the hospital. No matter how small we feel that our positions may be or of how little value they may seem to us, we should stop to consider that, if we are not here to perform our duties efficiently, it slows down the operation of the department in which we work and, in turn, could easily decrease the many skillful performances that are a necessity within a hospital. We should never forget that all of us are playing a very important roll in the care of our patients, regardless of what duties we may perform.

MRS. OSCAR JOHNSON DIES AT 89

Mrs. Irene Walters Johnson, widow of Oscar Johnson and well known philanthropist, died at her home on January 18. Mrs. Johnson and her two sons gave $550,000 to Washington University for the establishment of the Oscar Johnson Institute for Medical Research, and in 1950, gave $240,000 to the university’s school of medicine for a rehabilitation center.

Mrs. Johnson, whose husband was one of the founders of the International Shoe Company, was a past president of the St. Louis Woman’s Club and active as patron of the arts.
WOHL HOSPITAL FEATURES MODERN GIFT SHOP

With the opening of the new David P. Wohl, Jr., Memorial Hospital in November, an additional service was initiated for the benefit of the visitors, patients, and employees of the Barnes Medical Center. This service is none other than the new Wohl Gift Shop.

The gift shop is modern in every respect and features many different items that cannot be purchased elsewhere in the medical center. Mrs. Lucille Bradley, Manager, tells us that the shop has been stocked with merchandise that will appeal to all age groups. When you enter the gift shop you find ultra modern ashtrays, wall plaques, small pieces of wrought iron furniture and other items for the home, as well as stuffed dogs and toys that children of any age would enjoy. The gift shop also boasts a wide selection of unique greeting cards. Of course, there are many other items from which to choose in addition to those mentioned.

If you have not as yet visited the new gift shop in Wohl Hospital, we suggest that you stop in and browse around. One hint, though, you had better take your purse along for we are sure that you will find something in all of the many gifts that you will want to take home with you.

Man is that peculiar animal who gets a hearty laugh out of an old family album and then looks in the mirror without so much as a grin.
KNOW YOUR STAFF

Marie Johnson, newly appointed nursing supervisor in Washington University Clinics, first saw the light of day in Litchfield, Illinois. It was there that she received her early schooling and upon graduation from high school, she entered nurses' training at St. Elizabeth's Hospital in Granite City, Illinois.

After receiving her diploma in nursing, Miss Johnson worked the next two and one-half years at St. Elizabeth's Hospital with the exception of one winter that she spent in Florida soaking up the sunshine. In September of 1949, Miss Johnson came to Barnes as a general duty nurse and was later transferred to Washington University Clinics. On March 1, 1951, she was promoted to head nurse of the Surgery Clinic and then on October 1, 1953, she was advanced to Assistant Supervisor and held this position until her recent promotion to Nursing Supervisor of the Clinics.

Miss Johnson says that she has very little time for hobbies since she is attending night classes at Washington University. However, she does like to travel and has (Continued on page 10)

PERSONALITY OF THE MONTH

After graduating from high school, Ida Mae McClain came to St. Louis to work. Shortly after she arrived here, she visited her niece who was a patient at Children's Hospital and decided that she would like to work in a hospital. She applied for a nurse aide position in Barnes and soon started to work. That was back in 1937, and since then Ida Mae has advanced to a Senior Operating Room Secretary. There her duties involve ordering supplies for the operating rooms, checking the operating schedule for the day, making out monthly reports and keeping the time for the nurse aides.

Mrs. McClain was born in Torch, Missouri, and her parents still live there. She usually goes there on her vacation and spends most of her time fishing and picnicking on the Current River.

Now that she has her own home, Ida Mae tells us that she enjoys working with flowers and as proof of that you can find fresh flowers in the operating room every day during the spring and summer. She also likes to sew, read, go dancing, and (Continued on page 7)
ANN PROCHASKA’S BETHROTHAL ANNOUNCED

Announcement has been made of the recent engagement of Miss Ann Prochaska to Wallace Philoon of St. Louis. The wedding is planned for April in St. Louis.

Miss Prochaska, Assistant Superintendent of Nurses in Wohl Memorial Hospital, is the daughter of Mrs. Frank Prochaska, Des Plaines, Illinois, and the late Mr. Prochaska. Mr. Philoon is the son of Major General and Mrs. Wallace C. Philoon of Brunswick, Maine.

The bride-elect, who is a graduate of West Suburban Hospital School of Nursing, Oak Park, Illinois, is also a graduate student at Washington University School of Nursing. Mr. Philoon is an alumnus of Bowdoin College, Brunswick, Maine, and received his doctorate in chemical engineering from Massachusetts Institute of Technology.

MARIE ZIMMERMANN TO MARRY WILLIAM BRANSON

Miss Marie Zimmermann’s engagement to William L. Branson was announced recently. Miss Zimmermann is the daughter of Mr. Charles J. Zimmermann and the late Mrs. Zimmermann. Mr. Branson is the son of Mr. and Mrs. William N. Branson of Indianapolis, Indiana.

The prospective bride, who is Director of the Medical Record Department in our medical center, received her Bachelor of Science degree in Medical Record Library Science from St. Louis University. Mr. Branson holds a Bachelor of Science degree in Business Administration from Indiana University, and is presently a student in the Washington University Course in Hospital Administration.

A June wedding is being planned.
BARNES FAMILY ALBUM

This solemn looking young lady was born and grew up in Choctaw Indian Territory. She entered training at Washington University School of Nursing in 1928, and has worked in our medical center ever since her graduation. Look on page 8 to see her as she is today.

FOUR DIETARY INTERNS COMPLETE TRAINING

The 1200 class room was the scene of the graduation program for four dietary interns on the afternoon of January 30. Mr. Harry E. Panhorst, representing Dr. Frank R. Bradley who was attending a meeting of the Society of Medical Administrators, presented the diplomas to the graduates.

The young ladies who completed their training were:

- Marrin Lilley
- Lois Mattson
- Louise Sanders
- Lena Williams

After the presentation of the diplomas, cake and coffee were served by the Dietary Department for the graduates and their guests.

Shown at the right is Mr. Harry E. Panhorst presenting the diplomas to the dietary graduates. From the left they are: Louise Sanders, Marrin Lilley, Lois Mattson, and Lena Williams.
MAKE TELEPHONE SERVICE BE A TWO-WAY JOB

Those in hospitals who use the telephone frequently can be of considerable help by becoming telephone conscious. Those of us who receive frequent calls should not wander away from our 'phone without seeing that someone is there to cover the incoming calls.

There are other different things we can do to help, they are:

1. Identification by name and department, eliminating "hello".
2. Saying "good-by" to signify end of conversation.
3. Answering 'phone promptly--within ten seconds of first ring if at all possible.
4. Explaining waits, so caller is not left dangling.
5. Offering to take messages if callee is not in.
6. Signalling the switchboard operator correctly (rhythmic up-and-down motion on hook), rather than fussy pecking or long deliberate pressing down of hook, which cuts off connection.
7. Asking if it's convenient to talk (a key point of courtesy commonly overlooked by 'phone users who may be interrupting an important conference).
8. Saying "thank you" and "you're welcome".
9. Replacing receiver gently.
10. Conducting the 'phone conversation with courtesy, tact, and interest in the caller's message or problem.

Condensed from "Office Management"
February, 1954

MRS. JULIA HOLLAND DIES

Mrs. Julia Rumsey Holland, a leader in the health field here for many years, died at her home on February 7. She was the president of the old Social Service Board of the Medical Social Service Department of Washington University Clinics and allied hospitals, a service which she helped organize. She was also vice-president of the Board of Managers of St. Louis Children's Hospital.

Mrs. Holland was active in the Missouri Association for Occupational Therapy, served as a member of the executive committee of the American Cancer Society, the advisory committee of the George Warren Brown School of Social Work, and the central budget committee of the Community Chest.

Mrs. Holland, who was the widow of Robert A. Holland, Jr., a prominent St. Louis attorney who died in 1933, is survived by two daughters, Mrs. David C. Clarke of Plainfield, New Jersey, and Mrs. S. Baldwin Garretson of Bronxville, New York.

PERSONALITY OF THE MONTH
(Continued from page 4)

to cook. She specializes in baking cookies which she usually gives to her friends.

When we asked her what her favorite foods were, she just closed her eyes and with that dreamy look on her face she said, "strawberries and ice cream". But she finally admitted that she was pretty fond of steak, too.

She says that she enjoys her work very much and that she is grateful for the many things that she has learned since working in our medical center. With her charming personality and ready smile we are sure that Ida Mae will continue to be a very important part of the operating division for many years to come.

*Breathes there a man with soul so dead,
Who hath never turned his head and said,
"U-m-m-m-m, not bad."*
What we are is determined, to a very great extent, by that which we believe. This applies to every area of life with which we are concerned - our home, our work, our play, and all human contacts we are privileged to make. For some strange reason, there are those who seem to think that beliefs have to do only with religion. Such is not the case, and this we soon discover in the process of every day living.

If beliefs had to do with religion only, we would not have the broad base of understanding that we need. After all, the teachings of religion are largely the outgrowth of a human longing to understand life and human relationships. A religious system of teachings could not have lived throughout the ages without the influence that has been exerted in the realm of meeting daily needs of the followers.

All human problems have not been solved, but which one among us would attempt to picture what the world would have been without any beliefs at all. We can say with certainty that it would have had more difficulties than we have known. Some have believed in high values at the cost of their very lives, and we have inherited the benefits of such stalwart characters. The fact is, no one of us is so lowly that his convictions do not count.

Our beliefs do things to us and for us; otherwise, they mean nothing. The child discovers this very early, and before long he is certain that what does or does not happen to him is the result of what he has believed. The degree of parental loyalty.

(Continued in next column)
OLD KING COLD REIGNS AGAIN

This is the time of year when "Old King Cold" is out to steal your time and your money. Figures vary, but it is safe to say that the common cold forces working men and women to forfeit millions of dollars annually in doctor's bills, medicines, and time out from their jobs!

While quite a good deal has been done to overthrow "Old King Cold", the battle is far from won. You yourself have the real weapons at your command to combat the common cold.

Here, for example, are just a few of the suggestions which may prove helpful to you in avoiding the common cold:

1. Stay out of crowds as much as possible when colds are going the rounds.
2. Do the best you can to avoid direct contact with people who have colds.
3. Use only clean eating and drinking utensils and your own toilet articles.
4. Be sure to wash your hands with soap and water before eating.
5. Get rest and relaxation and eat enough of the right kinds of foods every day.
6. Have chronic infections cared for by your doctor.
7. Keep warm and dry and avoid dampness or chilling, especially when you are overheated, and wear clothes suitable to weather conditions and to your activities.

You're not alone in your battle against the tyrant "Old King Cold". Medical science is at your side searching for secret weapons to help dethrone him. At the present time no sure cure has been found; nor is there any preventive available. Perhaps some day soon colds will no longer cause us so much discomfort and expense.

Often, despite all your precautions, you will find that you have come down with a cold. Then it is a problem of getting better as quickly and as safely as possible. Here is what to do:

1. Rest in bed as much as possible. If you must go to work, keep comfortably warm and dry, and avoid drafts and sudden chilling when overheated.
2. Eat simple foods which agree with you. Drink plenty of citrus fruit juices, water and other liquids.
3. (If a cold starts with chills, fever, or aching or seems more severe than usual, stay in bed and call your physician right away.)

Metropolitan Life Insurance Company

Smith: "Well, I must go home and explain things to my wife."
Brown: "What things?"
Smith: "How do I know?"

She was the kind you liked better the more you saw less.
Do you remember when the corner of Kingshighway and Euclid appeared as shown in the photograph above? One of the residences housed attendants who were employed in Barnes Hospital while the other was the home of the Assistant Superintendent. Missing from the picture are St. Louis Maternity Hospital which was completed in 1927, and McMillan Hospital and the Oscar Johnson Institute which was built in 1931.

KNOW YOUR STAFF

(Continued from page 4)

toured the United States, most of Canada, and two years ago took an extended tour into Mexico. She likes almost all sports and all types of music. She is just learning to cook and says she loves it, but we will bet that she doesn’t have many chances to practice on the art of cooking since she shares an apartment with two dietitians.

Angler: "You’ve been watching me for three hours. Why don’t you try fishing yourself?"

Onlooker: "I ain’t got the patience."

The girl, young and pretty, was about to take her first train journey alone. She had been warned by her mother to be very careful and not talk to strange men. At the station the porter asked: "Where are you going, Miss?" "To Los Angeles", she replied. So the porter put her on the train bound for Los Angeles. As it pulled out of the station, she sank back in the seat with a smile. "Well, I fooled him that time. I’m going to Boston."

Lecturer (in village hall): "Now you all know what a molecule is".

Chairman (interrupting): "Most of us do but perhaps you’d better explain for the benefit of those who have never been up in one".