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Bloodmobile Visit Dec. 5

The Red Cross bloodmobile will visit Barnes Hospital for the last time this year on Wednesday, December 5. Information about making a donor appointment will be available from supervisors prior to the bloodmobile visit.

Although the September blood drive was a success, with 73 productive donors, including 36 first-time donors, Barnes is still short of this year’s goal.

Anyone participating in the donor program is covered for all blood used by themselves and his household as well as parents and parents-in-law and grandparents and grandparents-in-law anywhere in the United States for a period of one year.

WUMC Re-Elects Rowland

Raymond E. Rowland, chairman of Barnes Hospital’s Board of Directors, was re-elected chairman of the Washington University Medical Center board of directors at its annual meeting September 11.

Dr. Samuel B. Guze, Barnes associate psychiatrist and president of the Medical Center board, also announced that WUMC had provided more than $6.3 million in free patient care during the past year. He added that 34 percent of all new outpatient visits in the greater St. Louis area were in the Medical Center, with City Hospitals receiving 17 percent; St. Louis University hospitals, 12 percent; St. Louis County Hospital, 7 percent; and all others 10 percent.

In reviewing the past year, Dr. Guze commented on the impressive growth of WUMC. “The most recent addition was the heliport, dedicated in June, which now qualifies this as a Class I emergency facility.”

“This year we also opened a new 427 car garage and Barnes is planning a 1,200 car sub-surface garage opposite its new East Pavilion,” he said.

He also commented on the program where Barnes Hospital, Children’s Hospital and the Medical School have joined forces to develop a combined autopsy service and transplantation unit known as CURE, the Clinical Unit for Recent Expirations.

Dr. Guze also expressed concern about recent governmental decisions which threaten to curtail research grants, but ended on an optimistic note, “So long as we all work together and continue to warrant and benefit from the generosity of the St. Louis community, the Medical Center will solve our problems, because we have the first rate people to do the job.”

Dr. Paul Marks Delivers Moore Memorial Lecture

The first annual Carl V. Moore memorial lecture was given September 21 in Clopton amphitheatre by Dr. Paul A. Marks, professor of medicine and vice-president for health services at Columbia University College of Physicians and Surgeons.

Dr. Marks’ subject, “The Thalassemia Syndromes—Genetic and Biochemical Aspects,” reflected Dr. Moore’s long interest in blood diseases. He was a pioneer in the investigation of iron deficiency anemia.

Prior to his untimely death from heart disease in August, 1972, Dr. Moore had been associated with Barnes Hospital since the 1930’s and had been physician-in-chief since 1964. He was head of the Department of Medicine from 1955 until the time of his death.

In conjunction with the lecture, a portrait of Dr. Moore by New York artist William Draper was presented to the medical school by Dr. James A. Wood, president of the Alumni Association.

Trauma Center

(Continued from page 1)

It concerns maternal and child health, and will strive to attack the problem of mental retardation and crippling diseases through its most basic causes—premature birth and other prenatal defects.

“In January, I will recommend authorizing legislation and appropriation of approximately $5 million to establish a statewide maternal and child health care program in Missouri. Our aid will be in the form of vendor payments, given to patients and administered by hospitals, clinics and other facilities which meet standards of eligibility.

Following the trauma center ceremonies, Governor Bond utilized the East Pavilion auditorium to hold a news conference regarding primarily the resignation of former vice-president Spiro Agnew, which had occurred the day before.

For the second time in its short life of less than a year, the East Pavilion lobby was the setting for an important ceremony. The trauma center dedication was held just ten months after the opening ceremonies of the East Pavilion last December 4 and 5.

This time, the rear of the lobby was the platform for dignitaries who participated in the event. (For its initial dedication, the East Pavilion’s front lobby was used, with a ribbon cutting at the front of the elevators.)

Either way, the lobby looks handsome. Governor Bond and other principals spoke from a lectern flanked by the flags of the states of Illinois and Missouri, and centered with a U.S. flag. The floral piece in front of the podium featured both state flags in the center with six U.S. flags edging the white football mums and red and blue carnations.

After the program, guests enjoyed refreshments at a table near the escalator centered with a arrangement of fall flowers and a pumpkin overflowing with fruit wedges and melon balls. An ice carving holding ivy sprays gave a special touch to the table. The Barnes dietary department under the direction of Mrs. Doris Canada and her catering manager Mrs. Eleanor Ferguson was responsible for the highly attractive table and delicacies which received many compliments from the guests and dignitaries.

The four St. Louis television stations (KMOX, KSD, KTVI, KPLR), both Post and Globe daily newspapers, and several radio stations and weekly newspapers were on hand to cover the event, along with Rex Ward, training director, who used his new videotape equipment to produce a tape which will be placed in the archives to permanently record this historic ceremony.
Construction Update

A shortage of fabricated hollow steel has delayed several of the construction and renovation projects now underway here, according to Chief Engineer Kurt Bemberg.

For instance, the shortage stalled work for about a month on the emergency rooms. However, demolition has been completed there and the fabricated steel is now on hand. Work is again underway with completion date still expected to be January 31, 1974.

When finished, the facility will house new x-ray equipment, new electrically isolated circuitry, a crash room for coronary patients, new waiting rooms and a new observation room.

Work on the third, fourth and fifth floors of Wohl Hospital has also been affected by the shortage, according to Bemberg. Demolition has been completed on the fourth and fifth floors but the lack of fabricated metal is causing delays in rebuilding. However, air-conditioning and plumbing work are running ahead of schedule there. Bemberg said he believed the December 31 completion date will be met.

Work on the new Clinical Unit for the Recently Expired (CURE) and the fifth and sixth floors of Rand Johnson is proceeding on schedule. The CURE unit will provide upgraded autopsy facilities.

All demolition has been completed in Rand Johnson but rebuilding has been complicated by the fact that everything done there affects the operating rooms. Consequently, crews have worked on several Sundays, the only time the operating rooms can be shut down completely. Meanwhile, according to Bemberg, the nursing staff in Rand Johnson has been extremely cooperative, even when plumbing service has been interrupted.

Staff Changes

The President's office reports the following persons on staff: Dr. William D. Owens, assistant anesthesiologist (effective September 1); Dr. Bruce Hookerman, assistant dermatologist (effective July 1); and Dr. Virginia Badger, assistant surgeon (effective August 21).

The following were reported off staff: Dr. H. R. McCarroll, Jr., assistant surgeon (on leave of absence from September 1, 1973 through August 31, 1974); Dr. Oscar Bolch, assistant obstetrician-gynecologist (resigned July 31); Dr. G. E. Torstenson, assistant radiologist (resigned August 31), and Dr. E. J. Potchen, associate radiologist (resigned September 15).

Barnes Secretary Wins

Donna Peck, secretary in Laboratories, recently published her solution to the "Problem" feature in Office Guide for Working Women, a magazine for women in business.

Her answer concerning what an employee should do about having to work an excessive amount of overtime at night was as follows:

"If the recent increase in overtime is only temporary, consider your supervisor's situation. She has a heavy workload that must be completed by a certain deadline so she has no alternative but to ask you to work overtime. In my opinion, two to three nights of overtime a week isn't excessive if it's temporary. If this is the case, I suggest you say nothing to your boss about the overtime interfering with your personal life and console yourself with the fact that it will be temporary.

"On the other side, if the overtime is permanent and several employees are asked to work late, suggest to your supervisor that perhaps your office needs an additional worker to help with the increased workload. Hiring another person would also be to your company's advantage since several employees working overtime at time-and-a-half costs more than one additional employee paid at a regular rate."

Retiree

Mary Conyers, who retired September 28 after 23 years at Barnes shows her service certificate to Doris Canada, director, dietary, and Joseph Greco, associate director. Mrs. Conyers began her work here in 1950 and had become noted for her tempting salads. She plans to spend a great part of her free time now on her property near Milliboro.

It seems likely that more work will be done around Barnes for some time. "The directors feel that Barnes must continue to set the pace," Bemberg pointed out. "To do this, our old facilities will have to continually be renovated and updated. But we will continue to update without affecting the efficiency of the hospital," he concluded.

Dr. Kipnis Addresses Barnes & Allied

"Peregrinations of a Clinical Chief" was the title of a presentation by Dr. David Kipnis at the fall meeting of the Barnes and Allied Hospitals Society Oct. 11.

Dr. Kipnis, who has just completed his first year as physician-in-chief at Barnes hospital, touched briefly on many matters of concern to him. "Peregrinations means 'ramblings,' and I promise to ramble," he said, as he outlined some imminent expansion and changes, particularly in cardiology, pulmonary disease and oncology.

"Very few institutions have, basically, as cohesive a group of physicians as this institution," he said. "When we analyze the contributions of all members of the staff we see the unique diagnostic and therapeutic capabilities here. This is an attractive and appropriate area for the finest kind of practice available," he said.

Internists in clinical practice now are teaching introductory medicine, Dr. Kipnis said. (Previously these were taught by research fellows.) He feels this will give students a better grasp of the field. House staff now attend the same panel of clinic patients for the two or three years they are at Barnes, which means better patient-doctor relationships and less time spent by the doctor in gathering background on a patient.

Tightening up of government money is a problem, Dr. Kipnis said. There are no new National Institutes of Health training grants. "However, all other grants applied for in our department still have been funded, which speaks well for the quality of our staff," he added.

Speaking for Barnes administration, vice-president John Warmbrodt said the centrex telephone system would be complete by Dec. 2. "This year calls are running fifteen per cent higher than last year," he pointed out. He told the group that the St. Louis Board of Estimate and Apportionment had okayed the announcement of bids for the underground garage across from Barnes Hospital Plaza and that the next step would be advertisement of the project for five weeks by the Board of Public Service. Barnes will bid on the job and is expected to be the only bidder.
"They won't even lie down for sutures," reports Dr. J. G. Probstein of professional hockey players.

It's not what you feel but how you feel about what you feel that determines the degree of pain you experience—that's the consensus of Barnes' doctors and nurses questioned about what pain really is.

Although everyone has experienced pain—and it is necessary for preservation of species—no one knows very much about it. An individual's threshold for pain, that point at which he begins to feel an uncomfortable sensation, is subjective and cannot be measured adequately. In laboratory tests, for example, it is common to get 15 different reactions ranging from "excruciating" to "mild" from 20 people subjected to identical controlled electrical shocks.

The patient's attitude has a lot to do with how he tolerates even the severe pain resulting from diseases such as cancer, herpes zoster, migraine or tic douloureux, perhaps the most intense of all physiologic pain because it is ingrained into the nervous system itself, according to Dr. George Klinkerfuss, associate neurologist.

"It is easier to tolerate an acute pain that one knows will soon be over than it is to tolerate a lesser pain that is not apt to go away soon," Dr. Klinkerfuss said.

He cited the Christian martyrs of earlier times as an example of how one can psychologically prepare himself to face inhuman torture apparently oblivious to pain. This is a form of self-hypnosis that has been evident through the ages—in the wild charges of the barbarian hordes, the stoic oriental acceptance of pain, or the Indian fakir on his bed of spikes. Pain, it seems, has always been what you make it.

Today there are several approaches to dulling pain or helping an individual to ignore it. Aspirin relieves pain where it is being produced and narcotics dull or alter the interpretation of pain in the brain. A counter-irritation or a disruption of the transmission system in the nerves to prevent the unpleasant sensation from reaching the cortex is another method. In extreme cases, nerves are sometimes severed, and a recent procedure is the implantation of an electrical stimulator that can be activated by the patient when pain becomes too intense. This sets off impulses that block incoming pain.

Psychological support and one's own attitude remain most important however. This is particularly true, according to Dr. Klinkerfuss, of headaches, whether migraine or the common tension type caused by muscle contraction constricting blood vessels.

If, as Dr. Klinkerfuss suggests, one concentrates solely on how much a headache hurts, it is going to hurt even more. On the other hand, someone who can force himself to concentrate instead on some external factor will find he has forgotten he has a headache. "There are those people who live with what others of us would term excruciating pain; yet they are able to function well. And then there are those with perhaps less cause for pain who experience disabling symptoms," he said. "We don't understand pain, but there isn't anyone who can't train himself to face it and overcome it, at least to some degree."

Although Dr. Klinkerfuss admitted statistics show that headache is more common in women than in men, he denied that this proved women had a lower pain threshold than men in general. "Women are conditioned to seeing a doctor by virtue of their having borne children, while men are frequently trained to feel that needing to go to a doctor is somehow a sign of weakness and they are trained from childhood to be big and strong," he said.

Some of the biggest and the strongest professional athletes, particularly those who play ice hockey or football. They have a reputation for being tough guys who are impervious to the pain felt by common mortals, and Dr. J. G. Probstein, assistant surgeon emeritus and team physician for the St. Louis Blues, is the first to agree with this assessment.

He believes hockey players, Canadian hockey players at least, have a peculiar threshold for pain that is the result of their early home life in the icy reaches of Canada where temperatures are often 30 degrees and more below zero. "It's an environment that doesn't make you soft," he said. "These guys come off farms or from mining areas where the weather is rough and the living is rough. They start playing hockey as soon as they can walk and their family doesn't expect them to moan if they get hurt."
players will ever submit to an anesthetic for sutures, no matter how severe the lacerations. “They won’t even lie down; they insist on sitting up and that sometimes makes suturing pretty awkward,” he added.

“They’re skin is no tougher,” Dr. Probstein said, “it’s their attitude that’s different.” Dr. Probstein, who is Jewish himself, offered this analogy, only partly in jest: “In Canada, when a 4 or 5 year old kid gets his first laceration playing ice hockey, it calls for a family celebration. It’s almost like the Jewish circumcision rites.”

Dr. Fred Reynolds, associate surgeon, and a team physician for the football Cardinals, agrees with his colleague that athletes probably have higher thresholds for pain and he too believes that it is possible to train oneself to not respond to a painful stimulus.

Dr. Reynolds points out, however, that those athletes with a low pain tolerance don’t make it all the way to the professional leagues. “First-class athletes have learned long ago to function in spite of pain,” he said. “They have had to acquire a tolerance because they receive so many injuries and that is part of the reason they have gotten to be where they are.” He also emphasized that the response to pain is individual and that there is no method of evaluating pain, although he admits there seems to be a different response to pain in men than in women. “But that is because a stoic attitude is expected of men and it is not socially acceptable to make a fuss,” he said.

Mrs. Zenobia Thompson, head nurse in delivery, has a slightly different thought on the subject. “I’ve wondered every now and then how a man would react to labor and delivery if he had to experience it,” she said. But she agreed also that fear heightens pain and overcoming fear and knowing what to expect enables one to cope with pain. “That is the basis for natural childbirth classes,” she said. “Once a person understands what is happening, the pain can be coped with. The enormous problem is overcoming the fear of pain.”

In her experience, Mrs. Thompson has found that the younger woman reacts more than her mature counterpart because “the young don’t seek to understand and are more apt to be scared.” She added that some men seem to almost feel the labor pains themselves as they react psychologically to their wife’s delivery.

An athlete who plays in spite of a painful injury or one who rejects a local anesthetic for sutures has much in common with the woman in labor who opts for natural childbirth — each has been sufficiently motivated to concentrate on something that is more important to them than pain, whether it be pride, a professional career, or the joy of seeing one’s baby born.
Employe Awards Dinner

Buzz from the boss
Bernice Scott, clinic cashier and Barnes' longest term employe with 45 years of service, receives a congratulatory kiss from Robert E. Frank, President.

115 years' service
Three Barnes employees with a total of 115 years at the hospital. They are (from left): Alice Marshall, administrative secretary (35 years), Florence Mueller, chief pharmacist (35 years), and Bernice Scott, clinic cashier (45 years). Howard Helmer and Augusta Jordan, each with 40 years' service, did not attend the dinner.

It is nice to be important but it is important to be nice
(Note: The editors felt the following verse, penned by Georgia Greer of the eye clinic, describes the Employes' Dinner more sincerely and completely than any story could.)

To Mr. Frank and Mr. Hanses, and the rest of the staff that thought of the Award Dinner September 28, 1973 in our behalf:
The party at the Chase Park Plaza on the Starlight Roof, will long be remembered in my Barnes Hospital book
It was a wonderful evening you sponsored for us pinning beautiful corsages which would have been enough
But everyone there knew each name it was spelled out clearly in the hall of fame
The hello's and smiles were all over the place because everywhere you turned there was a familiar face
The tables were beautiful and the food was good Everybody enjoyed it as I thought they would
The prayer that was prayed before and after the meal was timely and in order and I know it was real
When your name was called great big smiles and grins walking up to Mr. Frank to receive a beautiful pin
The administrative staff was in a long line congratulating you for your service and time
The warm hand shakes, hugs and kisses too, made me feel as if I was somebody new
The invitation, I know, was really a test to see the old employees at their very best
We have left the bottom and fast approaching the top, we will do our best until the signals say stop
Thank you very much for all the fun Thank you very much it was truly well done

Happy times
Rose Valle (15 years) puts an arm around Gladys Pauell (20 years) and Jay Purvis, associate director.
Sgt. Clint Mobley Completes Police Training Course

Sgt. Clint Mobley of Barnes’ Safety and Security department recently completed the Missouri Highway Patrol’s three-week course in police methods at the Patrol’s Jefferson City headquarters.

Sgt. Mobley was one of the first persons who was not a member of a governmental police force allowed to take the course, which is mandatory for most of the state’s police and sheriffs officers.

The course consisted primarily of classroom work, plus firearms and physical training. The nearly 40 students attended classes eight hours a day, four days a week, and ten hours a day on the fifth day. When not in class, they were housed in the Patrol’s dormitory.

The subjects covered in lectures, films and demonstrations included criminal law, criminal evidence, crime scene investigation, search and seizure, traffic control and accident investigation. All the subjects were taught by regular Highway Patrol instructors, who were experts in each area, Sgt. Mobley says.

“Security today is considerably more complicated than having some old guy walk around with a clock,” says Sgt. Mobley. Officers at Barnes write more reports per man—and on a greater variety of subjects—than does an average St. Louis patrolman, which is why a good understanding of all police procedures is essential here.

While Sgt. Mobley feels he benefited a great deal from the course, he says it also made him aware of just how much there is to learn. “For example, one of the most important things you can learn is how to make a case so it will stand up in court. This requires more than good police work, it requires a thorough understanding of the law,” he says.

Sgt. Clint Mobley

“Sgt. Mobley is the first of many Barnes officers we intend to send through the course,” says William Burkett, security chief, who convinced the Highway Patrol to accept Sgt. Mobley as a student. In addition to the Patrol’s course, other officers are enrolled in police science classes at nearby junior colleges. Special training is also provided within the department. “We are looking toward the day when we will have an entire force of completely trained officers,” chief Burkett says.

September Tribute Fund Gifts

The following is a list of honorees (names in boldface) and contributors to the Barnes Hospital Tribute Fund during September, 1973.

In Memory of:
Torrey Foster
Mr. & Mrs. James Alfring
Dessa Anne Gray
Dr. & Mrs. Harold Scheff
Mrs. Charles Brice
National Vendors
M. E. Lyndon Crews
Dr. & Mrs. Frank Shobe
Dr. & Mrs. Harold Joseph
Joseph Berger
Harry & Aline Holmes
Mrs. Terrye Balin
Catherine Beyer
Robert Rosenbaum
Dr. & Mrs. Harold Joseph
Mrs. Marion Weil
Dr. & Mrs. Harold Joseph

In Honor of:
Wishing Well Gift Shop
Anonymous
Obstetrical Research
Robert Srenco
Miss Rebecca G. Fisher
Burn Unit
Anonymous

Mrs. Evelyn D. Mitchell
O. A. Mitchell
Dr. Frank R. Bradley
Dr. & Mrs. Harold Joseph
Dr. & Mrs. Heinz Haffner
Vera L. Mayo
Dr. & Mrs. Fleming Harper
Mr. Norfleet H. Rand
Mrs. Paul (Jean) Kolker
Mr. & Mrs. R. T. Fisher
Catherine Beyer
Mr. & Mrs. Harvey B. Witcoff
Mr. & Mrs. Harry J. Holmes
Hospital Happenings

Sunshine yellow and orange bring a touch of cheer to the new “Information for Patients” brochure. Updated information, including the new centrex telephone numbers, are included.

Tom Calhoun, second year assistant resident, general surgery, has been named chairman of the house staff liaison committee.

Barnes Hospital will say “Thank You” to Volunteers at a reception Friday, November 16, from 5 to 8 p.m. in the Olin Penthouse. All Volunteers and their spouses are invited. Arrangements are being handled by Mrs. Gerald Canatsey, vice-president, program and hospitality, for the Auxiliary.

Eight members of the Barnes nursing faculty and one resident physician served as volunteers to take care of any nursing needs at the Bike-a-thon held in Forest Park, Sunday, October 14, to benefit the American Cancer Society.

The Reverend Robert Davis, Barnes chaplain, had the role of the “hero” in the 30-minute melodrama “Out of the Storm” on board the Delta Queen the weekend of October 14-15. The Queen’s journey to Hannibal and back was sponsored by the St. Louis Symphony Society.

James Cole, assistant night supervisor in the dishroom in Dietary died September 30. He was 21 years old.

Mary Zinser Receives Beckwith Award

Mary Zinser, a member of the August graduating class of the Barnes School of Nursing, was named recipient of the Beckwith award. She is the daughter of Tom Zinser, manager—in-patients, patients accounts.

The cash award, to be given this year only, was sponsored by the nursing students themselves to honor Bertha Beckwith, a nurse here for about 40 years and assistant director of the nurses’ residence at the time of her death last year.

The award honors the student who had contributed the most to the school by her school spirit, loyalty, and dedication. The selection committee, composed of three faculty members and three members of the personnel of the nurses’ residence, was appointed by the student council.

Nancy Langhorst received the Beckwith award at the June graduation.

Doctor’s Notes

Dr. Mark May, assistant otolaryngologist, was a member of the guest faculty for a postgraduate symposium on “Clinical Neuro-Otolaryngology” held October 11-13 at the Eye and Ear Hospital of Pittsburgh, Pa.

Dr. John Cooksey, assistant physician and associate director of the Irene Walter Johnson Institute of Rehabilitation, presented a paper on “Exercise Therapy in Cardiac Rehabilitation” at the Great Plains Heart Association meeting in Kansas City, Mo., September 22. Dr. Cooksey is developing a cardiac rehabilitation unit at Barnes.

Dr. Donald Strominger, assistant pediatrician, spoke on “Cystic Fibrosis in the Young Adult” at a symposium on respiratory diseases October 21 sponsored by the St. Louis Academy of Family Physicians.

RN Seris Honored

RN Ruth Seris, an instructor in staff development in Barnes’ nursing department and a captain in the Air Force Reserve, was honored recently along with other members of the 73rd aero-medical airlift squadron at Scott Air Force Base. Capt. Seris’ unit was named the Outstanding Aeromedical Evacuation Unit of 1973 by the Air Force Reserve.

The squadron, the only one of its kind in the Air Force Reserve, helps airlift Defense Department patients to and from military and civilian hospitals throughout the country for specialized treatment.

BARNES HOSPITAL BULLETIN

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