Meet The Trustees
Culver Wartime Aide To Famed British General

The Barnes Hospital Auxiliary will hold an election of officers, at its annual meeting April 15 at the Aquatic House of the Forest Park Zoo. Speaker at the 11 a.m. meeting will be Marlin Perkins, director of the zoo.

The annual meeting will be a box lunch. After the business meeting and lunch, members and guests will be given a tour on the zoo’s miniature railroad.

Present officers of the Auxiliary are Mrs. Robert L. Bence, president; Mrs. Robert Cochran, first vice president and Mrs. Spencer Allen, second vice president.

Gradwohl Alumni Honor Abernathy
Max Abernathy, chief technician of the Wohl Clinics Laboratories, will be presented with an Honor Society Key April 10 for outstanding achievement in the field of medical technology.

Dr. Furlow New President State Medical Association
Nursing School 1964 Activities
School of Nursing activities for the coming year were announced last month by Miss Elizabeth C. McIntosh, director of nursing education.

The student nurses’ Spring Concert will be held May 24 in Graham Chapel.

On June 13, the Junior-Senior Prom will be held at the Congress Hotel.

For the Class of 1961, Baccalaureate Services will be held August 23 at St. John’s Methodist Church. Commencement will take place August 27 at St. John’s. Senior Day will be August 26 and class members are requested to wear white uniforms. The Senior Breakfast and Senior Prom will be held on the same day. Terminal vacation for the Class of 1961 will start August 28 and end September 3. The official finishing date for the class will be September 3.

For the Classes of 1962 and 1963, the Changing of Bands will take place August 28. For the Class of 1964, orientation will be held September 3 with all formal classes beginning September 8. Capping program for the class will be held September 25 at the Medical School Auditorium.

MRS. SHAW HEADS VETERAN EMPLOYES
Mrs. Nellie C. Shaw, assistant supervisor in the Laboratories, marked her 20th anniversary of employment at Barnes during the month of March.

Mrs. Shaw was one of a group of seven Barnes employees observing job anniversaries last month.

Senior Nurse Assistant Mrs. Ethel Taylor completed her 15th year of employment at the Medical Center last month.

Ten years of employment were observed by: Miss Nancy McAdams, assistant chief technician in the Laboratories; Mrs. Agnes Knight, group leader in the Laundry; Mrs. Annie M. Pearson, tea assistant; Miss Carmen Wright, anesthetist, and Mrs. Marie J. Keran, accountant clerk.

Dr. Vermillion On Committee
Dr. Crofford O. Vermillion was appointed to the Medical Economics Committee of the Missouri State Medical Association at its annual meeting here March 10.

Dr. Vermillion is an associate director of Barnes Hospital, and has served as a member of the Third Party Payment Committee of the Metropolitan St. Louis Hospital Association and of the Missouri Hospital Association.
Why Barnes’ Phone Lines Are Busy

(The following report on the telephone situation at the Medical Center was given recently by Communications Coordinator C. E. Bopp at a meeting of Barnes department heads. It is reprinted here for your information and guidance.—Editor)

Sixty-five years ago, when the telephone was barely coming into general use, a business office in London, Ontario, tacked a card beside its telephone. The card read:

“We pay rent for this phone and it is for the exclusive use of work in connection with this business and for receiving orders from our customers.

“It must not be used otherwise by anyone except in cases of emergency.

“This phone is our most important instrument. When the line is busy our competitor very likely gets the order. You would not think of locking our front door. Then please do not block this phone longer than can be avoided.”

The importance of the telephone has increased manyfold since that card was printed. But the importance of the statements has not materially changed.

The telephone is the front door to our medical center. That door is locked by unnecessarily prolonged conversations of any kind and by calls which have no connection with our medical center.

The medical center rents telephone service in a large number of locations, numbering approximately 1175 stations and 450 extensions. The monthly rental is more than $11,000, which is not peanuts.

The type of service at each location can vary from a single instrument to a multiple of button instruments serving several individuals. Regardless of size, all telephone installations have problems with busy conditions.

If the only available station is busy or if all the available stations are busy, the result is the same—the caller cannot obtain a connection until the line he needs is clear.

There is no single formula for determining the number of trunk lines needed and it becomes a matter of experience and judgment based on studies made of actual usage. At present we have in service a total of 88 trunks, including 13 added during the past year. One trunk carries only one call.

This might sound like a lot of trunk lines but a breakdown of the types of trunks available shows differently. Of the 88 trunks, 41 are out-dial, 37 are two-way and 10 are combination. The out-dial trunks are used for dialing out of the medical center only. The two-way trunks are for calls coming into the medical center and for use by the operators in placing calls. The 10 combination trunks serve both purposes, but fortunately our equipment is such that there can be only 10 such combination trunks.

For telephone conversations within our center there are similar mechanical limitations. For any group of 200 stations, such as the 400-500 series, there can only be a limited number of calls originated at these stations at one time. The maximum number due to equipment limitations is 27. If there are 27 calls originated and a person attempts to place a call from another station, a dead phone will result, as there is no equipment available for this instrument.

Similarly, for any series of 100 stations, such as the 400 series, there can only be 10 calls dialed into this group at any one time. If someone attempts to place the 11th call, they will get a busy signal immediately after dialing the first number—thus indicating that all available equipment to dial this series is in use.

Continuing studies — made weekly — determine the usage of the various types of telephone equipment and show which type of service needs to be either expanded or regraded.

So, if you cannot get an open line immediately, be patient and consider the number of times you have tied up a line with unnecessary or overlong conversation. And, while you are waiting, make a mental note to always answer your phone promptly, keep your conversation brief and use public phones for all personal calls.

Dr. Hornbein Will Lecture At Kiel

Dr. Thomas F. Hornbein, who completed the first traverse of the hitherto unconquerable West Ridge of Mt. Everest last summer, will present an illustrated lecture about his top-of-the-world adventures at Kiel Auditorium April 17 and 18.

Dr. Hornbein made the traverse with his climbing companion, William Unsöld, as part of the 1963 American Mt. Everest Expedition sponsored by the National Geographic Magazine.

The lectures will be held at 8:30 p.m. Friday, April 17 and at 10:30 a.m., Saturday, April 18. Tickets are $5, $2 and $1 for the Friday lecture and $2 and $1 for the Saturday lecture.

Dr. Hornbein is a former Barnes Hospital-Washington University School of Medicine anesthesiologist.

Tickets may be obtained from the Missouri Historical Society at Jefferson Memorial and at all Famous-Barr stores.

The Barnes Hospital School of Anesthesia held graduation exercises for the Class of March, 1964. Front row: (l to r) Misses: Carol Bedman, Mary Shaver, Norma Patrick and Mrs. Judith A. Reinhardt. Back row: Mrs. Dean Hayden, Director; Mrs. Janet Harris, Miss Elna Koopman, Mrs. Clara Louise Wilson, Miss Karole Hardmon, and Miss Anita McGlynn, Educational Director.
Chaplain's Corner
By George A. Bowles

Every person lives under the influence of discipline in his life, or rather we should say that many different kinds of this element enter into the plans of most of us.

Some of these are exerted upon us by the society in which we live, some by the jobs we do, while others we make for ourselves. We have little or nothing to do with some of these.

Others are completely under our control.

We have grown up to object to the thought of discipline. As little children we thought of it as a word that meant the same as punishment, and very often we had a pretty good understanding of why it might be. The truth was, that far more often it was an expression of love and interest in our welfare. It was an element that was needed during the formative years of our development, shared with us by parents and others who had more insight and experience.

We never reach the point that it becomes unnecessary to discipline our thinking and our activities. Dr. Wm. Ousler, the great surgeon, used to tie knots in a string while riding in a fast car, to prepare himself to lean back and sleep.

The imposed disciplines upon our lives are generally the easier ones. Those that we have the privilege of forming come much harder.

We have to learn what to cull out as well as what to include, how to use time as well as how to waste it, and how to carry a responsibility as well as how to pass it by on the other side.

Five Are Promoted

Five Barnes employees were promoted during the month of March.

Clyde Turnbaugh, a foreman in Maintenance, rose to master mechanic.

Laboratory aide Helen Cade is now a BMR technician.

Ellen Bohac moved up from file clerk to credit secretary. Clerk-typist Jane Roberts became a dictaphone operator.

Escort Messenger Earl O. Anderson rose to evening supervisor.

Safety Tip

Keep fire exits in your area clear and unobstructed at all times.

Barnes Housekeepers Complete Special Training; Certificates of Achievement Awarded To Class

Seventy-seven Barnes Housekeeping employees won certificates of merit upon completion of their training program.

Seventy-seven Barnes Housekeeping employees received certificates of achievement March 13 after completing 20 classes in the Vestal Laboratories' Housekeeping Procedure Training Program.

The idea behind the program is not only the instruction of Housekeeping personnel in the latest methods and equipment of housekeeping, but also to instruct them in the importance of their functions to the overall hospital operation. We can always learn how to use our time to the best advantage. At the same time we can find a freedom to lean back and sleep.

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We have to learn what to cull out as well as what to include, how to use time as well as how to waste it, and how to carry a responsibility as well as how to pass it by on the other side.

The classes covered such phases of housekeeping as: proper use of cleaning equipment, materials and supplies; care and maintenance of housekeeping equipment; the professional approach to cleaning; the role of housekeeping on the hospital health team; responsibility to the patient; safety practices; personal hygiene, appearance and performance, and the importance of bacteria control.

"I feel these training classes have been of great value in teaching the employ the proper use of equipment and materials before the actual equipment and materials are put into use," Trulove said. "Without the classes preceding issuance and use of the equipment and supplies, we would have had waste through improper use due to lack of knowledge.

"We have now trained the majority of the employees on the night crew and also those assigned to McMillan, Maternity, Rehabilitation Building Area,

Wohl Clinics area and Buildings 2, 3 and 4." he said.

"We will repeat the same training program for all other buildings and areas of Housekeeping responsibility in April," he added.

In addition to the employee training program, a 10-session training program for all Housekeeping supervisors has been completed.

Supervisors were instructed in: the importance of representing management; improvement of interdepartmental relations; communication with employees; the art of supervision; employee relations and the training of new employees.

Supervisors were also instructed in the importance of inspections, reports and controls.

"This supervisory course has already paid big dividends in increased co-operation and interest within the supervisory group, Trulove said. "Our weekly supervisors' meetings show a healthy and vital attitude toward raising the level of housekeeping in all areas.

"The supervisors are all trying to put into action the principles offered in the course through detailed work procedures. The procedures clearly define for the employee exactly what is expected of him in each assigned work area. These procedures will be distributed to the proper persons—such as administration and the various department heads—so as to clearly inform all parties of what Housekeeping's responsibilities are in their respective areas.

The program was started December 23 by Donald Cook and Ford Leonard of the Vestal Laboratories, working with Executive Housekeeper Dillon Trulove. Vestal Laboratories presented the educational program at no cost to the hospital.

A total of 166 hours has been devoted to the training. A total of 95 employees have attended one or more of the classes.

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the wishing well gift shop

main lobby: barnes hospital
How To Stay Healthy On Job

Researchers say that the common cold is the most frequent cause of illness in offices and factories. Strokes, cases of illness, including colds, cause 20 times as much work loss as accidents.

You will be more likely to stay healthy on the job if you heed these eight tips:

1. Keep your distance from co-workers with colds. One sneeze can send billions of tiny germ-laden droplets as far as six feet away!

2. Use disposable paper cups, especially during the sniffles season. Dixie Cups in a handy, inexpensive wall dispenser help reduce germ-swapping in your home.

3. Report all tripping hazards to your superior — including welding lines, ropes and cable, which may be lying in wait across a well-trodden path. If you’re in the office, stoop a moment to pick up that loose rubber band from the floor—it’s possibly good for a spectacular skid.

4. If you work around wooden benches or desks, look for any raw edges and bind them with tape. Splinters can be painful and liable to infection. Ladies may also save themselves a pair of stockings by this foresight. This is strictly kid stuff—that lifting heavy loads fast is for the birds, no-hands on ladders is times as much work loss as accidents.

5. If you work around equipment which must be turned on and off—or with tools which might become fire hazards if left unattended—bind the handles with red tape. Splinters can be painful and liable to infection. Ladies may also save themselves a pair of stockings by this foresight. This is strictly kid stuff—that lifting heavy loads fast is for the birds, no-hands on ladders is times as much work loss as accidents.

6. Eat a nourishing lunch in peace, instead of rushing around doing errands and shopping. Industrial accident figures show that most accidents are caused at times when employees are hungry and consequently have low blood sugar levels—at 11 o’clock in the morning and around 3 o’clock in the afternoon.

7. Don’t encourage the employee who likes to show off. Show him you think horse-play is “kid stuff”—that lifting heavy loads fast is for the birds, no-hands on ladders is times as much work loss as accidents.

8. Though the hours after quitting time are your own, your job will be easier—and your general health better—if you don’t stint on sleep. This is especially true near the end of the week when fatigue is prone to catch up with you. Planning on going to bed early Thursday night may help you enjoy Friday night and the week-end more, leaving you with more energy for leisure-time fun.

Many Factors Behind Rising Hospital Costs

High hospital costs result from wages, equipment purchases, patients’ demands and lack of automation, Barnes Director Emeritus Dr. Frank R. Bradley told the Missouri State Medical Association last month.

The panel of which Dr. Bradley was a member felt that much criticism of hospital care bills is unjust because many people are unaware of today’s hospital’s expenses.

Hospitals cannot use the more efficient assembly line techniques of industry, Dr. Bradley said, because a patient requires individual care from many people. This type of care costs money, he said.

Patients expect hospitals to be like their homes, he said, and demand air conditioning, television, choice in food and other luxuries. These cost money, he said, even though the effect on the patient’s recovery “is debatable.”

Medical equipment and supplies cost enormously, he said, but hospitals must maintain large standby supplies at all times.

Hospital costs are often beyond the control of the hospital administrators, he said, and often outstrip medical insurance coverage.

This leads to criticism of the hospitals by both patients and insurance men, Dr. Bradley said.

Inspector Visits

Dr. Thomas Burford, inspector for the Joint Commission of Accreditation of Hospitals, visited Barnes March 12, 13 and 16.

Dr. Burford visited the majority of the nursing divisions and operating departments of the hospital, reviewing their operations to determine that they are in accordance with the operating practices of the commission.

Barnes Hospital Plaza
St. Louis, Mo. 63110

TRUSTEE
(Continued from page 1)
poration, director and officer of the Culver Education Foundation, and a director of the St. Louis Symphony Society.

He is president of the Board of Trustees of the St. Louis Public Library, a member of the Parks and Recreation Department Advisory Board and a member of the Museum of Science and Industry Advisory Board.

Culver is also a former director of the St. Louis Chamber of Commerce and the Automobile Club of Missouri.

He presently holds memberships in the St. Louis Country Club, the University Club and the St. Louis Racquet Club.

Once a golf enthusiast, Culver now limits his recreational activities to photography. “I like to like golf very much, but have so little time for it that what I do can hardly called golf,” he said.

Culver, his wife and their children live in St. Louis.

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Sixteen students became Nurse Assistants after completing their courses in March. Front row: (I to r) Lenora Smith, Ernestine Morgan, Sharon Hollis, Whitesides and Maxine Hudson. Back row: Roberta Cunning, Kay Francis, Gwenefoly Jackson, Alberta Rose, Juanita Townsend, Mathilda Antonow, Eunice Couts, Agnes Ford, Mamie Thompson, Luvenia Anderson and Velma

BARNES HOSPITAL
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