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Dr. Evens On "Today" Show

Dr. Ronald G. Evens, Elizabeth Mallinckrodt Professor and Director of Mallinckrodt Institute, was a guest on the NBC "Today" show, October 18. He was asked to appear because of his role as an authority in computed tomography scanning and because of the renown of Mallinckrodt Institute, which was one of the first institutes in the world to receive the EMI scanners. The interview was conducted by Dr. Frank Field, science editor of the NBC network, and Tom Brokaw, host of the "Today" show.

Appearing with Dr. Evens was Dr. Sidney Wolfe, head of a Ralph Nader health study group and Dr. David Banta of the Technological Assessments Office. Dr. Wolfe stated the body scanner was unproven in its value and too expensive for the general public.

Dr. Evens presented the other side of the issue. He explained that there is quality control of the body scanner in an institution such as Mallinckrodt, making it impossible to use it as a "get rich" measure. He also pointed out the value of the scanner as a non-invasive approach to treatment, citing the example of a young boy from Children’s Hospital who avoided a pneumoencephalogram through use of the body scanner.

He stressed, however, that the scanner is not a panacea. "People occasionally might expect too much from it. It’s certainly not the same thing as taking your car through a diagnostic clinic," said Dr. Evens.

The Mallinckrodt Institute currently has two machines of both the EMI brain and body scanners which perform 35 computed tomography scans daily.

Cancer Information Center

The Division of Radiation Oncology has started work on a Cancer Information Center to be located on the first floor of Barnard Free Skin and Cancer Hospital. The Center will serve the dual purpose of providing cancer-related educational materials to the public and serving as a small reference library for professionals. The front portion will be open to the public and will offer a full range of print and audiovisual instructional material, much of which will be provided by the American Cancer Society. The Center will be open to the public during business hours, with a receptionist on hand to help direct people to the appropriate sources of information. The rear section of the Center will house a reference library and slide collection for use by physicians, nurses, and technologists.

First C T Course, A Success

On October 29-31 the Mallinckrodt Institute of Radiology sponsored a post graduate course in Computed Tomography of the Head and Body at the Chase Park Plaza Hotel in St. Louis. The faculty included members of the staff of the Mallinckrodt Institute as well as eight nationally recognized leaders in CT from other university centers. This was one of the first meetings to devote a significant proportion of its time to CT scanning of the body. Previously unreported data related to efficacy and accuracy of CT scanning of the pancreas and liver were reported by Dr. Pat Sheedy of the Mayo Clinic and Dr. Robert Stanley of Mallinckrodt. New applications of intravenous contrast media in CT of the body was reported by Dr. Melvyn Korobkin from the University of California, San Francisco. Economic factors and cost/benefit ratios were featured in an outstanding paper presented by Dr. Ronald Evens. Other previously unreported data included a comparison of ultrasound and CT, performance characteristics of the various CT units commercially available, applications to radiation therapy, and physiologic factors related to CT scanning of the brain. The Mallinckrodt faculty included, John Eichling, Ph.D., Ronald Evens, M.D., Guillermo Geisse, M.D., Michael Mikhail, M.D., Carlos Perez, M.D., Barry Siegel, M.D. and Michel Ter-Pogossian, Ph.D. The guest faculty included David O. Davis, M.D., George Washington University Medical Center, John Haaga, M.D., Cleveland Clinic, Sadel K. Hilal, M.D., Columbia Presbyterian Medical Center, Melvyn Korobkin, M.D., University of California San Francisco, Edwin C. McCullough, Ph.D., Mayo Clinic, Paul New, M.D., Massachusetts General Hospital, Patrick F. Sheedy, M.D., Mayo Clinic, and Juan M. Taveras, M.D., Massachusetts General Hospital. The course directors were Mokhtar Gado, M.D., Stuart S. Sagel, M.D. and Robert J. Stanley, M.D.

The course was well attended and enthusiastically received. Sessions started at 8 a.m. all three days and early morning attendance was remarkably good.

DELIVERS ADDRESS

Dr. Robert Stanley recently addressed the California Academy of Medicine in San Francisco on the Efficacy of CT in the Body and participated in the Rush Medical College, St. Luke’s Presbyterian Hospital Post Graduate Course on CT in Chicago. He was invited by the Medical Society of Anchorage, Alaska to give an address on matters relating to CT. While in Anchorage he traveled to McKinley Park to photograph Mt. McKinley and came back with some interesting eskimo artifacts.
Armand Diaz, RN, RT, FASRT

A “Personal Image” of Armand Diaz, Technical Administrator of Mallinckrodt Institute of Radiology and Director of Education and Lecturer in X-ray Technology at Washington University School of Medicine, was featured in the September-October, 1976, issue of Applied Radiology.

Cited as one of the most active U.S. technologists involved in the move to upgrade the status of RTs, Diaz states, “We tried more education; that alone didn’t help. Those of us who continue in college should go the academic route with a major and a minor not in radiologic technology, but perhaps in business administration or education. Only clinical training need be done at the hospital level.”

Diaz considers the combination role of registered nurse and registered technologist as one of key importance on the medical team. He advocates a new curricula for technologists incorporating additional training in such areas as physics, math, statistics, computer science, pathology, and microanatomy. By reflecting the technical changes taking place in the field, a new curricula would benefit the technologist, the patient, and everyone else.

“If we learn physics in an academic setting, we can learn the principles that will allow us to understand the new equipment, not just which buttons to press. We need to know more statistics, which require a healthy math background, so we can determine if the equipment is working right,” says Diaz. He stresses the need for technologists to understand the function as well as operation of machines for utilizing the units to the maximum and avoiding mechanical breakdowns.

Diaz adds that technologists’ salaries have recently become competitive with those of industry but that in order for people to remain in technology they need a certain amount of freedom and responsibility. “A professional is an individual who is allowed to make decisions based on his own training and competence with those decisions reviewed by his peers.”

The article was sparked with Diaz’s opinions, based upon his 27 years of experience in medicine and private industry, on many vital issues in the field of radiology and radiologic technology such as:

- Sees stringent peer review and continuing education as the answer to the malpractice crisis.
- Supports government control on behalf of radiation safety, particularly in smaller institutions and private offices.
- Stresses meaningful research programs in radiology need the support of government, industry, and equipment manufacturers.
- Recommends licensure of technologists replace the Registry.
- Sees need for more trained health administrators to oversee the national health insurance program of the future.
- Foresees a shortage of technical manpower to handle the new CT technology in addition to routine diagnostic procedures.

Born in Cuba, Armand Diaz, both a registered nurse and a radiologic technologist, was educated at the University of Havana and came to this country in 1947. He is a member of the Missouri Society of X-Ray Technologists as well as three other state societies, the Association of University Radiologic Technologists, and holds a fellowship in the American Society of Radiologic Technologists. His attractive wife is a successful real estate broker and they have two daughters, ages 13 and 17.

In the article, he is revealed as a man of many facets, fiercely patriotic, holding strong views on every current issue, and with a life-style encompassing teaching and administrative duties, family activities, hunting trips, and reading Spanish and French poetry.

Letters of appreciation in response to the article have come from physicians, administrators, technologists, and persons in industry.

Leonard Lopez, Administrator of the Department of Laboratory Medicine, Johns Hopkins Hospital, urged him to consider putting his thoughts and ideas in a book for utilization as teaching materials for future radiologic technologists.

R. A. Falcinelli, Regional Manager of Dupont, wrote, “It is an honor richly deserved to an outstanding person. . . . You are a national leader in your field and you have brought credit to your outstanding institution, the Mallinckrodt Institute of Radiology.

And from all of us at Mallinckrodt, “Congratulations, Mr. Armand Diaz!”
DIAGNOSTIC RESIDENCY
The diagnostic residency program is directed toward giving all residents comprehensive training in the basic foundations of diagnostic radiology, while also providing flexibility to allow the needs and goals of each resident to be met on an individual basis. The basic offered program is a three year program in diagnostic radiology. Many residents spend their first year (intern) in radiology and optional years are available in many specialty areas.

Dr. Marilyn Siegel, Co-Chief Resident consults with Dr. William Murphy in the Bone and Joint viewing room.

Dr. Gary Shackelford, right, reviews films with Dr. Philip Weyman, second year resident.

DIVISION OF NUCLEAR MEDICINE
Distinct from the three month residency rotation in Nuclear Medicine, the National Institutes of Health have funded a one or two-year training program in Radiology (Nuclear Medicine) designed to provide specialized knowledge in the clinical application of radio-nuclides and research methodology.
RADIOLOGY ELECTIVE FOR MEDICAL STUDENTS

Approximately 50 per cent of the student’s time is spent in lectures emphasizing the principles of general radiology. The remaining time is spent on subspecialty radiology rotations under the direct supervision of a senior faculty member.

DIVISION OF RADIATION ONCOLOGY

In addition to the one year combined residency in diagnosis and therapy, the Division of Radiation Oncology offers a training program consisting of three years of clinical and experimental radiation oncology and designed to produce radiation therapists. Within the Division, the Cancer Biology section training program includes graduate school courses, a three month laboratory course of cancer biology for the Radiation Oncology Training Program, and a medical student program of combined clinical and laboratory experience during the summer months of each year. The Radiation Physics section offers training programs applicable to the therapeutic uses of radiation.

CITY-WIDE

A city-wide conference is sponsored by the department each month with nationally known radiologists invited as guest speakers.

THE DIVISION OF RADIATION PHYSICS

The Division actively participates in the training of residents in Radiology. Lectures are presented once a week, and staff members of this division collaborate with radiology residents in joint research projects.
CONFERENCES
Numerous specialty conferences are held every day within the department and in cooperation with other departments. A noon department-wide conference is held each day under the auspices of one of the subspecialty areas of diagnostic radiology.

Drs. Judy Destouet, William Berkman, and Fred Oakley attend noon conference presented by Dr. Stanley P. Bohrer, Professor and Head of the Department of Radiology at the University of Ibadan, Nigeria.

Drs. W. Bob Davis, Premlall Gukhool, and Philip Shalen attend a noon conference on “Tropical Diseases of Bone and Joints.”

FELLOWSHIPS
Both clinical and research fellowships are available in certain subspecialty areas of radiology and in the graduate M.S. and Ph.D. programs.

Dr. Robert Lenobel, first year resident and Dr. Philip Shalen, fellow in radiology, in the Neuroradiology viewing room.

WENDELL G. SCOTT LECTURE
Friends and colleagues have established a living memorial to his loyalty and excellence in the Wendell G. Scott Annual Lecture at the Mallinckrodt Institute of Radiology.

VISITING FELLOWSHIP PROGRAM FOR PRACTICING RADIOLOGISTS
The program offers individualized courses in diagnostic techniques, arthrography, nuclear medicine, radiation oncology, cranial computed tomography, and abdominal ultrasound and is designed to afford practicing radiologists an opportunity to gain information about new techniques or improvements in old techniques by personally interacting with our staff radiologists. The course is a part of the ACR Postgraduate Medical Education Program.

Dr. Robert Stanley, seated, and Dr. Stuart Sagel, 2nd from right, discuss Computed Tomography with visiting radiologists.

DIAZ PROFESSIONAL EDUCATION LECTURESHIP
This annual lectureship was created for the purpose of bringing nationally prominent speakers to the district level and exemplifies the need for increased education and professionalism within Technology.

A capacity audience attends the 4th Annual Diaz Professional Lecture in Scarpellino Auditorium.
RADIOLOGIC TECHNOLOGY
This two-year program includes approximately 600 hours of course work and tours of duty in the various sections of the Department for practical experience amounting to 30 contact hours a week.
One-year (AMA approved) postgraduate courses are offered in Nuclear Medicine and Radiation Therapy.

Gary Brink, R.T., Chief Technologist, instructs second year technology students in myelography.

CITY-WIDE RADIOLOGY CONFERENCE
St. Louis, Missouri
Scarpellino Auditorium, Mallinckrodt Institute of Radiology, 5:30 P.M.

1/10/77 Evaluation of the Biliary Tree
Robert N. Berk, M.D.
Professor and Chairman
Department of Radiology
University of Texas Southwestern Medical School
Dallas, Texas

Drs. Myo Kyaw & Gene Davis
Radiology Department
Christian Hospitals

2/14/77 Esophageal Ulcer Disease
Sumner Holtz, M.D.
Chief of Radiology
St. Luke's Hospital

Drs. John Fries & James Martin
St. Anthony's Hospital

3/14/77 Body Computed Tomography
Stuart S. Sagel, M.D.
Robert J. Stanley, M.D.
Associate Professor of Radiology
Mallinckrodt Institute of Radiology

Drs. Stuart Sagal & Robert Stanley
Mallinckrodt Institute

4/11/77 Osteophytes, Syndesmophytes and other "Sights"
Donald Resnick, M.D.
Assistant Professor of Radiology
University of California, San Diego, and Chief, Orthopedic Division of Radiology
Veterans Administration Hospital
San Diego, California

Drs. Louis Gilula & William Murphy
Mallinckrodt Institute

5/9/77 Newer Trends in Mammography – Medical and Physical
William A. Murphy, M.D.
Assistant Professor of Radiology
Mallinckrodt Institute of Radiology

Dr. Armand Brodeur & Staff
Department of Radiology
St. Louis University Hospitals
Scouting Awards to Young Ron Evens

Ron Evens, the 14 year old son of Dr. and Mrs. Ronald Evens, received scouting's highest recognition, the Eagle Award, at a recent Court of Honor of Boy Scout Troop 457. Mr. Mel Loewenstein, Director of Field Services and Assistant Scout Executive for the St. Louis Area Council, Boy Scouts of America, conducted the award ceremony. Ron, who attends North Kirkwood Junior High, earned 24 merit badges and organized and worked on service projects for the Glendale Presbyterian Church and First Presbyterian Church of Kirkwood. He is a Brotherhood Member of the Order of the Arrow.

In addition to the Eagle Award, Ron Evens was named the "outstanding scout" of Troop 457 and was elected Senior Patrol Leader. Troop 457, with a membership of 34 young men, is sponsored by the Tillman School P.T.A. in Kirkwood.

"Like Father, Like Son"

These awards are reminiscent of another young man, who, when he became director of Mallinckrodt Institute at the startling age of 31, cited one of the most important milestones in his life was becoming a Boy Scout. Dr. Ronald Evens was an Eagle Scout at 13, and Chief of his Order of the Arrow lodge.

"I owe a lot to Scouting," said Dr. Evens. "It taught me many things, enabled me to travel to world jamborees, and two men in the Scout office in St. Louis, Russ Hart and Mel Loewenstein, were responsible for my making the transition from small town to big city."

Heartiest congratulations to young Ron on his well-deserved recognition and to his parents.

Advanced Degrees

Linda Knight, research associate in nuclear medicine, received her Ph.D. in Nuclear Chemistry from Washington University in October. Dr. Michael Welch directed the research for her dissertation, "Radiohalogenated Proteins: Preparation and Properties."

Helen Fotenos, dosimetrist in radiation oncology, will receive her M.A. degree in Health Facilities Management from Webster College in December.
RSNA, 1976

Chicago, Illinois November 14 -19

The program agenda of the 62nd Annual Scientific Assembly of the Radiological Society of North America included the following contributions from the Mallinckrodt faculty and residents:

**REFRESHER COURSES**

- "Cerebral Angiography," Mokhtar Gado, M.D.
- "Economic Aspects of Computed Tomography," Ronald G. Evens, M.D.
- "Whole-Body Computed Tomography: Anatomical Considerations," Robert J. Stanley, M.D., Stuart S. Sagel, M.D.
- "Radionuclide Brain Imaging," Barry A. Siegel, M.D.

**PAPERS:**

- Stuart S. Sagel, M.D. — "Computed Tomography of the Kidney".
- Robert J. Stanley, M.D. — "Computed Tomography of the Pancreas".
- R. Gilbert Jost, M.D. — "Computed Tomography of the Thorax".
- Robert G. Levitt, M.D. — "Computed Tomography of the Biliary Tract".
- Lance Lembeck, M.D. — "Application of Computed Tomography to the Musculoskeletal System".

**PAPER AND EXHIBIT:**

- William A. Murphy, M.D. and Katherine De Schryver-Kecskemeti, M.D., "Isolated Clustered Microcalcifications in the Breast: Radiologic-Pathologic Correlation".

**EXHIBITS:**

- Louis A. Gilula, M.D., Tom W. Staple, M.D., and Charles B. Anderson, M.D., "Venous Angiography of Hemodialysis Fistulas — Experience with 72 Studies".
- Louis A. Gilula, M.D., "The PA Wrist View: Key to Complex Carpal Trauma."
- William A. Murphy, M.D., and Marilyn J. Siegel, M.D., "Elbow Fat Pads: New Signs and Extended Differential Diagnosis."
- S. S. Sagel, M.D., R. J. Stanley, M.D., and R. J. Levitt, M.D., "Computed Tomography of the Chest and Abdomen using the EMI Scanner."

1976 ASTR Meeting in "Exciting Atlanta"

The following Division of Radiation Oncology staff members participated in the 1976 meeting of the American Society of Therapeutic Radiologists, October 13-15.

**PAPERS:**

- James Marks, M.D. — Natural History and Treatment of Cerebellar Sarcomas.
- C. A. Perez, M.D. — Dosimetric Considerations in the Treatment of Carcinoma of the Vagina.
- C. A. Perez, M.D. — The Cobalt 60 Strip Technique in the Management of Carcinoma of the Ovary.
- Carlos Rozenbom, M.D. — Treatment of Cancer of the Base of the Tongue.

**REFRESHER COURSE:**

- James Purdy, Ph.D. and G. P. Glasgow, Ph.D. — Fabrication Techniques, Dosimetry, and Safety Considerations Concerning the Use of Low Melting Alloy Shielding Blocks, presented by Dr. Purdy.

**SCIENTIFIC EXHIBIT:**

- Donald Ragan, Ph.D., C. A. Perez, M.D., James Purdy, Ph.D., Robert Stanley, M.D., Bob Baglan, M.D. — The Role of Computed Tomography in Radiation Therapy.

The 1976 ASRT included for the first time a program for registered therapy technologists. Bettye James, Technology Supervisor in Radiation Oncology, gave a lecture on "Methods of Immobilization: Bite Block for Treatment of Head and Neck Tumors and Lite Cast for Pediatric Immobilization."

Although staff members attending the meeting addressed themselves to a serious agenda of papers, discussions and refresher courses they could not overlook the vibrancy of Atlanta which was obvious wherever they turned. Among the new buildings majestically standing in the downtown area are the 70-story Peachtree Plaza Hotel, a soaring glass silo which is the world’s tallest hotel, and the vast Omni Complex which includes the World Congress Center, an olympic size ice rink, a spectacular hotel, and the Omni shopping and entertainment center housing The World of Sid and Marty Krofft, the world’s largest indoor family entertainment facility.
Dr. G. Leland Melson served as Visiting Professor of the Buffalo New York Radiological Society on Nov. 8 delivering two lectures throughout the day to residents on “Radiological Evaluation of Renal Trauma” and “Perspectives on the Future of Angiography” and addressing the Society in the evening on “Experience With the Computed Tomography Body Scanner”. He also delivered a talk on “Computed Tomography Scanning of the Liver and Pancreas” at an International Symposium held at St. Lucas Hospital in Amsterdam, Holland on December 10.

Dr. Carlos A. Perez was appointed for the third year to serve on the Program Committee of the ASTR as coordinator of the technical exhibits.

PHYSICS SECTION PRESENTATIONS


Purdy, J. A., Computed Tomography in Radiation Therapy, AAPM Tutorial course on CT Scanning Physics, Mayo Clinic, Rochester, Minn., Sept. 29.

Meeting of the Missouri River Valley Chapter, American Association of Physicists in Medicine, held in St. Louis, Missouri, Nov. 5-6.

Computed Tomography in Radiation Therapy — James A. Purdy, Ph.D.

Radiation Therapy Physics — Photons: Glenn P. Glasgow, Ph.D.

High LET Particles in Radiotherapy — Subhash C. Sharma, Ph.D.

NEW STAFF

Sally J. Wagner, Research Associate in Nuclear Medicine in Radiology.

C. Michael Currie, Radiation Sciences Research Assistant in Radiology.

Mr. Arnold Sorensen, Radiation Oncology Research Associate in Radiology (Clinical Radiation Physics).

Gary J. Ehrhardt, Ph.D., Research Associate in Nuclear Medicine in Radiology.

Jeannette Yen Lee, Ph.D., Instructor in Radiation Oncology in Radiology.


CANCER WORKSHOP

“Clinical Trials in Cancer Therapy” was the topic of the most recent Cancer Workshop sponsored by the Division of Radiation Oncology, Nov. 11. Held in Scarpellino Auditorium, the workshop featured the following topics and speakers:

Experimental Design and Statistics in Clinical Investigations

Edmund A. Gehan, Ph.D.
Professor and Chief, Section of Biometrics
M.D. Anderson Hospital and Tumor Institute
Houston, Texas

Practical Considerations in Clinical Trials

Cary A. Presant, M.D.
Professor and Chief, Section of Biometrics
M.D. Anderson Hospital and Tumor Institute
Houston, Texas

Ethical Aspects of Human Experimentation

John D. Vavra, M.D.
Professor of Medicine
Washington University School of Medicine
Replies to Radiation Warning

A series of disclosures about overuses of mammography and resulting harmful radiation were replied to by Dr. Ronald Evens, director of Mallinckrodt Institute, on KMOX TV’s “Newsmakers” program, November 13. Interviewed by Betsy Bruce, Dr. Evens said that the decision of how often to give mammograms to women is a complex one that requires careful consultation with the private physician. He emphasized that many women should have mammography, particularly women with a higher risk of breast cancer. He cited “high risk” groups as women above the age of 50, with family histories of cancer; personal breast cancer histories or post diagnostic breast surgery; or with chronic cystic disease of the breast.

Dr. Evens stressed that at Mallinckrodt Institute, we do not perform “routine” mammograms on women under 50 and a woman in this age group (or any) must have a definite request from her physician to receive a mammogram.

“We do know that high levels of Xray cause cancer. At low levels, where diagnostic radiology is, we do not know the answer,” said Dr. Evens. “Our machines are calibrated every six months; therefore we know how much radiation is being given per film, keeping well within that required by federal law. Several years ago to do a breast Xray we used five or six rads. Now we have equipment that can do a film in less than one rad,” he explained. A rad is a unit of absorbed radiation dose.

The number of mammographs tends to fluctuate more than other types of Xrays,” said Dr. Evens. “When Mrs. Ford and Mrs. Rockefeller had breast cancer, we noticed big increases in the number of mammographs.” He said he has noticed a decrease of about 10 per cent in the number of women receiving mammograms at the institute since the warnings were issued. This is cause for concern since unknown numbers of women who should be getting Xrays to check for cancer have stopped doing so.

VISITING FELLOWS TO THE DIVISION OF RADIATION ONCOLOGY

John Edlund, M.D., Grand Rapids, Michigan, Aug. 30-Sept. 3.
Marvin H. Kantor, M.D., Whittier, California, Nov. 1-5.

Dr. William E. Allen, Jr. Honored

A portrait of Dr. William E. Allen, Jr. was unveiled recently at a testimonial dinner honoring him at the Clayton Club. Dr. Allen is a member of the clinical staff of Mallinckrodt. He is on the staff at St. Louis University medical center and is the former director of the department of radiology at Homer G. Phillips Hospital.

The first black person to be certified in radiology by the American Board of Radiology and the first to receive the college's highest award, the Gold Medal, Dr. Allen established the School of Radiologic Technology at Homer Phillips and has provided scholarships for technology students from Haiti, Nigeria, Liberia, and South Africa to study in the U.S. In 1972 he helped to send the first cobalt unit machine to western Africa.

ALUMNI NEWS:

Michael B. Spence, M.D. (69-72), was recently discharged from the U.S. Air Force and entered private practice in Indianapolis, Indiana.

John S. Spratt, Jr., MSPH, M.D., (Radiotherapy Resident, 57-58) presented an invited paper at the International Workshop on Multiple Primary Cancers at Memorial Sloan-Kettering Cancer Center on October 7 entitled “Multiple Primary Cancers.” Dr. Spratt is medical director of the department of surgery at Ellis Fischel State Cancer Hospital.

VISITING LECTURERS TO CANCER BIOLOGY

Dr. Ronald F. Hagemann, Cancer Research Unit, Allegheny General Hospital, Pittsburgh, Pa. “Radiation and Drug Effects on Intestinal Cell Kinetics”.

Dr. Donald Metcalf, Head-Cancer Research Unit, the Walter and Eliza Hall Institute of Medical Research, Royal Melbourne Hospital, Victoria, Australia. “The Regulation of Hemopoietic Colony Growth In Vitro”.

Dr. Ralph van Furth. Professor of Internal Medicine and Infectious Diseases University Hospital, Leiden, The Netherlands. “The In Vitro Proliferation of Mononuclear Phagocytes”.

Dr. Daniel Zaharko, Head, Pharmacokinetics and Pharmacodynamics Section Lab, of Chemical Pharmacology, National Cancer Institute, Bethesda, Maryland. “Aspects of Folate Antagonism”.

Dr. Alan Bergson, Biology Department, New York University. “The Hematopoietic Stem Cell (CFU-S) in Rauscher Leukemia Virus (RLV-A) – Induced Erythroleukemia”.

11
“Our Patients”

When three year old Terri Lynn Boehmer fell off her sister’s bicycle last October 26th it was not a lacerated kidney that caused the trauma and bleeding on her right side but a tumor within her right kidney. The tumor was removed the following day, and now Terri Lynn is receiving radiation therapy at Mallinckrodt. On her daily visits from Troy, Missouri, this winsome, pretty, little girl with a lot of courage has made many friends in Radiation Oncology.

Mrs. Lillian O’Leary who is 82, had heard so much about Barnes Hospital that she decided to “go out there and see what they could do about my nose.” A widow of 40 years, Mrs. O’Leary worked for eleven years as a nurses’ aid at Missouri Baptist Hospital. “I think that work is the best cure for getting along in life,” says Mrs. O’Leary.

Each day of her five weeks of treatment for skin cancer she rides the Forest Park bus from her apartment “without a transfer.” “The doctors and nurses are all so nice and friendly to me,” said Mrs. O’Leary. “Someone even walks me to the door to catch my bus.”

CALENDAR OF EVENTS

January 10, 1977
CITY WIDE RADIOLOGY CONFERENCE
Scarpellino Auditorium, Mallinckrodt Institute, 5:30 P.M.

January 20, 1977
4th DISTRICT M.S.R.T. MEETING
Jewish Hospital, 8 P.M.

February 14, 1977
CITY WIDE RADIOLOGY CONFERENCE
Scarpellino Auditorium, Mallinckrodt Institute, 5:30 P.M.

Mr. Milton Johnson, 70, is accompanied each day of his four weeks of radiation treatment by his daughter, Dianne White. A well-known T.V. personality, Dianne is also a gourmet cook who gives much thought and attention to preparing foods that are palatable for her father who is being treated for cancer of the larynx.
The reading of a Proclamation from Missouri Governor Christopher S. Bond declaring the week of September 20 as "Radiologic Technologists' Week" officially opened the 44th annual meeting of the Missouri Society of Radiologic Technologists. Coretta H. Schroer, R.T., of St. Louis, was installed as president for 1976-77. Mike Ward, MIR staff technologist, won second place in the Essay Competition for his paper entitled, "Assessment of Joint Disorders by Arthrography." Among those attending from Mallinckrodt, was Corliss Fisher, student technologist, and recipient of this year's outstanding student award.

**Returns For Refresher Course**

Margaret Griffith, R.T.T., of Evansville, Indiana, graduated from MIR in 1971 as the highest scoring student in radiation therapy technology. She left the field to marry and returned to Mallinckrodt November 1 to take a refresher course in therapy. Margaret plans to utilize her training in Washington, D.C.

**Fourth Annual Diaz Lecture**

Pictured at the Fourth Annual Diaz Professional Education Lectureship are lecturer, John E. Cullinan, R.T., F.A.S.R.T., of Henrietta, New York, Marquita Fiddmont, R.T., President of the Fourth District, M.S.R.T., and Armand Diaz, R.N., R.T., F.A.S.R.T.

**Mexican Visitor**

Estala Cadeno, R.N., R.T., from Mexico City, spent two weeks at Mallinckrodt for additional technology training in ultrasound and body scanning procedures. She will return to Centro Medico Nacional at General Hospital, I.M.S.S.

**Welcome**

A Special District Class from Northview Elementary School in Jennings, Missouri visits pediatric radiology.
A Foot Away From Metric

“That is a yard,” decreed the Anglo-Saxon King Edward over a thousand years ago as he indicated the span between his nose and the end of his thumb. The length was carefully notched onto a stick and so began the English system of measurements. A foot was the length of 36 barleycorns, round and dry, laid together; three barleycorns equaled one inch. A pound came from the weight of 7,000 grains of barley and a mile was the distance a marching Roman soldier traveled in 1,000 paces.

The Magna Carta (1225) provided there be a measure for wine, ale, and corn. The three different measures for pints and quarts evolved as a result, with the admonition to “mind your p’s and q’s.

And that’s how our present customary system of weights and measures evolved — from all sorts of confusing edicts and folklore. The early settlers of the United States helped to compound the confusion. In Missouri a bushel was 35 pounds, in Connecticut it was 28, and in other new territories somewhere between these figures. Because just about everyone was tampering with the various units of measurement, it only made sense for the members of the industrialized world to seek a measurement system which would be universal in application. The French Academy of Sciences was commissioned to look for such a system in 1790. The scientists calculated the distance between the North Pole and the Equator, divided it by ten million and “That, they declared, is a meter.” This was the basis for the metric system, a decimal system of weights and measures now used by all the industrial nations of the world except the United States.

The metric system is being encouraged particularly by multi-national corporations and others interested in foreign trade. They see United States exports rising $500-700 million and imports $300-500 million the year after the change is made. U.S. industries would cut the cost of large inventories by no longer having to carry both metric and non-metric parts and products.

Why is the metric system being increasingly used? For two reasons: it is a simple decimal system which affects only our units of weights and measure, not our system of time and money. The basic units of the system are the meter (for length) the liter (for volume), and the gram (for weight). A meter is slightly longer than a yard (1.1 yards); a liter a little larger than a quart (1.06 quarts); and a gram is approximately the weight of a paperclip.

The U.S. monetary system has been based on decimals (factors often) since the founding of our country; that is, the dime equals one-tenth of a dollar and the cent equals one-hundredth of a dollar.

To help you get a better feel of the metric system, below, in the left column, is a list of metric measurements with their approximate equivalents given in the terms we know.

1 millimeter — .04 of an inch
1 centimeter — .4 of an inch
1 meter — 3.3 feet
1 kilometer — .6 of a mile
1 milliliter — .2 of a teaspoon
1 liter — .26 of a gallon
1 gram — .035 of an ounce
1 kilogram — 2.2 pounds
1 tonne — 1.1 tons
So at the grocery store, a 4 1/2 pound roast will be 2 kilograms. The speedometer will read 80 kilometers per hour in place of 50 miles per hour. A quarter-inch wrench in your tool kit will be replaced by a six-millimeter wrench. Your car’s 16 gallon gas tank will hold 60 liters.

We are already making use of the metric system in international swimming and track events. We know about 35 millimeter cameras and in many restaurants, wine is ordered by the liter. A growing number of radio and TV weather forecasts include temperatures in both the Celsius and Fahrenheit scales. Even elementary and high school students are learning the metric system in the classroom.

Although Congress authorized use of the metric system as long ago as 1886, it was not until President Gerald Ford signed the Metric Conversion Act of 1975 (December 23) that the metric system got going in the U.S. This Act provides for the presidential appointment of a U.S. Metric Board of 17 people who will coordinate and develop plans for the voluntary changeover to the metric system.

Just what does all this meter, liter, and gram business mean to radiology?

Mallinckrodt has always used the metric system in its research work and in some radiological procedures. The weight (in kilograms) of pediatric patients undergoing cardiac procedures determines the amount of contrast material injected and nuclear medicine patients are also weighed in kilograms to determine the level of the radioactivity injection.

Radiologic technologists determine the amount of X-ray required to penetrate a region to be X-rayed by measuring the body thickness in centimeters and translating this information into proper radiation dosage by use of a technique chart.

All syringes for injections of general medication, contrast media, and radio-nuclides are calibrated in cubic centimeters.

In the equipment area, X-ray generators on American made exposure timers are calibrated in milliseconds in place of fractions of a second. Chemical replenishment rates on our automatic film processors are measured in cubic centimeters. Films and cassettes, formerly specified in inches, are now converted to centimeter measurement. Mallinckrodt electronics and maintenance crews carry both standard and metric tools (and have for five years) to service the American and European-made X-ray equipment.

Metric measurements have virtually replaced the apothecary equivalents in drug labeling and prescriptions. Body temperatures of hospital patients are measured in degree Celsius making a normal body temperature 37 degrees Celsius instead of 98.6°.

Like it or not, metrication is just around the corner and the more we read and learn about it now, the easier it will be to adjust to the conversion. Once learned the metric system is simple to use. We might even start saying, “A miss is as good as a kilometer.” Or “pennywise and kilogram foolish.”

But when metrication does come, some all-American things won’t change—like motherhood and apple pie and the dimensions of a football field. It would be ridiculous to hear Frank Gifford report, “St. Louis Cardinals have the ball, first down and 9.144 meters to go.” Or would it?

### Metric conversion table.

<table>
<thead>
<tr>
<th>When you know</th>
<th>Multiply by</th>
<th>To find</th>
</tr>
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<tbody>
<tr>
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<td></td>
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<tr>
<td>inches</td>
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<td>Fahrenheit temperature</td>
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<td>Celsius temperature</td>
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*These conversions are approximations.
Parnassus Restored

The east view of Parnassus reflects its stately Ionic columns, stone wall, and carriage drive.

“We made a ‘feeling decision’ to buy the octagonal shaped house at 66 Berry Road Park,” said Dr. Leland Melson. “It was May, 1973, and I was feverishly studying for my boards when my wife, Brenda, begged me to break away long enough to see a beautiful and unusual white house in Glendale. Mrs. Melson recalled, “It was a case of love at first sight. We bought the house within 3 days and moved in the following August. The Melsons were sharing these memories with me as we visited together on a crisp October afternoon in their sun-filled billiard room-library.

A stately landmark, Parnassus, their octagonal house, was built a half century ago by former Greek consul, Demetrius Jannopoulo. Built in the form of a Greek cross, the four wings radiate from a large octagonal central rotunda which reflects spaciousness and light as it extends up to the second floor dome ceiling. Each of the main rooms has eight sides and an interior balcony encircles the second floor.

Parnassus was once the hub of the area’s Greek social life and the opulent, hospitable home of the flamboyant family of Demetrius and Helen Jannopoulo. The four children, Demosthenes, Achilles, Aphrodite, and Aristotle were born at Parnassus, where also lived Mrs. Jannopoulo’s father, the founder and priest of the Greek Orthodox Church in St. Louis. The Jannopoulo’s beautiful daughter, Aphrodite, became a physician and married a Washington University Medical School classmate and pediatrician, Armin Hofsommer.

Because they were not St. Louisans, Dr. and Mrs. Melson had known little about the news-making Jannopoulo family but now through researching the history of Parnassus they have developed a close friendship with members of the family. Dr. Melson is Associate Professor of Radiology and Assistant Chief of the Abdominal Section of Mallinckrodt Institute. He graduated from Washington University School of Medicine in 1965, took his internship and residency in medicine at Peter Bent Brigham in Boston (followed by two years at NIH) and his residency in radiology at Mallinckrodt. He met his wife, Brenda, at Ottawa University in Kansas. Not content with her B.A. degree in education, Mrs. Melson finds time to work toward her master’s degree in guidance and counseling, play tennis twice a week, serve as chairman of the music committee at Delmar Baptist Church, and chauffeur three children to their classes.
The central rotunda is built in the form of a Greek cross with rooms radiating from it.

and projects. “As a family we love the outdoors,” said Mrs. Melson, “and always enjoy and look forward to our backpacking trips together.”

The Melsons’ love of music is reflected in the interests of their children. John, 11, plays the trumpet, hockey and baseball. David, 8, is a pianist, a Scout, and a football player. Sarah, a happy, winsome five year old, is a swimmer and has a keen interest in horses.

As we visited together, Dr. and Mrs. Melson drew upon their own acquired reservoir of legends, traditions and moments on their historic home. Tragically the first and larger Parnassus, built by Demetrius in 1886, burned to the ground in 1920. Jannopoulo determined that he would rebuild Parnassus on the original 22 inch stone foundation and with the same octagonal silhouette as picturesque as the old. Built of stucco, not cedar shingles, it is two stories, not four, and is located on a one-acre grassy knoll in place of the original 30 acres where Berry Road Park is today. The tall trees planted by Henry Shaw when he landscaped the property are reminiscent of the old Parnassus Place which was named after the mountain of the muses in Greek mythology. The Jannopoulo family moved from Parnassus in the 30’s and now, some 40 years later, the house, long loved, is being lovingly restored by its new owners, the Melsons.

So fascinating was the lives of the Jannopoulos that a book, “The Octagonal Heart”, (available in St. Louis book stores) was written about them by their niece, Ariadne Thompson, who lived with them every summer as a child. Last May, as part of the Webster Groves Historical Society’s three day festival, Dr. and Mrs. Melson graciously opened their house to the public for a bicentennial fete with Ariadne Thompson as guest of honor. There was a Greek Fete on the lawn, artists displaying their works, Greek music and dancers, and chamber music in the rotunda. Once again, after some 40 years, Parnassus echoed with the sound of the music her builders loved. As guests strolled through the octagonal reception hall, the “heart” of Parnassus, many must have recalled the words of Demetrius Jannopoulo in The Octagonal Heart,

“And I would instruct the Muses
To fill the air with sweet melodies
Thus wooing my guests
To linger within its gates.”
Random Glimpses of New Personnel

Fred Abrath, Ph.D., a post-doctoral fellow in the Division of Radiation Oncology, was born in Elmwood Park, Illinois, and attended the University of Wisconsin as an undergraduate. He received his Ph.D. in Physics at North Texas State University in Denton, Texas and spent two years as an instructor in the Physics Department at Wayne State University. Dr. Abrath married Mardy Mudrinich in 1968. He is a golf and tennis enthusiast, and enjoys traveling, camping, and hiking.

Jeannette Y. Lee, Ph.D., is a new instructor in the Division of Radiation Oncology. She graduated from Boston University and received her Ph.D. from Johns Hopkins University. Dr. Lee is a member of the American Statistical Association and enjoys bridge and tennis.

Gary Ehrhardt, Ph.D. has joined MIR as a member of the Division of Nuclear Medicine research staff. He recently completed his doctorate in chemistry at Washington University. Dr. Ehrhardt was married on October 9. His wife, Cathy, is a graphic artist at the American Rubber Stamp and Marking Products Company. Astronomy and photography are Dr. Ehrhardt's favorite hobbies. He has four cameras and does his own photograph developing.

Sally Wagner has joined the Institute as a radiopharmacist in Nuclear Medicine and Radiation Sciences. She received a B.S. in pharmacy from the University of Iowa in Iowa City and recently earned an M.S. in radiopharmacy from the University of Southern California. Skiing, sewing and ceramics occupy some of Sally's spare time. Her latest project is a patchwork quilt done in shades of orange, yellow and brown.

Lise Bruere has joined the Division of Radiation Sciences as a research technologist. She holds a B.S. in Radiation Sciences from North Dakota State University and is currently studying organic chemistry at Washington University. A native St. Louisian, Lise's hobbies are skiing, reading, and sewing.

Francine Schaffner is a new staff technologist in the Division of Nuclear Medicine. She recently completed two years as an X-ray student and one year as a Nuclear Medicine student at Washington University and won the outstanding student award in Nuclear Medicine last year. In July Francine was married to Steve Schaffner, a technologist in Radiation Therapy. Her hobbies include reading, cooking and watching football games on TV. She also enjoys visiting her parents' farm in Warrenton, Mo.
Artists Guild Winner

The St. Louis Artists Guild competitive exhibitions always include a wide range of work differing in style, medium and skill. This year’s juror, George Rose, painting instructor at the Boston University School of Visual Arts, selected 72 out of the 266 works submitted for the October 17-November 7 exhibition. One of the selected works was “Patterns” by Dr. William Miller, which had to be in oils, acrylics, or mixed media, i.e. no watercolors.

“This was the first art competition I have entered,” said Dr. Miller. “I have been painting irregularly since college where I had taken a couple of uninstructive painting courses as an escape from undergraduate science courses.

Painting in oils exclusively, Dr. Miller is also taking a sculpture course at night and hopes to continue both as an avocation. Some of his works are presently on exhibit in the Mallinckrodt showcase.

“Man The Sails, Girls!”

Dr. Emily Smith doesn’t take “run of the mill” vacations – she likes action! Last September she sailed aboard the “Dajelado,” a bareboat chartered Caribbean sailing yacht to the U.S. and British Virgin Islands. Not as a pampered guest, but as a member of the crew! Captain Bob Henkel and his three female member crew anchored the 41 foot boat equipped with main and jib sails and motor (for anchoring and tight spots) in a cove or bay in the late afternoon each day. After the daily strenuous work assignments the crew welcomed this time to swim and snorkel in the azure waters. They ate and slept on board the Dajelado but went shopping at Charlotte Amalie in St. Thomas, visited Rockefeller’s resort, “Caneel Bay Plantation” in St. John and Trunk Bay with some of the most beautiful beaches in the world. The crew enjoyed a “refreshing” stopover at Stanleys, the well known bar on Tortola, a port of call in the British Virgin Islands. They saw sea salt extracted from sea water on Salt Island and snorkeled near the Wreck of the “Rhone”.

Dr. Smith developed even more sailing expertise as she coped with bouts of rough weather during the fourteen day cruise but she returned safe and sound to St. Louis and with the happiest memories of an unforgettable vacation.

IF HUNTING IS YOUR BAG

Missouri deer hunters killed 15,973 whitetail deer on the opening weekend of the 1976 firearms hunting season and Mallinckrodt hunters bagged three of them! Rose Robinette, Nancy Craig, and Bob Shaw came back with smiles and trophies. Bob took a 10 point buck about 9 o’clock the morning of November 13 in Leslie, Missouri. Later in the season, he added to the Arkansas and Illinois harvests. Congratulations to the three lucky hunters and here’s Nancy Craig’s favorite way to prepare the rewards of the hunt:

Marinade for Venison

Cover meat with equal parts of water and dry wine (claret).

Add: 6 or 8 peppercorns
1 bay leaf
10-12 whole cloves
1 sliced onion

Allow meat to remain in marinade 2 to 6 days in refrigerator. Turn meat over from time to time in covered crock. Follow rules for pot roast using marinade to baste. Especially good served with potato pancakes.
She Was A Fast Driver

“How did you ever get into race car driving?” we asked Fritzie Winzen, Purchasing Agent and Secretary to Dr. John Eichling. In her office, attractively appointed with hanging baskets of plants and decou-page wall plaques, the setting seemed a far cry from the Fritzie who in the 60’s was racing and beating all the stock cars on the racing strip. “I developed a heavy foot pretty early,” said Fritzie. “When most girls were studying home economics, I was racing cars.”

Usually the only woman to compete and test her skill in the big races, Fritzie never entered the “powder puff” events which were strictly for women. “A racing strip compares to an airport landing strip,” says Fritzie, “and the one at Alton which I raced on most often is one-fourth mile.” She says the whole purpose of racing is to see who can build an engine to develop the fastest speed in the shortest amount of time.

“Were you frightened?” “No, after you stop is when the fear hits you. While I was driving, I felt free and floating like after the wheels are lifted on a jet take-off and you’re heading for the clouds. Racing requires total coordination of your hands and your foot on the accelerator. You have to be really psyched into it. If you jump the light, you’re disqualified. The coordination involves shifting gears and accelerating simultaneously, and all before your opponent.”

In the three years Fritzie entered races, she won many, never had an accident, and took the trophy for the 1965 KXOK July 4th Drag Festival, completing a quarter mile in 13.8 seconds. Now, years later, Fritzie is a super cautious street driver, sharply aware of the dangers of everyday driving.

“Would you do it all over again?” we asked. “Yes, I would never pass up the chance to have my hands on the wheel of a fast-moving car!”

Wedding Bells

Erik Seliak, Radiation Oncology computer operations engineer, and Carol Pohlman, formerly secretary to Dr. Carlos Perez, were married on October 16. They visited New Orleans and Florida on their wedding trip.

New Arrivals

Our belated congratulations to Mr. and Mrs. Arthur Brigham (Dr. Fransiska Lee) on the arrival of their second child, a son, Artur Stanley Brigham, on August 14. The Brighams have a 3 year old daughter.

Cheryl and Roger Adles announce the arrival of their second child, a daughter, Christine Laurelle Adles, on October 22. The Adles also have a 5 year old daughter.

Dr. Javad Jamshidnejad gave out candy and cigars on November 14 to announce the arrival of a second son, Neema. The couple also have a daughter, 7, and a son, 17 months.

Dr. and Mrs. Gilbert Jost are the proud parents of a daughter, Amy Elizabeth, born November 29. The Josts also have a 2 year old daughter.

Congratulations

Congratulations to Steve Higgins, the husband of Carol Coble Higgins, on his appointment as Assistant U.S. Attorney. Formerly an investigative reporter for the St. Louis Globe-Democrat, Steve graduated from St. Louis University School of Law in May, 1976.

Adios, Retiree

Carl Pettit, general maintenance 10 years.

In Memoriam

Julius Hecht was killed in an automobile accident September 17, 1976. He had been a research assistant in the Division of Radiation Sciences for over ten years. A Phi Beta Kappa graduate of Washington University in 1949, Julius served in the U.S. Army from 1942-1946. He is survived by his wife, Thelma, (37 years married) and two sons, Michael and Paul.
FOCUS ON NEW FACES

A GREEK FAMILY AFFAIR

Leah Caras, a native St. Louisian, is a new medical transcriptionist. She is married and has a two year old son. Her husband, George, is a cardiac technician at Incarnate Word, portrait artist, and drummer in a Greek band.

Of Greek descent, Leah is the daughter of Nicholas Laskaris who owns Nico’s Restaurant located in Greek town on the Hill. Leah’s wedding at St. Nicholas Greek Orthodox Church followed the Greek tradition with friends getting together three days before the ceremony to prepare the stephanis (net bags filled with sugar coated almonds). At the reception, guests dined on roast lamb, dolmathes, baklava, and Greek cookies prepared by Leah’s father, and fig wine made by her grandfather.

Kathleen Mulford, R.N., received a BSN from the University of Missouri, Columbia. She and her husband, William, who is a serology technician, enjoy the outdoors: camping, hunting, and fishing.

Linda Kratz, R.N., was born in Champaign, Illinois, and now lives in Granite City. She studied elementary education for two years at Illinois State University and graduated from Barnes Hospital School of Nursing. She is a water sports enthusiast, especially enjoys scuba diving and water skiing, and belongs to the Alton Water Ski Club.

Tong Chung, Blockmaker in Radiation Oncology, was born in Seoul, Korea, and came to the U.S. in August, 1976. He attended the Korea University Premedical School for two years before joining the Korean army. A karate expert, Tong is married and has a three year old son.

Marian Rearick, medical transcriptionist, holds an A.B. in History from St. Louis University. She has worked as a social worker and medical secretary in the East and for most of the past two years Marian and her 6 year old daughter, Michelle Danielle, lived in Spain where she taught English and studied languages. Her hobbies are swimming, tennis, and music.

Sonobia Edwards, medical transcriptionist, enjoys reading and singing and spending time with her twelve year old daughter, Eulanda. She plans to work toward a degree at Forest Park Junior College in the near future.

Rosemary Vorih, L.P.N., lives in Webster Groves with her three daughters, ages 15, 14, and 12. Her hobbies range from all sorts of needlework, music (soprano soloist), gourmet cooking, collecting vintage wines, horseback riding, to making and collecting Christmas ornaments. She graduated from Southwest Baptist College in Bolivar, Missouri, and attended Drury College in Springfield. Rosemary has visited all the states in the U.S. except Hawaii and has worked with the Navajo Indians in Mexican Hat, Utah. In 1972, she served as adult advisor for 25 teenagers from the First Congregational Church of Webster Groves who went to the Missouri Bootheel on a work project of painting and repairing homes. One member of the group was Genet Hood’s daughter.

Running Enthusiast

Dr. James Blakely recently won his first trophy at the St. Louis Track Club – Pace Series. He runs every day in Forest Park, at the Washington University Track, or around his apartment complex. He prefers running to jogging and recommends it because “you don’t have to organize the time; it doesn’t involve other people, and it’s great for developing stamina.”
It all started when the Public Relations office acquired a Boston Fern. After several weeks general consensus of opinion regarding the fern's welfare raised the question, "Is there a plant doctor in the house?" Right here efficiently going about her assistant supervisory duties on 2nd Xray was the authority we needed — Judy Cortner, R.T.!

Judy became interested in plants about five years ago and in that time she acquired 40 or more plants of her own; read books and visited greenhouses, developed her own formula for plant food, and earned a title of plant care consultant.

To begin with, Judy bought 15 varieties of peperomia, the waxy-leafed low growing favorites. Next came a "crown of thorns". In the cactus family, this plant has large thorns, small green leaves and red flowers and blooms all year round with little nurturing. Judy describes her 5 ft. crown of thorns as one which "has to be the tallest in captivity."

Her philosophy in plant care is that the needs of plants are just like human needs — all different. "You must acquaint yourself with the variety of plants you own regarding the amount needed of light, moisture, food and other necessary elements of good plant care," said Judy.

For example:

**Dracena** — This thick stalky variety requires bright light but not sunlight. It should be watered well and let dry between waterings.

**Dieffenbachia** — The natural habitat of dieffenbachia or "dumb cane" is the South American jungle. It survives in light ranging from low to high. The sap of the stalk and leaves can temporarily paralyze the vocal cords. Judy recalled an instance where a friend's dog could not bark for several days after chewing on a dieffenbachia. The tree-like Rubber Plant is another dieffenbachia variety.

**Bromeliad** — This exotic plant is an epiphyte (grows off other things such as trees and dead bark) and is found in tropical climates. It grows well in an east window as it needs a great deal of bright light but not sunlight. The shallow root system of the bromeliad grows in either sphagnum moss or soil. This plant blooms only once — when it is three years old — and the orchid-like bloom lasts about eight months. After blooming, the mother plant dies, but new shoots form at the base. If these are cut off and planted they will root themselves.

**Boston Ferns** — "Hard to grow," comments Judy. They need indirect light such as from a north window or at a distance of two feet away from a sunlit window. A fern in a clay pot container requires more watering as water evaporates through the clay pot whereas a plastic pot retains moisture. "Ferns do not like to be moved. They like to be left alone, not pinched back. Touching a fern makes it brown. Resist the temptation to cut off the air roots (long stringlike vines)," warns Judy. "Only thefonds or seeds that develop on the back of the leaves can be planted in peat moss."

**Wandering Jew** — A fast growing vine which is great for hanging baskets, this plant comes in variegated green and white, solid green and purple shades.

Tap water (at room temperature) is fine for watering all plants except the carnivorous variety. To compensate for the low humidity found in most homes and offices, "mist" or water-spray plants every day. Ferns respond beautifully to misting two or three times a day.

"Pinching back" is very important in caring for trailers or viney plants such as ivy, wandering jew, or trailing peperomia. The idea is to pinch back to produce a low, bushy plant. A new shoot will appear on the stem where a leaf has been pinched back. Place the cuttings in water to take root.

About plant food, Judy recommends the commercial brand, Hypo-nex, but her own formula consists of: 3 oz. potassium nitrate, 3 oz. calcium phosphate, 6 oz. ammonium sulphate which she mixes together and adds 1 tablespoon to a gallon of water. Fertilize plants twice a month in spring and summer and once a month in the fall and winter. Never feed plants when the soil is dry. Most plants thrive in a mixture of potting soil mixed with perlite.