Women's Auxiliary Earns $105,000 for the Hospital

At the annual spring meeting of the Barnes Hospital Auxiliary on April 24, the volunteers celebrated their tenth anniversary by giving the medical center two checks totaling $105,000. The checks were presented to Robert W. Otto, past chairman of Barnes Board of Trustees, by Mrs. Kenneth Gable, outgoing president of the Auxiliary, in a short ceremony following a lunch at Stouffer's Riverfront Inn.

One check, symbolically presented in a plastic heart, was for $90,000 as the first payment on a five-year pledge to raise $400,000 toward the cardiac intensive care unit under construction on the eighth floor of Rand Johnson. The 15-bed unit is expected to be ready for occupancy by August 1, 1969.

The second check for $15,000 completed the Auxiliary's previous pledge of $100,000 for the conversion of the tenth floor of Queeny Tower to a patient care area. The $100,000 pledge was to be earned in five years; however, the Auxiliary paid off the entire amount a year ahead of schedule.

Commenting on the Auxiliary's generous gifts, hospital director Robert E. Frank thanked the volunteers for "... all the hours you so selflessly give to the hospital. Although most of you must meet the time-consuming schedules of a wife and mother, you assume the additional work of helping others in the community who need your cheery smile and earnest encouragement ... We are deeply grateful," Mr. Frank concluded.

The hospital Auxiliary raises its funds through operation of the Wishing Well Gift Shop, Courtesy Cart, Nearly New Shop, Baby Photo Service, and sale of infant formula kits. Also undesignated contributions to the Tribute Fund and Tribute Fund gifts specifically given to the Auxiliary are used in meeting the volunteer organization's pledges to the hospital.

As part of the luncheon program, a musical skit entitled "Happiness is ..." was presented depicting the various aspects of volunteer life in the hospital. Written, produced, and performed by members of the auxiliaries at Barnes and Jewish Hospitals, the women spoofed early hour duty, sore feet, traffic problems with the Courtesy Cart, balancing the budget and the volunteer handbook.

New officers of the Barnes Auxiliary elected at the meeting to serve two-year terms include Mrs. Raymond E. Meisenheimer, president; Mrs. Harry J. Holmes, vice-president; and Mrs. George L. Minor, Jr., recording secretary. Continuing in office are: Mrs. H. Rommel Hildreth, and Mrs. Bertram W. Tremayne, Jr., vice-presidents; Mrs. Spencer H. Robinson, corresponding secretary; Mrs. Fred S. Heywood, treasurer; and Mrs. William G. Moore, Jr., assistant treasurer.

In honor of the tenth anniversary year of the Auxiliary's founding, past presidents of the organization were recognized and seven volunteers who have been associated with the Auxiliary program since 1959 were honored.

Since 1910, a group of civic-minded women have donated their time and money to Barnes Hospital, but it wasn't until May 14, 1959, that the Auxiliary was set up in its current form. In the past decade membership in the Auxiliary has grown from 52 to 672. The number of pink ladies and male volunteers has climbed from 130 in 1959 to 401 today, accounting for nearly 36,000 volunteer hours per year.

Chicken in the Basket...

A tisket, a tasket, a chicken's in the basket... at least momentarily, while he refuels during a morning exercise break in the grassy area outside the emergency room. Miss Esther Lezzi, assistant occupational therapist (left) and Miss Judy Michel, registered occupational therapist, purchased the chick along with a basketful of eggs, as a surprise Easter present for their Renard patients.

Eisenhower Funeral Train Passes Medical Center

The ten-car funeral train carrying the body of former President Dwight D. Eisenhower passed Barnes April 1 on the Norfolk and Western tracks on its way to Abilene, Kansas, the General's boyhood home where he was to be buried.

Over 200 patients in pajamas and bathrobes, and employes lined the Wohl and Renard bridges and Wayco parking lot railimg early in the evening waiting for the special train draped with black bunting to pass the medical center.

At 8:15 p.m. an advance train passed the hospital, but the funeral procession didn't follow until 9:10 p.m. Three diesel engines pulled the ten cars and secret servicemen were in evidence in the stainless steel private car at the end of the train where Mrs. Eisenhower was sitting with members of her family. The train moved slowly and onlookers were able to clearly see the baggage car in which the casket of the former President lay.

Comments from two senior Barnes student nurses waiting for the funeral train were typical of the crowd's curiosity in wanting to see the procession. "He's made history. I want to see the train because it will be like history going by here," said Jan Borcherding. Her companion, Ruth Bunselmeyer, added: "There's not enough patriotism and this is a small thing we can do."
Anesthetists Graduate From 2-Year Program

Barnes and Allied Elects Dr. Stein

At a meeting of the Barnes and Allied Hospitals Society Thursday night, April 17, in Clopton Auditorium, Dr. Arthur Stein was installed as the new president of the Barnes Society. New officers elected were: Dr. Norman Muschany, president-elect; Dr. G. Kirk Osterland, vice president; Dr. Leonard Berg, secretary-treasurer; Dr. Gordon Newton, Dr. Glen Johnston, and Dr. Earl Schultz, council members.

Dr. Stein presented plagues to outgoing officers, including retiring president, Dr. Ross Sommer; retiring vice president Dr. Brent Parker and retiring secretary-treasurer Dr. Joseph Noah. Principal speaker at the Barnes and Allied meeting was Dr. Willard M. Allen, Barnes obstetrician and gynecologist-in-chief, who chose “Oral Contraception” as the topic of his address. “The rare dangers of the pills get all the publicity,” he said. “It’s 30 times safer to take pills than to have a baby. Of 9,000,000 women taking the pill, only 118 fatalities were reported over a three-year period. The risk of death from pregnancy is much greater. While 10 women per 1,000,000 on the pill die, over 300 per 1,000,000 died due to pregnancy complications.”

Research has not yet proved that birth control pills are responsible for many of the side effects attributed to them. “The hardest problem with research,” Dr. Allen said, “is determining whether the pill, by itself, really produces serious abnormalities.”

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Joe Tuley Tunes Up for Track Tourneys

Taking the straightaway at 140 miles per hour, a blue Formula B car with a red and white stripe across the nose streaked past the grandstand at a recent road race near St. Louis.

The driver was Joe Tuley, a Barnes pharmacist on night duty in the emergency tower who started racing last season and will receive his national license in the Sports Car Club of America after completing one more regional competition.

To earn his SCCA national license, Joe had to complete four days of driver’s school, clocking six hours of track time, and compete in six regional races. After earning his national license he is entitled to enter any SCCA race in the country in competition for points and trophies.

Formula cars are one of four SCCA classifications which include A, B, C, V, and F models. The latter categories use modified Volkswagen and Ford Cortina engines respectively. Formula models are single seat, open wheel vehicles built just for racing. They have no speedometers, mufflers, fenders, or comfort items found in most cars.

Joe’s Formula B car has a rear mounted Porsche engine capable of 8000-9000 revolutions per minute. The engine has a displacement of 1600 cubic centimeters (96 cubic inches) from which he gets 150 horsepower. SCCA regulations limit the degree of engine modification on Formula cars and also specify that only straight pump gasoline can be used. Joe does have his choice of tire size and uses 10-inch Firestone Indianapolis tires on the rear wheels.

“I lose about 30 horsepower to other Formula B cars, because I’m racing on a shoestring,” the 28-year old pharmacist explained. “The hottest Formula B’s have modified Lotus engines and the latest chassis and suspension systems, but the prices for a used car start at $3000 and that’s over ($3000 and that’s over $1000 pretty parts on engine is ruin car during a race it could run 50,000-60,000 miles on one set of bearings, change the oil and transmission fluid, in addition to repairing any damage that may have occurred during the last race.

“Most of the work is preventive maintenance,” explained the 1963 graduate of the St. Louis College of Pharmacy. “A normal family car will run 50,000-60,000 miles on one set of bearings, but if one fails on my car during a race it could ruin the entire engine. Ten to fifteen dollars for parts on a $1000 engine is pretty cheap insurance,” he said.

Wearing a crash helmet, goggles and fireproof clothing, Joe Tuley says he feels much safer on a race track than driving on the city streets. “All drivers undergo rigorous physical examinations and each car receives a complete technical inspection every day it is taken out on the track. SCCA drivers are healthy, competent and drive the safest cars anyone on the highway can imagine,” he emphasized.

The father of four children, ages 3 to 6, Joe enthusiastically endorses road racing as a family sport. “If the track is nearby, such as in Wentzville or East St. Louis, my wife, Edna, packs a picnic lunch and we take the kids and make a day of it. When the track is out of state,” he continued, “I have a 12 x 18 tent and sleeping bags and we just change our picnic to a camping trip.”

Many families are part of SCCA. Wives keep lap records, act as time-keepers, and a few even drive. “And well, too,” Joe added.

Asked if he’d like to eventually drive a car in the grand-daddy of all U. S. races, the Indianapolis “500”, Joe admitted he wouldn’t turn down an invitation, but described the price tag on such a venture. “Assuming you qualify and enter only one car, you’d need a basic chassis tuned to perfection, two to three extra engines, at least one spare transmission, gobs of tires and spare parts, and a full crew—for a total cost of about $125,000.”

For every race in which night pharmacist Joe Tuley participates in his Formula B sports car, he puts in up to 150 hours of work at his mechanic’s garage in north St. Louis County.
Barnes Auditor Wins School Board Berth

Internal auditor Mike Cantoni stands in front of Bayless Elementary, one of the schools he will represent as a newly-elected member of the Bayless School Board. He was the winner among the five candidates for the board. (The other candidates received 434 votes.) The Barnes auditor will bring to the school board his experience of 20 years in public and private accounting. He has been at Barnes since early 1965, and is a graduate of St. Louis University with a bachelor of science in commerce.

"You have to live through an election as a candidate before you realize what an experience it is," said Mike Cantoni, Barnes' internal auditor, of his recent entry into the political arena. On Tuesday, April 1, Mr. Cantoni was swept into office as a member of the Bayless School board.

Mr. Cantoni defeated an incumbent candidate by a 26 percent margin of votes. "Naturally, I cared. My nine-year old son is at Bayless; and my daughters, Christina, 13, and Joan, 12, are at St. Timothy School. I've got another one coming up too—little Paul, who is three."

After he determined that his wife Gerry had no objections, Mr. Cantoni filed his petition Feb. 20. "But really, it looked formidable at that time," he admitted. "I almost turned tail and withdrew."

Mr. Cantoni received 652 votes. He was one of two winners among the five candidates for the board. (The other winner received 647 votes.) Both front-running candidates were well ahead of the opposition, with the next highest on the ballot pulling 434 votes. The Barnes auditor will bring to the school board his experience of 20 years in public and private accounting. He has been at Barnes since early 1965, and is a graduate of St. Louis University with a bachelor of science in commerce.

"I think schools and hospitals have a lot in common," he said. "They both are accountable to the community, both are deeply affected by legislation, and both perform indispensable services. Costs are a big problem with schools today, and that sounds like familiar ground to me." Mr. Cantoni's victory was a surprise to the voters who came to the polls only when they have a great interest, not from the regulars. It was a bad day," he said. "It was a bad day," he recalled. "There was a light turnout until about 3 p.m. and I knew that would hurt me, as my strength came from the voters who come to the polls only when they have a great interest, not from the regulars. I was down, I felt like the street was ten feet above me."

"Then when people came home from work, there was an onslaught, and I had a feeling I had made it."

There were six polling places in the district. "After the third polling place came in, I knew I'd made it. The first ones counted were areas I thought I was weak in, yet I'd done well," he said.

Mr. Cantoni was seized with his next highest opponent, who was an incumbent candidate by a 26 percent margin of votes. "I consoled myself by thinking, even if I

Social Worker Tells Expectant Mothers What to Expect

"The work we do here centers around the problems of being a woman," said Mrs. Ava Parks, Barnes maternity social worker. "Women need counseling to help them form the right opinion of themselves as people and as women. We try to help them handle their relationships in their various roles in a way that fits their own needs and personality and that is comfortable for them," she explained.

"Women who are having babies for the first time have to learn a new role," Mrs. Parks said. "Being pregnant changes all their relationships. They have to learn new ways to be a wife, a daughter, and a housekeeper. They have to adjust to the idea of being pregnant and then to being a mother."

Unfortunately," she added, "knowledge of how to be all these things at the same time is not delivered along with the baby."

Expectant mothers like to discuss the phenomena connected with producing and raising a family, and often are subjected to a good bit of advice from close friends and relatives. "If I could do one thing for every young, pregnant woman," Mrs. Parks declared, "it would be to shove a sock down the throat of every adult around her with the exception of her doctor—and maybe the social worker."

In March, 1968, Mrs. Parks helped set up a six-week pre-natal educational program for maternity clinic patients. The social aspects of "parenting" are discussed by Mrs. Parks. She helps women decide questions like when to tell a little one a new brother or sister is expected. At a recent class, Mrs. Parks recalled, a woman mentioned that she was having a lot of problems with her 18-month-old child. He was whining a lot, wanted a bottle, and seemed to forget his toilet training. According to Mrs. Parks, the child is "anticipating displacement as the baby of the family. Don't ask me how, but even very young children seem to sense this," she said. "And if a mother handles this situation right, it will save her trouble later on."

A mother's pregnancy often sparks children to ask questions about sex. Mrs. Parks considers this an opportunity to establish a good parent-child relationship. "If you don't discuss sex with children by the time they are four, you have probably lost the opportunity for a continuing free exchange on this subject," she stated.

"The class interchange is delightful and engaging between the new mothers and those with several children," Mrs. Parks thinks, particularly on subjects like how much do you listen to grandma and what to do about a husband who is jealous of the baby." What we try to do," she continued, "is reinforce what the doctor tells them and their own spontaneous ways of dealing with situations that arise. We try to give them confidence in their own ability to make decisions about themselves and their babies. It is my firm conviction, 'Mrs. Parks avowed, 'that parenting' is a skill. It is something that can be taught and can be learned, and the more skilled and comfortable a woman is in her roles, the better job she is going to do."
Hang Up Your Hang-Ups

Feel the need to take a stand on world politics, naturally curly hair, the neighbor’s children? Display a sign! The current "in" form of communication, terse one-liners are the tools of people with a message, be they graffiti writers just having fun with such witticisms as “Betty Crocker is stir crazy,” or those who like to emphasize a point with a humorous twist on words. Caught in a trend of anti-this, and anti-that protestations against everything from the war in Vietnam to barring women from the Men’s Grill in the Plaza, it’s fun to ferret out the humorous signs... placards whose main purpose is to bring forth a smile instead of a sour face.

Employees have joined this business of telling it like it is and doing their own thing by hanging, carrying or wearing signs proclaiming their personal fun philosophy. Subjects range from the proverbial problem of putting a foot in one’s mouth to ponderous thoughts on the throes of decision-making and job confusion.

Amusing signs rest under the glass on desk tops, on bulletin boards, inside lockers, pasted on door jambs, and hanging from the ceilings mobile-fashion, heralding the personal insignia of thinking people who have something fun to say.
THEY SAID IT
COUNLD'T BE DONE—

(AND, BY GOLLY, IT COULDN'T)

MEMBER
OF THE
CHARMED FORCES

PEOPLE ALWAYS
EXPECT MORE OF YOU
WHEN YOU HAVE
NATURALLY CURLY HAIR!

Dr. Jessie Ternberg, Assistant Surgeon
Joseph Greco, Associate Director
Dr. James O'Leary, Neurologist-in-Chief
**Simmons Moves from Messenger to Manager**

"You've just got to work hard ALL the time. You never know when an opportunity will pop up and you want to be ready," Walter Simmons, the new manager of Barnes' print shop, said.

Through hard work Walt has taken advantage of the opportunities made available to him, and at age 23 finds himself a giant step ahead of where he began as a 17-year old escort messenger in the dispatch department.

Six years ago as the second oldest in a family of five children, Walt left high school and applied for a part-time job at Barnes in the dispatch department. After five months as an escort messenger and elevator operator, he was transferred to the print shop, an area which interested him, but about which he knew nothing.

Starting out as the Xerox operator Walt was promoted to mimeograph operator after a year. At the completion of his second year, he was made senior printer and last year appointed assistant manager of the print shop. As of April 1, 1969, Walt Simmons was named manager of the print shop, a two-room, five-employee operation that turns out over 500,000 pieces of work a month.

"I like to work hard," the soft-spoken manager said. "I guess you'd say I'm ambitious but I'm always looking for new and interesting things to do. I hope to initiate some new procedures here so we can do a better and more complete job. We've already started mixing our own inks, purchasing and have a new small offset press so we can run several jobs simultaneously.

"A normal job for us is a 'rush order'", Walt continued. "When a department doesn't need anything as to when jobs are coming in, we just take them as they come and get them out as fast as possible." he counted on one hand.

To the proverbial combination of beauty and brains we might add baseball as the St. Louis Cardinals made a double play at Barnes with two "Miss Redbirds" from the medical center. Miss Helen Allen (wearing banner) won the job as public relations representative for the team this year in a recent competition against 44 other girls. Secretary to Dr. Jerome Levy, Miss Allen surprised the judges by answering "My Favorite Things" with lyrics she had written about her favorite baseball team. A student at Harris Teacher's College, Miss Allen will graduate in June with a major in elementary education and a minor in music. She also sings with the local Opera Repertory Company Theatre. A baseball fan since her youth when she played shortstop on her school team, Helen used to carry her glove to every game at the old Sportsman's Park in hope of catching a fly ball. Two years ago nurse anesthetist Sue Rogers captured the same title as "Miss Redbird of 1967." Since that time she has married John H. Brunner, third year assistant resident. Both are on the staff at Barnes.

Batting Average High for Barnes Redbirds

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In the not so distant future, inchworms may be the only creatures in the United States who determine their progress by the English measuring system of inches, feet, yards and miles, according to Dr. Joe W. Grisham, director of the Hartford hepatic laboratory at Barnes.

"If," he said, "the urging of economists and scientists results in the U. S. converting to the metric system, yardsticks, quart bottles and other currently used tools and containers for measuring length, volume or weight may become collector's items."

At Barnes, the metric system is already used in many areas. Barnes nurses and pharmacists are trained to think in the metric system. Some drugs, like codeine and morphine, may be ordered in grains (the apothecary measurement) or milligrams, (the metric weight). Intravenous and intermuscular solutions and liquid medications are also ordered in milligrams per cubic centimeter, and the nurse or pharmacist preparing the solution or medication must be able to understand and convert from one system to another.

Strictly speaking, centigrade temperature measurements are not part of the metric system, but centigrade measurements are a decimal system based on 10 degrees equaling the freezing point of water and 100 degrees as the boiling point.

"Barnes is one of the few hospitals in the country that uses centigrade thermometers exclusively," said Miss Ann Vose, Barnes associate director of personnel. "Centigrade thermometers are accepted measurement. Personnel who come from other hospitals sometimes experience initial difficulty in learning to use the centigrade system.

"We are using a double standard in our scientific and commercial worlds and it makes for confusion," Dr. Grisham stated. Chemicals in his laboratory usually are marked by the manufacturer both in pints or ounces and in kilograms or grams to accommodate users using either the metric or the English system of measurement. However, like scientists the world over, Dr. Grisham works in the metric system. "In scientific journals, you can't get anything published unless measurements are in the metric system," he added.

The logic of the decimal metric system appeals to Dr. Grisham. "There is absolutely no logic to the fact that a foot has twelve inches, a yard has three feet, and a mile has 5,280 feet," he said.

In the metric system, every unit of measurement is related to every multiple and sub-multiple by a power of 10. Multiplications or division is accomplished by simply moving a decimal point.

"The essential argument for standardizing measurement," according to Dr. Grisham, "is to have something you can compare against that is accurate so that other people can take your measurements and know quickly exactly what they mean. Ten years ago, when I was in England, I got on a scale and found my weight given in stones. I weighed 15 stones, as I recall. This experience, I think, points out the irrationality of not being able to communicate a measurement even to someone with a culture and language similar to your own.

"A changeover to the metric system would be expensive," Dr. Grisham admits. "But the metric measurements represent a system that has been agreed on by most of the civilized world." Ninety per cent of the world's people conduct three-quarters of their trade using the metric system. The only major powers still using the English system are the U. S., Canada, South Africa and Australia. England is in the process now of converting to the metric system.

In 1968, Congress authorized a comprehensive study of the feasibility of changing to a metric system. Senator Claiborne Pell of Rhode Island, one of the bill's sponsors, claims that continued adherence to the English system is costing the U. S. from $10 to $20 billion yearly because foreign markets are becoming increasingly prejudiced against non-metric American goods. Newly industrialized nations that can supply metric goods are taking over some of this country's foreign trade. This has a negative effect on the U. S. balance of payments and the U. S. gold supply which worries economists and is the major factor in the current interest in adoption of the metric system.

Each of the foreign speakers explained the health care system in his country—how it developed, how it operates, and how well it is accepted by the consumers and the providers of care.

Sectional meetings held concurrently for persons in different fields of hospital work gave an opportunity for an interchange of information between administrators working in the same fields, but in different hospitals and locales.

James C. Claywell, administrative engineer, was program coordinator for the maintenance and engineering institute. Kurt Bemberg, chief engineer, presided at the Wednesday session of the maintenance and engineering section, and Mr. Claywell at the Friday session.

Effective purchasing in a large hospital was discussed by Don H. Telthorst at Thursday's sectional meeting on purchasing. Several other Barnes staff members attended the convention.

Awards for outstanding public relations work were presented to Barnes Hospital. Constance D. Barton, director of public relations, accepted the plaques. First place awards were given to the hospital in the categories of total public relations program and community relations. Honorary mention was awarded to Barnes for patient-related publications. The competition included hospitals over 250 beds.
Educational Programs Help Employees Stay On Top of the Topical

Facts at your fingertips, or at least at the push of a cart, are available to nursing personnel throughout the medical center on a bookmobile handled by staff development. The portable library stocks current nursing journals and reprints of articles on patient care to aid the staff in keeping abreast of news in their field. Above, Miss Eileen Lynch, head nurse on the third floor of Barnard, checks out a magazine from nurse assistant Mrs. Ann Clement of the third floor of Wohl Hospital.

"Anything from karate to modeling for cardio-pulmonary nursing may be the subject for a staff development program," said Mrs. Marcia Buterin, assistant director of nursing service responsible for staff development.

"Our purpose is to give better care to the patient by providing adult education and on-the-job training for nursing personnel and other interested employees to keep them abreast of current happenings in this day of specialization and explosion of technical knowledge," she continued.

This educational process is handled through continuing long and short term classes covering new employee orientation, skill training in special nursing techniques, instruction in new nursing practices and leadership and management methods. Subjects for the courses are suggested by nursing personnel and supervisors of other departments interested in specialized training for their employees.

Eleven staff development instructors plan and teach most of the courses; however, an occasional guest lecturer is invited to conduct a seminar. Currently a 20-hour course in supervisory management is being given to interested hospital personnel by Dr. Theo Haimann, St. Louis University professor of management science.

Orientation courses for new staff members are offered on a regular basis. Two week courses for registered nurses and licensed practical nurses are offered bi-monthly. A three-week ward clerk orientation program is conducted every four weeks. Instruction for service managers is provided as frequently as occasion demands.

A skill training course for operating room technicians is currently underway. Students in the six-month program are high school graduates without previous operating room instruction.

One of the most popular continuing education programs is the one semester cardio-pulmonary course for registered nurses. Coordinated by Mrs. Marion Langer and conducted by various doctors and nurses familiar with the subject, the class meets once a week for two hours.

"Cardio-pulmonary nursing is a fairly new field and nurses are assuming increasing responsibilities in the area," Mrs. Buterin said. The course is so successful nurses from other hospitals have asked to enroll for a fee, but two-thirds of the 45 students are Barnes' nurses.

In addition to the regular orientation and skill training courses one session in-service programs are offered on a monthly basis. These cover the gamut of interests and are prepared in rotation by staff development instructors.

The March, 1969, lecture on "Self Protection for the Woman" was planned by Mrs. Darlene Long and conducted by officer William Laub of the St. Louis Police Department and James Haitssel of the Karate Club. Demonstrations of judo, karate and jiu jitsu were given and the audience was shown how to break free from an attacker. For the April program a professional model spoke to a large group on fashion styles, make-up and grooming. The next program, scheduled for May 16, will feature "Space Age Medicine."

The most popular in-service program of the past year featured a showing of the movie, The Trip, which described the psychedelic experience of an LSD user. Over 100 persons attended the first showing and the film was scheduled again to fill additional requests. Other recent programs include "Nursing in Vietnam," "Getting the Patient Up and About," "Calories Do Count," and "Where the Action Is."

In-service programs are also presented for specific interest groups. A film about infant mortality in St. Louis was shown for employees in Maternity on April 14. Last December a program on heart transplants was presented for operating room personnel. Special programs have also been organized for inhalation therapy, Auxiliary volunteers, and dispatch messengers, at the request of the department head.