New Responsibilities, Changes Revealed
For 3 Administrators

Dillion Trulove, former executive housekeeper and dispatch co-ordinator at Barnes, was recently appointed assistant director, responsible for laundry and central service, in addition to his present responsibilities in housekeeping and dispatch. Trulove's appointment, part of a realignment of administrative responsibility within certain hospital departments, was announced by Robert E. Frank, director of the hospital.

"Experience is the Best Teacher" and Trulove has completed almost 24 years of work at Barnes, starting on 3 McMillan as an orderly and advancing through the ranks to his present job.

"Supervision in hospitals has advanced to a refined science. Today's executive housekeepers must not only be able to advise subordinates how to strip a floor for waxing, but they must attend seminars and classroom instruction to keep abreast of the latest techniques," Trulove said.

Trulove's varied hospital background began while he was in the military service. He was a member of the quartermaster corps, serving in military hospitals as a member of the medical corps.

Trulove advanced through the ranks at Barnes, later supervising central service and then being appointed executive housekeeper in June, 1962. He took over additional duties of dispatch in 1966.

In another change, Donald J. Horsch, associate director at Barnes since 1956, resigned effective March 1 to enter the field of hospital consulting.

Grand-Opening at Employe Cafeteria

Arrows and a large bulls-eye are part of the decorative features of the newly-renovated employee cafeteria. Grant-opening and ribbon-cutting ceremonies for the cafeteria were held Feb. 24 with free coffee and doughnuts being served to employees.

Standing in the center of the bulls-eye in the photo is Mrs. Jane McFarland, administrative dietitian, who advises two dietary interns, Miss Marcelyn Cagle, left, and Mrs. Kae Duilio, both of menu planning. According to Mrs. McFarland, 2,500 employees are served daily in the cafeteria. She also said that the name of the cafeteria annex, The Arabian Room, has been changed to the Sun Room.

Volunteers to Launch Recruitment Campaign

Barnes' Volunteer workers will launch a three-week recruitment campaign on April 1, to solicit adult members for next fall, according to Mrs. Dorothy Kelley, director of volunteers.

The campaign is unique at Barnes in a number of ways. The success of the project depends upon the efforts of each volunteer to recruit someone else to become a member, Mrs. Kelly said.

The person-to-person approach will feature volunteer workers, equipped with pledge cards, soliciting friends and relatives to become volunteer members.

"We would like to at least double the amount of volunteers to 240 adults. We could easily use 300 adult volunteers in the hospital's many areas," Mrs. Kelly said.

Once a person expresses interest in becoming a volunteer, they will be mailed information and contacted periodically during the summer, she said.

Posters to measure the progress of the campaign will be put up in the Volunteer office and in the main lobby in Barnes. New long-range recruitment plans also have been formulated, she said.
World’s Third Largest Man, Max Palmer, Treated at Barnes;
7 Ft, 8 In. Evangelist Uses His Height for an Advantage at Pulpit

Max Palmer, the world’s third largest man at 7 ft, 8 in., and weighing 385, was a patient recently in Queeny Tower. He was side-lined with a foot ailment that stemmed from a tiny infected blister caused by wearing undersized cowboy boots years ago.

Palmer, a lone crusading evangelist who travels the country and preaches the gospel, said he stops at Barnes whenever he has a health problem.

Mr. Palmer’s size presented no great problem for the medical staff at Barnes. An extension was added to the foot of his bed to allow more leg room.

A former professional wrestler who fought under the name of Paul Bunyon, Palmer’s life is just as captivating as the deeds of that legendary folk-hero of the Northlands and his beloved blue ox, Babe.

Palmer, an unmarried resident of Midwest City, Okla., a suburb of Oklahoma City, said “his greatest achievement was to renounce a life of emptiness and alcoholism in favor of a life dedicated to Christian principles.”

Palmer, who was born on a cotton farm at Clarksdale, Miss., said that two things caused him to make that ill-fated wrong turn down the path to alcoholism: “My father died when I was six years old, and I had easy access to alcohol when I was young. Another was the fact that people made fun of my height. I was an alcoholic by the time I was 18 years old.”

Palmer once scored 78 points in only three quarters of action in a high-school basketball game, which is believed to be a national record. He had scholarship offers from many colleges, but he decided not to play because he became treated for alcoholism. I was visited by some ministers who suggested that I become a Christian.

“Upon leaving the hospital, I was broke and had ‘down and out,’” I lay sobbing on my bed thinking sooner than they would normally come.” George Dixon, director of social services, said.

Changes (continued from page 1)

Horsch began his employment at Barnes in 1963 as assistant director. A graduate of the University of Nebraska in 1941, he entered military service and served as an infantry captain from 1941-46. He holds degrees in hospital administration and law.

Thomas C. Winston has been named responsible for maintenance, safety and security, the house staff, chaplain service and co-ordinator of the clinics, Mr. Winston, an assistant director, has been at Barnes since 1967.

Joseph T. Greco, associate director, has been charged with the responsibilities for the dietary department and the Queeny Tower dining and ambulatory-care facilities, in addition to his regular duties.

In other changes, Mrs. Barbara Lee, formerly a dispatch supervisor, has been named dispatch co-ordinator. At one time, Mrs. Lee served as housekeeping supervisor at Maternity and McMillan.

Mrs. Alice Kelly has been appointed executive housekeeper. Prior to the advancement, Mrs. Kelly was assistant executive housekeeper.

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Constance C. Barton, Director
John Manley, Associate Editor

Mrs. Barbara Lee, newly-appointed dispatch co-ordinator, discusses an errand request with Pat Ryan, dispatch.
Barnes’ Physician Weighs Risks of The Pill Amidst Controversy; Large Demand Would Make Pill Difficult to Ban, Committee Told

Birth control pills stirred controversy recently in U.S. Senate subcommittee investigations because testimonials by members of the medical profession varied greatly as to the extent of the harmful effects of the oral contraceptives.

Watching with interest is Dr. Willard Allen, obstetrician and gynecologist-in-chief at Barnes. Dr. Allen ascribes to the theory that the pill is safer than pregnancy. “The pills present a minimum, but definite risk; however, the advantages of the pill outweigh the disadvantages,” he said.

For an example of the wide difference of opinion, one medical scientist suggested that the estrogens used in birth control pills enhanced the development of breast cancer, while another research specialist testified that the use of the pill is safer than pregnancy or cigarette smoking.

The Senate investigators were told it would be difficult to ban the pill because of the heavy public demand for the contraceptive. Although the pill that is now prescribed is much different from the drug first made available in 1957, it is estimated that 9 million women in the U.S. are taking the pill.

A recent Gallup Poll showed that 18 per cent of women between 21 and 45 years of age using birth-control pills within a three-month time span at the start of 1970 have quit taking the pill. Newsweek magazine reported that 23 per cent are seriously considering quitting. The main reason given in the telephone interviews of 896 women was the publicity generated by the recent Senate subcommittee hearings.

According to Dr. Allen, the pill is a mixture of two chemical compounds, estrogen and progestogen, which are similar to two natural female hormones, estradiol and progesterone. Although the ingredients of the pill are not actually female hormones, the two synthetic chemicals are closely related to the natural hormones, he said.

Clinicians have been using a form of estrogen and progestogen, similar to that in the pill, for more than 30 years. Dr. Allen noted. “Because of this, the only really new thing about the pill is its use as a contraceptive device. The pill is the most effective contraceptive agent ever devised. Women who take it are completely relieved of the fear of becoming pregnant.

“The rare dangers of the pill get all the publicity. The publicity is centered on a few individuals who develop complications, instead of the large majority who have no difficulty.”

“Taking the pill is 10 times safer than having a baby. Of the 9 million women taking the pill, only 118 fatalities were reported over a three-year period. The risk of death from pregnancy is much greater. While ten women per million on the pill died, about three women per 10,000 died because of pregnancy complications.

“The hardest problem that needs to be solved is whether the pill causes serious abnormalities,” said Dr. Allen, who served on the first Food and Drug ad hoc investigating committee in 1963 which studied the relationship between women taking pills and cases of pulmonary embolisms (blood clots in the lungs.)

“The greatest danger of the pill is that it may make the body more susceptible to heart attacks.”

“Contraceptive pills have increased thrombophlebitis, which has increased the number of pulmonary embolisms. The likelihood of death of pulmonary embolisms among women taking the pills, was found to be 10 to 30 deaths per million women taking the pill compared to 3 to 10 women per million not taking the pill.”

“Skeptics of the pill claim that the oral contraceptives may induce breast cancer. Dr. Allen noted. “Estrogens, similar to that found in the pill, has been used since 1940 in treating women during menopause. However, there is evidence that both natural and synthetic estrogens produce breast cancer in laboratory animals and large doses are administered over a long period of time.”

According to Dr. Allen, adverse reactions to the pill usually occur during the first few months that a woman takes the oral contraceptive. The doctor said there is no proof that pill causes infertility. “Nor is there evidence that the pill will cause genetic abnormalities in the future generations.”

He said that a number of less-serious side effects may result from taking the pill. A woman, who is first introduced to the pill, may become nauseated until her chemical makeup becomes accustomed to the increased doses of estrogen. Pigmentation of the skin is another reaction caused by the pill, he noted.

“There are a great many thoughtful physicians who believe there should have been far more testing of the pill before its general licensing. Dr. Allen stated to the contrary that “No single drug was studied so closely and so long as the oral contraceptive, prior to release.”

There were many early tests to determine if the oral contraceptive could prevent pregnancy safely and effectively. The effectiveness of the pill as an efficient contraceptive device was illustrated in one sampling of fertile women, he said.

“No pregnancies occurred in a group of fertile women who were taking the pill in 10,000 cycles,” he said.

It has taken more than a decade to establish the medical facts, as researchers know them, about the pill’s effects. It may take another decade before all the facts are in. In the mean time, Dr. Allen says, researchers will continue working to develop a pill that is equally acceptable, safe and effective.

New Chairman Appointed To Lead Candy-Stripers

Mrs. Gerald Canatsey has been appointed chairman of the hospital’s Candy-Striper volunteer program, according to Mrs. Harry Holmes chairman of the volunteers. Mrs. Canatsey succeeds Mrs. George DuBois who was chairman of the program for two years. Mrs. DuBois will continue her active work in other areas.

Mrs. Canatsey will begin her duties immediately, coordinating the hospital’s teenage summer program that involved more than 300 St. Louis youth assisting in various capacities during 1969.

When asked about the appointment, Mrs. Canatsey said she was already canvassing various hospital departments as their need for a candy-stripper this summer.

“It’s a great program for boys and girls, and this year, the age limit has been lowered to permit 14-year-olds participate. Notices have been sent to school guidance counselors for posting and publication in school newspapers.

“We hope to have a large complement of candy-Stripers before our orientation which is set for May 16,” she said.

Barnes Bulletin

Dr. Willard Allen believes that the pill is safer than the complications of pregnancy. He was a member of an FDA committee that studied the effects of the pill.
The Stoppers

The cigarette habit is difficult to break, but these six individuals stopped and they're glad they did.

Learning to Live Without Cigarettes

Seventy million persons have quit smoking since the 1964 Surgeon General's Report. Every day more try to kick the habit, but many individuals are unable to do so.

Five Barnes' employes who recently quit smoking were interviewed to learn why and how. Most of them experienced mild withdrawal symptoms in the early stages, but none expressed regret for having given up cigarettes. They are proud of their achievement and willing to discuss some of their feelings on the subject as encouragement to others who may want to stop smoking.

Mrs. Sharon Miller, house-staff secretary, tried to stop smoking abruptly during the January cold spell. "Everything I did was connected with cigarettes. The habit got so bad one night, when the temperature was 5 below, that I felt I absolutely must have a cigarette. I checked around the house and found none. Instead of going to the store, I chose to go to sleep without one. It was then that I really realized how dependent I had become of them."

"Quitting helps one's sense of smell. In addition, quitting eliminates the filthy problem around the house, foul odors and smoke haze on mirrors."

Mrs. Miller's battle strategy also includes giving up smoking for one day at a time, not thinking about next week, or even the next day. "I concentrate on trying to get through this one day — hour by hour. By doing this, I am setting an attainable goal. Just one day at a time, that's all."

Smoking involves health factors and Dr. S. David Rockoff, assistant radiologist and chairman of the Lung Specialists of St. Louis Against Air Pollution, was asked to comment. He cited several examples of how smoking relates to heart and respiratory diseases, and he mentioned a philosophical point: "Parents who smoke lose their credibility with their children when it comes to counseling against the smoking of marijuana. How does a parent persuade their teenagers when, in effect, smoking regular cigarettes may be more harmful than marijuana?"

"I gave up smoking 15 years ago when some researchers first suggested that smoking was detrimental to health. Smoking decreases a person's wind and causes bad breath. Going
"cold turkey" is the best way to stop. It's difficult to taper off gradually," he said.

Many researchers agree that every time a smoker has finished a cigarette he has shortened his life span about a quarter of an hour.

Mrs. Retha Dern, office clerk in medical records, was all set for trauma when she finished her last cigarette three months ago.

"Surprisingly, I have had few problems. I feel better and I no longer suffer through coughing spells," said the former 3-pack-a-day smoker.

Steve Marshall and Roy Migneco, both programmers in data processing, have one thing in common in trying to beat the "weed" kick. Fortunately, they are married to sympathetic and understanding wives who are also trying to quit smoking. However, Marshall's reason for giving up cigarettes took on a slightly green tinge. "It costs a considerable amount of money to keep up the habit. My wife and I spent more than $300 a year for cigarettes. We spend the money saved from cigarettes on little luxuries."

Migneco, who smoked a pack a day, stopped gradually. "I smoked one cigarette only when I really wanted one. Now that I have made the break, I become nauseated with cigarettes," he said.
Preture Infants Found to Have Reflex Similar to Swimming Mammals, Seals

New equipment to continuously monitor breathing of premature infants will soon be functioning in the premature nursery on 5 Maternity, according to Mrs. Patricia Granger, acting head nurse.

The monitoring equipment will help prevent prolonged apnea which is the stoppage of breathing for prolonged periods that may result in brain damage or even death.

"Continuous monitoring should enable us to save more premature infants and prevent brain damage," said Dr. Allan Goldman, assistant pediatrician.

Dr. Goldman said that monitoring of premature babies is especially valuable because when a baby stops breathing, an alarm sounds that summons the nurses to provide immediate stimulation to help the baby start breathing again.

Some alarms are set to sound after the baby quits breathing for 20-30 seconds. The alarm continues to sound until the baby breathes again.

According to Mrs. Granger, most babies respond to the onset of apnea simply by being touched. However, if the baby does not begin to breathe, the nurse gently massages the baby's limbs.

Painting Helps Lonnie Redmond View Things 'In Proper Their Perspective'

Pointing to a vase of artificial daisies, Lonnie Redmond, a nursing orderly at Barnes, said: "Until I started painting three years ago, that vase would have meant nothing to me. Now when I look at it, I see its design, aesthetic beauty and form."

Redmond, who held a one-man art exhibit recently in the nursing office that was viewed by many employees, aspires to have his own studio someday and be considered by his peers "as one of the best."

Redmond said he enjoys painting simply because it is relaxing and it "helps him see things as they really are," in their proper perspective.

He has been interested in art since he was a schoolboy in Greenwood, Miss.

Lonnie Redmond, nursing orderly, hopes someday to own an art studio.
4 Dietitians Complete Year of Internship

Barnes’ Dietary Unit Takes Action to Curb Cyclamates

Although the jury is still out on cyclamates and their effects on humans, the Barnes Hospital dietary department has taken action banning these artificial sweeteners from human consumption. Cyclamates are added by manufacturers to sweeteners from human consumption.

Barnes orders its dietetic fruit without cyclamates. The fruit is then served with a pre-packaged non-harmful sugar substitute. Patients who want to enrich the taste of their unsweetened fruit add the contents of the non-harmful sugar substitute.

Barnes’ Hospital’s sick leave policy was recently revised and many employees are unaware of the changes and benefits while other employees are unfamiliar with the total concept of the program, according to Walter Hansen, director of personnel.

The following are questions and answers on the sick-leave policy as compiled by Mr. Hansen:

Q. Who is eligible to receive sick leave?

A. The permanent full-time employee and the permanent part-time employee who are scheduled on a regular basis to work at least 60 hours per pay period.

Q. When does sick leave start?

A. Accrual begins on the first day of employment. However, an employee is not eligible to use it until after completing six months of continuous permanent employment. After completion of six months of continuous service, an employee’s sick-leave pay begins on the third day of absence from work due to certified illness. The two-day waiting period is waived for those permanent, full-time employees who have accrued at least 182 hours as of the end of each calendar quarter (March 31, June 30, September 30, December 31). The accrual has been reduced to 164 hours for those permanent part-time employees who are regularly scheduled to work at least 60 hours per pay period.

Q. How much can the permanent full-time employee accumulate?

A. The new revision permits the full-time employee to accumulate 12 days of sick leave a year. The maximum accrual that can be accumulated by a full-time employee over a period of years is now 60 days (480 hours).

Q. How much can the permanent part-time employee accrue?

A. Nine days per year (72 hours). The part-time employee can now have a maximum accrual of 45 days or 360 hours.

Q. What is the maximum amount of sick leave that an employee may be granted at any one time?

A. In cases of bona fide illness, an employee may be granted up to the total amount documented.

Q. Does an employee have any obligations in filing for sick leave?

A. If an employee is absent and expects to receive sick-leave pay, he must notify his department head at least 30 minutes before the employee’s work shift begins. Upon returning to work, each employee must submit to his department head a written request for sick leave (form Pers-9). A doctor’s certificate or other proof of illness must be supplied by the employee when requested by the department head. The emphasis is placed on this request on the day before and the day after a holiday or vacation period.

Sick-Leave Policy Revised Recently

Barnes Hospital’s Admitting Interviewer Miss Wilma White, a supervisor in the clinical chemistry laboratory, is teaching a 10-week adult education course, “Clinical Laboratory Automation,” for medical laboratory technicians at St. Louis University’s Metropolitan College, a department that offers continuing education courses.

The following are questions and answers on the adult education course, according to Miss White:

Q. What is the maximum amount of leave that an employee may be granted at any one time?

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Lab Supervisor Teaches Adult Education Course

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The non-credit class is being held for two hours each Thursday night at Glennon Hall, 1401 S. Grand. About 25 persons are taking the course which is designed to assist with individual laboratory problems and review the methodological application of automated and semi-automated instruments such as the auto-analyzer and the digicon.

According to Miss White, there will be a number of guest lecturers, including the following personnel from Barnes: Miss Marilyn Erickson, supervisor of chemistry; Mrs. Georganne Tiemann, supervisor of the serology laboratory; and Dr. Harold Kaplan, director of the blood bank.

4 Dietitians Complete Year of Internship

These dietetic interns are members of the January, 1970, graduating class that recently completed a one-year internship program at Barnes. They are, left to right: Carolyn McGuire, Janice Henke, Rita Habluetzel and Marcelline Cagle. During graduation ceremonies at Clopton Auditorium, they received diplomas, a pin from the dietary department and membership in the American Dietetic Assn.
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Doctors Will Have Their Day March 30

Doctor’s Day is scheduled March 30 and a number of events are planned to honor the Barnes’ medical staff on that day. According to Mrs. Gerald Canstey, a Barnes’ auxiliary member and the chairman for the event, considerable planning has preceded the event.

A red carnation has long been a means of easy identification. For example, platform speakers at graduation exercises or at formal banquets traditionally have boutonniers in their lapels which readily identify them.

Carnations will again be used to identify the doctors in the Barnes’ medical complex on “Doctor’s Day.” March 30. Carnations will be presented to the medical staff as a token of appreciation, in honor of Doctor’s Day.

Three Barnes’ auxiliary members, Mrs. Gerald Maness, Miss Martha Maness, and Miss Delonna Rodgers, 19 has been chosen “Messenger of The Month” in dispatch. A graduate of Buchanan High School in Troy, Mo., Miss Rodgers has been working at Barnes since July. She plans to enter the Barnes’ school of Nursing this fall.

Miss Martha Maness, a 100-year-old patient who resides with her nephew at 5338 Blow, was treated recently in the dermatology clinic. She will be 101 years old on March 23.

Volunteer Services Increased in 1969

According to the 1969 volunteer services report, the number of volunteers who worked in the hospital and their hours during 1969 increased slightly over the preceding year. In 1968, figures show 642 volunteers worked 62,335 hours, while in 1969, the figures show that 663 volunteers worked 64,751 hours.

The largest number of hours spend on individual projects was the Hospital Wishing Well and Courtesy Cart with 19,002. Other hospital areas where volunteers served were: Nurse volunteers, 10,090 hours; hospitality and hospitality room, 5,232 hours; Nearly New, 4,883 hours; operating and emergency room, 2,928 hours; admitting, 2,296 hours.

Hysteria Symptoms ‘Often Recognizable,’ Psychiatrist Says

Hysteria and anxiety neurosis often can be recognized readily by an internist or general pracitioner as by a psychiatrist, according to Dr. Donald W. Goodwin, assistant psychiatrist at Barnes.

In an article, “Psychiatry and the Mysterious Medical Complaint,” written for the Journal of the American Medical Association, Dr. Goodwin said that patients often complain of pain or some other physical symptom, but that no physical cause can be found.

“Hysteria is an unfortunate term as the word dis-courages further search for causes of an unexplained physical condition,” Dr. Goodwin said. Studies indicate that isolated symptoms first labeled hysterical are often discovered on follow-ups as a symptom of an approaching serious medical or psychiatric illness, such as multiple sclerosis or schizophrenia, Dr. Goodwin noted.

“The illness mainly affects women and it is associated with marital turmoil and a high divorce rate. Most chronic hysteria can be diagnosed by the time the patient is 25 years old,” he said.

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