Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

- Psalm 100:4
These crisp November mornings make us realize more and more each day that summer has long past and autumn is now in its full glory. The trees are showering us in a flurry of falling leaves. In the country we see pumpkins and shocks of corn along with the rest of the harvest and our thoughts turn to Thanksgiving.

Thanksgiving is one of the oldest American holidays. President George Washington proclaimed November 26, 1789, as the first national Thanksgiving Day. All of us remember from our grade school days the story of how the Pilgrims and Indians joined together to offer prayers of gratitude for surviving the winter and having a bountiful harvest.

What does Thanksgiving Day mean to you? Does it mean a day that you don’t have to work, or perhaps a big turkey with all of the trimmings, or maybe watching your favorite football team in action, or does it mean a day that is set aside for you to acknowledge the many blessings and benefits which you have received during the year.

Too many of us have forgotten the real meaning of Thanksgiving. This year would be a good time for us to restore the original spirit of Thanksgiving, for a thankful spirit is not dependent upon what we have but what we are. All of us have many things for which to be thankful, and there is no better time than Thanksgiving Day to remember these blessings and offer our prayers of thankfulness to God.
INTRODUCING

Miss Maria Helen Erben died on November 11, after a brief illness. Miss Erben was a Head Nurse on evening duty assigned to the private pavilion and had been employed at Barnes Hospital since January of 1952. She had worked here on other occasions as a part time nurse. Miss Erben received her nurse’s training at St. Francis Hospital School of Nursing in Wichita, Kansas. Miss Erben is survived by two sisters, one of whom is Miss Elizabeth Erben, a nurse who joined our staff last July upon her arrival in the United States.

ST. LOUIS DIETETIC ASSOCIATION HOLDS NOVEMBER MEETING HERE

The St. Louis Dietetic Association held its November meeting in the David P. Wohl, Jr. Hospital Dining Room on the evening of November 3.

Dr. Robert E. Shank, Professor of Preventive Medicine at Washington University School of Medicine, spoke to the group on the revision of the recommended dietary allowances which were prepared by the National Research Council.

Dr. William Olmsted, a member of our attending staff, was also present at this meeting to help formulate plans for the annual Food Show which was held on November 10 and 11. The St. Louis Dietetic and Diabetic Associations participated in this show to present special diets to the St. Louis public. The Show was directed by Dr. Olmsted.

Miss Marlene Hunter, Assistant Administrative Dietitian, was in charge of the Barnes booth which featured the 1800 calorie diet.

Mrs. Wilder Lucas, President of the Women’s Auxiliary of Washington University Clinics.

Mrs. Lucas is the first president of the newly organized Women’s Auxiliary of Washington University Clinics. Since she was instrumental in helping to form this organization, it is only natural that she should be chosen as its president. Mrs. Lucas served on the Board of Managers of the Social Service Department of Washington University Clinics and Allied Hospitals for five years and was chairman of the committee that wrote the By-Laws and Constitution for the Auxiliary.

Volunteer work is not at all new to Mrs. Lucas, as she has been doing this type of work for a number of years. She did social service casework prior to her marriage and has found that this aids her a great deal in her volunteer service to the Clinics. Mrs. Lucas has also been a member of the Volunteer Activity and Advisory Committee at St. Louis State Hospital for the past three years. She is a member of the Advisory Board of the Volunteer Service Bureau of the Social Planning Council. Her husband is also active in (Contined on page 7)
KNOW YOUR STAFF

Mr. Charles Boling, Chief Engineer, has been in our medical center since April of 1940. Mr. Boling had many years experience as an engineer prior to joining our staff. He was a sales engineer and appraiser for an electrical and machine company for eight years, and in this position he was required to travel all over the eastern part of the United States. He also worked as a lumber jack and a harvest hand before going into the engineering field. He was Chief Electrician and Assistant Master Mechanic at the Citizens Gas Company in Indianapolis where he was employed from 1918 until 1930. Mr. Boling recalls that in 1916 and 1917, he worked for the Merchants Power and Light Company in Indianapolis twelve hours per night and seven nights per week for $75.00 per month.

Here at Barnes, Mr. Boling has many responsibilities as head of the Maintenance Department. He is in charge of all remodeling and new construction within our hospitals and clinics. This alone would be more than enough duties for most of us, but Mr. Boling also directs all of (Continued on page 6)

PERSONALITY OF THE MONTH

As you walk down the corridor of 1418 you will in all probability see one of our most popular Housekeeping Aides sweeping the floors and keeping them shining. She knows just about all of the employees that come her way and never fails to speak to them. She is Mrs. Hattie Hill who has been employed here since 1946 - and on the very same floor, too.

Hattie was born in Athens, Georgia, and attended grade school there. She then went to work for private families and did this type of work until 1921, when she married and moved with her husband to St. Louis. She worked in private homes for several years and then was employed at the F. W. Woolworth Company as a baker for three years.

Hattie is a wonderful cook as several of the departments can tell you, since she brings in cookies around Christmas time. We understand she is also pretty good with her cakes and pies. Her favorite sports are fishing and baseball and, of course, the Cardinals are her favorite team.
There is definite value in having regular times designated for the doing of things that we consider to be of importance. Our national observances have been handed down from one generation to another with dates attached. Otherwise they would likely have been lost in the shuffle long ago. Personal interests, set schedules of obligations and the demands of others upon us would have crowded out the meanings of events that meant so much to those who have lived before us.

We are fortunate in the fact that past experiences of other generations of Americans still have real meaning to those who make up our generation. The richness of our great heritage is found, in a very real sense, in our ability to recall the efforts of our pioneer founders of American life as we know it. Some of the contributions they made belong to the ages, for they were the outgrowth of ideals that had been tested by living history.

Thanksgiving, the highlight of the month of November, is a day which has been designated for a purpose. The purpose is to give thanks for the year that has passed. Those who gave birth to this particular day in our American scheme of things had little for which they could be thankful - in so far as material things are concerned. They did have a sense of values which caused them to be thankful for life itself and the daily privilege to live. They were able to see opportunity in the midst of discouragement. For these reasons they developed the kind of stamina that undergirded a nation with a faith that holds.

(Continued in next column)

FAMILY ALBUM

You can easily recognize this little gent if you will look at his eyes closely. He is a member of our administrative team and has been in our medical center since 1948. Look on page 7 to find him as he is today.

(Continued from previous column)

Many of us could truthfully say that we have little for which to be thankful - in so far as material things are concerned. The great question that comes each Thanksgiving is in regard to the other things that were recognized by our forefathers who brought the first observance into existence. This makes the day that we observe on November 26, 1953, a very personal matter. The answer cannot come from the nation, our closest of kin or our most trusted friend.
COMMUNITY CHEST REPORT

The Barnes Hospital Community Chest report shows that this year there is a decided increase in contributions over the amount collected last year in the hospital group.

Contributions to the Community Chest in 1952 totaled $2202.70. The 1953 Red Feather donations are $3085.76, with $1560.87 paid in cash and $1524.89 being paid by payroll deductions and direct billing to the employees' homes.

We want to thank all of the employees who made contributions to the Community Chest and helped us to reach this amount.

INSTITUTE HELD FOR HOSPITAL SUPERVISORS

Several members of our staff attended the Institute for Hospital Supervisors which was held at the Central High School Auditorium on November 5. The Institute was sponsored by the Greater St. Louis Hospital Council.

Dr. Frank R. Bradley, Director of the Barnes Medical Center, was a guest speaker at this meeting which was held to help emphasize some of the responsibilities of supervision and to help develop the supervision within hospitals.

Miss Henrietta Becker, Director of Dietetics, directed one of the workshops in the afternoon which was held for dietary supervisors.

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the grounds operations as well as his regular duties.

Mr. Boling is a great hunting and fishing enthusiast, and bagged his deer within the first thirty minutes after the opening of the season this year.

THANKSGIVING SERVICE TO BE HELD IN CHAPEL

Chaplain Bowles has announced that the annual Thanksgiving Service will be held in the Danforth Chapel on Thanksgiving morning, November 26, from 9:30 to 10:00. Special music is being planned by students from the Washington University School of Nursing.

All personnel, patients and their relatives and friends are cordially invited to attend. Employees who can be present may find it possible to assist patients who are able to attend the program to get to the chapel.

REPORT CHANGES!

If you are one for whom wedding bells have pealed recently, you will want to review your group life insurance certificate to make sure that the person named as beneficiary is still the one you wish to receive your life insurance benefits. Should you wish to make a change, for any reason, simply complete a Change of Beneficiary form in the Personnel Office.

It is extremely important that all of us keep our personnel records up to date. Employees have experienced a great deal of inconvenience in the past by failing to report immediately such information as change of name, change of address, additional dependents, etc. This information must be reported at your earliest convenience to any of the people in the Personnel Office.

Also, if you are leaving your job here, be sure to leave us a forwarding address, so that we may mail your W2 form to you next January. Your cooperation in this matter will be greatly appreciated by the Personnel and Payroll Departments, and will save a lot of worry and difficulty at a later date.
This month our baby picture was taken from the family album belonging to Dr. Crofford O. Vermillion, Associate Director of Barnes Hospital.

(Continued from page 3)

various organizations and, when he is unable to attend a meeting of any of his committees, Mrs. Lucas steps in and fills his position for him. Mrs. Lucas is also a member of the Alliance Francaise which is an organization formed to promote French culture and understanding in the United States.

Mrs. Lucas has very little time for hobbies, but she does design and make most of her own clothes. She also likes to ride and play an occasional game of golf. Our new Auxiliary President has two daughters, one age eleven and the other one is a sophomore at Brown University. With her family life and many outside activities, it is quite obvious that Mrs. Lucas is a very busy lady.

The annual dinner of the Barnes, St. Louis Children's and Allied Hospitals Society was held on October 28. Leonard Hall, Post Dispatch Columnist, was the guest speaker. --- Miss Ann Bernsen, Assistant Medical Record Librarian in Maternity Hospital, represented the Barnes Hospital Group at the American Hospital Association's Institute for Medical Record Library Personnel which was held in Birmingham, Alabama, November 11. --- Mrs. Betty Spence, former Personnel Secretary, became the mother of a bouncing baby boy on November 11. --- Best wishes to Melvin Haynes and David Tyler of the Main Kitchen who plan to be married on Thanksgiving Day. --- Miss Betty Bishop, Director of Occupational Therapy, attended the American Occupational Therapy Association Convention which was held in Galveston, Texas, November 11-20. --- We are happy to have Vera Mills back with us in the McMillan Lunch Counter after her recent illness. --- Our deepest sympathy goes to Margaret McBride, Pharmacist, on the death of her father. --- Miss Henrietta Becker, Director of Dietetics, and Miss Mary Ward, Staff Dietitian, recently attended a nutrition course which was sponsored by the University of Missouri at Columbia, Missouri. --- Dr. Frank R. Bradley, Director of the Barnes Medical Center, was in Ft. Sam Houston, Texas, on November 12-13, to lecture at the Medical Field Service School. --- Mrs. Grace Huey Coleman was a recent visitor in our medical center. Mrs. Coleman is the former Associate Director of Maternity Hospital. --- Congratulations to Cynthia Frank, former Credit Clerk, on the birth of a son on November 5.
MISSOURI HOSPITAL ASSOCIATION MEETING IN ST. LOUIS

The annual meeting of the Missouri Hospital Association was held at the Hotel Jefferson in St. Louis on November 19 and 20. Dr. David Littauer, President of the Association and Director of Jewish Hospital, presided at the opening meeting. Guest speaker at this session was Albert M. Spradling, Jr., Chairman of the State Senate Committee on Public Health and Welfare.

The Women’s Auxiliary met Thursday evening, November 19, and the following evening the annual dinner of the Missouri Hospital Association was held in the Ivory Room at the Jefferson.

The Missouri State Association of Medical Record Librarians and the St. Louis Chapter of the American Association of Hospital Accountants met in conjunction with the Missouri Hospital Association.

WOULD YOU BELIEVE that twenty-five turkeys, each weighing approximately twenty pounds, will be required to satisfy the palates of our patients and employees on Thanksgiving Day? Just in case this should not seem to you to be much turkey, let’s consider it in terms of pounds—imagine yourself preparing 500 pounds of turkey—not to mention all the trimmings that complete the Thanksgiving feast.

To carry this subject a bit further, 2,845 pounds of turkey, prepared in various ways, were consumed by our patients and employees during the month of October.

Someone was asking a police friend of ours the other day if it was true that he was brought up in a tough neighborhood. Tough?” he said, “Why it was so tough in our neighborhood a cat with a tail was a tourist.”

First Drunk: “Shay, you better not open the door with that; it’s a cigar butt.” Second Drunk: “My Gosh, I’ve smoked my key.”

A little old lady riding in a bus was anxious not to pass her destination. She poked the operator with her umbrella. “Is that the First National Bank?” asked the lady.

“No, ma’am”, replied the operator, “that’s my stomach.”

A Communist had died on a ship and the skipper told a first mate to sew the man in 26 into a sack and bury him at sea. Sometime later the first mate reported back to the captain. “The man in 46 is taken care of,” he said.

“You fool!” shouted the skipper. “I said 26! Well—was the man in 46 dead?”

“He said he wasn’t sir,” said the mate, “but you know these Communists—they are such big liars.”