Dr. F. R. Bradley (right), immediate past president of the American Hospital Association, and Ray E. Brown (left), president of the association, are shown above welcoming His Eminence Francis Cardinal Spellman of New York to the association's annual meeting in Atlantic City last month.
BUS STRIKE DEALS BLOW TO HOSPITAL

On Monday night, October 10, drivers for the Public Service Company voted to strike for higher wages. The result on Tuesday morning was auto after auto inching along on nearly every city street, people standing on corners hoping for rides, many walking to work and, of course, many who never got to work at all.

Hospital work cannot cease or even slow down to any great extent; if so, the patients' care is endangered. To combat this problem, the Personnel Office was transformed into a transportation office, working day and night to get our employees to and from work. At first, private cars were used and then taxicabs; finally, it became necessary to charter buses in addition to the taxicabs to provide adequate transportation for our employees.

As in every situation of this kind there were a few people who took advantage of it but, for the most part, the employees were considerate and thoughtful of one another and the important work here went on.

At noon on October 14, the vehicles of Public Service began operation again. Everyone breathed a thankful sigh and the maps, bus routes and transportation tickets in the Personnel Office were carefully stored away so that we will always have the information when the need arises.

A grateful vote of thanks go to all of the many employees who made an effort on their own to get to work, to the volunteer drivers for their time and help, to Mr. Harry E. Panhorst who organized the transportation program and to all others who cooperated with us during this emergency.

MISS ETHEL COLLINS NAMED CHIEF MEDICAL RECORD LIBRARIAN

Miss Ethel Collins recently joined our staff as Chief Medical Record Librarian and we extend a warm welcome to her. She came to us from Gary Methodist Hospital, Gary, Indiana, where she held a similar position for two years.

Miss Collins is a native of Amarillo, Texas, and attended Amarillo College there. She also attended West Texas State College and the School for Medical Record Librarians at St. Anthony's Hospital in Amarillo. During her schooling at St. Anthony's she worked in each department and feels that this has helped her a great deal in hospital work.

Miss Collins is interested in almost all sports and, as for cooking, we understand that she whips up some very tempting Mexican food; although, being a true Southerner, she prefers fried chicken. She likes to sew and makes most of her own clothes and never uses a pattern. Miss Collins has always held a great interest in dramatics and while in college, she participated a great deal in dramatic guilds. She likes to travel and during the past summer she toured the East Coast. As for her pet peeve, it seems that she doesn't like to be kept waiting.

BUS STRIKE DEALS BLOW TO HOSPITAL
(continued from previous column)
UNITED FUND DRIVE NOW IN PROGRESS

Once again it is time for each of us to look deep into our hearts and to come up with a generous contribution for the United Fund Drive. This year all of your favorite charities have banded together under the title of United Fund to acquire necessary funds to continue their worthwhile services and to enable you to make only one donation instead of a separate contribution to each organization.

The activities of these organizations are varied and numerous. Most of us know of the many services performed by Community Chest and Red Cross and have generously endorsed and supported them. Also included in the United Fund this year are Cerebral Palsy, Diabetes and Retarded Children Agencies. They form the helping hand that is always outstretched to those in need and distress. Such catastrophes as fires, floods, and storms come without warning to anyone and with complete disregard to any financial situation. Then our contributions step forward in the form of trained workers to help in the affected area. Many thousands of dollars worth of medical care is given to the sick and injured citizens of our metropolitan area each year. Without the help of these many fine community services the majority of these patients could never receive the proper medical treatment. These agencies also furnish recreation and emergency assistance for the armed services. They maintain homes for the aged and nurseries for the young, as well as performing hundreds of other community services. All of these are helping to build a better city in which to live - do you want to be a part of it? If so, give a generous contribution but don’t stop there. Talk with your friends and fellow employees and show them how important it is for everyone to participate in this great United Fund Drive. The goal for 1955 is $8,245,925, and we can meet it by working hard and giving until it hurts. The drive opened October 20 and will run through November 22. Let’s all work to make our hospital’s contribution the biggest ever.

Again this year we can pledge our donations with no down payment required. Pledge cards will be distributed to all departments and monthly deductions in the amount you desire, not less than $1.00, will be deducted from your future paychecks. Of course cash contributions will be gratefully accepted as in the previous years. Don’t forget all of your favorite charities are a part of the United Fund and there will be no other drive in the medical center for donations this year. There are a total of 114 agencies combined in this one great drive, so why not total up your past contributions to the separate services and then add just a little more. Your help is greatly needed in order that these worthy causes can continue their operations.

WON’T YOU HELP??

25 BARNES HOSPITAL EMPLOYEES HONORED

On October 14, twenty-five employees with twenty-five or more years employment were honored at a breakfast for their service to the medical center.

Mr. Forest P. Tralles, general counsel to the Barnes Board of Trustees and chairman of the Board of Clinic Managers of Washington University Clinics, presented service pins to the group which included Dr. F. R. Bradley, Director of Barnes, 27 years of service, and Mrs. Cornelia S. Knowles, Associate Director, 31 years. The longest service record is held by Bernard A. Struebig, paint foreman in the Maintenance Department, who has been employed at Barnes for 38 years.
RENARD HOSPITAL (dedicated October 10-11)
Dedication of the new 98-bed Renard Hospital psychiatric unit of the Barnes Hospital - Washington University Medical Center was climaxed by a two-day scientific program which took place on October 10-11. The seven story, fire resistant structure, made possible through a bequest of the late Mr. and Mrs. Wallace Renard and Hill-Burton funds of the Federal Government, was opened on September 1, when the patients from the third and fourth floors of McMillan Hospital were transferred to the new addition. Renard Hospital fronts on Audubon Avenue and, like Wohl Hospital, has a bridge approach across the Wabash Railroad.

During the introductory remarks, Dr. Bradley pointed out that the modern hospital is a new and growing institution. "Now nearing a reality", Dr. Bradley said, "the general hospital is becoming the center of medical care and should provide as many types of clinical services as require hospitalization". Commenting on the development of psychiatry in the Barnes Hospital - Washington University Medical Center, Dr. Bradley said, "ideas conceived within the last two decades are being put into practice. Renard Hospital is a reality. We have demonstrated to ourselves the necessity and possibility of rendering psychiatric service, and by so doing have made more secure our place of high regard in the community which the hospital serves and have acquired a definite measure of satisfaction on the part of the Trustees, the doctors, and hospital personnel. Surely but slowly, the idea of service has been strengthened and enhanced. Psychiatric patients are coming to us of their own volition, and much of the mystery and uncertainty relative to psychiatry has been stripped away. The Trustees of Barnes Hospital, the Directors of Washington University Corporation, and the Faculty of the Medical School are to be congratulated on their vision."

Speaking to the Renard family, Dr. Bradley said that their gift is an index of cultural maturity combined with a deep human sentiment and spirit of confidence. "We accept", he said, "the responsibility of seeing that the humane science is given in quality and quantity."

The opening ceremony were highlighted by the evening talk of Dr. Alan Gregg, Vice-President of the Rockefeller Foundation. The title selected was "Psychiatry in the General Hospital". In the exploration of his theme, Dr. Gregg said, "To put the study of the insane within easy and certain access to all manner of medical specialists gives, therefore, the future of psychiatry chances that no isolated and overloaded asylum could be expected to offer for the study of mental disease."

"To the general public, and specifically to the families and friends of psychiatric patients, this new development will reduce even if it may not banish, the lurking fear that nearly always clouds admission to the usual mental hospital. So often the earliest evidences of mental disease involve the sufferer in lapses of self-control or in disregard of social and moral standards, that shame as well as fear has accompanied the reluctant admission of the patient to a mental hospital. But perhaps the greatest gain to come from admitting psychiatric patients to a general hospital will be that cases can be studied earlier and even more intensively, with thus a better chance of prevention or cure. This will in turn rob nearly all such human afflictions of the traditional terror of the irrevocable and the hopeless. Studying and caring for the early stages of psychiatric disease will (continued on page 8)
A.D.A. HOLDS CONVENTION IN ST. LOUIS

St. Louis was the meeting place for more than 5,000 persons attending the 1955 American Dietetic Association annual meeting which was held in Kiel Auditorium, October 15-21.

A conference of Directors and Staffs of Approved Dietetic Internships was held October 15-16 at Hotel Statler and on Monday, October 17, the House of Delegates met at the Jefferson Hotel.

Many different conferences were held on such subjects as mental health, school lunch programs, food production and service, cost control, diet therapy and nutrition research. Exhibits were set up in Convention Hall, where 157 commercial organizations were represented.

On Tuesday, October 18, Dr. Carl V. Moore, Physician-in-Chief at Barnes Hospital spoke to the group on "Absorption of Iron from Enriched Breads and Other Foods". The following day, Mr. Harry E. Panhorst, Associate Director of Washington University Clinics, participated in a seminar on "Teaching of Students in Hospital Administration" and Dr. Robert Elman, Professor of Clinical Surgery at Washington University Medical School, discussed "Protein Deficiencies in Surgical Patients". Dr. Robert E. Shank, Head of the Department of Preventive Medicine at Washington University School of Medicine, spoke on "Dietary Treatment of Liver Diseases". On Friday, October 21, Dr. Frank R. Bradley, Director of Barnes Medical Center, spoke on "Administration of Tomorrow". This was part of a section dealing with the "Outlook for Coming Years in Administration".

The highlight of the convention was the Annual Banquet where Dr. Bradley presented the much coveted Marjorie Hulsizer Copher Award to S. Margaret Gillam.

The Marjorie Hulsizer Copher Award was first presented in 1945, honoring the memory of Mrs. Copher, a dietitian who was distinguished for her service in World War I. She was decorated by King George V of England and by the French Government. Mrs. Copher was one of the first to introduce the comparatively new profession of dietetics into the British Army. This annual award is made possible through anonymous gifts to the Board of Trustees of Barnes Hospital where Mrs. Copher was chief dietitian for a number of years after her service overseas.

In presenting the Association's highest award, Dr. Bradley said of Miss Gillam - "Trail blazer, of pleasing personality, adaptable, diplomatic, tactful, and cooperative, imbued with the spirit of service, possessing an anticipating mind and having vision beyond present-day conditions you have developed and advanced the art and science and profession of dietetics. Past president of this organization, the first recorded dietitian to develop a pay cafeteria, first specialist in dietetics with the American Hospital Association, one of the productive dietary administrators in one of our large university hospitals -- you have served ably and loyally."

S. Margaret Gillam was born on a farm in Western New York State not far from Niagara Falls. Her home is in Byron, New York. She graduated from Rochester Technological Institute and received her Master's degree from Columbia University. At present Miss Gillam is a private consultant in dietetics. Her past positions have been Dietetics Specialist for the American Hospital Association, and Internship Director at The New York Hospital, New York City, and at the University of Michigan Hospitals, Ann Arbor, Michigan.
Above, a group of our dietary interns talk with Miss Fern Gleiser, president of the American Dietetic Association, at a tea held in Wohl Dining Room on October 16. Left to right, they are: Zoe Tate, Nancy Mosley, Martha Calloway, Doylene Brown, Billie Lou Tarpley. Seated are Miss Gleiser and Kay Chapman Lock.

photo by Goldberger
Within the last month we have discovered a new reason for believing in the genuineness and sincerity of our American people. On a morning in late September our daily papers across the land carried the headline announcement that our president had been stricken while on vacation in Denver, and that he had been transferred from the home of a relative to an army hospital. Radio and television programs were full of the news throughout the day, and the familiar voices of the announcers we know so well seemed to have a new tone of sincerity and concern. Daily and monthly publications throughout the land are generally known to lean in one direction or the other when it comes to the matter of political stands, but within the last month the editorials have been so centered around a single idea and purpose that the political coloring has been hard to detect. It is wonderful to live in a country in which such tributes can be expressed openly by any person. There is no fear of later reprisal after the period of high emotionalism is passed. It is not a matter of deserting the party to express great concern for a president who belongs to another party. That which we have witnessed among our people because of this illness is basically American, in that such a feeling has always existed in some degree. The act of tribute has been both to men and the position. Some of our presidents have died as a result of the cruelty and hate of unworthy citizens, but the spirit of sympathy that has been engendered in the minds of others has produced new strength for the nation.

On a rainy Sunday, just a few days before the president became ill, it was the privilege of the writer to visit the boyhood home of this man who was called upon to lead our forces in war and our nation in peace. It is a very unpretentious house of wood, on the corner of two gravely streets, with the railroad just a few feet from the fence. In fact, this house reminds us of a phrase we have used for social designation. This house is located "on the other side of the tracks". Still more important than any of this is the fact that a person, on his own initiative, has the right to attain. Human position is not determined by artificial standards, but by indwelling capacities.

RENARD HOSPITAL (continued) enormously reduce the reluctant delay that came from waiting until commitment became inescapable. Thus, putting psychiatry in the general hospital declares war on fear and ignorance as certainly as it declares war on disease itself." Dr. Gregg emphasized the importance of a more realistic and matter-of-fact attitude toward the teaching of nurses and nurses' aides in psychiatry in the same institutions as with teaching of nursing in medicine, surgery, pediatrics, obstetrics, and other specialties of medicine. Dr. Gregg also pointed out the importance of presenting the whole of psychiatry to the medical student as well as the intern, resident, and the junior staff members of the hospital. He said that by having psychiatric wards readily accessible as part of the general hospital, the rest of medicine would be in a better perspective than it has ever been presented before.

Other guest speakers on the dedication program included Dr. Stanley Cobb of Harvard Medical School, Dr. F. C. Redlich of Yale University School of Medicine, Dr. Alfred H. Stanton of Harvard Medical School and Dr. George Saslow of Harvard Medical School.
This group of employees, all with 25 or more years service in the medical center, were honored at a breakfast on October 14. Seated, left to right: Ophelia Jackson, Cornelia S. Knowles, Lillie Vinton, Catherine Grant, Bertha Beckwith, Bessie M. Fehle, Mary Smith, Bertha Kuhlman, Marguerite Clifford.

Standing, left to right: Augusta Jordan, Mary Laster, Bernice Scott, Emma Math, Peggy Little, L. A. Wright, Opal Striebig, E. R. Bradley, Henry Ungerer, James Robert Pruitt, Howard Hobbs, Dr. L. W. Kemper, Mary Chamberlain, Lida Mae Kerr. Delta Vogt and Jack Lewis were unable to attend the breakfast.

Photo by Goldberg
THE CASE FOR BETTER BREAKFASTS

This is the Case

The evidence in the case for better breakfasts is conclusive. It all points the same way. Man or woman, boy or girl, a good breakfast helps you feel better, think more clearly, and work more effectively. It helps you avoid not only a mid-morning slump but also that late-afternoon tired feeling.

The evidence comes from carefully controlled scientific studies which measured the effects of breakfast vs. no breakfast on people of various ages. In these studies young people, especially teenagers, showed the biggest mental and physical slump from little or no breakfast. Men had even more pronounced reactions than women and complained more about being hungry. Women noticed, to their surprise, that they lost no weight by skipping breakfast.

So if you’re one of the people who never thought breakfast was important, maybe you’d better reconsider. The evidence is in—and it’s on the side of breakfast.

Why is Breakfast Important?

One reason is that a good breakfast supplies a third to a fourth of the foods we need every day. Another is that our energy is lowest after the long stretch between dinner and breakfast. In the morning, perhaps more than at any other time of day, we need the fuel a good breakfast gives to renew our energy quickly.

What is a Good Breakfast?

A good breakfast includes fruit in some form; bread made from whole-grain or enriched flour; cereal, or eggs, meat or fish; and milk used to drink, on cereal, or in a cooked dish. A breakfast built around these foods, with other things you like added, gives you a good share of the vitamins, minerals, protein, and calories you need daily.

To Have a Better Breakfast

Most of us could improve our breakfasts. "No time" is often given as the reason for skipping or skimping on this important meal. For some, it’s no time to eat it—for others, no time to prepare it. The first isn’t hard to remedy—just set the alarm clock a quarter of an hour earlier than usual. You’ll never miss those 15 minutes. Try it and see.

The second isn’t hard, either. Just plan and prepare things the night before. Whether you live alone and make your own breakfast or have a family as well as yourself to feed, you might find some helpful ideas here. They’ve all been figured out and used by people who must save time in the morning—but who also know how important a good breakfast is. Why not try a few of them?

Before You Go To Bed

1. Set the table. If several members of the family must leave at different times, you might try using a breakfast tray for each.

2. Put out all the utensils you need where they’ll be used—coffee pot and cooking pans on the stove; juice squeezer on your work table or drainboard.

3. If you use canned or frozen juices—and they are time-savers—they can be opened and kept in a covered container in the refrigerator overnight without vitamin loss.

4. Measure the amount of coffee you need for breakfast into a covered container and keep it close to the coffee pot or in the refrigerator, if you like.

5. Measure any quick-cooking or instant cereal you use. Water for coffee and cereal can be measured the night before. Or, if it saves more time, use hot water from the tap in the morning. Pots with the (continued on page 11)
THE CASE FOR BETTER BREAKFASTS
(continued from page 10)

number of cups marked on the inside save measuring time.
6. Put ready-to-eat cereals, rolls, or brown and-serve breads in a pan in the oven ready for crisping or baking in the morning.

Once you start you’ll figure out any number of ways all your own that will make you wonder why you ever thought you had "no time" to make or eat a better breakfast.

And after you’ve been eating a really good meal in the morning for a while, you’ll notice how much more energy you have, and how much better you feel around 11 o’clock than you did before.

--- Metropolitan Life Insurance Company
Submitted by Henrietta Becker, Director of Dietetics
Above Dr. F. R. Bradley presents the 1955 Copher Award to Miss S. Margaret Gillam. At the left is Miss Marjorie Copher, daughter of Dr. Glover H. Copher and the late Mrs. Copher. - photo by Goldberger