Revised Brochure For Speakers, Tours Is Published

A newly revised edition of the brochure, Barnes Speaks to You, has just been published and is available from the Barnes Public Relations Department.

The brochure outlines the various speaking programs available from the hospital. These are grouped under three headings: Barnes and the Community, Working in a Hospital, and You and Your Health, and include such subjects as “Hospitalizing the Mentally Ill,” “The Hospital Volunteer” and “Substitute Organs.”

The types of tours and procedures for making arrangements for either group tours or a program speaker are also explained. Tours of the hospital are conducted for groups of 5 to 20 persons. Reservations for tours must be made through the Public Relations Department and booked at least three weeks in advance.

Copies of Barnes Speaks to You, including post card forms requesting speakers, are available from the Public Relations Department.

Barnes Employes Give

Almost 70 per cent of the United Fund goal at Barnes Hospital had been collected by Oct. 17 according to campaign chairman Rex Ward, director of training. He said that $42,738.54 had been given or pledged, 69 per cent of the goal of $60,021.

Pay Raise Is Voted

A general cost-of-living wage increase, the second of the year for Barnes employes, and other employe benefits have been approved by the hospital’s board of directors.

Hospital President Robert E. Frank, in a letter to employes, announced a three per cent increase in wages, which became effective Oct. 1. Other benefits include hospital payment of the entire premium on life insurance and an improved Blue Shield group program for employes.

“We all realize the cost of living has been increasing,” Mr. Frank said, “and Barnes Hospital intends to do its best to help employes cope with it.”

In January employes received a wage increase of three per cent and the two increases, coupled with the annual six per cent merit increase which most graded employes receive, means that most Barnes employes either now or will, by the end of the year, be earning

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Volunteers Hold Hospital Workshop

Barnes Hospital volunteers recently attended a workshop designed to give a comprehensive view of Barnes and the medical center complex. The workshop was held Oct. 30 in the East Pavilion auditorium and was sponsored by the volunteer office.

Speaking on the theme "Barnes—A Complete Medical Center," were hospital President Robert E. Frank; Dr. Samuel B. Guze, vice chancellor for medical affairs of Washington University; and three Barnes doctors, Dr. Thomas B. Ferguson, Dr. Herschel R. Hart and Mr. Richard E. Clark.

Raise Voted...

at a rate of 12 per cent more during 1974 than they did in 1973.

Barnes Hospital now is paying the total premium on the life insurance for all full-time permanent employees. The insurance is being provided at a rate one and one-half times the employee's annual salary and plans are being made so that employees who wish to buy more insurance through the plan may do so.

The improvement in Blue Shield coverage will result in full Blue Shield benefits under the new UCR program. UCR provides for full payment of usual, customary and reasonable charges for covered physicians services.

The difference in cost between the new, full-coverage program, and the older, limited-coverage program, will be paid by the hospital. Employees enrolled in the Blue Shield program will pay only the amount they paid under the older program which offered partial payments for covered services.

Mr. Frank also announced to employees that Blue Cross has found it necessary to increase the premiums paid by enrolled hospital employees but that the hospital will continue to pay one-half of the premiums. Monthly premiums to be paid by employees have been increased to $7.19 for individual employees under age 65 and to $59.16 for employees enrolled in the family plan. Should the hospital not be paying the 50 per cent, the full charges would be $14.39 and $38.33, respectively.

Barnes' Cuisine Wins

Barnes was a winner—twice—during the recent Midwestern Foodservice and Equipment exposition at Kiel Auditorium in St. Louis.

Entries by baker Jim Wallace, and by dietician Gail Armstrong, both of the dietetics department, won second and third place ribbons, respectively, during the "Chefs On Parade" portion of the exposition.

"Chefs On Parade" was sponsored by the Missouri Restaurant Association and featured 440 entries by chefs at Missouri restaurants, resorts, hotels and country clubs. Barnes was the only hospital participating in the exposition.

Mr. Wallace's breakfast breads are among the same pastries which employees find in the employee cafeteria every morning. Miss Armstrong won for her low-calorie lunch "Coq Orange"—chicken in orange sauce. Doris Canada, director of dietetics, said, "We have long felt that our foods are of superior quality. But it's still nice to know that impartial judges also think so." A panel of jurors, all restaurant owners in Missouri, judged the exposition.

Nino Fedele, assistant director of food service, said the hospital entered exposition competition for the first time. He coordinated the work of Barnes employees and four dietetic interns who prepared the total of 19 entries in different categories.

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Moore Lecture Presented

Dr. Bert W. O'Malley, chairman of the department of cell biology and director of the center for reproductive biology at Baylor College of Medicine, delivered the second annual Carl V. Moore memorial lecture Oct. 10. The lecture was delivered in the newly renovated Carl V. Moore Auditorium at the Washington University School of Medicine.

Dr. O'Malley spoke on "Mechanism of Steroid Hormone Action" in the lecture which honors Dr. Moore, former Barnes' physician-in-chief until his death in 1972. He was head of the department of medicine from 1955 until the time of his death and had been associated with Barnes since the 1930's.

The lecture was held in connection with dedication ceremonies for the newly renovated Carl V. Moore auditorium.
Day Care Center To Open

What about the kids? is a question asked by many Barnes employees who need either full or part time baby sitting for pre-school youngsters. The reason, most often, is a working mother, but it also could be a mother who is ill, or one with a new baby.

So, Barnes employees should be happy to learn that Reen Memorial Lutheran Church, a "neighbor" of the hospital just a few blocks away at South Kingshighway and Gibson, will offer day care, beginning Dec. 2. Hours will be 6:30 a.m. to 5:30 p.m. Monday through Friday.

Cost will be $5 for a full day, or $2.75 for a half day. At the present time, the center will take children three and four years of age, although there are future plans to extend the school to accommodate five-year-olds with a regular kindergarten program.

The day care center is licensed by the state of Missouri and by the city of St. Louis. In charge of the program is Mrs. Jackie Yelton, who is president of the board of the Child Day Care Association, a United Fund Agency, concerned with setting standards for day care centers throughout St. Louis. Mrs. Yelton began taking applications for the center on October 28, from 3:30 until 5:30 p.m. (phone 535-9115).

"We're very enthusiastic about the center," said the Rev. Gerald VandeMark, pastor of Reen Memorial. "We have been concerned about our changing neighborhood here, and wanted the church to contribute in the most meaningful way to our medical center neighbors, and to the community. Our church council began discussing the idea of a day care center, then we took this proposal before our entire congregation for a vote."

To secure funds for the project, Pastor VandeMark went to community groups, churches, and foundations. One large donation came from Trinity Lutheran Church in Kirkwood.

"At first, we will be able to enroll between 20 and 25 children," said Mrs. Yelton. "We hope to expand later. We think our facilities at the church are excellent, with two small rooms, one large room, and an extremely well-equipped kitchen. It's easy to drop off children, too. There is ample close parking and a child can get out and run right up to our door, where staff will meet him or her."

A hot, nutritious meal will be served at noon, with morning and afternoon snacks. A planned program will include a mixture of many types of pre-school educational programs.

In addition to Mrs. Yelton, staff will include a curriculum assistant, a teaching assistant, cook, secretary and custodian. Mrs. Yelton is a former elementary school teacher with a B.S. degree in education. "We plan to gear our program to the individual needs of the children who enroll," she said.

Mrs. Yelton said that short-term pupils would be taken. "I know there can be a real need for day care when a mother is ill, or has a new baby. As long as there is room in the school, we'll be happy to take these children on a weekly basis," she said.

"We are glad to be able to serve our Barnes Hospital neighbors in this way," said Pastor VandeMark. "At the same time, we hope this program will keep our church, and neighborhood, vital and growing."

New Health Series Set For Public TV

"Everyone who watches 'Feeling Good' on television this winter will really feel good," is the comment of almost everyone who has seen the pilot film for this new television series which will be aired for 26 weeks this winter on Wednesdays at 7 p.m. on KETC-TV (Channel 9).

A production of the Children's Television Workshop, which created "Sesame Street" and "The Electric Company," the programs will be sponsored in St. Louis by the Hospital Association of Metropolitan St. Louis. The theme of "Feeling Good" is health and prevention of illness.

But it's no ordinary health care film. It's real entertainment, with musical numbers, drama, comedy and some animation. For instance, comedian Bill Cosby does a routine which stresses the importance of immunizations for children. The choreography of the dance numbers is professional, and although it deals with subjects that seem good health habits, it is done in a highly entertaining manner. One sequence features a song, "Walking Really Moves You in a Lot of Different Ways," stressing the value of daily exercise.

KETC is a part of the Public Broadcasting Service, which will be showing "Feeling Good" on 250 stations throughout the U.S.

The first show will be appearing Wednesday, Nov. 20, at 7 on Channel 9. Because Barnes employees are health conscious, because the Hospital Association, of which Barnes is a member, will be the sponsor, but also because it is almost everyone's opinion who has seen it that it is top-notch entertainment, it is urged that employees tune in on the 20th and have a sample of "Feeling Good."

Security To Sponsor New Year's Eve Party

The Barnes Hospital security department will sponsor a New Year's Eve dinner and dance Dec. 31 at the Sheraton West Port Inn, Page Blvd. and I-255. Profits from the evening will be donated to the Barnes burn unit.

The price of $15 per person or $30 per couple will include set-ups, a steak dinner and entertainment provided by Bill Ray and Revue. Mr. Ray is a security officer at the hospital and also plays bass guitar.

The party begins at 8 p.m. and entertainment begins at 9 p.m. Dinner will be served from 9 to 10:30 p.m. The party will continue until 1:30 a.m.
When the wind starts howling and snow flurries dot the air—it's tennis time.

Once relegated to the few perfect days of a too-short summer, tennis has been transformed into America's fastest growing winter sport by the advent of indoor tennis courts and many Barnes employees number themselves among its adherents. Two new indoor tennis complexes were completed in St. Louis County this year, bringing the total in the metropolitan area to nine.

Until recently tennis was known as the "in" sport of only the very rich, but today it is everybody's game. Although one can pay $60 to $70 for a tennis racket, they are also available for $3 or $4 and are just as much fun to swing.

The same is true of the rest of the equipment necessary to transform an office worker into a tennis player: balls vary widely in price as do tennis shoes. A chic tennis dress might cost $25 or more, but on most public courts an old pair of cutoffs will do just as well. So-called "proper attire" is still mandatory on most indoor courts, but this can be any neat white shorts and shirt, plus tennis shoes.

More and more public outdoor courts are being constructed and lights installed on existing courts both in St. Louis and in the County to lengthen available court time into the night hours. At present there are 86 courts in St. Louis City, Barnes Hospital has agreed to install six new courts for St. Louis atop the underground parking garage being built beneath city property to the south of the hospital. Two new courts were built in Ballwin this year, four in Crestwood, six in Webster Groves and nine in the new Queeny Park in west county.

Many apartment complexes and new subdivisions are finding that adding a tennis court to their plans helps them rent or sell property. Don Stumpe, associate director, respiratory therapy, lives in a condominium that has a tennis court so he says he has an opportunity to play fairly often. St. Louis' mild winters make outdoor tennis available for at least a few days every month throughout the winter.

The problem of getting court time remains for most people. Don Reynolds, chief accountant, who lives in Florissant, says he has been playing since he was 12 but that recently he has not been able to play as much because he has to spend so much time waiting for a court to become available. Most courts have an hour limit during peak times when other people are waiting.

Bigger schools and most colleges nowadays have tennis courts and offer the sport as part of their physical education program. Several of Barnes' student nurses who play, including Debbie Case, learned tennis in high school. Miss Case still plays on the Lindbergh High courts when she visits her parents' home.

Many former golfers have switched to tennis for a variety of reasons, one being that getting a tee-off time is even more difficult than getting tennis time.

Several doctors at Barnes disputed the cartoon image of the M.D. on the golf course every Wednesday. "There just isn't enough time," said one. An answer is a switch to tennis. All the tennis most people want for one day can be played in an hour while a full morning or afternoon is required for 18 holes of golf.

Needless to say, golf is, generally speaking, far more expensive than tennis, and, although golfers will argue the point, tennis offers more exercise. Marsha Tucker, secretary, medical records and housestaff, points out that it is a fun way to exercise; and RN Nancy Aylward agrees that it beats calisthenics. Miss Tucker has been playing for about two years and is one of many in the St. Louis area who has taken advantage of tennis lessons given by the YMCA. Ms. Aylward's favorite spot is Hemen Park.

In a lot of families tennis becomes a family sport played by husband and wife or parent and child. Most courts have mixed doubles, father and son, mother and daughter, and father and daughter tournaments. The lure of a public court right behind her house prompted Bobbie Lee, coordinator of dispatch, and her 10-year-old daughter, Cheryl, to invest in tennis rackets and take up the game this summer.
Many of Barnes’ volunteers spend their time away from the hospital on the tennis courts, and Bettie Gershman recently returned from the matches at famed Forest Hills. Earl Cannon, Hannah Golden and Betty Lupher are also tennis buffs.

One advantage of the game is that the player sets his own pace and young or old, fast or slow, everyone can have a good time. At least until tennis elbow sets in—but that’s another story.
Patients Are Breathing More Oxygen

Barnes patients are breathing more oxygen. Use has more than doubled in the last three years.

While the increase may result from a higher patient census, stepped up consumption also can be attributed to more application of respiratory therapy. The use of oxygen in the hospital has increased from an average monthly use of approximately 460,000 cubic feet in 1971 to almost one million cubic feet during 1974. (1,400,000 cubic feet were used in April, 1974.)

Ed Summers, director of respiratory therapy, said he believes the increased oxygen usage is due, in part, to the ready availability of oxygen in patient rooms. "This year, the installation of piped-in oxygen is being completed in Rand Johnson. This means that practically all patient rooms will have piped-in oxygen with the exception of Barnard and Renard Hospitals and some isolated areas."

All of the recently renovated areas, such as the sixth and seventh floors of Rand Johnson and floors three, four and five in Wohl Hospital, have piped-in oxygen. The increase also reflects the use of 400 oxygen outlets in the East Pavilion occupied in late 1972.

Another reason for the increased use of oxygen is the implementation, in 1971, of a procedure whereby surgery patients are given oxygen in the recovery room following surgery. The practice reduces the chance of a patient suffering cerebral hypoxia, the lack of an adequate supply of oxygen to the brain.

Barnes has a liquid oxygen tank, located near the receiving area, for the storage of bulk oxygen, the kind used most at the hospital. The tank holds approximately 300,000 cubic feet of liquid oxygen and is connected directly to the hospital's piped-in oxygen system.

In 1971, an average of 300 cylinders of oxygen were being used per month. The number of oxygen cylinders being used now is approximately 100. Cylinder oxygen is used in areas where piped-in oxygen is not available and during the transporting of patients within the medical complex.

The cost of oxygen has increased approximately 23 per cent since 1971. Barnes now pays 23 cents per thousand cubic feet and patients are charged at a rate of $1 per hour they require oxygen.

Mr. Summers said that oxygen is fairly inexpensive. "The cost to patients reflects the equipment used and the respiratory therapist and technicians whose skill is needed to operate the equipment and to administer the correct amounts of oxygen."

Oxygen is rarely administered in pure form. Most of the time it is used in diluted form. "For instance, we may administer oxygen in a dilution of 25 per cent oxygen and 75 per cent room air," Mr. Summers said, "depending, of course, on the needs of the patient."

When oxygen is used in diluted form, there is no wasted oxygen because the technician only uses the amount of oxygen needed for the dilution.

Walter Schatz, Barnes purchasing agent, said that although industry in the United States is finding many new uses for liquid oxygen, the hospital has had no problems in finding an adequate supply. An adequate supply of oxygen cylinders also is available to the hospital in the event of an emergency.
Gifts To Tribute Fund

The following is a list of honorees (names in **boldface**) and contributors to the Barnes Hospital Tribute Fund from Sept. 14 to Oct. 18, 1974.

**In Memory Of:**

- Dr. Chas. H. Eyermann
  - Dr. and Mrs. Ross B. Sommer
  - Mr. William R. Borches
  - Mrs. Charles W. Tooker

- Mrs. Eleanor Bemberg
  - Mrs. William G. Moore, Jr.
  - Harry and Aline Holmes
  - Mrs. Thomas R. McGuire
  - Mrs. Virgie Barkau
  - Mrs. Louise Hitler
  - Mrs. Clare Turek
  - Mrs. Jane Oppinger
  - Mr. and Mrs. Otto Hobart
  - Mr. and Mrs. George Specht
  - The Backus Family
  - The Chamess Family
  - The DeGuire Family
  - The Fitzsimmons Family
  - The Paulcy Family
  - Mr. and Mrs. Robert E. Frank
  - Mr. and Mrs. G. F. Dubois
  - Mrs. F. Shobe
  - Mr. Melvin E. Becker

- Barnes Hospital Auxiliary

- Mr. William V. Baron
  - Mrs. H. Dacus
  - Dorothy Dacus
  - John G. Moore
  - Dr. and Mrs. Rudi A. Prusok
  - Mr. and Mrs. Clemens Nicholas

- Dr. Willard Bartlett, Jr.
  - Mrs. William G. Moore, Jr.

- Mrs. Bunny Stanza
  - Mr. and Mrs. Robert A. Webb
  - Mr. and Mrs. Spencer T. Olin

- Mrs. Lee Hall
  - Dr. Fred C. Reynolds

- Dr. Clemente L. Hein
  - Elizabeth B. Reagan

- Mr. Howard E. Ridgway
  - Mr. and Mrs. M. R. Chambers

- Mrs. Margaret Kingston
  - Mr. and Mrs. Robert E. Frank

- Barbara Lapher
  - Mr. and Mrs. Stanley Kolker
  - Mr. and Mrs. Darwin Portman
  - Mrs. Dorothy Savage
  - Dr. and Mrs. H. R. Hildreth
  - Mrs. Marian Rosenberg

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- Dr. Philip R. Dodge, pediatrician-in-chief, has been selected by Missouri Governor Christopher S. Bond to be chairman of the state Mental Health Commission.

- Two Barnes doctors have received $20,321 to study the use of anti-cancer agents which will more effectively control the disease. Dr. Teresa Vietti, pediatrician, and Dr. Frederick Valeriote, radiologist, received the three-year grant from the National Cancer Institute.

- Dr. E. James Anthony, Barnes psychiatrist, was a featured speaker at a seminar on "Dying and Death in Childhood" at Children's Medical Center in Tulsa, Okla.

Mrs. Minnie Strickland Retires From Hospital

Mrs. Minnie Strickland, a clinic receptionist on the fifth floor of the Wohl Clinics building, retired Sept. 20 after almost 18 years at Barnes.

Mrs. Strickland was presented with a service award certificate from hospital Vice President John Warmbrot and also was honored with a luncheon by her co-workers in the clinics. Mrs. Strickland and her husband have two children and four grandchildren and she plans a trip to the south to visit friends and family.

She said one of her fondest memories of the hospital will be the Christmas parties and shows which were held in the clinics for many years. Hospital administrators took part in the shows some of which Mrs. Strickland helped plan.

Although she is retiring from her work at the hospital, Mrs. Strickland is going to continue to be busy. She is going to take evening classes at Southern Illinois University and continue her missionary work for her church.

Staff Changes

The President's Office reports the following doctors on staff: Dr. Andrew Galakatos, assistant obstetrician-gynecologist, effective Aug. 9; Dr. Salma Saifee and Dr. Ronald C. Strickler, assistant obstetricians-gynecologists, effective Sept. 1; and Dr. Edward S. Weiss, Dr. Syed A. Ahmed, Dr. Robert M. Bruce, Dr. Jerrold J. Lander, assistant physicians, effective Sept. 1.

Auxiliary To Hold Reception

The annual reception for Barnes Hospital Auxiliary members and their spouses will be held Nov. 22 from 5 to 8 p.m. in the penthouse of the Olin Residence Hall at the Washington University School of Medicine.

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Anesthesia Students Are Graduated

The five-bed observation unit in the newly-renovated emergency care facilities at Barnes Hospital was opened in late September. The unit allows doctors to admit medical and surgical patients to the unit for observation until it is determined whether or not hospitalization will be required.

Gifts To Tribute Fund

(Continued from page 7)

Connie Rosenbaum  
Nancy Craig  
Mrs. Mary Hord Perry  
Mr. and Mrs. Paul Gleeson  
Mrs. Alice Marshall  
Dr. Edward L. Eyerman  
Erwin Tzinberg  
Sylvia and Ben Roman  
Mrs. Kent Ravenscroft  
Dr. and Mrs. Robert W. Bartlett

Anonymous  
For Kidney Research  
Miss Myrtle Homsey  
For Obstetrical Research  
Robert Srenco  
In Honor Of The Birthday Of:  
Mrs. David Wohl  
Mr. and Mrs. Julian G. Samuels  
Mrs. Kent Ravenscroft  
Dr. and Mrs. Robert W. Bartlett

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Cuisine...  
(Continued from page 2)

Working on the project were head cook Londell Johnson, Clarence Jackson and Warren Arnold; and interns Julie Powers, Barbara Foster, Elaine Kammeyer and Margaret Kuehler. 

Mr. Fedele said the hardest job was to arrange to transport the food, and to keep it hot, from the hospital to Kiel. He didn’t say how he planned to transport food to next year’s exposition, in Kansas City.