CONSTRUCTION BEGINS ON PARKING GARAGE

On October 19 the large parking lot on the southwest corner of Euclid and Audubon Avenues was closed for construction of a multi-level parking garage. Demolition of the lot has already begun. A large parking lot at Macklind Avenue, on the south edge of Forest Park, has been provided for persons desiring all-day parking, with free bus service to and from the Medical Center.

Closing the large lot leaves only 500-plus parking spaces available in the entire Medical Center. Over 700 parking permits have been issued to key persons for the available parking spaces, so the permit holders actually have a "hunting license" rather than a guaranteed parking space.

Clinic Administration handled all details of the difficult situation. H. E. Panhorst and Donald Horsh, Associate Directors in the Clinics, ably assisted by Vincent Schneider and Richard McFarland, made all arrangements, issued parking permits, coordinated the shuttle bus schedules, and conducted a most excellent communications project in keeping Medical Center personnel advised throughout the involved operation.

At the October 21 department head meeting, Mr. Horsh stated that transition to the Macklind Avenue lot was effected with considerably less confusion than expected, and that the shuttle bus has been able to operate on a twenty-minute schedule rather than the thirty-minute schedule originally proposed.

On October 22, after experiencing somewhat less than full utilization of Medical Center parking facilities through complete cooperation of all personnel, parking spaces on lots east of the Medical School were opened to all cars which contained four or more persons.
Effective June 1, 1959, Mrs. Helen Starch was promoted to Educational Director in the Dietary Department, replacing Miss Joan Ellison. Mrs. Starch began her employment at Barnes March 1, 1951, and worked on various medical divisions until her promotion to Clinic Dietitian in 1957. Reared in Webster Groves, Mrs. Starch is a graduate of Iowa State College and served her Internship in Dietetics at Massachusetts General Hospital. Before coming to Barnes she was dietitian at Beloit College, Beloit, Wisconsin; her husband was also a staff member at Beloit prior to his untimely death. Mrs. Starch has a nine-year-old daughter, Carol. She is president of the Missouri Dietetic Association, and recently returned from Los Angeles where she attended the annual convention of the American Dietetic Association.

Dr. Herman Erlanger died on rounds
Dr. Herman Erlanger, Assistant Physician at Barnes and Affiliated Hospitals, died of a heart attack October 15 while making rounds in the hospital. He had suffered previous heart attacks, but had had no coronary distress in recent months.

Dr. Erlanger graduated from the Washington University School of Medicine in 1937. He first came to Barnes February 1, 1946, as a Voluntary Assistant in the Washington University Clinics, and was appointed Assistant Physician in Internal Medicine effective June 20, 1946. For several years he was in charge of the Personnel Health Service for hospital employees.

The Washington University Clinics was Dr. Erlanger’s particular interest, and a memorial fund for the benefit of the Clinics has been established in his name. Contributions to the fund are being accepted by the Nursing Office, Personnel Health Service, and the Administrative Offices of the W. U. Clinics.

Dr. Erlanger was the only son of Dr. Joseph Erlanger, 1944 Nobel Prize winner in medicine, who is now professor emeritus of physiology at Washington University. The Nobel Prize was awarded to him for his research into the action of nerves.

It is with extreme regret that we note this passing of a man who was thoroughly devoted to humanity and his profession. Because of his work in Personnel Health, few physicians have been so well known among the employees as Dr. Erlanger, and none have been more loved and respected. His kindness, compassion and graciousness will be remembered by all who had the privilege of knowing him; his gentleness and courage in the face of adversity will remain in the memory of many as a shining example which only a chosen few will ever be given the grace to attain.
AND HOW TO PREVENT THEM

The Common Cold is Still a Mystery

Q. How much work time is lost due to colds?

A. Statistics by the Metropolitan Life Insurance Company indicate that from 40 to 50% of all days lost from work are caused by colds and their complication.

Q. What are our chances of not catching a cold during the season?

A. Rather remote, since only 6% of all people weather an entire year without a cold. About 60% of the people catch two or three colds a year, and more than 20% will have five or more during the year.

Q. Is more time lost on any particular day of the week?

A. Yes, it is strange fact that office workers and other employees catch more colds on Monday than any other day of the week.

Q. How many working days a year are lost by the average worker due to colds?

A. The average man loses 3 to 4 days a year through simple colds, without complications.

Q. What age group is the most susceptible to colds?

A. From 20 to 29 years of age. The lowest number of colds is found in the age group above 50 years, but here the colds tend to be more serious.

Q. Does the type of job make any difference?

A. Apparently so since the smallest percentage of time-losing colds was found among those who walk about while performing their jobs, and the highest percentage among those who work while seated in one place.

Q. What are the most dangerous periods for catching cold?

A. The common cold reaches its peak figures in December or January, with a lesser peak in October. There seem to be

(Continued next page)
Colds (Continued from Page 3)

more sudden drops in temperature during these periods, and such drops are generally followed by a rise in the incidence and severity of colds.

Q. Do living conditions have any effect on the number of colds?

A. Yes, there is more chance of catching a cold in dusty rooms. Dust irritates the mucous membranes of nose, throat and bronchi, thereby diminishing the resistance against colds. Irritating fumes may produce a sore throat or cough which may open the way to some other more serious illness.

Q. Are some people more susceptible to colds than others?

A. Yes. One girl will start sneezing when a door is opened and a draft of cool air comes in. On the other hand, the girl next to her will enjoy nothing better than a rush of fresh air even on chilly days. Many arguments come up because people are so different about such things. The famous soprano Rosa Ponselle liked the theater cool while the tenor Martinelli preferred it warm. The tenor missed several performances once because the theater was too cool for him. He threatened to sue Rosa Ponselle if he caught cold on account of her again.

Q. Do cold days mean there will be more colds?

A. Not necessarily. There are just as many colds in Southern California as there are in New England or windy Chicago. Fridtjof Nansen, Norwegian arctic explorer, never had a cold while he was in arctic regions. Getting accustomed to the weather may beat the inclination to repeated colds. The weatherproof locomotive engineer in his drafty cab is not as likely to catch colds as the passengers in the stuffy cars behind.

Q. What causes colds?

A. Most doctors agree that common colds are caused by a virus, a poisonous substance produced by a germ or something like that. Some doctors, however, believe that colds come from colds, that is that people always catch their colds from another person. One doctor has said though that a person living on top of a mountain, hundreds of miles from another human being will still catch colds if he gets chilled.

Q. Will certain drugs prevent or cure the common cold?

A. Authoritative medical opinion supports the view that no substance or combination of substances available at present can be relied upon to prevent or cure colds. This is decidedly true also of certain drugs - with or without prescription - which have been advertised in an exaggerated manner.

Q. Are alcoholic drinks a good treatment for colds?

A. Medical opinion here is far from being unanimous, although alcoholic drinks are recommended by quite a few physicians. An 18th century British doctor had this to suggest for a cold (a prescription more humorous than medical): “To hang one’s hat on the bedpost, drink from a bottle of good whiskey until two hats appear, and then get into bed and stay there.”

Q. What can you do to keep from catching cold?

A. You can take preventive measures after contact with cold-infected people. They include washing hands with soap and water and gargling with salt-water or any disinfecting mouthwash.

Q. Does diet have any influence on colds?

A. Not much, if the person is well (Continued next page)
nourished in the first place. All kinds of diets and diet fads have been recommended to cure a cold, particularly filling up on vitamins in the form of tablets. Dr. H. A. Reimann of Jefferson Medical College, Philadelphia, has pointed out that there is no evidence that the addition of vitamins to the food of a person taking an average good diet will prevent colds. And he surely is right in saying: "We only add to the patient's misery by eliminating the foods he likes or insisting upon his eating food he hates."

Q. What is being done to prevent colds?
A. Modern methods of prevention are being employed in many instances. Churches, schools, movie houses, barbershops, and other businesses and institutions make use of ultraviolet radiation to prevent transmission of infectious colds. Some industrial companies are filtering the air by using special materials that are believed to be helpful in preventing colds. A few firms have "drying rooms" where employees can dry their clothes on rainy, wet mornings. An insurance company in New England helps prevent colds by lending umbrellas to employees on rainy nights.

Q. What can an individual do to help prevent colds?
A. He can be extremely cautious. This means wearing the right kind of clothing, for one thing. If you feel cold, don't hesitate to wear another sweater or a woolen scarf. Get plenty of sleep and don't over-eat. Sports and exercises will harden your body and reduce the inclination to colds. Plenty of fresh air, including an adequate amount while sleeping at night, will prove excellent for the respiratory organs. There is some truth to the old saying: "If you keep your head cool and your feet warm, you will avoid colds."

Q. What can be done once a cold is contracted?
A. Heat is the best and most efficient remedy, by external as well as internal methods, such as hot water bottles, electric pad, hot bath or shower, warmth in bed, then taking a hot tea or lemonade. Aspirin, the old household remedy, gives excellent protection against a developing cold. Fruit, and especially citrus fruits are helpful although they are not absolutely necessary if the normal body functions are on schedule. There are many oils and drugs on the market for decreasing the swelling of the mucosa of the nose. Some good, sound advice is, do what you can to prevent a cold, but once you get one, don't neglect it.

**FACTS About "Best-Ever" U. S. Savings Bonds**

Effective June 1, 1959:

- **NEW** E and H Bonds pay 3 1/4% when held to maturity. (Over 2 1/2% first year-and-a-half; then 4% to maturity). New E Bonds mature in 7 years, 9 months. H Bonds 10 years.
- **OLD** E and H Bonds earn at least 1/2% more than before when held to maturity. Extra earnings, on a rising scale, begin with first full interest period after June 1, 1959.
- **ALL** E Bonds—old or new—have a 10-year extension privilege after maturity. And Bonds already matured have a DOUBLE extension privilege.

More than ever, E Bonds are the perfect long-range savings plan—for education, home ownership, retirement—yet are easily cashed for emergencies anytime. Taxes on interest may be postponed until redemption.
20th ANNIVERSARY PARTY FOR MARY LODWICK

Below and at right are scenes at the party given for Miss Mary Lodwick by her co-workers on the occasion of her 20th anniversary at Barnes. Miss Lodwick is also shown at her desk—a familiar sight to the loyal employees who keep the Medical Center in operation from eleven o’clock at night to seven each morning.
Now: The Best Buy

The best you've ever had in U.S. Savings Bonds

Buy Your “Best-Ever” United States Savings Bonds
Where you work or bank

And keep the ones you already have!

Dormalee Oliver resumed her former duties in the Fountain September 17. Betty Jean Thompson, Dietary, returned to duty September 18. Leona May Johnson, R.N., returned September 19 and is Head Nurse on 8200. Other Registered Nurses who have returned to Barnes during the past month include Donna Kay McClelland (September 17), Bernadyne L. Cavit (September 23), Carole Jean Waggoner (October 11), Mary Ellen Dieckmann (October 12), and Clarice Caie (October 19). Anna Mae Pittmann, Nurse Assistant, was assigned to Renard when she returned to work September 21. Earnest Lee Moore, Nurse Assistant, and Suzanne Schaedlich, Floor Secretary, both resumed their former duties September 18. Seminary Student Orderlies who have (Continued on Page 8, Column 1)
Nurse Assistants who completed the In-Service Training Program in October are shown above in their classroom with their instructor, Miss Bertha Beckwith. They are: Margaret Barrale, Doris Boyd, Ethelrene Brandon, Mary Coe, Singie Culp, Lacreta Darris, Verdie Dansberry, Eunice Davis, Tola Ford, Aleatha Harris, Della Hunt, Barbara Parker, Erma Phillips, Onieda Phillips, Mildred Plummer, Norma Rogers, Blassie Smith, Delores Viets, Delores Warren, Bessie Watkins, Roberta Ziegler, and Joyce Truitt.

WELCOME BACK (Continued from Page 7)

returned to work part-time in Renard during the current school year include MARVIN W. CLAUSEN (September 18), DONALD E. RAUHUT (September 17), and DONALD D. LOESCH (September 22). JOYCE JENNINGS resumed her former duties in the Dietary Department September 24. ESTELLA McCRALEY, Licensed Practical Nurse, and VIDA MAE SMITH, Nurse Assistant, both returned September 28. BETTY ANN C Attrition, who will be remembered as Betty Wilson, returned to her Floor Secretarial duties October 5. LOTTIE BUCHANAN, Nurse Aide, returned October 6. ANDREA CIBIS returned to Maternity Hospital as part-time Admitting Office Secretary October 4. ESTHER W. WOOLF, Social Service Supervisor in the Washington University Clinics, resumed her former duties October 14. ALLIE THOMAS, Nurse Assistant, returned October 19. ALICE DONAHUE returned to the Emergency Suite on a part-time basis October 20. BARBARA JEAN SMITH, Nurse Aide, and MEDEIRA TYLER, Nurse Assistant, both returned to duty on October 21.

Welcome Back!
Anniversaries

20 YEARS

MARY LODWICK, whose twentieth anniversary party pictures appear elsewhere in this issue, was born in Shawnee, Ohio. She calls Iowa home, since she was reared there, but came to St. Louis and entered the real estate business before beginning her employment at Barnes on October 15, 1939. She worked at the Barnes Information Desk for four years before transferring to the Admitting Office, and she is now Supervisor on the night shift. Miss Lodwick is an active, charming woman loved by all her friends. For recreation she likes to read and do needlework; her vacations are spent at her family’s lakeside cottage in Minnesota. Miss Lodwick says Barnes is a wonderful place to work, largely because of the considerate, interested employees with whom she is associated, and that she is very much at home here. Miss Lodwick is a member of the Presbyterian Church.

ORVILLE LAMBERT began his employment at Barnes on October 3, 1939, in the Admitting Office. He also worked in Maintenance for a short time, but has been Assistant Storeroom Manager for the past ten years. A native St. Louisan, Mr. Lambert worked for the Canvas Products Company before coming to Barnes. On September 17 he and his wife celebrated their 10th wedding anniversary; they are presently making plans for a vacation trip to Mexico. Orville says most of his spare time is spent keeping his home in repair. He is the son of Mr. Charles Lambert, Manager of the Barnes Hospital Print Shop.

10 YEARS

BROOKSIE NORFLEET completed 10 years of continuous employment October 21, but had previously worked at Barnes from 1944 until 1948 when she resigned because of illness. Born in Etta, Mississippi, Brooksie came to St. Louis when she was 22 and worked at Jefferson Barracks Post Laundry as a press operator before coming to Barnes. She began her employment in the Blood Bank, but transferred to Central Supply in 1950 as a Nurse Aide. Mrs. Norfleet is now a Senior Nurse Assistant on the day shift. She has two children, a son and daughter, both of whom have also worked at Barnes. Her children are now married, and live in St. Louis. Brooksie’s favorite sport is horse racing; she enjoys needlework when she has the time for it. She is a member of the Eastern Star Missionary Baptist Church.

MILDRED BROCKSMITH, R. N., celebrated her 10th Barnes’ anniversary October 10. She began her employment on a part-time basis while attending Washington University to complete requirements for her Bachelor’s Degree in Nursing, but since 1952 has worked full time in the Recovery Room. Miss Brocksmith was born in Freelandville, Indiana, and received her nurses training at Union Hospital School of Nursing, Terre Haute. She was Supervisor in General Nursing at Union Hospital before coming to St. Louis. Miss Brocksmith enjoys baseball and basketball as spectator sports, and likes to participate in volleyball and bowling. She attends the Hamilton Avenue Christian Church at Hamilton and Julian Avenues. Her vacation this year was a tour of Mexico, where she particularly enjoyed her visits to Mexico City and Acapulco. Miss Brocksmith is an active, busy person who loves her profession.

MAMIE STROUGHTER completed 10 years as a press operator in the Barnes Hospital Laundry on October 10. Born in Baton Rouge, Louisiana, she came to St. Louis

(Continued on back page)
Wedding bells rang in August for Miss MADGE SPUDICH, Accounts Payable, and Mr. Edward Geringer. The groom is a native of Vienna, Austria. He is presently working in Canada, but has an unlimited visa to visit the United States. The couple met in 1954 while Mr. Geringer was employed by Washington University for a year in the cyclotron laboratory. The marriage ceremony was performed in Toronto, Canada, during the bride’s vacation. RUTH JEAN SCHARRINGHAUSEN, Nursing Office, and Mr. Floyd Hess were married in St. Louis September 5 in the Nazareth Evangelical Reform Church at Tholozan Avenue and Morganford Road. LORETTA TERRY, Nursing, became the bride of Mr. Charles Petty, Jr., on September 5 in St. Louis. MARGARET R. SMITH, Nursing, and Mr. August Himmelsbach repeated their nuptial vows September 5. The newlyweds are now at home in St. Peters, Missouri, after honeymooning on a motor trip through the southern states. DORIS JEAN BLUE and FRANK BARRON, both of Central Supply, were married October 4 in St. Louis. Following the marriage ceremony at Zion Lutheran Church, the newlyweds went to Chicago for their honeymoon. MARY H. GAINES, Nursing, and Mr. Cornelius Orr were married October 11 in Fayette, Missouri. The ceremony was performed in the home of the bride’s grandmother, and was only attended by relatives of the young couple. Mr. Orr is presently on active duty with the U. S. Navy. AUDRA M. FRAMPTON, Medical Records, and Mr. Ronnie R. King were married October 3 at Summersville, Missouri. The groom is employed at an ink making concern in St. Louis. THOMAS R. ARMSTRONG, Personnel, and Miss Susie Altis of Houston, Missouri, repeated their nuptial vows at 10:30 a.m., October 24, in the Tyler Place Presbyterian Church at Spring and Russell Avenues. The bride graduated last June from Marshall College, and is presently employed in St. Louis. The photograph on the front cover of our September issue was reversed by the plate-maker. While such an error is ordinarily unnoticeable, it was a glaring mistake in this case since the persons in the photograph were identified in the caption. May we offer our apologies to Dr. Loeb, Miss McGregor, and the September graduates of the Barnes Hospital School of Medical Technology. The caption is correct if applied to the photograph from right to left instead of left to right as indicated.
Some people we know seem to want to give us the impression that they never make mistakes. A wonderful goal of life is to try to make as few as possible, but it is not likely that we have had the pleasure of knowing one person who has completely arrived. The realist has to recognize that mistakes are possible with any of us, and that we can do something about most of them. This is a far more comfortable atmosphere in which to live. It is certainly more practical.

We classify a great number of things under the heading of mistakes. Some belong there, while others do not. We list our bad habits, our unkind attitudes, unjust dealings with our fellowmen, our complacencies in general, and our utter dislikes in particular. Any person who is honest with himself could make this a much longer list, though that is not a very happy exercise in which to engage.

It is a waste of time to give any consideration to the matter of mistakes unless we think of another element along with it. This is the matter adjustment, and it is here that the going gets hard. It is much easier to flaunt the impression that we make no mistakes (though no one believes it) than to adjust to the situation in such a way that we will try to do better next time. We can’t go back and change all that we would like to about the past, but we can so use the days ahead that we are forgiven for our human weaknesses. If this were not so, we would be of all people most miserable. This gift of adjustment from what we have been to what we might become is one of the great treasures of life for every member of the human family.
ANNIVERSARIES (Con’t from Page 7)

in 1939 and worked as a press operator at Ace Laundry before coming to Barnes. She is a member of the Morning Star Baptist Church. Mrs. Stroughter is a widow, and has two children who are attending school in St. Louis. She says she likes her job in the Laundry, and plans to remain there as long as she is able to work. All her spare time is spent trying to fulfill her only wish and desire: a fine, happy home for her son and daughter.

5 YEARS

Those who completed five years of continuous employment at Barnes during October, and their anniversary dates, are: John Abeln, Maintenance, October 25; Louise Marie Beiser, Medical Records Clerk in the Washington University Clinics, October 26; Irene Marie Binando, Head Nurse in the Recovery Room, October 1; Willie G. Fleming, Delivery Man in the Laundry, October 5; Charlotte Jatcko, Cashier in Barnes, October 2; Bethel Mae Nelson, Sorter and Stamper in Barnes Linen Room, October 18; Rose Valle, Chaplain’s Office Secretary, October 4; and Audanell Redmond, Laboratory Technician, October 11. Missed by error in our July anniversaries column was Sue Torrence, Accounts Payable, who marked her fifth anniversary at Barnes on July 6.

BARNES HOSPITAL
600 South Kingshighway
St. Louis 10, Missouri