Auxiliary Annual Meeting April 15
The Barnes Hospital Auxiliary will hold an election of officers, at its annual meeting, April 15 at the Aquatic House of the Forest Park Zoo.
Speaker at the 11 a.m. meeting will be Marlin Perkins, director of the zoo.
Those attending will be served a box lunch. After the business meeting and lunch, members and guests will be given a tour on the zoo's minature railroad.
Present officers of the Auxiliary are Mrs. Robert L. Bence, president; Mrs. Robert Cochran, first vice president and Mrs. Spencer Allen, second vice president.

Gradwohl Alumni Honor Abernathy
Max Abernathy, chief technician of the Wohl Clinics Laboratories, will be presented with an Honor Society Key April 10 for outstanding achievement in the field of medical technology.

The key will be presented at the Statler-Hilton Hotel by the Gradwohl School of Laboratory Technique, of which Abernathy is an alumnus. The Gradwohl Alumni Association will make the presentation.
Earlier in the day, Abernathy will present a paper before the alumni group on his research on special bodies in white blood cells. He said he has devoted the last year to "definitive work" on the subject.
Accompanying him at the presentation will be his wife, Georgia, who is also a technician in the Clinical Microscopy Laboratory at Barnes. The couple have nine children.
Why Barnes’ Phone Lines Are Busy

Switchboard Supervisor Rose Tullman watches as the Barnes operators attempt to find open trunks for a heavy load of afternoon calls.

(The following report on the telephone situation at the Medical Center was given recently by Communications Coordinator C. E. Bopp at a meeting of Barnes department heads. It is reprinted here for your information and guidance.—Editor)

Sixty-five years ago, when the telephone was barely coming into general use, a business office in London, Ontario, tacked a card beside its telephone. The card read:

“We pay rent for this phone and it is for the exclusive use of work in connection with this business and for receiving orders from our customers.

“It must not be used otherwise by anyone except in cases of emergency.

“This phone is our most important asset. When the line is busy our competitor very likely gets the order. You would not think of locking our front door. Then please do not block this phone longer than can be avoided.”

The importance of the telephone has increased manyfold since that card was printed. But the importance of the statements has not materially changed.

The telephone is the front door to our medical center. That door is locked by unnecessarily prolonged conversations of any kind and by calls which have no connection with our medical center.

The medical center rents telephone service in a large number of locations, numbering approximately 1175 stations and 450 extensions. The monthly rental is more than $11,000, which is not peanuts.

The type of service at each location can vary from a single instrument to a multiple of button instruments serving several individuals. Regardless of size, all telephone installations have problems with busy conditions.

If the only available station is busy or if all the available stations are busy, the result is the same—the caller cannot obtain a connection until the line he needs is clear.

There is no single formula for determining the number of trunk lines needed and it becomes a matter of experience and judgment based on studies made of actual usage. At present we have in service a total of 88 trunks, including 13 added during the past year. One trunk carries only one call.

This might sound like a lot of trunk lines but a breakdown of the types of trunks available shows differently. Of the 88 trunks, 41 are out-dial, 37 are two-way and 10 are combination.

Dr. Hornbein Will Lecture At Kiel

Dr. Thomas F. Hornbein, who completed the first traverse of the hitherto unconquerable West Ridge of Mt. Everest last summer, will present an illustrated lecture about his top-of-the-world adventures at Kiel Auditorium April 17 and 18.

Dr. Hornbein made the traverse with his climbing companion, William Unsoeld, as part of the 1965 American Mt. Everest Expedition sponsored by the National Geographic Magazine.

The lectures will be held at 3:30 p.m. Friday, April 17 and at 10:30 a.m. Saturday, April 18. Tickets are $5, $2 and $1 for the Friday lecture and $2 and $1 for the Saturday lecture.

Dr. Hornbein is a former Barnes Hospital-Washington University School of Medicine anesthesiologist.

Tickets may be obtained from the Missouri Historical Society at Jefferson Memorial and at all Famous-Barr stores.

Continuing studies — made weekly — determine the usage of the various types of telephone equipment and show which type of service needs to be either expanded or regraded.

So, if you cannot get an open line immediately, be patient and consider the number of times you have tied up a line with unnecessary or overlong conversation. And, while you are waiting, make a mental note to always answer your phone promptly, keep your conversation brief and use public phones for all personal calls.

Communications Coordinator Clarence Bopp surveys the maze of switches and relays through which all Barnes' telephone calls are channeled.

The Barnes Hospital School of Anesthesia held graduation exercises for the Class of March, 1964. Front row (l to r) Misses Carol Redman, Mary Shaver, Norma Patrick and Mrs. Judith A. Reinhardt. Back row: Mrs. Dean Hayden, Director; Mrs. Janet Harris, Miss Elna Koopman, Mrs. Clara Louise Wilson, Miss Karole Hardmon, and Miss Anita McGlynn, Educational Director.
Every person lives under the influence of discipline in his life, or rather we should say that many different kinds of this element enter into the plans of most of us.

Some of these are exerted upon us by the society in which we live, some by the jobs we do, while others we make for ourselves. We have little or nothing to do with some of these.

Others are completely under our control.

We have grown up to object to the thought of discipline. As children we thought of it as a word that meant the same as punishment, and very often we had a pretty good understanding of why it might! The truth was, that far more often it was an expression of love and interest in our welfare. It was an element that was needed during the formative years of our development, shared with us by our parents and others who had more insight and experience.

We never reach the point that it becomes unnecessary to discipline our thinking and our activities. Dr. Wm. Ousler, the great surgeon, used to tie knots in a string while riding in a pet car, to prepare himself quickly tying in the crisis of an operation. We can always learn how to use our time to the best advantage. At the same time we can find a freedom to lean back and sleep.

The imposed disciplines upon our lives are generally the easier ones. Those that we have the privilege of forming come much harder.

We have to learn what to cull out as well as what to include, how to use time as well as how to waste it, and how to carry a responsibility as well as how to pass it by on the other side.

Five Are Promoted

Five Barnes employees were promoted during the month of March.

Clyde Turnbaugh, a foreman in Maintenance, rose to master mechanic.

Laboratory aide Helen Cade is now a BMR technician.

Ellen Bohac moved up from file clerk to credit secretary.

Clerk-typist Jane Roberts became a dictaphone operator.

Escort Messenger Earl O. Anderson rose to evening supervisor.

Safety Tip

Keep fire exits in your area clear and unobstructed at all times.

Barnes Housekeepers Complete Special Training; Certificates of Achievement Awarded To Class

Seventy-seven Barnes Housekeeping employees won certificates of merit upon completion of their training program.

Seventy-seven Barnes Housekeeping employees received certificates of achievement March 13 after completing 20 classes in the Vestal Laboratories’ Housekeeping Procedure Training Program.

The idea behind the program is not only the instruction of Housekeeping personnel in the latest methods and equipment of housekeeping, but also to instruct them in the importance of their functions to the overall hospital operation.

The program was started December 23 by Donald Cook and Ford Leonard of the Vestal Laboratories, working with Executive Housekeeper Dillon Trulove. Vestal Laboratories presented the educational program at no cost to the hospital.

A total of 166 hours has been devoted to the training. A total of 95 employees have attended one or more of the classes.

The classes covered such phases of housekeeping as: proper use of cleaning equipment, materials and supplies; care and maintenance of housekeeping equipment; the professional approach to cleaning; the role of housekeeping on the hospital health team; responsibility to the patient; safety practices; personal hygiene, appearance and performance, and the importance of bacteria control.

“I feel these training classes have been of great value in teaching the employe the proper use of equipment and materials before the actual equipment and materials are put into use,” Trulove said. “Without the classes preceding issuance and use of the equipment and supplies, we would have had waste through improper use due to lack of knowledge.

“We have now trained the majority of the employes on the night crew and also those assigned to McMillan, Maternity, Rehabilitation Building Area, Wohl Clinics area and Buildings 2, 3 and 4,” he said.

“We will repeat the same training program for all other buildings and areas of Housekeeping responsibility in April,” he added.

In addition to the employe training program, a 10-session training program for all Housekeeping supervisors has been completed.

Supervisors were instructed in: the importance of representing management; improvement of interdepartmental relations; communication with employes; the art of supervision; employee relations and the training of new employes.

Supervisors were also instructed in the importance of inspections, reports and controls.

“This supervisory course has already paid big dividends in increased co-operation and interest within the supervisory group, Trulove said. “Our weekly supervisors’ meetings show a healthy and vital attitude toward raising the level of housekeeping in all areas.

“The supervisors are all trying to put into action the principles offered in the course through detailed work procedures. The procedures clearly define for the employe exactly what is expected of him in each assigned work area. These procedures will be distributed to the proper persons—such as administration and the various department heads—so as to clearly inform all parties of what Housekeeping’s responsibilities are in their respective areas.

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How To Stay Healthy On Job

Researchers say that the common cold is the most frequent cause of illness in offices and factories, and causes of illness, including colds, cause 20 times as much work loss as accidents.

You will be more likely to stay healthy on the job if you heed these eight tips:

1. Keep your distance from coworkers with colds. One sneeze can send billions of tiny germ-laden droplets as far as six feet away!

2. Use disposable paper cups, especially during the sniffles season. Dixie Cups in a handy, inexpensive wall dispenser help reduce germ-swapping in your home.

3. Report all tripping hazards to your superior — including welding lines, ropes and cable, which may be lying in wait across a well-trodden path. If you're in the office, stoop a moment to pick up that loose rubber band from the floor — it's possibly good for a spectacular skid.

4. If you work around wooden benches or desks, look for any raw edges and bind them with tape. Splinters can be painful and liable to infection. Ladies may also save themselves a pair of stockings by this foresight.

5. If you work around equipment which must be turned on and off — or with tools which might become fire hazards if left unattended — bind the handles with red tape. When you leave, you can eye-check at a glance everything that's red — and not worry afterwards about "did I or didn't I?"

6. Eat a nourishing lunch in peace, instead of rushing around doing errands and shopping. Industrial accident figures show that most accidents are caused at times when employees are hungry and consequently have low blood sugar levels — at 11 o'clock in the morning and around 3 o'clock in the afternoon.

7. Don't encourage the employee who likes to show off. Show him you think horse-play is "tacky kid stuff" — that lifting heavy loads fast is for the birds, no-hands on ladders is possible good for a spectacular skid.

8. Though the hours after quitting time are your own, your job will be easier — and your general health better — if you don't stint on sleep. This is especially true near the end of the week when fatigue is prone to catch up with you. Planning on going to bed early Thursday night may help you enjoy Friday night and the week-end more, leaving you with more energy for leisure-time fun.

Many Factors Behind Rising Hospital Costs

High hospital costs result from wages, equipment purchases, patients' demands and lack of automation, Barnes Director Emeritus Dr. Frank R. Bradley told the Missouri State Medical Association last month.

The panel of which Dr. Bradley was a member felt that much criticism of hospital care bills is unjust because many people are unaware of today's hospital's expenses.

Hospitals cannot use the more efficient assembly line techniques of industry, Dr. Bradley said, because a patient requires individual care from many people. This type of care costs money, he said.

Patients expect hospitals to be like their homes, he said, and demand air conditioning, television, choice in food and other luxuries. These cost money, he said, even though the effect on the patient's recovery "is debatable."

Medical equipment and supplies cost enormously, he said, but hospitals must maintain large standby supplies at all times.

Hospital costs are often beyond the control of the hospital administrators, he said, and often outstrip medical insurance coverage.

This leads to criticism of the hospitals by both patients and insurance men, Dr. Bradley said.

Inspector Visits

Dr. Thomas Burford, inspector for the Joint Commission of Accreditation of Hospitals, visited Barnes March 12, 13 and 16.

Dr. Burford visited the majority of the nursing divisions and operating departments of the hospital, reviewing their operations to determine that they are in accordance with the operating practices of the commission.

Inspector Visits

TRUSTEE

(Continued from page 1)

Barnes Safety Coordinator

Charles DeRousse has an eye for detail and he encourages employees and department heads to keep sending him safety suggestions.

DeRousse said the response to his request for such suggestions is gratifying and more requests are anticipated.

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BARNES HOSPITAL

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St. Louis, Mo. 63110

Think Safety

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