

Barnes Bulletin

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Harold E. Thayer

Harold Thayer elected chairman of the board

Harold E. Thayer, chairman of the board and chief executive officer of Mallinckrodt, Inc., has been elected chairman of the board of directors of Barnes Hospital, succeeding Raymond E. Rowland, who retired in April and was named chairman-emeritus.

Mr. Thayer had been vice-chairman since 1976 and has been a board member since 1973. He becomes the tenth chairman of the 16-member board of Barnes, which was opened in 1914 and is one of the largest private acute-care hospitals in the nation.

A graduate of Massachusetts Institute of Technology, Mr. Thayer joined Mallinckrodt, Inc., in 1939 and has held various positions including vice-president, executive vice-president, president, and since 1965, chairman of the board and chief executive officer.

He is director of several corporations including Carboline Company, First National Bank in St. Louis, First Union Bancorporation, General American Life Insurance Co., Laclede Gas, Missouri Pacific Railroad Co., St. Louis Union Trust and Southwestern Bell Telephone.

He is a member of the Society of Chemical Industry and the U.S. Chamber of Commerce Public Affairs Committee and a former director of the Manufacturing Chemists Association and the National Association of Manufacturers.

He also has been involved in numerous civic activities as an officer of Civic Progress, Inc., the Arts and Education Council, Herbert Hoover Boys Club, St. Louis Regional Commerce and Growth Association and the St. Louis Area Council of the Boy Scouts of America, from which he has been awarded both the Silver

Beaver and Silver Antelope awards. He is also a former campaign director of the United Way of Greater St. Louis, a trustee of Washington University and a member of the board of directors of Washington University Medical Center.

Mr. Thayer was *St. Louis Globe-Democrat* Man of the Year in 1972, a recipient of the Regional Commerce and Growth Association's Right Arm of St. Louis Award, the Society of Chemical Industry's Chemical Industry Award and the University of Missouri-Columbia's Missouri Honor Award for Distinguished Service in Engineering.

Mr. Thayer will have offices at Barnes on the 17th floor of Queeny Tower.

Auxiliary donations top \$2 million

The Barnes Hospital Auxiliary topped the \$2 million mark when it presented its latest financial contribution to Barnes Hospital at the organization's annual meeting April 26. This year's check for \$235,000 brings the total contributions of the Auxiliary to \$2,085,000 since its founding in 1959.

This year's donation was for the second year of a six-year pledge to raise \$1 million for a floor in the West Pavilion, now under construction. A total of \$605,000 has already been raised toward that pledge. Barnes Auxiliary is unique in that it does no outside benefits, dinners or fund-raising extravaganzas to obtain donations from outside sources. All money is by the hard work of the Auxiliary itself through volunteer work inside the hospital and the Tribute Fund. The mainstays are the Nearly New shop, the Baby Photo service and the Wishing Well gift shop.

In accepting the Auxiliary's check from outgoing president Carol Minor, Raymond E. Rowland, Barnes chairman-emeritus, noted, "This money is fine, but the other things you do are even more important." He was referring to the fact that during 1978 more than 500 volunteers donated over 62,000 hours of service at Barnes, many in areas directly related to patient care.

Robert E. Frank, Barnes president, told the gathering, "You are the envy of a lot of other hospitals." He said that when he is at meetings with administrators from other hospitals, they invariably compliment our Auxiliary and noted that the largest donation he heard of outside Barnes for one year was \$59,000. "No one knows how you do it without big fund-raising shebangs. I tell them its a lot of old-fashioned hard work."

Lynn Bachmann was elected to a two-year term as president of the Auxiliary, succeeding Mrs. Minor. Other new officers are Mary Barenkamp, vice-president for volunteer services; Emelee Wilkey, recording secretary; and Elaine Wenneker and Betty Lupher, nominating committee members.

Officers serving the second year of two-year terms include Edie Curtis, vice-president for finance; Marilyn MacDonald, vice-president for program and hospitality; Doris Smith, treasurer; Flossie Hartman, assistant treasurer, and Mrs. Wenneker, corresponding secretary.

Barnes offers physical exams for executives

Complete physical examinations for company executives are now being offered at Barnes Hospital, according to planning coordinator Beth Uhlman. The program, which got underway the first of January, had been in the planning stages since last summer.

Designed for companies who offer their executives screening examinations, the program is open to persons both in and out of St. Louis. In addition, the exams may be offered on an individual basis.

The screening tests include EKG's, two-view chest x-rays and a battery of lab screening tests including blood and urine analyses. A Fellow reviews the test results and conducts the physical examinations. When a company calls the hospital, the employe is told to come in at 8 a.m. for the lab tests and to return the following evening for the physical exam. When the appointment is made, a standard medical history questionnaire is mailed to the patient, which he must return when he comes for the exam. Results are sent to his personal physician. Any out-of-town person may elect to stay overnight in the ambulatory care area.

Dr. Cooley to give Burford Lecture

Dr. Denton A. Cooley, surgeon-in-chief at the Texas Heart Institute in Houston, will deliver the ninth annual Thomas H. Burford Lecture in Thoracic Surgery at noon on Wednesday, June 20, in Clopton auditorium. His subject will be "Bypass Grafts in Cardiac and Aortic Disease." All members of the medical profession are invited.

Dr. Cooley was prominent among those surgeons who pioneered open heart surgery and vascular surgery. He has devised many operations for acquired and congenital heart disease. The Burford Lecture was established in 1971 to honor Dr. Thomas H. Burford, Barnes cardiothoracic surgeon-in-chief from 1951-68, who died in 1977.

Dr. Schwartz receives Harvey Cushing Medal

Dr. Henry G. Schwartz, Barnes neurosurgeon and Busch Professor of Neurological Surgery at Washington University School of Medicine, was presented the Harvey Cushing Medal by the American Association of Neurological Surgeons at its annual meeting in Los Angeles in April.

The Medal is the highest honor given by the Association and is for distinguished service to neurosurgery. The Association, which is the largest neurosurgical society in North America, was founded in 1931 as the Harvey Cushing Society.

Dr. Schwartz was Barnes neurosurgeon-in-chief from 1946 to 1974.

Front cover: A lot of money—that's what the Barnes Auxiliary has contributed to the hospital—\$235,000 this year alone. Outgoing president Carol Minor and incoming president Lynn Bachmann count money representing the contribution.



Dr. Garfinkel presents plaque and gavel to Dr. Morgan.

Dr. Garfinkel takes reins of Barnes Hospital Society

The reins of leadership were passed, literally as well as figuratively, April 19 when Dr. Bernard Garfinkel succeeded Dr. Harry Morgan as president of the Barnes Hospital Society.

Dr. Garfinkel received, as a present from Dr. Morgan, a set of reins for a horse bridle. In return, Dr. Garfinkel roused Dr. Morgan from his bed in Queeny Tower where he was hospitalized at the time, to present a plaque recognizing Dr. Morgan's service as president of the society, which is composed of Barnes doctors.

The society's annual meeting featured the election of officers including Dr. Garfinkel as president; Dr. Leonard Jarett as vice-president; Dr. Robert Packman as president-elect; Dr. Donald Sessions as secretary-treasurer; and Dr. Morgan as past-president. Elected to the society council were Dr. James Bucy, Dr. George Tucker, Dr. Herbert Rosenbaum and Dr. William Owens (to complete unexpired term of Dr. Raymond Doucette as of July 1, 1979).

A moment of silence was observed for six society members who died during the past year. They include Drs. Hugh M. Wilson, David N. Kerr, A. Herman Hutto, Melvin B. Kirstein, James H. Allison and Robert W. Bartlett.

A report of Barnes Hospital activities and plans was presented by hospital president Robert E. Frank; Everett Menendez, assistant director/data processing; Maureen Byrnes, vice-president and director of nursing; and Tom Winston, vice-president.

Speakers reviewed the Barnes Hospital budget limiting increases in revenue to 5.43 percent; the hospital's data processing capability and service to doctors and patients; the emphasis on primary nursing; and progress on the West Pavilion project.

Chair endowed in Dr. Becker's honor

A chair in ophthalmological research is being endowed by friends, colleagues and patients in honor of Dr. Bernard Becker, Barnes ophthalmologist-in-chief, on the occasion of his 25th anniversary as head of Washington University Medical School's department of ophthalmology.

In making the announcement, Dr. William Danforth, chancellor, said, "Under his leadership, we have established one of the strongest eye departments in the nation. The endowment will ensure the continued atmosphere which has charac-

terized the department and brought it international acclaim."

Dr. Becker has published more than 300 papers on a broad range of topics, from ocular tuberculosis and diabetic retinopathy to cataracts and glaucoma. In 1967 he established the Glaucoma Center here, which has produced major breakthroughs in the understanding of this disease and helped make glaucoma tests a part of all regular eye examinations throughout the country.

Junior volunteer orientation set June 11

Barnes' history, hospital rules and regulations and appropriate dress will be covered June 11 at orientation for parochial and county high school junior volunteers. Approximately 25 returning volunteers are expected as well as an equal number or more new volunteers.

"We try to cover everything at orientation," said Ellen Barron, volunteer assistant. "We try to show them the hospital complex and talk to them about rules and regulations." She and volunteer director Debbie Lord have been visiting area schools to spread the word about Barnes' programs since competition for the teen volunteers has intensified with the increase in the number of suburban hospitals.

Teenagers who volunteer at Barnes may choose from a number of work areas. They may assist in the pharmacy, work the courtesy cart, fold linens, help eye patients choose a menu, carry messages, run errands, assist in medical records, sell in the gift shop, distribute x-ray pamphlets, work at the information desk or help in the clinics. Older returning junior volunteers may assist in the emergency room or in the recovery room. Nurse volunteers, who have had extensive training, may assist in feeding patients, combing hair and making beds.

"Volunteering helps teenagers develop good work habits for future employment and they also make new friends," Ms. Barron said. "We get volunteers from all over the city and county areas. Many come long distances. Some carpool, some take two or three buses to get here, and some even bicycle from within the city."

Another junior volunteer orientation is tentatively scheduled for July 9 for those city high school students who will be still in school in June.

Channel 10 offers patients special television shows

Special in-house cable health education television programs are now available to patients in the East Pavilion and in the Renard waiting rooms on channel 10. The programs, which cover a variety of topics and range in length from 20 to 55 minutes, begin at 9 a.m. and play at intervals until 3 p.m.

"Instead of watching soap operas or game shows on television, patients can watch channel 10," said Rusti Moore, director of education and training. There is no charge except the regular TV rental fee to Wells TV.

Education and training personnel chose the tapes which are being offered to Barnes patients. The daily schedule includes Barnes Hospital—Caring Makes the Difference, Age Is Just a Number, Relax and Take It Easy, Cancer—The Cell That Won't Die, Living with Diabetes, and My Aching Back.

Hospital notes

A diabetes research team composed of four Barnes doctors, **Richard Ostlund**, **M. Alan Permutt**, **Julio Santiago** and **William Sherman**, received a grant at a dinner honoring them and other researchers for their efforts to find a cure for diabetes. It was presented by the Diabetic Children's Welfare Association and the American Diabetes Association.

Barnes director of education and training, **Rusti Moore**, was named to the board of directors of the Adult Education Council of Greater St. Louis at their 42nd annual conference in April.

Zane E. Barnes, a member of the hospital's board of directors, received one of Scouting's highest awards, the Silver Antelope, at the annual meeting April 25 of the North Central Scouting Region in Colorado Springs.

The president's office has reported Dr. **Jeffrey T. Fierstein**, assistant otolaryngologist, on staff effective July 1, 1979.

Kodiack, a five-year-old thoroughbred race horse owned by Dr. **Louis Aitken**, won the Ben Ali Handicap at Keeneland Race Track in Lexington, Ky., in April, taking home winnings of \$33,000. Dr. Aitken has six thoroughbreds in race training in Lexington with trainer Harvey Vanier and he keeps several broodmares on a farm near Waterloo, Ill. Kodiack, who was raised by Dr. Aitken, also won the Kentucky Derby Trials as a three-year-old.

Dr. **Marcel Saghir**, Barnes psychiatrist, appeared as a guest on the "Today" shown on NBC in April to disagree with the findings of Dr. **William Masters** and Virginia Johnson regarding curing homosexuality. Dr. Saghir is author of a 1973 study on homosexuality.

Dr. **Joe Belew**, Barnes obstetrician-gynecologist, is the new president of the St. Louis Gynecological Society.

Two Barnes anesthesiologists recently received certification by the American Board of Anesthesiology. They are Drs. **Akira Iwane** and **Raju Mantena**.



Mrs. Edwin M. Clark, widow of Barnes former director, talks about PETT machine with Dr. Robert Roberts, director of the cardiac care unit, at ceremonies honoring her husband recently. A plaque in the procedures room reads, "The diagnostic isotopes used for patients were made possible in part by contributions given to Barnes Hospital in tribute and memory of Edwin M. Clark." Attending the ceremonies were Dr. Burton Sobel, head of cardiology; Zane E. Barnes and Richmond C. Coburn, directors; Dr. Richard E. Clark, Barnes cardi thoracic surgeon, and his wife; Robert E. Frank, president; and Richard Linneberger, administrative resident.

College students take time to volunteer at Barnes

In today's world the college years are a fast-paced, demanding period in a person's life. At Barnes Hospital quite a few students take time out from their busy schedules to do volunteer work, working in areas such as the emergency room, kidney dialysis, x-ray, the clinics, respiratory therapy, occupational therapy and the pathology lab. Some work just one day a week, while others report in every day. Although some work in exchange for college credit hours, most of them work at Barnes just for personal satisfaction.

"We have approximately 40 college-age volunteers working now," said Debbie Lord, director of volunteers. "Most of them volunteer just to give service to the hospital."

Almost all of the volunteers attend Washington University, although some go to St. Louis University and the University of Missouri-St. Louis. The majority of them are from Chicago or the eastern part of the United States. Because many plan to go into the medical profession, volunteering at Barnes gives them valuable experience for the future. "Most of the volunteers want to work in an area of the hospital where they will obtain technical knowledge of medicine," Ms. Lord said. "For some it is the determining factor on whether or not they want to continue in this field. It gives them a very realistic notion of what they're walking into."

Some of the students, including 20-year-old New Yorker Steve Brishman, a sophomore at Washington University, are participating in the supervised performance program. To participate in the program a student must first choose a field for volunteer work and have it approved by the dean of arts and sciences. Mr. Brishman works four hours each week in the emergency room for two semesters in exchange for three hours of college credit. "I figured the emergency room would be the most interesting and that I would get the most experience and the most contact with patients by working there," he said.

Students are assigned one area to work in per semester and the decision as to what area is a mutual one determined by Ms. Lord and the student. "They usually walk into the office with their class schedule in hand and we work out times from that," Ms. Lord said. "Basically, they do whatever the staff asks them to do in that area, anything from helping patients to stocking shelves."

Two other emergency room volunteers, Jeff Robinson and Michelle Vialonga, both Washington University students, each work one day a week just for personal satisfaction. Mr. Robinson, a pre-med student who wanted to get some experience working in a hospital, said, "I consider the time at the hospital on my schedule just like a class. It's high priority on my list."

"It's a good way to get experience and a good way to see if working in a hospital is really what you want to do," Miss Vialonga said.

Majorie Cohen, a Washington University student from New Hampshire, works in kidney dialysis and ob-gyn to get hospital experience. "A lot of times I don't really have the time to work, but I do it anyway," she said.

Perhaps one of the most unusual volunteer situations is that of Joel Berenbeim, who graduated last May from Washington University and who is waiting to get into medical school. He volunteers 40 hours per week, working three days in the

emergency room and two days in x-ray. His reason for volunteering is two-fold; he hopes that it may help him get into medical school and he wants the experience and exposure of working in a hospital. He spends his days taking EKG's, keeping rooms neat and supplies in stock.

Not only does volunteer director Debbie Lord have praise for all her volunteers, she especially commends the college age kids. "If they do it when they don't have all the time in the world, then they're really dedicated," she said. "They rarely miss work."

Energy conservation continues at Barnes

Energy conservation efforts at Barnes Hospital, which began in March, 1976, are continuing with the installation of a computer system which will focus on complete energy management and a concentrated effort this past winter to eliminate the outside air infiltrations through parts of the hospital.

Don Braeutigam, chief plant engineer, said that the Alpha 1000 computer system is presently being installed in the hospital and under the West Pavilion project. It will be in operation by the time of the completion of the construction. "It's just becoming a thing for hospitals to use," he said. "We have been thinking of this for the past few years."

The computer system will have the capability to automatically monitor temperature and humidity of air delivery systems for efficient operation, to indicate which type of equipment to use for the best energy conservation measures, to monitor the efficiency of the boilers, to program the starting and stopping of various equipment and to indicate by alarm when part of any system has a malfunction.

"This past year we have spent a lot of time looking for ways to cut down on outside air coming into the buildings," Mr. Braeutigam said. At the compactor area, which was always a source of outside air, automatic doors were installed so that they are open only when necessary. Automatic doors were also installed at the Renard dock area and dock pads were installed at receiving. In Queeny Tower cold air was coming in the ground floor ceiling area and through the louvers below many of the windows, both problems which plant engineering corrected.

"These measures cut down on the amount of outside air coming into the buildings and reduced the amount of heating or cooling used," Mr. Braeutigam said.

Plans for the West Pavilion also include measures to save energy. "The West Pavilion is an energy-conscious building," Mr. Braeutigam said. "There is such a push on energy that engineers and designers pay particular attention to energy in the initial design."

"Things, such as lighting, used to be over-designed. Designers used to include too many lights whether they were needed or not," he continued. "Now it's different. Things are not under-designed but they are sized as close as possible with a margin of safety so as not to use too much energy."

In addition to the design of the West Pavilion, equipment for it will have as high an efficiency rating for energy saving as possible. All equipment, including such items as motors, boilers and heat exchangers, were analyzed for their efficiency.

Horse show raises \$40,000 for diabetes

The St. Louis National Charity Horse Show, which was held in October at Greensfelder Recreational Center in Queeny Park, contributed more than \$40,000 to the Kilo Foundation for Diabetes and Vascular Research, according to an announcement made in April.

The Kilo Foundation was founded in 1972 by Dr. Charles Kilo, Barnes diabetes specialist, and Dr. Joseph Williamson, Barnes pathologist. They have researched diabetes and vascular disease for more than 10 years.

The money, according to Dr. Kilo, will be used to purchase a gamma counter for the foundation and to support a Fellow. "Over 90 percent of every dollar is spent on research," Dr. Kilo said. "We've had a lot of good community effort on the horse show and a lot of support," Dr. Kilo said. "Some people worked 30 to 40 hours a week on it last year, and preparations are already underway for this year's show."

Drs. Kilo and Williamson in early April reported their findings on diabetes research at the Royal College of Physicians in London, which was attended by 350 doctors from all over the world.

Barnes doctor, nurse author textbook

Barnes urologist Dr. Saul Boyarsky and urologic nurse specialist Patricia Hanick are two of the authors of a new textbook, *Care of the Patient With Neurogenic Bladder*. Dr. Peregrina Labay, Dr. Arthur Abramson and Dr. Rose Boyarsky are the other authors of the book, which presents a team approach to holistic care.

According to the publisher, Little, Brown, the book "provides an original approach to the care of neurogenic bladder patients by interfacing urology and rehabilitation and by confronting topics that have previously been misunderstood or ignored."

Hospital notes

Dr. **Jack Hartstein** recently returned from a meeting of the 31st annual Wills Eye Hospital Clinical Conference in Philadelphia, where he participated in a symposium on extended wear contact lenses.

The National Association of Hospital Admitting Managers has conferred accreditation on **Mae Martin**, Barnes admissions director.

The president's office has reported the following doctors on staff: Dr. **Todd H. Wasserman**, assistant radiologist, effective June 1, 1979; Dr. **Judy Marie Destouet**, assistant radiologist, Dr. **M. Gilbert Grant**, Dr. **David W. Meltzer**, and Dr. **John C. Perlmutter**, assistant ophthalmologists, Dr. **Kosuke Ogata**, assistant orthopedic surgeon, and Dr. **Tom E. Morgan**, assistant obstetrician/gynecologist, all effective July 1, 1979; Dr. **Kwant-Sup Stephen Kim**, assistant physician, effective March 12, 1979; and Dr. **George D. Wilner**, assistant pathologist, effective April 20, 1979.

Dr. **Jack Hartstein**, ophthalmologist, has received the "Outstanding Ophthalmologist Award" presented annually by the Azar Foundation to the ophthalmologist who most exemplifies service to his fellow ophthalmologists through teaching, contributions and participation at meetings.



The malady lingers on

Spring is about over but the maladies will linger on through summer and early fall; they include poison ivy, bee stings, mosquito bites, sunburn, heat stroke, sore muscles, swimmer's ear, etc., and anyone who ventures outdoors is susceptible.

Mosquitoes are a particularly big problem this year thanks to all the breeding places caused by the floods of early spring. "As in other aspects of life, it is the female that causes all the trouble," pointed out one male Barnes doctor who begged to remain unidentified. Only the female has the ability to get under your skin and when she does, she releases an anticoagulant to keep the blood flowing. It is this foreign matter that causes the itching and swelling.

Mosquitoes really do like some people better than others. They catch your scent from your exhaled carbon dioxide and if you smell good, they go for your blood like Dracula; if not they leave you alone. Doctors recommend insect repellents and wearing light-colored clothing. Old Wives sometimes recommend eating garlic so you don't smell good enough to attract the mosquito.

(It has been the *Aedes vexans* mosquito that has been vexing you so far this year, but in July the *Culex pipiens* will appear as reinforcements.)

Bees, wasps and yellow jackets are perhaps less common pests, but a bigger pain for the victim. Bee venom contains histamine, which causes allergic reactions in varying degrees. In persons

who are sensitized to bee venom the reaction can be fatal. Multiple stings by a swarm of bees, wasps or yellow jackets can also be fatal, particularly to children. Persons who are allergic to bee venom should carry epinephrine on camping trips. The best preventative, according to Dr. Timothy Sullivan, Barnes allergist, is "don't look like or smell like a flower. Don't wear brightly colored clothing and don't wear perfume, aftershave or scented deodorants." A standard first-aid practice is to apply ice to the sting area to reduce swelling and itch. A not-so-standard first-aid sworn to by country grandmas is to immediately put mud on the sting.

Sunburn can be just as serious as a burn caused by any other source, warns Dr. Dolores Tucker, dermatology resident. Light-skinned persons should be particularly careful, especially when around water or when a cool breeze is blowing and the sun doesn't feel as warm. "The rays are still there." She advised using one of the various products on the market to block out the sun's rays but warned that you must read the label and purchase the proper product for your particular skin type. Some merely lubricate the skin to prevent its drying out, while on the other end of the spectrum, so to speak, are the products that block out virtually all of the sun's harmful rays.

Increased exposure to the sun increases the chance of skin cancer, and Dr. Tucker noted that the incidence of that disease is rising significantly. (As the area covered by swimsuits decreases?)

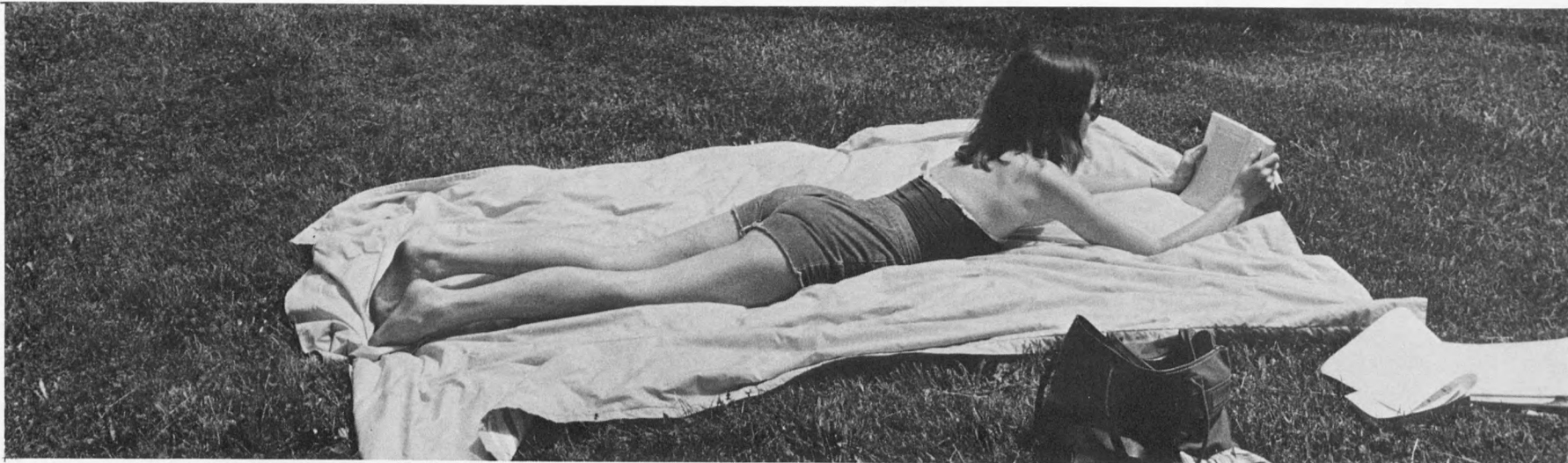
RN Lynn Jensen of Barnes emergency room said they see a lot of cases of severe sunburn each spring and summer and they are treated just like any other kind of burn. The burn may be accompanied by other symptoms, such as chills, fever and upset stomach.

For those who go into the water rather than lie in the sun, there is another potential malady: swimmer's ear (or Singapore ear if you go to the Orient to do your swimming). This is an inflammation of the ear canal (whether you swim in a canal, lake or pool) caused by a combination of warmth and moisture. Dr. James Toomey, Barnes otolaryngologist, suggests that the first thing to do if you get swimmer's ear is to stop swimming (as soon as you reach dry land).

Dr. Toomey said that 70 percent alcohol drops can be used as a drying agent if done early and the swelling and irritation may go away. He cautioned that sticking a Q-tip into the ear may aggravate the skin, causing a bacterial infection. "Once you get swimmer's ear, you are prone to getting it again," Dr. Toomey said. Keeping the ears dry (not to be confused with being dry behind the ears) is the only preventative.

Sore muscles are one of the most common complaints of weekend, or sudden summer, athletes who use muscles that have been lying dormant for too long. Getting into shape slowly and exercising regularly are the best preventatives. Time will make the soreness go away, but not the embarrassment of having to walk on eggs for a day or so in front of your more athletic office-mates.

Poison ivy, aye, that's the rub, or the itch. Persons who are allergic to poison ivy seem to have a knack for catching it from the dirt where it grows, from their pet dog who has rubbed up against it, or from the smoke of the fire that has burned it. Touching the weed itself can mean weeks of agony. Yet there is little that can be done to prevent it. Doctors disagree on the effectiveness of desensitization shots. Treatment after exposure includes calamine lotion to soothe the itch and cortisone to lessen the reaction, but only time will cure it. Dr. Donald Strominger, Barnes allergist and pediatrician, recommends using a



The sun's rays feel so nice, until they have done their fiery deed and your once pale flesh becomes a brilliant red instead of a toasty tan. An ounce of prevention, in the form of a sunscreen, is worth a pound of any kind of cure.



Bees are kamikaze flyers whose last act is to sting, then they die. Bare feet tip-toeing through the clover are perfect targets for an angry bee, who resents being trod on.



A time-honored method for getting water out of one's ear is to pound on the ear. Earplugs work too, but make hearing the lifeguard more difficult. (Note: Swimmer's ear is not limited only to those who know how to swim.)

lotion that burns at least a little bit to remind you to be more careful next time.

The emergency room also sees its share of heat stroke victims during the summer, as well as the breaks and cuts resulting from Khoury League accidents and bicycle spills. Getting really hot and cooling off with a big swig of ice water can send the body into total rebellion. So can sudden changes from a sweltering afternoon of sunbathing to bone-chilling air conditioning.

All in all, summer is a fun time of picnics (watch out for the potato salad that has been sitting in the heat or you may have food poisoning), water sports (if you can avoid drowning, broken bones and swimmer's ear), camping (with mosquitos, bees and poison ivy), and having fun in the sun (where you are subject to heat stroke, sunburn and dehydration). On the other hand, you can take a winter vacation.



Poison ivy is one man's poison but doesn't affect someone else at all. However, if you are that one man (or woman), stay away from it or wash good with lots of soap as soon as you can after being in the woods. That will lessen your chances of getting the itch and make you smell better too.

It's easy to describe, hard to define hypnosis

Although the induction of hypnotic trances has been part of the mythical and occult practices of the shaman, medicine man and witch doctor for centuries, it is difficult to adequately define hypnosis.

"It's definitely not sleep; it's a waking state with the subject in a relaxed, slumped position. The hypnotized person looks different. He is waxy looking and is slumped forward and extremely relaxed; the facial muscles are drooped and the pulse and respirations may be slowed," said Dr. John Knesevich, Barnes psychiatrist.

The history of hypnosis dates back to the late 1700's when Franz Anton Mesmer first tried to describe to the Western world a reliable method for inducing a trance-like condition. Trance behavior was no longer a phenomenon associated only with non-literate cultures and individuals claiming occult powers. Mesmer attributed a trance to the effects of animal magnetism, which he defined as "that property of the organism which makes it susceptible to the influence of the heavenly bodies and the reciprocal action of bodies around it, shown by its analogy with the magnet." He applied a magnet to the afflicted parts of the patient's body producing "harmony of the nerves." Many of his patients had convulsions and reported strange and sometimes painful sensations in the afflicted parts of their bodies. His pupils and successors were called "mesmerists" and animal magnetism became known as "mesmerism."

James Esdaile, a Scottish surgeon residing in India, was successful in using mesmerism as an anesthetic during operations. When chloroform was introduced as an anesthetic, the use of mesmerism declined.

In 1841 the Scottish physician and surgeon James Braid attended a public demonstration of mesmerism and concluded the proceedings a fraud. He witnessed a second demonstration and was impressed by the inability of the magnetized subject to open his eyes. Attributing all phenomena of hypnosis to the effects of mental concentration on one dominant idea, he introduced the term "neurohypnosis" (nervous sleep) which was later shortened to hypnosis.

Hypnosis catapulted into scientific respectability when Charcot, the most distinguished neurologist of the nineteenth century, developed an interest in it. Many respected medical people, including Sigmund Freud, came to observe and study the effects of hypnosis. Freud, believing that many persons were not susceptible to hypnosis and that the improvement of patients through hypnosis depended too much on the stability of interpersonal relations, rejected it in favor of free association.

"This is characteristic of hypnosis," Dr. Knesevich said. "It either comes into favor or goes out of it." During the 1930's, the interest in hypnosis was revived. Today, some persons are interested in doing very objective research on hypnosis and some are practitioners.

"It's said that almost everyone can be hypnotized if he wants to be," Dr. Knesevich said. "If he doesn't want to be hypnotized, he can't be, although some of the tricky induction techniques may circumvent this.

"Patient selection is the big thing," he continued. "I find it usually has to be a person who is bright, very 'with it' and who has a very specific goal in mind. It is important for a hypnotist to



Dr. Knesevich demonstrates Chevreul's pendulum, one of the devices used by hypnotists to induce hypnosis.

evaluate a patient's general psychiatric condition as well as his medical condition. I use hypnosis only for someone who is both physically and emotionally well." The subject must be reasonably intelligent, very cooperative and able to concentrate.

The induction of hypnosis in a susceptible subject is a straightforward, simple matter. There are no known permanent physiological changes to the body. There are several scales of depth or susceptibility with a name or number assigned for each degree of hypnosis. One of the older scales, constructed by Davis and Husband in 1931, defines depths by description of certain signs. For example:

Insusceptible

Hypnoidal—Relaxation, fluttering of the eyelids, closing of the eyes, complete physical relaxation.

Light trance—Catalepsy of the eyes, limb catalepsies, rigid catalepsy, glove anesthesia.

Medium trance—Partial amnesia, posthypnotic anesthesia, personality changes, simple posthypnotic suggestions, kinesthetic delusions, complete amnesia.

Somnambulistic trance—Ability to open the eyes without affecting the trance, bizarre posthypnotic suggestions, complete somnambulism, positive visual hallucinations, posthypnotic; positive auditory hallucinations, posthypnotic; systematized posthypnotic amnesias, negative auditory hallucinations, negative visual hallucinations; hyperesthesia.

Although each subject reacts in his own individualized fashion, many report alterations or distortions in body image and perception of reality. Some report feelings of floating, sinking, moving outside of one's self, blacking out or going under an anesthetic. Sometimes these effects are frightening and the subjects emerge out of the trance state. Most subjects have little trouble discriminating between hypnosis and the waking state.

The lay term for a person who uses hypnosis is a hypnotist although the practitioners use the term operator. Dr. Knesevich pointed out that hypnosis usually can't be learned by reading about it; it is better learned by watching someone and then by supervised practice. He has been using hypnosis since 1974 when Dr. Marcel Saghir demonstrated it to the residents at Barnes.

"An operator must establish rapport with his subject, he must have charisma," Dr. Knesevich

said. Many hypnotists have theatrical flair and a lot of personal and personality factors come into play. An operator must give very logical suggestions to this subject; he must explain what he is going to do without interfering with the procedure. There are various techniques used to hypnotize a person, including rapid induction, which means going to sleep immediately or very fast, and slow or standard induction, which takes at least one hour to induce a trance. He pointed out that although there aren't very many hypnotists in St. Louis, some do advertise in the Yellow Pages and there are some private psychiatrists who practice it.

"It is very hard to evaluate who is good and who isn't and who knows what he is doing and who doesn't," Dr. Knesevich said. "It's safe to say to be skeptical of anybody who is making spectacular claims. Some purported hypnotists are little more than faith healers. Anyone can set himself up as a faith healer and no one can prove him wrong."

"Hypnosis is inadequately researched, thus one should always remember to be a skeptic," he said. Some research has been done with hypnosis in the fields of smoking and weight control. "There's no doubt that in some people inducing a trance may make them lose weight or stop smoking, but hypnosis as with other psychotherapies can be an extensive treatment procedure. Much depends on the individual," Dr. Knesevich said.

Hypnosis has been used recently for treating phobias, although it has not been proven any more effective than the standard behavioral procedures. It is also used for relaxing the obstetric patient before and during delivery, and a number of dentists have used it for various procedures.

Interns complete dietetics program

Ten dietetic interns were graduated from the Barnes Hospital dietetic intern program May 4. They were honored by the hospital and by friends and relatives during ceremonies in the student lounge in the school of nursing.

Presenting diplomas and pins were Cynthia Foster, director of dietary clinical services, and Rich Grisham, vice-president of the hospital.

Graduates were Candy Allen, Sue Andersen, Marilyn Burnam, Frances Colon, Maria Creavin, Jo Ann Davey, Anne-Marie Gallant, Sandy Hall, Dianne Leslie and Barb Schneider.

The nine-month Barnes dietetic intern program is a concentrated program to give clinical dietetic training to graduates of college programs. It is generally recognized as one of the best courses in the country.

A new group of interns is now enrolled in the Barnes program.

Mrs. Willard Bartlett dies at age 100

Mrs. Willard Bartlett, Sr., died April 28 at the age of 100. She was the widow of Dr. Willard Bartlett, Sr., a pioneer in various surgical techniques, and the mother of Drs. Willard Bartlett, Jr., and Robert W. Bartlett. Her third son was Aurelius T. Bartlett, a New York investment broker. All three preceded her in death; Robert died on April 4. Survivors include 10 grandchildren and eight great-grandchildren.

Tribute Fund

The following is a list of honorees (names in **boldface**) and contributors to the Barnes Hospital Tribute Fund from April 18 to May 16, 1979.

IN MEMORY OF:

Dr. Robert W. Bartlett

Althea & Carl Schumacher
Mrs. Grove F. Newhard
Mrs. Daniel Upthegrove
Barnes Hospital Directors & Administration
M/M A. Clifford Jones
M/M Edward J. Costigan
Mrs. John G. Burton
M/M Robert F. Knight
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M/M Roland C. Baer
M/M Frank Sheldon
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M/M Burt Wenneker
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M/M Morris J. Mathis
M/M Stanley P. Kolker
M/M Charles Limberg
Mary Hord Perry
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Mrs. Clarence Garrison

Dr. & Mrs. Charles B. Anderson

Byron W. Moser

Dr. & Mrs. Earl E. Shepard

Thomas D. Winston

Sharry & Jay Purvis

IN HONOR OF:

M/M Marvin R. Simon's

25th Anniversary
M/M Julian I. Edison

Raymond E. Rowland's Retirement

Barnes Hospital Auxiliary

Dr. Don Finger's Recovery

Stan & Natalie Wald

Dr. M. Binder's Recovery

Stan & Natalie Wald

Margie Schnell
Other M. Scott
Harry G. Shaffner
Sandra Stage
Alice Stevenson
Nancy C. Trokey
J. C. Warnecke
Gilmore White
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Louise Hoerz
Dorothy L. Kelleher
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Geneva Komorowski
Joe Chung Lee
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IN HONOR OF:

50th Birthday of Mr. Julian Edison

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M/M Henry L. Freund

M/M Hugh Nebgen

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Cathy, Susie & Patty Reuss
Aftton, Elaina & Stacy Shambro
Bev, Julee & Carin Sauerwein

IN MEMORY OF

Al Pritchett

Edna J. Pritchett

F. H. Baer, Sr.

F. H. Baer, Jr.

IN HONOR OF

Dr. Henry Schwartz

David S. Torin

Kenny Scissor's Graduation From Medical School

Jerry & Linda Meyers

Harold I. Ellert
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Cecelia O'Brien
Gertrude Traylor
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Jane DeVine
Francis E. Finch
Mrs. Arnold Hilmes
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Leo Meadows

Gift Guide

The Gift Guide is a list of a variety of items needed by various departments of Barnes Hospital for use in the West Pavilion. Donors may choose a specific item by sending a check for the amount needed to the Development Office, Barnes Hospital, St. Louis, Mo. 63110. Donors will be invited to be guests at an official open house celebrating the completion of the West Pavilion in 1980 and will be afforded an opportunity to see the items they have bought for Barnes. The Gift Guide appears quarterly, in March, June, September and December.

Portable EKG machine \$1,590

These are used in the emergency room and on various nursing divisions to take to the patient's bedside to make electrocardiograms (graphic tracings used to detect abnormal cardiac rhythm and myocardial damage in heart disease).

Central service exchange basket \$65

Baskets are located in utility rooms on each floor; used supplies are deposited here for central service to pick up.

Centrifuge \$450

Machine used in laboratories for separating the lighter portions of a solution, mixture or suspension from the heavier portions by centrifugal force (such as separating blood). Used in clinical hematology, chemistry, serology, blood bank and coagulation lab.

Examination light \$330

Needed in the clinics, emergency room and treatment rooms on nursing floors—anywhere patients are examined.

Electrosurgery unit \$4,130

Used for coagulating blood to stop bleeding during surgery; needed in every operating room.

Bipolar forceps \$135

Used to stop bleeding by coagulating very tiny blood vessels; bipolar forceps are connected to the electrosurgery unit for use specifically in plastic surgery and neurosurgery.

Cast cutter \$175

Used to cut off casts; needed in Barnes plaster room, orthopedic clinic, emergency room and operating rooms.



A cast cutter is a safe, efficient piece of equipment for removing casts. They are needed in many areas of the hospital.

Patient Care Fund

George Ahten
Lucille M. Hull
Darlene Blythe
Michael E. Forster
Gus Frazier
Mae Lissie Griffin
Imogene L. Henning
Dorothy Miller
Birdie Minor
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Barnes Bulletin

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Jim Hubbard, Director

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Annual Charitable Fund

Pat Langenberg
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West Pavilion Gift Guide

Teresa Burkhart

Planned Gift Endowment Fund

Juanita Cartwright
Hattie Cousin

Mary B. Culbertson
Thomas N. Dillard

Wedding date set for Corpuscle Red

High noon on Friday, June 22, has been chosen as the wedding date for Corpuscle Red, the Barnes Hospital bloodmobile mascot, and his bride-to-be Leukocyte Lil. TV personality John Auble, of KSD's Newsbeat program, has agreed to serve as Justice of the Peace for the nuptials.

Regina Hamilton, RN on 6200, was recently judged winner of a contest to name the bride. She received a gift certificate to the Wishing Well and will serve as honorary bridesmaid at the wedding.

Corpuscle Red, the brainpup of Paul Hartwell, head cashier, and Bill Davis, personnel specialist, has helped Barnes increase blood donations dramatically since he became mascot for the drives. For example, in May and June of 1978, the last two months preceding Corpuscle Red's arrival, donations were 28 and 24 units. In the first two months of 1979, with the bloodhound's help, donations totaled 91 and 86 units. "With his helpmate Leukocyte Lil at his side, we expect Corpuscle Red to do an even better job of searching out donors," Mr. Hartwell confided.

"Seriously, we hope our example in promoting blood donations will be emulated by other organizations and businesses in the area to inform the community that giving blood is a responsibility we all have to share. The daily requirement for this area's 147 hospitals is 750 to 800 units."

Barnes Bulletin

Barnes Hospital
Barnes Hospital Plaza
St. Louis, Mo. 63110

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Hospital Week focuses on "Voluntary Effort"

Posters, pins, "Hypertension Day" and an employe contest to suggest ways to help reduce hospital costs highlighted the Barnes observance of National Hospital Week May 6-12. This year's theme was "The Voluntary Effort—It's Working for You," emphasizing the health industry's national voluntary program to contain health care costs while maintaining high quality care.

Within Barnes, employes wore pins saying "We're Working for You," and posters around the hospital showed the many different people whose work is essential to the proper care of patients in a modern hospital.

"Hypertension Day," sponsored by the Barnes Hospital Auxiliary and the hospital's department of education and training, was conducted May 9 on the ground floor lobby of the East Pavilion. Blood pressures for 445 persons, both employes and visitors to the hospital, were checked and informational material was distributed. In addition to being part of National Hospital Week, the clinic coincided with National High Blood Pressure Month, which was observed in May.

An employe contest was held to encourage employes to not only be aware of the Voluntary Effort, but to suggest ways to reduce costs and to improve hospital productivity. All entrants were invited to a picnic held June 1 in the park south of the East Pavilion.

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