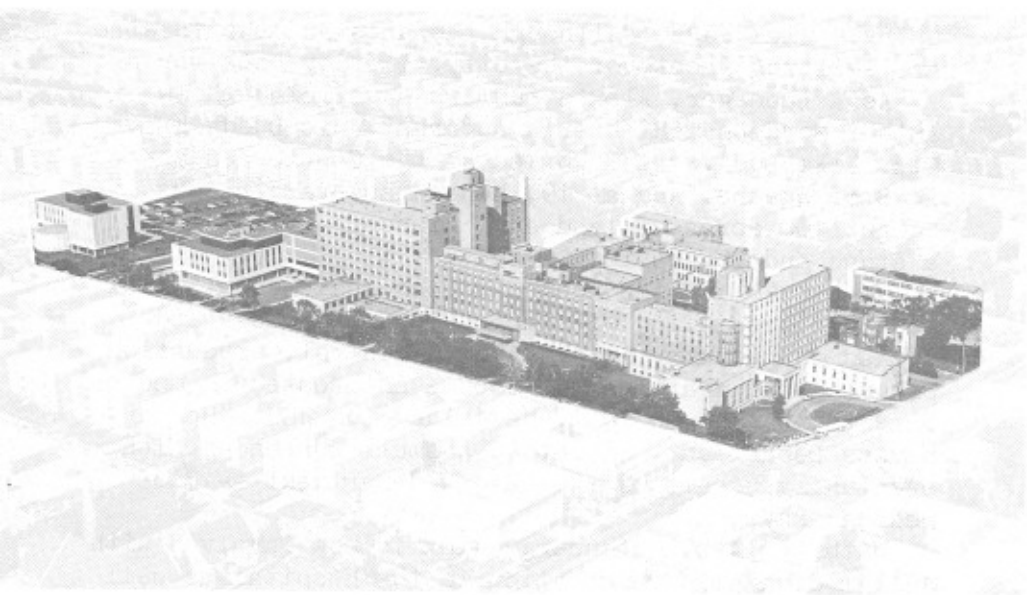


JGH Pulse

PUBLISHED BI-MONTHLY BY AND FOR
THE STAFF OF THE JEWISH GENERAL HOSPITAL




VOLUME 9 NO: 2

MAY 1975

PULSE PROFILE

ALEX SEBE

Dept. of Bio-Medical Physics



He is a man of the city and of the country. Born in Montreal, as a youngster Alex moved with his family to Ste. Agathe, where he still spends much of his time -- skiing and working on a house he himself designed and has built from the "ground up."

"Life is more relaxed, more interesting in the country," Alex says, "although the arts and the theatre are exciting facets of the city. I enjoy both worlds."

As a teenager, Alex's summers paralleled those of author Mordechai Richler's unforgettable Duddy Kravitz. Like Duddy, Alex worked at the Castle des Monts in Ste. Agathe. And at 19, he and several friends bought 100 acres of land and, pioneer style, built a stone and log cabin.

A student at the Montreal Technical School, Alex took his speciality of electronics technology and worked in industry in production control, production planning and drafting. He became interested in medical electronics and in 1961, he joined the JGH's Hemodynamics Department. He set up a small workshop which eventually became part of a new department -- Bio-Medical Physics.

With Dr A.D. Rotenberg, Alex is now involved with "all medical instrumentation in the Hospital as well as patient safety (preventing electrical hazards). We are concerned with teaching the use of medical tools, in modification of this equipment and in consultations with those using the equipment. Preventive maintenance for technicians is another area of our involvement."

Alex is still applying his wealth of technical knowledge outside of the Hospital. As well as building his own house, he has renovated three others. And he gardens, sculpts and paints. Three of his paintings now hang -- under a pseudonym -- on the walls of the Lady Davis Institute.

NEWS WORTH REPEATING

Everyone is increasingly conscious of the negative effects of smoking. Many, though, smoke on ... Despite warnings from the medical profession, the complaints of non-smokers when cigarette smoke is wafted their way, GASP buttons worn on protesters' lapels, many smoke on ...

The following message comes from GASP (Group Against Smokers' Pollution) in cooperation with the Christmas Seal Association:

NON-SMOKERS' BILL OF RIGHTS

NON-SMOKERS HELP PROTECT THE HEALTH, COMFORT AND SAFETY OF EVERYONE BY INSISTING ON THE FOLLOWING RIGHTS:

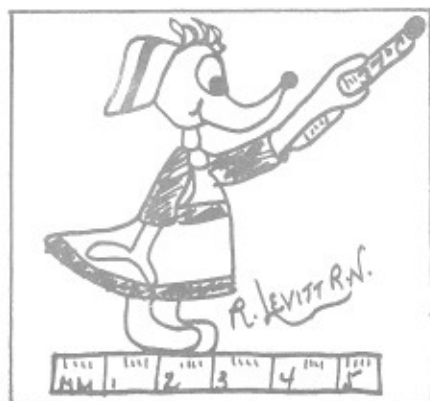
THE RIGHT TO BREATHE CLEAN AIR -- Non-smokers have the right to breathe clean air, free from harmful and irritating tobacco smoke. This right supersedes the right to smoke when the two conflict.

THE RIGHT TO SPEAK OUT -- Non-smokers have the right to express -- firmly but politely -- their discomfort and adverse reactions to tobacco smoke. They have the right to voice their objections when smokers light up without asking permission.

THE RIGHT TO ACT -- Non-smokers have the right to take action through legislative channels, social pressures or any other legitimate means -- as individuals or in groups -- to prevent or discourage smokers from polluting the atmosphere and to seek the restriction of smoking in public places.

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More than 60% of human body weight is water. About a third is fat and protein. Ash and minerals in the skeleton and body fluids make up about 5.7%. The inorganic components of a person of 150 pounds are now worth about \$5.60, according to biochemist Dr. Donald T. Forman of Chicago's Northwestern University ...



Metrically
Speaking ...

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Metre ...

The following table provides equivalent body temperature measurements for Celsius and Fahrenheit:

<u>°C.</u>	<u>°F.</u>
0	32.0
35.0	95.0
35.5	95.9
36.0	96.8
36.5	97.7
37.0	98.6
37.5	99.5
38.0	100.4
38.5	101.3
39.0	102.2
39.5	103.1
40.0	104.0
40.5	104.9
41.0	105.8
41.5	106.6
42.0	107.6
100.0	212.0

$$^{\circ}\text{F.} = (^{\circ}\text{C.} \times 9/5) + 32$$

$$^{\circ}\text{C.} = (^{\circ}\text{F.} - 32) \times 5/9$$

FRENCH CLASSES AT THE JGH

Bilingualism is now the goal of many. Staff members at the JGH are no exception. Many signed up for the French classes offered this year.

The following is Jean Beckles' (of the Nursing Department) impression of her class:

French Class - Beginners II

Like a whole bunch of dummies we started our classes,
With a beau, jeune instructor called Patrick Fabri.
We came as a challenge, so he got right down to it,
And now en français, n'est-ce pas, one, two and three.

There are eight in our class and it's really a pleasure
Because we are so few, we get special care.
We always look forward to Tuesdays and Thursdays,
French is exciting because Patrick is there.

He promises improvement by the end of our classes.
Il, sans doute, knows what he's talking about.
First class we looked dumb, but now we're reacting.
He can't have set lessons or he'd never get out.

I hope we can come up to his expectations,
We'd be disappointed if we let him down.
He gives us encouragement so we can be winners
And forget we were beginners just a few weeks ago.

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ESTHER SPECTOR PASSES AWAY

We record with sorrow the recent passing of Mrs. Esther Spector, a pioneer in the field of Social Service. She was the JGH's Director of Social Services from 1952 to 1957.

... PEOPLE MAKE NEWS ... PEOPLE MAKE NEWS ... PEOPLE MA

DR. JEAN-CLAUDE LASRY of the Institute of Community and Family Psychiatry and MRS. MARION USHER of the Herzl Family Practice Centre will take part in the Northeast Regional Conference of the Child Welfare League of America to be held in Montreal in May ...

The Institute of Community and Family Psychiatry welcomes back research worker ROZ DISENSI after a short absence from the Institute ...

Seminars recently held at the LADY DAVIS INSTITUTE included Dr. George Giannopoulos of McGill speaking on "Early Steps in the Action of Glucocorticoids in Developing Tissues"; Dr. Mae Wan Ho of the University of London, London, England talking on "Somatic Cell Fusion and Genetic Complementation in the GM-gangliosidoses"; Dr. Helmut Ankel of the Medical College of Wisconsin speaking on "Interaction of Interferon with the Cell Surface"; Dr. S. Millward of McGill talking about "Replication of Reo Virus"; Dr. G. H. Haggis of the Chemistry and Biology Research Institute of Ottawa speaking on "Freeze-fracture Techniques in Electron Microscopy" and Dr. Peter Braun of McGill talking about "Biochemical Probes of Myelin Membrane Structure" ...

DR. WILLIAM BRENDER of the Department of Psychiatry has been appointed to the Batshaw Commission formed by Quebec's Minister of Social Affairs, Claude Forget, to study the rehabilitation process for children and adolescents in detention centres throughout the province ...

On July 17 and 18, DR. J.L. BRANDT and the JGH will be hosting the Annual Meeting of the Chiefs of Medicine of Jewish Federation Hospitals. This group is composed of the Chiefs of Medicine of the major medical school-affiliated teaching hospitals supported by the Federation of Jewish Philanthropies. It is expected that

some of the visiting Chiefs will stay beyond the scheduled Meeting to participate in the JGH's Department of Medicine's teaching programs ...

DR. MAX PALAYEW, director of the Department of Radiology, spent March 24 as a visiting professor at the Royal Victoria Hospital and April 2 at the Montreal General Hospital ...

In June, DR. W.R. SLATKOFF, executive director, and MR. HIRSH COHEN, assistant director, will attend the Annual Meeting of the International Hospitals Federation in Zagreb, Yugoslavia ...

IN-SERVICE EDUCATION sponsored a program on "Pacemakers" on April 2 and 7. The program included several films, a slide presentation and talks by DR. MEL ROSS of Cardiology and MISS YVETTE SALOMON, Head Nurse of the C.C.U. ...

MISS JOANNE FEENEY is a new Nursing supervisor in the Nursing Office ...

Attending the recent Annual Meeting of the Canadian Nurses Association held in Ottawa were MISS D. BUTLER, MRS. E. MENDELSON, MISS F. SKRETKOWICZ and MISS C. FUNNELL ...

The Montreal Fire Department presented two days of classes on fire prevention at the JGH. The program consisted of films, demonstrations of safety measures and discussion periods ...

The funds collected this year at the JGH for the Quebec Heart Foundation were \$285.34 ...

MRS. PEGGY LAHAIE has been appointed area representative for Canada for the Society of Patient Representatives ...

WOMAN'S DAY AT THE JGH

Balloons and gaily painted signs pointed the way to the former Nurses' Conference Room in the Hospital's East Wing on Wednesday, March 19. The occasion -- Woman's Day at the JGH -- sponsored by the National Syndicate of JGH Employees.

Posters decorated the walls, potted plants brightened the long tables covered with large trays of cookies and with urns of coffee. Baskets of red carnations dotted the tables and Union representatives pinned the bright flowers to the collars of women Union members and department supervisors dropping by.

Fritz Bastiansen had suggested Woman's Day to the Union Executive Committee, where it was approved, and with the Hospital's cooperation, the plan became a reality.

LA JOURNEE DE LA FEMME A L'HOPITAL

Des ballons et des affiches gaiement coloriés indiquaient le chemin de la Salle de Conférence située dans l'Aile Est de l'Hôpital où avait lieu une célébration à l'occasion de la Journée de la Femme, une initiative du Syndicate National des Employés de Jewish General Hospital.

Des affiches décoraient les murs, des plantes naturelles rehaussaient d'une couleur vive les tables remplies de friandises et d'urnes de café.

Des corbeilles d'oeillets étaient parsemées sur les tables, aussi les représentantes du Syndicat épinglaient gentiment des oeillets aux collets des employées syndiquées et des chefs de département qui visitaient les lieux.

La Journée de la Femme a eu lieu à la recommandation de Fritz Bastiansen auprès des membres de l'Exécutif du Syndicat, lesquels ont entièrement donné leur appui et avec la coopération de l'Hôpital, le projet a été réalisé.

WOMAN'S DAY AT THE JGH



Fritz Bastiansen (far left) stands with some of the members of the union who planned Woman's Day. In the foreground stand the baskets of red carnations.



Anna Devic, a member of the union's Committee for Human Understanding, pins a carnation on a staff member in honour of the Woman's Day celebration.

TO THE PATIENT RELATIONS REPRESENTATIVE

This is the finest and warmest hospital I have ever been in. All staff exceptional.

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Although I am not rich or of the Jewish faith, my treatment at the JGH was always attentive, polite, personalized and human. The hospitalization process, an intimidating and anxiety-laden one, was made palatable by the sensitive care everyone gave.

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As an Irish Catholic, I have nothing but praise for your hospital. It was the second time I was admitted. I have only praise for the way I was treated.

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I was very much impressed by the nursing care, especially in the C.C.U. I noticed the devotion to all of the patients on the ward and other rooms.

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I have been more than satisfied. I consider this hospital the best in Montreal and I hope that the staff continues their good deeds. Everyone was extremely kind and considerate which helps when one is sick.

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I am most appreciative of the prompt and courteous attention received from all of the doctors, nurses and interns. I would not even consider ever going to another hospital.

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WHAT OUR PATIENTS SAY

Dear Sir:

Recently I was a patient in your wonderful institution and I don't know enough superlatives to properly express myself in praise of the treatment I received.

This honest expression of thanks includes all of the kitchen and dietary personnel, cleaning staff, office, nursing, maintenance, paramedical services, O.R. and ancillary services, E.C.G., executives and all Hospital workers.

Thank you to all who helped to make me well again.

R.H.

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Sirs:

Recently I visited Montreal with my wife who took sick. We ended up at the Jewish General Hospital. We were treated professionally, quickly and politely.

Thank you from the bottom of my heart.

R.D.P.

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Dear Miss Flores (Head Nurse - 3 W):

While I am particularly happy to be out of the hospital after such a long stay, I did not want you to think that I had forgotten you and your associates and was not appreciative of the many kindnesses you all showed me.

With warmest regards and best wishes to everyone.

H.R.C.

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WHAT OUR PATIENTS SAY (continued)

Dear Dr. Brandt:

I have been sent to your hospital on many occasions over the past thirty years. It is only because of my doctor's skill and devotion and your care that I am alive to write this letter of appreciation.

I wish to place on record my entire satisfaction with the service rendered my wife and myself by your establishment.

The medical staff has been kind and courteous above and beyond the call of duty. The nursing staff has been kind, thoughtful, always cheerful and most helpful at all times.

With regard to cleanliness and good housekeeping, I have found that it surpassed many so-called luxury hotels and motels in which I have stayed over the last sixty years.

Food I have always found excellent, varied and well served. The dietitian has always been obliging.

My sincere thanks to everyone concerned.

J.M.C.

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Dear Dr. Buchbinder:

I am enjoying being home again and I felt that you should be the first person to write and thank. I wish to thank you and everyone concerned with me while at the JGH.

On admission, every formality was made as easy as possible for me. All preparations were carried out graciously.

My small donations to the various research foundations will show how deeply grateful I am to the JGH.

I wish to thank the dietitian for the very good food for diabetics. And thanks to the kind ladies in the Physiotherapy Department.

I.H.