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Caps & Capes - Volume II Issue VI

Barbara Fullerton

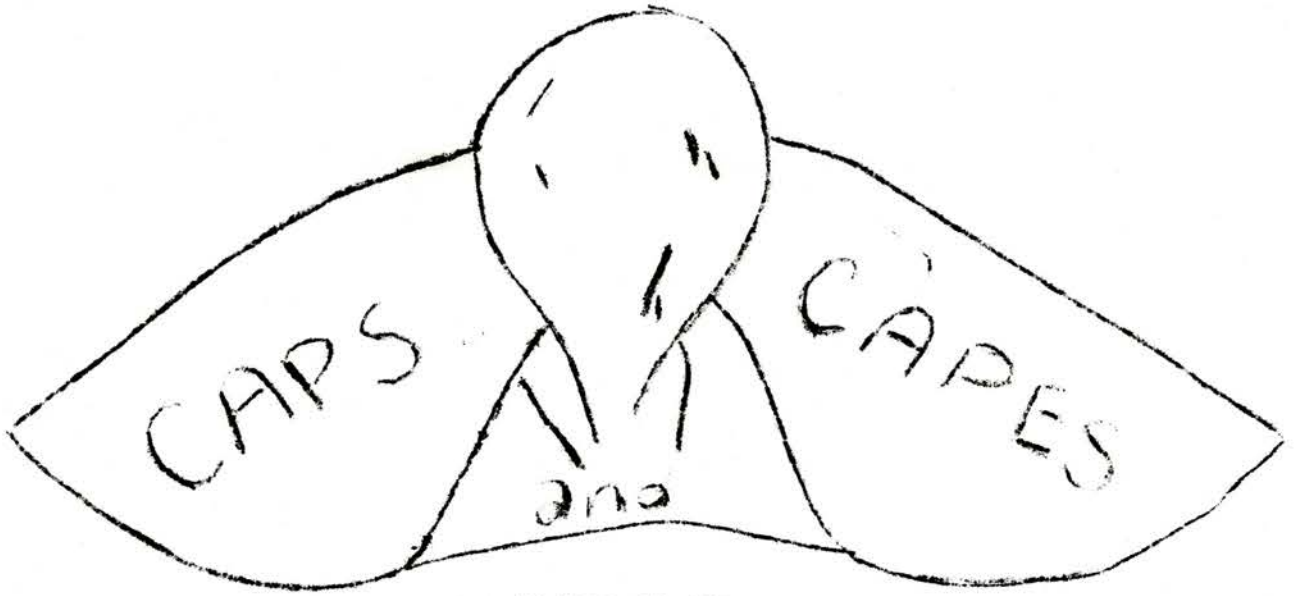
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NEWSPAPER OF THE

JEFFERSON MEDICAL COLLEGE HOSPITAL SCHOOL OF NURSING

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Vol. II Issue VI

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Editorial

Easter is around the corner and Lent will soon be over. People who have abstained from various foods, movies, and entertainment will soon be able to enjoy them again. These are only small sacrifices in comparison to what occurred during the first Easter season. The greatness of that sacrifice should not be forgotten. On Easter Sunday, no matter what faith you may be, a few minutes should be spent in silent prayer or rejoicing in a Church. Those of the Jewish faith will be observing the Passover.

Not only does Easter have a serious side but also many of us will be home for the annual dying of easter eggs and waking ready for the easter bunny. New hats and outfits will be on prominent display. Many of us will venture to the nearby shores to participate in the easter parade.

The Newspaper staff wishes you a joyous season.

Aspects of Being a Junior

The day that we, as probies, have been looking forward to with such great anticipation has finally arrived. On March 14, 1960, our clinical period officially began. It seems now that our responsibilities will increase, and we will be more depended upon than dependent on someone else. During this period, that we are now beginning, will give us the opportunity to apply those principles that we have encountered during our pre-clinical period, and to prove whether or not we are able to carry out the functions of a good nurse. Now that our eight hour days have begun, our cooperation with other members of the staff will be more deeply emphasized. It is our hope that our work will be acceptable by the other members of the staff, and the care we give will be the best possible for our patients.

I have interviewed several girls in our class and found out how they feel about being a junior.

Miss DeShong: "It's a relief to know my probie period is over."

Miss Moyer: "Now I'm looking forward to being an Intermediate."

Miss McMinn: "It's great!"

Miss Everhart: "I feel as though I have just been promoted, and I'm capable of doing more responsible work on a higher plane."

Miss Julius: "It's fabulous! I like classes and working on the floors separated. I also like very much the 8 late passes a month."

Miss Greishaber: "It's really great!"

Miss C. Moore: "I hope in addition to what I have learned in my probie period, I will be able to put it to use in the future."

Miss Sutthill: "The Ancient Mariner with the Albatross."

Miss Rumberger: "I think it would be more meaningful if we had a capping ceremony."

Miss Thomas: "It makes me feel more like 19."

Miss Blumberg: "I'll never get used to getting up at 5:45 A.M."

Newspaper Club News

Wanted: Typists, reporters, cartoonists, any persons interested in working on the staff of "Caps and Capes."

Newspaper Club Meetings are held every Wednesday at 5:30 P.M. in the recreation room.

How about coming out and lending a hand!

February '61

The class of February '61 is currently enjoying a mid-winter vacation on the campus of Philadelphia State Hospital better known to all as Byberry. These girls like the wide open spaces and don't mind the mile long hikes to class on snow covered ground. They expect to see a change in their weight. The fresh air, exercise and farm food do wonders.

The classes annual dinner was held on March 19, 1960 at Tarellos Restaurant on Chestnut Street. Needless to say, a good time was had by all!

September '61

Thanks to all the girls who bought note paper. There is still some for sale.

We hope the sale of Easter candy will be as good.

September '62

The September Class of '62 held its monthly meeting on March 9, 1960 in the recreation room of the residence.

Fat Kodar was elected to the office of Student Council Representative and Sue Lehman to the office of Alternate Student Faculty Representative.

Plans were started for an April Fun Night and the meeting was adjourned.

Did you ever.....

1. Have a patient who brushed his teeth with Lubritine?
2. Mistake a doctor for a patient. Ask the girls at Byberry.
3. Look at microorganisms through a telescope?.....ask E. McKeith.

Charm School

During the past few weeks, there has been a charm class for the student nurses. It has been under the leadership of a very capable representative of the Junto School. Discussed in this program were many phases of becoming a "Charming You". These were learning to walk correctly, and the correcting of the general appearance. A cosmetician gave the latest information on when and where to correctly wear cosmetics. A hair stylist spoke and demonstrated how to wash, set, and comb the hair. The final meeting included a summary of the previously learned material.

The girls who attended these classes enjoyed them and gained some worthwhile knowledge. If any similar classes are held in the future, we urge you to attend.

What would you do if you had a hordeolum?

Ans: inflammation of a sebaceous gland of the eyelid - a sty.

C. Welter - frame it.

S. Moore - plant it and let it grow.

B. Robeson - treat it with my sunlamp.

I. Rongyon - put it in my scrap-book.

A. Ries - plug it up so it couldn't get out.

R. Scott - bury it and freeze it.

What would you do if you had Emmetropia?

Ans: a normal condition of eye in refraction. A person who has normal vision is said to be emmetropic.

R. Smeltzer - look it up in the dictionary.

C. Scott - what did you say?

J. Reck - ask a medical student about it.

S. Dennis - take it home with me.

R. Tumolo - flug it down the bed pan hooper.

Leave it to Beaver

Congratulations to Shirley Butthill on winning the C.N.A.P. elections in the Junior Class.

Speaking of Juniors, there are 97 proud girls around Jeff. It seems like a million years since we started.

Anita Ries and Sue Lehman are sporting fraternity pins. Oh well, some girls have all the luck.

Judy Zawada is willing to challenge anyone to a game of ping pong. Any takers?

Anyone interested in learning to play the piano may contact I.R. or R.S.

Terry Lefchick sees more by glancing than most people see after long study.

The other day one of our outstanding girls stuck herself in Microbiology Lab instead of sticking her partner.

Someone in our class is building a hospital brick by brick. Anyone willing to add a brick may give it to B.B.

That's all the bits and pieces for now, see you next issue.

Famous Quotes

"The woods are lovely, dark & deep, But I have promises to keep. And miles to go before I sleep."

"He who seldom speaks and with one calm well-timed word can strike dumb the Loquacious, is a genius or a hero."

"It is a kind of good deed to say well, and yet words are not deeds."

"For in much wisdom is grief; and he that increaseth knowledge increaseth sorrow."

"Humility is the root from which all virtue shoots."

"To be a woman is something so strange, so confused, so complicated that only a woman could put up with it."

"If instead of a gem or even a flower, we could cast the gift of a lovely thought into the heart of a friend. That would be giving as the angels give."

Review on Ben-Hur

"Ben-Hur" -- Now playing at the Boyd Theater at 19th & Chestnut Streets.

"Ben-Hur", the story of Christ, is a tale of vengeance which also pays proper attention to the history of religious significance. Ben Hur or Prince of Judea, and his efforts to free the Jews from the rule of Caesar of Rome. Aided by the simplicity of dialogue, Ben Hur moves with surprising speed through the hero's physical suffering and anguish and his eventual survival and victory. All the time the film provides a creditable account of the discontent of the people under Rome's iron-fisted rule.

The film distinguishes itself in the religious passages by treating them with dignity. It is particularly apparent in the encounters between Ben-Hur and Jesus, and when Ben-Hur was being herded to slave ships and again during the crucifixion. Tactfully the cameras avoid a full face view.

The scenes are in brilliant technicolor, remarkably clear. The action scenes are filmed magnificently. Although the film is four hours long, it holds your attention at every moment.

The role of Ben Hur is played by Charlton Heston. Very good performances come from two English actors, Hugh Griffin as an outspoken Arab chief and Jack Hawkins as the kindly Roman consul who befriends Ben-Hur. Haya Harareet as "Ester" and Martha Scott and Cathy O'Connell are in smaller parts as his unfortunate mother and sister.

The film is not suitable for younger children, but it will enthrall all others.

Dear Ma 'n Pa,

Boy o' boy - Ahm a jinyer. Ah gut siven exems ter tek. I flunked one o ten, but ahm a jinyer it last. Ezra gon fer a whal an we ain't gonna rite soz we kin tist urselvz. Gosh a man! Ah miss him. He sin't me fo stickly rozez. Warn't thet swit? Ah filt lak Miss Hollywood.

In klasses were larnin how ter scaller. Whut fun. Thet soldjer sistim shore haz funny pipes. A'm gonna kut ma Hermin opin whin ah git hom ter see whut mikes her get such panes. I giss she shunt hev mor'n 2 kids a yere.

Soree this iz so shurt.

Luv them pigz,
Sairy Lou

Dance

On March 25, the class of September '62 held a dance. It was called the Shamrock Shuffle. The rec room was colorfully decorated with shamrocks and hats. Everyone had a very en-

Nutritional Edema caused by Lack of Protein

Edema is a condition in which the body tissues contain an excessive amount of tissue fluid. Edema formation is a much discussed symptom of human malnutrition. For many years, it was assumed that edema in starvation is the direct consequence of decreased osmotic pressure in the blood vessels which develops when the albumin in the plasma decreases. Later, it was shown, that there is no lower limit of blood protein concentration at which edema necessarily has to develop.

Edema was quite common during the wars in which prisoners were fed a diet lacking protein for any length of time.

Protein may be deficient either because the supply in the food is not sufficient, digestion and adsorption may be inadequate, or there may be a failure of utilization.

The protein in the diet is the precursor of the plasma proteins including albumin. Albumin has an important part in the maintenance of normal blood volume because of the osmotic pressure exerted by its molecular properties. Blood is normally driven through a capillary under pressure of 25 to 30 mm Hg. The concentration of the plasma proteins is usually about 7%. The albumin of the blood serum exerts an osmotic pressure of 15mm Hg greater than the osmotic pressure of the tissue fluids. This has the effect of drawing fluid from the tissue into the blood. Edema is the result of decreased colloid osmotic pressure and then the plasma can't hold much water and the water leaks into the tissue spaces. In some cases of abnormal

The easiest type of edema to treat is edema due to a protein deficiency. A high protein diet by mouth (especially eggs, milk, meat, fish, and poultry), or an amino acid mixture by vein are two of the methods used. Injecting albumin attempts to clear away the edema by inducing a diuresis. In most cases of nutritional edema, albumin can be injected by vein until the protein level is increased enough so that there will be no further flow of protein from the capillaries to the interstitial spaces. In some cases of abnormal capillary permeability,

even intravenous albumin will not correct the edema condition favorably.

Starlings law states that fluid will flow from capillaries to tissue spaces until the back hydrostatic pressure created by the distention of tissue spaces equals the net difference between the capillary hydrostatic pressure and the effective osmotic pressure between serum and tissue fluids.

Edema may result from:

- A- increased capillary blood pressure
- B- decreased colloid osmotic pressure
- C- increased capillary permeability
- D- decreased lymphatic drainage.

Student Council News

The following girls were elected by the student body to represent Jefferson at the National Student Nurses' Association Convention in Miami, Florida:

Suzanne Haupt
Rose Caponigro
Shirley Sutthill

Barbara Fullerton and Janet Hufford will represent Jeff at Split Rock Lodge on April 5 for Student Nurses' Day.

Variety Show

On March 31 and April 1, the Staff Nurses' Association of Jefferson Hospital had its annual Variety Show. The twenty three performances were excellent, and the show was a big success.

Chorus

On Tuesday, April 5, the chorus will present a program at a Methodist Home for the Aged. Conducted by Miss Rhielle, the girls will put on a superb performance. One of the future engagements of the chorus is to sing at the graduation exercises in September.

Gems of Wisdom

The world is full of willing people - some willing to work and others willing to let