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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 depend 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 McKinn: "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 oldest annual dinner was held on March 19, 1960 at Terrelles Restaurant on Chestnut Street. Needle 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 Master candy will be a good.

September '62

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

Pat Koder was elected to the office of Student Council Representative and Sue Lehman to the office of Alternating 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 Lubritin?
2. Mistake a doctor for a patient. Ask the girls at Syberry.
3. Look at microorganisms through a telescope......Jack E. McKean.

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 wigs and how to correctly wear cosmetics. A hair stylist spoke and demonstrated how to brush, 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 boil? Lobe - incision of a bole - incision of a my - incision of a sty.

C. Walter - freeze it.
D. Bower - plant it and let it grow.
E. Robeson - treat it with a cream.
F. Rongen - put it in my scrapbook.

A. Rico - plug it up so it couldn't get out.
B. Scott - bury it and freeze it.

C. What would you do if you had a hematoma?
D. A normal condition of eye in refractive. A person who has normal vision is said to be anemic.
E. Sheltzer - look it up in the dictionary.
F. Scott - what did you say?
G. Yes - ask a medical student about it.
H. Don't - take it home with me.
I. Tuneo - plus it down the bed pan homer.

Leave it to Denver

Congratulations to Shirley Gutthill on winning the "A.

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

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

Judy Zavada is willing to challenge anyone to a game of Ping Pong. Any takers?

Anyone interested in learning to play the piano may contact Mr. or Mrs. Terry Lefschak 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 bite 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, no complicat-
cated 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 15th & Chestnut
Streets.

"Ben-Hur," the story of
Christ, is a tale of b enegince
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 dis-
content of the people under
Rome's iron-fisted rule.

The film distinguishes it-
self 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 cru-
cifixion. Tactfully the cam-
eras avoid a full face view.

The scenes are in brilli-
ant 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 the English actors, Hugh
Griffin as an outspoken Arab
chief and Jack Hawkins as the
kindly Roman consul who befri-
ends Ben-Hur. Hayes Herareet as
"Esther" and Martha Scott and
Cathy O'Neal are in smaller
parts as his unfortunate mother
and sister.

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

Dear Ma 'n Pa,

Boy o' boy - Ah a jinjer.
Ah gut give en oxes ter tek. I
flunked one o ter, but ahm a
jinjer it last. Ers gon fer
a whil we ain't gonna rite
so we kin tist urselv. Gosh
a man! Ah miss him. He ain't
me fo stickly roxes. Warn't
that swit? Ah filt lak Miss
Hollywood.

In klasses we larnin
how ter walk. Whut fun.
Thet soldier sistin shore haz
funny pipes. A'm gonna kut ma
Hermin ojpin whin ah hit hom
ter see what aikez her get
such pipes. I giss she shunt
hev mor'n 2 kids a yere.

Sorce this is so shurt.

Luv theu piz,
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 absorption 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 15 mm 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 such cases of abnormal the correct edema condition will not

Edema may result from:
A- increased capillary blood pressure
B- decreased colloid osmotic pressure
C- increased capillary permeability
D- decreased lymphatic drainage.

Sterlings 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.

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 Haught
Rose Caponigro
Shirley Suthill

Barbara Pullerton and Janet Huford will represent Jeff at Spilt 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 Rihle, 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