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Conduction of position. A former student at Jefferson, Dr. Mackowiak has appointments in the departments of Medicine and Physiology, and the student body has given him the Lindback Award for his excellence in teaching. In the future he may be even more aware of the other side of the lecture. He believes that, however, that the students would be more interested if he could see a need for clinically specialized medical practice.

Robert Mackowiak, M.D.

Venerable Disease:
Nations No. 1 Epidemic

By Martin B. Wingate, M.D.

The nation's number one health epidemic is not scarlet fever, staph myritis, or measles, but a slight fever that may cause devastating disease, and in particular gonorrhea. The victims have more than doubled in the past six years to a conservative estimate of 2.2 million.

Approximately 15 seconds someone becomes infected with the venereal disease, which can cause irreversible damage to the body and mind. This has resulted in a national panic with the diagnosis of the disease.

Both diseases are curable, but if not treated, they will cause irreversible damage to the body and mind. This has resulted in a national panic with the diagnosis of the disease.

Freshman Class Statistics

To give your weary eyes repose from the humdrum routine of life, apply for local "totalitators" to the data sheets in the "Pathology Reports" Office and cut out the facts and figures about the Freshman Class of 1976.

It was a record class, statistics-wise, with the highest number of applicants (3180), the highest number of freshmen (312), the highest total of applications (223), and the highest number of eligible freshmen (1717) admitted. About 75 percent of those who applied were accepted, and about 67 percent of those who were accepted actually enrolled.

Conduction of Election

The secret-ballot election was held on 29 in McMillan Hall and was conducted by the National Labor Relations Board. The NLRB had been petitioned by the hospital employees to hold an election in January, and the Board found that a sufficient number of employees had signed a petition to warrant the holding of an election.

Unionizers distributed a 4-page tabloid modeled after the Philadelphia Inquirer. The tabloid was sent to all employees and attempted to inform them of the benefits of joining the union. It contained articles explaining the "typical reason" why a vote for 119C is important for the American medical status (definition of job duties, sick leave, decent wages, reasonable working conditions, safe working conditions, more communication, more union activities, more benefits, more working hours, better working conditions, more medical coverage, security, safety, better working conditions, higher pay, and more).
Beware: The Choice You Make May Not Be Your Own

Word has reached our newswdesk that there is a campaign in the making - one threatening to deny the American voter his right to an election day. In this column we will not report on the content of articles previously published in highly reputable journals. The contents of these articles will deal with topics that are either somewhat controversial, or provide information that we have already widely disseminated. We simply wish to express interest in the subject.

The year 1964 is introducing several new regular columns. One of them is entitled the Speak Out Article of the Month and it will concern itself with reporting on comments from articles previously published in highly reputable journals. The content of these articles will deal with topics that are somewhat controversial, or provide information that we have already widely disseminated. We simply wish to express interest in the subject.

We are also very pleased to announce that Article of the Month - "too much" - is the paper of the University College Hospital Medical School (UCHMS) which is affiliated with the University of London. The editor of "too much" - Mike Sinnamon - is just as keen as we are to encourage a running debate in this paper. From now on any articles that are controversial in nature will be sent to us for publication as "too much". This might best be expressed by placing the letter initially in the Ariel mailbox and we'll send it off from there.

We hope that this year will mark the beginning of a fruitful association that will last for many years to come.

MONDAY, OCTOBER 16 1972
A Commentary
On 1199C
by Bob Sklaroff

Private corporations have become increasingly accountable to the public, as well as to their stockholders. Only recently has it been recognized widely that labor unions also have this duty to serve those to whom they are not directly responsive.

The necessity for unionization to protect employees has been rightfully taken for granted for decades. In 1945, the Labor Movement could have been described as the "Establishment." Later, the public distaste for the escalating militancy was commensurate with the traditional support. When the labor unions spent $1.5 million of damage to the Valley Forge Shrine, when they wrecked several churches in the City Center Sherman, and when they almost burned down the Alamo on Chusum St., they alienated large segments of the community which had consistently supported them in the past.

The public has also grown weary of these labor charges, a decade ago, they were tolerated because the consensus regarding the right for and the process of collective bargaining. Today, the labor unions have been shut down to such causes as mass transit and public education is seemingly irrelevant. The people just want a good, honest, convenient, and secure automobile to move them from place to place.

Hospital unionization, too, carries its responsibilities. Labor organizers must be careful that their candidate honestly without unnecessarily inflaming any pre-existing conflicts.

Local 1199 has not met this challenge.

Quoted below are the introductory and concluding paragraphs (not taken out of context) from a recent edition of "The Double Crossers" from the UCHMS Newsletter. Note the fact that those who face the brunt of the increasing scope of work, are not those who are responsible for the problem (the National Pay Board).

"Following in a partial list of employers who have tried to kick Local 1199 members or their local individual members (sic). These employers negotiated wage increases in contracts with Local 1199, but are now trying to use the Pay Board agreement to get away from those increases..."
At any event, the stimulus for such discussion must come from the teacher. Years in the past, interest in the subject, and although there are con-

sultants at U.C. who actively encourage discussion, in great advantage, there are others whose educational programs are tantamount to a direct insult, and it only takes me or two un-
pleasing consultants in a teaching situation to inhibit a student's yen for discussion for a long time.

Re the same at all is the psychological disadvantage, a newcomer to the consultant's domain to the few con-

sultants who feel the need to demonstrate their sovereignty he is not at his best. The old image of learning medicine by listening to wise and dumb-drilled, to the bluffs of wisdom eroded by the king still occasionally holds in this venerable medical school. Though mercifully this archaic method of learning is slowly disappearing. Once it has gone forever we might begin to approach the clinics of general discussion in clinic teaching which happens in the U.S.A. much to the benefit of both students and teachers.

We are all agreed, regrettable. Dr. Dickinson's explanations--for the consequences--among one's peers. To-day's fear of displaying a consultant and therefore the unseavory race for an unsavoury race for U.C. house officers for those that care to enter may be part of it. The North American culture is generally more promising.

Furthermore, ingrate of his greater theoretical knowledge, the American student seems to lack an equal and perhaps even more important facility, that of using his academic in a clinical situation; the establishment of a working and knowledgeable Dr. Dickinson's over a motley crowd of medics who were desirable. Generally more informal than the consultants who feel the need to demonstrate their sovereignty he is not at his best. The old image of learning medicine by listening to wise and dumb-drilled, to the bluffs of wisdom eroded by the king still occasionally holds in this venerable medical school. Though mercifully this archaic method of learning is slowly disappearing. Once it has gone forever we might begin to approach the clinics of general discussion in clinic teaching which happens in the U.S.A. much to the benefit of both students and teachers.

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Summary: A large scale double-blind trial was conducted to test the claim that the intake of one gram of vitamin C per day substantially reduces the frequency and duration of "colds." It was found that in terms of the average number of colds and days of sickness per subject the vitamin group experienced less illness than the placebo group, but the differences were smaller than have been claimed and were statistically not significant. However, there was a statistically significant difference (P < 0.001) between the two groups in the number of subjects who remained free of illness throughout the study period. Furthermore, the subjects receiving the vitamin experienced approximately 30% fewer total days of disability (defined to the house or off work) than those receiving the placebo, and this difference was statistically highly significant (P < 0.001). The reduction in disability appeared to be due to a lower incidence of constitutional symptoms such as chills and fever, and was seen in all types of acute illness, including those which did not involve the upper respiratory tract.

This investigation was prompted by an article by Beaton and Whalen that appeared in this journal in August 1971 in which the authors reviewed the much-publicized book Vitamin C and the Common Cold by Linus Pauling. While they were critical of the limited evidence upon which Pauling based his claims, Beaton and Whalen felt that properly controlled trials of the proposed therapy were justified in view of the scientific eminence of Linus Pauling (a Nobel prize-winner in biochemistry) and the large amount of public interest in the matter.

Since most of us involved in the study design were sceptical of Pauling's claims, we aimed to enrol a large number of subjects (1000) in the hope of avoiding an indecisive negative result. Furthermore, subjects were instructed to increase their intake to 4000 mg/day at the onset of a cold, in order that a negative result would not be open to the criticism that we had not followed all of Pauling's recommendations (which include raising the dosage at the first sign of a cold).

Discussion

Our estimates are therefore considerably lower than the 45 reduction in frequency of "colds" and was more than the 60 per cent reduction in total days of illness that were observed in Ritzel's study of ski students, on which Pauling based his claims. However, both Ritzel's study and the present one involved limited numbers of subjects and therefore provide estimates that are difficult to determine exact limits for the percentage reductions observed by Ritzel, the approximate 95 per cent confidence interval for the 45 per cent reduction in frequency is 34 per cent to 91 per cent. The estimates from the two studies are therefore not necessarily in conflict.

Our finding that disability was substantially less in the vitamin group was entirely unexpected, and may have important theoretical and practical implications. Further studies will, of course, be required to confirm this finding and to establish its magnitude more precisely, but the high level of statistical significance associated with it encourages us to believe that it is likely to be a real effect rather than a statistical artefact.

A third question that is of considerable theoretical interest is whether the large intake of ascorbic acid was exerting a specific anti-viral (or anti-bacterial) effect, or whether the mechanism involved was a non-specific one responding to any type of acute illness, or indeed to any acute stress. Our data cannot provide a clear answer to this question, but the fact that general rather than local symptoms were the most strongly influenced, and that different types of illness appeared to be more or less equally affected, would seem to favour a relatively non-specific mechanism. The high concentration of ascorbic acid normally found in the adrenal cortex (and its depletion at times of stress) may be relevant to this question.

Whatever the final answers may be to these and other questions, it would seem that further research in this area is well justified. In economic terms alone the rewards might be substantial, since the disability from acute (mainly respiratory) illness in Canada amounts to approximately 1.5 days per person each year. In terms of total personal income (approximately 66 billion dollars in 1970) this is equivalent to a loss of approximately 270 million dollars annually; even a small reduction in total disability would represent a very large saving to the national economy. However, before these potential economic benefits can be realized, further studies are required to establish the most appropriate dosage levels, the relative importance of the prophylactic and therapeutic features, and the safety of prolonged ingestion of large doses of ascorbic acid in its salts.

Until more information is available on these questions we do not feel that any firm recommendations can be made concerning the place of large doses of ascorbic acid in the prevention and treatment of "colds" or other acute infections.
Hey There, squamous cells, lining all the body cavities,
As for us, we can’t see that you are worth all the pain.

Though Dr. Rosa knows it, he never shows that he cares!

Is your keratin enough to save us from wear and tear?

But still we cram—to learn squamous cells.

Although we find you boring, we keep exploring our slide,
You are moist or dry, we really don’t give a damn,

Thomas Jefferson University University Hour Schedule

FALL TERM 1972
Solts-Cohen Auditorium
Jefferson Alumni Hall
Wednesday 1:00 - 2:00 P.M.

Oct. 18 - Dr. Walter Lour, South Eastern Region, Penna. Department of Public Welfare. Topic: (China experiences; Sponsor: Jefferson chapter of Sigma XI)

Oct. 22 - Play: “Diary of Adam and Eve” by Mark Twain - Alpha Omega Players, Dallas, Texas.


Nov. 8 - Post-election coffee hour (Social Lounge).

Nov. 15 - Mr. George Norwood, Vice-President for Planning. Topic: Master planning for Thomas Jefferson University.

The State Of Rock

by Gary Kaskey

Abnormal makes the heart grow fonder. As your typical American youth who spent his childhood glued to the radio and his college career in search of organic psychelasia. I missed the heart thrub of that steady rock beat while traveling this summer. But distance also adds perspective, and the perspective is this: today’s rock strikes. The creative reverberating energy is sleeping if not dead. We find people listening with rapt attention to such heroes as Chicago or Emerson; Lake and Palmer, evidently mistaking empty technique for music after all. Chicago has been playing the same song for twenty LP sides; Stephen Stills is considered sensitive rather than maudlin. Three Dog Night is the number one group in America. The Moody Blues continue to write meaningless pretensions to their tunes of molasses. What hurts even more is that talents of such former magnum as Jethro Tull, The Jefferson Airplane, and even Dylan are producing second-rate music. The joy that is rock at its best seems lacking. Only the recent albums by the Band and the Kinks and that recent bash by the Dead at the Spectrum give reassurance that rock is not outdated as a medium.

One of the two trends coming for the future is the “I’m more academic than any hokum in the business” approach that is currently sweeping England. Pioneered by such supreme decadents as Alice Cooper and David Bowie and joined by the evermore-popular Slade and Roxy, this new breed appeals to our younger generation of crazies. To those who have experienced sex and drugs in the ninth grade, only un-, bi-, or avantgarde manners seem worthy of admiration. I mean, did you ever think you’d see the day where Mick Jagger seems like the clean-cut wholesome boy-next-door? Musically, the bands are loud, brash, and not bad—if you ever can make it through one of their albums. Of course, three or four years ago they would have been laughed offstage because their creativity is in hype and jive, hype and jive with no feel for music or even discords. My ambivalence may be easily understood. Since the public says that to be out in the prime requisite of a performer, then those boys (or however they want to be classified) certainly are that.

The other trend seems to be toward country-rock. Every group from the New Riders’ Dead back to Dylan to the Kinks seems to be settling down to that mellow country sound. Hank Williams is being played on campus. The combination of pedal steel and fiddle is calming the hounds of the elders who have lived through hard rock, psychelasia and are frankly “burnt out.” I am ambivalent here, too. Good country music is unsurpassed. The emergency of Commander Cody from obscurity is the best thing that has happened to pop in the past year, but as you may have noticed, lots of country pop and lots of Cody’s album is trash, having no true life or spirit. I mean, after awhile, these never ending songs of tragic love affairs facilitate sleep. Still, Loretta Lynn, Merle Haggard, Johnny Cash, and Asleep at the Wheel (who appeared at Jefferson’s) are just blowing minds with the tightness of their music. The cowboy is here for awhile.

But where does all this leave rock? Well, rock thrives best on assimilation, especially when it is in a slump. Perhaps groups who have yet to marry be heard from recently, the Who, the former Beatles, the Dead, the Stones, Asleep at the Wheel, can eliminate the over indulgences of the present music scene, be it the outlandishness of English rock or the mainlineness of country, to synthesize their threat, viable form of music. I still believe that rock means an awful lot and this mindlessness-like the rest of our music-like our lives—will be here only to be gone.

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Welcome Freshmen
New Dean

(Venereal Disease)

other hand Dr. Mackowiak has commented that even students who are attempting to prove a point may learn more in the classroom and from the teacher than by doing research. He states that he is not at all convinced that all students are engaged in course evaluation which he is not sure they are. 

When asked to evaluate the quality of education at Jefferson, Dr. Mackowiak stated: "Jefferson is a good school; our students don't realize just how good until they come into contact with students from other schools. Jefferson graduates can run circles around many other students in a physical situation."

It is his belief that "the real test of any physician is at the bedside, and it is here where Dr. Mackowiak thinks Jefferson's teaching wins. He stated: "There are a lot of schools whose students can tell you everything about the molecular structure of a given enzyme or ultrastructure of a given disease but can't take an accurate history, couldn't design an exam or formulate a logical differential diagnosis. Traditionally the Jefferson graduate can do this and these clinical skills are what have made Jefferson in a place of eminence in American medicine."


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Environmental Health News

Death Of Comic Book Heroes

By Nelson Kardon

Hail Gang Kills Retired Actor

Mouse, 37, of 114 E. Leigh Avenue, was found beaten and bitten to death near Naples. Mouse was a professional actor, known for his roles in comic books such as Superman, Batman, and Spider-Man. He was last seen leaving a local comic book store to purchase treatment for venereal disease. Mouse was an unemployed cousin of Mr. Hopkins, who lived in the same neighborhood. Mr. Hopkins had recently been diagnosed with syphilis, and his condition was reported to have worsened significantly.

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On 1199 C

(Collapsed from page 2)

hospital's authorities' report, he said that it didn't affect the group of workers in the hospital. The foremen were not present in the hospital; even vacant positions could not be filled. One son of a Jefferson doctor (a medical student) could not quit his work in the hospital to work for his own father, because a replacement could not be hired.

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Maybe these excuses could be chalked up to a lack of hospital space. Maybe. But more likely they are symptoms of a problem that has become opportunistic—which could be considered reprehensible even by a perceptive member of the union. The unions are not furthering their own cause when they threaten to close down an institution when their demands are not met (as they have done in New York).

There is another way: polite, cogent, substantiated dialogue. Jefferson has not even sent its own representatives to negotiate with the workers who have been ignored. They were working for charitable institutions. Why didn't non-profit organization pay its employees to save money-making corporation might? So went the argument.

Now two of the largest groups of organized union, 1199C, is to go back to work. This time the headquarters belongs to all the membership of the hospital's bargaining unit. Whatever is settled now will be settled for the future.

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Even more profound than the uncompensatory image of the union was the response of the community. Sometimes convey is the uncertainty of the future of such influential organization. Why cause, to better the lot of the workers, or challenge. They have been ignored for too long, by both labor and management. When George Meany (AFL-CIO President) was asked in February if the union's membership was growing at a slower rate than the nation's work force, he said it did not know and did not care. Why should we worry about organizing groups of people who do not appear to want to be organized?

The responsibility of special-interest groups is to keep the public in the evolving phenomenon. Jefferson and Local 1199C will be conscious of both the public's ability to pay and the public's lack of ability to go without hospital services as they negotiate their contract in the months to come.

Dr. Cornelison

established in Delaware as a joint program in which Jefferson Medical College and Delaware's Department of Health and Social Services participated. The State of Delaware provided support for much of the program and for the complete renovation of an entire hospital building in which the institute's program could be located.

Today the Institute of Human Behavior (known as IHB) is almost fully operational. The Lewis Building includes space for research, research offices, administrative office, recreation area, kitchen and laundry facilities, comfortable living accommodations for thirty-five students, their wives and children (and small pet, house-trained) and a well equipped audio-visual studio. Jefferson students in the Institute's program participate in clinical work in the in-patient services of Delaware State Hospital, in the Pennbook outpatient clinic, in the Governor Bacon Health Center, in the Wilmington Medical Center, in the Emergency Service of the Mental Health Division, and in some of the community programs for Human Services. To provide an organized, systematic and coordinated effort toward good human service in the community, a Medical Student Community Health Service was formed.

The Institute offers an unusual opportunity for Jefferson medical students to acquire behavioral and psychiatric knowledge, skills and attitudes which are essential for every physician. In the brief period of six weeks students meet with five instructors for supervision and conferences; they follow a rotating group of patients with various disorders; and they have a chance to get to know some of their teachers. I like to think they also learn something about themselves and their relationship with patients. In my opinion this experience will make them better doctors. It also may justify, to a degree, the enormous financial investment, time and effort of training them to care for the sick. Ideally it might even contribute to the health of patients.

It has been helpful to members of the Department of Psychiatry and Human Behavior to learn of students' impressions and criticisms of the clerkship program. The Guest Editorial in the ARIEL.

Thank you.
What could a Family Practice physician do for you if you had not already sought help for your allergies? The answer lies in the current definition of the family physician as provided by the American Board of Family Medicine. These physicians work as the interface between the community and the major health care systems.

On closer inspection, it becomes clear that many patients are using Jefferson's emergency rooms to see the family physician. Moreover, Jefferson students must do likewise if they are to be the primary care physician for some child who suddenly becomes very ill in the middle of the night. At least a Family Practice department which invites parents to call and ask for the resident on call can help at any time. Who can the parents call if they seek primary care outside of the emergency room?

The point is that all of these crises could be helped by a 24-hour, seven-day-a-week Family Practice Service. Real emergency patients need to be fulfilled in the Jefferson community, of course. (It is my contention that the training of Family Practice residents is the work that would ultimately satisfy needs beyond that community.) At the present, Jefferson has a chance to be the first in Philadelphia with such a program. More than twenty of Pennsylvania's best Family Physicians are affiliated with the school because they are eager to contribute to the development of our service. Over fifty medical students have demonstrated their commitment to Family Practice by joining the Jefferson Family Physicians Society. Trust, the need, interest, and motivation to do something about it are here. Now! Jefferson can choose to take the lead, in this new area that is being prepared to develop. The University of Pennsylvania, Hahnemann, and the College of Medicine of Philadelphia are all moving toward the development of a Family Practice program. Jefferson, in view of her tradition, should provide the model for quality primary medical care in Philadelphia.

Our best wishes for success!

Susan E. Uhrmann, President
Family Physicians Society

Medconph '73 Planned

by Larry Cook

In order to foster a greater degree of understanding and open lines of communication with other medical students in the city of Philadelphia, MEDCONPH '73 has been proposed by the Jefferson Medical College. This gathering of representatives from all the medical schools within Philadelphia is to be a meeting held at Thomas Jefferson University, lasting a day and a half in early 1973 for purposes of discussion and planning. MEDCONPH '73 is awaiting approval and sanction by the University.

The format of this conference includes speakers, plus several workshops and forum discussions. It is expected to include representatives from the National Board of Medical Examiners, the American Medical Association, the American Association of Colleges of Physicians, the American Association of Hospitals, the American Medical Student Association, and the American College of Physicians. These individuals will conduct two or three workshops during the course of the day. The first of these will be oriented to those students who have yet to decide on a field of study.

The second session will include such subjects as: Medical Ethics vs. Individualism; the Law: the roles, purposes, and status of Osteopathy; the Validity of National Board Examinations; and the establishment of a Pan City Council. The latter is for the purpose of exchanging views of the intercollegiate curriculum committee and campus activities. The networking of medical students in this way has been shown to be effective in promoting informal learning and communication, as well as in encouraging the sharing of ideas and experiences.

Two forums are also proposed. One is to provide an opportunity for students to discuss the lack of representation of women in the medical profession. The other is to discuss the lack of communication which exists between the various medical schools and institutions in the city. It is hoped that this conference will serve as a step towards more effective communication and cooperation between the various medical schools and institutions in the city.

The Thomas Jefferson University Choir begins its third year with a rehearsal on Wednesday, September 12. This Fall, the choir will be rehearsing every Wednesday evening from 7:00 until 8:30 in Jefferson Hall, room 100. All Jeffersonians are invited to join in the singing under the direction of Robert Sataloff, a sophomore medical student who received his undergraduate degree in Music Theory and Composition at Haverford College and additional training in conducting at Harvard. Bob, a talented conductor and professional operatic baritone soloist, gathered a group of interested Jeffersonians in the fall of 1970 to start a singing group. The group was dedicated to the sheer enjoyment of singing. Fundamental skills of singing and reading music were painlessly incorporated into the rehearsing process, and soon even those without previous experience were able to perform great music with sensitivity, understanding, and a feeling of accomplishment. Interest and enthusiasm were so great that the group decided to offer a free performance to the entire Jefferson community the First Annual Christmas Concert and Wassail Party resulted. Including that first public performance, the group has presented five major concerts (featuring works by Vivaldi, Bach, Schuman, Dohnanyi, Stravinsky, as well as spirituals, Christmas carols, excerpts from "Jesus Christ, Superstar," and many other well-known works). Mini-concerts are performed upon request. To date, the Choir has sung for the Commencement Exercises of the School of Practical Nursing, the Annual Employee Service Recognition Banquet, and local churches.

This year's Christmas concert will be given on Friday, December 15. In addition to traditional carols of the season, this year's concert will include much particularly beautiful unaccompanied music of different countries. The Magnificat in D by J. S. Bach with full orchestra and the "Hallelujah Chorus" from Handel's Messiah.

Each year the Choir has drawn its members from among medical students, nursing students, nurses, doctors, Jefferson employees, and spouses of students and personnel. All friends and members of the Jefferson community are invited to join. With the enjoyment of music-making, and in the cultural enrichment of our University, we are seeking not only singers, but also instrumentalists, and music lovers or all sorts to help us with the many tasks necessary to the staging of a concert.

We plan to expand greatly through increased use of intramural and institutional support in future performances. A list of available talent has been begun, but it is far from complete. Anyone interested in helping in any way is invited to come to our rehearsal any Wednesday evening, leave a note in Box 16 in the Registrar's Office on the first floor of the College Building, or write to Bob Sataloff at Jefferson Hall, Box 309.

David A. Uhrmann, President, T7U Choir

Christian Medical Society Urges New Members

The Christian Medical Society at Jefferson is exactly what its name suggests. It is an organization which most people think it is, as a "church-run" or "theological" one. It is a "companionship or association of individuals working together to achieve certain religious or social goals." The Christian Medical Society is an offshoot of the American Medical Association and the American Medical Association of the Christian Medical Society. It is a fellowship of physicians, nurses, and other health professionals who believe that Jesus Christ is Lord and Savior of the world. The Christian Medical Society is a group of people who believe in the biblical and historical doctrines of Jesus Christ. The purpose of the Christian Medical Society is to provide a fellowship and support for members who are interested in their Christian faith and its application to their profession.

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