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Opportunities For Education in Nutrition

by J.D. Kaminsky

Remember how useful it seemed in the good old college days? Where, if memory serves, it was Square Dancing 695, you would find yourself faking a done - get off an audience of would-be up-a-storm barnstormers just like yourself. I can still feel those pearls of perspiration drip off my skin as we, weekly, would introduce a new clap-dropper two step to the repertoire of presumptuous dance variations most everyone else was doing. Yes, Square Dancing 695 brings back memories of the way things were used to be.

Courses like that are tough to find these days. School like Jefferson Medical College. However, Ariel is proud to announce that after much bated anticipation just such a course is in the offing. For the upcoming year, a new course in clinical nutrition in conjunction with the department of nutrition at Drexel University. There are now sixteen fields for study here - all selected not merely to satisfy student dietitians taking the meal path to a medical degree - but because they are elective. They sit by side by side with four in-the-know male rodents to carry the loads of dispensing like a male chimp. We have been informed that the department of preventive medicine is currently sponsoring a course on clinical nutrition in conjunction with the department of nutrition at Drexel University.

Interested parties should contact Dr. Kriehl if they wish to participate. We suppose it may be worth a warm-up before an audience of students.

Raft Debate 1973 -- Debacle of a Dubious Distinction

Once again the Hobart Amory Harriman Raft Debate has come through with their Annual Raft Debate last Wednesday evening, January 24. For those who could not attend, it was the account of an event.

The Raft Debate is a scenario of three physicians who defended their worth in society while on a sinking ship. They are thwarted in their logic by an avowed devil's advocate; usually someone with rhetorical talent who is also a physician. Just before the finale, the man that shows he is most worthy to live gets the raft to stay afloat. See next month's column.

Jeff Sesquicentennial: New Hospital, Housing/Completion Date: 1976

Looking northwest here is a present and future look at Thomas Jefferson Medical College. The white buildings in the foreground are the new student housing. While building directly behind this is an education facility not in the present planning. To the left of this grey, is the present Jefferson Alumni Hall at 33rd and Locust Streets. The new hospital building is on the far right background in white. The 23-story Education Building is the grey structure in the lower righthand view. From 8th Street, looking west.

by Bob Sklaroff

Jefferson has initiated an $6 million expansion program one of which is to be completed in the next four years, which involves the construction of a hospital, student housing complex, outpatient clinic, College of Allied Health Sciences, and three community health centers.

This effort to double the effective size of the center-city campus will be financed predominantly by self-supporting, long-term loans and private funds to be raised in a "Sesquicentennial Campaign."

The Clinical Teaching Facility (CTF), the "essential element" of the University, according to the January 7 press-release has been designed to accommodate at least 21,000 patient visits per year and office space for staff physicians will enable the CTF to "fulfill the health care needs of the community projected into the 21st Century."

It will replace the Main Building (1909) and the Thompson Annex (1984), two structures which have required $5 million in renovations last year.

The major goal of this project is to provide more hospital beds. It will, in fact, house the number of beds from 600 to 550. It is hoped that the CTF "will alleviate the most urgent need of the University - the replacement of obsolete hospital facilities."

Other features of the CTF include parking space and commercial space at street level, facing 11th, Chestnut and 10th Streets; the latter has been planned to prevent serious depletion of tax income to the City. Tenants will pay City rent and Jefferson will pay the Property Tax.

Completion Date Unknown

The starting date for construction is contingent upon completion of the Philadelphia Inquirer's "City of New Hospital, Housing/Completion Date: 1976"
"High Priority For Prevention"

The two lead editorials of The American Medical Newsletter of 1972 stress the importance of preventive medicine. John Knowles, M.D. - Bradford, states that America's health will be admired which will, to come as not only... .

Jefferson," years library, be admired which will, to come as not only .. .

"I would like to commend Doctors O'Sullivan and Wallace of the Department of Surgery at Minis federal Hospital for the superb Wednesday a Screen elective in dog surgery which they offer. Their enthusiasm, patience, and skill has made it one of the most valuable to people. Jefferson in terms of developing skills, knowledge, and confidence, while also stimulating interest in the subject.

Although expensive in terms of instructor time and dogs, per success rate is quite effective, and we would recommend it toc medical schools and medical students and the utility of it and others like it adequately in other situations. As we students may perfect our skills and knowledge of the field in many ways, encounter on our clinical blocks rather than begin to develop these skills through trial and error on human beings.

Correction

In December's Ariel, page two, two full paragraphs were inadvertently left out of the article on the abandoned Cathay Medical Ethics: The Right to Know.
Supreme Court Protects Individual Rights??

The recent Supreme Court decision concerning abortion is one of the most controversial and epoch-making decisions in the history of the United States. This decision has brought to the forefront the question of individual rights and freedom, and has led to a re-examination of the role of the state in society.

We as future physicians are concerned about the impact of this decision on our profession. In the history of medicine, there have been several instances where the Supreme Court has taken a strong position on the issue of abortion. However, the recent decision has been hailed as a victory for those who believe in the individual's right to choose.

The Court has ruled that the state cannot forbid the use of contraceptives by married women, thus giving an indication of its stance on the issue of abortion. The Court has also ruled that the state cannot require a women to undergo a test to determine whether she is pregnant. This decision has been hailed as a victory for women's rights.

The decision has been hailed as a victory for women's rights, and has been viewed as a step towards a more equitable society. However, there are those who believe that the decision goes too far in granting women's rights and that it infringes on the rights of the unborn child.

The Court has also ruled that the state cannot discriminate against women in the workplace. This decision has been viewed as a victory for women's rights, and has been hailed as a step towards a more equitable society.

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To Commit or Not To Commit

New England Journal of Medicine, August 10, 1972,
Myths of Causality
Gary Kaskey, Epistemologist

Myths are principles which guide the behavior of individuals in a culture and are usually below the level of consciousness. Only allegorical stories and parables serve as models for the operation of these principles. One example of such a principle is the idea that the natural world is a manifestation of God's power and that humans are powerless to control it. This idea is known as the "myth of human helplessness" and is frequently used to explain phenomena such as the occurrence of natural disasters.

However, there are many other examples of myths, each with its own unique set of beliefs and behaviors. Some examples include the "myth of the body as a machine," the "myth of the human being as a symbol," and the "myth of the human being as a mythmaker." Each of these myths serves to explain the nature of the world and the role of humans within it.

The "myth of the body as a machine" is based on the idea that the body is a collection of parts that function independently of one another. This myth is often used to explain phenomena such as the occurrence of disease and injury. The "myth of the human being as a symbol" is based on the idea that the human body is a representation of the spirit and that the body is a means of communicating with the divine. This myth is often used to explain phenomena such as the occurrence of religious experiences and the power of prayer. The "myth of the human being as a mythmaker" is based on the idea that humans have the ability to create their own myths and to use these myths to shape their own behavior. This myth is often used to explain phenomena such as the occurrence of cultural rituals and the power of storytelling.

In conclusion, myths are principles that guide the behavior of individuals in a culture and are usually below the level of consciousness. They are used to explain the nature of the world and the role of humans within it. Understanding these myths is crucial to understanding human behavior and to the development of effective interventions.
NUTRITION

In anticipation of future student interest in this field, Dr. Krehl was happy to let us know that Jefferson has acquired the services of Drexel's basic research laboratories. In return, Drexel can now send their student dietitians to the Jefferson clinics where they will receive on-the-spot training which otherwise would not have been available to them.

In our conversation with Dr. Krehl we discussed some recent breakthroughs in the field of nutrition. Dr. Krehl felt that all of these breakthroughs deserve further investigation.

FACT: One-third of the caloric intake of the average American diet is made up of refined foods which in general are of little nutritional value (for instance, the average American consumes 100 pounds of supplementally added white table sugar per year).

The consequences of such an enormous preference in our diet for refined foods are the following:

1) Peter Kuo of Penn has shown that massive carbohydrate intake compatible with that which the average American is exposed to daily will increase blood triglyceride levels. Blood triglycerides are universally accepted as playing a prominent role in the formation of atherosclerotic plaques. Kuo claims that a reduction in the carbohydrate intake of our diet will significantly deter the process.

2) Dr. Krehl felt that this area is still rather vaguely understood by the public. However, if your interests in nutrition are more clinically oriented there is no need to look elsewhere. Dr. Krehl is highly qualified to give instruction and advice in both the basic research and clinical aspects of nutrition. He holds a Ph.D. degree in biochemistry (with an emphasis on nutrition) from the University of Wisconsin. After completing his Ph.D. requirements at Wisconsin he entered Yale Medical School and presently holds a dual professorship at Jefferson in both Preventive Medicine and Internal Medicine. Therefore, whatever your interests may be in the field of nutrition, counseling can be sought from his office.

3) Kuo also mentions that a reduction in the carbohydrate intake of our diet will significantly deter the progression of the atherosclerotic process.

4) The notion of "biochemical individuality" espoused by Roger Williams at the University of Texas suggests that a sufficient quantity of nutrient for one individual may be an insufficient quantity for another individual. (For instance, most guinea pigs can avoid anemia by ingesting a total of 5 mgs. of vitamin C per day. However, some guinea pigs can survive on only 3 mgs. of vitamin C per day whereas others will require more than 20 mgs. per day.) This too is a field that has only been lightly touched upon to date.

5) Very much in the domain of conjecture are the findings of Henry Schroeder, who is a professor at Dartmouth Medical College. His argument starts out by stating that refined foods are stipped of trace minerals. He then presents evidence to support his belief that a deficiency of trace minerals -- particularly the trace mineral chromium -- may be considerably responsible for the high incidence of cardio-
The Jefferson Sesquicentennial Program

Expenditures

<table>
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<th>Category</th>
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<td>Curtis Clinic Renovations</td>
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<tr>
<td>Community Health Centers</td>
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<tr>
<td>Affiliated Hospitals</td>
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<td>College of Allied Health Sciences</td>
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</tr>
<tr>
<td>Community Housing</td>
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<tr>
<td>Student-Aid Loans and Scholarships</td>
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</tr>
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Total: $84,045,000

This is a model of the present 22-story Philadelphia Electric Company Edison Building at 9th and Spruce Streets. Thomas Jefferson University has acquired the property to be remodeled into an ambulatory care facility. Later it will house the University's College of Allied Health Sciences. View is from 9th St., looking west.

The Jefferson Sesquicentennial Program

Ariel: Where is Wills Eye Hospital to be built on campus?

Norwood: As you may know, Jeff and Wellness have agreed this past July to become associated institutions. We understand that the new building will house the new program of "community ambulatory health-care center as established on a fully comprehensive basis in the Edison Building. The campus will be invested in the division of the building.

Ariel: What is planned?

Norwood: The Redevelopment Authority has districted the property for general use. The site is yet to be programmed. We hope to have a new program of "community ambulatory health-care center as established on a fully comprehensive basis in the Edison Building.

Ariel: Why is this CTF to be completed?

Norwood: That is a difficult question. This much I do know: The building will require 3 years for construction. Our target date for the initiation of this construction is April 1, 1974. Since demolition takes 90 days, we will have to seek the remaining un purchased properties, as well as clearance for the project, by the end of December of this year. Therefore, we hope to open the building in the Spring of 1977.

Ariel: Do you think you will meet this timetable?

Norwood: Yes, but I am very pessimistic that the schedule for construction of the new student housing complex will be met.

Ariel: What is that timetable?

Norwood: Demolition here also requires 90 days; Construction, 15 months. We hope to have moved in some students in September 1974. That means we will have to begin within the next few months.

Ariel: What's holding you up?

Norwood: Law suits and land acquisition.

Ariel: How many people still live on the 5th on which you plan to build the housing?

Norwood: The last census, taken last summer, set the figure at about 30. Some may have moved away, so I have requested a new census from the Redevelopment Authority.

Ariel: What will you do with the Main and Annex buildings?

Norwood: I would prefer to leave that up to my successors. What's that job, in all, about? Leaving things as they are, or making them better? I don't know what it's all about. Leaving it for them to find out.
Raft Debate

which surges dense in New York City, the of the constestants. The devil's advocate, a pediatrician by the name of Dr. Arturo Hervada, came attired astoundingly in normal appearance.

The show started off with Laszlo, donning his white coat to reveal a tattoo, at which time he intermittently drank urine and played the flute. During this opener, produced beer for all on stage while explicating on fermentation, microbes, Aureomycin, and necking back and forth with a placard advertising a choir recital — as if he were having a slow cerebral bleed that all but he were aware of. Not to be outdone, Aden in broken English spoke of his trips to N.Y.C., talent with karate, and proficiency with a grand piano. If it all seems overwhelming, dear reader — you had to be there!

Dr. Hervada had little with which to work, and it became apparent that he was the only sane peran on the stage (relatively speaking), except for Packer who was oblivious to all but his can of Schmidts. Dissecting each panelist, Her­vada was not without his flaws, easily proclaiming that he did not trust intimacies, never used Aureomycin, and had not seen a surgeon since his birth (grand of being instrumented, no less). Well! This was enough to send a large of Arabs to a floating Bar Mizvah! Devour of continuity and time limits, this display lasted two whole hours. We went from musical virtuosity to discussing the merits of being alone on a raft with Marlene Dietrich, from electrolyte balance to cow manure.

When it was over we were glad. "Give the raft to anybody!” someone yelled.

Dr. Hervada won the raft in the end, allowing the medley crew of three to meet their demise. He left proudly exclaiming the joys of being Spanish, while autographed souvenirs: Xeroxed copies of a Gerber formula for crushed enchiladas. I left the hall with a smile. I was graduating in June. Oy!

Jefferson Intramurals by Gedt Halbeck

After numerous postponements due to inclement weather and the impending threat of snowfall, the 1972 intramural football championship was decided as Phi Chi had to come from behind to defeat the Sophomores (Independents) 19-4. The Sophomores scored first on an 60 yard bomb from Tom Ellenberger to Mark Weisman, and led 7-0 at halftime. Phi Chi, led by quarterback Steve Baez, then scored 2 quick touchdowns and held on for the win. In the second half, Phi Chi scored a touchdown on a 6 pass from Dave Weiss, and then took it 50 yards for the final score of the game.

Phi Alpha Sigma finished third in the standings, losing only to Phi Chi and the Sophomores.

FINAL FOOTBALL STANDINGS

<table>
<thead>
<tr>
<th>Team</th>
<th>Pct.</th>
<th>Games</th>
</tr>
</thead>
<tbody>
<tr>
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<td>4</td>
<td>6</td>
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<td>2</td>
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<tr>
<td>Phi Alpha Sigma</td>
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<td>2</td>
</tr>
<tr>
<td>Alpha Kappa Kappa</td>
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</tr>
<tr>
<td>Independents</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Nu Sigma Nu</td>
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<td>2</td>
</tr>
<tr>
<td>Phi Delta Epsilon</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

Intramural Handball

J. Tisone, Nu Sigma Nu, defeated M. Steel, Phi Alpha Sigma to win the 1972 intramural handball championship. Also

From the Jefferson Commons

Jefferson Scuba Provides Training Which Qualifies Novices For Skin & Scuba Diving.

The Commons has for the past 14 months offered a basic Scuba course which will qualify any member as card-carrying official PADI (Professional Association of Diving Instructors) members.

According to Harvey Small, club-president, entries for this course take three weeks of basic training in skindiving followed by seven weeks of advanced individual training in Scuba diving. Instructor Don Kenley is assisted by Jerry Miller and Bill Richards. The Philadelphia Divers' club as the club is more publicly known is the older club in Philadelphia (in their nineteenth year).

Anyone interested in such sport should inquire on Friday afternoon at poolside 8:00 P.M.!!! New members are welcome.

The program is free to all Commons Members.

Future courses will be offered beginning: March 30th and September 16th.

Further information may be gotten through Harvey Small at DR 4-860.

Jefferson Oufit Club has formed. New members are welcome! Contact John Marsh-Box 491

The Thomas Jefferson University Choir will entertain for the third year at the Employee Recognition Banquet on Wednesday, February 28.