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## Caps & Capes - February 1968

Linda Lake

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1968

# Caps & Capes



## AFFAIRS OF THE HEART

Since heart disease to the naked eye is invisible, we don't look when a stranger who has undergone heart surgery passes us on the street. A man with Angina Pectoris won't be making a living on pity, waiting for coins to drop into a tin cup. The fact that 22 million people in the United States (half a million of them are children) suffer heart and circulation disorders need not mean anything to us as individuals. We don't know 22 million people yet. Over half of the United States population die of heart and/or circulatory disorders. Even this need not hold significance until a relative, friend, or patient becomes ill or has died due to heart failure or one of the many other related ailments.

It is natural to be concerned over the death of someone close and to wonder whether or not his death could have been prevented, at that time. Some typical comments may include:

"I told him not to work so hard."

"If he had only lost the weight he was supposed to lose."

"We should have let the boy next door shovel the walk."

"I warned him that he was smoking too much."

"If he had just listened to his doctor."

"Ifing" doesn't restore life. Certain difficulties might only have post-poned it. Yet many deaths and illnesses of this nature may be prevented. Since 1950 the death rate of this, our largest killer has dropped 18% for people under 65. Steps are being taken; but what are these steps and who is responsible?

You do know that the 14th of February is devoted to affairs of the heart but are you well enough aware that the month of



February is devoted to the future of our hearts? February is heart month an all out campaign time for the American Heart Association in New York, and its local offices in the 50 states and Puerto Rico. Its campaigns consist chiefly of electing good health, but it takes money to do so.

The Heart Association provides much of the money through research grants and fellowships, allocations to qualified personnel working on vital projects in industry and institutions, and the means for exchange of scientists in the United States and abroad. These funds are not limited to the area of heart research but are available for various projects which will increase the general body of scientific knowledge. National Heart Month is a good source of the initial capital - approximately 66% of the money received in the Philadelphia area in 1967 was raised through the campaign.

During this month special coverage is given to the Heart Association by radio, television and written publications. Education to the public is another of the Association's functions and is aided by mass media. During heavy snowfalls men over forty are warned of the consequences of overexertion and women over forty are given suggestions to help them modify their home-making activities.

Year round information and programs are available, in fact to a housewife recovering from a heart ailment or one who wishes to prevent a problem. Worried mothers may likewise obtain informative booklets on congenital birth defects, prevention of rheumatic fever and care of the child with rheumatic fever.

The National Association coordinates and is supported by the local affiliations who in turn distribute publications and films from the main office.

In the story of H.A.S.P., (Heart Association of Southeastern Pennsylvania) the Philadelphia representative is especially pertinent to us as future nurses.

On 19th street just above Rittenhouse Square stands an impressive old brick building once the home of Jacob Lit. The home had been given to a Synagogue which the congregation eventually outgrew. A member of the congregation was also on the board of H.A.S.P. and so helped obtain the building for the Association's use.

The Association itself began in 1921 as a more or less professional society composed of physicians and business men. In 1922 it was put under the auspices of Community Chest. This was an adequate arrangement for awhile - however, the Heart Association was only one of several charities to whom allocations were made. By striking out on its own in 1949 H.A.S.P. nearly tripled available funds.

It's staff as such consists only of 15 volunteers helping with clerical work. Teachers, nurses, volunteers from all professions find time to help.

Fifteen to twenty calls are received a day. Most are referred; requests for information on rehabilitation and/or information on re-employment following surgery or a heart ailment, financial information or just information on the program itself.

Recently, for obvious reasons, many calls have been in reference to the establishment of a bank, at the present there is no such arrangement.

One mother merely asked that cards be sent to her son bed-ridden with rheumatic fever. A special interest was taken in "Timmy". His picture appears on the cover of H.A.S.P.'s annual report and upon recovery the eight year old is invited to

lunch with some of the local staff.

As well as those programs already mentioned under functionings of the American Heart Association, H.A.S.P. provides symposiums for the benefit of interested physicians, and health fairs for others in the profession. The symposium this coming March will be held at the Philadelphia Sheraton Hotel and will cover the "Neurohu Control of the Circulatory System".

H.A.S.P. provides research grants of its own including one offered to high schools for their more promising science students. Three full-tuition scholarships in nursing are given a year. This year one of the recipients is a member of our freshman class.

A member of the Jefferson Hospital Staff is on H.A.S.P.'s Nursing Education Committee. Dr. William A. Sodeman past dean of Jefferson Medical College is H.A.S.P.'s immediate past president.

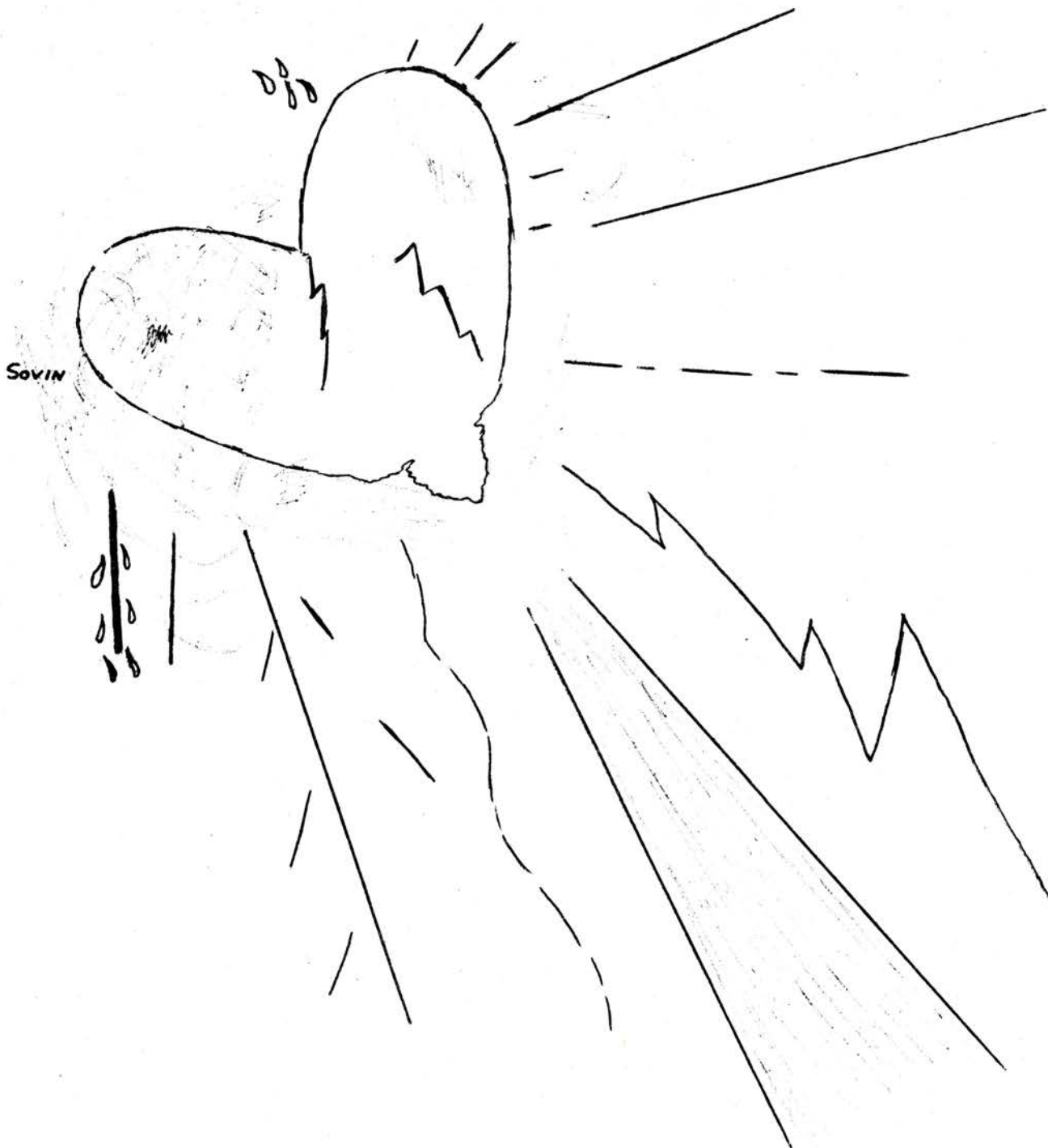
Many distinguished people in all have taken an active interest in H.A.S.P. including former president Dr. Gibbons famous for his work on the heart lung machine.

A "Nurse's" Kit" with information extremely useful to us, especially those of us who have not yet had coronary nursing, may be obtained from the Heart Association of Southeastern Pennsylvania, 318 South 19th Street, PE5-3865.

A parting suggestion to all--take a walk through the heart at Franklin Institute --and freshmen, when you pass your anatomy unit test on the heart and circulation, you can thank H.A.S.P. which pays for the maintenance of this unique structure.

CAROL WEINBERGER





The facets of love are as many as the rays of the sun. A heart may shine brightly in happiness or bleed from a great loss. Only a few facets are described on the following pages. We ask only you read each carefully and try to feel the emotions behind them.

ODE TO VALENTINE'S DAY

It seems on every Valentine's Day,  
Little Boys then open a purse,  
Hoping hard that they may,  
Someday get themselves a nurse.

Her heart is like a great bank vault  
The little boys need like a Bee's a hive  
The nurses lips, saturated with salt,  
Necessary for the boys to stay alive.

If she'd be scoutmaster, I'd be her troops  
Instead she masters snugability,  
The nurse to me is known as poops,  
And them Little Boys is me!!





THE MIGHTY LION

Mighty lion in the fierce jungle,  
Why does the thorn in your paw hurt so?  
You are free to roam the teeming jungle  
Free to oppose all ...

To conquer all  
Able to protect your gains ...

To erase your losses  
Able to demand obedience ...

To command respect  
But you're alone.

You give no Love...

Get none in return

You possess a Tiger

But she does not belong to you.

Only your passion.

King of the untamed Jungle

Ruler of all Beasts

Such a tiny thorn ....

But an unmeasurable hurt.

DONNA GERSTLAUER

## LOST

Though I feel you near  
Hear your voice  
Know your heart  
There are yet miles.  
Miles I cannot cover Stretched before me  
I reach for your hand  
Coldness in it's touch  
I kiss your lips  
The warmth has long left  
We joke and laugh  
My heart beats strong  
Words only are said  
Such superficial meanings.  
I've tried to capture all  
But you evade me  
Unwilling to give your love.  
Yet selfishly taking mine  
Release me I cry out  
It echoes soundly in my mind  
Yet does not reach your ears.

Nothing in passion can I say  
you have long since turned me out.

## WHAT IS A SWEETHEART?

A sweetheart is someone you could write a book about.  
The one you love to be with and hate to be without.

A sweetheart is a knowing look  
A hand within your own  
The voice you always want to hear,  
When you pick up the phone.

A sweetheart understands your moods and laughs at  
things you say,  
Or sees you when you're at your worst and loves  
you anyway.

A sweetheart is the one you kiss  
And make up with again  
When there's a little difference  
Of opinion now and then.

A sweetheart is the someone  
That you're always thinking of  
And the very reason  
Why you know that you're in love.

KATHERINE N. DAVIS  
HALLMARK'S "ALL MY LOVE"

## FORGET

You have asked me to forget  
The days we were together.  
The sunlit days; the dark days.  
Days when our love was the sun.  
Days when the gulls flew high above us.  
And we fed them.  
Happily we ran over white beaches  
As the sun beat down upon us.  
Yet, the sun has grown cold,  
And so have you.  
I can't think of days now,  
I think of things, things I've had and lost.  
I think of you.  
I run for shelter from haunting eyes of memories,  
And while in hiding, as I sigh in relief,  
I open my eyes, and the dawn of your memory breaks through.

PEGGY CONROY '70

## EDITORIAL

Yesterday morning I awoke with a smile on my face, which I must admit is quite unusual, especially after 4 hours of sleep. I had a dream in which I wore a white uniform and a Jefferson pin shining brightly on its collar. In my grogginess I groped through my closet for this treasured object only to find my pink one softly smiling back at me. Upon entering this reality, I shrugged my shoulders a bit and dressed for work.

Yet this dream still haunts me. Many times I'll take my uniforms home to be washed with the flimsy excuse that I like them to smell of the fresh winter air. In all actuality, I get great pleasure out of seeing them fade in the sun. I have often thought of chloraxing them but have refrained knowing that this would probably ruin them.

As I iron them and curse the collar for turning up at the ends, I carefully inspect them for small holes and ripped seams, finding great pleasure with their presence. Each one seems to represent some little storm I had not withered under in my 16 months of training. It was with great satisfaction that I proudly displayed my well fought for tears to my mother who was absolutely horrified. It was as if she could not see what they stood for, so she resolutely set up the sewing machine to re-establish the perfectness of my uniform.

Sadly I watched, secretly wishing they were a little more faded and the tears less easy to correct. With great remorse I slowly placed them back on the hanger and threw my hopes and inspirations back into my sub-conscious. As my mother explained then quite phillosophically, "it's too early for such thoughts. Put them away for next year."



## Sairy' Mailbox

Again no letters have been received. I feel that the students of Jefferson Medical College Hospital SON are getting into a rut. Since this is a grave problem - I will attempt to solve it.

A few observant girls have noticed that some of the televisions have been repaired. Can you think of a better way to spend a weekend, than watching the Saturday night movie?

Also time is creeping up slowly on this years Miss Jefferson. All those beautiful, super nurses had better brush up on the Charleston if they hope to win their way to fame.

I don't know how many girls have an idea of the great opportunity that exists right around the corner. Hello Dolly with Ginger Rogers is playing at the Forrest Theater. For all those idiots who think Louie Armstrong is the only Dolly fan - you'd just better get a ticket.

For those with dwindling funds - have you ever noticed the ping pong tables in the recreation room. If you think the game is childish, just challenge your room mate. But afterward, please leave Mrs. Beatty alone about changing rooms. She'd blame it on me and we can't have that, can we?

And how could I forget the student council movies. Wasn't it just great to watch a movie while laying on the cold, hard, completely flat floor. Even though the orthopedic consequences were grave. I'm sure more girls will come out next month.

So you see, girls, dear Sairy, has once again pulled you out of your rut. Cheer up. If you'd spend less time complaining and more time doing something, things will look up - I promise. And you know,

SAIRY NEVER LIES !!!

Farewell until next month.

Love,

Sairy Gamp

## Report of Fire Side Chat

Mr. Herman Wrice spoke to a group of 22 Jeff girls on Tuesday January 23rd, from 6:30 to 8:30 P.M. on Philadelphia Redevelopment. Sound interesting? - it was!

Briefly, he discussed a few of his 68 projects in Philadelphia. One of the projects includes an orphanage of 9 boys which was started without any federal or state help. Three nights a week, these boys are tutored in advanced skills in reading. These children may go home if and when they want to, but the main purpose of the orphanage is just to let these children know that they have a home and someone who cares for them. The home is run by Mr. Wrice's mother. Plans are being started for a female orphanage of the same type.

Another of Mr. Wrice's programs is "On the Spot Clinics." A few of the advantages of these clinics are:

1. a mother can call and find out by asking first how serious an injury is before rushing her child to the hospital.
2. Regular service dates are set for expectant mothers.
3. People addicted to drugs may speak to psychiatrists and may get help.
4. There is 24 hour ambulance service for any emergency.

One of Mr. Wrice's many school programs is the one that deals with the "drop out".

He first started this program with 30 "gang" boys and stayed with them for an entire year. 95% of these children had passing averages at the close of the first year. The second year, Mr. Wrice was funded \$32,000 to train people how to teach and work with these children, this year, he received \$72,000 for the same reason. In addition, he is now sending out information to 11 school districts of the county. This is just one of the uncountable number of Mr. Wrice's accomplishments.

The school program is geared directly to the children themselves. It is responsible also for their outside activities.

Other educational programs include:

1. Training for "drop outs" three nights a week at the University of Penna.
2. Sending academically inclined children through college.

Mr. Wrice also handles many athlete programs for the city. This includes 12,000 children per day with a volunteer staff of only 150 men.

He works in 5 locations in Philadelphia in 11 schools in the city - mostly in West Philadelphia.

To top this off, Mr. Wrice was just elected the outstanding young man of the year in Philadelphia.

As you can see, Mr. Wrice has done an unbelievable amount of Redevelopment for Philadelphia. He is a sincere person with great motivation and it was quite a pleasure and an honor to have him with us.

Our only problem the 23rd was that we had very little support from the students of Jeff. Every girl that was present will certainly agree that Mr. Wrice left them with quite an impression. If we can't get students, we won't be able to have such dynamic speakers.

The student council plans to sponsor a fire side chat every month. Please keep your ears open for the announcement of the next one and better yet - please come! You'll be glad that you did!

Sincerely,  
M. Seebauer  
Corresponding Sec. S. C.



## Sports:

"A tisket a tasket, Jeff made another basket."

Actually, it's a good thing the cheerleaders don't chant the above. Hearing it constantly throughout a basketball game would, indeed, become quite annoying. But truth is truth, and Jeff has made quite a few baskets this year. And since each basket is worth two points, the end result has been an undefeated team.

At the last game, I asked Mrs. Ann Sage, the coach, what she thought of the team. "They work very well together and everything is going fine." - and did she think we'd win the championship: "Of course - who else."

The whole team seems to display this same confidence. It's the type of confidence that says - "we're going to win; but we have to work for it." I have a feeling that this mood is going to give Jeff a championship basketball team.

I've given up trying to convince the student body to attend the games. I think as time goes by and we keep winning - more people will come out.

So best of luck to the team - of course - I'm sure they won't need it!!

## Notes from Caps and Copas:

On the evening of March 6, 1968, a new Miss Jefferson will graciously accept the crown from her predecessor. She will have to compete with top students in the fields of talent, personality, appearance, and nursing abilities. Her background of enthusiasm in school activities will be carefully inspected. She will be judged by a select group of judges which the newspaper has chosen.

Who will this person be? This is up to you. A box is available at the desk for you to help us in finding her. The disgression of the staff, administration and faculty will decide who will compete.

Have you an interest in art? If so, please contact Peggy Conroy, or look for further information that will be posted at a later date. We will be needing all the people we can get!!

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