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## Ariel - Volume 11 Number 2

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# Ariel

VOL XI, NO. 2

The Thomas Jefferson University Student Newspaper

SEPTEMBER 26, 1980

## Top Board Scores For Class of '82

by Jeff Greenwald

On June 10th and 11th of this past year 224 students of the class of 1982 struggled through probably the most challenging test of their lives up to that point — The National Boards, Part I. The results were not only encouraging, but as Associate Dean of Students, Dr. Mackowiak remarked they were 'incredible.'

The National Boards Part I are essentially the culmination of two years of academic work. All aspects of the basic sciences are represented, and passing the boards is a prerequisite for continuing on as a Junior at Jefferson. Scores are computed nationally by setting the total mean score each year at 500 with a standard deviation of 100. A score of 380 must be achieved in order to pass and a score of 800 is the highest score possible.

Jefferson students fared much better than the national average. Of the 224 students who "participated", 219 passed. Therefore, the Jefferson failure rate was only 2.2% (the national failure rate is 10-11%). This was the lowest failure rate for Jefferson students since 1973 when the rate was 2%. In 1976 the failure rate was also 2.2%. The five students who did not pass were given the chance to take a retest on September 3rd and 4th of this year. Dr. Mackowiak said he was confident that they will pass this time as they were all very close to passing the first time.

The total mean score for Jefferson students was 544 this year as opposed to 504 last year. According to Dr. Mackowiak and Dr. Menduke this is a significant difference. However, a comparison of the entering credentials of each class yielded "no significant difference." Both classes also had comparative grades in their first two years at Jefferson.

Of the students that passed, the scores ranged from 380-790. The score of 790 is close to 3 standard deviations above the mean. Said Dr. Mackowiak, "My scores were never like that!"

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Birdseye View of First Year Students Coping With A New Situation

## Newcomers View of Jeff

by Dave Polis

First impressions of Jefferson tended to be very favorable among this year's freshmen medical students. Most seemed to like both the people and the facilities.

"The people I've met are friendly," said Rob Huffard. He added that Jeffersonians seem to have warm feelings toward each other.

Bob Winter said he thinks the facilities are "well kept and managed."

"You couldn't ask for better

facilities," William Bartlow said.

"You don't realize you're in a filthy city," said Amy Weaver.

Opinions about the three day orientation program varied.

Freshman Huffard was a bit more philosophical. He said the program was a "typical orientation and it was dull at times, but it had to be."

"Everyone tried to be reassuring," Greg Halenda said. "Most of the talks given at orientation were excellent."

Karl Schwabe was less

enthusiastic, "There were some interesting talks but I'm not sure we needed all three days. After three days we still didn't know which class to go to." (On the first afternoon of classes, most of the first year students went to the wrong room.)

Freshman Winter said he is happy he came to Jefferson. When he visited other schools, they would make comparisons-- "We're better than Jefferson because ... , but I made the right choice. I am living at a fraternity and have met some neat people there. That's been a big help."

At orientation we received a lot of advice about whether or not to attend classes. Attendance was good at orientation -- so good that some students were forced to sit in the aisles.

"I can't wait until people start skipping classes so that I can get a seat," said Lois Leach.

The first day of classes included a lot of background material which served as review for most students.

"If it keeps on like this I'll be really happy," Deepak Kapoor said. "But I have a feeling that it's going to get a lot harder."

Of course not everyone wanted to share their initial experiences. When asked to comment on his first impressions of Jefferson, one first year student (whom I had met previously) responded "No way ... get away from me."

## OPENING EXERCISES BEGIN NEW YEAR

by Ayn Siegal

On Wednesday, September 3, 1980 at 8:00 p.m., the Thomas Jefferson University held its 157th annual opening exercises in McClellan Hall. The Opening Exercises were for the Jefferson Medical College, The College of Graduate Studies, and the College of Allied Health Sciences.

The exercises began with a processional accompanied by organ music provided by Dr. Frederick Wagner, Jr. (Grace Revere Osler) Professor of Surgery here at Jefferson Medical College). Following the National Anthem, the Invocation was given by the Reverend F. Lee Richards of St. Peter's Episcopal Church. Lewis W. Bluemle, Jr., M.D., President of Thomas Jefferson University, presented the Convocation and presided over the Conferring of Honorary Degrees.

John Y. Templeton, III, Professor of Surgery at J.M.C., presented the first honorary degree, Doctor of Science, to Mary Hopkinson Gibbon Thompson for her outstanding dedication to the field of surgical research and the development of the heart-lung machine for open cardiopulmonary. John Timour, the University Librarian, presented the second honorary degree, Doctor of Science, to Robert T. Lentz, the University Archivist, for the forty four years of service dedicated to T.J.U. in the development and construction of the Scott Library into one of the most superior academic health science libraries in Philadelphia, by the acquisition of national grants to purchase a new library system and by his contribution of journal subscriptions to a wide range of professionals.

Following this, Frederic L. Ballard, Esq., Chairman of the Board of Trustees, delivered an address entitled "Clippings for a Medical Mirror." This address recounted the recent news issues of concern to anyone going into a health-oriented field.

William F. Kellow, Dean and Vice President of J.M.C., presented the awards for excellence:

cont'd on page 6

## Students' Petition

The following petition was received in the ARIEL mail box. Because it concerned the educational aspect of medical training, it has been reprinted in its entirety. Signatures of the Second Year students who are concerned about the future medical education at JMC have been withheld from the reprint only because there was a large proportion of the class that signed it. These names, however, are available.

Dear Sirs:

We, the undersigned, as students of Jefferson Medical College, are deeply concerned about the recent denial of contract renewal for Dr. Kenna Peusner.

As a member of the Anatomy Department, Dr. Peusner was an inspiring professor generating the respect of all students. Her enthusiastic lectures, when combined with a high level of competence in the histology laboratory, yielded an excellent educational experience. These qualities are often looked for and always very much appreciated by each of us.

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# DISCOUNT ORGANIZATION PROPOSED

by Rich Freeman

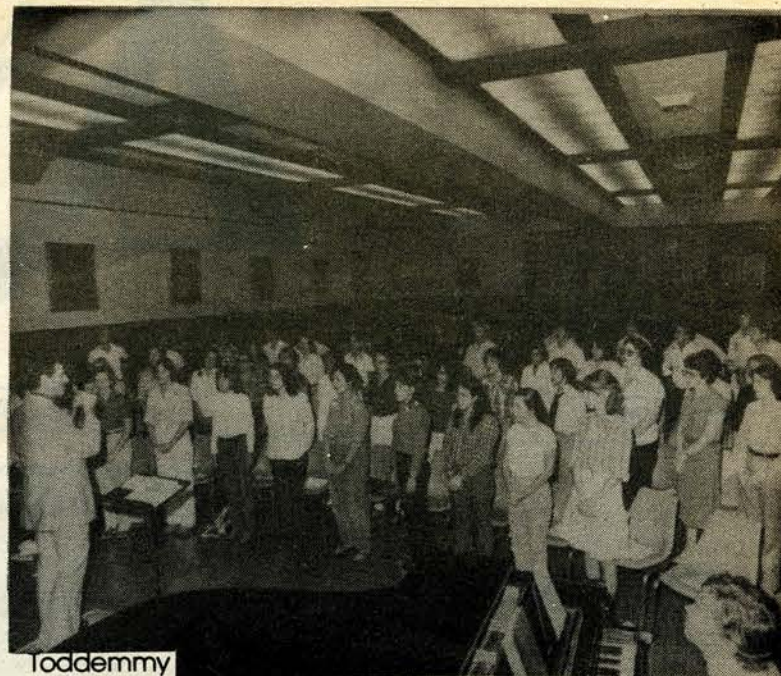
In the past year, members of the Class of '83 demonstrated considerable interest in taking advantage of the various performing arts in Philadelphia. For this reason, and with the expectation of additional student and faculty interest, we propose to undertake the organization of an informal group through which concerts, opera, ballet, theater, and other events will be publicized and through which group tickets may be purchased. We understand that the Jefferson Commons may be able to help with this proposal and we would hope this group would be placed under its

jurisdiction.

Logistically, it has been suggested that various group members would solicit schedules of events from the theaters and the Academy of Music from which group outings would be chosen. Trips could take place weekly or be arranged to fit student and university schedules in an effort to accommodate a maximum number of individuals. Funds obtained from the Commons budget would be used to purchase a block of tickets for each chosen performance. Group members could then buy their tickets from the Commons Office or some other agent of the group. The major effort would be required for the collection of

possible choices and the publicization of these possibilities. For this reason, formal group organization does not seem necessary, however, if such structure is recommended, several students have indicated a desire to assume responsibilities.

The advantage of such a system are a large amount of this system are twofold. First, no one individual would be forced to commit a large amount of his or her own money to ensure a group rate for a certain performance. This problem did occur last year when several students attended the Pennsylvania Ballet's Coppelius. Secondly, by avoiding the various subscription plans, this group will not become "locked in" to one single type of production repeatedly. Hopefully, this group will be able to attend the most desirable productions and enjoy the most accomplished performers whom often are not presented in the subscription plans. Last year's experience also indicates that, for the most part, interested students are willing to pay a little more once in a while for these opportunities.



Choir hard at work at their first practice with Robert Sataloff and Donald Myers.

## NEW CONDUCTOR NEW ACCOMPANIST NEW CHOIR

As you venture to Jefferson this Fall, take a moment to consider not only the excitement of your scientific education but also the richness of your extra-curricular potential. There is ample time in all of our schedules for a little fun, and one of Jefferson's most pleasant and rewarding diversions is the Thomas Jefferson University Choir.

The Choir is open to all members of the Jefferson community. There are no embarrassing auditions and no prior musical experience is required. If you like to sing and can stand to listen to yourself in the shower, we will teach you the rest. Our members range from complete beginners to former music majors. The membership is composed of students from all the schools of the University, University employees, house officers and faculty. We usually have about eighty singers. In addition to enjoying good music, we enjoy the warmest comradery.

This year's Christmas concert will be particularly beautiful. It

will be arranged for choir and orchestra and will include renditions of several popular and several lesser known classic Christmas pieces including "Masters in This Hall", Scarlatti's "Exultate Deo" and Vaughn Williams "Wassail Song". The major work will be Bach's Magnificat in D, followed by Handel's "Hallelujah Chorus".

We are looking for a new piano accompanist. Please contact one of the following as soon as possible if you may be interested.

Robert Sataloff, conductor  
545-3322

Donald Myers  
associate conductor  
545-3312

Deborah Malinak, president  
929-8320

All instrumentalists who might be interested in playing with the orchestra are invited to contact us at orientation or at any choir rehearsal.

The choir meets from 7 - 8:30 pm on Thursday evenings in McClellan Hall. Come give it a try!

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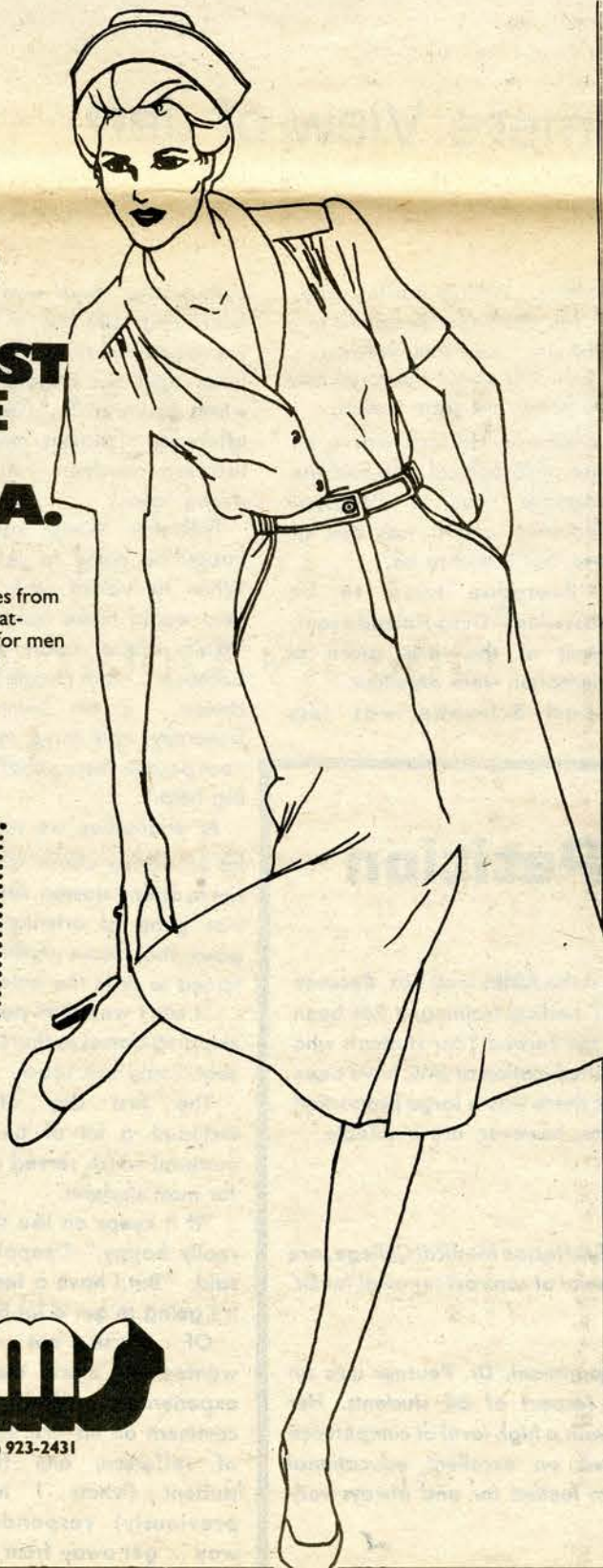
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# Fleisher Festival Of Arts

by Lenny Nasca

If you are wondering how you were going to spend the upcoming weekend, this Sunday, September 28th, presents an excellent opportunity for you and your family to get to know Fleisher Art Memorial. Located only a few blocks away from T.J.U. at 719 Catherine Street, The Fleisher Art Memorial is hosting its First festival of the Arts to raise money to support the free art classes which are open to all students and families of T.J.U. as well as the residents of the surrounding Delaware Valley. These classes are open to both novice and accomplished artists aged 17 and older. Instruction is offered in painting, drawing, printmaking, sculpture, photography and ceramics. For information concerning these classes contact the Fleisher Art Memorial at 922-3456. The festival will fill the 700 block of Catherine Street with music, dancing, crafts, artwork, chalk-ins, international food, jugglers and puppeteers in a vibrant celebration of the arts community of Philadelphia.

The festivities will begin at noon a procession led by dancers and troubadours in medieval costume will wend their way

down Catherine Street and into the Romanesque-style sanctuary. Performances will continue throughout the afternoon, both in the sanctuary and in Frank Palumbo, Sr. Park adjacent to Fleisher buildings. Among the performers scheduled are the Children of Light, who lead the medieval procession; the Mt. Vernon Dancers, who will perform a Renaissance ballet; the Three Puppeteers; Amy Cohen, who will create her Living Sculpture; the Society Hill Playhouse, who will dramatize children's fables; Wissahickon Drive, an Appalachian music ensemble; Playcrafters, who will perform a medley of show tunes; the dance group Agape; the Give and Take Jugglers; and the Castilli Quartet, who will perform music ranging from classical arrangements to Joplin rags. An auction catalogue has been made available, and the works have been on view in the Fleisher galleries since September 17. Gallery hours are 10 a.m. to 4 p.m. Monday through Friday. For further information, or to receive a catalogue, call Fleisher.

The street will be turned over to booths featuring weaving, calligraphy, jewelry, ceramics and plants, and food from such exotic eateries as La Cucina

Italian, Pampita Argentinian Eatery, the Middle East Restaurant, and the Funnel Cake Factory. Meanwhile, inside the Fleisher buildings, students and faculty will demonstrate drawing, painting, sculpture and craft techniques. Special family events include a puppet workshop, taught by Bea McLaughlin and young puppeteers from the Miquon Upper School in Chestnut Hill, the building of a mini-city out of boxes and a colorful chalk-in on Catherine Street.

Concurrent with the Festival, an auction of works donated by artists who have studied or taught at Fleisher will begin every hour in the Fleisher galleries. All proceeds from the Festival of the Arts will benefit Fleisher's building and programs fund. An auction Catalogue has been made available, and the works have been on view in the Fleisher galleries since September 17. Gallery hours are 10 a.m. to 4 p.m. Monday through Friday. For further information, or to receive a catalogue, call Fleisher.

Join in South Philadelphia's first Festival of the Arts and the benefit auction on Sunday, September 28, from noon to dusk rain or shine. Free parking will be available in the municipal lot on the 700 block of Christian street. SEPTA's Route 47 bus runs south

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## JMS Begins With Brunch

by Carl Shanholtz

On Tuesday, September 9th, the Jewish Medical Society had its first organizational meeting which attracted several interested members of the freshman class as well as veteran sophomores. Plans have been formulated to open the year's activities with a brunch on Sunday, September 28th. In light of the success of last year's brunches,

this one is expected to draw record attendance. Past events have drawn both clinical and basic science faculty in addition to medical and nursing students, residents, and a few parents.

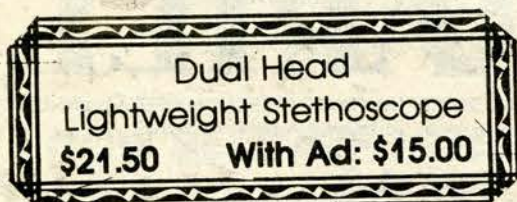
The next meeting will be on Wednesday, October 8th, at noon. For information concerning the JMS call Carl Shanholtz at 629-1893, or leave a note in box 695 in Alumni Hall.

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# Ariel

## PAYING THE PIPER

As surely as death is a certainty of life, tuition increase is a certainty of medical school (and of higher education, in general). This year is no exception, for tuition at Jefferson Medical College has risen from a graduated scale averaging around \$8,000 to a level of \$8,800 for all students. Now that Jeff stands near the brink of five digit tuition, it is necessary for students to become more aware of the forces acting upon the cost of medical education and what the future holds in store.

The current tuition increase is basically due to inflationary factors. Leading the way in the cost of living increase is energy costs: During the past year, Thomas Jefferson University's use of energy increased 2% over the previous year; however, the university's energy bill increased by 40%. In the past 5-7 years, energy costs have nearly quadrupled. The medical school has had to accept the fact that under current economic conditions it simply cannot come up with the funds necessary to run the school without shifting part of the burden to other sources.

Internally, this means that the medical school is putting a greater onus upon each department to find money for departmental operations. According to Jerold Glick, Business Administrator of J.M.C., the med school budget is up 10% over last year; however, the school will only increase its education allocation to departments by 6%, while each department must absorb the remaining 4%. Thus, the push to broaden research in the basic sciences at Jefferson will gain strength while, in the clinical sciences, faculty physicians will have to expand their own medical practices. Clearly, current fiscal realities will further strain the tension between teaching students and financial solvency.

With regard to external sources of funds, state and federal governments play the key roles. The State of Delaware has supported Jefferson generously ever since JMC began receiving support from the state in 1968. The federal government's to Jeff will be \$625,000, down from the \$928,000 of last year. The principal government aid received by Jefferson comes from the Commonwealth of Pennsylvania. Yet, although Pennsylvania gives \$4,000,000, this amount has not been increased in the past ten years. Pennsylvania has a definite responsibility to maintain its level of financial support in terms of real dollars to medical schools in the state. Mr. Glick indicated that the Pa. medical schools are discussing the possibility of getting together to form a united lobbying effort in Harrisburg. We support such a joint effort by the medical schools and hope they will succeed in impressing current needs and responsibilities upon the legislators.

However, government funds (from whatever level) will probably not come without conditions. Legislators have responsibilities to their constituencies and the presently skewed distribution of physicians in urban areas and overspecialization require law makers to push for programs which will increase the number of physicians in primary care and in underserved areas. Greater emphasis upon primary care and equitable distribution of manpower are important social priorities and must receive adequate financial support. One such method, offering medical schools attractive financial incentives to educate students interested in primary care or practicing shortage areas is a very viable idea. Jefferson, by its own volition, instituted its Physician Shortage Area Program, whereby students pledge to practice for a period time following graduation in a manpower shortage area. Yet Pennsylvania has balked at providing funds specifically for such a program. State and federal governments must accept their responsibilities of checking the astronomical rises of tuition as well as helping to train physicians who will serve the medical needs of all citizens.

## A Matter of Concern

ARIEL has become aware of a situation of concern to the student body: the denial of contract renewal for Dr. Kenna Peusner, Assistant Professor of Anatomy. No reasons for this action have been given by the administration and, at this time, we shall not speculate what these reasons may be. Suffice it to say that our major concern is the possibility that student input has no weight in decisions such as this; that, although the student committees spend many hours eliciting the opinions of the student body, the administration may not be taking these views properly into account. Student evaluations of Dr. Peusner's teaching performance in lecture, lab, and one-on-one encounters, as collected by the Student Curriculum Committee, are extremely positive. Her research has also received recognition for she is the only Assistant Professor in the Anatomy Department listed as principal investigator on an NIH or NSF grant. As published in the August edition of *Directions*, the corporate purposes of Thomas Jefferson University include providing quality education in health-related fields and expanding our understanding of man and his universe through research. These are qualities which Dr. Peusner competently demonstrates. We are both dismayed and puzzled by the denial of contract renewal and feel it is incumbent upon the administration to explain its action.

## Ideas In Medicine

### Women Patients' Changing Attitudes

by Gretchen H. Shapero

As women struggle for equality in their social and professional lives, they have begun to object to the dependent and passive nature of the customary doctor patient relationship. What the male physician has traditionally considered to be trust may appear to women as submission and infantile dependency. Members of the women's health movement have charged that physicians significantly, though unintentionally, through their authoritarian attitudes cultivate and encourage a sense of dependency in their patients. This compliance is then regarded as a sign of rapport and confidence in the practitioner, although the patient herself may be forced to act in an immature manner, abdicating all responsibility for her own health care. Through such complete and unquestioning compliance, she is not only placed in the role of a child but often fails to acquire important information pertaining to her health.

Unfortunately, physicians sometimes intentionally withhold pertinent information because of a belief that women are incapable of intelligent comprehension of more than the simplest biological facts. During the 1970 Senate hearings on oral contraceptives, Dr. Joseph Goldzieher of the Southwest Foundation for Research and Education testified that "a misguided effort to 'inform' women of the Pill's risks leads only to anxiety on their part and loss of confidence in the physician ... they want him to tell them what to do, not to confuse them by asking them to make decisions beyond their comprehension."

Due to the physician's busy schedule, which promotes haste, many women feel they are treated as an illness or "case" rather than as a unique individual. A more specific complaint centers on the way in which pelvic examinations are conducted. In the past, many practitioners did not see the patient until she was undressed, draped, and positioned on the table. Little verbal exchange took place except for short commands to the nurse and the final diagnosis and treatment instructions. In addition, women often perceive pelvic examinations as unnecessarily rough, humiliating procedures and cite the insertion of a cold speculum as a prime example of the physician's indifferent attitude. They also wish to have more say about such aspects of the examination as positioning and draping, as well as be told more about the process.

Another major complaint the women's health movement has leveled against physicians in the frequency with which problems are either ignored or labeled as psychogenic in origin. Some physicians assume that vague complaints of "dizziness" or fatigue are often the woman's

purely emotional devices for attracting attention and reassurance instead of symptoms that may actually signify a serious problem. When such an attitude is prevalent, some women may be at risk due to the physician's narrow view.

Another problem within the doctor - patient relationship is simply that many women are not comfortable being examined by men. And discussing problems such as urinary tract infections or menstrual irregularities with a man, even a physician, makes some women uneasy and prone to avoid regular examinations or early treatment.

In their effort to combat the problems within the doctor - patient relationship, women have been using a variety of approaches to gain control over their bodies. One of the most extensive and far-reaching efforts has been in the general area of education. The most widely read work on this subject is *Our Bodies, Ourselves*. Written in 1969 by the Boston Woman's Health Collective, it has been updated and expanded and has sold well over a million copies. *Our Bodies, Ourselves* is a comprehensive, primarily descriptive book containing a wealth of reliable information about female anatomy and functioning, common menstrual disorders, contraception, pregnancy, and sexuality.

As an alternative to the traditional male doctor - female patient relationship, women's health clinics have been organizing in various communities in response to particular local needs. Although these clinics may offer different services, the majority have an all-female staff and use a model of participant control.

Another alternative form of health care dates back to 1971 when Carol Downer began organizing self-help groups, which spread in large and medium-sized cities and university towns across the country. In the typical self-help group, women learn how to do pelvic exams, check for cysts or tumors, spot inflammation, and in general, diagnose common health problems. These groups, usually having about 8 to 12 members in the 20s and 30s age range, have more than an

education focus; they are also considered an expression of political, social action.

Perhaps because "self-help" is deeply challenging to the existing health care system, it has been a source of controversy. In 1972 the concept of the self-help movement was unsuccessfully challenged in court with arrests of Carol Downer and Colleen Wilson. They were charged with practicing medicine without a license by helping a woman insert a speculum, observing a vaginal infection, and helping to apply yogurt to relieve the discomfort. During the trial on November 20, 1972, in Los Angeles, the definition of medical practice was closely examined; and on December 5, Downer and Wilson were acquitted. Since then, the self-help movement has grown steadily as women seek to learn more about their bodies through experience and observation.

As the result of education, women's clinics and self-help groups, women are learning more and, in many cases, are receiving at least preventive health care. However, this cannot take the place of comprehensive medical care, and it has little influence on the dynamics of the doctor-patient relationship. This is a time of transition for women: they are seeking to escape the social conditioning and submissiveness and dependence, and yet often find themselves controlled by their conditioning. In the patient-practitioner relationship, this ambivalence has given rise to anger, confusion, and disillusionment in both doctors and patients due to changing expectations. The dynamics of the relationship can improve only when both the practitioner and the patient define these expectations precisely and examine their personal sex biases, methods of interaction, and faulty social conditioning patterns. When the relationship between women and physicians becomes a true partnership of intelligent adults, the patients can then receive more satisfying, better care.

Gretchen Shapero is a physician's assistant. This article appeared in the July 1980 edition of *Forum on Medicine* (3, 7:479-481).

# ARIEL

THE STUDENT NEWSPAPER OF THOMAS JEFFERSON UNIVERSITY  
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# M. D. SURPLUS: DISCUSSED

The following is a reprint made available to **ARIEL** from the article which appeared in the *American Medical News* on September 12, 1980.

## TOO MANY MDs ?

The finishing touches on the long-awaited report on health manpower needs were being made at the same time the House was acting on the bill authorizing aid for medical education. The verdict in both cases was that we are headed into a physician surplus.

The report by the Graduate Medical Education National Advisory Committee (GMENAC) - due September 30 - comes after three years of study and is designed to be the major federal policy statement on the medical manpower outlook. Although the report wasn't completed at this writing, several GMENAC members discussed the gist of it with AMN. They said surpluses were forecast down the line, including non-physician providers.

Scores of recommendations were made for holding the line and even cutting back on production.

The House, meantime was slated to approve a medical manpower bill sharply phasing back capitation aid for medical schools on grounds sufficient physicians are being turned out. The report by the House Commerce Committee argues that federal assistance must be reduced because the supply and demand situation for physicians is in balance now with future prospects of a physician overabundance unless the government puts on the brakes. Needless to say, the draft GMENAC report and the Congressional action to carry policy implications that could affect the practice of medicine for a long time.

The most immediate impact will be on the nation's medical school's, which are facing a period of hunkering down after many years of expansion. Would-be physicians, prospective non-

physician providers, and foreign medical graduates, also have a vital interest. Finally, all physicians have a stake in the numbers of physicians practicing, in what specialties and where. According to the sources, the report estimates there will be a surplus of 60,000 physicians within 10 years and 130,000 by the year 2000. Most specialties will be oversupplied, including family medicine. Shortages were forecast for psychiatry, emergency medicine, anesthesiology, and a few more. Other specialties were estimated to be in balance, including dermatology and otolaryngology.

The report is expected to take a strong stand against any physician surplus problem. At the same time, the sources said, GMENAC will recommend higher pay and broader responsibilities for these groups.

A series of preliminary recommendations was drafted to reduce sharply the numbers of alien and U.S. citizen graduates of foreign medical schools.

One of the most important proposals was for a 10% reduction in admissions to medical schools between 1981 and 1984. Even a complete halt in training of some specialties would not suffice to prevent a

## Peusner Petition

cont'd from page 1

On the 1979 Student Council Curriculum Committee Student Evaluation of Cell and Tissue Biology, Dr. Peusner ranked either first or second in the individual categories (i.e. presents in a clear and organized manner, uses visual aids well, etc.) and was rated as second best in the department in the general category of "outstanding instructor." All written comments were strongly positive, particularly in the area of lab presentations.

Dr. Peusner is not only a superb instructor but also a dedicated medical researcher. Her work in the field of neural synaptic development has resulted in the only NIH/NSF funded grant to an assistant Anatomy professor, listed as principal investigator.

Thus, Dr. Peusner has effectively integrated her research skills and teaching capabilities. This combination is highly valued in any teaching institution.

In light of these facts it is hard to understand how the university administration can reconcile the non-renewal of contract for Dr. Peusner with the following corporate purposes as outlined in the newly revised University By-Laws:

The purposes of this University are:

- to educate qualified students as physicians, nurses, biomedical scientists, and related health personnel;
- to expand our understanding of man and his universe, especially his health and diseases, through research.

To pursue these purposes with balance and distinction, the University fosters a medically and biologically oriented community of scholars, teachers, and clinicians who are so dedicated.

Please reconsider your actions and reaffirm your commitment to the above ideals by reinstating Dr. Kenna Peusner as an Assistant Professor of Anatomy.

Please note that this letter has been written solely by the student body, without the knowledge of Dr. Peusner.

Respectfully yours

Jefferson Medical Students



Toddemmy

## ALL RELAXED AT COMMONS FIRST PICNIC

## BOARDS

cont'd from page 1

An interesting side note is that Jefferson students traditionally do better on Part II of the Boards than on Part I, scoring as much as 40 points higher. If this holds true for the class of '82 their Part II scores will be even more incredible than their Part I scores. Also of note is that an increasing number of residency applications are asking for Part I scores (due to increasing competition for residency positions). The importance of Part I scores, therefore, seem to be increasing. This should be encouraging news for the members of the class of '82 who did so well.

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# ALL YOU EVER WANTED TO KNOW ABOUT SAUNAS

by Rick Buwalos

The art of the sauna reaches back to the roots of human society. Archeologists have proven the existence of "special baths" as early as 4000 B.C. It was certainly known to India and Babylon at the time and was later modified by the Spartans of ancient Greece who added steam and warm water to what had been usually cold-water bathing.

Augustus built luxurious bathing facilities during his reign in ancient Rome about 25 B.C. While in Western Europe, and the Irish used a hot-air bath known as **Ty Fallush** to remedy rheumatic pain.

In North America, "hot-baths" have been common for at least 1000 years. Scholars hypothesize that the Indian custom of "sweat-bathing" came from Finland via the Viking voyages to the New World between 700-1000 A.D. The sauna we know today has evolved from the earthen

dugouts the Finns filled with heated rocks over which they poured water to obtain steam.

From time to time, the sauna has been acclaimed as a miraculous cure; capable of feats as incredible as reversing the aging process, to making BIostatistics seem interesting. Recent research, however, seems to indicate the sauna can promote favorable physiologic effects.

Dr. Herbert deVries of U.S.C. claims the sauna produces favorable changes in the Central Nervous System by relaxing the nervous system and body musculature. He electromyographic instruments as test subjects took a sauna. His work shows that the sauna brought about a significant decrease in heart rate, muscle tension and blood pressure. Dr. deVries suggests the intense dry heat induces a reduction in gamma motor nerve activity, thereby lowering muscle tension. Since

too much work or strenuous exercise can cause muscle tension, the dry heat of the sauna may reduce the electrical input into the muscle, allowing them to relax and thereby reducing aches and pains at an accelerated rate. Although the sauna can not cure the causes of problems such as arthritis, bursitis and muscle stiffness from fatigue, it can frequently remedy the symptoms.

A report in Medical World News discusses the use of sauna for patients with kidney disease. Part of their therapy consisted of daily saunas for a period of 1/2 hour. The evidence shows the patients perspiration concentration of urea increased 10-fold over other patients with similar kidney malfunctions who were not undergoing the sauna treatment. It was also suggested that chronic itching affiliated with uremia (high plasma urea concentration) was also alleviated with sauna use.

The ramifications from these findings may be far reaching, (as anyone who has studied Physiology or Biochemistry at



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## OPENING AWARDS

cont'd from page 5

1. Obstetrics and Gynecology Prize for excellence in Clinical Ob/Gyn in the Third Year given to

Michael Stephan Remetz  
(Honorable Mention to)  
Peter Edward Bippert

2. Melvin I. Katzman Pathology Prize to the Sophomore for outstanding performance in the Pathology Courses given to

John Chester Lystash  
(Honorable Mention to)  
Victor Francis Altadonna

3. William W. Bodine, Jr. Award to the medical student who has completed three years and has the greatest tenacity and dedication in research in Pharmacology given to

Kim David Lamon

4. Class of 1947 Scholarship Award to a student who has achieved the highest academic record in the First Year given to

Mary Francis Boyle

5. The Large Medical Publications Prize to each of the two students who achieved the highest grade average upon completion of the First, Second and Third Years.

(First Year) Mary Frances Boyle  
and

Howard Seymore Silverman

(Second Year) John Chester Lystash  
and

Craig Harvey Sherman

(Third Year) John Stanley Radomski  
and

Michael Stephen Remetz

Following the medical college awards, Lawrence Abrams, Dean of the College of Allied Health Services, presented the C.A.H.S. Alumni Special Achievement Award given to the Graduate Award given to the graduate by the College in recognition of that person's contribution to the profession. This year Barbara G. Schutt, R.N., D.S., F.A.A.N., received this esteemed honor.

The ARIEL would like to extend warm congratulations to all the recipients of awards, honors, and prizes. As fellow students of T.J.U., a few words of commendation are called for on our behalf. We extend a hearty welcome to the Freshman classes in J.M.C. and C.A.H.S.

## TOO MANY M.D.s

cont'd from page 5

further expansion of the numbers of nurse practitioners, physicians' assistants and other non-physician providers, contending that this would aggravate the surplus within 10 years, the report said. However, it recommends that in order to disrupt schools and create problems in the distant future no specialty should decrease first-year students by more than 20% by 1986.

The GMENAC report suggests various means of achieving its objectives, usually through a variety of mechanisms. In general it favors volunteerism but in the context of a close working relationship between the medical profession and the government.

The looming surplus was not seen as solving what GMENAC considers the number one manpower problem — the maldistribution of physicians by specialty and by location. Many recommendations were made in this area, including continuation of the National Health Service Corps and higher reimbursement levels for physicians in shortage areas.

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### Fleisher

cont'd from page 3

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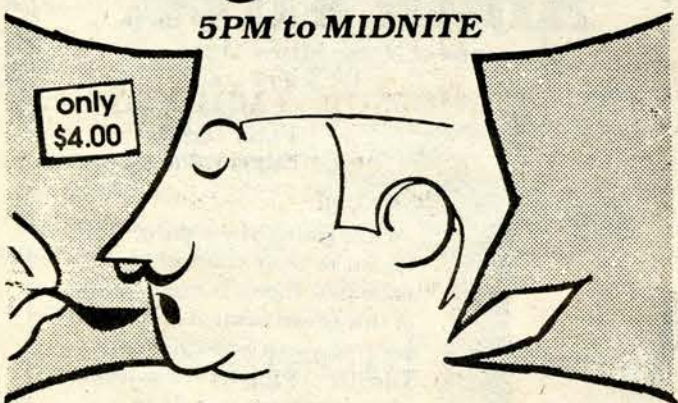
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## Sauna Trivia

cont'd from page 6

Jefferson knows). Continued vigorous physical activity eventually leads to the catabolism of body tissues. An increase in the breakdown of body nitrogen which is normally eliminated via urine in the form of urea. A failure to do so, as in the case of kidney malfunction is potentially toxic. The sauna by enhancing removal through the skin aids the elimination of nitrogen waste products, thereby decreasing the recovery time from athletic training or general physical activity induced fatigue.

The sauna's heat also may increase blood circulation by shunting blood from the body's deeper vascular to cutaneous vascular in an effort to cool the body. This shunting would tend to enhance peripheral circulation, if exposures are only for short periods of time.

Research by Dr. Williams Adams of U.C.-Davis suggests that controlled heat induced stress can aid the athlete in several ways. First by allowing the body to increase its ability to function under conditions of increased heat and secondly by improving the cardiovascular system ability by heat induced stress. Sauna therapy, he claims, can eventually lead the acclimatized individual to perform more efficiently at high heat levels because less blood will be shunted for cooling purposes thereby allowing more blood for the muscles which are required to perform the desired physical activity.

Before running to Jefferson's sauna and spending the night therein, keep in mind that you should never allow yourself to become dehydrated and potentially suffer from the electrolyte loss. Also you should be in good general health, so check with your doctor to make certain you don't suffer from high blood pressure or other physical problems which might be aggravated by the sauna.

The art of the sauna is most revered by the Finnish who divided their precious ritual into seven stages. Although they keep their saunas at approximately 250 degrees Fahrenheit, our Jeffersonian version, at about 200 degrees Fahrenheit, is more than adequately warm to achieve the desired effects:

Stage I "HIKORU" - A quiet period of 10 minutes with "no talking" permitted. This stage consists of only dry heat. Stage II "VILVOITTELU". In Finland, they usually go and jump into an icy lake (Jefferson's pool will have to suffice or you can take a helicopter to the Delaware River). Make certain you drink water if you're thirsty and allow your pulse to return to normal before re-entering the sauna. Stage III, "VIHTOMINEM LOYLYSSA." A cup of water poured over the stones can produce steam for this phase and conversation is now allowed for this 10-minute phase. Stage IV, "PESEYTYMINEN." The Finns use cold water, soap and scrub brushes in the sauna for this stage, where they scrub themselves with soapy water inside of the sauna. (The shower in Jefferson's basement in the pool area or perhaps at Dr. Eppe's house will have to do). Stage V, "HUUHELU." In this stage, Finns run around and roll naked in the snow. This won't go over very well in Jefferson so I suggest a plunge in the pool or cold shower. I also recommend a bathing suit. Stage VI, "JALKLAMMITELY." A short 3-5 minute stay in the sauna is now called for. Stage VII, "JAAHDYTTY JA KUIVATTELU." This last stage consists of toweling off the hair and the back of the neck only allowing the remainder of the body to air-dry outside.

Remember, drink water whenever you're thirsty during any step of the sauna and abide by the old saying, "When at Jefferson, do as the Finns do..."

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## RUGGERS HIT THE FIELD

by Andy Curtin

While many armchair jocks see September as pennant races in baseball and the start of college football and soccer, each year at this time about thirty aging and winded jocks take to the field for "one last time" to grunt and groan through that graceful game called Rugby. The Philadelphia Medical Rugby squad has witnessed a slight but distressing change for the new 1980 season. About fifteen rancous freshmen have come out for the team and have arrived at the first practice without a hangover, actually showing up in good shape.

Luckily veterans like gambler John Wilson ('82) and Greg "Little Dirt" Mazanek ('83) were on hand to show that a few hours sleep and Bloody Mary are enough to get a ruggers steaming around the field. Andrew Curtin ('83) and Rick Goldstein ('82) are back this year madly recruiting raw and ribald talent for the squad. And that infamous pharmacologist Walt Prozialek has been spirited away from

P.C.O.M. for a few games. Dr. Rugby himself George Omytrenko has returned for yet another season (without a beard to avoid prosecution on a public lewdness charge).

Hahneman Medical Students are permitted to do a "rugby rotation" with Philly Med. Rugby so "fly me I'm" Dominic Colletta has gotten a visa permit from his native Iran to play along with Fighting Irish vet John Goodall at the Hooker position (as well as other H.M.C. crazies). Special miraculous appearances are expected from ageless wonder Bob Izzard, Chris "Golden Toe" Pezzi, and "The Saint" Bob McNamara.

Some notable freshmen expected to play in the season opener against Haverford College are Mike Gaspari, Dave Hill (XL), Dave Lynch of Pittston fame, Dean "I have trouble

spelling my name" Sofereanor, Greg Postma, Alex "call me Chuck" Horschak, Vin. Mac Andrews, Guy Stofman, O.J. Simpson, John Pedrotty, Rich Tobin, Tony Furnary, Billy Sims, Chas. Leinberry, Dave Pernelli, Paul "try and pronounce it" Maciukiewicz as well as some who have not been paroled from prison.

The team holds an hour long practice every Wed. at ninth and Bainbridge streets all jocks welcome but remember to where shorts (don't forget spikes and mouth guard too). The squad is expected to warm up to competition against arch rivals Temple Med. that osteopathic school, and Wharton Business. All games are played at Belmont Field in Fairmount Park with a light social gathering following each game where rugby hymns may be heard.

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# Sports News

page 8

Ariel

September 26, 1980



Toddemmy  
Jeff Keenan, Howie Fugate, Mike Fetterhoff,  
Demonstrate Frisbee Skills

## FRISBEE IS THE ULTIMATE

By Howie Fugate

The Jefferson Ultimate Frisbee Club is getting set for the fall season. Concern for the loss of last year's senior members was somewhat alleviated after viewing the incoming freshmen. Many "rookies" showed up for the first practice, exhibiting quite a lot of speed and talent.

The team is preparing for its first game against the "Airforms" (a South Jersey team) on September 28. A fall schedule is planned against teams such as Hershey, Haverford, Philadelphia Frisbee Club, etc.

Anyone interested in finding out more about the Jefferson Ultimate Frisbee Club is welcome to contact Jeff Heenan (922-9782).

Note: For those of you who may need to be enlightened, ultimate frisbee involves seven players on a team attempting to pass the frisbee across the opposing team's goal line into the end zone. One may not run while holding the frisbee yet one can

pivot on one foot while attempting to pass (as in basketball). If a pass is not completed (either by it being dropped by a teammate or by deflection from an opposing team member) a turnover has occurred and the opposing team gains control. Play continues till a goal is scored and then resumed by a "throw-off" (like a kick-off in football). Each goal counts for one point.

For you neophytes, "signing up" is quite painless and this can be done at the issue counter in the JAH gym area. I sincerely hope that this year's Fresh person class will field teams of similar quality in the Fresh persons of yester year (The Birdmen, of course, come to mind). So, pack up the books, roll up your sleeves and I'll see YOU on the playing fields (or on the sidelines).

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### I. M. SCHEDULE

By Paul F. Mansfield

Well, it is Fall again (isn't it wonderful how the seasons repeat themselves) and T.J.U. is buzzing with new life. The Commons has a wide variety of sporting events scheduled for the upcoming months. My extreme investigative technique; asking Brend Peterson, the Commons Coordinator, has secured for THE ARIEL a list of sign up dates for the various events. These dates are of much importance to many of you, so take notes.

October 6 to 12

October Division "B" Basketball

October 20 to November 3

Billiards Tourney

November 10 - 21

Paddleball Tourney

November 10 - 21

Foosball Tourney

November 20

Recreation Nite - Sports Medicine

December 7

Recreation Nite - Bingo!

December ?

Division "A" Basketball

December ?

Womens Basketball

## EINSTEIN "Fun Run"

Joggers, join Albert Einstein Medical Center, Daroff Division, and WIFI Radio runners for the Einstein-Daroff 5000 meter run. Scheduled on Sunday, September 28 at 10 a.m., the run will be held at Franklin D. Roosevelt Park on Broad Street and Pattison Avenue. The Daroff 5000 will cover 5000 meters (3.2 miles) around the park lakes.

"Compete" with some of your favorite WIFI announcers who have accepted the hospital's challenge to participate in the "Fun Run." Runners' times will be clocked, and results will be mailed upon request.

Registration is free to all those who register on or before September 22. Post-time

registrants will pay a \$2.00 fee. Cash prizes will be awarded to the top runners in each of ten categories. Free Einstein T-shirts will be given to the first fifty finishers.

Parking will be available on lots off Pattison Avenue. Refreshments will be served following the race. Bring a friend along and have fun running the Daroff race.

Daroff 5000 is sponsored by the hospital in cooperation with the YM - YWHA and the Fairmount Park Commission.

For additional information about the run and registration procedures, please call Daroff's Department of Volunteer Services at 339-3740.

## VOLLEYBALL ANYONE?

Open volleyball is tentatively scheduled for every Wednesday of the week at the J.A.H. gym from 8 - 10 p.m. This is in anticipation of finding qualified players to form a team and play

in one of the Philadelphia area volleyball leagues. Anyone interested can play.

For more information, call Tom Rushmore at 922-7461 (he likes phone calls).

THE FIRST ETHICAL SOCIETY MEETING HAS BEEN SCHEDULED FOR THURSDAY, OCTOBER 2, IN JAH MUSIC ROOM FROM 5 to 7 P.M. GUEST SPEAKER: PAUL J. FINK, M.D. CHAIRMAN OF THE DEPARTMENT OF PSYCHIATRY AND HUMAN BEHAVIOR. HIS TALK WILL BE ON: "THE ETHICS OF HOMOSEXUALITY"



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