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Jeff Greenwald
Thomas Jefferson University

Ayn Siegal
Thomas Jefferson University

Dave Polis
Thomas Jefferson University

Rich Freeman
Thomas Jefferson University

Lenny Nasca
Thomas Jefferson University

See next page for additional authors

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Top Board Scores For Class of '82

by Jeff Greenwald

On June 10th and 11th of this past year, 224 students at the Jefferson Boards were participating in the most difficult test of their lives up to that point - the National Boards, Part I.

The results were extremely 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 by passing the boards is a prerequisite for continuing 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 10.1%). This was the lowest failure rate for Jefferson students since 1975 when the rate was 2%. In 1976 the failure rate was 2.2%.
The five students who did not pass were given the chance to take a retake 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. Manduke this is a significant difference. However, a comparison of the entering credentials of each class did not yield a "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 mean of 790 is close to the 3 standard deviations above the mean. Said Dr. Mackowiak, "My scores were never like that!"

by Dave Pals

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

"The people I've met are friendly," said Bob Hufford. 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 Bartlew said. "You don't realize you're in a filthy city," said Amy Weaver. Opinions about the three day orientation program varied.

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

"Everyone tried to be reassuring," Greg Holenda 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."
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. Logically, 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 Coppelia. 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.

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**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 comradeship.

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
Donald Myers
Deborah Malinick, president

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!
JMS Begins With Brunch

by Carl Shanaholtz

On Tuesday, September 9th, the Jewish Medical Society held 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 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 Shanaholtz at 629-1893, or leave a note in box 695 in Alumni Hall.

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Ideas In Medicine

Women Patients' Changing Attitudes

by Gretchen H. Shapero

As women struggle for equality in their social and professional lives, they are beginning to be more assertive about their bodies and to demand better care for themselves. Women are becoming more aware of the role they play in maintaining their health and are preparing themselves for an active role in their care. This trend is reflected in a variety of ways, such as the increased use of medical facilities, the greater emphasis on preventive care, and the growing interest in self-help and self-care. As a result, women are more likely to, as one patient puts it, "do more for their own health without necessarily seeing a physician." The trend is also evident in the increasing use of contraceptives, the growing interest in nutrition and dietetics, and the increased use of self-help groups. Women are also more likely to take an active role in the decision-making process, and to insist on being treated with respect and dignity. The trend is likely to continue as women's expectations and demands increase.
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?
Thefmishing touches on the long-delayed effort on health manpower needs were being made at the same time the House was considering 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 (GMEENAC) 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 GMEENAC members discussed the gist of it with AHN.

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 Committee to carry federal policy implications 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 on grounds sufficient physicians are being turned out.

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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, GMEENAC will recommend higher pay and broader responsibilities for these groups.

A series of preliminary recommendations was 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 1987 and 1984. Even a complete halt in training of some specialties would not suffice to prevent a surplus.

Peusner Petition

continued from page 1

On the 1979 Student Council Committee 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 presentation.

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 a proposal for a 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 at the same time the House passed the bill sharply phasing back capitation aid for medical schools on grounds sufficient physicians are being turned out. 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.

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The sauna we know today has evolved from the bathing facilities during his bathing. It was proven the existence of back to the roots of society, Babylon 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 Follush to remedy rheumatic pain. It is hypothesized that Ty Follush derived from the known as Tyrell bath. The evidence shows the patients perspiration concentration of area 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 uraemia (high plasma urea concentration) was also alleviated with sauna use. The rammifications from these findings may be for relating, (on anyone who has studied Physiology or Biochemistry at

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Suana Trivia

The art of the sauna is most revered by the Finish who divided their precious rituals into phases. Although they keep their saunas at approximately 250 degrees Fahrenheit, our catabolism of body tissues is more than adequately warm to achieve the desired effects. Stage I "KIRPI" is a quiet period of 10 minutes with "no talking" permitted. This stage involves sweating in the undressed state. 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) to make certain you drink water if you're thirsty and allow your pulse to return to normal before re-entering the sauna. Stage III "VIHTOMINEN". A cup of water poured over the stones can produce steam for this phase. Stage IV, "PESETYTTIMINEN". The Finn use warm water and soap brushes in the sauna for this stage. Stage V, "HUUDETTELU". In this stage, Finn 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, "JALKAMMITTELY". A short 3-5 minute stay in the sauna is now called for. Stage VII, "JAAHDYTTEL JA KUVATTUELU". This last stage consists of toweling off the hair and the back of the neck only allowing the body to air-dry outside. Remember, drink water whenever you are thirsty during any step of the sauna and abide by the old saying, "When at one's rope on the Finns do ..."

by Andy Curtis

While many armchair jocks see September as pennant races in baseball and the start of college football, this year at this time about thirty aging and winded jocks took to the field for "one last time" to grant and green through that graceful game called Rugby. The Philadelphia Medical Rugby squad has witnessed a slight but distressing change for the new 1981 season. About fifteen rangy freshmen have come out for the first practice and have arrived at the pool area or perhaps at Dr. Stage I "THUKKI" (A). The shower Jefferson's basement in the pool area or perhaps at Dr. Stage II "THUKKI" (B). The shower Jefferson's basement in the pool area or perhaps at Dr. Stage III "VIHTOMINEN". A cup of water poured over the stones can produce steam for this phase. Stage IV, "PESETYTTIMINEN". The Finn use warm water and soap brushes in the sauna for this stage, where they scrub themselves with soap and scrub brushes inside of the sauna. 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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.I.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
Football Tourney
November 20
Recreation Nite - Sports-Medicine
December 7
Recreation Nite - Bingo
December 9
Division "A" Basketball
December 9 Women's Basketball

Joggers, join Albert Einstein Medical Center, Daroff Division, and WFI 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 WFI 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.

EINSTEIN "Fun Run"

Joggers, join Albert Einstein Medical Center, Daroff Division, and WFI 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.

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VOLLEYBALL ANYONE?

Open volleyball is tentatively scheduled for every Wednesday of the week at the JAH 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 Rehnberg at 922-7461 (like 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"

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.

By September 28, a full 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.

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PANTS - $1.59
2 PC SUIT - $3.39

PROFESSIONAL TAILORING

HAND SEWN HEM
- always priced low, done well -

Mon. - Sat. 7:30 a.m. to 6 p.m.

BILL'S DEN

Barber and Unisex Hair Stylist
1015 Chestnut St.
Jefferson Building
Room 613
Friendly, talented service and a discount with Jefferson ID's!

Monday thru Saturday
8 A.M. to 5 P.M.