

1988

Rx: the official, unabridged, "how to" guide to 1st year: 1988-1989

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Boston University



Boston University School of Medicine

1988-
89

NOW JUST TAKE
ONE OF THESE
AND CALL ME
IN FOUR YEARS!



RX

THE OFFICIAL,
UNABRIDGED,
UNADULTERATED
"HOW TO" GUIDE
TO 1ST YEAR

ACKNOWLEDGEMENTS

This handbook was prepared under the direction of the Student Committee on Medical Student Affairs (SCOMSA). SCOMSA would like to thank the following people for their contribution to this handout.

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WELCOME

Welcome to Boston University School of Medicine!

I remember first arriving in Boston last year with combined feelings of excitement, apprehension, and curiosity about how I would deal with the many challenges that awaited me. In retrospect those feelings were all justified for the curriculum is unquestionably demanding. Take heart, however, in the fact that it is "doable" (even though it may not seem like it at times). Also, as myself and many of my classmates have found - there is time for activities outside of the medical school sphere. Take advantage of these opportunities for they can often help you cope much better with the workload.

A group of us have compiled and updated this book in order to ease your transition into medical school. We hope you find it as helpful as we did last year. You will also be assigned a second year student as an advisor. They will be getting in touch with you during the first week of school. If you have any questions feel free to ask them (you won't be bothering them for they volunteered for the role).

The best of luck to you as you venture forth into your first year.

Ellen Hight BUSM II
SCOMSA vice chairman



WELCOME

GRADUATE STUDENTS

Dear In-coming Graduate Students,

In the world of biomedical sciences you have to hit the ground running. Both academic and commercial realms are highly competitive, fast-moving, extremely diverse and continuously expanding. You'll soon find that BU's Division of Medical Sciences is uniquely integrated into the Medical School, School of Public Health, School of Management and other university resources, in order to provide maximum preparation for your career choice. For BU's young research scientists the biomedical field never looked as promising as it does today; not only here on our campus is the growth of facilities impressive, nor just in the biotechnology industry which is located on the periphery of the City of Boston, but also throughout the nation at-large.

For most of you, the graduate school curriculum will parallel that of the medical students. The medical students will far out number your fellow graduate students; and consequently, most lecturers will address the class as future physicians, allowing their clinical concerns to take priority over the intrigue of scientific details and the challenge of experimental design. This approach should delight those of you who have come here as pre-meds, for others Histology and Biochemistry this Fall will only serve to inoculate you with the infectious pre-med fever. For those of you who are true scientists in the making, don't be discouraged if your day-dreams in Bakst Auditorium only depict you as the hero's best friend. Biomedical scholars are no longer limited to being the unappreciated squires to the knights in the hospital. The rewards of scientific discoveries can go far beyond personal gratification and a coveted stack of first-authored publications. Remember that biomedical science is a business as well as an academic discipline. Moreover, the pharmaceutical and biotechnological industries don't require mal-practice insurance, nor \$25,000+/year tuition expenses ... nor National Board Examinations.

Thanks to the newly formed GSAC (Graduate Students Activities Committee), our student activities and social events are better than they have been for a long time. And if upperclass-students tell you that BU's social life is dead, which some of them undoubtedly will, they are only making self-fulfilling prophecies. Anyone who makes an effort to get out and meet people will find an active social life waiting. During the school's orientation period, GSAC will introduce you to senior graduate students and faculty members who will be able to help you in any way you need. I urge you to join GSAC and take advantage of their various programs.

If I can assist you during your preparations for graduate school before campus orientation, please call me at (617)484-6384 or send a note to L-704 on the BUSM campus.

See you in the Fall,



Divisional SCOMSA representative

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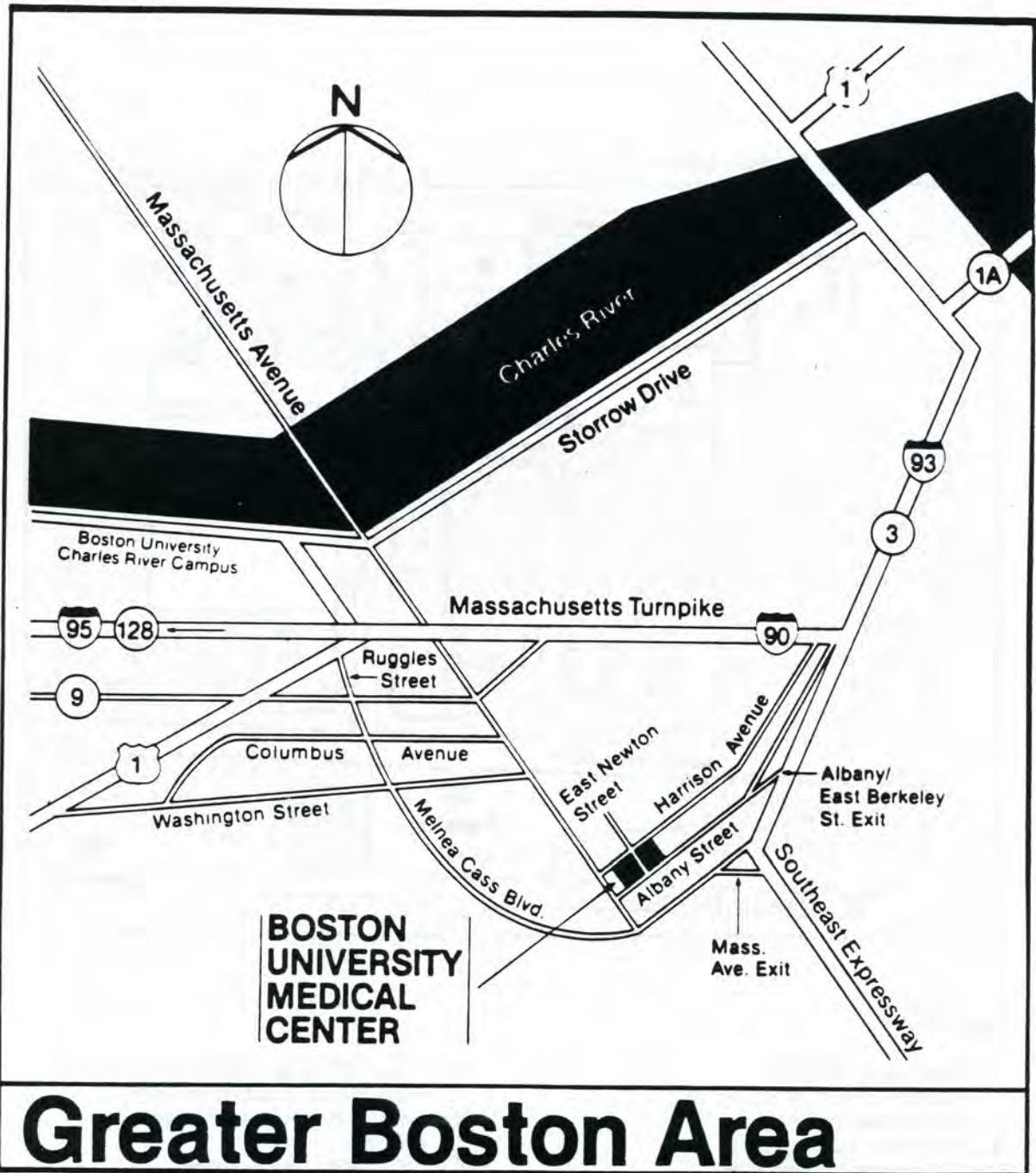
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Important Numbers at the Medical School

	Room	Number
Medical School		638-8000
Main Campus (Charles River)		353-2000
Student Directory (Main Campus)		353-3700
Aram Chobanian, M.D. <i>Dean, School of Medicine</i>	L-101	638-5300
William F. McNary, Jr, Ph.D. <i>Associate Dean for Student Affairs</i>	L-109	638-4166
Susan Mahair <i>Student Affairs Officer</i>	L-109	638-4166
Arthur Culbert, Ph.D. <i>Associate Dean for Educational Programs</i>	L-102	638-4194
Dr. John McCahan <i>Associate Dean for Curriculum</i>	L-103	638-4147
Barbara DiRusso, MSW <i>Course Coordinator</i>	L-103	638-4147
Mr. Charles Terrell <i>Office of Student Financial Management Assistant Dean for Student Affairs</i>	L-315	638-5130
Dorothy Keefer <i>Registrar, BUSM</i>	L-109	638-4160
Phyllis Stevens <i>Director, Office of Minority Affairs</i>	L-109	638-4163
Student Health Service	M.DT--202	638-8400
Dental Clinic	G-1	638-4700
Alumni Medical Library, 12th floor	L12	638-4232
Laboratory for Instructional Technology <i>(Computer Lab)</i>	L-G10	638-5433
Plant Services (Parking)	L-310	638-4211
Central Control	L-G04	638-4144
Escort Service (UH Security, after 7PM)		638-6667
Mail Room (for messages)	L-107	638-4156

THE FIRST DAYS





Greater Boston Area

Getting to Boston University Medical Center

Via Major Highways

From the North:

Routes 1 (via Mystic/Tobin Bridge) or 93 to Route 3 (93) (Southeast Expressway or Central Artery) South. Take Albany/East Berkeley Street exit. Follow Albany Street, then take a right onto East Newton Street.

From the North Shore and Logan Airport:

Sumner Tunnel (Route 1A South) to Expressway South, then take Albany/East Berkeley Street exit. Follow Albany Street, then take a right onto East Newton Street.

From the West:

Take Route 90 (Massachusetts Turnpike) East to end. Take Expressway (Route 93) South to Albany/East Berkeley Street exit. Follow Albany Street, then take a right onto East Newton Street.

From the South Shore:

Take Expressway (Route 3) North to Massachusetts Avenue exit. Take a right onto Massachusetts Avenue, then take first right onto Albany Street. Take a left at second intersection onto East Newton Street.

Via Public Transportation:

Bus #47:

From Central Square, Cambridge, to Boston University Medical Center. Stops at Boston University's Charles River campus. Frequency varies. Operates daily, with limited service on Sundays and holidays.

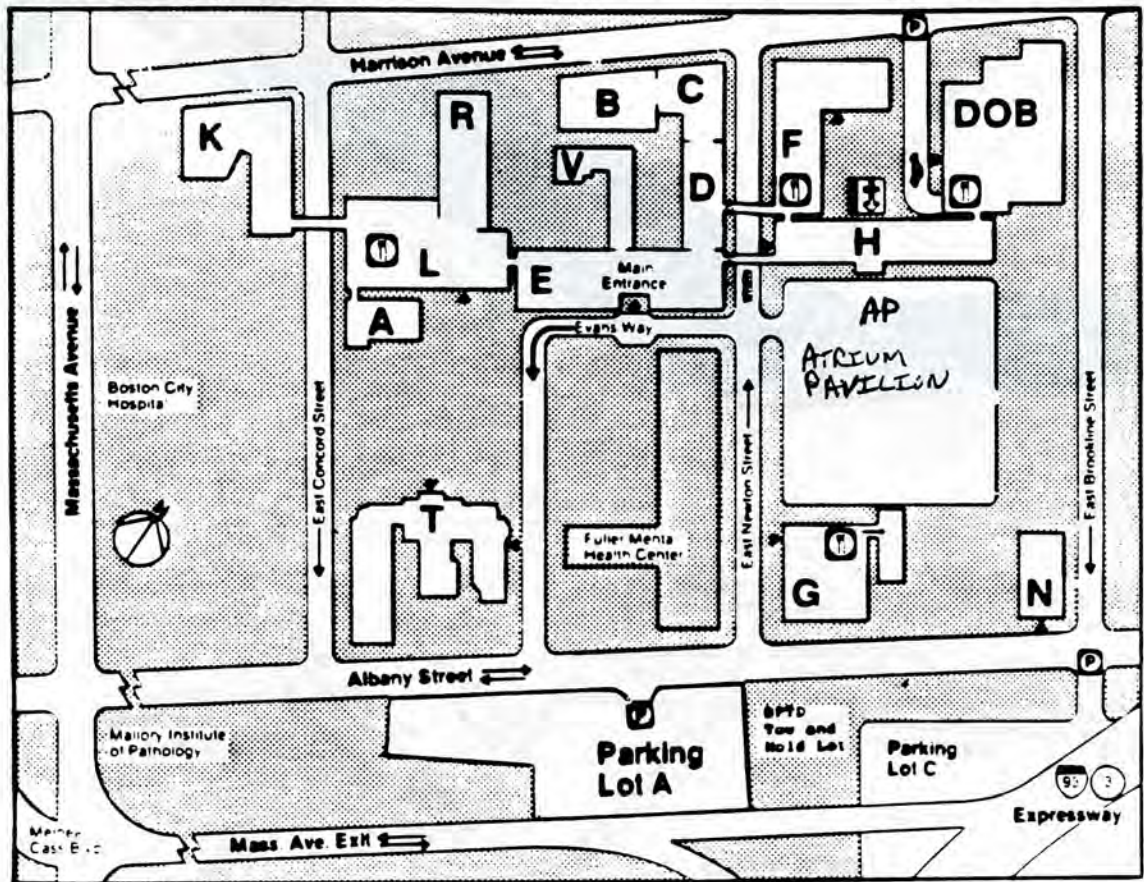
Bus #68:

From Copley Square, Boston, to Boston University Medical Center. Monday through Friday only.

Bus #49:

From Downtown (Essex and Washington Streets), via Boston University Medical Center to Northampton Station. Limited service Monday through Sunday.

Boston University Medical Center



Legend

- A** = Building A (BUSM)
Boston University School of
Public Health (SPH)
- B** = Robinson Building (UH)
- C** = Collamore Building (UH)
- D** = Old Evans Building (UH)
- DOB** = Doctors Office Building (incl. parking
garage), 720 Harrison Avenue
- E** = New Evans Building (UH)
- F** = Preston Family Building (UH)
- G** = Goldman School of Graduate Dentistry
(GSGD)
- H** = Health Services Building (UH)
- K** = Silvio O. Conte Medical
Research Center (BUSM)

- L** = Boston University School of Medicine
Instructional Building (BUSM)
- N** = Naval Blood Research Laboratory
(BUSM)
- AP** = ATRIUM PAVILION
- Site** Project (UH)
- R** = Housman Medical Research Center
(BUSM)
- T** = Talbot Building (UH)
- V** = Vose Hall (UH)
- (D)** = Dining Facilities
- (E)** = Emergency Services (Ambulance
entrance from East Newton Street)
- (A)** = Entrance
- (P)** = Medical Center parking facility

Boston University School of Medicine (BUSM)
Boston University School of Public Health (SPH)
Goldman School of Graduate Dentistry (GSGD)
University Hospital (UH)
at Boston University Medical Center

THE FIRST FEW DAYS

Registration - The Registrar has put together an information sheet that includes all the information that you need to register. If you are not completely registered (that means that full payment has been sent and processed), you will receive a note in your mailbox on the first day of school that tells you to report to Registration on the 14th floor the afternoon of August 30. The note will tell you what is missing.

You must come prepared to pay your bill **or** provide proof that payment will be forthcoming. The Office of Student Financial Management will issue vouchers to those students who have been awarded financial aid that has not yet been processed. You will know if you are one of those students in the middle of the summer when the Office of Student Financial Management will be issuing the statements of awards to all the students who applied for assistance. That document will tell you exactly what you are getting (if anything) and from what source.

If you have a Guaranteed Student Loan (GSL) that is in progress but the check has not arrived by the time school starts, you will need a special voucher that states that fact. The Office of Student Financial Management will be issuing those vouchers. Call the Office of Student Financial Management (638-5150) late in July to find out the status of your loans.

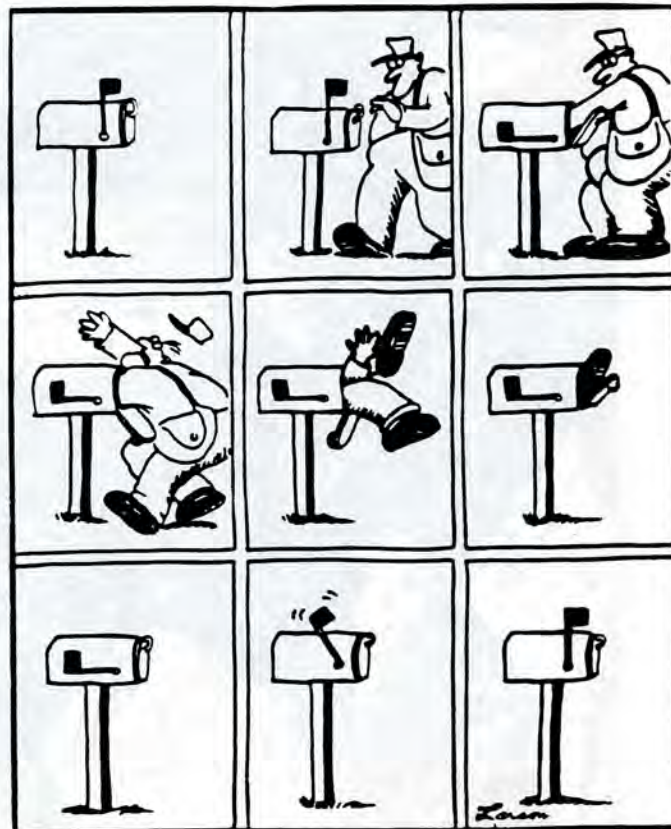


Student I.D. - Your registration packet will contain information concerning when you will get your I.D. pictures taken. If you are not at the medical school that day,

you will have to go to the Main Campus to have this done. This I.D. needs a little sticker on it to be valid. When your registration is completed, the sticker will be given to you. **Don't Lose It!** Because of the time delay between registration and I.D. photos it is possible to misplace this valuable sticker and replacing it is next to impossible. The student I.D. gives you access to the entire Medical Center and to the facilities on the Main Campus. It is also useful for student discounts at many places in Boston, and it will get you into several other libraries in addition to B.U. facilities.

Bulletin Boards - Behind the statues of the eminent scientists as you enter the medical school building are the ever important bulletin boards and mail boxes. The bulletin boards contain notes on societies, organizations, microscopes and books for sale (there are some up now), apartments for rent, parties for the class, and other items of personal interest, as well as class schedules and meetings. A bulletin board by the cafeteria has additional notices and departmental boards which list science lectures in the Boston area. There is an official, glassed-in, locked bulletin board outside room L-109 for *official* notices. Be sure to check this often.

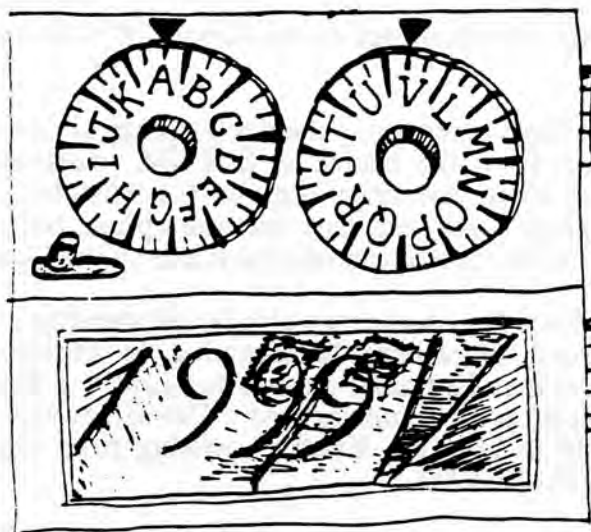
Lockers - During orientation, you will be assigned two lockers - one coat locker (tall and narrow) and another for your microscope (short).



Mail - The mail box area is a prime spot for a student traffic jam before lectures and during lunch hour. Incoming phone calls to students are not direct, but a caller may leave a message at the Mail Room (tel#:638-4156). The message is then left in the mailbox. Mail (school, personal or packages) can be sent to:

Name, Box #
Boston University School of Medicine
80 East Concord Street
Boston, Mass. 02118-2394

You must remember that your mailbox is **your** responsibility. **Check it daily.** When you are away from the school have someone else check it for you or leave a forwarding address in the mail room and in the Registrar's office. You will be issued a box number and a combination. Here's how the combination works. For example, your locker combination may be "A3 V2". Set the left knob to the letter "A" at the third mark and the right knob to the letter "V" at the second mark. See diagram:



Microscopes - First and second year students are required to have microscopes. It is recommended that they be binocular with a 10X, 40X and oil immersion objectives. In the past, most students purchased used microscopes from other students who no longer needed theirs. In general, you can resell the microscopes for close to what you paid. Considering that you will need one for two years, many students feel that it might be wiser to purchase one for two years and then sell it at the end of their second year.

However, due to the ever increasing prices of medical instruments, and the financial burdens which purchasing a microscope might impose on some students, six years ago the school arranged for a group rental of microscopes. These are of excellent quality and proved to be more than adequate for our requirements. Last year it cost \$230 to rent for the year. A microscope rental form may be picked up during the first week of school -- you will be notified. Also look on the bulletin boards for notices of microscopes for sale.

Name Tag/Composite Picture - On the first day of school you will get your name tags in your mailbox. You will need these every time you see a patient. You will be asked to wear them at all times while in school and in all BU Medical Center facilities.

Also on the first day of school you should get your composite picture taken. The exact time and place is indicated on your orientation schedule. These pictures are not the same as the student I.D. pictures which are taken later in the year. These pictures will be put on a composite sheet which is then reproduced and distributed to students and faculty. This way you can figure out people's names -- even late in the year when it has become too embarrassing to ask again.

Histology Placement Exam - Each year the coordinator of the Histology course offers a placement examination for those students with backgrounds in Histology. Students who pass this examination are exempted from the course. This is a great opportunity for those with a background in Histology to free up some time during the first semester.

Advanced placement in Histology at the School of Medicine is granted by one of two mechanisms:

1. Students who have taken and passed a histology course at a medical school will normally exempt from the course at B.U.S.M. Such students should have an official copy of their transcript sent to the Histology Course Manager, Dr. Deborah Vaughan. All requests for exemption must be made **in writing**. Exemptions from this course can only be made by the Course Manager.
2. Exemptions from the course may also be obtained by receiving a passing grade on the Advanced Placement Examination in Histology (*vide infra*). The Advanced Placement Examination will be given on September 9th starting at 1:00pm at a location to be announced. The Exam will last about three hours. You must apply to take the Exam **in writing** from the Course Manager, Dr. Vaughan at (617) 638-4200.

The examination is in two parts: a microscope practical, followed by a written multiple choice exam. You must pass the practical examination (70% or better) to take the written portion. Your combined score on both parts must be 70% or better to qualify for exemption. The practical portion consists of 30 microscope slides of organs: you are required to identify a specific part of an organ which is indicated. The written portion consists of 70-100 multiple choice questions covering cell, tissue and organ histology. These are in the National Board format and can be in the form of simple multiple choice, matching, multiple true-false, and simple true-false questions.

If you wish you may check out a set of class microscope slides after August 29, 1988, available in room L-1003. Questions should be addressed to Dr. Vaughan. If you elect to take the exam you must have a microscope to use the day of the exam. Some rental microscopes are available through Dean McNary's office.

Exemption from BUSM-Psychiatry Course

1. Students with Doctorates in Clinical Psychology, Masters in Social Work, Masters in Psychiatric Nursing may apply for exemptions from either or both the Didactic and Clinical parts of the course by a C.V. and a written statement to Dr. Kaufman's office. Call his office at 638-8541 to find out the application deadline. A course outline is available in Dr. Kaufman's office (P-904). An interview covering the course content and clinical experience may be requested of those applying for exemptions.

2. Students who are graduates of B.U.C.L.A. and have successfully completed both MMEDIC courses CLA PS245 and CLA PS371 are exempt from the didactic part of the course, including examinations. They are required to complete successfully the clinical part of the course, including the case write-up, and will, therefore, be assigned to patient interviewing sections.

If you intend to be exempted, please inform Dr. Kaufman at (617)638-8541 in Building P, Room 904.

What to Bring

"If you don't like the weather in New England ...wait a minute" - Mark Twain

Clothes - Fall and Spring bring variable weather to Boston with temperatures ranging from the 40's to the 80's. Yes, it's true. An umbrella that you can fit into your bookbag is a smart way to be prepared for the frequent un-predicted showers.

In the Winter it gets very cold, with temperatures ranging from below zero to about 40 degrees. A warm jacket, hat and mittens are a must. Be prepared for fierce winter winds! Most people wear wool sweaters as well. Bakst Auditorium, where you'll receive 99% of your lectures, has extremely variable temperatures -- not only daily but also depending on where you sit in the room! Keep a sweater handy, yet be able to remove very warm clothing when the heat finally does come up.

A second set of comfortable, washable clothes and shoes is recommended for Gross Anatomy Lab. Everything you wear or bring to the lab will absorb lab smell. You can keep these clothes in your lockers. The lab can be very cold so bring a non-wool sweater or sweatshirt. Wool will hold the formaldehyde smell even after washing. **Please** wash these clothes and lab coat so that the locker rooms, elevators, and you don't become offensive.

Books - All you'll want from home in this department is a couple of old favorites: novels, poetry books, cookbooks, etc... You may not have the time to read these. Leave the pre-med books behind -- you don't need them.

Recreational Equipment - Bring your sporting equipment along. There is time to ski, skate, swim, bike, backpack, rock climb, play tennis and ice hockey, etc... Boston is well situated for these activities, and exercise really helps to alleviate the stresses of school.

Hobbies in General - You'll need to escape into the non-medical world sometimes. If you play a musical instrument, paint, draw, knit or have other hobbies, bring your equipment along. At first you may not have the time to use it, but just after mid-terms, it will provide a welcome diversion.

Handicap Accessibility of B.U.S.M. Facilities

Most of the first year lectures and discussions will take place in L-Building, in the main medical school building. The two main lecture halls which will be used are Bakst and Keefer. Labs and discussions will take place in the second floor student base labs and in the Anatomy Lab on the 10th floor. There is a bank of three

elevators which go to all 14 floors of L-Building. In addition there is another bank of two service elevators which only go to the 10th floor.

L-Building does not have a ramp for wheel chairs at the front entrance. However, there are hand railings at the front steps. Access can be gained via the Evans building entrance of University Hospital during normal working hours and via the new Atrium entrance during after hours, on weekends, or holidays. The Atrium is connected to the Evans Building via the second floor. The Evans building is connected to the L-Building on the first, second and third floors.

Keefer Auditorium is located in the Evans building. There are no obstacles to the lecture hall, but there are steps within the hall itself. Wheelchair bound students may be confined to the back of the auditorium. Bakst Auditorium is located in the A-building which is connected to the L-building via a steep ramp. There are hand railings beside this ramp. There are steps leading to the stage in Bakst. In addition, there is a ramp which leads on to the stage at one end of the auditorium.

The student base labs and the Anatomy Lab are accessible to wheelchair bound students. The anatomy staff are willing to lower the dissection tables for disabled students. There are also stools available. If the stools are not visible during the first week of lab, ask Scott Estey for them. (Scott is the lab manager.) If there is any difficulty, talk to Dr. Richard Hoyt. Don't be shy, be comfortable!

If you drive and have a handicap license plate, there are H.P. parking spaces in front of the Evans building and the L-building. If you plan to drive to school on a regular basis, talk to Dr. Arthur Culbert about parking. He may be able to get a space for you in front of L-building.

If you have any questions regarding handicap accessibility of the school's facility, don't hesitate to contact Dr. McNary, Dr. Culbert, or myself, Sam Wu. (Box 409).

Hidden Expenses

After paying tuition, room, board and transportation costs, there are hidden expenses you should be aware of when planning your budget.

Books - Estimate \$700. You can spend hundreds of dollars on books in the first year. Most courses have recommended texts as well as required ones. It is important that you **be selective**. It's just not efficient if you use too many books. Most textbooks are on reserve in the library. Before buying your books you should examine the choices to see which ones suit your studying style. Ask some second year students. If you do not underline your books, you may want to consider using some of the reserve texts; some circulate overnight, others do not.

You do not need all of the textbooks for a course on the first day. Before purchasing your books, consult the course evaluations section of this book. There you will find the students' assessment of which texts were helpful for each course. The books listed are 1987-88 requirements and recommendations (except Biostatistics and Epidemiology). In addition to consulting these sources, do not hesitate to ask a second year student once you arrive. (It helps to talk to more than one student, because different people feel strongly about different texts.)

The BU Bookstore "Medical Center Campus Bookstore" is in the basement of the L building near the newly renovated cafeteria (scheduled for completion in mid-

September). Texts, reference books, cards, stationery, magazines and snacks are available. The bookstore is open from 9:30a.m. to 6:00p.m.

You may also buy new books from Brown & Connolly Medical Bookstore (1315 Boylston St., around the corner from Fenway Park) or the Harvard Medical Coop (396 Brookline Avenue next to Children's Hospital). New and used books may also be purchased during the first few weeks from various student organizations. Keep a watch for times and places. Finally, check the bulletin boards for private sales. These could mean big savings (if you don't mind some underlining).

Lab Coats - You will need a full length lab coat for Anatomy lab. You may not want to use this coat for anything else, so do not buy an expensive one. Estimate \$25. Student organizations may be selling used lab coats during the first week of school.

Throughout each section it is recommended that you wash your Anatomy lab coat and clothes (with plenty of detergent) to keep the locker rooms and elevators with sufficiently breathable air.

In April, you will need a short white jacket for Physical Diagnosis. You will wear this one to interview patients and you can use it for the rest of medical school. If you want to splurge on a lab coat, do it on this one. Estimate \$25. There will be opportunities to purchase these in the winter along with your medical instruments which you will begin to use in the spring.

Dissecting Kit - For use in Gross Anatomy laboratory. This can be purchased at any of the medical supply stores listed below (Estimate \$25). Consider buying a used one from a second year student.

Crown Medical Supply, 62 Brighton Ave., Allston

Manager gives a discount on many items for BUSM students.

Dunnington Drug, Doctor's Office Bldg., 720 Harrison Ave., Boston

Sparr Drug, 635 Huntington & Longwood Ave., Boston

Harvard Medical Ctr. Coop, 396 Brookline Ave., Boston

The kit should include:

- Sharp/Sharp Scissors (both blades pointed) -- small pair is essential for fine dissection
- Scalpel Handles (#4) and Replacement Blades (#22) -- slip on blade -- not the screw mount type
- Blunt Tipped Scissors
- Blunt End Probe
- 5" Forceps, smooth and rat-toothed
- Clamps (Hemostats), 3" Forceps, helpful but not essential

Non-Sterile Gloves - (Approx \$10/box). These are **required** in the Anatomy Lab. The department distributes only a token number of gloves. Some students purchased heavy duty kitchen gloves and washed them off every day. The number of gloves you use depends upon the amount of dissecting you do. Gloves are available at pharmacies and supply stores.

Gross Anatomy Lab - A certain decorum is expected of all students while in the anatomy lab. A list of "Rules and Regulations for Dissecting Rooms and Anatomists" and Extracts from Chapter 81 of the Public Statutes (approved in 1884) is posted in the Anatomy Lab. Read it some time. Additionally, lab coats and name tags **must** be worn at all times. Visitors are not allowed in the Gross Anatomy Lab without permission from the lab coordinator, Mr. Scott Estey, or course manager, Dr. Richard Hoyt.

Physical Examination - During the first two weeks it is expected that you arrange to have an appointment with the Student Health Office to file and complete a record of your physical health. This will facilitate the completion of your immunization record (a future requirement of the Boston Department of Health and Hospitals).

Medical Insurance - Medical students are **required** to have adequate medical insurance. You may have coverage from another insurance company or may enroll in the BUMC Blue Cross-Blue Shield plan at registration. Check out your coverage before you arrive. Insurance is expensive and there are no short cuts that will cut costs here, unless someone else pays it for you. Estimate \$748.00 for this year. AMSA also provides medical insurance to members at reduced rates. You must be a member to take advantage of this insurance. The savings may be worth the membership fee of \$40. See the Student Health Service section for additional information.

Personal Insurance - Last year a private insurance company offered a policy for \$42.00 which covered all books, microscopes, instruments and personal items against theft or damages for one year. Many students purchased this coverage.

Note Service - In the past years this service was provided by members of the first year class for the first year class. These note-takers provide a summary of the lectures for those who wish to use them as a study aid. The quality of these notes depends on the note-taker. Subscriptions can be shared to cut costs. This year, we did not have an organized note service, and many people feel that it would have been a great help. (It is very convenient when you miss a class.) This service can be organized by any interested first-year students.

Test Packet - A worthwhile investment. This packet contains old exams from the past 4 years (with answers) from all the first year courses. This is an extremely useful study aid for the first year courses. In 1986 this cost approximately \$50. This test packet may become available if an interested second year student assembles one.

Instruments - This is one of the major hidden expenses of the first year. Many students are surprised by the cost, but the purchase of one's instruments should be regarded as an investment rather than just another big-ticket item. Some students felt that it was worth investing in quality instruments at this time; others felt it best to wait until later when their cash flow improved and the knowledge of what they needed became clearer.

For the first and second year Physical Diagnosis courses you need the items listed below. If you were to purchase all of these items, the total cost would have been \$500-700 (January 1987 prices). There is an enormous amount of variability in the

prices of these items, so you should shop around (or better, have a relative or friend buy you some of these: this can really defray the cost and people love to get you these things).

- *Doctor's "Black" Bag
- Stethoscope
- Ophthalmoscope/Otoscope (with Attachments)
- *optional (consider a camera bag or something less expensive)
- Sphygmomanometer
- Tuning Forks (128, 512)
- Reflex Hammer
- Short White Jacket

Several companies offered these items last year which led to price wars. We won! The best advice is to shop around and ask questions. More information will be presented regarding instruments in the Spring. Just remember to include this important item in your budget.

EXPENSE SUMMARY

Required		Optional	
Textbooks	700	Note Service (Full Year Unshared)	150
Notebooks/Supplies	100	Personal Insurance	42
Medical Insurance	748	Test Packet	<u>60</u>
Anatomy Lab Coat	25		\$252
Short White Coat	25		
Dissecting Kit	20		
Microscope Rental	230		
Med. Instruments	<u>650</u>		
Total	\$2,498	Required	\$2,498
		Optional	<u>\$252</u>
		Total	\$2,750

Banking

The best bank for you will depend upon: (1) where you live, (2) whether you want access to 24 hour teller machines, and (3) the various fees associated with maintaining a NOW or savings account. In the past, the *Boston Phoenix* (a local weekly paper) has published charts of banking services in the early September edition, just in time for new students. Your best bet is to locate the banks nearest your home and call each one for information.

Two good choices are the BayBank and Shawmut Bank. BayBank has 24 hour teller machines at numerous locations throughout eastern Massachusetts (including in the Atrium of the University Hospital and next to Mugar Library on the Main Campus) which makes it extremely convenient. The Shawmut Bank has a 24 hour machine in Boston City Hospital which is very convenient to the Medical Center.

If you do not have an account in Massachusetts, come to town with plenty of cash or traveller's checks. Bringing a lot of cash to this neighborhood is not safe. Out-of-town checks take seven days to clear at most banks and you will have numerous major and minor expenses in the first week!



More "Advice"

Here are some bits of advice the Class of 1991 would like to give to you, the Class of 1992.

Don't let the attitude of others affect you significantly. So many times people will appear like they're "right on top of the material" when they're as lost as you are; other times they'll look bewildered when discussing their field of expertise. It's VERY important to set your own pace and stick with it. Don't worry. It's true that if you do a reasonable amount of work you'll pass.

Attend orientation events before school starts so that you will recognize some faces on your first day of classes.

Don't buy a lot of books immediately. Be selective, and talk to second year students before you buy. Remember that all books are on reserve in the library.

It is important to talk to many second years about whatever. Everyone handles various things (books, classes, peers, profs, etc.) differently. Your views can and probably will change many times during the year. It's all an adjustment.

Keep up with the work -- it's too much to cram. Even though it seems like a pain in the neck, it is well worth it to read over the handout for specific lectures beforehand. You will understand the lecture much better.

Even though it is sometimes hard to fit in, try to get regular exercise-- it really helps to keep things together, especially during finals. (The combination of stress and sitting in class all day can really take its toll.) You'll be much more mellow than everyone else!

Realize that people you live with can affect your studies.

Form a study group with people whom you are compatible --- a good "give and take" learning experience. Meet regularly.

Don't forget to make time for yourself-- there is always enough time.

A routine which you can strictly stick to can help.

Many people already know each other on the first day but many don't yet. Be open to new friends all the time.

Bring lots of ca\$h! I needed at least \$3000! You'll need it!!

Pack a sack lunch-- it's a good study break, and it's cheaper.

Keep contact with friends and family. Make a support network of people outside of medical school as well as of classmates.

ON COMING FROM FAR AWAY PLACES:

The weather isn't the only thing that seems unbearably cold, so can the people. However, once you've interacted with the natives, you'll find that they can be as warm as southerners and westerners.

The only time I had been to Boston prior to coming to school here was for my interview. So I was a bit frustrated at first with the "Boston" way of doing things. That means that when you look for an apartment you might find that many street names aren't posted, and the people drive like Fred Flintstone. Good housing is scarce (be prepared to interview to get into places, or pay a "finder's fee" to a realtor). I would strongly suggest checking out the B.U. housing office at main campus for housing leads. Also realize that the bars close at 2:00am (many close earlier), and the T stops running at about 12:30am, so if you're planning on going out (and you should go out every now and then), start early.

THE ACADEMIC YEAR



THE ACADEMIC YEAR

Course Evaluations

Before reading these evaluations, keep a few things in mind. The courses are demanding and difficult, but not impossible. You must settle in and develop your own ways of studying, regardless of the study methods used by those around you. It is important to make friends with your classmates and learn to study with them, since these people will be with you for the next four years.

The grading, as you may already have heard, is Honors (H), Pass (P), Deficiency-Low (DL), and Deficiency-Unsatisfactory (DU). This is done in an "attempt" to relieve student anxiety over grades. However, your anxiety is YOUR OWN and you can do a lot to minimize it, such as setting realistic goals and realizing your strengths and limitations.

Please, Please! If you have any questions or concerns, feel free to approach a second year student, since we have all been in your shoes and are very willing to help. One useful book to orient you to courses and medical school in general is *A Student-To-Student Guide to Medical School* by R. William Betcher.

Anatomy

Course Manager: Dr. Richard Hoyt

Required Texts:

- (1) Warwick and Williams, *Gray's Anatomy* 36th British Edition.
- (2) Sauerland, *Grant's Dissector* 9th Edition
- (3) A good atlas, preferably *Grant's Atlas* (indexed to Dissector).
- (4) A good medical dictionary (eg. *Dorland's* or *Stedman's*)
- (5) Sether: *Nasco's Cross-Sectional Anatomy Workbook*
- (6) Moore, *The Developing Human* (Embryology)

Recommended Texts:

- (1) Moore, *Clinically Oriented Anatomy*
- (2) Any of a number of anatomy texts: Gardner, Gray, & O'Reilly; Snell; Pansky; etc.
- (3) Langeman, *Medical Embryology*

Atlases:

- (1) Anderson, *Grant's Atlas*
Indexed to *Grant's Dissector*.
- (2) Clemente, *A Regional Atlas of the Human Body*
- (3) McMinn, *Color Atlas of Human Anatomy*
Photograph atlas. Good for thorax, abdomen, and pelvis.
- (4) Rohen/Yokochi, *Color Atlas of Anatomy*
Good for extremities and head and neck.
- (5) McMinn, *Head and Neck Anatomy*

Course Description

This course runs from September through March and is taught in three sections: Back and Extremities, Head/Neck, and Thorax/Abdomen/Pelvis. By the end you

will have learned an incredible number of names and relationships. There are many ways to approach Anatomy. The following are some suggestions to help you get a handle on the material.

Lecture - The lectures are designed to highlight various aspects of human anatomy and present clinical cases focusing on these aspects. Material presented in lecture is not sufficient to pass the exams.

Numerous sources may be used to study for the course, such as videotapes of dissection found in the AV room of the library, (highly recommended by some students), textbooks, atlases, cross-sections. The Anatomy Department will use Gray's Anatomy - British Edition as the main text. The organization of this book is complex and confusing because it is organized on a systems basis rather than a regional one. The best way to get acquainted with Gray's is to ask a second year to explain it to you. Although many students initially feel that other texts are easier to use, you will come to realize by Head and Neck that in order to fully cover the material you need to use Gray's. However, many students used Gray's only as a reference and did very well.

Pansky is a good book for short, accurate information in an outline form. Snell and Moore are helpful for clinical applications. For Head and Neck; *The Mixed Cranial Nerves* by Craigmyle (this book may be out of print so ask a second year for it) is an excellent text. This year there is a cranial nerve book by Watson-Pauwels called Cranial Nerves that may prove to be more helpful. Two additional points: 1. Embryology must be learned from the book in addition to the lectures - it will be on every exam; and 2. lymphatics must be learned from Gray's.

Finally, through your studies you will acquire the "language of anatomy" which will form the basis for communication among you and your fellow health professionals. There is no one way to study Anatomy. Chances are that no two people you talk with will have the same study methods. Find what works for you and **do it!** A thorough understanding of all the facts and general principles is a **must** in this course.

Lab - As Dr. McNary will tell you from the very first day, "*The cadaver is your best teacher.*" He's not kidding - dissection is the best way to learn the structural relationships of the human body.

Like lecture, it is of paramount importance to be prepared for the lab in order to avoid wasting time. This means having read the dissector and reviewed the atlas before each lab session. Realize that much of Anatomy is self-study and you will need to put in extra time in the lab to get the work done and learn the material. In studying for the lab practicals, reviewing cadavers other than your own is necessary since almost all of the bodies are used for exams. The laboratory is open from 7 a.m. to 11 p.m., seven days a week. Prosections can prove to be extremely valuable.

Get together with your lab group the first day and buy an extra dissector and used atlas. Mark them well with your lab table number and keep them in lab (they have a way of growing feet before exams). You can discard or sell these at the end of the year and you won't get your personal atlas covered with "lab substances".

Exams - There were seven exams - three lab practicals and four written exams. The lab practicals consist of identifying labeled structures without touching the specimen. Numerous cross-section identifications and some X-Ray identifications will also be on the lab practical, so make sure you are familiar with all relevant material in the "cross-section" room which is identical to the material in the Nasco's atlas. A practice practical will be given by second year students prior to your first practical exam. The written exams were 80% multiple choice and 20% essay. The multiple choice questions were very specific, and oftentimes very difficult. The essays required a detailed knowledge of the facts as well as an ability to present these facts in an organized and coherent way. Reviewing tests from past years is a helpful way to acquaint yourself with the method of testing and with the level of knowledge you will be expected to achieve. Always be prepared for lymphatics essays, there was at least one on every exam this year.

Syllabus - None. The handout consisted of schedules and some material for help in lectures, but these were not sufficient to cover the material.

Student View

You must learn most of anatomy on your own. Do not expect to be lectured on any of the material. Last year, on the Thorax, Abdomen, and Pelvis exam, one lymphatics question was mandatory. Be forewarned, in this course anything goes. Buy a cross-section book at the beginning of the year. Nasco's book is identical to the cross sections in the cross-section room. One last piece of useful information: don't neglect your cadaver during Neurosciences. If you do, when you return in February you will find that your body has mysteriously sprouted astroturf (i.e. green fuzzy mold). You may want to consider sharing your basement locker with someone else so you will have one "clean" locker for notebooks, coats, etc., and one "anatomy" locker for lab clothes and books. Or, you could use your histology locker for both your microscope and anatomy clothes.



"Okay, Williams, we'll vote . . . how many here say the heart has four chambers?"

Histology

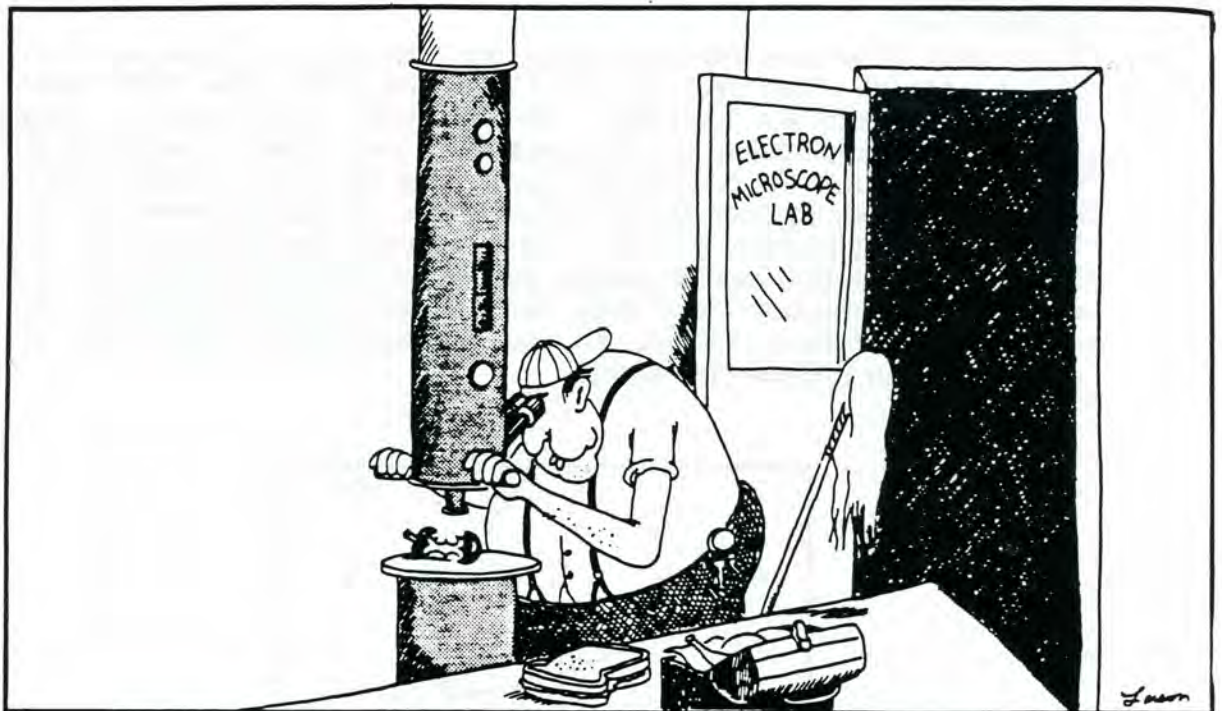
Course Manager: Dr. Deborah Vaughan

Required Texts (on reserve in the library):

- (1) Bloom and Fawcett, *A Textbook of Histology* 11th edition.
- (2) Wheater, Burkitt, and Daniels, *Functional Histology*.

Other Helpful Texts: (keep in mind all are on reserve)

- (1) Reith & Ross, *Descriptive Histology*, (Atlas)
- (2) DiFiore, *Atlas of Human Histology*
- (3) Junqueira, *Basic Histology*, (Lange Series)
- (4) Borishenko, *Functional Histology*
- (5) Leeson and Leeson, *Textbook of Histology*



Course Description

Histology involves the microscopic study of human tissues and organs as well as an introduction to their functions.

Lecture - The lectures were useful as an orientation for the laboratory. The Histology faculty within the Anatomy Department provides a well organized, complete handout for both the laboratory and the lecture. It will be easier to follow the lecture if the handout is read prior to class. Some lecture material is not found in the handout or the texts, but does appear on exams. Attending lectures and taking good notes are essential.

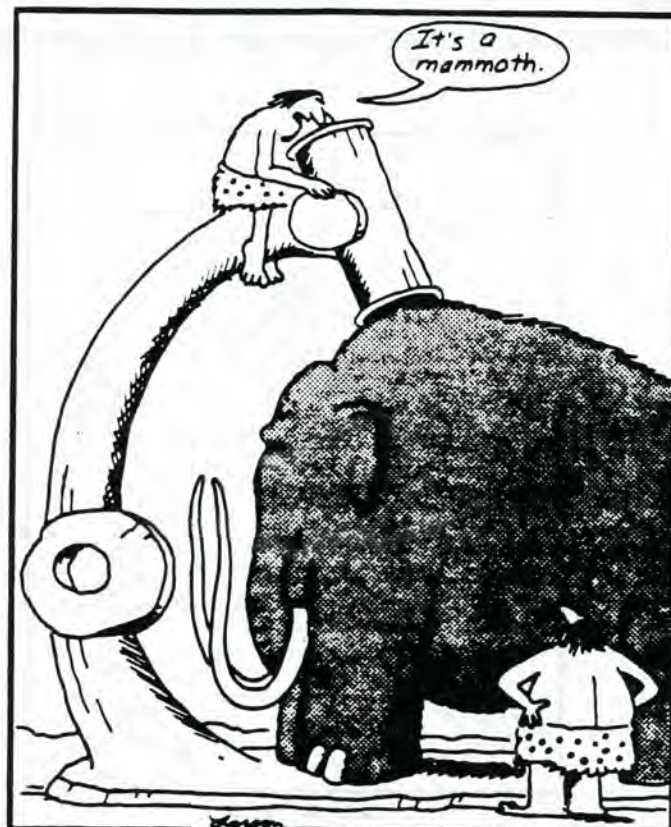
Lab - You need a microscope for lab (please see section on microscopes), and the slide collections are loaned to you individually by the Department. Attending the lab is beneficial since professors and teaching assistants are available to help you. However, (like everything else in medical school) you must expect to review the slides on your own. In addition to the slide collection, there are Kodachrome slides available in the audio-visual room of the library which cover all of the lab material for the course. Take advantage of these Kodachromes, especially when you are tired and don't want to use your microscope.

Exams - There were two examinations - each 50% written and 50% microscope slide practical. The mid-term exam covered tissue histology, while the final exam dealt with organ histology. As far as the written examination, anything goes. The most effective method of studying is: know your notes, know the handout, know Wheater, Burkitt. The practicals consist of identifying slides under your own microscope and pictures of electron micrographs within a given time limit. Practice practicals will be available before the practicals. Do not wait until the last week before the exam to review slides. Take advantage of the weekly review sessions offered by the Department. Most students found this extremely helpful.

Syllabus - As mentioned, the handouts for both lab and lecture are very useful and should function as your primary study guides.

Student View

Many students found Bloom and Fawcett unnecessary in order to pass. You may want to use it if you are going for honors, or if you would like more details about a specific topic. This book highlights some of the finer details that appear on the exams.



Early microscope

Biochemistry

Course Manager: Dr. Ellen Berkowitz

Texts:

- (1) Stryer, *Biochemistry*
Readable introduction to Biochemistry. Lucid and concise.

Course Description

Biochemistry is a molecular perspective of the structure and functional mechanisms of the body.

Lecture - The Biochemistry faculty is very good with a few exceptions. Attendance of lecture is crucial since the exams are based exclusively on what is presented in class. Stryer functions as a valuable reinforcer of the material, but it is not mandatory nor sufficient. Don't let the Biochemistry studying slide because of your other courses. There is no lab for this class.

Exams - There were three exams, each of which was non-cumulative. For the last two years there has been a written section to the exams in addition to the multiple choice section. The written section was mainly short answer type questions and some requiring knowledge of some chemical structures. It pays to concentrate on the lecture material when studying for the exams.

Syllabus - This really consisted of an outline of what was to be accomplished in each lecture. It was not a study guide. Some lecturers distributed their own handouts in class.

Student View

The most important aid in succeeding in this class is a good set of lecture notes.



Life in the petri dish

Psychiatry

Course Manager: Dr. Paul Kaufman

Required Text:

Simons, *Understanding Human Behavior in Health and Illness, 3rd ed.* You will need this book since it is a major source for the exam questions.



"So, Mr. Fenton . . . Let's begin with your mother."

Course Description

Psychiatry provides you with your first opportunity in medical school to enter a clinical setting. The purpose of the interviewing is to learn how illness influences a patient's whole person (and vice versa) as well as to demonstrate the nature of the patient-physician interaction.

Lecture - The course is divided into two parts - a series of bi-weekly lectures and ten Friday afternoon section meetings. The first section of lectures will cover medically relevant aspects of the lifespan, from pregnancy and childbirth through death. The second set of lectures will feature guest speakers who will discuss, among other things, questions of gender identity and psychosomatic illness. On Friday afternoons groups of seven or eight students will meet with section instructors at one of the B.U. teaching hospitals. The instructor will conduct the first interview; during the subsequent nine meetings each student will get a chance to interview a patient (not necessarily a psychiatric patient) within the group setting. Many of the clinical sites are located away from the medical center complex. Students with cars are asked to help transport themselves and their classmates. Dr. Kaufman will ask incoming students to indicate whether they have access to

transportation **before** the first general class meeting so that section assignments can be made.

Last year, the best part of the course was the clinical interviewing. Almost everyone seemed to have enjoyed and profited from the experience.

Exams - Last year, there were two overnight take home essay exams during the semester (each weighted 20%). Students found it helpful to discuss the essays in small groups. The final consisted of both multiple choice questions (20%) and a choice of essays (20%). In addition, each student was expected to "write up" his/her patient interview (20%). In order to do well on the multiple-choice final, one needed to be familiar with lecture material and the readings. The take-home essay exams were quite thought provoking. All of last year's exams will be on reserve in the library.

Syllabus - Consisted of lecture, interview schedules and selected readings.



"You know those teeny tiny little birds that walk around so trustingly inside a crocodile's mouth? Well, I just been eatin' those little guys like popcorn."

Neurosciences

Required Texts:

- (1) Nolte, *The Human Brain : An Introduction to Functional Anatomy*
A clear and complete text which was extremely useful.
- (2) Schmidt, *Fundamentals of Neurophysiology*
Only some students found this helpful.
- (3) Haines, *Atlas of Neuroanatomy*
Probably not necessary for the lecture material. Required for laboratory section of course. You may want to share one with your lab group.

Other Helpful Texts: (all on reserve)

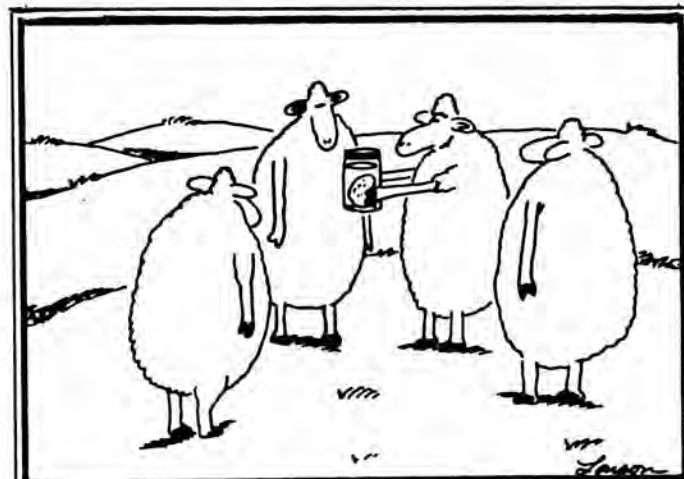
- (1) Affifi and Bergman, *Basic Neuroscience*
- (2) Goldberg, *Clinical Neuroanatomy Made Ridiculously Simple*
- (3) Sidman & Sidman, *Neuroanatomy - A Programmed Text (Vol. 1)*
A few people used this during Christmas vacation. This is a good way to understand the organization of the central nervous system. Once the course begins, there is very little time to make use of this text.

Course Description:

Neuroscience is a four-week intensive course of neuroanatomy, neurocytology, and neurophysiology. The course moves rapidly and leaves no room for falling behind. Expect to spend the month of January thinking of nothing but Neuroscience.

Lecture - The lectures were very well done and proved to be invaluable. Especially interesting were the clinical case presentations given by physicians. It is essential to have read the handout prior to class because the material is extremely complex. There are also Neurophysiology discussion sections which function to clarify Neurophysiology lecture material.

Lab - Lab consisted of presentations of dissected human brains and Kodachrome slide presentations of central nervous system Anatomy and Histology. Most of the lab studying must be done on your own time. Slides are kept on the second floor labs and in the library audio-visual room. Wet brain specimens are also kept in the second floor labs for use in studying. Staying on top of lecture material and learning the slides very early in the course is the key to doing well in neuroscience.



Danny shows off his sheep's brain.

transportation **before** the first general class meeting so that section assignments can be made.

Last year, the best part of the course was the clinical interviewing. Almost everyone seemed to have enjoyed and profited from the experience.

Exams - Last year, there were two overnight take home essay exams during the semester (each weighted 20%). Students found it helpful to discuss the essays in small groups. The final consisted of both multiple choice questions (20%) and a choice of essays (20%). In addition, each student was expected to "write up" his/her patient interview (20%). In order to do well on the multiple-choice final, one needed to be familiar with lecture material and the readings. The take-home essay exams were quite thought provoking. All of last year's exams will be on reserve in the library.

Syllabus - Consisted of lecture, interview schedules and selected readings.

Physiology

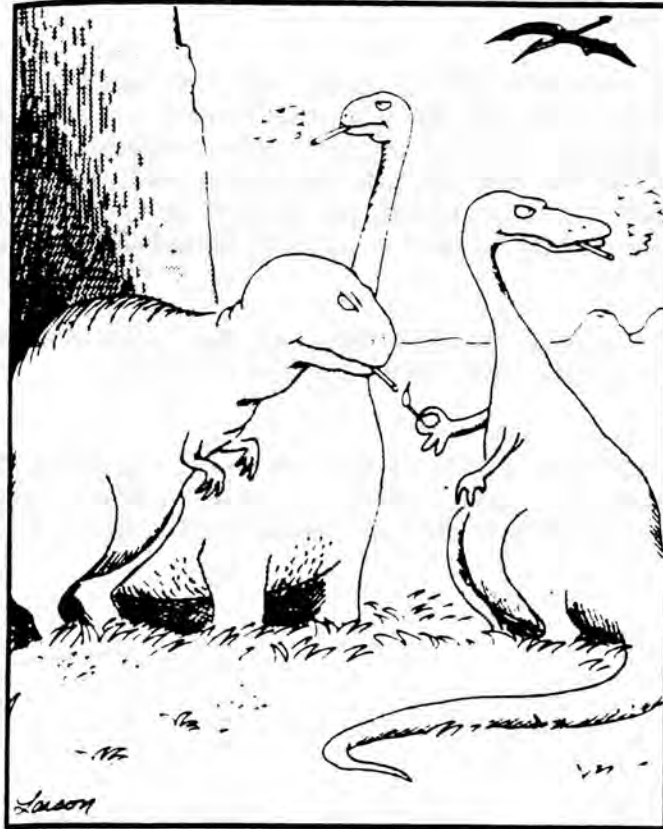
Recommended Texts:

- (1) Guyton - Textbook of *Medical Physiology*
- (2) Ganong - *Review of Medical Physiology*
Also excellent for endocrinology
- (3) Vander, Sherman, and Luciano - *Human Physiology*

The following are recommended monographs for the Physiology course: (they are available on reserve and may be more than necessary)

- (1) *Circulatory Physiology -2nd Ed.*, Smith & Kampine, Williams and Wilkins, 1984.
- (2) *Respiration Physiology -3rd Ed.*, John B. West, Williams & Wilkins, 1985.
- (3) *Digest of Digestion -2nd Ed.*, Horace Davenport, Yearbook Med, 1980.
- (4) *Renal Function -2nd Ed.*, Heinz Valtin, Little, Brown & Co. 1983.

There is no suitable monograph for the section on Blood. The handout on this subject will be adequate for your study purposes.



The real reason dinosaurs became extinct

Course Description

Physiology is the study of the functional mechanisms of the human body. The course integrates the Anatomy, Histology, and Biochemistry learned in the first semester. The course is divided into two sections. The first covers blood,

cardiovascular and respiratory physiology; the second covers the renal and gastrointestinal systems.

Lecture - The lectures follow the handouts closely. It will be easier to appreciate the lecture if you have familiarized yourself with the handout prior to class. The lecturers were responsive to student concerns and questions. Particularly interesting were the clinical lectures which involved actually seeing and talking to the patients in class. Discussion sections were held to clarify and apply material presented in lecture. Material covered in these discussions will show up on the exams and is not found in lectures.

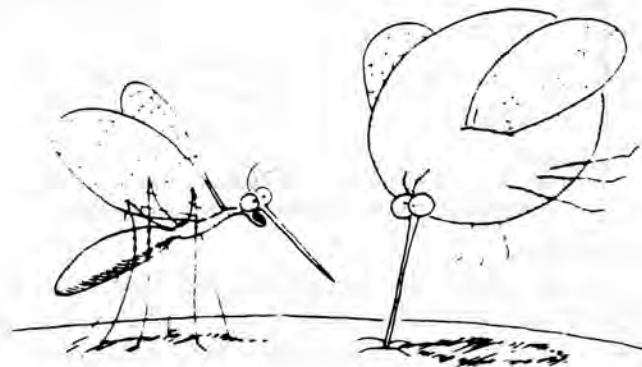
Lab - The lab consisted of clinically relevant exercises introducing the class to pulmonary function testing, blood drawing and analysis (from classmates), ECG and stress testing, and nasogastric tube insertion (on volunteers). Dr. Kaminer requests that students purchase their stethoscopes and sphygmomanometers **prior** to the cardiovascular section since they will be necessary for some lab sessions. However, this may not be possible because there is often a long wait after you order your medical instruments. The Physiology department offers an optional program lab where students can catheterize anesthetized rabbits in order to monitor cardiovascular function.

Exams - There were two multiple choice exams in the course. The first exam, given before spring break, covered blood, cardiovascular and respiratory physiology. The second exam, given at the end of the course, covered renal and gastrointestinal physiology. Part of the test will look familiar if you have reviewed the old exams. The problem sets are also crucial, particularly in cardiovascular and respiratory. The exams required you to have a working knowledge of the material and not a mere memory of it.

Syllabus - The handout should function as your main study guide for the course. You may want to supplement this with textbook reading.

Student View

Due to the variable quality of lectures in the second half of the course, it is recommended that you pay closer attention to handouts during this part of the course. Don't forget to go to class the day after Skit Night. The material will be on the exam.



"Pull out, Betty! Pull out! . . . You've hit an artery!"

Biostatistics/Epidemiology

Course Manager: Dr. Theodore Colton

Required Texts

- (1) Colton, *Statistics in Medicine*.
- (2) Hennekens and Buring, *Epidemiology in Medicine*

Recommended Texts

Leaverton, *A Review of Biostatistics*

Course Description

Epidemiology is the study of the distribution and determinants of disease in humans. Biostatistics incorporates the mathematical methods used to analyze medical data. The course lasts approximately five weeks and is designed to help you learn to read, criticize and understand the medical literature.

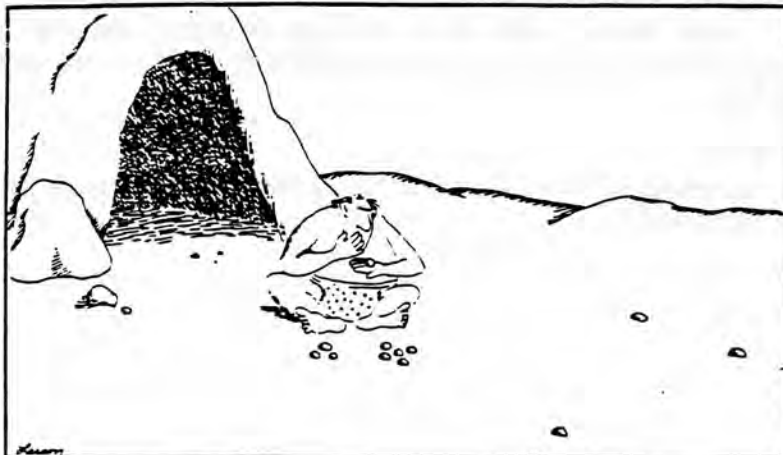
Lecture - The Biostatistics lectures were separate from the Epidemiology lectures. The Epidemiology lectures function as the primary source of information for exams. Textbooks are only supplementary. The Epidemiology lectures presented actual cases for problem solving. Several guest lectures were given by professionals prominent in the field of Epidemiology. The Biostatistics lectures were often confusing and complex for those with no background. Be prepared to learn this material on your own. There is no lab for this course.

Exams - One multiple choice exam was given at the end of the course. Look at old exams to see the kind of questions you will be asked. You won't have to do elaborate calculations, however a working knowledge of the material is necessary. A paper was also required which involved doing a critique of an assigned medical article.

Syllabus - The lecturers sometimes provided handouts, but these were only general outlines and not enough to study for the course.

Student View

It is difficult to say how to learn this material due to people's different backgrounds. Many people found the Colton text to be too in-depth. A simpler text such as Leaverton treats the material more concisely, or any basic statistic book will be useful.



Early stages of math anxiety

Socio-Medical Sciences/ Law & Medicine

Course manager: Dr. Arthur Culbert

Required Text: Starr, *The Social Transformation of American Medicine*
(you must begin reading this early in the course)

Course Description

The Socio-medical Sciences course has three components: Law and Medicine, a lecture once a week; Sociomedical Sciences lecture, two days a week; and elective seminars, twice a week.

Lecture - Law and Medicine is an introduction to legal concepts, how they pertain to the actions/inactions of physicians, and to the rights of patients and physicians. The lectures are engrossing and provocative. Many of you will probably be reading court decisions for the first time. They are long and complicated but very interesting. This part of the course received the best reviews by far.

Socio-medical Sciences is a series of lectures covering a variety of topics: the third party payment system, current criticisms of Medicine, access to health delivery systems, physician supply and distribution, and others. The lectures were worthwhile, stimulating and enjoyable.

Each student participates in two elective seminars. Some of these include Medical Ethics, Pediatrics in the Urban Setting, Politics in Health Care, and Computers in Medicine. Student evaluations of the seminars are available in the department office.

A student feedback committee existed for this course which met about every two weeks.

Exams - The SMS exam consisted of three essay questions discussing issues covered in lecture and the readings. This past year Dr. Culbert distributed eleven possible essay questions one week prior to the exam out of which four were chosen. One of the questions was mandatory and you could choose 2 of the remaining 3. No guarantees on how it will be done this year. The Law & Medicine test consisted of a one hour exam which asked us to discuss two cases based upon the cases which we had read and discussed during the course. In addition to the exams, each seminar had its own requirements which contributed to the final grade.

Syllabus - The Law and Medicine handout was interesting and complete, consisting mainly of legal cases. The Socio-medical Sciences handout supplemented the lectures with articles on current developments in health care. Both involved quite a lot of reading.

Student View

Be sure to prepare all 11 essays. It is helpful to study in groups in order to discuss the essay questions.

Endocrinology

Course Manager: Dr. Benjamin Kaminer

For information about textbooks, see Physiology discussion.



Testing whether laughter IS the best medicine

Course Description

The Endocrinology course is run by the Department of Physiology and covers the biochemistry, physiology and histology of the endocrine system.

Lecture - Many of the lectures were given by physicians. Do not let the studying slide even though it is the end of the year and the weather is very nice. The lectures, syllabus, and small group discussion sessions were well integrated which made learning the material that much more enjoyable. The group discussions allowed us to apply textbook concepts to clinical problems.

Exams - There is one multiple choice examination at the end of the course. The exam is comprehensive and detailed, including some of the clinical correlations from the discussion sections.

Syllabus - We were provided with a comprehensive syllabus at the beginning of the course which included the material covered in the lectures, laboratories, and discussion groups.

Student View

Make sure you attend the discussion groups. Knowing the handout is essential.



"And notice, gentlemen, the faster I go, the more Simmons sounds like a motorboat."

Physical Diagnosis

Course Manager: Dr. John McCahan

Required Texts:

- (1) Bates, *A Guide to Physical Examination*
Complete, concise and readable. Essential for this course.
- (2) Reiser and Schroeder, *Patient Interviewing*

Course Description

Physical Diagnosis is the first exposure to the basic skills and history-taking techniques involved in diagnostic medicine.

Lecture - The course consisted of lectures, workshops on communication, and small group sessions in which we learned how to use our instruments, hands, eyes and ears in the context of the physical examination. In addition to these sessions, we also interviewed two patients, one in a hospital setting and the other in a nursing home facility, and wrote up their case histories.

Students were evaluated on a Pass/Fail basis (truly Pass/Fail, no Honors or DLs). A strong point of the course was the personal, informal interaction between students and faculty in the small group sessions.

Exams - None. Evaluation by attendance at section and submission of two written patient histories.

Syllabus - Only scheduling handouts.

Student View

Clinical medicine can not be learned in Bakst Auditorium. The small group sessions were more helpful than lectures.



"I'm afraid you've got cows, Mr. Farnsworth."

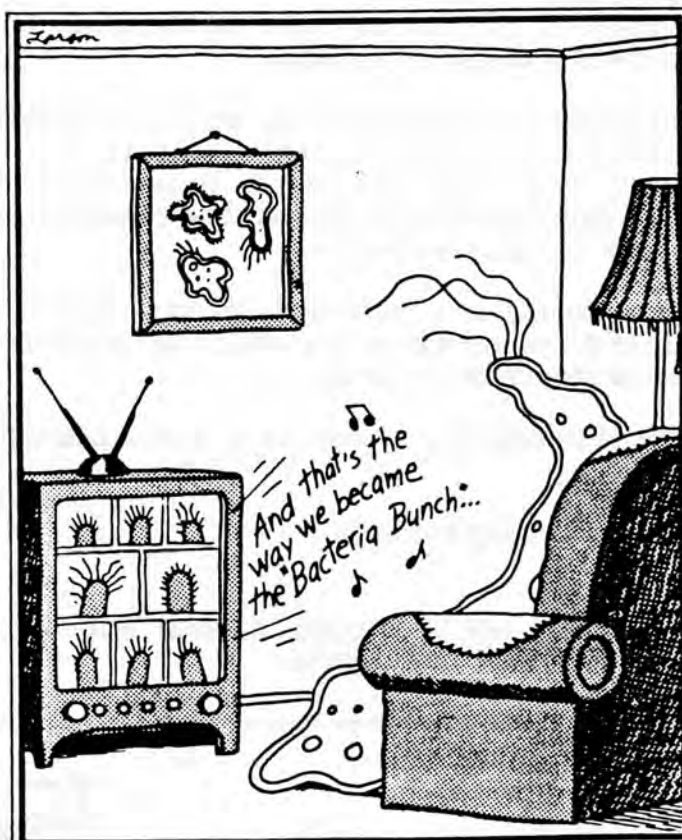
Immunology

Course Manager: Dr. Richard Miller

Required Text:

Roitt, *Immunology*

Helpful, backs up class material with diagrams.



Single-cell sitcoms

Student View

Immunology concerns all aspects of the immune system and introduces students to pathophysiology that will also be seen in the second year.

Lectures - There are 12 lectures in this fast moving course that leaves little time for falling behind. The lectures follow the handouts closely. It is essential to have read the handouts prior to class because the material is extremely complex.

There are no labs or discussion groups.

Exams - There is one "quiz" (actually an exam) given at the end of the course which consists of around 40 multiple choice questions. There is no separate grade for this course. Instead, it serves as 15% of the Microbiology and 5% of the Pathology course grades, both of which are courses taken in the second year. The Immunology exam is notorious for being difficult.

Syllabus - The handouts should function as the primary study guide for this course.

Student View

It is especially difficult to do well in this course because the exam material does not correlate well with the lecture material. The mean score on this exam is generally very low (59% in 1988, compared with averages between 70-80% in most other courses). Your best chance of doing well is knowing the handout cold.

The First Year How it Fits Together

September	:	Anatomy (Extremities),	Histology,	Biochemistry, Psychiatry
October	:	Anatomy (Extremities),	Histology,	Biochemistry, Psychiatry
November	:	Anatomy (Head & Neck),	Histology,	Biochemistry, Psychiatry
December	:	Anatomy (Head & Neck),	Histology,	Biochemistry, Psychiatry

----- Vacation (2 Weeks) -----

January	:	Neurosciences
February	:	Anatomy (Thorax), Physiology, Biostatistics/Epidemiology
March	:	Anatomy (Abdomen/Pelvis), Physiology, Biostatistics/Epidemiology

----- Vacation (1 Week) -----

April	:	Physiology, Socio-Medical Science/Law & Medicine, Physical Diagnosis
May	:	Endocrinology, Socio-Medical Science/Law & Medicine, Physical Diagnosis, Immunology

----- Summer Vacation (June - August) -----



"I've had it, Doc! ... I've come all the way from Alabama with this danged thing on my knee!"

		October 24 - 28					Oct. 31 - Nov. 4					Nov. 7 - 11					Nov. 14 - 18				
		M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
8:30																					
9:30	H	A		B	B	B	H	A	B	B	B	B	B	B	B	H	H	A	B	B	B
10:30	B			H	B		B		H	P		B	H	P			B		H		P
11:30																					
12:30																					
1:30				F					F					B							B
2:30	A	A					A					F	A				A				
3:30																					
4:30																					

B - Biochemistry
P - Psychiatry

		Nov. 21 - 25					Nov. 28 - Dec. 2					Dec. 5 - 9					Dec. 12 - 16				
		H	H	F	HOLIDAY		H	A	MMS	H	B	B	A	READING		B	H	READING		A	A
8:30																					
9:30	H	H	F				B	A	B	H	B	A	A			Exam	Exam			Exam	Exam
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11:30																					
12:30																					
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3:30																					
4:30																					

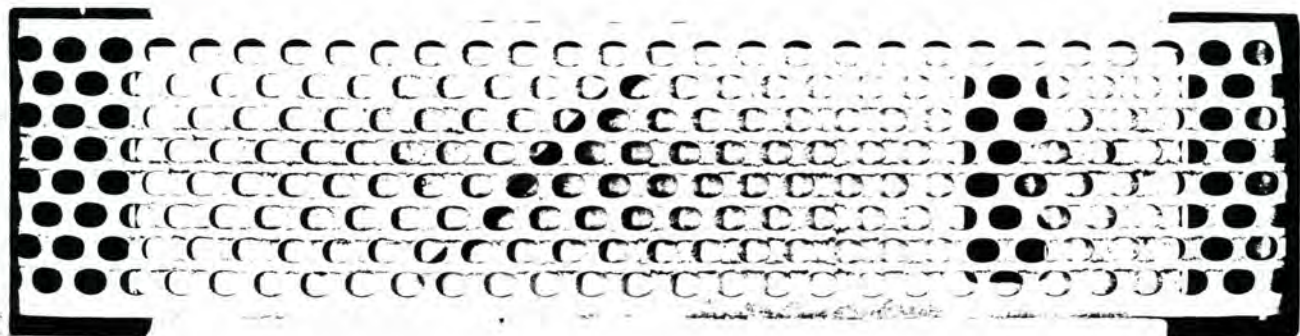
A - Anatomy
H - Histology

Note: You will notice that there are 3½ days of Anatomy during the first week. This is a stressful time but it allows for an extra reading day during 1st semester final exams. This is something that the first year class worked towards because we felt we did not have enough time to prepare last year.

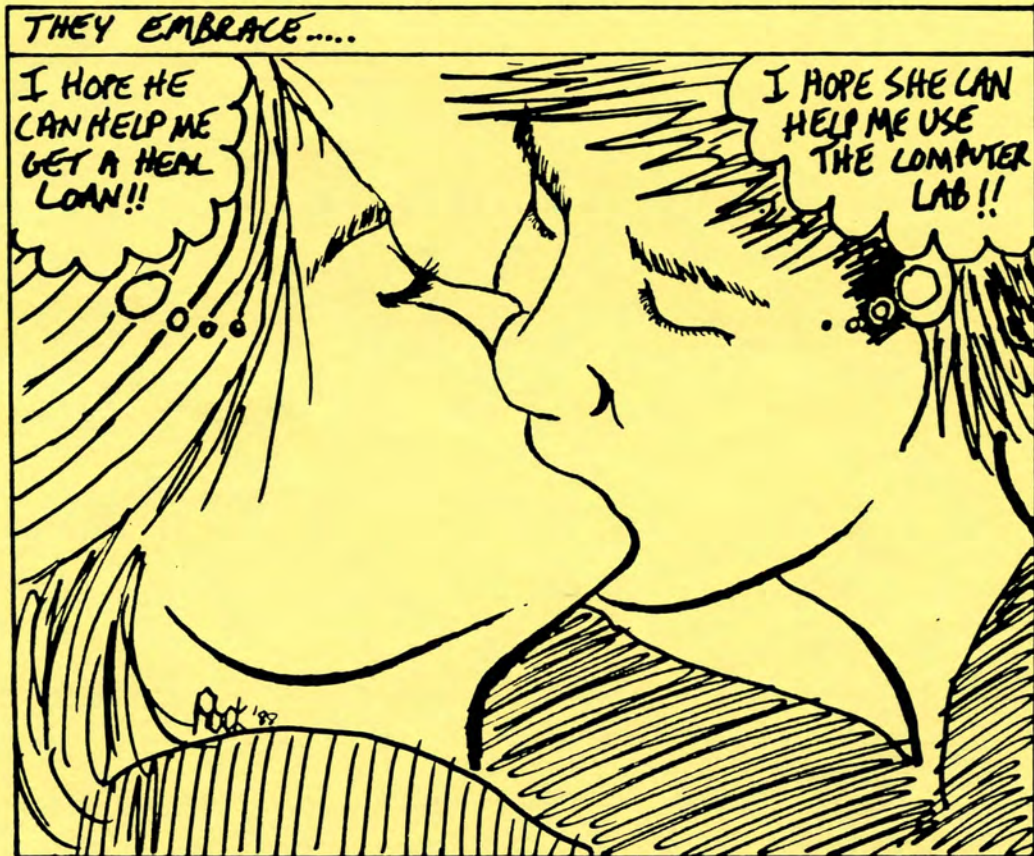
	Aug. 29 - Sept. 2					Sept. 5 - 9					Sept. 12 - 16					Sept. 19 - 23									
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	Sept. 26 - 30					Oct. 3 - 7					Oct. 10 - 14					Oct. 17 - 21									
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F					
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O - Orientation
 B - Biochemistry
 A - Anatomy
 P - Psychiatry
 H - Histology



BUSM SERVICES



BUSM SERVICES

Student Advising

Welcome to Boston University School of Medicine. One of the most important decisions facing you these next four years is choosing an appropriate career within Medicine that will best meet your individual needs. The constantly changing health care system makes this decision increasingly more difficult because it includes more than the choice of a medical speciality. Teaching, research or administration, combined with your medical practice, need to be considered when making your career choice. Your practice setting and its actual composition are also important components that need thoughtful attention.

The medical school experience is a critical time during which most students formulate their eventual professional career plans. The process of selecting a career is fluid, and your medical school experience will significantly influence the selection of your particular career choice. My office is here to assist you in this evolving career selection process.

I look forward to meeting and working with you during your four years at Boston University School of Medicine. Feel free to stop by my office at any time.

Arthur J. Culbert, Ph.D.
Associate Dean for Educational Programs
L-102

Office of Student Financial Management

As anyone who reads a newspaper knows, money is tight. This is especially true at the School of Medicine. Tuition has increased by 8.3% for the 1988-1989 academic year, from \$20,600 to \$22,300. On top of that we must pay for our housing, food, books, equipment, and entertainment (at \$5-\$6 a crack, movies aren't exactly the budget-minded student's dream come true). The estimated student expense budget for the 1988-1989 school year is \$32,734. This includes an estimate of \$6,700 for room and board, which seems to be a very low estimate. According to my trusty pocket calculator, this is a **BIG** number.

Unfortunately, there is a lot less money available. Almost all medical school financial aid is in the form of loans. The Office of Student Financial Management tries to distribute the available scholarship (very little) and the loan money in the most equitable manner. Also, they try very hard to explore all possible options with each student so that the student can both pay for medical school **and** graduate with a manageable debt portfolio.

If you applied and qualified for financial assistance, your package will cover around \$9,000 less than your need (which is determined through a Uniform Need Analysis with information gleaned from the Financial Aid Form you completed last spring). This aid will include Guaranteed Student Loans (GSL) which you should have already applied for through your bank.

If you need the "extra" \$9,000 (you probably will-- the financial aid formulas are notoriously stingy and do not consider the high cost of living in Boston), the Office

of Student Financial Management recommends that you apply for a Health Education Assistance Loan (HEAL) and an ALAS-PLUS loan. Many students do not recommend HEAL loans because these loans hurt-- the interest rate is presently market rate - approximately 8.25% at this time, but may go higher. Sadly, the shrinking availability of financial assistance will make these odious loans inevitable in the future. In addition, to make things worse, HEAL loans have recently become need-based. ALAS-PLUS loans are essentially 12% GSLs. Students qualify for \$4,000 per year to a total of \$20,000. Interest is 12% simple per year and is usually paid quarterly during school. A limited number of banks, however, will permit deferment of the in-school interest payments with the charges compounded as with HEAL.

Since the Congress acceded to President Reagan's plan to eliminate the National Health Service Corps, the only alternative to soaring debt will be independent wealth or enlistment in the Armed Services. The Army, Navy and Air Force offer full tuition scholarships in return for a four year service obligation. The Massachusetts National Guard Medical Student Commissioning Program offers a direct commission as a Second Lieutenant, a flexible schedule, and a yearly salary of \$2,804 for sixteen hours per month and 15 days annual training.

Sometimes there is help to be had from "Outside Sources" of financial aid. Small grants and loans from a few individual foundations, corporations, clubs and religious organizations go to a few BU students. They aren't much when you compare them to the number of financial aid applicants, but they are very helpful to the students who get them.

The best advice for students financing their education is to learn about the loans in your package. It is recommended that you read and understand the general information concerning your own loans very thoroughly. It would also be to your benefit if you talked to a 2nd, 3rd, or 4th year medical student about registration and your specific loans before registration day hits you, since things may become fairly complicated. Two financial aid publications, *Financial Assistance 1988-1989* and *The Entrance Interview 1988-1989* are especially useful, and each gives you examples of possible payback schedules. While neither book is easy reading and they both will make your fiscal prospects look worse than those of the MBTA, you should familiarize yourself with their contents. Award letters to the first year class are mailed out around mid-July.

These booklets are available in the Office of Student Financial Management in L315. Mr. Charles Terrell, Associate Dean for Student Affairs, is the Director of the Office, Mrs. Harriet Goodman is the Associate Director; and Mr. Edmund Kaufman is the Financial Aid Officer. The telephone number is 638-5130.

Library

The Library occupies the 11th, 12th, and 13th floors of the Instructional Building (Bldg. L). To enter, take the elevator to the 12th floor (the elevators do not stop on the 11th or 13th floors). The hours are posted outside the elevators.

The reference section is directly in front of you as you enter the library. The abstracts, indexes, dictionaries, and other reference works are kept here. Services

available in the reference department include instruction in use of reference tools, computer literature searches and interlibrary loans.

To the immediate right of the library entrance is the circulation desk where library materials are signed out and also returned after use. To check out books or journals, please present your Boston University I.D. card and fill out the card in back of each book. Books circulate for 4 weeks; and journals which are at least five years old, for 1 day. More recent journals cannot be checked out of the library. Renewals can be made if books are brought to the desk in person; no phone renewals will be accepted. The library does not charge a daily fine for overdue materials. Three overdue notices are sent to the borrower and there is a \$40.00 charge per book if the book has not been returned to the library 1 week after the last overdue notice has been sent. This bill will appear on the student's financial statement. Once the book is returned to the library, the student will be credited \$25 per book.

Next to the circulation desk is the reserve section, which contains books used in courses and also newest editions of books which are in great demand. Copies of *old exams* for most first year courses are also available. **BEFORE YOU BUY YOUR BOOKS IT WOULD BE AN EXCELLENT IDEA TO CHECK OUT THE RESERVE SECTION TO SEE WHICH BOOKS SUIT YOUR NEEDS AND STUDYING STYLE.** Some reserve books may be signed out for use in the library by leaving your student I.D. at the desk. After 4:00 pm they can circulate overnight until 9:00 am, unless marked *library use only*. Reserve books taken out Friday afternoon may be kept until the following Monday morning. There is a \$5.00 charge for reserve books not returned to the library by 9:00 am.

In front of the reserve section is the card catalog which is divided into an author/title section and a subject section. Most books (other than the reserve and reference books just mentioned) are found on the 13th floor. There is also a collection of easy reading materials in the Browsing Room located to the left of the library entrance. *The New York Times*, *Wall Street Journal* and *Boston Globe* are put there each weekday morning.

All journals are arranged alphabetically by title, and a listing of the library's holdings is found in the journal card file in the reference section. The most recent issues are on the 12th floor to the left of the reserve section; older journals are bound and shelved on the 11th and 13th floors.

There are coin operated photocopy machines located on the 11th and 13th floors which cost \$.10 per page. The machines will give change for quarters and dimes. Change for dollar bills may be obtained from the cafeteria in the basement and the UH gift shop. The most convenient and least expensive way to copy is to buy a library copycard from the circulation desk or plasti-cashier next to the Browsing Room (on the 12th floor). All prices are posted at the circulation desk.

The library also offers a photocopying service which costs \$.15 per page (forms for this service are available at the circulation desk). If the library does not own the materials you need, you can use the same form to request that we borrow them from another library at a cost of \$1.00 per request.

The audio-visual room is located on the 11th floor and contains non-print material and viewing equipment. Many programs are designed to go along with first year courses and are helpful aids. These include Anatomy, Histology, Physiology, and Biochemistry. AV hours are posted on the door.

Individual study carrels and small study rooms are located on the 11th and 13th floors, and large study tables are on all three floors. **NO FOOD OR DRINK IS ALLOWED IN THE LIBRARY.** Restrooms are located near the copy machines on the 11th and 13th floors.

In-House calls can be made from the wall phones on all three floors. Local and long distance can be made from the pay phones by the elevators on the basement, 1st, and 12th floors. Library phone numbers are:

Circulation desk:	638-4232
Reference desk:	638-4228
AV Room:	638-4244

The library staff at all these desks will be glad to assist you with any questions you may have. In the fall, the library hours will be:

Monday-Friday	8 am-11 pm
Saturday	10 am- 8 pm
Sunday	1 pm-11 pm

The A-V room hours are:

Monday-Thursday	8:30 am-9 pm
Friday	8:30 am-7 pm
Saturday	11:00 am-4 pm
Sunday	2:00 pm-7 pm

The Chief Librarian is Ms. Irene Christopher.

Other Libraries

BU Medical Students are eligible to participate in the area library consortium program. A valid BU I.D. entitles you to the in-house use of the following libraries: Boston College, Tufts, Northeastern, Brandeis, MIT, Wellesley, and U. Mass. Full borrowing privileges are available only if you have a consortium card. If you are interested, check with the reference department in our library and they will tell you how to get one. (This is a simple, quick process.)

You should also know about Harvard's Countway Medical Library, at 10 Shattuck St. Its location is best described as just off Huntington Ave. within the Harvard Medical complex. You can use any of the materials in-house if you have a valid BU I.D. and your name tag which says **BU Medical Student**. Full borrowing privileges can be obtained if you purchase a student membership at the front desk of Countway (or if you are a member of the Mass. Medical Society).

If you are looking for a quiet place to study, both the BU Law Library on the 2nd floor of the Law School and the Theology Library (on the 2nd floor of the Theology building which is located next to Marsh Chapel on Main Campus) are excellent hide-aways. The Mugar (BU undergraduate) Library can be a social center during finals weeks. In general, the higher floors (4,5,6) are quieter than the lower floors.

The Boston Public Library is located on Boylston Street in Copley Square. The old annex is usually very quiet. There is also a courtyard with chairs to sit outside on a nice day. The old BPL is one of the best kept secrets in Boston, so don't miss it.

Student Health Service

The Student-Employee Health Service is located on the first floor of the Talbot Building at the Medical Center Complex. Medical students use this health service rather than the one located on the main campus which is for students in other degree programs.

Over the summer you will be receiving a physical exam form in the mail. If you have had a recent complete physical, have your doctor fill out the form and mail it back. If you have not had a recent complete physical, contact a physician and have one done before you get here. Be sure to have a rubella titre done as part of the entering students are tested for this during the first few days of school.

Ambulatory Care

Daily sick call is held in the Health Service in Talbot Building. Clinic hours:

7:30-10:30 am	Monday through Friday
1:30-3:30 pm	Monday through Friday
12:30-1:30 pm	Monday, Thursday and Friday

The families of students are not covered by the Health Service, but advice and help will be given whenever possible. Please notify the secretary in the Health Service if a family member needs to be seen, and an appointment will be made.

Students whose homes are in the Boston area may prefer to see their own physician. Students with health problems who have no physician are urged to use the Health Service.

Health Services may be reached at:

Health Service	638-8400
Main Campus	353-3575

Emergency care during the day will be arranged by the Health Service nurse. Evenings and weekends, students should use the University Hospital Emergency Room on H-1.

A psychiatrist, Dr. Roy Shulman, is available for consultation and short term treatment. He may be reached at:

Answering Service 354-1551

Medical Insurance

Students may choose to subscribe to the recommended Health Insurance (Blue Cross/Blue Shield). This policy provides:

- 1) Liberal coverage for hospitalization & ambulatory care.
- 2) Partial coverage for psychiatric care.

Students are responsible for all health costs incurred. Although no professional fees are charged at the Health Service, services offered are not complete and they

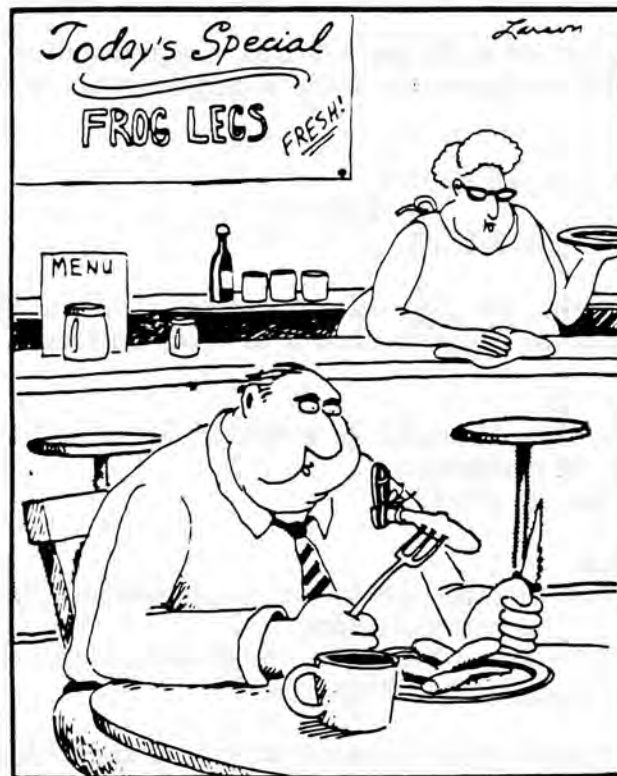
Students are responsible for all health costs incurred. Although no professional fees are charged at the Health Service, services offered are not complete and they may be difficult to obtain. Other plans to consider are various HMO's such as Harvard Community Health Plan and Baystate Health Care, but you will likely find individual plans too expensive. A popular insurance plan with many students is the plan offered by AMSA. The deductible is \$75 instead of \$50, and you must join AMSA to subscribe (\$40), but the subscription price is less than half of BC/BS so it may well be worth it. Check with AMSA for more info.

Dental Services

Dental insurance is available through the Goldman School of Graduate Dentistry. Call 638-4700 for information. This policy is totally separate and not affiliated in any way with the University's Student Health Services or Medical Expense Insurance Plan. Students should note that service here is done by dental students and dentists and because it is a teaching clinic it will take longer for a procedure than if you had it done at a non-teaching clinic. The cost of service, however, is lower than that of a non-teaching clinic.

Dining Facilities

BU Dining Services - This summer the dining area is undergoing a major renovation that we are told will be completed by the beginning of the school year. Hours of operation are still undecided. This past year, the dining services offered breakfast and lunch. The hours were 7:00a.m. to 3:00p.m.



Last year many BUSM employees and students bought their lunches in the cafeteria. Expect this trend to continue. Be forewarned that this may create a small mob scene around the serving area and cash registers between 11:45am and 1:00pm.

Another alternative in the early fall and late spring seasons is the vendors on E. Newton St. They offer decent food at a reasonable price, and the lines are usually short. Usually, there is a pizza truck, a hot dog stand, and several trucks serving greek sandwiches and salads.

In the cafeteria area there are vending machines for soda, coffee, munchies, cigarettes, and soups/sandwiches/milk/juice/microwave popcorn. In addition, there is a microwave oven available for use at all times. Many students who were on tight budgets (aren't we all!) brought their own meals to avoid the expense of buying a lunch each day. We hope that by the fall a refrigerator and two microwave ovens exclusively for student use will be available in the Student Lounge on the 14th floor.

F-1 Cafeteria - This is UH's cafeteria and is located next to the chapel on the first floor of the F building. Its hours on the weekdays are 7:00am - 10:30am, 11:00am - 2:00pm, and 4:00pm - 7:00pm.

Bookstore

An extension of the B.U. Bookstore is open in the basement of the L Building (next to the cafeteria). This facility receives daily shipments from the BU Bookstore in Kenmore Square. It offers general trade books, professional reference books, magazines and paperbacks, bargain and travel books, school and office supplies, gifts, stationery, insignia merchandise, calculators and batteries, snacks and candies, and many other items. It also carries textbooks for the medical school courses.



Laboratory for Instructional Technology

This lab is also known as the Computer Lab. One of its stated goals is *"to provide students with easy access to computers."*

Services

These include free use of the Lab's equipment and software, free loan of portable computers as available (with deposit of \$100 check) for one week periods, opportunity to sign out keys to use Lab during normal working hours, and **individual assistance** in learning basic microcomputer functions from Lab monitors and staff. Terry Field is Director of the Laboratory for Instructional Technology (LIT) and she and her staff are extremely helpful and available. They are especially patient with the novice computer user! Get to know and use these facilities early on.

As first year students we used the lab to word process reports and notes, call out to bibliographic databases to search for references, set up databases and spreadsheets for research projects, and work with computerized instructional programs for several courses.

Equipment

- 10 Hewlett-Packard 150 microcomputers
- Apple IIE computer with dual disk drives
- 2 Apple Macintosh SE with dual disk drives
- 5 IBM compatible microcomputers
- 2 LaserJet Plus Printer

modems are installed in most computers

Software

A variety of word processing, database, spreadsheet, statistics, graphics, and instructional software are accessible in the Lab. Individual assistance, documentation and locally prepared handouts on the most common packages are available during official hours.

Hours

The Lab is officially open 7 days a week during the school year (Sept. to June). Classes and training sessions on computer use are sometimes scheduled in the Lab. At these times the Lab will be temporarily closed to student use. It is a good idea to call the Lab in advance to check on scheduled closings if you have an upcoming deadline on a computer project. Telephone number is 638-5433.

Hours of operation: Monday-Friday 11 am- 6 pm, Saturday-Sunday 11 am- 3 pm.

Courses

Last year the Socio-Medical Science course offered a number of different seminars that involved working with computers. You might want to consider signing-up for one of these.

Physical Education

The Case Center is the gym facility on the main campus (Babcock Street) and is open, free of additional charges to all medical students. The facilities include a pool, ice rink, tennis courts, fitness room, and weight room. Hours vary for each of

the facilities but are generally convenient. For up-to-date hours and info, especially during holidays, call the Recreation Hotline at 353-4141

Security and Emergencies

The Medical Center is located in an area generally described as having a high crime rate and BUMC has instituted precautionary measures. Escort service is available to Parking Lot C if requested. It will also take students to the Trustee's Management Bldg. (Codman Bldg.) at Boston City Hospital.

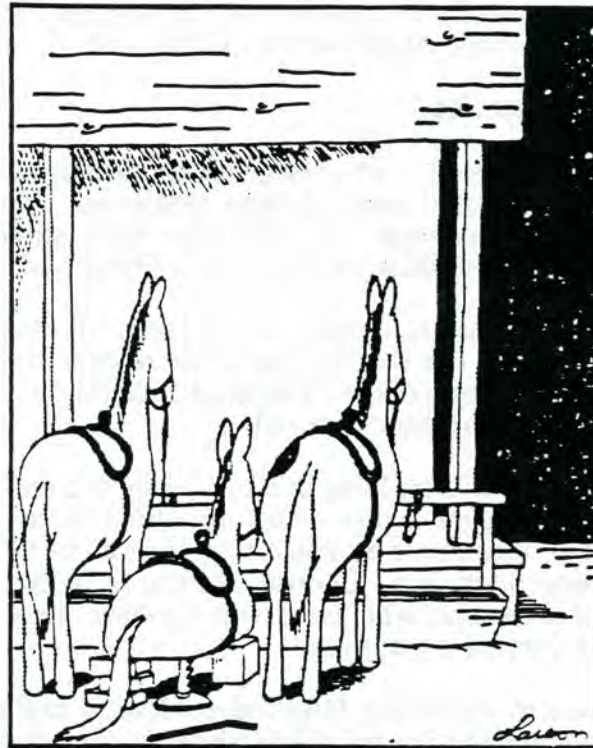
Fire Emergency instructions are located on all floors. If evacuation of the building becomes necessary, please use the stairways. In no case should elevators be used. You will find an Emergency Yellow Telephone located on each floor opposite the elevators. These are for emergency use only.

Located in the basement of L building in Room G-04 is Central Control. This room is manned twenty-four hours a day. This operation is your direct link with any maintenance problem that you may encounter such as locked classrooms, elevator problems, fire, emergencies, etc. Central Control is in constant contact with the Medical Campus Police who will assist you however they can. The telephone number for Central Control is ext. 4144.

At 6:00 pm entrances to University Hospital are locked and are not reopened until 7:00 am. You may enter the School of Medicine through the main doors after 6:00 pm but you must show your ID and "sign the book". **YOU MUST HAVE YOUR I.D. BADGE AVAILABLE AT ALL TIMES.** Escort Service is available through University Hospital Security after 7:00 pm, call X6667.

Transportation

Car Parking - Students may park their cars in C Lot (or B lot for a bit more \$\$). A sticker may be obtained from Plant Services, L-310 when you arrive at school. C Lot entrance is on Albany Street across from University Hospital and next to the Flower Exchange. It's about a 5 to 10 minute walk from the medical school (This amount of time is directly proportional to the average daily temperature and indirectly proportional to the amount of time by which you are late for an exam). Daily tickets for C Lot (\$25.00 for a book of 20 or \$3.00 per day without a ticket) are available at the Cashier's Office on the second floor of the Atrium of the New UH, across the hall from the Bay Banks machine. A free shuttle bus runs between C lot and the entrance to the Evans Building, which is next to the School of Medicine, from 6:30-9:30 am and 3:30-6:45 pm. Parking on the street near the Medical Center is **NOT** recommended. Meter maids are a constant problem and car theft and vandalism are far from rare.



Never park your horse in a bad part of town.

Please be aware that Boston has decided to ease its fiscal problems in part by ticketing relentlessly. Out of state plates will not help you. Boston tows and has a good supply of the dreaded *Denver Boots*. If you have a car in Boston you may find the one way and non-parallel streets confusing at first but you will soon learn the best routes to get where you are going and avoid traffic. Buy a street map. (This can be helpful even if you don't own a car.) A little careful study before embarking on a journey can save lots of time.

Broadway Shuttle Bus - This free shuttle runs from the Broadway station on the MBTA Red Line; the first pick-up is at 6:30 am. The last morning shuttle bus will leave Broadway for the Medical Center at 9:20 am. At 3:30 pm, the shuttle bus will make its first afternoon pick-up at the Medical Center. The bus will shuttle between BUMC and Broadway until 6:45 pm when the bus makes its last departure from BUMC to Broadway. The bus will stop at the main entrance to University Hospital on Evans Way and at the School of Graduate Dentistry during these times. The Monday-through-Friday shuttle bus service runs every 15 minutes, weather and traffic permitting. After the shuttle ends, a BUMC van runs on request from UH to Broadway Station, but be prepared to wait.



"Something's wrong here, Harriet . . . This is starting to look less and less like Interstate 95."

BU Shuttle - This shuttle is very convenient for students living along its route. It tends to be very crowded in the mornings so if you're not fortunate enough to get a seat, be prepared to stand. It departs from CVS, 1266 Comm. Ave at 8 and 11 am, 1:30, 3:30, and 6:30 pm, makes several stops along BU's main campus (on Comm. Ave), and proceeds to the medical campus via Mass Ave. The 8 am shuttle should arrive at the medical campus in time for an 8:30 lecture. It leaves from E. Newton St. at 9:00am, 12:00, 2:30, 4:40 and 7:30pm. Times may be subject to change! And remember that at 4:45 after a long day in Anatomy Lab you can't catch another shuttle until 7:30, so try to leave lab a little earlier.

You should also be aware of the fact that **the shuttle only runs on days in which classes are held at the Main Campus.** Keep this in mind during the beginning and end of each semester as well as during the the Spring Break season.

Mass Transit - As an alternative to the automobile, this city offers one of the more extensive mass transit systems in the country. The MBTA operates a full system of subways, trains and buses throughout the metropolitan area. The "T" even connects with the airport (Blue line *Airport* stop), the North and South railroad stations (Green line *North Station* stop and Red line *South Station* stop) and the interstate bus terminals. The Greyhound terminal is in Park Square (Green line *Arlington* stop) and the Trailways terminal is across from South Station.

Currently, the subway/trolley costs \$.75 if you enter above ground (on the green line) and \$.60 for all underground entrances. Regular buses cost \$.50 and they take only exact change. Tokens for the "T" (equal to a fare of \$.60) can be purchased at the booth at the entrance of the underground stations. If you are taking the "T" regularly, consider buying a monthly pass. These monthly passes are sold on the last

regularly, consider buying a monthly pass. These monthly passes are sold on the last 5 days of the month prior to when they become valid (i.e. Aug 27-31 for September). "T" passes can be purchased at the BUSM payroll office (Bldg. R, 3rd floor) for UH employees only, all others must purchase them at the George Sherman Student Union ticket office on the main campus. There are different kinds of passes for different parts of the system. The schedules and fares are subject to change, especially since the MBTA has been experiencing severe financial difficulty over the last several years. It is best to find out the most current information when you get here. This may seem a little confusing at first, but with a little practice the system begins to make sense.

Subway and Bus Service to BUSM - Previously, BUSM students could use the Orange Line and walk two and a half blocks from Northampton Station to get to school. However, last May the MBTA's Orange Line was relocated to an area which is far from convenient for BUSM students. In order to compensate for this lost subway service, the MBTA has expanded its bus service to the BUSM area. Please refer to the accompanying map in order to determine which route best suits your needs. In addition, students can use Broadway Station on the Red line and use the BUMC shuttle to get to school. For more information call 722-3200.

Biking in Boston - Many people bike to school in fair weather but the number drops off quickly when it gets nasty. Be sure to have a good lock, a pump, spare inner tube, and proper tools. In general, don't trust any motor vehicle - many drivers forget that the turn signals are now standard equipment. In Boston, all bikers wear helmets. Watch out for the potholes, be visible, and be aware of where you are biking and who is around!

The good part about biking is the exercise and the cost. It is worth it, so be careful and enjoy.

MBTA Bus Service Expands on May 4

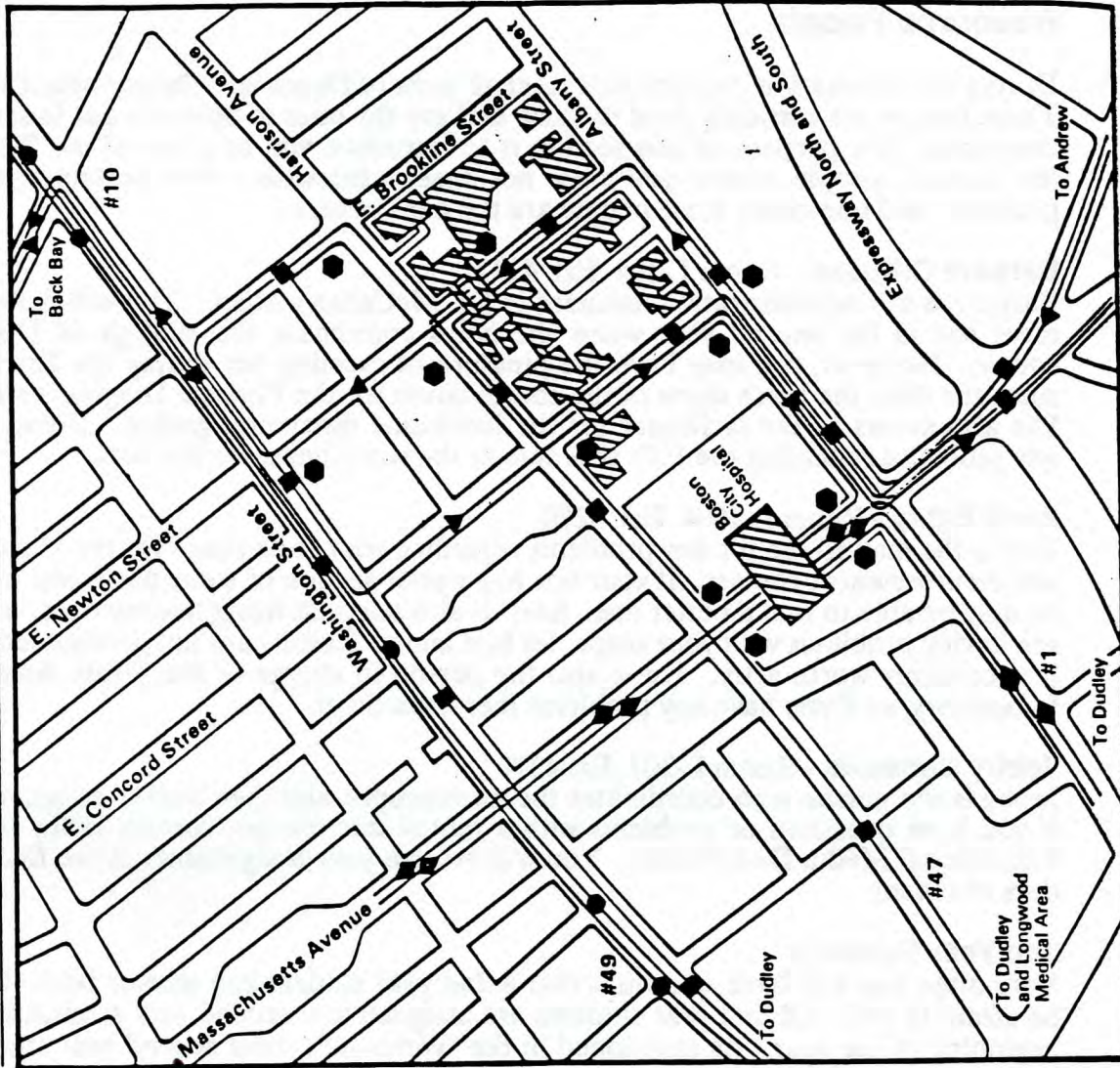
Effective Monday, May 4, the expansion of MBTA bus service in the South End promises to better meet the transportation needs of the BUMC community. On that date, the MBTA's Orange Line will be relocated to the Southwest Corridor. Until a permanent replacement for Washington Street service is selected and implemented (after the elevated structure is torn down), bus service will be available along Washington Street between Dudley and Downtown Crossing.

The shuttle bus service connecting BUMC and Broadway Station on the Red Line is not affected by these changes. Buses will continue to run every 15 minutes, traffic permitting, on weekday mornings and evenings. In the morning, the shuttle makes its first and last trips from Broadway at 6:30 a.m. and 9:20 a.m., respectively. Evening bus service from BUMC begins at 3:30 p.m., with a last pickup at 6:45 p.m.

The new MBTA bus routes that will provide service to the BUMC area are as follows: (please see map for details)

- ◆ **Route 1:** Harvard Square to Dudley Square via Boston City Hospital, connecting Massachusetts Avenue (Orange Line) with BUMC. Buses will travel along Massachusetts Avenue as far as Albany Street, then continue to Dudley Square. Service will be provided every five minutes during peak hours.
- ▲ **Route 10:** Copley Square (Green Line) to City Point, connecting Back Bay Station (Orange Line) and Andrew Station (Red Line) with BUMC. Buses will provide service every 20 minutes during peak hours, with added Saturday service.
- **Route 47:** Service from Central Square, Cambridge (Red Line), to Andrew Station will connect Ruggles Station (Orange Line) with BUMC. Buses will run every 20 minutes during peak hours. A shorter "loop" to the Longwood Medical Area and Dudley via Harrison Avenue also will run every 10 minutes during peak hours.
- **Route 49:** Service on Washington Street will run directly from Dudley to Downtown Crossing via Washington Street and will provide service every seven minutes during peak hours.

● = bus stop



Resource People

During the orientation days you will meet all sorts of Deans and Department Chairs. These people are certainly good to know and are the ones to help you out in several situations. The purpose of this section is to introduce you to a few of the "behind the scenes" people whom you may not meet otherwise. For certain specific problems and questions, these people are the ones to see.

Barbara DiRusso - Room L-104 Ext. 4147

Barbara is the Administrative Assistant in Dr. McCahan's office. You will definitely meet her in the second year when she helps coordinate the Biology of Disease course. However, you may have the pleasure of meeting her during the first year since she does the lion's share of the coordination for the Physical Diagnosis course. She also serves as the facilitator for the lunchtime discussion groups. If you have any problems regarding the P.D. schedule or the workshops, see Barbara.

Scott Estey - Room L-1004 Ext. 4200

This is the man to see for any problems regarding your slide boxes for the Histology and Neurosciences courses. If your box has a poor section of some particular organ, he may be able to find a better one. Scott is also adept at fixing microscopes. If you are having problems with your scope, let him know. Results are not guaranteed, but it is certainly worth a try. He is also the person in charge of the Gross Anatomy Laboratory, so if you have any problems there, see Scott.

Jebby Debasitis - Room L-307 Ext 4370

Jebby is the person who coordinates the microscopes and their locker assignments. If you have questions or problems with a rented microscope, contact Jebby in the Educational Media Department. You will receive your assignments in the first few days of school.

2nd Year Students

Very often you will have questions that a 2nd year student can answer best. Don't be afraid to ask! All first year students are assigned to a second year student in the beginning of the year. As mentioned in the "Welcome", these second year students have volunteered for this role, so please, do not feel like you are bothering them! We want to help you with your questions, or direct you to people who can.

Susan Mahair - Room L-109 Ext 4166

Susan is the Student Affairs Officer. Her office is in one of the far rooms in Dr. McNary's Office. All special events that involve students, such as Skit Night, Graduation and Match Day, are coordinated with Susan. Susan works directly with the SCOMSA representatives, and also directs the communications between the Promotions Committee and the students. All petitions go through Susan. Don't wait until you're in academic difficulty to discover Susan and her services. If you have questions about a course and your performance, or if you just need someone to talk with about how it's going, Susan is the one to see.

Dominique Vachon - Room L-109 Ext 4166

Dominique is also in the Student Affairs Office and is one of the most helpful people there. She functions as the liason between students and Dean McNary so you will all get to know her.

Terry Field - Room L-G10 Ext5433 or 5147

Terry is the Director of the Laboratory for Instructional Technology, commonly known as the Computer Lab. She and her staff are extremely helpful and available. Many students like to use word processors to write up reports. Terry will give you as much guidance as you need. Even novice computer users should feel free to make use of the services offered by Terry and her staff.

Notices

Bulletin boards are located across from your mailboxes and in the basement near the cafeteria. They include useful info about apartments, used books and supplies, upcoming events, and job/research opportunities, to name a few. Don't overlook this valuable resource.

B O S T O N U N I V E R S I T Y M E D I C A L C E N T E R



Boston University
School of Medicine

OUR POLICY ON SMOKING

Welcome to the Boston University School of Medicine.

It is the policy of the Boston University School of Medicine that all common areas are considered "No-Smoking" areas unless clearly designated for smoking.

Smoking is **NOT ALLOWED** in such common areas as lobbies, corridors, stairwells, lavatories and elevators.

Thank you for your cooperation.

ORGANIZATIONS AND ACTIVITIES



ORGANIZATIONS AND ACTIVITIES

Most of these organizations are very active, and all of them depend on you. Don't hesitate to get involved with these groups - or to start another club or intramural team.

AMSA (American Medical Student Association)

We welcome you to join AMSA, the largest organization of medical students in the United States, with over 25,000 members nationwide. AMSA is an independent association which is **not** affiliated with the AMA. The following statement summarizes AMSA's philosophy and goals:

AMSA is dedicated to the improvement of medical education, health care and health care delivery. We believe that health care is a right, not a privilege. This implies equal access to equally high standards of health care regardless of economic status, political beliefs, cultural background, geographic position, race, creed, national origin, age, sex, sexual orientation, or physical handicap. - *AMSA Preamble*

At BUSM, AMSA works to enhance the educational environment, presenting talks, films and discussions on material not included in traditional courses, and setting up outreach programs to the local communities. These activities give students a rare opportunity to take medical education into their own hands. In addition, the B.U. chapter sponsors social activities that make medical school much more enjoyable. In past years at B.U., AMSA held weekly lunchtime gatherings at which speakers covered such diverse topics as maternal and child nutrition, health care and politics in Central America, acupuncture, health care for deaf patients, children's feelings about nuclear war, and problems of medical access. We also sponsored a film and discussion on gay and lesbian issues, a textbook collection drive for medical students in Nicaragua, and a sign language course. AMSA is responsive to your interests.

Nationally, AMSA provides its members with several important services. All members receive a monthly publication, *The New Physician*, and each of eleven task forces send quarterly newsletters to their respective members. Task forces span a variety of areas including: Women in Medicine, Humanistic Medicine, Legislative Affairs, Nutrition and Preventive Medicine, Minority Affairs, Medical Education, International Health, Community Medicine and more. Every year AMSA holds a major convention, four days of stimulating seminars, and lots of fun, usually in a stimulating climate or location. In addition, AMSA offers comprehensive and inexpensive life, health and automobile insurance packages, personal loan programs, and a Mastercard credit line. This past year AMSA introduced the AMSA HEAL Deal, a student loan package administered through AMSA and Key Bank of Maine, offering somewhat better deals than commercial lenders.

AMSA can be a forum for any and all of your interests in Medicine, medical education and community affairs. Your one-time dues of \$40.00 (\$35.00 national dues and \$5.00 (optional but appreciated) local dues) affords you membership in AMSA for all four years of your medical education. You'll find an application form in this packet, or will receive one upon your arrival at school. We need and encourage all your help and suggestions.

We greatly look forward to meeting you and hope that you will join us.

American Medical Woman's Association

AMWA is a national organization founded in 1915, which is devoted to establishing a national alliance of women physicians and medical students. It offers its members a valuable career and personal network, as well as forum for commentary on professional and social issues. AMWA is concerned with issues like the ERA, AIDS and women, women in Medicine, reproductive rights, improved family health, child care, medical education and more. AMWA activities also include workshops and speakers on many common concerns about relationships, child raising, and managing professional pressures. In addition, AMWA has a Student Loan Fund which assists women medical students with low interest, long-term loans.

Membership at the national level is available for \$35 for four years and local (MA branch 39) dues are \$5/yr. Members are entitled to AMWA's bimonthly journal, participation at the national conference (Chicago 1988), as well as local workshops, dinners, and conferences. AMWA events offer a great opportunity to meet, talk with and learn from women students, residents and physicians from all over the country.

The members of our AMWA chapter look forward to another exciting and active year, and welcome all interested students. We are open to new ideas for activities and suggestions for fundraising from our members. An organizational meeting for both old and new members will be held in the beginning of the school year.

American Red Magen David for Israel (ARMDI)

A baby is born - a fire rages - a heart stops beating. Whatever the emergency the Magen David Adom (Israel's Red Cross) is there, relieving pain and saving lives! You can be there too - working behind the scenes with ARMDI, the sole American support wing for the Israeli Red Cross. Start saving lives today by joining our new and enthusiastic chapter. Fund raising, social events and personal satisfaction.

Benjamin Waterhouse Medical History Society

Boston's oldest society committed to stimulating interest in the historical development of the medical profession is the Benjamin Waterhouse Medical History Society. Dr. Waterhouse, who was the first Professor of the Theory and Practice of Physics at Harvard, is remembered today chiefly because he was the first to introduce Dr. Edward Jenner's discovery of smallpox vaccination to America in 1799. The society was named for Waterhouse because his widow had a special interest in the New England Female Medical College (founded in 1848 as the first women's medical school); it became the Boston University School of Medicine in 1873. She established the Waterhouse Professorship in Anatomy at BUSM, and donated part of her husband's library to the school.

Regular monthly meetings of the Society begin with wine and cheese, and are followed by a talk by a BUSM student, faculty member or an invited outside speaker. Occasionally we meet at an appropriate museum exhibit or site of medical historical interest around southern New England. The Society also has funds which can give modest support to historical projects of BUSM students.

All BUSM students and faculty are welcomed as members of the Society, as well as interested physicians and historians from other institutions.

Dues are \$2.00 for students (\$5.00 for others), and membership forms may be obtained from the Secretary-Treasurer, Dr. Estes, in room L-612.

B.U./Fuller Karate Class

We welcome you to join the B.U./Fuller Karate Class. This martial arts class will be held Mondays, Tuesdays and Wednesdays from 5:00 to 6:00 pm starting the second week of September 1988. These hours are especially convenient for medical students as classes end at 4:30. As a further convenience, the classes will be held at the Fuller Mental Health gym located next to the medical school. Look for notices in the Fall.

People take up instruction in the martial arts for many individual reasons. Some principle reasons are self defense, physical fitness, release of stress, achievement of mental calmness, philosophy and pursuit of tournament aspects of the sport. While we encourage anyone interested to try a class or two, we realize martial arts training may not be for everyone. Furthermore, while the class is open to anyone at anytime, we must emphasize that maximum benefit can best be attained by regular attendance. We hope you will join us and look forward to training together.

B.U. Student Food Rescue(BUSFR)

The BUSFR salvages food that normally would be thrown away by local establishments and distributes it to a B.U. run soup kitchen as well as independent meal programs for the homeless and needy. Since time commitments are minimal, medical and graduate students can easily participate. BUSFR is supported by local and national hunger relief agencies and positions are available in all levels of the organization. If interested contact Steven Palter, Box 348.

Christian Medical/Dental Society

CMDS is a fellowship of Christian physicians, dentists, and medical and dental students across the nation. At BU, students and residents meet together frequently for prayer, Bible study, fun, conversation, and food. Our goal is mutual support and evangelism. We interact as well with the CMDS group at Harvard and Tufts, and participate in CMDS activities involving the entire Northeast region, such as the annual September CMDS conference at a New England Christian camp. Please join us at our first meeting in early September.

Gay and Lesbian Students of BUSM

GLSBUSM is a newly formed organization with two goals: to provide support for gay and bisexual students, and to foster a more comfortable attitude toward homosexuality among non-gay classmates, through educational and informational programs open to the entire community. Watch for events during the first few weeks of school.

Hoopathon

Each spring the Huntington's Disease Association(HDA) sponsors a hoopathon to raise money. Participants ask sponsors to make a donation for each basket they hit in fifteen minutes of free throws. The event is always a lot of fun and the proceeds help persons with Huntington's Disease in many ways including group outings and improved social services.

Lunchtime Discussion Groups

Medical school can be a frustrating, confusing and even frightening experience. What can make it even more difficult is the feeling that we are the only ones who feel the way we do. For the past three years, groups of first year students have enjoyed an on-going weekly lunchtime discussion group, which has helped participants adjust to the new experiences and challenges of medical school. Topics have included our feelings about working with cadavers, the difficulty of balancing

academic and social needs, and our gradual transition to becoming doctors. The groups have also served as valuable sources of information on how to maneuver through the sometimes confusing maze of medical academics. Primarily a support group, this outlet allows us to have fun while sharing our perceptions with one another.

The agendas of these groups are generated by the participants, who agree to meet for six weeks, with an option to continue. While the groups have administrative support and sanction, they are not concerned as much with academic performance, but with the emotional and transitional issues of the medical experience. A non-faculty social work professional facilitates the group process. An invitation to join one of these groups will be extended to you in the fall.

Lunch Time Seminars

The Lunch Time Career Advisement Seminars that are offered during the second semester are arranged by Dean Culbert's office and feature physicians trained in various subspecialties. During the lunch hour the physician will discuss the important and unique aspects of that field. There is also time for students to ask questions. These seminars are a great place to start investigating the many fields medicine has to offer.

The Maimonides Society

The Maimonides Society is a national organization for Jewish medical students. Three years ago a chapter was established at Boston University in hopes of playing a social and educational function. The society has provided a vehicle for Jewish students to meet one another in a social atmosphere. In past years, the group had a Friday night Sabbath dinner with approximately fifty people in attendance. Earlier this year United Jewish Appeal, a Jewish charity organization, invited the society to a party that UJA sponsored at the Metro (a local dance club) for graduate students around Boston. This coming year, events will be planned also with the Maimonides Societies at Tufts and Harvard Medical Schools.

Another aspect of the organization is the opportunity for students to meet faculty members in a non-academic setting. The establishment of the Maimonides Society was received well by Jewish faculty at the Medical Center and a faculty advisory council has been created. Last December a cardiologist at the Boston City Hospital invited the members to a Chanukah party that he had planned for his staff.

The most important aspect of the organization is educational, for both medical and Jewish issues. The group has sponsored Sunday morning brunch-seminars, open to the general public, with the Jewish Law Students Society at Boston University. The first one dealt with the issue of death and terminally ill patients. The panel of speakers included the Chief of Neurology at University Hospital, a professor of Law and Medicine at the B.U. Schools of Medicine and Public Health, a rabbi who is a member of the Ethics Committee at Beth Israel Hospital, and a woman whose parents died of cancer and who now runs a hospice program in Boston. The second seminar was on the controversial topic of the Baby Doe regulations concerning handicapped newborns. The panelists provided medical, legal, Jewish and personal perspectives.

The members of the Maimonides Society feel it important to mention that the group represents the gamit of religious observance and that no one group is favored. The same principle applies to political beliefs. In hopes of a very enriching year, we encourage you to participate in some of the upcoming events. Our activities are

open to everyone. For more information, contact Dora Lidagoster, Box 275, or Robert Pass, Box 351.

Memorial Service

The Memorial Service is held in remembrance of the people who donated their bodies for our education. It is planned by interested members of the first year class and the hospital chaplain, Rev. Burton. The service is an opportunity for students to express their feelings toward their cadavers. It acts as a closing to this unique experience. The service is held at the end of the school year, usually in May.

Physicians for Social Responsibility

A national, non-profit organization of doctors, dentists and the public-at-large, dedicated to professional and public education of the medical hazards of nuclear war. The Greater Boston Chapter has an active speakers' bureau, a bi-monthly newsletter, and works to build educational resources to facilitate teaching in the greater Boston neighborhoods.

The monthly lecture series, which takes place the first Monday evening of the month at the Phillips Brooks House in Harvard Yard, Cambridge, addresses critical issues including the economic impact of the arms race, civil defense, US-Soviet relations, and arms control. Other PSR activities include alerting membership to pertinent pending state and federal legislation in addition to professional, community and church group outreach.

There is no current chapter at BUSM. If you are interested in this organization or in starting a local chapter, please contact Greater Boston Physicians for Social Responsibility, 639 Mass. Ave., Cambridge, MA 02139. The phone number is (617) 497-7440.

Primary Care Society

The Primary Care Society is a student organization which seeks to supplement the traditional medical school curricula with information and experiences relevant to those interested in exploring the Primary Care specialties (Family Practice, Geriatrics, Internal Medicine, Ob/Gyn, Pediatrics, Public Health/International Health). During this past year our major activities have included the Primary Care Career Night where students had the opportunity to meet primary care physicians, and the Flu Shot program where students helped to administer flu shots to the elderly and homeless.

The Primary Care Society relies on the six task forces to encourage student involvement. Presentations sponsored by individual task forces have included the following topics: screening for scoliosis, serving the urban elderly, practicing Medicine in a Neighborhood Health Center, spending a 4th year rotation in a foreign country, practicing Medicine in a rural versus urban setting. We hope that through these task forces we can generate a diverse program for next year.

The Society will provide free membership to the American Academy of Family Physicians for any interested student. Cost of living stipends are also available for qualified students who elect to take Family Practice (or Primary Care) preceptorships, either during the summer or as a third or fourth year student. Placements are also available for students who wish to observe Primary Care Medicine first hand in a physician's office.

We welcome all members of the Class of 1992 interested in learning more about Primary Care. Our first meeting will be held shortly after the start of classes in September. If you have any questions or suggestions for possible presentations, please feel free to get in touch with us. Stephanie Quamo, Box 356 & Jackie Spencer, Box 397, co-chairs; Bertha Kao, Box 262, Secretary; Phil Pulaski, Box 355, Treasurer.

Skit Night

Skit Night is an evening of fun, creativity and talent, organized by the first year class. It is an opportunity for the first year students to share their talents with classmates, faculty members and friends while taking a comical look at the year's events. Skit Night is usually held in April and is a great excuse to put off studying a little, while having a great time. Following the show there is a party funded jointly by the Alumni Association and proceeds from the ticket sales. All forms of entertainment are welcome (ie. comical skits, musical talent etc.). Start thinking of ideas early!



Student Committee on Medical Student Affairs (SCOMSA)

This is the medical student council. The sixteen member committee is comprised of four representatives elected by each class. SCOMSA is the main forum for communication among the classes as well as between students and faculty. Student representatives sit on the Curriculum Committee, Admissions Committee, and the Executive Committee. In this way, SCOMSA serves to advocate and institute changes within the medical school. In addition, SCOMSA will allocate funds for student activities and organizations from money collected from the student activities fee. SCOMSA has in the past sponsored a Harbor Cruise, Skit Night, a film series on the threat of nuclear war and its relation to health, a cook-out on the lawn, and a holiday party in December.

The election of four representatives from the BUSM Class of 1992 will be held in September. SCOMSA is an excellent chance for students to improve their time at BUSM, both academically and socially. Current members of SCOMSA will meet with your class during Orientation for further information. Contact SCOMSA through their mailbox in the mailroom--simply known as SCOMSA.

BUSM II members of SCOMSA are Ellen Hight, vice-chair; Jackie Spencer, treasurer; Jennifer Choe, secretary; and representatives: Alice Newton, Ira Skolnik, and Josephine Young. The current chair is Stephen Tringale, BUSM III.

Student National Medical Association (SNMA)

The SNMA is an organization currently composed of over 3000 minority medical students from all over the United States. The organization strives:

- To create an atmosphere wherein professional excellence and moral principles can find fullest expression,
- To disseminate information relative to minority problems within the field of medical education,
- To take the necessary and proper steps to eradicate prejudicial practices in the field of medical education and related areas as these practices appear to be based on race, creed, color, sex or national origin,
- To develop workable programs for the implementation of better urban and rural health care,
- To provide national leadership in the promulgation of legislative policies for the provision of better health care,
- To sponsor programs for minority youth and encourage their entrance into the health professions,
- To raise the levels of minority school recruitment, admissions and retention in schools training health care professionals.

The Boston University chapter of the SNMA has been involved with many community activities including providing Thanksgiving dinners to needy families and open houses for area high school students. Our chapter also serves as a data base for information to help minority medical students overcome the obstacles they face while in medical school. We welcome all students.

Student Pediatric Assistance Network (SPAN)

SPAN is a volunteer program that allows students to spend a few hours a semester feeding, playing, and talking with the pediatric patients at Boston City Hospital. Their ages range from new-born to adolescent; their diagnoses from routine to severe. The time commitment (5 lunch hours/week/semester--in the spring) is small but the rewards are great. SPAN is run under the auspices of the Primary Care Society but is open to participation by any and all interested students. Contact person: Carol-Anne Voisine, Box 406.

Faculty Committees at the Medical School

The Admissions Committee headed by Associate Dean John F. O'Connor, reviews applications, conducts interviews and selects students for the four year program. Nineteen faculty members serve on the Committee. SCOMSA nominates two students from the BUSM 2nd, 3rd or 4th year and submits these nominations to the Admissions Committee which renders final approval.

The Curriculum Committee headed by Associate Dean John McCahan, is composed of student representatives from each class as well as faculty members from the various pre-clinical and clinical departments. The Committee evaluates the curriculum as it currently stands and discusses proposed additions or modifications. They are also concerned with the course evaluation process. Last year the curriculum committee implemented a change in the yearly schedule which added some more study time at the end of the semester (this change was strongly

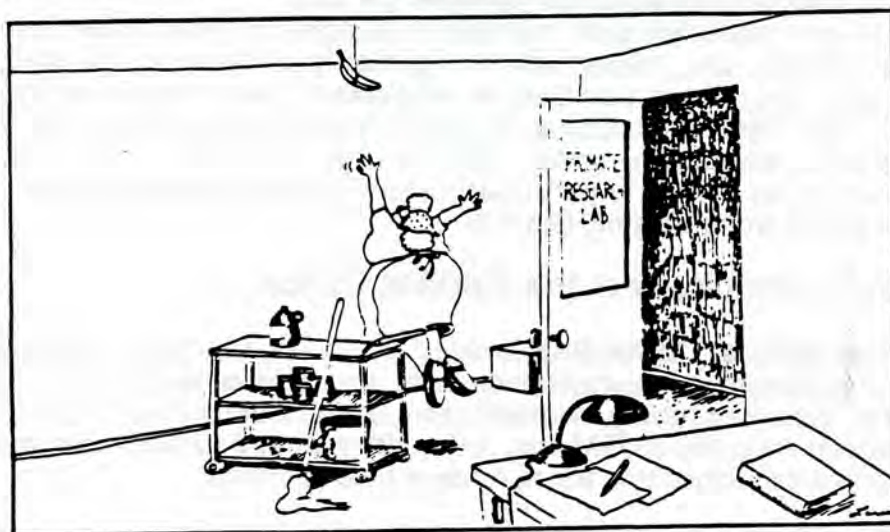
encouraged by the students). It is important to remember that students can have an effect upon what this group discusses and decides.

The Executive Committee of the School of Medicine oversees the activities of the various committees of the School. It is composed of all the deans and chairpersons of all clinical and basic science departments. There are two student representatives, selected by SCOMSA, on the Committee. It is chaired by Dean Aram Chobanian and deals with specific issues after they come out of committees and before they go to the faculty for a vote, as well as other issues of importance to the medical school. This is a valuable place to have student representation in order to keep us informed of the decisions being made that affect the medical school and may in turn effect us.

The Promotions Committees are three in total: one for the first year, one for the second, and a combined committee for the clinical years. Each committee is composed of course managers/clerkship coordinators. The function of the First Year Promotions Committee is to decide whether you will proceed from the first to the second year. The Committee follows standard guidelines in each case, which are distributed through your mail box at the beginning of each year.

Subcommittee on Appeals of the Student Promotions Committees exists for the purpose of appealing a Promotions Committee decision. The Subcommittee must be composed of two faculty members from each of the first three years (three chosen by the faculty and three by the students). The Subcommittee has revised decisions in the past and is the best place to go if you feel you have been handed an unjust or inappropriate decision by the Promotions Committee.

The BUSM Institutional Review Board for Human Research oversees and approves or disapproves all research in the medical center regarding human subjects. The Committee is composed of physicians, attorneys, lay-persons, and two student representatives (who are considered full members of the Board).



The Financial Aid and Scholarship Committee meets about once a year to set the policies that are followed on awarding of financial aid and scholarships. Dr. William F. McNary is the chairman.

Ad Hoc Committees are formed when new issues and problems arise which the school may choose to address. Frequently students are asked to serve on these committees. Currently there is an Ad Hoc Committee to SCOMSA for the 14th floor student lounge.



"Wait a minute here, Mr. Crumbley . . . Maybe it isn't kidney stones after all."

of Boston
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Boston Magazine

THE DOVER
RESTAURANT

Attractive
Atrium
Lounge

Purchase two lunch or dinner
entrees and receive the
lesser-priced free.
Minimum value \$12.00. Fri. & Sat. before 6:30 p.m.
Mon.-Fri. 11:30 - 2:30
5:00 - 10:30



Places for People

ADMIT ONE - THIS GAME ONLY
SUBJECT TO CONDITIONS ON BACK

Raymond C. Sullivan
BLEACHER \$6.00
FENWAY PARK - BOSTON
RAIN CHECK

BOSTON RED SOX



GAME
16 MAY 12 1987
7:35 PM
BLEACHER \$6.00

36	17	3
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1212-1216
Commonwealth Ave
Allston, Mass. 0
DAVID FRANK
Rental Representative

BOSTON STYLE



ICE CREAM

With this coupon
50¢ Off Any Ice Cream Purchase
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with count offer

Commonwealth Avenue
North Hill (across from BC)
Washington Street
Wellesley

15/87

Two admissions for the price of one!
Wednesday, Thursday or Sunday evenings!
(Subject to seating availability. Not good for special events.)
The Comedy Stop
at
NIRVANA

Live performance
every Wednesday
theatre district behind
theatre district behind
Boston St. seat
City - Ex

INCL. \$50 RESTORATION FEE
OR
CAT
V
17
WANG CENTER FOR THE ARTS
PRESENTS
ALVIN AILEY
AMERICAN DANCE THEATER
WED APR. 22, 1987 8:00PM

*Boston
City
Life*



DAVOS
250 NEWBURY STREET
SELECT ANY TWO
ENTREES AND
LESSER PRICED
OUR COM
Valid
on reg. value

NETBU
ONE FREE
Admission
Before 10:30pm
Void Concerts, Private Parties &
Special Events
The City * Expires October 1, 1987

LIFE IN BOSTON

Housing

Home sweet home!! At least that's what you **hope**. To maximize the chances of your finding an acceptable (and hopefully a positive) living environment, follow these tips about getting an apartment in Boston. They are followed by a neighborhood and town price listing that is up to date as of June, 1988.

1. Try to come in July to find a September first rental. Boston has a low vacancy rate and even under the best circumstances you are faced with a challenge to find affordable apartments. Also, since all the other students are returning in August to find a place, this will give you a jump on the market.
2. **Money.** Don't be surprised at the mass quantities you'll need. Boston landlords typically want first and last month's rent, plus (sometimes) one-month's rent as a security deposit. Real estate agents charge up to one-month's rent as a fee.
3. **And I mean money.** Out of state checks, sometimes personal checks of any kind, can be refused. It's best to have access to **Cash** or a **Certified Check**. It may have to be \$2500-3000 depending on your situation. While you're up here in July open a local checking account. Bostonians don't trust out-of-state checks.
4. **Identification.** In Massachusetts you'll need either a Massachusetts driver's license or other picture I.D. for checks to be cashed. I.D. is also required for getting into pubs. Mass liquor licenses are obtainable at the Motor Vehicle Department and are acceptable as verification of I.D. and of age.
5. **Roommates.** If you don't have one in mind, most people recommend that you get one. There are bulletin boards at BUSM and at the BU Main Campus. There is an off-campus Housing Office at the Main Campus. Also, for the first time this year you can look for housing through Dr. Culbert's office. If you are interested, please fill out the form which accompanies this handbook and mail it back. Dr. Culbert's office will hold onto these and when you arrive in Boston you can check with his office (L-102) for a list of prospective roommates. Think hard about what you'd like before agreeing to move in with anyone. Once Anatomy kicks in you won't have time to move again. There are pros and cons to every roommate situation, of course, but be very aware of the fact that this will probably be for the school year.
6. **Money (again!).** Ask prospective landlords if the price quoted includes heat, hot water, and/or other utilities. Heat alone can add up to \$100/month during the winter, which, by the way, lasts approximately 11 months in Boston! (At least it seems that way at times!!)
7. Outside sources for housing include *The Boston Sunday Globe*, *The Boston Phoenix*, and *The Boston Herald*, being an RA for the undergrads, professional housesitting, other schools and colleges in the area you want to live. Be creative.

Allston-Brighton: Allston is one of the more popular areas and many medical students have lived here. It is composed of relatively large buildings and a few houses for rent. The area is diverse in make-up; a large number of blue collar

workers and students live here. Transportation is adequate, especially since Commonwealth Avenue and the MBTA is very accessible from nearly all of Allston. One problem you will deal with is the overcrowding of the "B"-line at peak hours. Another drawback is that the B.U. shuttle, for those who use it, does NOT run during medical school finals. It also only returns home in the evening at 4:40 and 7:30 pm, inconvenient times for when you get out of Anatomy lab at 4:45 pm. To get from Allston/Brighton to the Med. School, take the "B"-line to Auditorium and then the #1 bus to Boston City Hospital (BCH), time approx. 30 min. The advantages include proximity to Boston and to stores, restaurants, and bars. Disadvantages include the run-down condition of many apartment buildings and neighborhoods, the noise, and even though parking is free on the street, it is very crowded. Rents range from \$500-600 for a studio, \$600-800 for a one bedroom apartment, \$700-\$950 for a two bedroom apartment, and \$1,000+ for a three bedroom apartment.

Brighton is much quieter and less crowded than Allston, with more residential areas. Free parking on the street is tight but available. A residential sticker is required in some neighborhoods. As in all areas of Boston, you should check out the security in your building carefully and take precautions. Rents are similar to those in Allston. Allston.

Back Bay: Old fashioned brownstones houses line the streets of the Back Bay. Commonwealth Ave., the Back Bay's central thoroughfare, is a 200-foot wide Parisian style boulevard enhanced by a tree-lined mall. Newbury street, parallel to Comm. Ave. was the site of many fine homes. Today it is one of Boston's most popular shopping areas with galleries, specialty shops and cafes. The Back Bay is convenient because it is within walking distance (20-30 min.) or 1 bus ride (15 min. from Copley Square, #10 or #1 which runs down Mass. Ave.) to the medical school. The parking situation is particularly dismal and a resident sticker is required. It too is expensive: studio apartments-\$550-650, 1 br.-\$750+, 2 br.-1200-1400+, 3 br. \$1400+.

Beacon Hill: Beacon Hill houses a tremendously interesting and diverse group of people right in the heart of Boston, accessible to all of Boston's activities. The area features 19th and 20th century brownstones, cobblestone streets, old fashioned narrow alleyways and occasional park-like areas with big trees. Consequently, this desirable, historic area is both crowded and expensive, and apartments are usually small. Studio apartments start at \$550+, 1 br.-\$700-950, 2 br. -\$850-1200, 3 br. -\$1250+.

Brookline: Brookline is chosen by many medical students. Its numerous advantages include safety (probably the safest area around) and proximity to the medical school. The medical school is 20 minutes away by car or bicycle and 45 by public transportation. Most apartments are only a short distance away from one of Brookline's many public parks. The quiet, residential atmosphere and excellent shopping are a plus here. Overnight parking is prohibited, so you'll probably have to rent a space for approximately \$50+ a month. A personal car is far from a necessity in Brookline, since you are near many other medical students, and public transportation is excellent. Many people chose to bicycle to school from Brookline (approximately twenty minutes). Most of Brookline is on the "C" and "D" lines. Take these to the "Auditorium" stop and then take the #1 bus to BCH. Brookline is safe, and convenient, but relatively expensive. Studios are \$500-600, one bedroom

apartments are \$650+, two bedroom apartments are \$750+, 3 bedrooms are \$1100-1300.

Cambridge: Cambridge is a collection of different areas just across the Charles River from Boston. It is a large area and the apartment hunter will want a map which can be picked up free at the Chamber of Commerce at 859 Mass. Ave. Basically, Cambridge boils down to the Harvard Square area, North Cambridge-Fresh Pond area, East Cambridge, and Cambridgeport.

The Harvard Square Area: This area is by far the most sought after housing in Cambridge. The competition from Harvard and MIT students for apartments and houses to share is intense. There are some bargains in older 2 and 3 family homes for sharing but these are hard to find because people don't like to move out of them. Rents vary, but \$850-950 for a two bedroom apartment is common here. The benefits are great however: Harvard Square shopping and entertainment, easy access to the Red Line subway and buses, much student life, relatively low crime rate.

North Cambridge-Fresh Pond Area: A little longer commute (extra 15 minutes) but somewhat lower rents, with two bedroom apartments in the range of \$750-850 (\$50-100 cheaper than Harvard Square). Fresh Pond has its own large shopping area and a large lake which is ideal for ardent joggers. The Alewife T station (Red Line) makes this area accessible to the medical school.

East Cambridge: An older, more "rundown" area of Cambridge. There are some housing bargains but few students live here. East Cambridge lies behind MIT and has a good amount of new office development but little housing.

Cambridgeport: Also an older more "rundown" portion of Cambridge. There is some housing suitable for students close to Harvard Square and close to MIT, but all housing here should be carefully researched by the renter. Cambridgeport is an economically depressed portion of Cambridge and the renter must balance the cheaper rents (\$900 for a three bedroom) with concerns about crime, lack of shopping facilities, etc.

Commuting From Cambridge: By car - Those people who drive to school will find fairly easy transportation to BUSM. Mass. Ave. runs directly under the corner of Boston City Hospital and is about a 20-25 minute ride from Harvard Square. Memorial Drive also gives access to Mass. Ave. near MIT. Perhaps the fastest way is the Mass. Turnpike.

Public Transportation - The most popular route is the Red line to Broadway station. From Broadway a free BUSM shuttle will take you to the Medical Center. Alternatively, the #1 bus runs down Mass Ave. to City Hospital.

Additional Notes - The best time to look for Cambridge housing is in mid- to late August as summer subletters move back to dorms. Be ready and move quickly. Good places to look for housing information are Harvard and MIT public bulletin boards, especially the notice boards at Harvard Law School and Business School. A kind Harvard friend might go to the Harvard housing office for you. This office keeps the most complete listing of Cambridge rentals but don't try to get in without

a Harvard connection. If you choose to work through a rental agent be prepared to pay a stiff fee.

Be careful about renting on a month-to-month basis in a building which the owner says "*might go condo*". You may be out on your ear one week before December finals.

Dorchester: This community is also varied in its resident population. Rent is generally reasonable. It is possible to get a three bedroom apartment for \$750, but this usually does not include heat and hot water. Dorchester has several smaller communities within it. Some of these areas have security problems. Make sure that you are looking in a safe area and that your house or building is secure.

Transportation along the Red Line is reliable. Traveling time will depend on the time of day. The Medical Center has been running a shuttle bus to Broadway Station on the Red Line which eliminates the need to change trains and improves safety.

Buses do pass Boston City Hospital and Dudley stations. Depending on where you live in Dorchester, the trip should take 10-25 minutes.

Jamaica Plain: Jamaica Plain is a fairly old and varied section of Boston. Housing quality varies from old and dilapidated to new and modern. Rents vary accordingly. Most places in JP do not include heat and hot water with the rent. Make sure you remember this when you are calculating a budget.

Transportation - If you are near the Green Line, extension service goes as far as Forest Hills. There are regular bus lines from most of JP to Ruggles station. If you have a car the Medical Center is only about 20-30 minutes away from any part of JP.

Safety seems to vary inversely with transportation convenience. In general, the closer that you are to Jamaica Pond and the Arboretum (Green Line territory) the safer the neighborhood. The least safe area is near the Orange Line and Washington Street. JP is a mix of poor, working class and middle class people from a variety of ethnic and racial backgrounds. There are lots of triple deckers that are owner occupied. The rents in the apartments in these buildings are not subject to rent control, but on the whole they tend to be reasonable and the houses are well maintained. Also owner occupied houses tend to be more secure. Rents are about \$750 for a one bedroom apartment to \$1200 for a two bedroom apartment, but cheaper rents exist. Students have found two bedroom apartments for as low as \$650.

Newton: Over ten villages are included in the name Newton: Newton Center, Newtonville, Newton Highlands, Newton Four Corners, Waban, Newton Lower Falls, and on and on. The area is not only confusing, it is also large, so you will need a map.

Newton is suburban, with a large concentration of families. If you are looking for throngs of students after dark, this is not your town. Most of the housing is single family houses, with lawns and backyards. Many of these houses are huge, too large for small families, and they have been divided into two or more rental units. There are few condominiums for rent. Because this is such a desirable area the rents are

high, and apartments are snatched up quickly. The minimum one should expect to pay for a heated, one bedroom apartment is \$650, and \$1200 is probably the least for a three bedroom. Exceptions can be found, but these are the figures you should expect to see. Unlike Brookline, overnight parking on the street is permitted, and therefore you require no monthly parking fee.

Two main roads connect Newton and Boston--Route 9 and the Mass. Turnpike. Traveling the Mass. Pike before 8:15 A.M. is easy, about 15 minutes from Newton to C lot. After 8:15 A.M. the traffic gets very thick. Route 9 is not an enjoyable commute. There are many traffic lights and pot holes, and travel time may be as much as 35 minutes. On the Route 9 side of Newton is the D (Riverside) train of the Green Line. If you take the D train to Copley Square there is a bus which leaves every half hour (#10, or #1 from Auditorium station) from Copley Square to Boston City Hospital, and the entire trip is probably an hour. You can see that Newton is a place you want to have a car. It's proximity to the turnpike makes trips west easy as well. A lot of land has been set aside as parks, and it seems that wherever you live there are tennis courts and basketball courts within three or four blocks. There are several economic levels here, but Newton is generally an affluent community.

Somerville: Somerville is just past Cambridge geographically. The area is mostly triple decker houses and apartment complexes. The rents range from about \$650-1000 for a 2 bedroom apartment, but are quite variable. Housing conditions are also variable, but good deals can still be found. The population is primarily working class families with many Tufts students and young couples. Davis Square, the heart of Somerville, is a growing area with excellent access to Cambridge and Boston via the Davis Square stop on the Red Line.

South End: The School of Medicine is located within the South End so it is a short walk and very convenient. The South End attracts residents from all ethnic and income groups. Many of the beautiful old houses from the previous century are being restored and the area is in varying stages of redevelopment. As a general rule the best places to live are the closest to Copley Square and the farthest from Mass Ave. There are exceptions such as Worcester Square which is two blocks from the School. Culturally and economically, the South End is very diverse. Rent is around \$625-800 for a one bedroom apartment and \$450-500++ for a studio. There is resident parking on the street. Most students walk or bicycle. The #10 runs down Dartmouth street every 25 minutes or so. Parts of the area have a high crime rate- especially near Mass. Ave.

Trustees Management Building (Boston City Hospital): BUSM does not have a dorm of its own. However, this modern high rise apartment complex houses mostly young professionals and students associated with the Medical Center. It is extremely convenient since it is only two blocks from the School. Transportation to other areas of town is fairly easy since buses to Cambridge and Copley Square leave a half block away. There is no Copley Square bus on weekends and holidays. Also, the complex has a recreation center, pool, laundry facilities and sundeck. Parking facilities are available for \$35/month. The apartments include air-conditioning, heat, and utilities. Rent for a studio is \$400-450 per month, for a one bedroom \$600 per month and for a two bedroom \$700 per month. There is at least a one year wait for the one and two bedroom units. The biggest drawback to this building is the location, and lack of convenient grocery shopping, restaurants, and parks. As we've

said before, the South End is not the safest neighborhood. You must very careful walking alone after dark. (This may not be the best housing for someone who has never lived in the city.) There is, however, 24-hr. security at the building. For further information on these apartments call 424-5800. The manager is Joseph M. Rotondi. Call immediately for application.

Graduate Dormitory 481 Commonwealth Avenue-Kenmore Square: This building is operated by the Boston University Housing Office and is a dorm for several types of graduate students, including Law and Music. It is located in Kenmore Square on the Charles River Campus. Students who live there take the meal plan (except during undergraduate vacation periods) at Myles Standish Hall, a nice large dorm for other BU students. For many, this is a great convenience. Students enjoy the opportunity to interact with undergraduate and graduate students in diverse disciplines.

Fenway-Boston: (Sometimes listed as Back Bay-Park Drive Area.) This area is easily accessible to the School via the #47 Andrew Station/City Hospital/Central Square Bus. It is close to Fenway Park and has resident parking. It is close to Harvard Medical Area, Museum of Fine Arts, Star Market and "The Fens" - a nice area to relax, walk, watch a ball game, but do not walk around alone at night. There is a community "Street Watch" to help prevent crime. Studios from \$600, one bedrooms from \$600-800, two bedrooms \$750+. It is accessible to downtown Boston by bus or subway.

Here are a few tips from our experiences:

Most areas require residential parking permits. To obtain one from the City or town hall you will need:

#1. To have your car registered in the State of Mass. at that address.

#2. Proof of residency at the same address, e.g. bank statements, utilities bill, etc. (no more than 30 days old).

For more information call 1-800-243-1850 or (617) 725-4682. The phone number for the Registry of Motor Vehicles for registering your car is (617) 727-3700.

Many students found it extremely helpful to have a bike in the city. It is very convenient for short trips, and in many cases it is just as fast if not faster than any other mode of transportation. If you do bring a bike to Boston, a Kryptonite lock and helmet are necessities.

Hope you find this information helpful. Good luck on your housing hunt!

RESTAURANTS

Variety abounds in the Boston gastronomic scene. Most palates and pockets can find a niche somewhere. This list is far from complete but below are some dependable choices. Enjoy exploring and bon appetit!



American

Allston Depot, 353 Cambridge St., near Mass Pike/Harvard St. 783-2300.
Old train station converted to restaurant.

Brandy Pete's, 267 Franklin, Boston 439-4165.

Colorado Public Library, 111 Washington, Brookline 734-6772.

Durgin Park, 340 Faneuil Hall Market Place 227-2038.

One of the best in town. Reasonable for lunch but expensive for dinner.

Beware, the waitresses are as famous as the food. Family style seating.

East Coast Grill, 1271 Cambridge St. Cambridge 491-6568.

The Family Restaurant, 1634 Beacon, Brookline 277-4466.

Friday's, 26 Exeter St., corner of Exeter & Newbury St., Back Bay 266-9040.

Good bar but very crowded on weekends (30-60 min. wait). Nice place to meet people after movies or shows. Wide and varied menu.

Friend's & Company, 199 State St., Boston 742-8027.

Hampshire House, 84 Beacon St., across from Boston Common 227-9600.

Extremely elegant and expensive.

Hilltop Steak House, 855 Broadway, U.S. Route 1, Saugus 233-7700. Excellent dining at largest restaurant in U.S.. 30 min. north on U.S. Rt.1. Cash only, be prepared to wait.

Locke-Ober Cafe, 3 Winter Place, Boston, near Downtown Crossing. 542-1340.

Classic Boston establishment. Expensive.

Matt Garrett's, 299 Harvard St., Coolidge Corner, Brookline 738-5635.

Creative and varied menu at reasonable prices. Delicious drinks.

Modern Times Cafe, 134 Hampshire, Cambridge 354-8371.

Newbury's Steak House, 94 Mass. Ave., Boston 536-0184.

All dinners come with salad bar. Meat done to order.

Saffi's New Orleans North, 835 Beacon St., Boston (near Kenmore Square) 424-6995.

Scotch & Sirloin, 77 N. Washington St., Boston 723-3677.

Dancing with DJ available in adjacent lounge. Dinner reservations suggested.

Chinese

Chinatown is near the South End so it is accessible from the medical school. The area is full of restaurants so you may want to wander around and check out the menus, prices and crowds. Be careful. This is not an area to wander in alone after dark, especially for women.

Chef Chang's, 1006 Beacon St., Boston 277-4226. The excellent, reasonably priced luncheon special is a class favorite after a morning exam.

Chef Chow's, 230 Harvard St., near Coolidge Corner, Brookline 731-3810.

Excellent.

Hong Kong, 1236 Mass. Ave., Across from Harvard Yard, Cambridge 864-5311.

Food is only fair, but the upstairs lounge is rowdy and crowded on weekend evenings when it is open until 2 AM. *Scorpion bowling* is a Cambridge favorite.

Hunan Restaurant, 700 Mass. Ave. in Central Square, Cambridge 876-7000.

Luncheon buffet. Serves alcohol.

Imperial Tea House, 70-72 Beach, Boston 426-8439.

Joyce Chen, 390 Rindge Ave., Cambridge 492-7373.

Mandarin and Szechuan.

Lucky Garden, 282 Concord Ave., Cambridge 354-9514.

Mary Chung Restaurant, 447 Mass. Ave., Cambridge 864-1991.

Ta Chien, 1900 Beacon Street, Boston (near South Campus) 247-3666.

European

Cafe Budapest, 90 Exeter St., Boston 266-1979.

Superb and expensive Hungarian food in a lovely atmosphere. Does not take charge cards or checks.

Grendel's Den, 89 Winthrop St., Harvard Sq., Cambridge 491-1050.

Salad bar and desserts upstairs are ample and delicious.

The Harvest, 44 Brattle St., near Harvard Sq., Cambridge 492-1115.

"In-spot" for Cambridge professionals. Summer outdoor cafe. Expensive.

Magic Pan, Several locations including 47 Newbury St., Boston 267-9315.

Crepes, dinners, wine and desserts at reasonable prices. Nice atmosphere.

Maison Robert, 45 School St., Boston 227-3370.

Located in Boston's Old City Hall. Charm accompanies excellent French cuisine. Seating outside in summer. Expensive.

Papillion Gourmet Cafe, 1353b Beacon St., Brookline 566-8495.

Cozy spot for light meals. Great cakes & pies.

Walter's, 1700 Beacon St., Brookline 566-3469.
Delicious dining in elegant atmosphere. Expensive.

Italian

Allston Pizza, 190 Brighton Ave., Brighton 783-1661.
Bel Canto Restaurant, 42 Charles St., Boston 523-5575. Good pizza.
Bertucci's Pizza and Bocce, 197 Elm, Somerville 776-9241. Has other places in Cambridge and Waltham too.
Captain Nemos, 538 Commonwealth Ave., Boston (Kenmore Square) 536-1423.
Cafe Paradiso, 255 Hanover St., North End, Boston 742-1768.
Great for late night lovers.
Davio's, 269 Newbury St, Boston 262-4810.
Homemade pasta and desserts are incredible.
Daily Catch, 323 Hanover St, North End, Boston 523-8567.
Great Italian seafood, but less than 10 tables.
The European, 218 Hanover St., North End, Boston 523-5694.
Excellent pizza. Be prepared to wait.
Felicia's Restaurant, 145a Richmond, Boston (North End) 523-9885. Moderate.
La Groceria, 853 Main St., Central Sq., Cambridge 547-9258.
Nice atmosphere for a first date.
Hi-Fi Pizza Pie, 1508 Dorchester Ave., Dorchester 436-9656.
Pizzeria Uno, 731 Boylston St., Boston 267-8554.
Good deep dish pizza. Large gay crowd after midnight. Other locations:
Corner of Comm. Ave. & Harvard St., Allston; Harvard Square.
Rebecca's, 21 Charles St., Boston 742-9747. Expensive.
Regina's, 11.5 Thatcher St., North End, Boston 227-0765.
There are Quincy Mkt. and Harvard Square branches but the best pizza in Boston is found at the original North End location.
Joe Tecce's Restaurant, 61 North Washington St., Boston 742-6210.

Japanese

Cafe Sushi, 1105 Mass. Ave., Cambridge 492-0434.
Chieko, 152 College Ave., Somerville 623-9263.
Genji, 327 Newbury St., near Prudential Ctr., Boston 267-5656.
The basement tea room is cozy and intimate.
Tatsukichi Boston, 189 State, Boston 720-2468.

Kosher

Cafe Shalom, 404a Harvard St., Brookline 566-9043. Dairy.
Rubin's, 500 Harvard St., Brookline 566-8761. Meat.
Milk Street Cafe, 50 Milk Street, Boston 542-2433.

"Late Night Eats" (Open at least until 3 A.M.)

The Breakfast Club, 200 Brookline Ave., Boston 236-1661. Near The Fenway.
Charlies Cafe, 500 Commonwealth Ave., (Kenmore Square), Boston 247-9242.
Deli-Haus Restaurant, 476 Commonwealth Ave., Boston 247-9712.

Mexican

The Border Cafe, 32 Church St. Cambridge 864-6100.
Casa Mexico, 75 Winthrop St., Cambridge 491-4552.

El Phoenix Room, 1430 Comm. Ave, Brighton 566-8590.

Inexpensive Mexican food in a bar setting. It looks like a dive, but food can be good.

El Torito Restaurant, 150 Granite, Braintree 848-0212.

Guadaluharrys, 20 Clinton, Boston 720-1190. Faneuil Hall.

Sol Azteca, 914 Beacon St., Boston 262-0909.

More formal and expensive than those listed above. Very good.

Middle Eastern

Acropolis, 1680 Mass. Ave., Cambridge 354-8335.

Authentic Greek food. Moderate to expensive.

Aegean Fare, Quincy Market & Cleveland Circle 267-2202.

Good Greek sandwiches and pastries.

Averof, 1924 Mass. Ave., near Porter Sq., Cambridge 354-4500.

Belly Dancers! Good New Year's Eve extravaganza.

Masada, 1665 Beacon St., Brookline 277-3433.

Good falafel at modest prices.

Nadia's Eastern Star, 280 Shawmut Ave., Boston 338-8091.

Authentic and cheap. Near BUSM.

Tangier's Cafe, 37 Bowdoin, Boston 367-0273.

Sandwiches & Delis

B&D Deli, 1653B Beacon, Brookline 232-3727.

Crossroads, 495 Beacon St., Boston 262-7371.

Good burgers and Pickwick ale.

Division 16, 955 Boylston St., Boston 353-0870.

Edibles, 329 Harvard St., near Coolidge Corner, Brookline 232-8835.

Terrific sandwiches and home baked cakes and pies. Reasonable prices.

Kelly's Roast Beef, 410 Blvd., Revere Beach 284-9129. Excellent roast beef.

Mal's NY Style Deli, 708 Comm. Ave., across from BU Law Library, Boston 536-8676.

Mississippi's, 484 Comm. Ave., Boston 247-8181 and 735 Huntington Ave., Boston 566-6789. Over 50 different kinds of sandwiches made. Try the soups and carrot cake.

Nikki's, 700 Comm. Ave., Next to Warren Towers, BU Main Campus, 247-7427.

Excellent pocket bread Syrian sandwiches. Ice cream too.

Premier Restaurant, 1130 Washington St., Boston 426-2218.

Gefilte fish like grandma used to make.

Red Fez Restaurant, 1226 Washington, Boston 338-8446.

S&S Deli, 1334 Cambridge St., Cambridge 354-0777.

Souper Salad, 524 Commonwealth Ave. (Kenmore Square), Boston 247-4983.

Has other locations throughout Boston.

Seafood

Anthony's Pier 4, 140 Northern Ave., Boston 423-6363.

Busy and expensive, but a nice place to take the parents. Jacket required for men. Reservations suggested.

Captain's Wharf, 326 Harvard St., Brookline 566-5590.

Chart House, 60 Long Wharf, Boston 227-1576. Really, really good. Expensive.

Dover Sea Grille, 1223 Beacon Street, Brookline 566-7000. Great seafood. Expensive.

Jimbo's Fish Shanty, 245 Northern Ave., Boston 542-5600.

Owned by "Jimmy" (see below), less expensive but just as delicious.

Jimmy's Harborside, 249 Northern Ave., Boston 423-1000.

Also busy and expensive, but less pretentious than Anthony's.

Legal Seafood, Park Plaza Hotel, Boston 426-4444, 5 Cambridge Ctr.,
Cambridge 864-3400, Boylston St. (Route 9), Newton 277-7300.

Excellent, wide selection. Pay before you are served. Expensive.

No Name, 15.5 Fish Pier, Boston 338-7539.

Superb, fresh seafood at reasonable prices. BYOB and prepare for a long wait.

Skipjack's, Corner of Brookline and Rt. 9, 232-8887.

Union Oyster House, 41 Union St., Boston 277-2750.

Sunday Brunch

Capucino's, 1370 Beacon St., Brookline 731-4848, 1114 Beacon St., Newton 527-2440. Champagne brunch with choice of 30 items from the menu.

Hyatt Regency, Memorial Drive, Cambridge 492-1234.

Three elegant settings for brunch.

Thirty-three Dunster St., Harvard Square, Cambridge 354-0636.

Top of the Hub, Prudential Center, Boston 536-1775.

All you can eat buffet includes breakfast and hot lunch foods, fruits and salads.

Miscellaneous

Amarin of Thailand, 287 Centre, Newton 527-5255.

Bob the Chef, 604 Columbus Ave., Boston 536-6204. Best soul food around.
Inexpensive.

Seventh Inn, 272A Newbury St., Boston 247-2475.

Creative vegetarian food with Japanese & Middle Eastern influence.

Ice Cream

Bailey's, Baskin Robbins, **Brighams**, **Swenson's**. Old Standbys throughout
Greater Boston

Ben & Jerry's, 542 Commonwealth Ave., Boston 536-4343, 110 Newbury, Boston
266-5385.

Dave's Ice Cream, 114 Newbury, Boston 262-5737.

Emack & Bolio's, Numerous locations including Coolidge Corner.

Outstanding, gourmet ice cream.

(Steve) Herrell's, 155 Brighton Ave., Allston 782-9599.

The original Steve opened this chain after he screwed up and sold the rights
to Steve's and someone else made millions using his name. Just as good!

Ice Cream Factory, 1663 Beacon St., Brookline 731-6256.

Homemade ice cream.

JP Licks Homemade Ice Cream Co., 468 Centre, Jamaica Plain 524-5388.

Momentos, 30 Charles, Boston 720-0477.

Steve's, 191 Elm St., Somerville 628-8599.

Nationally renowned for homemade ice cream and "mixins". Branches
throughout the city (Mass. Ave., Coolidge Corner, Fanueil Hall), but go to
Somerville for the real experience.

Toscanini's Ice Cream, 899 Main, Cambridge (Central Square) 491-5877.

Bars & Clubs

Axis, 15 Lansdowne, Boston 262-9074

Avant-garde, new wave.

Bell In Hand Tavern, 45 Union St. Boston 227-2098

Good, large screen T.V. for sports.

The Bull and Finch, 84 Beacon St., Boston 227-9605.

Model for the TV show *Cheers*. Hangout for statehouse workers. Sometimes you want to go where everybody knows your name

Cask'n Flagon, 62 Brookline Ave., Boston 536-4840. Near The Fenway. Good for after studying. Entertainment some nights.

The Channel, 25 Necco St. Boston 451-1050

Live, local music.

Commonwealth Brewery, 85 Merrimack, Boston (North End) 523-8383.

Beer made on the premises.

Daisy Buchanan's, 240A Newbury St., Boston 247-8516.

Upscale Yuppie mecca.

The Dugout, 726 Commonwealth Ave., Boston.

On BU's main campus. Great for after the library. Friendly, relaxed atmosphere. No pitchers.

Faces, Rt. 2 near Alewife T Stop, Somerville.

Big, top 40's dance club-several dance floors.

Hong Kong, Harvard Square, Cambridge. (See Chinese restaurants).

Houlihan's Restaurant, 60 State St., Boston 367-6377. Faneuil Hall.

Hunters, 885 Boylston St., Boston 262-5551.

English-style pub.

Links Club, 120 Boylston St., Boston 423-3832.

Top 40's and oldies. Crowded on weekends. Dress code. \$6 cover for nonmembers.

Maxwell Jump's, 335A Huntington Ave., Boston 266-1705.

The Metro, 15 Lansdowne St., Boston 262-2424. Fenway area. Largest dance floor in town.

Molly's, 161 Brighton Ave., Allston 783-2900.

Good game room. Different deal each night. Informal.

Narcissus, 533 Commonwealth Ave., Kenmore Square, Boston 536-1950. Disco.

Nightstage, 823 Main, Cambridge 497-8200.

Jazz.

Nine Lansdowne St., 9 Lansdowne St., Boston 536-0206. Fenway area. Dance club.

The Palace, 1500 Broadway, Route 99, Saugus (45 min. north) 233-7400.

Massive entertainment complex with 3 night clubs (50's, Swing, Disco)

Play It Again Sam's, 1314 Comm. Ave., Brookline 232-4546.

Have a pizza and beer while you watch popular films in the movie theater (free with \$1 pass which is good for 3 months). The downstairs comedy club features regional comedians on weekends. Relaxed young crowd.

Ryle's, 212 Hampshire, Cambridge 876-9330.

Casual atmosphere. Live jazz bands.

Seven's Ale House, 77 Charles St., Boston 523-9074.

T's Pub, 973 Commonwealth Ave., Brighton 254-0807.

Beer is good.

Triple D's, 435 S. Huntington Ave., Jamaica Plain 522-4966.

Who's On First, 23 Jersey, Boston 247-3353.

Across from Fenway Park.

33 Dunster St., Harvard Sq., Cambridge 354-0636.

1270 Club, 1270 Boylston St., Boston 437-1257.

Young crowd. Both straight and gay, men and women. Two clubs; 1 disco, 1 punk. Rooftop bar. A good place for gays to take their straight friends where everyone can have a good time.

1369 Jazz Club, 1369 Cambridge St., Cambridge.661-1369

Live jazz, unpretentious environment.

Man Ray, 21 Brookline St., Cambridge 864-0400.

Great place to dance-mixed crowd, new wave music. "Creative dress", no sneakers allowed.

Faneuil Hall

This area has several classes of places. Many of them serve dinner. On any evening (especially weekends) most of these places are packed with throngs of people.

If you're gay:

Chaps, 27 Huntington, Boston 266-7778. Men's gay bar.

Somewhere Else, 295 Franklin St., Boston 423-7730. Women's gay bar.

1270 - 1270 Boylston St., Boston 437-1257. Fenway Area. Mixed bar.

To check up on the latest information on gay bars in the area you can call: **Glad Day Gay Liberation Bookstore**, 43 Winter St., Boston, at 542-0144.

Sports and Recreation

Boston University Case Athletic Center, 285 Babcock St., Boston.

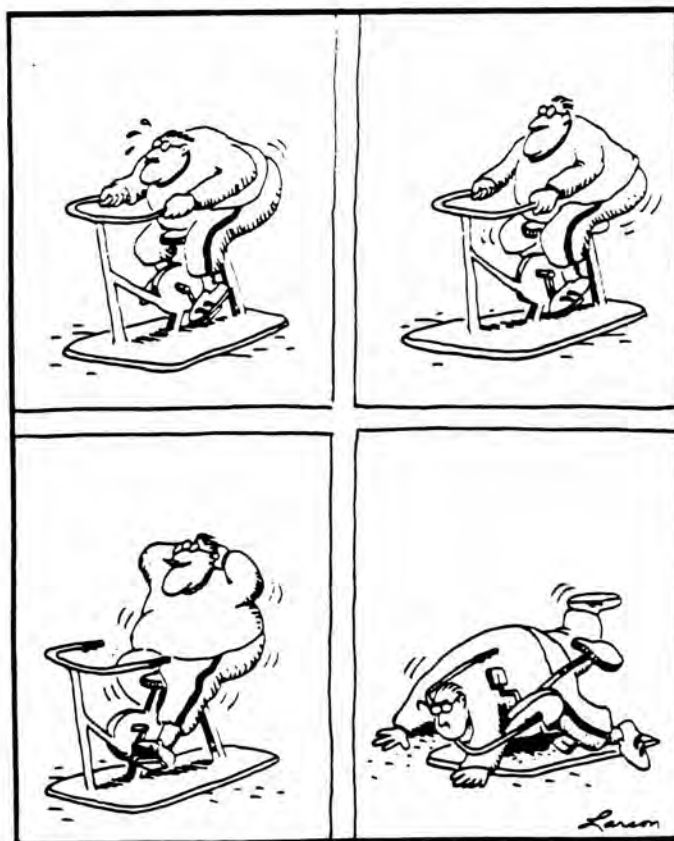
Recreation Hotline 353-4141
Front Desk (Case Ctr.) 353-4636
Phys. Ed. & Recreation Dept. 353-2748

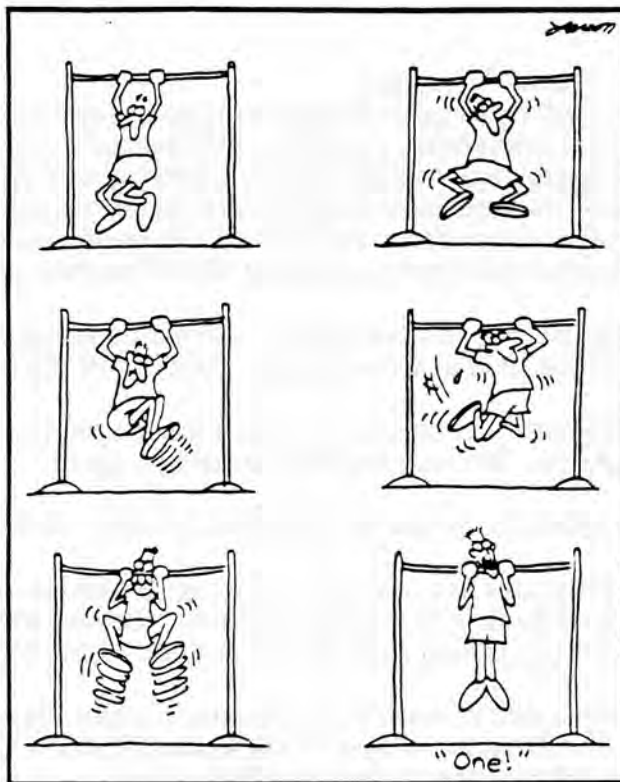
Fee: None for full time students. Be prepared to show student I.D. with semester sticker attached to gain entry.

Facilities: 25 Yard Pool
Weight Room (Universal and free weights and Nautilus)
Fitness Room (rowing machines, etc.)
Several Multipurpose Gyms
Outdoor Tartan Track
2 Astroturf Fields (Nickerson Field & Malvern St. Field)
Walter Brown Ice Arena (Skate rentals available)
3 Tennis Courts (Call 353-2764, reserve a day in advance)

Sargent Gym, 1 University Road
Sailing and Canoeing Docks

Hours : Vary for each of these facilities but are generally convenient. Call Recreation Hotline (353-4141) for daily schedule.





Boston City South Recreation Center, 35 Northampton St., Boston. 424-5822.
 This facility is located in the Trustee's Management Bldg. (also called the Codman Apartment Complex) 4th floor and may be reached by entering the City Hospital Ambulatory Care Center at the corner of Massachusetts Ave. and Harrison Ave.. Take the elevator to the second floor and walk along the passageway across Mass. Ave. It's convenient to stop here for a swim on your way to or from school.

Membership Rates:	Photo I.D. -	\$3
	Monthly -	\$45
	3 Month -	\$95
	Semi -	\$125
	Annual -	\$155

Facilities: Gym - Basketball, Volleyball, Jogging
 Pool - Swimming (bathing caps required - may be purchased for \$2.75)
 Exercise Room - Universal Weight Machines
 Squash Courts (3) - (\$4 per 45 min court time)

Lockers - rental fee of \$24/year

Towel Rental: \$1.75

Swim goggles: \$3.75

Guest fees: \$4.00 per visit

Hours: M - F: 7 AM - 7:30 PM
 Sat: 10 AM - 4:30 PM
 Sun: 2 PM - 6:30 PM

Everyone must be out of the center at closing time. There are **no refunds on any memberships**. For more information contact Director John Ferguson at 424-5822.

Intramural Sports - Boston University

For those who enjoy participating in classes or organized sports, the Department of Physical Education and Recreation provides a full spectrum of activities. There are intramural sports including tournament play in individual and team sports. Over the past few years medical students have fielded teams in intramural soccer, crew, ice hockey, ice broomball, indoor soccer and softball. In previous years, the BU Intramural Crew Regatta was won by a crew of BUSM students.

The past three springs BUSM softball teams participated in medical school softball tournament which will be held at University of Vermont in 1989.

The annual Eddie McCarthy Tennis Tournament was begun two years ago and has received a great response. We look forward to doing it again.

Fees: Some sports clubs charge membership dues. Most activities are free.

Hours: Most programs are run in the evening. Some are scheduled during the day. Check with the P.E. office for the one which interests you. Ask for Tom Duval, Judy Heller or Glen Moss (353-2748).

Spectators may be interested in the BU varsity sports teams. Hockey games are especially popular. The Director of Sports Marketing (353-2872) will be glad to provide you with any information regarding varsity sports.

Professional Sports

Boston is the home of the Red Sox, Celtics, Bruins and Patriots.

Red Sox	267-8661	Fenway Park, Kenmore Square
Celtics	523-6050	Boston Garden, North Station
Bruins	277-3206	Boston Garden, North Station
Patriots	262-1776	Sullivan Stadium, Foxboro

The city's offerings are many: canoeing on the Charles, sailing at Community Boating, ice skating in the Public Garden, running in the Boston Marathon, or roller skating on the Esplanade. The *Boston Globe, Calendar* section, included in every Thursday's edition, can help you get started.

Tourist Attractions

As you may know, there is a lot to see and do in Boston. Below, we have listed some points of interest. Check with the *Globe Calendar* section every Thursday or the *Boston Phoenix* every Friday for a weekly listing of current events. It might be worthwhile to purchase one of the many guide books to Boston that are available at local book stores.

Be aware that prices and hours change frequently with the seasons and inflation. Call before you go to one of these places to make certain that you have the correct information.

The guide included here may be slightly outdated but will serve as an introduction to some of the many activities and opportunities which Boston has to offer. In addition to these, don't miss a tour of the Maparium (free) at the Christian Science Center, on Mass. Ave. near Huntington Ave.

Historical Attractions include:

Freedom Trail	Longfellow House
Old South Meeting House	Boston Massacre Site
Park Street Church	Bunker Hill Monument
Old State House	Granary Burial Ground
Paul Revere House	King's Chapel
Old North Church	St. Steven's Church
State House and Archives	Old West Church
USS Constitution and Museum	Boston Tea Party
Isabella Gardner Museum	Children's Museum
Museum of Science	Museum of Fine Arts

Call for hours and prices of admission before you go.

Outside Boston

Old Sturbridge Village, Sturbridge, Mass.

Plimouth Plantation, Plymouth, Mass.

Naismith Basketball Hall of Fame, Springfield, Mass.

In Salem: The Witch Museum, Peabody Museum of Salem and The House of Seven Gables

Tanglewood, Lenox, Mass. Summer home of the Boston Symphony Orchestra

Revolutionary War Historical Sites, Lexington & Concord, Mass.

Cliffwalk, Mansions and Beaches, Newport, RI.

Great Woods--Popular concerts, Mansfield.

Parks

Amory Park, Amory and Beacon Streets; softball and soccer fields, tennis courts, bird sanctuary.

Arnold Arboretum, Arborway in Jamaica Plain. 265 acres and absolutely beautiful. No longer safe at night or early morning. Do not jog alone.

Fenway, behind the Museum of Fine Arts, between Park Drive and the Fenway; easily reached, not safe at night but fun during the day; a good place to study, relax and meet people.

Boston Common, between Park, Tremont, Boylston and Charles Streets in Downtown Boston. The heart of the city.

The Esplanade, along the Charles River, behind Back Bay. The Hatch Shell, with the free summer Pops concerts, is here. Also, bike paths, sailboat docks and an MDC swimming pool.

Walden Pond, in Concord. Accessible by car or by T commuter train. Clear water, good swimming hole, Thoreau cabin site.

Franklin Park Zoo, Egleston, Orange Line.

Garden in the Woods, Framingham, maintained by the New England Wildflower Society.

There are several **Audubon Sanctuaries** in the Boston area. For locations and directions call the Massachusetts Audubon Society.

Cruises

Harbor Tours of Boston - Cruises depart from: Long Wharf (near the Aquarium) : Bay State, Boston Harbor Cruises

Bay State Provincetown Cruises. Commonwealth Pier
Call for current fares and schedules.

Beaches

Georges Island State Park. Call the above mentioned companies about transportation by boat to the park. Have fun sunning, swimming or exploring historic Fort Warren.

Nantasket Beach: Accessible by car (30 min from BUSM). Often crowded.

Crane's Beach, Ipswich: Miles of pure white sand.

Singing Beach: Manchester, Ma. The sand "sings" when you walk on it.

Rockport and Gloucester: Accessible by car and rail (75 min from BUSM).

Nahant Beach: 30 min. from Boston, not as nice as the beaches farther North.

Devreaux Beach (Marblehead Neck): Known for good windsurfing conditions.

Wingersheek Beach (South of Gloucester): Scenic Rocky Harbor

Duxbury Beach: 50 min. south of Boston.

Cape Cod National Seashore: 2 hours south (Rte. 3 to Rte. 6) Beautiful dunes, a longer drive but worth the trip.

Martha's Vineyard & Nantucket Islands: Probably too long for a day trip but if you have the time these islands are a vacationer's paradise.

Newport, Rhode Island: 2 hours south of Boston. Nice beaches coupled with the scenic cliffwalk and good nightlife make this a good destination for a weekend day trip.

Note: An excellent, inexpensive, reference for getting around both in town and all over the suburbs and New England when you don't have a car or would rather leave it home:

"Car-free in Boston and All Massachusetts"

This book contains a comprehensive guide to use of the subway, commuter trains and buses to all types of specifically discussed destinations. Available at Out of Town News, Harvard Sq. and newsstands and bookstores around the city.

