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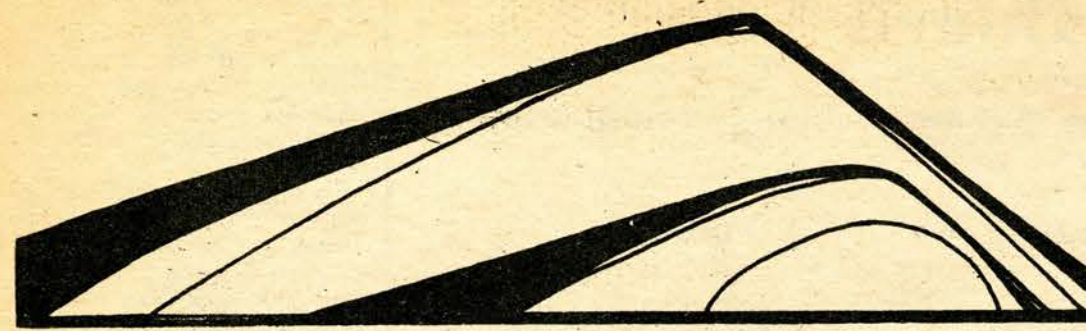
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## The Anatomy Of A Tradition

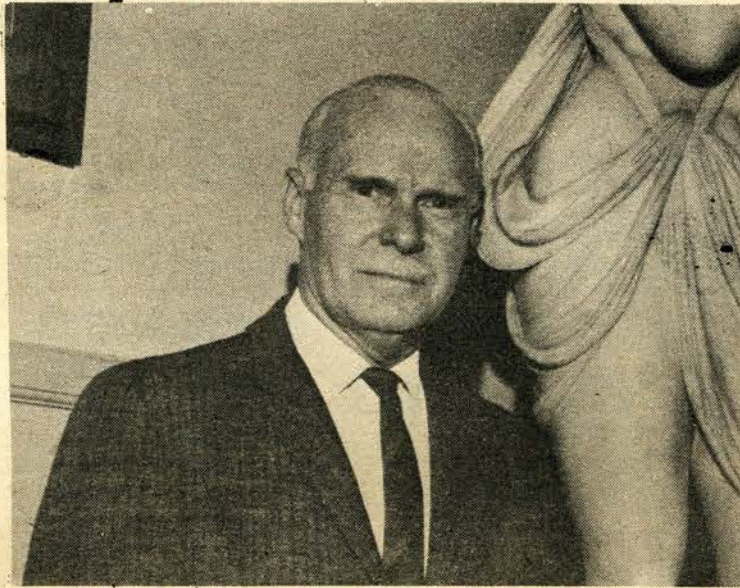
Dr. Andrew J. Ramsay remembers the time he went back to visit his old fraternity house at De Pauw University. He had been the big man there only four years before—track star, student leader, scholar—and he had even left a few of his trophies behind for the aspiring eyes of young freshmen.

He knocked on the same old door this time and couldn't wait for the big greeting. (Hey, men, brother Andy's back!) But the indifferent hello of the new collegiate who answered was the beginning of a profound lesson: There's a time limit on being the top man.

Dr. Ramsay is retiring as Professor and Chairman of the Department of Anatomy at Jefferson Medical College after 36 years. If institutions are people, not buildings, Dr. Ramsay has been one of the college's most important parts. He's part Jefferson and Jefferson is part Ramsay. But on September 30 he stepped down - and not without some penetrating concerns.

Dr. Ramsay is worried about young people. Very worried. Not about all of them, but about a segment that is multiplying. "I've always been proud of my students," he says, "and I am now. But in times past there was more respect between people...more courtesy...and a greater commitment to learning."

To Dr. Ramsay the loosening up of mores on dress, manners, and language are symptoms of a young society cheating itself. "They hurt themselves by not



reaching for the highest at a time when there is so much to learn. Just scraping by is beginning to be considered good enough.

"The old image of the doctor was more than a facade. The professional appearance went along with a firm acceptance of responsibility for human life. It was believed that a young doctor could never learn enough, but today each morsel of information is subjected to the popular test of so-called relevancy.

"The unruly challenging which is commonplace in today's classroom is blockading the learning process. The slogan is 'don't learn too much because the material will be outdated in ten years.' This is an intolerable frustration for a teacher who knows that every bit of knowledge is precious...that the principles of science are con-

stant...and that every fact is priceless when healing is the goal," Dr. Ramsay protests.

"But what else can be expected? We can't blame the young for the turmoil of the world. I worry about youth, but I don't blame them. Their stresses are many times greater than ours, and with much less stability. The world fluctuates between war and peace, justice and inhumanity, and we are constantly exposed to the bad news of the universe."

However, the veteran anatomist has hope. "In spite of all this, society will survive and this present generation will be doing the major part of the reconstruction. Young people are going to bring about improvements in the end," he asserts.

Dr. Ramsay speaks with solid authority about students. (Continued on page 7)

## Presidential Proclamation Recognizes Thomas Jefferson University

President Nixon has signed into law on Oct. 19, 1972 a bill recognizing Thomas Jefferson University in Philadelphia, home of Jefferson Medical College, as the first university in the nation to bear the full name of the third president of the United States. The joint resolution of Congress was sponsored by Senate Minority Leader Hugh Scott (R., Pa.)

The resolution notes that Thomas Jefferson advocated the creation of a national university near the nation's capitol as early as 1786 and as late as 1807. It never materialized. However, in 1824, the Jefferson Medical College of Philadelphia was founded and in 1838 was granted a university charter. On July 1, 1969, the college changed its name to Thomas Jefferson University.

The resolution also recognizes that the medical school has long represented and promoted the principles for which Thomas Jefferson stood and its name was changed to honor one of the nation's founders and to perpetuate his name.

Dr. Peter A. Herbut, president of the University is quoted in the resolution:

"What could be more fitting for such a monument that a school which bears Jefferson's name and was created 2 years before his death a school which is located in the City of Brotherly Love, only a stone's throw from the Graff House where he wrote the Declaration of Independence and another stone's throw from Independence Hall where the Declaration was signed, and a school which is dedicated to the promotion of academic freedom advanced by Thomas Jefferson?"

The University's primary mission is the education of students to become physicians. The University has three other divisions. These are Thomas Jefferson University Hospital, the College of Graduate Studies, which produces teachers and research scientists, and the College of Allied Health Sciences, which produces nurses, technicians and other paramedicals.

## Acupuncture: New Medicine?

by Bob Sklaroff

Recent interest in Acupuncture (A) has led to a rash of papers and lectures on its neurophysiology and utility. There have been lectures at Jefferson last year, at the 1972 A.M.A. San Francisco convention, at Penn in September, and by a Hahnemann surgeon a few weeks ago—each studying the topic from a different point of view.

Summarized below is a review of current research on A (from the Hahnemann lecture) and a proposed mechanism for its action (from the A.M.A. exhibit).

The autonomic effects, galvanic skin response, electroencephalogram (EEG), tissue damage, and level of anesthesia have been studied by Teruo Matsumoto, M.D., Ph.D., Professor of Surgery at the Hahnemann Hospital and Medical College. He also discussed the Chinese explanation of its operation and detailed the procedure of its administration.

**Needling Methodology**  
Needles may be inserted superficially or deeply, parallel or perpendicular to the skin, at any one of 365 points on the body, along Chinglo Meridian lines. The choice of the stimulation site is determined by an analysis of Yin-Yang forces and the location of the "Visceral Cutaneous Reflex" points.

For example, the ear lobe is often used for stomach anesthesia and the base of the neck for asthma, cardiogenic shock, and coronary artery disease.

The needle is introduced quickly and anesthesia will only be

## An Evening of Dixieland

On Tuesday, December 12th the "Dukes of Dixieland" will transform our blessed Jefferson Hall into a ... well, come and see for yourself.

The group consists of "Boom-boom" Bialis beating on the drums, "Ratso" Vasta banging on the old piano, "Lippy" Leroy doing his thing on the trumpet, "Happy" Hal sliding on the trombone, "Licorish Stick" Dave on clarinet and sax (both at the same time!), "Lucky" Lee blasting his trumpet, and "Squeaky" Tom plucking the banjo plus he actually sings! If any of the names sound familiar it is no wonder. These guys are the one and only Red Garter Band from Phi Alpha Sigma.

They are donating their time and services to raise money for the multiple sclerosis campaign at Jefferson. Volunteer support of MS, in any form, gives hope through research that the cause, prevention and cure will be found. Do your part...come on December 12th and join in the fun while helping the fight against multiple sclerosis.

If you know of any other groups or individuals willing to help in Jefferson's special events for MS, please contact Patti Jones at WA 3-2060. Help is needed! See you in Dixieland...

produced if a "deep needle pain" is produced. It may then be electrically stimulated; Dr. Matsumoto uses an alternating current of 200 u-ams at 6 volts for 7-10 sec as a standard and achieves rabbit anesthesia within 40 minutes.

**Neurophysiology**  
At the needle site, Galvanic skin resistance is decreased during

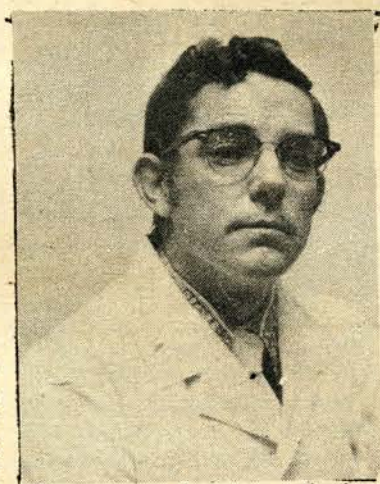
(Continued on page 6)

## Johnson Assumes Anatomy / DBI Chairmanships

By Mark Dembert

"I was introduced in the cafeteria as 'the new Dr. Ramsey.' Of course, I was very flattered by that. However, I feel instead that I'm just a younger 42 year old guy, with not only the same purposes in mind as those of Dr. Ramsey, but also with some new and slightly different ways in approaching medical education." It is with this wry sense of candor that Dr. E. Marshall Johnson describes his new and challenging position as chairman of the Anatomy Department and Director of the famed Daniel Baugh Institute of Anatomy.

A dynamic, broad-minded, and concerned medical educator, Dr. Johnson brings excellent credentials to Jefferson. A recipient of the Doctor of Philosophy degree from the University of California at Berkeley in 1959, Dr. Johnson's career has included chairmanships at both the University of Florida and, most recently, at the University of California at Irvine, where he was Professor and Chairman of the Human Morphology Curriculum, as well as Professor of Developmental and Cell Biology. While at Irvine, he received significant accolade when he was designated Outstanding First Year Professor by the Medical School Class of 1970.



Dr. Johnson has a continuing research interest in birth defects, embryology, and cancer detection. He is a prolific writer, an advisor to several national health agencies, and the recipient of many grants, including three by the National Institute of Health. At Jefferson, he will be initiating major studies toward the detection of major fetal malformations early in pregnancy.

What brought Dr. Johnson to Jefferson? Several factors were involved. The Anatomy Department: "The Anatomy Department at Jefferson is, in my opinion, one of the best nationally. The research done by the faculty is very, very good and progressive. Using animals as

model systems, they have focused on areas in waves of future medical research. Their work with basic problems now will help a great deal in contributing to medical knowledge that will be applied by future physicians."

The students: "The students here are unique. I've read the statistics describing past classes, and I've met many students since I came here this fall. In comparison with their counterparts at other schools, they're more enthusiastic, more involved, and less cynical. They're very much above average."

Jefferson overall: "It's just one of the most outstanding medical schools in the country. I'm very much impressed with the faculty. A big point, too, is that along with the basic science people who contribute knowledge and facts to the clinicians, Jefferson also has outstanding clinical people who want to contribute to the basic sciences, through both their research and correlation sessions with basic science faculty and students."

Dr. Johnson could aptly be called the "the medical educator's medical educator"—in philosophy and in practice. The chairmanship job here at Jefferson enables him to continue (Continued on page 7)

# Editorial Board

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## Getting It All Together

Traditionally Ariel has catered mostly to medical students and faculty, paying less attention to the rest of the university community. We are very concerned with changing our image in this regard. We feel that Ariel has an obligation to function as a creative outlet, forum for opinions and source of news for all members of the university. We therefore welcome contributions from nurses, students of the Allied Health Sciences, graduate degree candidates and employees and hope that this can help foster a greater sense of community and mutual understanding at Jefferson.

## Announcing New Classified Section

Did you ever want to sell that bicycle with only one wheel or get a good price on your grandfather's baby teeth by pawning them off as rare chips off an old block? Let Ariel aid you in your deception.

Drop your classified ads into our mailbox in the Jefferson Hall mailroom and we'll see that you are taken care of.

## Psychiatry: A Reply To Dr. Cornelison

It was admirable (?) for Dr. Cornelison to "call a spade a spade" in the October Ariel, when he admitted: "As all Jefferson students know (and often they get the message early in the first week of the first year) the psychiatry and human behavior course for the first two years is just plain lousy..." The unfortunate aspect is that too many people for too long has seen that "spade" and called it as such--and yet confusion, dissatisfaction, and bitterness abound more than ever between the parties involved.

Psychiatry is a very important aspect of medicine (and medical training). And just as in the other aspects of our medical training, goals of accumulated knowledge and skills must not only be defined by the teachers, but must also be met with mutual understanding and ambition by the students. It is obvious that, in light of recent events, this crucial interaction has not occurred as regards the first 2 years of Psychiatry-Human Behavior presented to the students. Most of the present sophomore class, in a sign of dissatisfaction with the presentation of the course, gave

physical and-or "spiritual" support to last spring's Psychiatry final. Since then, meetings of the Psychiatry Department with representatives of the sophomore class have produced little concrete understanding on the part of both sides.

We do not think it is our duty nor in good taste to point the blame at any one person or group of persons. Nothing constructive can be gained from blatant accusation.

Rather, we urge that better means of communication between the Psychiatry Department and the students (in this case, first and second year students) be opened up and used as much as possible. Constructive feedback to the Psychiatry professors must be given by the students. Goals as regards the content of courses, objectives in lecture material, and testing by the professors must be clearly presented to the students. In this way, mutual concern can be of great benefit in constant evaluation and (re-) formulation of Psychiatry-Human Behavior courses for the classes in the first 2 years.

We strongly assert that communication and co-operation must begin NOW. For, at Jefferson--a school of "unimpeachable renown"--there should be no reason whatsoever for Dr. Cornelison to further state: "It follows that third year Jefferson students are ill-prepared to take full advantage of their clinical clerkship."

### "LETTERS TO THE EDITOR"

### A Rebuttal To Mr. Sklaroff

By: Ralph E. Fields  
 Personnel worker and Local 1199C Representative of Jefferson Hall Commons Alumni

I have read the inflammatory commentary that Mr. Bob Sklaroff wrote about the Unionization of Jefferson workers, in the Monday, October 16th, addition of the Ariel. Mr. Sklaroff you expressed your sentiments; now I will express mine?

Labor relations are a new aspect to you and the university ad-

ministration. Both of you lack experience in it. What do you know about the bewildering array of complex labor laws and collective bargaining techniques, or the problems that face the workers?

Perhaps my communicating with you may enlighten you somewhat. There is no disadvantages in being a member of Local 1199C of the National Union of Hospital and Nursing Home Employees, AFL-CIO. Membership in this union is appreciated by all perspective members.

The purpose of this union is to correct the plight of the ignored, mistreated and underpaid workers. This highly organized Union 1199C, then begins to serve the interests of these workers, and the administration too, because before the unionization, you had a lot of unhappy workers and an unhappy worker is an unproductive one.

Why did you not have the insight to make a commentary on any of the reasons that the union was able to gain sixty per cent of the vote? Then please let me try. In the year 1970, Mr. William W. Bodine, Jr., chairman of the Board of Trustees, set up a Master Planning Committee, on Jefferson's future. This committee investigated and discussed all aspects of Jefferson's activity, except the service employees. They were taken for granted.

The service employees, were taken to be dull and ignorant lackies. Ours is to be sure a humble position, but to us it is our career, and a source of security to us in the changing fortunes of time.

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# ..and Never the Twain Shall Meet?

This month's edition of Ariel contains an article on acupuncture and an article on transcendental meditation. Both of these disciplines have been practiced for thousands of years, yet, only very recently has Western science taken any notice of them.

There is now a great interest in Eastern ideologies exhibited among many of the young in this country. More and more, technology and the scientific method are made out to be the villains of our Western heritage. This disdain for the age of reason is evidenced in the contempt many young people have for anything that smacks of cautious skepticism. It is not sufficient to conclude that there might be something worthwhile in True Buddhism, Krishna Consciousness or the source of the Divine Light. Too many of the freshly recruited members of these societies demand that you accept every commandment listed in their catechism of truisms without any recourse to a thorough analysis of the situation that would separate the chaff from the kernel.

However, just as bad - if not worse - are those priests and priestesses of our transistor-filled, test-tube-spinning age who are so dead set in their own beliefs that for them to even listen to another point of view is tantamount to a concession of monumental proportions. To condemn unhesitatingly without even taking the trouble to read over what exactly you are condemning is to make a mockery of everything for which our scientific method stands for.

It is therefore refreshing to see that some of the practices of the East are now being carefully scrutinized by Western scientists. Of special interest is the discipline of transcendental meditation (TM).

One of the leading researchers in this field is Dr. Keith Wallace. At one time he was president of



the Students International Meditation Society. Realizing that he had a gift for research, he pursued a doctorate in physiology from UCLA. Since then he has spent his time trying to prove to the scientific community at large that TM might be a worthy addition to the physician's armamentarium.

He has published articles in Science, (March 27, '70), The American Journal of Physiology (Sept. of '71) and Scientific American (Feb. of '72).

Although, I do not want to assess in this editorial the value of TM, I do think that his method of persuasion commands respect and should be emulated.

If someone believes strongly enough in a cause, they should make use of every talent at their disposal to objectively demonstrate that what they intuitively feel is the case does indeed hold

water when challenged by the criteria set up by the scientific method - most importantly the criterion of predictability.

Admittedly, there are times when we do not have the techniques to demonstrate whether an opinion is true or false. For instance, let us take the question of whether or not there is a God. Many responsible people from all walks of life feel strongly about it one way or the other. Yet, to date, there is no contraption on the marketplace or even planned on the drawing boards that can adequately determine who is right and who is wrong.

Nevertheless, the point to be made here is that - if at all possible - exponents of a belief should make an effort to rationally prove that their assertions are valid. Conversely, men of science should not be so

quick to ridicule an idea merely because it has previously been outside of the arena of serious scientific investigation.

People sometimes scoff at the science of acupuncture because - as they point out - it is based on the ancient principles of Yin and Yang. I know very little about acupuncture and even less about the fusion of opposites to which the principle of Yin and Yang belongs. However, it is curious that religious convictions so often do play such a prominent role in the lives of great scientists.

Einstein spent the last twenty-five years of his life attempting to disprove the fundamental basis of modern physics as represented in the quantum mechanics, namely the Heisenberg Uncertainty Principle. In his words he did not want to believe that God could be so flighty as to want

"to play a game of dice with the universe."

Kepler was a devout Christian, which led him to attribute a celestial significance to the doctrine of the Trinity. The Father, the Son and the Holy Spirit provided him with the inspiration for his model of the solar system.

Since the sun in the sky provides the earth with its sustenance he equated it with the Father of the Trinity and the earth was assigned the role of Son.

Now it did not take a genius to figure out that as far as heavenly bodies were concerned either the sun was going around the earth or the earth was going around the sun. In those days a good son would run circles (or as it turned out to be in this case ellipses), around his father as a gesture of the homage he paid him. Such was the way that Kepler pictured the relationship between the sun and the earth. It would not be in keeping with tradition to have a father run circles about a son. Therefore, the sun - which symbolized the Father - could not be going around the earth - which symbolized the Son - Instead, it had to be the other way around.

In the unlikely instance that any of you are still with me, how did the Holy Spirit fit into the scheme of all this? Easy, the Holy Spirit is an intangible vital force. What better reasoning could there be than to have this intangible vital force be the glue that holds fast the relationship between Father (the sun) and Son (the earth). In short, the Holy Spirit was analogous to the force of gravity which Newton was to describe less than fifty years later.

So as you can see there has always existed a bond between mysticism and technology. Now Eastern mysticism is interrelating with Western technology. Although there are some who would term this mating a "marriage between heaven and hell," I, for one, think it will be all for the best. **JDK**

**Rebuttal** continued

In all departments, you had a department head, supervisors, foreman or leadman, who were known as the creeping terrors. No man or woman had job security, definition of job duties, dignity, courtesy, or responsive management. They had to put up with favoritism, arbitrary firing and job transferring.

The one thing blacks learned and tried to teach America is that when you lynch one, you can lynch all.

Presently there is an institutional reorganization in the offing. Now is the time for the administration to retire department heads and supervisors who cannot distinguish between freedom and permissiveness, discipline and tyranny.

Mr. Sklaroff, have you ever looked over the handbook for Personnel? Perhaps not; so please let me "Quote" part of page one. "The objectives of our University are to educate physician's, scientists, nurses, and others in the health professions; to do scientific research; to care for the sick and

(Continued on page 6)

# Dr. Pauling Speaks Out

I have read with interest the article on the Toronto study of vitamin C and the common cold, in Ariel for Monday, 16 October 1972. I write in order to call some additional points to the attention of your readers.

Drs. Anderson, Reid, and Beaton of the University of Toronto carried out a study that was reported in the Canadian Medical Association Journal for 23 September 1972. They studied about 800 subjects, half of whom received 1000 milligrams per day of ascorbic acid (plus an additional 3000 milligrams per day when they caught colds), and the other half received a placebo. The investigators reported that the subjects receiving the vitamin experienced approximately 30 percent fewer total days of disability (confined to the house or off work) than those receiving the placebo, and that this difference was highly significant.

These investigators have accordingly joined the already considerable group of investigators who have found that vitamin C has a protective effect against the common cold. Two other studies have been carried out with 1000 milligrams of ascorbic acid, or a placebo, given to subjects regularly over a period of time. Dr. Ritzel in Switzerland reported that with this amount of ascorbic acid there was a 61 percent decrease in the number of days of illness per person, and Charleston and Clegg in Scotland also reported (the Lancet, 22 June 1972) that there was a 58 percent decrease in the number of days of illness for their vitamin C subjects, in comparison with the placebo subjects. The protective effect of 30 percent reported by the Canadian investigators may be the result of somewhat different conditions of life in Canada from those in Switzerland and Scotland, or may simply represent a statistical fluctuation.

I point out that it is not necessary to be satisfied with a decrease of 30 percent or even 60 percent in the amount of illness with the common cold, because the protective effect of vitamin C increases with the amount that is taken. About ten studies have been carried out to test

vitamin C, in comparison with a placebo, administered regularly to subjects exposed to colds in the ordinary way. Every one of these investigations has given a positive result, in that it has led to rejection of the hypothesis that vitamin C has no more value than a placebo. Moreover, the amount of protection increases with the amount of ascorbic acid that is ingested. There is, of course, the factor of biochemical individuality—some people are protected against colds with as small an amount as 250 milligrams of vitamin C per day, and others may need ten or twenty times this amount. In my book Vitamin C and the Common Cold I have discussed the evidence indicating that for most people the optimum intake of vitamin C is probably between 2 grams per day and 10 grams per day.

Moreover, whether you take extra vitamin C regularly or not, you should be able to stop a cold, if you begin treating it at the first sign—the first feeling of malaise, the first chill, the first sneeze or runny nose. For most people the amount 1 gram per hour continued for a few hours, or even in some cases the next day, suffices.

Vitamin C is the chemical substance L-ascorbic acid. There is only one vitamin C, except that some preparations contain impurities. The best vitamin C is the cheapest—there is no need to pay five or ten or twenty times the proper price for a special vitamin C preparation. Vitamin C crystals can be bought retail for as little as \$7.50 per kilogram, and 500-milligram tablets can be bought retail for about \$20 per kilogram (2000 tablets). If you pay much more you are not taking proper care of your money.

Vitamin C is an important substance, and an adequate intake of it provides protection not only against the common cold but also against many other diseases. The evidence about the protective effect of vitamin C against the common cold is now overwhelming. I believe that it should be possible to eliminate this disease.

Linus Pauling

## Give Me Librium Or Give Me Death

From our London pen pal "too mUCH" — the paper of the University College Hospital Medical School.

About two years ago, large, handsome volumes were thudding through doctors' letterboxes throughout the country, extolling the virtues of a new Roche product, Nobrium. Nobrium is the latest of a series of similar drugs (Valium, Librium, Mogadon) produced by Roche; and Roche were hoping that the massive sales of Valium (300 million tablets prescribed per year) would be taken over by Nobrium. An intensive and extravagant advertising campaign was justified - some estimated that 2 million pounds was spent - as the patents of Valium and Librium were running out; other companies were known to be preparing Valium and Librium analogues for the price cutting war which has now started.

**POWELL WAS RIGHT!**

Valium and Librium are truly profitable drugs. The raw materials for Librium cost some ten pence per thousand tablets; but the drug retails at 8 pounds per thousand. Valium sells at 140 times the cost of materials. So Hoffmann La Roche, the Swiss multi-national producing these drugs, takes a handsome 84 million pounds profit annually. In 1961, tetracycline was being sold to the N.H.S. by the patentees Pfizer and Cyanamid, and their licensees, for around 60-70 pounds per thousand tablets; curiously, the Italian firm DDSA were able to offer the same product for 6.10 pounds per thousand.

This contract was accepted by Enoch Powell the then Minister of Health - to howls of anguish from the drug companies - who are even now fighting a law suit in New York State for operating a price fixing ring for tetracycline, and who were miraculously able to sell tetracycline for 19 pounds per thousand only months after the DDSA offer had been accepted by Powell.

**MARK-UP, UP, UP!**

The following shows a typical part of the U.S. Kefauver Committee's 1964 findings on "mark ups" in the drug industry.

	Production Cost	Cost to Middle Man	Cost to Consumer
Meprobamate	0.7 cents	6.5 cents	10.8 cents
Orinase	1.6	8.3	13.9
Prednisolone	1.6	17.9	29.0
Tetracycline	2.9	30.6	51.0

**ETHICAL PRODUCTS?**

This pattern is repeated throughout the satirically named "ethical products" industry. Beechams and Glaxo made 16 million pounds and 25 million

pounds respectively last year; for, in the words of Beecham's chairman "the industry is run by businessmen to make a profit." Again, to quote from the MedicoPharmaceutical Forum (a body set up jointly by the Royal Colleges and the Association of British pharmaceutical industries): "the main objectives of the universities are the better teaching of medicine and through high calibre research, the improvement of the care and treatment of patients; whereas the industry is concerned with the discovery, development and profitable marketing of medicines."

**MOLECULAR ROULETTE**

Drug companies make an average 20 per cent profit, compared to 15 per cent throughout British industry; such a profit, the industry claims, is justified on the grounds of "incentive." That is, that the industry is a "high risk sector," which necessitates high short term profit; unfortunately, as the drug industry is less at risk than it claims, the short term profit soon becomes a long term one. High profit is also required to finance research, it is said; annually 126,000 chemicals are tested, but these yield only about 16 new products. Along the line, potential drugs are weeded out for inefficacy, toxicity and so on. What is not stated is that much of the research is of the "molecular roulette" type: that is juggling with analogues of another company's patented product in the hope that it will turn out to be as profitable as, say, Valium. The marketing of such analogues, and the marketing of identical products under different brand names is justified by the concept of "bio-availability." This would appear to be a misuse of a valuable concept.

Out of the annual 20 million pounds research budget only 300,000 pounds goes to the universities for basic research; and even this has its ulterior motive. According to the Medico-

the graduate becomes productive."

If the drug industry spends a lot on research, it spends still more on advertising; about 300 pounds per doctor per year, in fact. The campaign for Nobrium was probably the most notoriously excessive; glossily, magnificently produced but hugely uninformative books in which Roche managed to redefine anxiety to fit 90 per cent of the population; and other educational aids such as paperweights, pens and pencils. All were sent out in vast numbers and followed by a vast phalanx of luckless Roche representatives (or 'detail' men), who had evidently underestimated the overkill effect of the campaign. This is but one example. Prof.

2,000 pounds. The MacGregor Committee on drug efficacy was dissolved by the DHSS after finding that of 2000 products marketed, 340 were unacceptable in terms of relative efficacy; and its reinstatement in any form was soundly prevented in the House of Commons by Nigel Fisher, director of Bayer, and Sir Tufton Beamish of Smith, Kline and Fienen—who ensured that the new Medicines Commission would be unable to refuse a license for a new drug on the grounds that more effective or less toxic preparations were already in use. The Chairman of the Medicines Commission is Sir Derrick Dunlop who retires at the

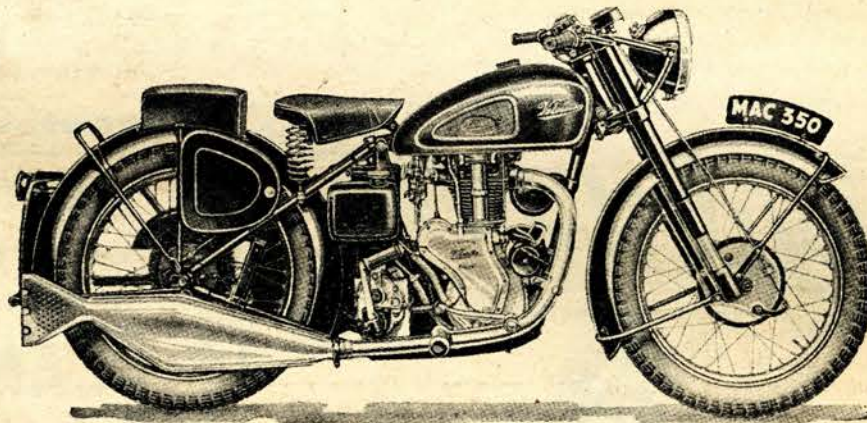
**THE TORY TONIC**

It is not surprising to find that there existed a strong bond between the industry and the Conservative party; last year Beechams gave 20,000 pounds to the Tory party, and Ciba-Geigy

directorship with Sterling Winthrop Bayer -- which combine, incidentally, gave 500 pounds to the Surbiton conservative party -- which, more incidentally still, is Nigel Fisher's constituency.

**Tired of the same old kinetics?  
LOOKING FOR ACTIVE TRANSPORT?  
get down to the substrate level with a**

### TCA 750



**SPECIFICATIONS**

**POWER SOURCE: 750 saccharide dual carbohydrate overhead amylase insulin injected**

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# Speak-Out Article Of The Month: TM: The Drugless High

TIME Magazine: OCT. 25, 1971 - OCT. 23, 1972

The name is grandiose—"transcendental meditation"—but the entry procedure is extraordinarily simple. After just 15 days of abstinence from non-prescription drugs, the novice is ready for initiation. If he goes through the typical ceremony, he takes one clean handkerchief, three pieces of sweet fruit and at least six fresh flowers, symbolic offerings to be laid before a portrait of the Indian guru who once taught the Maharishi Mahesh Yogi, founder of the International Meditation Society. Alone with his own mentor in an atmosphere made mystical by candlelight, incense and the chanting of Sanskrit phrases, the neophyte is taught the word that he has come to learn: his specially assigned mantra, an apparently meaningless sound that is really an ancient Hindu incantation.

The recruit then takes three more two-hour "lessons," pays a modest fee (\$75 generally, but only \$45 for college students) and he is ready to reap the full benefits of transcendental meditation. Simply expressed, the goal of TM, which despite its Oriental trappings is not a religion but a quite secular relaxation technique, is to enjoy life more, to shuck tension by letting the mind travel far from mundane concerns a couple times a day. To TM preachers, the practitioner is "expanding his awareness," developing his "creative intelligence," experiencing "subtler states of thought," and achieving "deep rest as a basis for dynamic action."

Harmless. It sounds absurd, of course; yet many otherwise rational people are enthusiastic about TM. And unlike many supposed remedies for psychic malaise, it has drawn little criticism from behavioral scientists. At worst, say the experts, the hordes of American meditators—an estimated 250,000 strong, with thousands of new converts a month—are doing themselves no harm, though they may be kidding themselves about TM's effectiveness. At best, the meditators may really be on to something.

Whatever its merits, TM has been taught for credit at dozens of U.S. colleges, including Yale,

Stanford and the University of Colorado. The Department of Health, Education and Welfare has granted \$21,540 to show 150 high school faculty members how to teach creative intelligence through TM. At the University of Michigan, a researcher has studied the use of TM to help stutterers, and at the Institute of Living in Hartford, Conn., Psychiatrist Bernard Glueck Jr. is about to investigate the technique's possible value in treating both neurotics and psychotics. "If we laugh at the hocus-pocus, we may overlook something," Glueck observes. "If there's anything that might possibly help patients, I'm willing to try it." Even more surprising, the Army has permitted experiments with TM to help drug addicts and alcoholics on eight bases, and some federal prison officials think that it might be of help in rehabilitating convicts.

**Improved Sex.** Most of TM's adherents in the U.S. and abroad see no need to await the verdict of research. They have heard International Meditation Society "initiators" (teachers) extol TM in free lectures, and they believe. There are no complicated philosophical or religious ideas to understand, as in classic Zen or yoga, and no ascetic life-style is demanded. The only requirement is to meditate for 20 minutes twice a day. "You close your eyes," explains one TM-er, "and after a few minutes the mantra just floats into your consciousness. Noises or worldly daydreams may distract you, but then you find your mind wandering back to the mantra. You feel a deep sense of rest and alertness."

When that happens, according to the maharishi (meaning great sage), the mind "flows and flows," like a river on its way to the sea, "to the level of life which is more than the most infinite unbounded." The white-bearded I.M.S. founder explains further that "the mind arrives at the source of thought," which is "a reservoir of energy, intelligence and happiness" that can be found deep within every human being.

Most transcendental meditators put it more simply. San Francisco Actor Paul Shenar calls TM "a natural high," and a Silver

Spring, Md., psychologist describes it as "the most beautiful thing that's ever happened in my life." Investment Counselor Ben Faneuil of Boston testifies that "my memory gets sharper, I feel more alert all day, and everything I've ever done well I now do better." In Manhattan, Architect Donald Levitin asserts, after ten years of psychotherapy, that "TM does what psychiatry, in a much longer time and at much greater expense, tries to do—and usually doesn't." A New Jersey dentist is positively ebullient: "My wife told me I was a lousy lover. In desperation I tried TM. Now my problem is keeping my wife from telling everybody about the dramatic improvements in our sex lives."

Some TM critics are put off by this kind of extravagant claim, and others (x) fault the maharishi for his flair for commercialism, his undoubted talent for getting publicity, and his global ambition. Having trained 3,000 initiators so far (\$600 for a ten-week course), he is now in the process of establishing the Maharishi International University, which he hopes will graduate another 3,600,000 teachers, one for every thousand people in the world.

The movement may be more important than its leader. There is undisputed evidence that meditation can lower oxygen consumption and produce other physiological changes that may, in turn, have psychological side effects. Attempts to measure these effects have already been made. At Harvard, Researchers Herbert Benson and R. Keith Wallace questioned 1,861 meditators, of whom 80 per cent had used pot and 48 per cent LSD. After 21 months of TM, Benson and Wallace found, only 12 per cent still smoked pot and only 3 per cent took LSD. At Stanford, Neurobiologist Leon Otis has tried to evaluate TM by comparing the effects of 1) just sitting quietly with eyes closed, 2) repeating a simple phrase such as "I am a witness only," and 3) practicing TM. Those who followed the formal TM system gained the most in self-confidence, emotional stability and insight into themselves.

Both the Harvard and Stanford

studies are inconclusive, as the experimenters themselves recognize. Part of the problem in trying to document the psychological effects of TM, says the British medical journal *Lancet*, is that it is "difficult to exclude the effects of suggestion." So difficult, in fact, that TM's true value—or lack of it—seems likely to remain in doubt for a long time.

## MIND OVER DRUGS

Harvard's Dr. Herbert Benson and R. Keith Wallace report in the current issues of the *American Journal of Physiology* that the metabolic rate of persons engaged in transcendental meditation decreased significantly. The heart pumped less frequently; the electrical resistance of the skin, an indication of emotional tension, increased markedly, showing that the meditator was relaxed; and his body produced smaller amounts of carbon dioxide. The brain's alpha waves increased in intensity—another sign of relaxation—while less lactic acid was produced in the blood, a possible indication of reduced anxiety.

Below Normal. Benson, an internist and cardiologist specializing in hypertension, became interested in the effects of transcendental meditation (TM) while investigating ways to modify high blood pressure. Knowing that the body prepares itself for "fight or flight" by increasing its oxygen consumption, blood pressure, heart rate and secretion of the hormone epinephrine, he theorized that it might be possible to reduce these metabolic factors below their normal rate. Eventually, he and his collaborators conditioned monkeys to lower their blood pressure in order to avoid a slight electrical shock. He then achieved the same result in human volunteers by using a reward technique.

After hearing about Benson's work, several TM practitioners asked to have their blood pressure studied. Wallace and Benson, working independently, then conducted physiological tests on 36 subjects who practiced TM regularly. In a separate study, they asked 1,862 drug users who has also tried TM for at least three months to fill out

questionnaires. "It was clear," he says, "that most were at one point heavily engaged in drug abuse. But practically all of them—19 out of 20—said that they had given up drugs because they felt that their subjective meditative experience was superior to what they achieved through drugs. And drugs interfered with their ability to meditate." For those who drank, the experience was the same. To Benson and Wallace, the physiological changes they detected in their laboratory experiments might well help explain why addicts could substitute TM for drugs.

If transcendental meditation is indeed an effective substitute for drugs and alcohol, it could easily be taught to addicts. Unlike true yoga, it requires neither an ascetic life-style nor time-consuming preparations. Four one-hour lessons are enough to teach subjects the basic techniques—and lessons are becoming readily available. Yale University, for example, offers a complete TM course, as do U.C.L.A., the University of Colorado and others. Converts are also spreading the word. TM groups are being organized in cities across the country by an organization called the Students' International Meditation Society.

Benson remains cautious, however, about TM's value to addicts. "I cannot under any circumstances say that TM is an alternative to alcoholism or drug abuse," he insists. He points out that his study is "very biased" because it reported only on people who had learned meditation and continued to practice it; there was no control group of others who tried to end their addiction without the aid of TM. Also, Benson is careful to note, the reports of the 1,862 drug users were subjective—they merely answered Benson and Wallace's questionnaires.

Benson feels that better-controlled studies are needed. "What we're looking at is a behavioral type of approach to various disease patterns," he says, "to see whether changing one's behavior by meditation will help. As kooky as this sounds to many people, it has just got to be investigated." Otherwise, Benson says, no one can tell if TM is indeed useful.

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## To The Class Of 1976

All I Want is a Room Somewhere - sung to the tune of "Wouldn't it be Lovely"

All I want is a room somewhere  
Far away from the proctor's glare  
With one great big cadaver  
Oh, wouldn't it be lovely

Freezers full of foetuses  
Died of unknown diseases  
All of them assigned to me  
Oh, wouldn't it be lovely

Tracing renal veins and portals with an isotope  
Who needs T.V. when there is a flouroscope

Lots of arteries for me to see  
Lots of fun with anomalies  
With nerves and chains and plexesies  
Oh, wouldn't it be lovely, lovely, lovely.

--(Freshman Class Play, 1970)--

## San Francisco And A Shotgun Ragtime Band

Gary Kaskey

There is a mythopoetical spot in the minds of all of us where the temperature is always fair, the people beautiful, the air as relaxed and free as the old west. Some say it exists where the Pacific meets the redwoods. Yea, you know where I left my heart. Dwelling a little bit on past history, we find that this culture of non-culture in a land of plenty synergized to create a unique American counterculture. Like most religions or cultures, hippydom was started by a strong people but prevented by flocks of emotional and mental cripples which conformed to the garb. The original free swinging street life complete with love, acid, mysticism, and, above all, music has been to a large extent replaced by paranoia, junk, and eclectic occultism. But the music remains a completely unique sound taken from Indian, Rhythm and Blues, Jazz, Country and Western and Folk sources but sounding only like San Franciscan Rock. Anyone who has ever heard Joplin perform "Summertime" or the Airplane do "White Rabbit," or the Fish wail "Sweet Lorraine" can immediately grasp the essence behind this pile of words. A raspy moaning voice mouthing transcendentalisms to a throbbing drum, while the lead is pounding Indian scales into your head while the bass player is somewhere in space while the lights are flashing and Herman over there has just gone into grand mal and Sheila has taken off her clothes and it's too loud to think and yes, it's good, yes, god, yes--there's not another rush like it.

Now Joplin, Hendrix, Larry Taylor and Jim Morrison are dead. The original bands all have radically different personnel. Is the flame still burning "and not just a passing style?"

An equivocal yes. This equivocation may be best demonstrated by a look at the Grateful Dead. The Dead were the original band who played at the Acid Fests. They were a closely guarded secret amongst a few "Dead Freaks" who received religion from their albums and made pilgrimages to their concerts. (Heaven knows two years ago I never would have printed this piece for fear that trendies would sieze and abuse their music--a fait accompli). The concerts being something else again: miniature Woodstock's but stranger. No one would really care what the Dead were playing for the crowd and group were engaged in a unique relationship. A trading relationship with a currency of energy. There is still nothing like a Grateful Dead concert; a brief look at the new Live In Europe '72 three record

set will tell why.

Although the album is live, the crowd noise has been eliminated. The gain is increased musical quality, the loss is that of the feeling of a concert. Side one opens with "Cumberland Blues." Here a pattern emerges, Dead standbys such as "China Cat Sunflower--I Know You Rider," "One More Saturday Night," "Sugar Magnolia," and "Truckin'" are done in a concise style with just the proper amount of buildup, but that feeling of pure emotionality is not pronounced. Of course, this is not to say that this is not the best rock and roll being produced today, it is just a comparison with side one of Vintage/Dead or Live Dead which are organically frenzied. The fresh material however is quite (if I may use a phrase) heavy: "He's Gone," "Jack Straw," "Brown-Eyed Woman," and "Tennessee Jed" are done in a laid back country style reminiscent of the Garcia album and contain incredibly tight vocals. This is more like it, new directions combined with a spontaneity of feeling. In "Hurts Me Too" and "Mr. Charlie," Pigpen lead the band through some searing blues and funk. Up to now the album has disclosed a fine shotgun-ragtime band, a sampler of musical tidbits--some not as good as past performances but all worthwhile if taken as things-in-themselves (except for the outrageously poor rendition of Hank Williams' "You Win Again.") But it is only on the last side of the album where the boys demonstrate that they understand music from note to note, phrase to phrase, as they take on an organic wholeness. The band jets you on a journey from cortex to hypothelamus with "Prelude" and then subtly merges both in the vocal of "Morning Dew" until achieving a level of oneness. And having achieved this level, the boys begin to CLIMB and CLIMB until the last few phrases of "Morning Dew" reach the summit of musical power.

So what's it all about. The Dead have shown that they can run the gamut of precision, hyponsis, and

## Current Films: The Freedom Seekers

by Robert Breckenridge, Jr.

With the white exodus from the inner city, Hollywood lost the market for its big downtown theaters. Always quick to exploit a dollar studded fad, the movie industry has begun saturating the market with black movies heavy on sex and violence. *Sounder* is one of the few black movies that stands apart from the others.

Director Martin Ritt (*Hud*) takes us back to Louisiana in 1933 to a black sharecroppers' farm. He abandons the old trappings of eliciting the audience's sympathy with violins and suffering close-ups. Instead he allows us to examine the family from a straightforward distance accompanied by the soulful country tunes of Taj Mahal. Since he does not make us feel manipulated by his style, he takes what normally would be highly sentimental

MUSIC. They and the other S.F. groups use this competence to create a hypocracy on stage. These groups have the power to make a musical event a Musical Event. Will this power be used for Good or--merely stop at Niceness. I think it depends on the listener. There are two levels. One is that of good music--the new releases show this and that's Nice. But hidden in the music are flashes of a merging of sensual power, universal cortical striving, and transcendental fulfillment and that's Good. Will people sieze this true road to a new ethic or is this a passing fancy? That's philosophy and we all know there is no place for philosophy in a review of music.

You know when I first volunteered to do a peep into pop for the Ariel I thought a review of what was happening in the glimmering and garish of rock would be relevant to today's young and vibrant medical student. My original plans for album and concert reviews were immediately changed when I realized that in the McLuhanesque world of media the amount of interest that can be generated by specifics is negligible due to its inverse relationship with the huge length of time involved in putting out a monthly publication. So the choice was a broad perspective approach, but how often is that synonymous with meaningless generalities. Other problems soon entered. I realized that my perspectives of the relative importance of Rolling Stone, vs. Robbins, the Dead vs. mortality rates, music vs. lectures, aesthetic enjoyment vs. anal uptightness as being out of step with the Jefferson reality. Until now I feel as if I'm in a vacuum, in essence, writing to myself. Where is this brief aside leading, perhaps nowhere, but perhaps to responsiveness. That's right, if there's anyone out there in Jefferson land that has read any good books lately, or seen any movies other than "The Origins of Hypertension," or eaten at some obscure hole in the wall--print or type up a short piece and drop it either into my mailbox (450) or the Ariel's, maybe this way we can get news from the people for the people.

material and presents it in such a way that we feel the humanism in these people.

Cicely Tyson plays the tough-spirited mother and gives one of the best performances by an actress in years. The minor roles including that played by Taj Mahal are both entertaining and believable. However, the performances of Paul Winfield and Kevin Hooks, the father and son respectively, leave something to be desired. Their emotions seem to be too mechanical. Fortunately, Ritt doesn't try to conceal this by working around with quick-cuts--but simply ignores it.

Perhaps one of the reasons I enjoyed it was that Ritt did not try to lay a guilt-trip on the white audience and invoke anger in the black audience. Instead he concentrated more on a triumphant struggle for freedom of spirit and made a successful film in the process.

Taking potentially the same material, Jan Troell has created an epic work of art using a very different technique. *The Emigrants* is the story, told from the other side, of a Swedish peasant family that comes to North America in 1844. The stark austerity of these peasants does not lend itself easily to the distant camera as does *Sounder*. Troell realizes this and presents the people by a series of short compact vignettes told almost exclusively by a quick-cutting camera. This shortness of dialogue makes the movie all the more appealing to foreign (i.e. American) audiences who dislike reading subtitles.

Having written, directed, photographed, edited, and produced this film, Jan Troell has been able to control every detail of his movie and synthesize a well-balanced work. He learned much of his art from working with Ingmar Bergman and one can see this in the poetic composition and the richness of detail he so carefully observes with each shot. He exercises the control over his actors as Dreyer would and his pure cinematography is done as expertly as Murnau and Hitchcock. Although little acting is necessary, he has tapped the abilities of Max von Sydow and Liv Ullman, undoubtedly among the world's best, to portray the peasant couple who suffer every hardship to begin a new life. When Karl Oskar (von Sydow) plows his field or Kristina (Ullmann) prepares a meal, we

see how inseparable their spirits are bound to the earth. Robert (Eddie Axberg), Karl Oskar's brother, sneaks away from his work as a farmhand which is robbing him of his youth to dream by the river of his escape to the freedom of America. Later, as a comment on this "freedom," Troell includes a shot of chained black feet on an Ohio riverboat--a most effective and economic statement.

This film is possibly the best movie one will see this year and we will anxiously await the release of Troell's next film, *The Settlers*.

At TLA

As usual TLA at 4th and South has an excellent program of some of the best films of the past.

Nov. 14-16 Monterey Pop will be shown. Directed by Robert Pannebaker (*Don't Look Back*), this is the best rock musical ever made with Jimi Hendrix, Janis Joplin, and Big Brother, Canned Heat, Country Joe & the Fish, Jefferson Airplane, and Otis Reading. You may not recognize many of these groups because they were still in their early Frisco Bay area days. Nov. 20-21 *Swingtime* and *Shall We Dance* are two Fred Astaire and Ginger Rogers musicals whose delicate individual performances puts the Busby Berkeley extravaganzas with Nazi Style mass performances to shame.

Nov. 22-25 TLA will present four of the best Marx Brothers films available: *The Cocoanuts*, *Horsefeathers*, *Duck Soup*, and *Monkey Business*. They have influenced film comedy more than any other force in cinematic history. People as seemingly distant as Woody Allen and Eugene Ionesco claim the Marx Brothers as their greatest influence.

Nov. 29-30 Two by Truffaut: *The Wild Child* (Ariel, Nov. 1970) and *The Bride Wore Black* -- an interesting attempt at a Hitchcock style that fails beautifully.

On Rodin's "Head of Sorrow"

Head of sorrow, head of shame,  
Brazened to a bronzen frame.  
Sear my soul with ache and pain,  
Chill my spine with fervor's flame.

Elusive Voyage

Did you ever try and catch a falling leaf?  
As it swoops and swirls towards its destination at your feet  
No matter how near, they all stay out of reach,  
Who ever thought a leaf could pull such a feat?

J.D. Kanofsky

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**Acupuncture continued**

anesthesia, and the tissue damage (comparable to that of a 26-gauge needle) is completely repaired within three weeks.

The EEG does not resemble that of sleep, but shows slower waves with decreased amplitude. A sudden EEG peak which may be produced within 0.1 second following a pinch or a squeeze is abolished during A.

Dr. Matsumoto has demonstrated vasoconstriction by visualization of the mesentery using a process which does not raise the tissue temperature. Sympathomimetic effects have also been demonstrated in the blockage of vagal effects on skin resistance and in bowel activity.

**Application**

Dr. Matsumoto sees the clinical use of A. for "early" and "late" diseases, as opposed to the present emphasis on treatment of organic, infectious, traumatic and congenital diseases.

He would use A for relief of pain and discomfort whether mild, idiopathic or due to incurable disease. For example, it has been advocated for the treatment of

just about every disease state from muscle spasm to enuresis to psychiatric problems. Its use in emphysema admittedly would not correct the disease process, but it would increase air exchange by increased chest wall motion.

Dr. Matsumoto gauges analgesia effectiveness by such parameters as the number of pills taken per day for symptomatic relief. More precise measurements have proven elusive.

**Visceral-Cutaneous Reflex**

Dr. Matsumoto speculated that pain relief may be due, to blockade of conduction of small-diameter pain fibers (from internal organs) at cortical levels by the large-diameter fibers (from skin) which are stimulated by A. (This "Gate Theory" is discussed in more detail in the article reviewed below.)

He also stated that the lymphatic system does not serve as any pathway between the skin and anesthetized organ. He has been unable to find the subcutaneous "tubes" reported in the past by some investigators.

**"Neurogenic Interference Theory"**

The A.M.A. exhibit was presented by H.C. Tien, M.S.E.E., M.D., of the Michigan Institute of Psychosynthesis, and detailed a "Neurogenic Interference Theory" to explain A not as psychogenic or hypnotic, but as interference at the cortical level.

He explains its bilateral nature, complex distribution, and persistence after needling has stopped by noting two phenomena: measured activity across the corpus callosum is increased during A, and those rare patients with agensis of the corpus callosum and commissures are unable to achieve bilateral anesthesia following unilateral stimulation.

Reprints of Dr. Tien's article, complete with quotes from Karl Marx and Chairman Mao Tse Tung, may be obtained from the author at 701 North Logan, Suite 215, Lansing Michigan 48915. Dr. Matsumoto spoke at the first meeting of the Delaware Valley chapter of the American Medical Writers Association on October 17.

**Student Nurses Prepare For Defense**



The Thomas Jefferson Student Nursing Basketball Team is actively and diligently engaged in practice and scrimmage sessions in preparation for defense of their title as 1971-72 champions of the Southeastern Pennsylvania League for Nursing. The first league game is to be held on November 21st against Albert Einstein Hospital Student Nurses at 7:15 P.M. All league games are played at Memorial Hall, North Concourse Drive, Fairmount Park. Spectators are encouraged to attend.

The 1971-72 team, in rounding out a most successful season, also became winners of the Jefferson Basketball Tournament held here at Jefferson Commons after the regular season. Additionally last year's squad played and was victorious in an exhibition game played at the Spectrum prior to a

Philadelphia Seventy-Sixer contest.

The squad has been invited back to the Spectrum this year and will participate against Lankenau Hospital in the preliminary game on Dec. 8th. The '76'ers will take on the Chicago "Bulls" in the second contest. Discount tickets (\$3.00) for this evenings contests are available at various locations throughout the Jefferson complex.

Players returning from last season's championship team, who make a good appearance both on and off the basketball court, are: Cecelia Ridgway, Cheryl Steimer, Betsy Dalton, Denise Boyd, Patti Jones, Peggy Malone, Mary Woltenate, Janet Welsh, Mary McGillan, Chris Gilmore, Chris Coleman, Debbie Boyle, and Kathy Callahan. This

years' group of talented (and attractive) newcomers include: Donna Ranieri, Judy Phillips, Jane Husband, Ruth Keers, Bonnie Gaymon, Loretta Di Nardo, Cathy Glavey, Anna Marie Schmidt, Marian Maguire, Joyce Palczewski, Julia Le Gesse, and Judy Ferraro. All who are associated with Thomas Jefferson University can be nothing but proud of these student nurses for their dedicated efforts in most favorably representing the University with their winning attitude and sincerely wish them continued success in the coming year.

**Rebuttal continued**

injured in our Hospital and community. No matter where you work in the University you can contribute in an important way to help achieve our goals, and you can take personal pride in that achievement."

We do, I assure you, take a great deal of pride in the Thomas Jefferson University. That Sir, is why the buildings are so clean and nice. There is nothing like making people feel appreciated.

Since the Union Local 1199C has negotiated, the contract as of Oct. 6th 1972. The members feel like they have become human beings with rights, they are even almost believing that Thomas Jefferson University is no longer a plantation.

Now then let me demonstrate how your pronouncements and uncomplimentary image of the Local 1199C, has helped our cause. Since the last issue of Ariel

has been out, we have enlisted fifty-two more members in the check-off. Many of whom have directly told me that they have joined as a result of your article. In light of this let me say to you Mr. Sklaroff that if you ever feel like writing another commentary, about the power-hungry, opportunistic and reprehensible Local 1199C, please do. With enemies like you, we don't need friends. So Sir, since you were so instrumental in furthering our cause, we see no reason why we should not try your "polite, cogent, substantiated, dialogue."

Remember the service employees at Jefferson are not welfare freeloaders, they are hard-working, sincere individuals. And I say to the University and Hospital workers, UNITE. You have nothing to lose but your plantation.

Local 1199C and Jefferson University look forward to a long and pleasant relationship.

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**Ramsay continued**

because few men have known so many of them. "The students have meant everything to me," he says. "I've taught, scolded, encouraged, and sent off thousands of doctors. The tradition is a beautiful one."

Year after year Dr. Ramsay has addressed the incoming class with the now traditional words: "In this room there have sat, as students, more physicians who are now providing medical services to the people of our nation than have sat in any similar room in any other medical school." Four years later he would officiate as general marshal of commencement and thus see them off as he had greeted them.

In 1966 the senior class bestowed on Dr. Ramsay one of the highest distinctions a faculty member at Jefferson can achieve. They commissioned the painting of his portrait for presentation to the college—an honor so highly coveted because the selection is made solely and freely by the students themselves.

That was a hallmark in a life whose beginnings go back to a small farm in Angola, Indiana. Life was simple then. He recalls the days when he, his two brothers, and one sister would herd the sheep down to the rail cars and come back feeling part empty and part fulfilled. At 15 he earned his first real money—10 cents an hour—helping to pave route U.S. 20 when it was still a single lane cutting across the farm.

After graduating from high school in 1925, he labored for a year to raise enough money to enter De Pauw University, in Greencastle, Indiana. He worked odd jobs all through school and at one point lost every cent when the banks closed their doors during the Great Depression. But he obtained an A.B. degree in 1930, with a major in zoology, and with the ambition to become a doctor.

He accepted a fellowship in the Medical Division of Cornell University's Graduate School and secured the rank of assistant in histology and embryology. He was so caught up in the rich intellectual atmosphere there that he was swayed to pursue a Ph.D. instead of an M.D., and in 1934 he received his doctorate in anatomy. He remained at Cornell for two years thereafter.

In 1936 Professor J. Parsons Schaeffer persuaded Dr. Ramsay to join Jefferson Medical College as an associate in anatomy. The next year he was made assistant professor, in 1941 associate professor, and in 1958 professor and head of the Department of Anatomy, as well as director of the famed Daniel Baugh Institute of Anatomy.

So for nearly 40 years it has been a life of teaching and research. When Dr. Ramsay was first appointed, only about 300 faculty members served at Jefferson. Today, the faculty numbers over 1,200, with 23 medical, and 17 pre-clinical, departments.

Dr. Ramsay says without hesitation that he has spent his life in the best way for him and, in his opinion, at the best place. "This school," he says, "has done the best job of changing and the best job of maintaining the highest standards of any in the world. The faculty is second to none, and always has been. I will always be gratified for having been a part."

"Some men should retire when they're 45. For others, it's 85...all depending on how much they can continue to give. For me the magic number is 64. A man can sense when it's time to move over, so the best thing I can do now is to help bring in the best possible replacement."

Dr. and Mrs. Ramsay are going to swing into a full schedule of the things they love to do: mountain climbing, silderness fishing, ecology study, and nature photography. In all his years at Jefferson, Dr. Ramsay has taken less than half his vacation, and now, he says, it's time to have fun.

The students will continue to come, however, and Dr. Ramsay will not be there to teach them. If he could speak to them, here is what he would want to say:

"Be sure that you—not your parents or someone else—want to be a physician because you must be happy in order to learn. When you begin your study, recall the virtues of someone in your life that you emulate, and practice those attributes until you attain them. You don't become either a doctor or a gentleman on the day of commencement; you remain what you have made of yourself in the years before.

"Have faith in the people who have designed the program of study. Have faith in the value of even the tiniest fact when applied to human life. And have faith in yourself. Build yourself into the kind of person you would want for your own doctor."

**Johnson continued**

his strong commitments to "getting more involved and making more things realistic" as part of a dynamic approach to his duties. Moreover, as a staunch advocate of course and professor evaluation, he is extremely interested in the continued use of the Freeman Year Course Evaluation initiated last year. Dr. Johnson views such evaluation as a mainstay of effective teaching, benefitting both sides: not only can "the professor put the students' shoes on and see if and how they fit," but he can also "consider his students as junior colleagues helping in a common goal to give more input into courses." Dr. Johnson has effectively practiced what he preached, especially at the Irvine campus; he therefore views the Jefferson Evaluation as a good worthwhile step in the right direction. Long-term improvements in it, he feels, should center around a more analytic approach with 100 per cent

candor. As a unifying force, though, he does see a spirit of cooperation from the other departments in continuing and improving these evaluations.

Dr. Johnson's philosophies become very much evident in his comprehension of his many roles as a true medical educator. **Teaching undergraduates:** "I really like to teach—it's a fantastic experience." **Graduate students:** "Teaching graduate students is teaching future medical educators. I consider it as recapitulating myself in the form of another medical educator." **Research:** "This is an important aspect of medical education. You get to handle and interact with graduate students, as well as other scientists. And, through time, your contributions in the form of research accomplishments will enable present students to become more effective future M.D.'s in

practice." As chairman, Dr. Johnson is constantly considering new avenues of approach in formulating and modifying the anatomy-developmental biology curriculum. The following are some examples of his ideas hopefully to be realized in the not-too-distant future: 1) along with Dr. Rosa, developing audiovisual sequences of self-tutorial films to be incorporated into the histology course; 2) utilization of new types and more (numerically) specimens to facilitate teaching neuroanatomical concepts; 3) further developing of interdepartmental courses, including more ancillary physical facilities (i.e., special conference rooms); 4) in conjunction with the Stein Research Center, developing basic courses and electives in anatomy and developmental biology; and, finally, 5) strengthening the

clinical correlation concept. In regards to this last idea, Dr. Johnson sees a definite place for effective clinical correlation sessions in his department's curriculum. He therefore hopes to add to his faculty staff trained "medical educators," people who he feels will "provide the students with real substantive pegs on which they can hang their hats," giving them further beneficial insight into the anatomy and developmental biology courses here at Jefferson.

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## Choir Presents Annual Xmas Concert

Jefferson's Third Annual Christmas Concert and Wassail Party will be presented by the Thomas Jefferson University Choir and Orchestra on Friday, December 15 at 8:15 P.M. in McClellan Hall.

The approximately 50 members of the choir include medical and nursing students, employees, members of the staff, and other representatives of the university community. All soloists are Jefferson people, as well.

This concert marks the first appearance of a large orchestra solely under university auspices. The 25-piece ensemble is composed of Jefferson students and professional musicians from as far away as Washington, D.C., who are donating their time and talents in support of artistic concern within the scientific

community.

Robert Sataloff, conductor, who assembled and trained both groups, looks forward to this concert as "the best we will have ever had."

Mr. Sataloff, a Phi Beta Kappa graduate in Music Theory and Composition from Haverford College, studied conducting under William Reese at Haverford, and under John Ferris at Harvard. Currently, he is a second year Medical Student at Jefferson.

In addition to numerous carols traditional for the Christmas season, this year's program will include several particularly beautiful unaccompanied motets of the Renaissance and Baroque periods by Scarlotti, Victoria, Pergolesi and others.

J.S. Bach's "Magnificat in D" for choir and orchestra will be

the featured work for this, the choir's seventh major concert. Bach wrote the work in about 1723. Intending it for Christmas he scored it in an unusually rich way: trumpets, flutes, oboes, bassoon, timpani, strings, harpsichord, and organ. It is one of Bach's liveliest, as well as one of his sweetest works.

Handel's "Hallelujah Chorus," from the Messiah will conclude the concert. As always, the audience is invited to join in singing this favorite masterpiece.

Traditionally, the audience is invited to join with the members of the choir and orchestra in the social lounge in Jefferson Hall for Wassail (Christmas Spirits—following the concert.

## Who Really Cares?

Kathleen M. Cunius

As a member of the Commons Program Committee and an employee of the Commons Office, I would like to make the following observations concerning student participation in Commons sponsored programs:

I have attended quite a few events sponsored by the Commons Program Committee (CPC) and nine times out of ten I am appalled at the lack of participation, apathy and ignorance on the part of a large number of Jefferson students (films and SFSP arties excluded). I feel that it is important to note that this does not include the certain few students especially, the student nurses, who regularly participate in CPC programs and hopefully, appreciate the efforts of the CPC. However, it does include the rest of the student body of the C.A.H.S. and medical students who are either totally apathetic or act completely ill-mannered and snobbishly to Commons' programs. The latter applies particularly to male medical students. It is really pathetic when members of the CPC have to apologize to entertainers for the performance of the audience - and this has happened numerous times.

I do not expect every event scheduled - to be a complete success, but I am sure that with better participation and common courtesy on the part of the above mentioned students it would be a step in the right direction. It seems difficult to believe that students will actually sit through a performance and completely ignore the performer. If they don't like the program then they should have enough sense to leave - not sit there and talk. I've seen seven-year-old children act more mature than some of the students.

If the students are really discontented with our programming, and I'm sure a majority are, then I can only suggest that they come to the Committee meetings which are

(nurses and medical students - no other reps from the C.A.H.S.) who are on the Committee and are trying to make decisions for the whole student body and apparently are doing something wrong. I certainly would like to know what it is. Any member of the Commons (all students are members) is entitled to participate on the Commons Program Committee. I don't think most of the students realize the time and effort put in by the CPC and especially by the Commons Office to bring a variety of interesting programs to Jefferson. If students have complaints they should bring them to the attention of the entire CPC and not to the Commons Office or to individual members of the CPC, because it is the CPC who decides on the programs.

It's funny, but I have never heard the Committee get a compliment for the work it's done to this date. I only wish the students would show some appreciation for the work being done for them by the CPC and by the Commons Office. The Commons Office staff bends over backwards for the students and to tell you the truth, the students don't give a damn.

All of the above is my own personal opinion and whether or not it reflects the views of the other members of the Commons Program Committee or the Commons Office remains to be seen.

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Approximate Schedule of Intramural Sports  
1972-1973

Winter Sports:

Basketball  
Paddleball  
Squash  
Swimming

December 1 - March 13  
February 16 - April 30  
December 1 - February 15  
January 25 - January 29

(Sign up early - but no later than the opening scheduled date of each sport, i.e., basketball before Dec. 1).

There is an Intramural Overall Trophy, given to that organization accruing the greatest total number of intramural points for all the sports for the given year. This trophy will be awarded on a revolving basis.

Eligible organization for 1972-1973 include: Alpha Kappa Kappa, Phi Alpha Sigma, Nu Sigma Nu, Phi Delta Epsilon, Theta Kappa Psi, Independents, and employees.

Any new organizations desiring eligibility for the Overall Trophy may contact the Intramural director (Gary McNulty) for admission in the next intramural year.

TAKE AN INTEREST IN YOUR COMMONS OFFICE - ATTEND THE WEEKLY WEDNESDAY NIGHT MEETINGS - FOR MORE INFORMATION. INQUIRE AT ROOM M-63!!

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