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## Ariel - Volume 10 Number 2

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# Ariel

Vol. X No. 2

The Thomas Jefferson University Student Newspaper

September 11, 1979

## BOARD SCORES IMPROVE

by Edward G. Zurad

"The faculty and administration are happy with the (National Board) results," according to Dr. Robert C. Mackowiak, Associate Dean and Director of Student Affairs. In 1979, 221 students took the National Board examination with 13 students failing which resulted in a failure rate of 5 percent. However, in 1978, 220 students took the examination with 35 students failing which resulted in a failure rate of 16 percent. Dr. Mackowiak indicated that this year's results are more demonstrative of the normal performance of Jefferson students on Part I of the Boards. (Jefferson has never had a failure rate of more than 10 percent during the seventies excluding 1978. The failure rate has even been as low as 2 percent in 1973 and 2.2 percent in 1976. The national failure rate is normally about 11 percent).

When asked whether he believed that the abundance of publicity concerning last year's performance on the National Boards had any effect on the motivation of the Class of 1981, Dr. Mackowiak replied, "Absolutely." However, he indicated that other classes have done well without requiring such extra motivation.

In discussing the performance on the different subject areas covered by the examination, Dr.

Mackowiak observed that there was a "a significant difference among departments" but he stated that he could not comment further on this subject.

Upon reviewing this year's results, Dr. Mackowiak expressed his perplexity regarding last year's "disaster." He has been examining MCAT scores of those students who failed the boards. He found that the average MCAT science score for those who failed in 1979 was 583. Paradoxically, in 1978, those failing had an average MCAT science score of 617. According to Dr. Mackowiak, this would lead one to believe that beyond a certain point, the MCAT scores can not accurately predict a student's performance.

Dr. Mackowiak has also studied the first year averages of the failing students and found that the mean first year average for those failing in 1979 was 76.9 while in 1978 it was 76.1. Dr. Mackowiak noted the lack of difference.

Dr. Mackowiak emphasized that one "has to prepare for the boards — you can't take them cold!" He speculated that some of the students who did fail probably took the boards "kind of cold". He talked with 27 of the 35 students who failed in 1978 and found that many did not put much time into studying for the boards.

In order to stress the fact that

one must study for the Boards, Dr. Mackowiak cited the fact that he had to memorize and rememorize the coagulation sequence "thirteen times" between his freshman year and the day he took his specialty boards in Internal Medicine.

"If you have a good set of notes, you can go over them easily," asserted Dr. Mackowiak. Dr. Gonzalo E. Aponte, late Professor of Pathology and Chairman of the Department, reviewed the pathology questions on the 1978 examination, according to Dr. Mackowiak, and found that 130 of a total of 140 questions could be answered directly from the notes. The additional 10 questions were more research oriented and Dr. Aponte was not upset that these questions might have been answered incorrectly. Dr. Mackowiak also noted a review of the questions concerning lipid and carbohydrate metabolism completed by Dr. Arthur Allen, Associate Professor of Biochemistry, in which Dr. Allen found that "only a few questions" could not have been answered from the notes.

Dr. Mackowiak mentioned that students should read the examination outline provided by the National Board of Medical Examiners. He stated that if a particular subject "is not on the outline, then they are not going to ask (questions about it)."



Shuart Singer

Third Year Medical Student John Wesley Clayton, III receives his prize from Dean Kellow for excellence in Clinical Obstetrics and Gynecology.

The commencement of classes was marked with this year's 156th annual opening exercises, held on Wednesday, September 5 at 8:00 p.m. in McClellan Hall. Dr. Lewis W. Bluemle, President of TJU, gave the convocation and presided over the ceremony. Dr. William F. Kellow, Dean of the Medical College and Vice President of TJU, awarded the prizes to the deserving medical students.

John W. Clayton, III won the Ob-Gyn Prize, and sophomore John S. Radomski was awarded the Melvin I. Katzman, Pathology Prize. The William W. Bodine, Jr. Award was given to Edward H. Jasper.

Victor F. Altadonna received the Class of 1947 Scholarship Award.

The Lange Medical Publications Prizes were given to each of the two students who achieved the highest grade average upon completion of the first, second and third years. The recipients of the awards were the following: Victor F. Altadonna and Robert W. Armstrong, Jr. (First Year), John S. Radomski and Mark A. Staffroni (Second Year), John J. Woog and Thaddeus S. Nowinski (Third Year).

The college of Allied Health Sciences Alumni Special Achievement Award was given to Dolores T. Hughes, Program Coordinator - Health Education, TJU Hospital. Dr. Paul H. Maurer, Professor of Biochemistry and Chairman of the Department gave the address.

## AT FIRST GLANCE

by Edward G. Zurad

One particular student has participated in a six-week European concert tour in 1974. She has also sung with the Pittsburgh Symphony Orchestra at Carnegie Hall. You might ask whether she is studying at the Philadelphia Musical Academy or the Curtis Institute of Music. The answer would be neither.

Another student has worked for the United States Department of Marine Fisheries as a field worker in shark-tagging migrations. You might assume that he is doing post-graduate work in ecological studies. You're wrong.

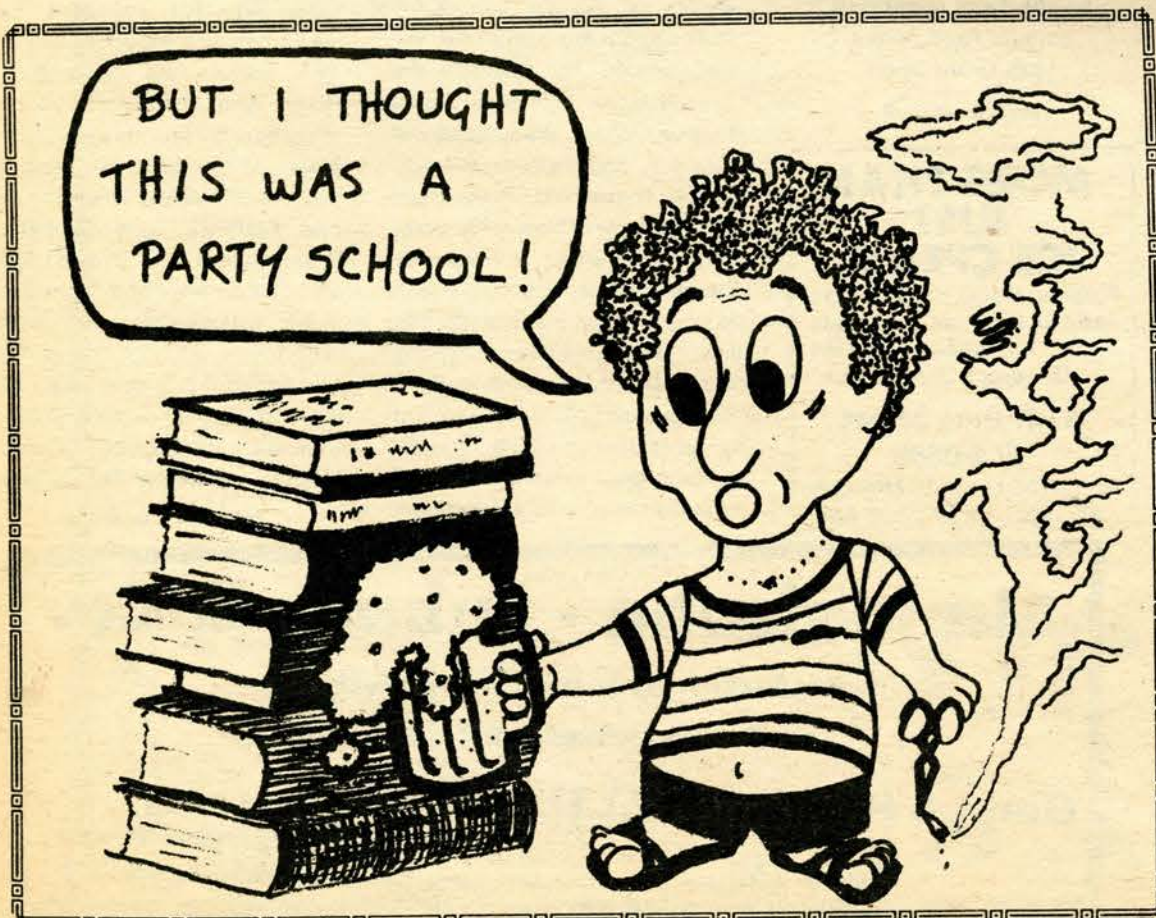
One student worked as a waiter during his 1975 and 1976 summer breaks. During the 1976 Philadelphia Bicentennial celebration, he was selected to serve as a waiter for the head table of Queen Elizabeth II. Is he moonlighting at Le Bec Fin? Wrong Again!

All three of these students are members of the Class of 1983 — a class which, at first glance, appears very similar to other classes at Jefferson, but, is one

which contains its share of colorful individuals. For example, another member of this class is a co-owner of a scuba diving service specializing in boat hull cleaning. He will probably be a draft choice for the Jefferson Scuba Club.

A former NCAA 2 mile relay champion is also a member of this class. He should find his speed helpful for running around the lab during Anatomy practicals.

Statistically, the Class of 1983 looks like this: There are 223 new students with 157 in-state and 66 out-of-state members; 33 are alumni sons and daughters (4 less than last year); 24 students are participating in the Physician Shortage Area Program (the same amount as last year); 24 are members of the Penn State-Jefferson Program (4 less than last year); 20 are members of the Jefferson-Delaware Medical Education Program; 8 students are the sons and daughters of faculty members. Only 14 students knew that they were accepted by Jefferson before October 1, 1978 via the Early Decision Program.



## FROSH BEWARE!!

by Jim O'Brien

THE TWELVE MOST FREQUENT MISTAKES MADE BY FRESHMEN ACADEMIC:

- 1) **Relying on precedent.** Test questions are changed yearly and so may degree of difficulty. As the Class of '82 often learned, last year's joke may be this year's killer.
- 2) **Taking STAMP courses too lightly.** Last year's seemingly harmless Spring ICM Final proved to be more of an academic disaster than either of the concomitant Physiology and Anatomy Finals.
- 3) **Taking "Neuro-golf, -tennis, -beach" too lightly.** More people flunked this course than any other last year.
- 4) **Overstudying.** Most behaviorists agree that there is a "point-of-no-return" where an increase in time studied produces little or no benefit.
- 5) **"The Bodhisattva Syndrome."** Bohisattva is a Buddhist idol who relinquishes pleasure to save his fellow man. Fortunately, there is still enough time in medical school to enjoy oneself

without jeopardizing the health of future patients.

6) **Skipping histology lab.** Lab notes are not scribed, and quizzes are generally quite difficult.

LIVING:

7) **X + 1 people in an X-bedroom apartment,** (although two people in a one bedroom often works well.) Privacy will become more important as your career progresses, and is usually worth the cost. There are exceptions to this rule, of course.

8) **Malnutrition.** In the finals week heats of passion, sometimes one simply forgets to eat right, or at all. If you don't like to cook daily, make an arrangement with a roommate or purchase a meal plan.

SOCIAL

9) **Mentioning grades at TG's, Pub Nites, etc.** Not all, but most students enjoy escaping from reality at these events.

10) **Assuming that being a medical student will increase sexual disirability.** Playboy Magazine reported that medical students lead below average sex

lives. Doctors also experience difficulty establishing long-term relationships, as attested by a divorce rate for physicians approaching seventy-five percent.

MISCELLANEOUS:

11) **Setting on quad park benches without caution.** These unvarnished gems are wholly responsible for a splinter endemic in Center City.

12) **Reading that a half dozen hemostats are required for physio lab,** buying them at \$5.99 each before consulting with other members of the lab group, discovering you have no use for them, then auctioning them off at half price as roach clips.

## PHILLY'S FINEST

by Meg Trexler

For those of you in the audience to whom the concept of "Best of Philly" is new, let me explain that the following is more or less lifted directly from the July issue of "Philadelphia" magazine. Yearly, its staff takes upon itself the formidable task of polling, screening, sampling, testing, and thereby determining the finest that the city has to offer in nearly every variety of food, shopping, entertainment, and other more obscure categories. Those of you familiar with the listing will recall that many of the "bests" are "out-bested" from year to year. To keep everyone current, herewith a selection of this year's elite:

### Restaurants, Food, & Nightlife

**Deli: The Famous**  
700 South 4th Street

**Salad Bar: Wildflowers**  
516 South 5th Street

**Afternoon Tea: Conversation**  
1624 Pine Street

**Japanese restaurant: Chiyo**  
8136 G<sup>e</sup> mantown Avenue  
Chestnut Hill

**Korean restaurant: Onassis**  
1735 Sansom Street

**Mexican restaurant: Las Amigos**  
50 South 2nd Street

**Health Food restaurant**  
*Natural Food Eatery*  
1345 Locust Street

cont'd on p. 3

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## HELP YOURSELF

### TO PHILADELPHIA

by Meg Trexler

For the readers of this illustrious journal who are new to the area, the ARIEL offers these Basic Bits of Information on the basic subject of how to entertain oneself in this shining city. The City of Brotherly Love is not the Big Apple (don't mind the cliches), but there is plenty to do here, believe me.

The new arrival to the city may or may not be all gung ho to breathe the historical atmosphere of Old Philadelphia, but as it's basic to the city's flavor and convenient to Jefferson, it might be worth checking out. Independence Hall is a short five-block walk down Chestnut Street; the Liberty Bell, once housed in Independence Hall, now stands enshrined in a new plexiglass shrine across the mall from it. In the same area is Old City Hall, Carpenter's Hall, and other sites of "revolutionary" interest. Further north and towards the River (the Delaware, that is), but still within walking distance is Elfreth's Alley. This quaint little walkway is bordered by eighteenth century houses, including Betsy Ross's. Speaking of which, Philadelphia boasts a great wealth of old houses (many open to the public), some remarkable for their architectural beauty and others known more for their historical significance. A number of these are located in Fairmount Park, a magnificent site for walking, bicycling, driving, and generally enjoying. For precise locations and a more exhaustive discussion of historical Philadelphia, you might want to check with the Tourist Information (Visitors' Center) at Penn Center or at 3rd and Chestnut.

When it comes to the subject of culturally-oriented things-to-do, one cannot omit the subheading "Museums." It will probably come as no surprise to you that Philadelphia has lots. Those devoted to the arts include the Philadelphia Museum of Art, the Philadelphia Art Alliance, the Second Bank of United States Portrait Gallery, the Academy of Fine Arts, and the Rodin Museum (a bit specialized, obviously!). The Academy of Natural Sciences and the Franklin Institute are "musts" for science buffs (be sure to see the room-sized human heart model at the Franklin), and the University Museum at Penn has something for everyone, but is particularly noted for its archeological exhibits. Others of miscellaneous variety include the

Philadelphia Fire Museum, the Perelman Antique Toy Museum, and the Philadelphia Maritime Museum.

Before moving on to the topic of "nightlife and lights," a few other sites of interest worth mentioning are the U.S. Mint (especially "Tour for the Light-fingered"), the Philadelphia Zoo, and Penn's Landing (complete with boats and subs of all sorts). Head House Square, New Market, and Society Hill are fun for long walks on a free afternoon (should such a thing float into your horizon).

And now, the subject so many have been waiting for...nightlife, etc. Again, Philadelphia has lots. There are thousands of places to eat, drink, dance, and revel to your heart's content. The topic of restaurants and other eating establishments is so overwhelming that I can only suggest that you ask a friend or refer to The back pages of *Philadelphia Magazine*, which lists such spots geographically and includes pertinent information on price-range, type of menu, hours, etc.

For disco, dancing, cafe, coffeehouses and so forth, there's Grendel's Lair (with special Jefferson discount nights), Second Story, Stars, the Bijou Care, and many others. Again, ask around, or you can check Philadelphia for particulars.

Philadelphia's Civic Center, the Spectrum, the Academy of Music, and Robin Hood Dell run a busy schedule of concerts of all types. Many of these are available singly or in series at discount prices through the Jefferson Commons. Jefferson also lies in the middle of the theatre district, surrounded by the Forrest, the Walnut Street, and the New Locust Theatres. Again, Commons handles many of these tickets at reduced rates. During the summer, a number of other theatres open as well.

One final topic of note — the shopping (for pleasure or necessity!). Any major city has its own famous old department stores, and Philadelphia is no exception. Within three or four blocks of the Jefferson campus are Wanamaker's, Strawbridge and Clothier's, and Gimbel's. Wanamaker's and Strawbridge and Clothier's are both housed in classic old buildings with huge chandeliers and the works. Be sure to see the famous Eagle on the first floor at Wanamaker's. Gimbel's is an old firm in a new building, located in The Gallery

cont'd on p. 6

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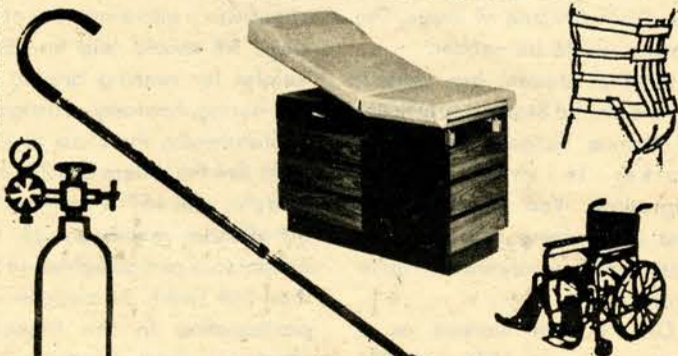
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## NIGHT OUT

by Eric Singel

Welcome, all of you newcomers, to our hallowed halls, and welcome back, all of you old-timers. And yes, the heading for this (hopefully) regular column is serious. No matter what it is that you're doing here at Jefferson, there is time for a night out every so often. If you can't find that time, you're probably working too hard. There are opinions to the contrary, but I refuse to listen to them. Case closed.

To assist you in planning your night out, this column hopes to provide a few pertinent comments on the entertainment media here in Philadelphia, specifically movies and the theatre. Herewith the first installment, in the form of two movie reviews.

\*\*\*

"Everyone's talking about it." That's usually the kiss of death for any subject, from roller-disco to **Star Wars**. But in the case of this month's Movie of the Month, **The Seduction of Joe Tynan** (four stars or ten kisses, depending on your system of rating), the talk is justified. Alan Alda has turned in a warm, witty, wonderful screenplay and a handsomely understated lead performance which just might net him a matching set of Oscars. His story of the turning point in the political career of the ambitious Senator Joe Tynan (D-NY) is a welcome change from all of those Watergate-inspired documentary-dramas to which we've been subjected lately. It is a political drama an apathetic American can get involved in, mainly because Alda has written his characters as human beings instead of newspaper headlines. Even the "heavies" of the piece, the Senators who oppose Tynan on the question of a Supreme Court appointment, are very human, not mere cardboard cut-out black-hatted villains.

Alda is the best kind of "woman's man" — a staunch supporter of the women's rights movement — and he has written two exquisite women's roles to prove it. Add Barbara Harris and Meryl Streep to play these roles to perfection and you have two more Oscar contenders. Harris is Tynan's somewhat neglected wife, a psychologist who has

been through a nervous breakdown and back. Streep is his mistress, a Southern lawyer who starts out as Tynan's partner in his battle to block the Supreme Court appointment. Both are nothing short of brilliant. With Alda, they combine to form a triangle in which you want everyone to win, even though you know they can't. They also provide some of the best cinematic sex scenes I've seen in a long time.

So see **The Seduction of Joe Tynan**, preferably before the primaries begin. It may just give you a whole new perspective on politics. I personally am putting Joe Tynan on my ballot as a write-in. I mean, with Carter, and Kennedy...

\*\*\*

The Summer of '79 (it even sounds depressing) was one of the worst summers for movies ever. Finally, August rolled around, putting an end to the whole dreary mess. With August came the movie which proved to be the summer's only (cinematic) saving grace: **Breaking Away**. It is mis-advertised as "a teenagers' **Rocky**," whatever that means, but don't let this put you off. It is a beautiful, funny film, and I highly recommend it to anyone who has ever been nineteen.

The story takes place in Bloomington, Indiana and concerns four nineteen-year-olds who, for one reason or another, have not gone on to college, and so have become "cutters"

(Bloomington's version of "townies" — sons of the local men who cut the stone for the college buildings). The main character is Dave (Dennis Christopher), who is busy living out his adolescent fantasy that he is an Italian bicycle racer. He speaks with an Italian accent, shaves his legs, and impresses a college girl by telling her that he is an Italian exchange student. His barely-coping parents are humorously played by Paul Dooley and Barbara Barrie; the feeling they display between witticisms makes them both irresistible.

The climax of the film involves a bicycle race between the cutters and the college boys, all of whom look like escapees from a Pepsi ad. Although a bit contrived, the race kept me on the proverbial edge of my seat, cheering the cutters on. The cinematography in all of the cycling scenes is beautiful, especially in one particular sequence in which Dave races with a tractor-trailer. Tongue-in-cheek, yet touching.

The one flaw in this otherwise fantastic film was a sin of omission: we learn just enough about the other three boys to be interested, but no more. Perhaps screenwriter Steven Tesich thought that "less is more," or perhaps there will be a (god forbid!) sequel. At any rate, **Breaking Away** is a fine film for all of us who are still busy growing up. "Teenagers' **Rocky**," my Cinzano!

\*\*\*

cont'd from p. 2

**Breakfast:** *The Foodworks*  
225 Church Street

**Live Music with Decent Food**  
*The Middle East*  
126 Chestnut Street

**Inexpensive Dinner on Friday and Saturday Nights:** *Taylor's Country Store*  
1609 Sansom Street

**Meal under \$1:**  
*Big Sur Belly Buster at California Smoothie: The Gallery*

**Meal under \$2:** *Layla*  
1240 Pine Street

**Meal under \$3:** *The Celery Stalk*  
716 Chestnut Street

**\$100 Meal for Two:** *Le Bec Fin*  
1312 Spruce Street

**Cheap Seafood:** *Sansom Oyster House*, 1515 Sansom Street

**Steak Sandwich, Center City:**  
*Charlie's Water Wheel*  
1526 Sansom Street

**Pizza:** *Marra's*  
1734 East Passyunk

**Hoagie:** *Raggazzino's*  
10th and Fitzwater Streets

**Ice cream:** *Hillary's*  
1929 Chestnut Street

**French bread:** *Le Fournil*  
719 Walnut Street

**Cinnamon buns:** *Lerner's*  
134 Market Street

**Daiquiri:** *Maureen's*  
11 South 21st Street

**Bloody Mary:** *The Garden*  
1617 Spruce Street

**Mug of Beer:** *McGillin's*  
1310 Drury

**Trendy Drink:** *Rusty Root Beer*  
*Rusty Scupper*, Front and Lombard Streets

**Place to have a before-dinner drink:** *East Philly Cafe*  
200 South Street

**Piano-bar:** *The Piano Bar*  
1712 Sansom Street

**Nightclub:** *Bijou Cafe*  
1409 Lombard Street

**Discount Shopping —**

**Kitchen and giftware:** *Open House*, 200 Bala Avenue  
Bala Cynwyd

**Baked goods:** *Kaplan's*  
905 North 3rd Street

**Drugstore:** *Best Discount Center*  
1734 Chestnut Street

**Miscellaneous —**

**Place to run:** *East River Drive*

**Place to catch a cab:** *Through a doorman at Wanamaker's*  
Juniper Street entrance

**Emergency Ward:** *Pennsylvania Hospital*

**Creative photography:** *Antique Images at New Market*, 2nd and Pine Streets

*That's all, folks! Check the original "Philadelphia's" July issue if your favorite isn't here.*

~~~~~

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## GET INVOLVED

A drama club here at Jefferson? That's right. It occurred to us that the fine talent displayed in the past three years' spring musical productions (ANNE AND DICK ALBIN'S OLD TESTAMENT REVUE, LI'L ABNER, and A FUNNY THING HAPPENED ON THE WAY TO THE FORUM) should have a few more outlets. And so, this year, a drama club is being formed for the purposes of providing an informal theatre workshop atmosphere for "artistic temperament" emotional release, possibly getting together a show or two (or three—might as well be ambitious!), and just generally having a good time.

So if you've got an actor hiding inside of you just dying to get out, or if you'd just like to have a lot of fun with some people who think they do, come and check out the first meeting of the new Jefferson Drama Club on Tuesday, 11th of September at 7:00 P.M. in Room 139 of Jefferson Alumni Hall. If you are interested but can't make that meeting, the club will be meeting at the same time in the same place every Tuesday, so drop in anytime! Any questions or comments may be addressed to Eric Singel, box 744, 923-7154.

\* \* \*

Are you married to a Jefferson student? Would you like to meet other married students and their wives? The Jefferson Students' Wives Club provides activities for the spouses of students and for couples. It is a good way to get involved in the Jefferson community. The Jefferson Students' Wives is a recognized club on campus, and meets every 3rd Tuesday of the month. Some of the activities planned for this coming year are a Halloween Party, a Thanksgiving dinner, and a medical school marriage panel.

The club will kick off this year's activities with a party on Wednesday, September 12 at 7:30 p.m. in Orlowitz Social Lounge. All married students and their spouses are invited to this wine, cheese, and games party.

The first regular meeting of the Wives Club is set for 8:00 p.m. September 19th. The group will meet at Orlowitz, and then walk over to Alumni Hall for an introduction and tour of the commons facilities. The event will be lead by Brenda Peterson, Director of Commons.

For further information regarding the Wives club contact Janet Jurkowski at 925-6492.

In years past, students have nursed a growing concern about the topic of nutrition and its treatment in the preclinical curriculum. Last year, the festering discontent surfaced to some extent, as many students expressed their displeasure through questionnaires or conversations with class representatives. The student pleas fell upon the ears of the Jefferson Medical College Curriculum Committee, ears apparently tuned to the same frequency. The retirement of Dr. William Krehl, Chairman of the Department of Community Health and Preventive Medicine, and the subsequent demise of that department gave the Committee an excuse to act, as the now defunct department had previously the responsibility of administering the Medicine and Society nutrition course. Consequently the Committee restructured the entire M & S course, altering drastically and for the better the freshman nutrition program.

Dr. Arthur Allen of the Department of Biochemistry, always popular with students and refreshingly responsive to their needs, succeeded Dr. Schepartz as coordinator of the Cell and Tissue Biology course. In the course of restructuring the nutrition curriculum, the Committee delegated to him the responsibility of expanding the coverage of nutrition in Cell and Tissue Biology. He began, strangely enough, by removing Dr. Toporek's early "Introduction to Nutrition" from the schedule. Let one question the obvious paradox implicit in such a maneuver, consider the nature of that lecture - very little direct information came from it, only admonishments of nutritionally related topics to be presented in the normal sequence of the course. Surely this effect could be produced as well in the opening announcements.

Dr. Allen then added four clinical correlation lectures which will directly deal with nutrition. These are (1) Dietary Management of Obesity - Dr. Joseph A. Glennon, Department of Medicine; (2) Nutritional Requirements in Infancy, Childhood, and Adolescence - Dr. Irving J. Olshin from Pediatrics; (3) Assessment of Nutritional Status also Dr. Olshin; (4) Parenteral Nutrition - Dr. Stephen Weiss, Department of Surgery. These follow Dr. Milton Toporek's regular lectures on nutritional biochemistry, which Dr. Allen auspiciously moved up in the sequence from their dismal location at the end of the course (when studying for the final exam pre-empted such attendance) to a favorable spot before the third exam.

These correlation lectures complement five established correlation lectures discussing nutritionally related clinical topics, such as Pediatric Hypoglycemia, Diabetes Mellitus, and others. Ordinarily, the Ariel tends to take a dim view of relegating such an important topic as nutrition to correlation lecture coverage; the lectures tend to be highly technical presentations simply not geared in importance to compete for time in the economy of the pre-clinical student's mind. In this case, however, the choice of lectures were such that one could scarcely



Stuart Singer

Yeahhh Brenda!!

## COMMONS DEMANDS ACTION

With the recent departure of Commons Director David Grebos, significant changes can be expected in the organization of the Jefferson Commons. The Commons attempts to meet the extracurricular needs of Jefferson students and personnel through such activities as

University Hours. These activities have, until now, been arranged by the Commons staff for the most part.

Ms. Brenda Peterson will assume many responsibilities of the departing Mr. Grebos. Her new role will be less that of program director and more

planning events, they will not take place. Low attendance at Commons events in the past has led to this situation.

If anyone has an idea or three-quarters of an inspiration Brenda would just adore having a chat with you. Stop in, she's an interesting person just overflowing with enthusiasm. Or

# ALLEN TELLS ALL

complain. Dr. Olshin has always enjoyed excellent rapport with students, and attendance at his lectures last year proved it. Dr. Weiss, who ran the first segment of the freshman ICM course last year was also popular with students. Dr. Glennon perhaps does not have such billing, since he has no formal contact with the freshman class. Nonetheless, he has expressed great enthusiasm for his topic. Also, the topics he will discuss (various diets, exercise) should be of interest to the neophyte physicians.

In addition to the correlation lectures, Dr. Allen has added one more lecture to the "Lipid Metabolism" sequence in which he will deal with nutrition directly. The biochemistry department also presents in piecemeal fashion many other nutritionally related topics in the course not specifically labeled as nutrition (essential amino acids, functions of various vitamins, etc.) The student should be aware of these as they appear to enhance his understanding of nutrition. After all, no physician should be what Dr. Toporek calls "table nutritionists" - ones who merely look up the vitamin composition of various vegetables in a nearby book. "Knowledge of intermediate metabolism," says he "is essential to becoming a complete nutritionist."

Dr. Toporek offers the preceding argument for those students screaming for a "separate" nutrition course independent of biochemistry. His point is convincing. Knowledge of intermediary metabolism is essential to understanding nutrition, especially under pathologic circumstances. RDAs are simply not available for all disease states.

Another argument against a "separate" course is that students had one, presented largely by Dr. Karp, and anemic attendance trumpeted student disdain for the course. Admittedly, mitigating circumstances abounded. The course began during the final two weeks of anatomy and physiology and ended with spring pathology, when time required for basic science mastery precluded attendance for all but the most hardy.

The Curriculum Committee set out to remedy this timing defect. With the fall of Dr. Krehl's department, upon his retirement, the responsibility for nutrition in the M & S course was re-routed to Dr. Olshin. The "Growth and Development" segment of M & S spearheaded by the exceptional lecturing talents of Drs. Olshin and Paul J. Fink, has assimilated much of the extra time. Dr. Karp will still assume much of the nutrition onus of the course segment (now lengthened to late January) but should enjoy an audience not possible in his former slot. Dr. Adrian Copeland's "Maturation and Aging" segment of freshman M & S has expanded to include nutrition as well.

All of this increased emphasis on nutrition comes at a price. The sophomore year now has no formal instruction on nutrition included in the schedule. Instead the time previously so utilized has been doled to the Department of Family Medicine, which will present some of the topics previously discussed by the Department of Preventive Medicine and some new areas of interest. So nutrition suffers. Frequent and loud are the cries of Jefferson instructors for more time, and nutritionists the least. The Curriculum Committee can now mollify their cries with a vastly improved freshman program.

Except the Committee cannot so easily appease the class of 1982, unfortunate victims of the reshuffling. These students not only endured the previous inadequacies, but now must forego the sophomore instruction afforded previous classes which suffered their fate. The Committee has inadvertently created a new problem. Perhaps it will find time in the junior or senior years. For additional nutrition instruction. This seems unlikely, due to the distinct lack of time in the junior curriculum and the variety of senior programs. Perhaps it will use small group time for nutrition. Who knows? We do hope, though, that the Committee continues to be responsive to student needs and address this problem with the same vigor shown before. Should the Committee abandon the project now, it will sadly leave unfinished what it worked so hard to achieve.

Jeffrey Banyas  
Editorials Editor

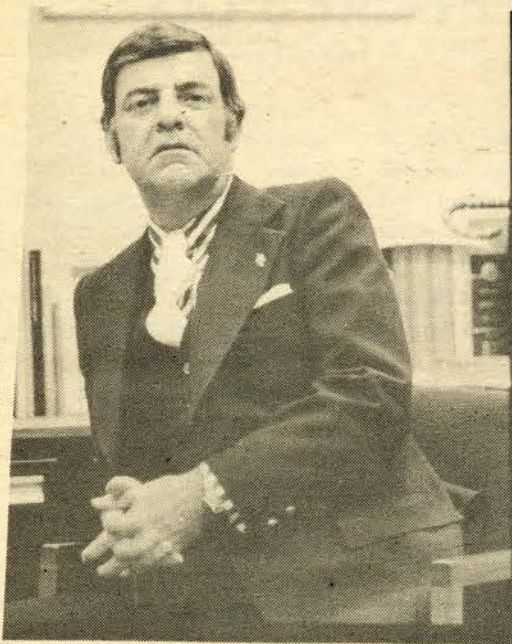
## ARIEL

The Student Newspaper of Thomas Jefferson University  
Jefferson Alumni Hall, Box 27

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# In Memoriam

Courtesy of Jefferson Alumni Association



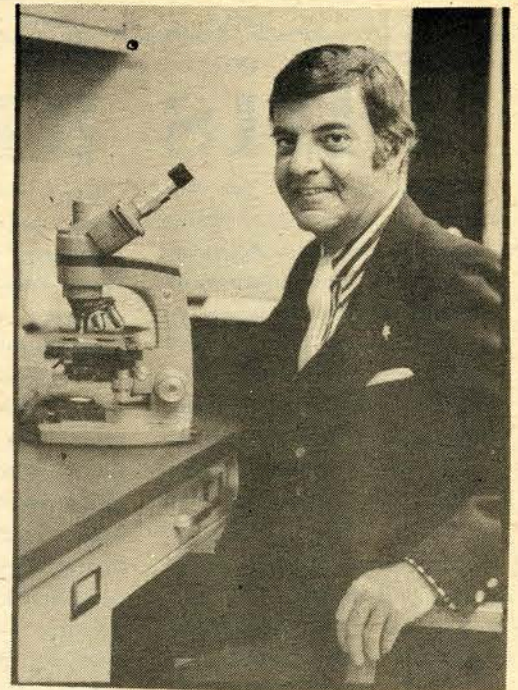
Educator



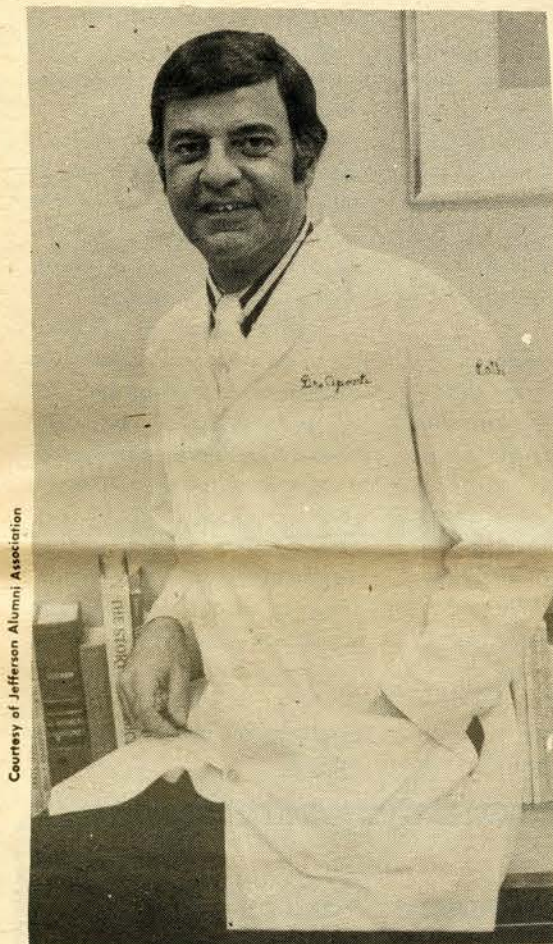
Gonzalo E. Aponte, M.D.

1929 - 1979

Courtesy of Jefferson Alumni Association



Pathologist



Courtesy of Jefferson Alumni Association

Friend

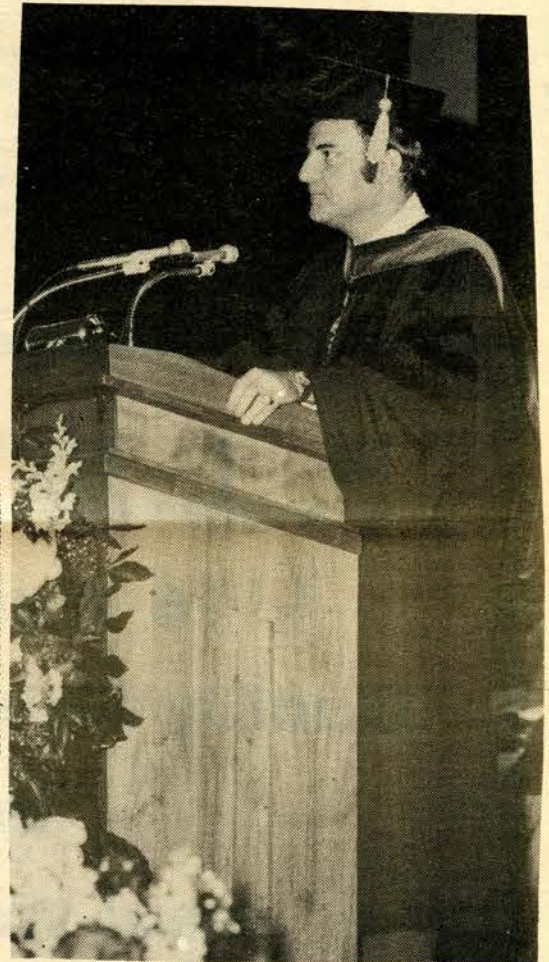
With the untimely death of Dr. Gonzalo E. Aponte last June, the entire Jefferson community suffered a tremendous loss. Many of us cannot appreciate the full impact of this tragedy, and for that we lose the more.

Dr. Aponte knew virtually no peer in his overall administration of Jefferson's pathology course. His mimeographed handouts, by now legendary, were as consistently complete, accurate, and well-written as any student could ask. Fortunately, we still can benefit from his genius in those synopses he left behind. The first-rate lectures and reviews for which he became famous though, we shall miss keenly. Few lecturers anywhere could combine an awe-inspiring command of knowledge (of which many stories were told on his behalf as further tribute to his brilliance) with the ability to lucidly cover vast amounts of material in short time. Yet Dr. Aponte gave this and more to the Jefferson student body. He devoted himself to an immense degree to the students, offering time for help, never refusing to discuss problems. Furthermore,

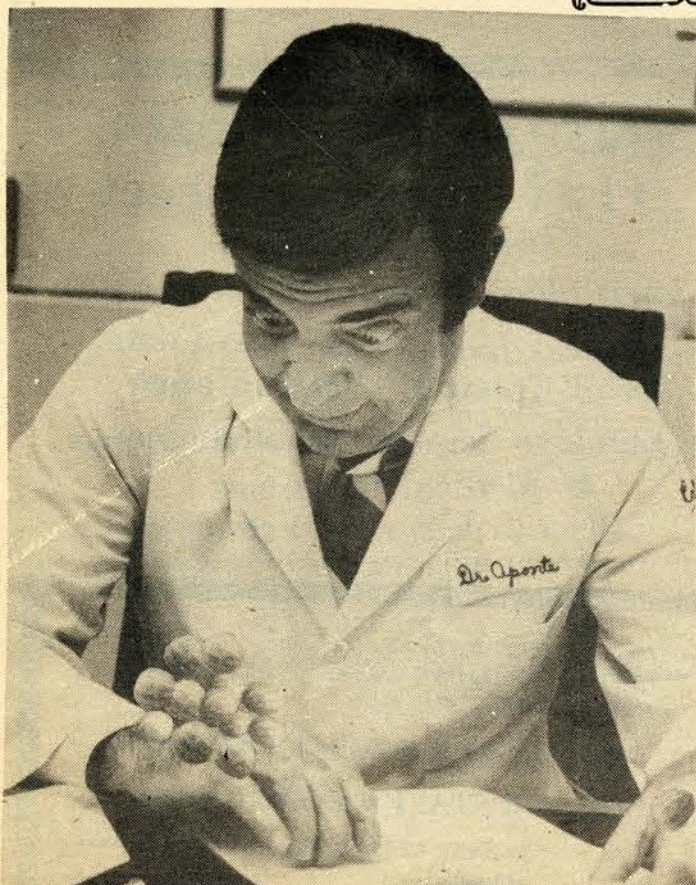
he never held his nonpareil knowledge over the students and never "pulled rank" on them to dismiss trivialities, for Dr. Aponte knew not the word triviality. Certainly his examinations provided convincing testimony to that. His policy of examination was in itself unique. Though Dr. Aponte's exams notoriously conquered the greatest of minds, he realized as much. Therefore, he implicitly passed all students willing to work hard and make the best of a difficult situation, that being the overwhelming amount of pathology to be learned in a mere thirteen weeks. Far was this policy from those of other departments, which sometimes seemed to present an avante-garde theory of learning which included 5% motivation and 95% stark panic of failure.

Thus the Pathology Department has the unenviable task of carrying on in the absence of Dr. Aponte, a name Jefferson had come to regard as synonymous with pathology. Gonzalo E. Aponte will surely be remembered with love, admiration, and respect by all who knew him.

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# This and That

Do you want to kick the smoking habit? Then start eating bicarbonate of soda. Psychologist James Fix of the University of Nebraska reports that ingesting the equivalent of four grams a day of bicarbonate of soda helped smokers stop. Students who smoked 30 cigarettes a day dropped to .14 cigarettes a day in the fifth week of the experiment. The procedure utilizes previous research which showed that people with high levels of acid in their urine usually smoked more than people with low acid levels. Therefore, students who took acid lowering bicarbonate tablets in stressful situations smoked less than those on placebo tablets.

...Should you abstain from sex? A report in the New England Journal of Medicine states that sexual intercourse may cause disorientation and a transient memory loss of several hours duration.

...The British medical journal Lancet reports that Swedish scientists have developed a nasal contraceptive spray for women.

Once a day inhalation of the spray prevents ovulation by precluding the pituitary gland from releasing luteinizing releasing hormone which is essential for ovulation.

...A chemist at the University of Missouri thinks he has found the reason why onions make you cry. His research proves that the agent responsible is propanethial, a volatile compound, which decomposes rapidly in the water around the eye. The reaction between water and propanethial produces sulfuric acid which irritates the eye and causes tearing. The solution is to try peeling onions in a pot of water.

...Carcinogens, carcinogens, carcinogens are everywhere. That is the latest report from the Food and Drug Administration which says that cosmetics such as shampoos, creams, and cream lotions are likely to be contaminated by nitrites, which can be transformed into nitrosamines. Some brands of scotch also contain nitrosamines; if you are thinking of changing to the drinking of water, beware,

since even water has nitrites in it.

...Doctors at the University of Arizona are using metal staples to help patients lose weight. The stomach is stapled in half with only a small hole left connecting the two parts. When a patient eats, the top part of the stomach fills quickly and leads to a feeling of fullness. The food then moves slowly through the slit to the bottom part of the stomach where it is digested normally. The technique works fine, unless you ingest a lot of milkshakes which pass through both parts of the stomach very easily and therefore prevents you from losing weight.

...A new cure for acne scars is waiting state approval in California. The treatment calls for the injection of collagen. The collagen is extracted from cattle hide and transformed into a whitish substance that is then injected under the skin. Once injected the substance helps smoothe out scars and becomes part of the body. Future uses include facial wrinkles breast implants and heart valve replacements.

## LEGIONNAIRE'S DISEASE STILL A MYSTERY

Although three years since Legionnaire's disease made its debut in Philadelphia, not much more is known about the organism today. The mysterious bug captured headlines in all the newspapers in 1976, yet today's outbreaks receive scant attention in the mass media.

Three years of intensive scientific investigation have convinced researchers that the puzzling organism is not a new lethal biological creature as once believed, but has "been around a long, long time." It is now thought that one percent of all previous unexplained pneumonia was due to the Legionnaire bacteria.

The Center for Disease Control in Atlanta states that 1,605 cases of the disease have been reported worldwide. This total includes 768 sporadic individual cases and about 837 cluster cases. The largest cluster case occurred in Philadelphia where 221 persons became sick and 34 of them died. In "honor" of this major outbreak which occurred during a convention of the American Legion, the bacteria is now called Legionella pneumophila.

It appears that Legionnaire's disease has two different clinical pictures. In the Philly case, the stricken individuals had "pneumonia with a long incubation period, a low attack rate, and a high fatality rate. In other cases, there is an influenza-like illness, no pneumonia, a short incubation period, high attack rate, and a zero fatality rate." In both situations, the causative bacteria was identical.

One of the mysteries of the

Legionnaire bacteria is its principle home in nature. It has been cultured from air conditioning cooling towers, rivers, pond water, and from mud at excavation sites and the banks of rivers. Unfortunately, there are still many unknown variables about its exact location

cont'd on p. 7

cont'd from p. 2

on Market Street. The Gallery prides itself on displaying over a hundred places to shop and eat, and is a good place to buy practically anything, though often at somewhat inflated prices. For shopping in a less departmental atmosphere, try the shops along South Street (towards the River), around New Market or Head House Square, as well as the multitudes along Chestnut and Market Streets. For more exotic purchasing, check out the antiques stores scattered along Pine Street.

When shopping for the real necessities of life, there's the A&P somewhere in the vicinity of Fifth and Spruce Streets, but the Italian Market (along Ninth Street, south of South Street) is a lot more fun. A colorful, European-type market, its vendors sell everything from live eels (you may see them swimming down the gutters on a rainy day) to underwear (black and lacy to warm and woolly). And the best thing about it is the prices, which are generally quite reasonable.

This list really only begins to number the possibilities of things to do in this city. There's lots going on here all the time, with something for every taste. Help yourself!

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cont'd from p. 8

level tennis regularly for a maximum of \$1.25 per hour over the season. There is an unlimited number of teams that can be drawn from each hospital community so any one who wants to perfect that "American Twist" serve or two-handed backhand has a great opportunity to do so.

To attract prospective team members so they can organize teams, Pier 30 Tennis Club is having an open house on September 16th from 4 p.m. to 1 a.m., and all the indoor tennis is free. Pier 30 is located at Delaware Avenue and Bainbridge Street. All tennis enthusiasts are encouraged to take advantage of this opportunity to see this facility and play some tennis.

Another recent addition to the Jefferson world of sports has been a soccer team. The "Jefferson Borborygmi" soccer team made its world premier last spring in a league made up of area medical, dental, pharmacy, optometry, and veterinary schools as well as a few local soccer clubs. The "Borborygmi" made a strong showing, except on weekends preceeding Anatomy and Physiology exams, when the estudious freshmen

tried to find out what borborygmi meant, and where one found it. This year the team hopes to have greater participation from the whole Jefferson community.

For those who enjoy using both hands and feet to manipulate a ball toward an opponents goal, the Jefferson Rugby Football Club offers a prime opportunity. Coming off a splendid one-loss spring season, the Jefferson "Black and Blue Men" (the team colors) hope to at least repeat the feat this fall. The team invites all

who wish to learn or play rugby to attend practices at the 9th and Bainbridge field on Wednesdays and Saturdays. Contact Joel Shaffer at 928-7970 during school hours, or Walt Prozialeck at 923-2168 at home for further information.

The Jefferson Squash club rounds out the sports scene this fall. This club, as with all Jefferson sports, is sponsored by Jefferson Commons. For more information check in room M-63 in Alumni Hall.

cont'd from p. 6

and home. The organism is believed to be spread through an airborne route, but this is also not known for certain.

It is still unknown why the disease appears to be a seasonal problem with most of the outbreaks occurring in the summer. The disease also strikes men three times more frequently than women. People who are 55 years old, and those who smoke and drink heavily, travel, or live near construction sites are frequent victims.

The National Institute for Occupational Safety and Health has been experimenting with three bactericidal chemicals in an effort to inhibit growth of the organism in water. Unfortunately, the compounds efficacy has not been proven in controlling disease outbreaks in cooling towers.

So three years have passed, the Bellevue Stratford has closed, a few clues have been found, but Legionnaire's disease is still somewhat of a mystery.

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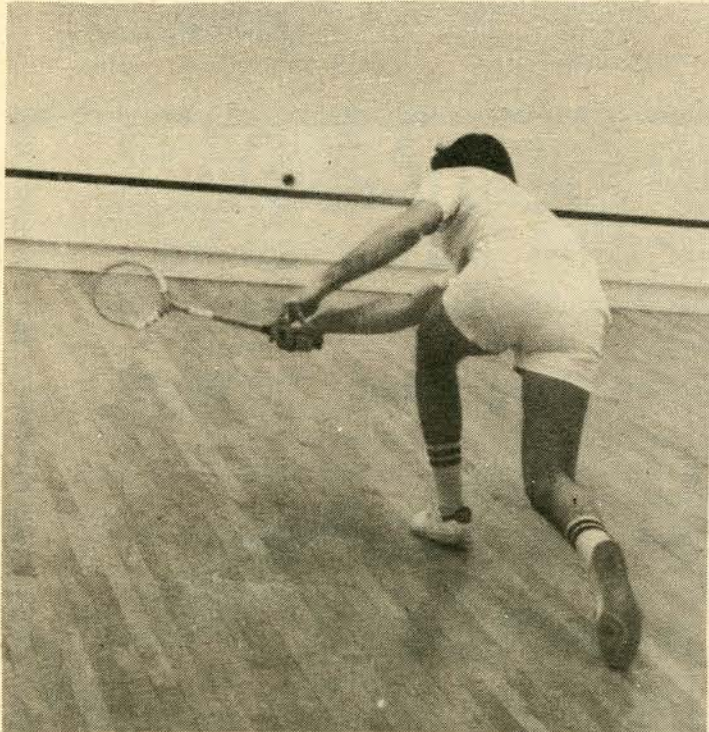
# OPEN UNTIL

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# Sports News

## Sports Spectacular



by Al Signorella  
Stuart Singer

Welcome to another year of Ariel sports coverage. The Jefferson Community is becoming more involved in sporting events every year and we, the Ariel staff, endorse the growth of athletic activity and aim to share the competition and fun with the community.

In the fall intramural circuit there are leagues to touch football, water polo, basketball, and volleyball. As winter approaches, intramural sports will continue with basketball and volleyball, as well as adding indoor soccer and indoor floor hockey to the I.M. schedule. To sign up for these leagues, see the issue counter in the Jefferson Alumni Hall basement for further

information.

Besides intramural sports, Jefferson Commons supports a variety of sports clubs and teams. The latest sensation to hit the medical community on a national level has been the National Hospital Tennis League. This league follows world team tennis format whereby teams of at least three female and three male

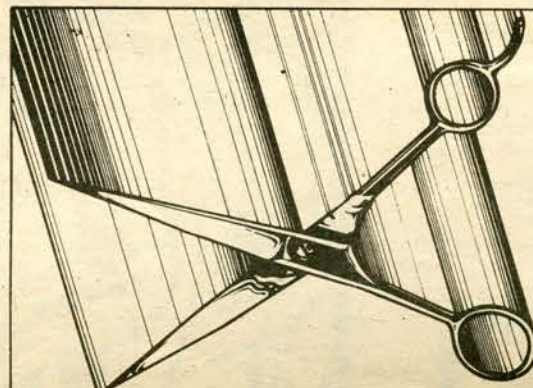
members are formed from hospital employees and students of medicine, nursing, and allied health. All Philadelphia regional tennis matches take place at Pier 30 Tennis Club for a 30 week season with matches played every week for each team. The main attraction is that team members get to play competition

cont'd on p. 7

by Stuart Singer

The popular Jefferson watering hole for squash enthusiasts will once again offer discount rates for squash court time throughout the school year. Squashcon, located at 210 West Washington Square, offers the best in squash with five regulation courts, saunas, bar, and locker room facilities. A membership costs \$10 for commons members and students, \$20 for Jefferson employees, and lasts from September to January. It entitles members to play squash free during "non-prime time" hours. To sign up, go to the commons office at room M-63 Jefferson Alumni Hall. Membership is open to all who are interested in playing or learning squash.

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