

## human growth hormone synthesized



photo/suellen

Dr.C.H. Li in his office at  
UCSF Hormone Research Laboratory

**SAN FRANCISCO**—After 32 years of research, the human pituitary growth hormone (HGH), previously isolated and identified by Dr. C. H. Li, Director of the Hormone Research Laboratory at the University of California, San Francisco, and his associates, has now been synthesized for the first time by Dr. Li and Dr. D. Yamashiro.

News of this scientific "first" appears in the current issue of the Journal of the American Chemical Society.

Disclosing the secrets of human life in the pituitary gland has been a career-long task of Dr. C. H. Li, a professor of biochemistry and of experimental endocrinology at UCSF. Born in Canton, China, and a graduate of the University of Nanking, Dr. Li received his Ph.D. from UC—Berkeley in 1938.

### Master Gland

The pituitary gland, about the size of a pea, is located at the base of the brain. It is known as the "master gland" because it holds the chemical key to almost every important function of the body. It controls and directs the hormones affecting body growth, reproduction, thinness or fatness, milk production, metabolism, and skin coloring. The pituitary gland is also believed to be implicated in cancer, in rheumatoid arthritis, and in allergic conditions and metabolic diseases.

Dr. Li and his associates had previously isolated and purified eight of the ten known hormones secreted by the anterior pituitary gland, and determined the structure of seven of them. Of these, Dr. Li and his associates isolated and purified human growth hormone (HGH) in 1956, and determined its structure in 1966.

### Research Possibilities

The synthesis of HGH has enormous implications for mankind. Until now, research on human bodily growth and other functions has

been dependent upon the tiny supply of material derived from the pituitary glands of human cadavers. Using the new synthetic HGH, answers may now be found as to why we grow to a certain height and then stop; what goes wrong with those who grow abnormally short or tall; why certain cells become run-away cancer cells; why some people maintain a normal weight and others are abnormally thin or fat; and many other heretofore unsolved questions.

### Role of HGH

Dr. Li's research reveals that HGH stimulates milk secretion, in addition to regulating growth. He believes there may be many other important clinical applications for HGH, particularly in the replacement of tissue and in the etiology of various diseases, including cancer.

HGH also seems to be needed by the body for an undermined number of other vital functions. In the male, for instance, growth hormone (GH) promotes the activity of androgens, the male sex hormones. In the female, sex hormones function more effectively with GH. It also increases production of disease-fighting antibodies. In animals, GH injections help fractures heal faster, and lower the level of cholesterol in the blood.

GH also plays an important role in weight control in animals. On a rich diet, rats gain weight quickly, but not if they receive injections of GH. Even if the rats gorge themselves on food, the growth hormone somehow prevents obesity.

The question arises whether HGH could have the same beneficial effects on humans. Dr. Li is reluctant to speculate, but other scientists are optimistic in their opinions concerning possible human application.

—Jim Crawford  
Public Info Office  
UCSF

## ultra violet

### she waters her hair daily to make it grow

by Kathy Bramwell

She claims to have the longest tongue in the universe. She waters her hair daily to make it grow and puts nothing on it that she couldn't eat herself. She has appeared in Warhol movies and was a five-year friend of Salvador Dali. She is Ultra Violet.

Ultra was in San Francisco for the premiere of her latest movie "Dinah East." "This is my first above ground film. It was the first time I ever had to use a script. In this film I was told what to do, but in underground films you can just do what you want," she said.

Ultra also appeared in "Midnight Cowboy" and will have a small part in Czech director Milos Forman's picture which she thinks will be called "S.R.C.A." "In 'Midnight Cowboy' it took two

weeks to work out the party scene. That one scene cost about \$5 million to make. Working is really fun, but sometimes almost to rigid," she said.

Ultra's real name is Isabelle Collin-duFresne; she was born in Grenoble where her father is an industrialist. She has just finished a book that must be stapled to the wall. "It's a photographic essay and it must be hung on the wall because I don't believe in books anymore. It will be photographs of how I will look through the years till 1995," Ultra said.

Ultra has a wide variety of interests. At the present she is

into self-hypnosis, organic foods, anything electric blue, filtering air automatically, predicting her days by her dreams and medicine.

"Self-hypnosis is just the



photo/suellen

power of suggestion. I can tune people out whenever I like and they never know that I'm hypnotized. I can see and hear everything that is happening around me. I can talk myself into anything.

"Organic eating is the only way to eat. Supermarkets are murder.

"Coming from New York, Los Angeles is health town. I'm now teaching myself to filter air automatically by hypnosis. I think it's working because I don't feel the pollution.

"I can also predict what my day is going to be like from my dreams. If I have a good dream I wake up singing and do really monumental things. But if the dream is bad I stay home because I don't want to involve others.

"And I have a question for anyone at the Medical Center. Is

# ANNOUNCEMENTS



● **PHYSIOLOGY SEMINAR** entitled 'Auditory-Evoked Far Field Potentials in Humans and Others' by Don L. Jewett, M.D., Asst. Professor Physiology & Neurosurgery, UCSF will be at 2:30 p.m. Friday, Jan. 15 in 758-S.

● A Course on Plato and Lucretius will be offered by Mary Springer, well known Bay Area Professor, through CAL. Plato's *Ti-meaus* and Lucretius' *De Rerum Natura* will be read.

Mrs. Springer has taught at St. Mary's in Moraga and at U.C. Extension. She has just returned from a year of teaching at the New School in New York City. For further information contact Anthony Bottone, c/o Synapse 666-2211.

● **THE PAWNBROKER**, award winning film starring Rod Steiger will be at 7:30 p.m. Friday, Jan. 15 in the Med. Sci. Aud. as part of the CAL Friday Night Film Series. \$.75 students, \$1.00 general admission.

● **THE GRADUATE STUDENT ASSOCIATION** will sponsor a Post Doctorate Panel Discussion on Thursday, Jan 21 at 4:00 in HSW 301. This is the second of a series of programs in the GSA's Job Forum.

The Discussion will center around the practical aspects of the post doctorate position: how to apply, kinds of positions available, professional advantages and disadvantages.

Panelists include: John Fitzloff, graduate student, Department of Pharmaceutical Chemistry; Peter Flessel, PhD, post doctoral fellow, Department of Biochemistry; Anna Shanon, PhD, post doctoral scholar, School of Nursing; and Professor John C. Craig, Department of Pharmaceutical Chemistry.

Following the Panel Discussion, a Social Hour will be held.

● **LECTURES ON THE HISTORY OF ACTIVISM** Among Young Health Professional will be delivered by Anthony Bottone, M.D. twice this month to association across the country. His lectures will include background information about the Association of Medical Students (AIMS), Student American Medical Association (SAMA) and Student Health Organizations (SHO). Other groups discussed will be New York City's Committee of Interns and Residents, Cook County Hospital and L.A. County Hospital. Dates: Friday, Jan. 15, 11 a.m. on Ward 42 Solarium, San Francisco General Hospital and noon Wednesday, Jan. 27 in Millberry Union Lounge.

● **GESTALT THERAPY: AN INTRODUCTION** will be held Wednesday, Jan. 20, 7:30—10:30 p.m. in M.U. Gym. Instructors Elaine Kepner, clinical psychologist, and Lois Brien, gestalt therapist and communication consultant will present an Esalen evening of gestalt methods, with particular emphasis on their use with large groups. Those wishing to participate will be involved in the demonstration. Cost: \$3.00 general, \$2.00 Student and \$1.50 Center students and members.

● **MILLBERRY SINGERS** meet and rehearse on Mondays from 5:30 to 7 p.m. in the MU Music Room. All are welcome.

● **"BELLY DANCING"** with JAMILA, a dance demonstration will be held at 12 noon Friday, Jan. 15.

● **PHARMACOLOGIC CONSIDERATIONS IN DRUG ADMINISTRATION** to Patients in Acute or Severe Renal Failure is the noon clinical Pharmacology Conference to be given by Paul Gulyassy, M.D., Assoc. Professor of Medicine, UCSF Friday, Jan. 15 in 989-M.

● **JANUARY ASUC ASSEMBLY MEETING** will be on Tuesday, January 19, in the Faculty Club at Millberry Union, beginning at 5:30 P.M. The campus committee is invited to attend.

● **Mercel Camus' "Black Orpheus"** is the Friday night movie for January 22. The film, considered one of the most beautiful films ever made, retells the legend of Orpheus and Eurydice in a modern setting. In the Black section of Rio de Janeiro Orpheus becomes a street-car conductor and Eurydice is a country girl fleeing from a man sworn to kill her.

This film will be shown in the Med Sci Auditorium at 7:30 p.m.

● **An Astrology Lecture** by Stanley Mulligan will be presented by the Committee on Arts and Lectures at 12 noon Jan. 20 in the M.U. Lounge.

"The Great Mandala" will deal with an esoteric understanding of symbolic concets in astrology.

● **Friday Far Out Programs** will present Rockin Ricky Zumbo and His Miracle Restoration Revival Band Friday January 22 at noon in the M.U. Lounge.

Rockin Ricky is a theatrical production that performs the old rock 'n' roll of the 50's.

● **A program and luncheon** to discuss health professions, particularly nursing, dentistry, pharmacy and medicine and allied health professions with guidance counselors will be held January 22 from 9:30 a.m. to 2:30 p.m. in the Medical Science Auditorium.

Those interested in attending should contact Patricia Majia, School of Nursing.

● **The Board of Governors** of Millberry Union will meet at 7 p.m. Thursday, January 21 in the Faculty Club. The meeting will begin at approximately 7:00 pm.

● **Evening snack** for House Officers on duty. The following change will be effective on January 11, 1971. Coffee Shop service: Sunday — Thursday. Buffet service: Friday and Saturday. An questions? Contact Miss Henrietta Henderson, Director of Nutrition and Dietetics.

● **Cal Noon film series** will present "Circle of the Sun" and "Ishi in Two Worlds" January 18 in the Med Sci Auditorium.

"Circle of the Sun" concerns the Blood Indians of Alberta, Canada, and the ritual dance of the Circle of Life.

"Ishi in Two Worlds" is the story of the Yahi Indians of California, and of Ishi, the last Yahi. He was the last person in North America known to have spent most of his life leading a totally aboriginal existence.

● **Financial aid applications** for the coming academic year (1971—72) are due February 1 in the Financial Aid Office, Room 66-U. Applications are available in that office, or in Rooms 636-S and 927-S for dental and pharmacy students respectively.

Late applications will be accepted but will be evaluated only after awards have been made to those who meet the February 1 deadline.

Since information on parents' income, assets, and liabilities is required, applications should be picked up immediately so applicants will have time to secure the necessary information and signatures from their parents.

The tuition and fee figures which appear on the financial aid application forms are incorrect for most categories. The correct figures will be published in next week's Synapse. Meanwhile, phone the Financial Aid Office for the information (666-4604) or leave that item blank on the budget page and the Financial Aid Office will fill in the appropriate amount.

## Synapse

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The Synapse seeks to act as a forum for responsible dialogue between the authors and the readers of the campus community representing a spectrum of belief and action. Articles published in the Synapse represent the viewpoint of the authors and not necessarily those of the editorial staff.

## committee hearings on med-cal crisis

by Brian Gould, Med 2

As most of us are now aware, the recent cuts in the Medi-Cal program are hindering patient care to the point of requiring technical malfeasance on the part of the attending physician. In this regard, proposals have been made to bring suit against the state, charging that the new regulations are illegal on the basis of the fact that they countermand the intent of the original Medi-Cal legislation. Some members of the California Medical Society feel they are being forced by the state to either refuse medical care to the needy, or administer care that would be criminally negligent as limited by the recent directives of Dr.

Bryan, Governor Reagan's Health Administrator.

In preparation for proposed action in this situation, the CMA is holding one of a series of special Assembly Committee hearings on the Medi-Cal crisis in San Francisco on Friday, January 22, 1971 at 10 AM in the State Office Building, Room 1194 at 455 Golden Gate. The Chairman and Vice Chairman of this committee are Gordon Duffey and John Burton, respectively.

This physicians will to testify concerning the effect of the Medi-Cal cuts on their own administration of medical care should please notify Brian Gould at the ASUC office, X-2010, or directly contact Pat Lands, Room 5163, State Capitol Building, Sacramento 95814, 916/445-2931.



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## shopping for remandered books around town

by Anne Davis, CAL.

Do you remember GORILLA RECORDS on upper Grant Avenue? The records are gone, so are the former owners, but the black light posters are still there. Books at really bargain rates are now available, some of which will be of interest to health professionals.

Corrine Gilb: **Hidden Hierarchies - The Professions and Government.** (Harper 1966) \$1.00 vs. \$5.95.

This excellent book, written by a young woman who lives in Berkeley, reveals the network of relationships between private organizations and the American Government. Included is the American Medical Association.

The book is a little dryly written, and is not meant to replace but enhance Oliver Garceau's **The Political Life of the American Medical Association.** She discusses numerous aspects, one of which is the architecture of these organizations. Much food for thought is present:

"The boards of directors (or boards of governors or executive councils) that make detailed policy are directly comparable to the boards of business corporations, though they might also be compared to the British cabinet or even in some cases, according to Oliver Garceau, to the central executive committee of Soviet Russia." (p. 112)

Peter Fryer: **The Birth Controllers** (Secker & Warburg, 1965) \$2.98.

This pleasantly written and readable book covers the histo-

ry of birth control from pre-history until recently. Chapters include "Casanova's English overcoat" or in French for the francophiles, **Capote anglaise** and the story of Margaret Sanger.

The book has numerous amusing illustrations, and excellent notes.

Another good book is Himes' **Medical History of Contraception**, a paper back available from Schocken at \$3.45.

### GROUP PRACTICE - ? - FISHBOWL MEDICINE

Available at \$1 is Roul Tunley's **The American Health Scandal**, which is not so well written. Interestingly, the book opens with a conversation with Dr. Russell Lee, founder of the Palo Alto Clinic. Dr. Lee describes a wealthy patient who entered with acute appendicitis and a history of an appendectomy! Upon operation an appendix was found. When Dr. Lee contacted the former surgeon and inquired about the lady's first "appendectomy," the stunned surgeon exclaims "Oh, my God! I wonder what I took out!"

"In that instant," writes Mr. Tunley, "Dr. Lee's life, like Saul's on the road to Damascus, was changed. In a blinding insight he realized the importance of doctors practicing in groups, rather than solo — where everybody could look over his shoulder, where nobody could hide his mistakes, and where medicine could be practiced in a fishbowl. Shortly after, his group practice was started." (pp 11-12)

## friday night film preview "The Pawnbroker"

Anne Davis, CAL.

A superb cast and meticulous direction combine to etch a grim portrait of a man who survived the hell of a concentration camp only to encounter further prejudice in his operation of a pawnshop in New York's Harlem. Rod Steiger is the star and his performance won him a Best Actor Award at the Berlin Festival and a nomination for a U.S. Academy Award. He portrays a man who has lost faith in God and his fellow men, a man who views all those around him as animals.

In the shabbiness of his day to day surroundings, the old man relieves his past — effectively shown in quick flashbacks: a crowded subway train becomes a cattle car of Nazi prisoners; a Negro prostitute baring her breasts to him brings back memories of his wife being stripped and raped by German officers. Throughout the film a social worker (Geraldine Fitzgerald) and the

pawnbroker's young Puerto Rican shop assistant (Jaime Sanchez) try to break through the wall he has built around himself, but no one can penetrate his bitterness. When the young assistant spitefully arranges for the shop to be robbed, the pawnbroker refuses to hand over his money and readily — even eagerly — awaits death. But it doesn't turn out that way.

The comparison of these World War II horrors with the equally shocking visions of economic imprisonment in our own society seen through the pawnbroker's iron grate is a thoughtful effect. However, the total impression is flawed by a tendency toward melodramatic repetition. Judith Crist describes "THE PAWN-BROKER" as "a harsh film and a compassionate one, achieving moments of unbearable cruelty and of total heart-break . . . not an easy or a pleasant film . . ." But quite a good one, especially regarding Mr. Steiger's performance.

# ULTRA VIOLET

continued from

some of the oxygen in the blood destroyed for 5 to 6 hours after drinking alcohol, even wine?" she asked.

(Editor's note: If anyone can answer Miss Violet's question please write it out and forward it to the Synapse office. It will be sent to her immediately since she is not drinking till she gets an answer to her question.)

According to "Dinah East" director Gene Nash the film appears to be in bits and piece because it is based on man truths. After hearing a prediction by Jeane Dixon that in a year a famous female star would die and after her death it will be discovered that she was really a man, Nash wrote "Dinah East."

Nash, a prodigy who entered college at 14, plans to make at least three more films this year. "Dinah East" took three months. "I like the star system in Hollywood. Names govern careers. It has really lasted since the kids today still love Bogart and Crawford and all the rest. They had a style that endures," he said.



Ultra Violet

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## entertainment

This weekend at the Matrix John Lee Hooker; 21-23 Jerry Hahn & Dr. Denny Zeitlin; 26-28 Charlie Musselwhite; February 4-6 John Fahey; 10-11 Boz Scaggs; 18-20 Ramblin Jack Elliott.

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At the Fillmore 21-24 Taj Mahal and coming in February B. B. King and Fleetwood Mac.

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The Byrds and John Hartford will be at the Berkeley Community Theatre January 29. Neil Young and John Hammond will be at the Theatre January 31.

\*\*\*\*

Popular recording bands Free and Bloodrock make their first FILLMORE West appearance Thursday through Sunday, January 14 through 17. Also making their Fillmore debut will be two young Englishmen known as Edward's Hand. Lights will be by Wumberlog.

Admission will be \$3.00 Thursday and Sunday; \$3.50 Friday and Saturday. The Fillmore West dance-concerts begin at 8:30 p.m., end at 2 a.m.

Free, hailed by the British press as the new Rolling Stones, was formed in London in early 1968. Influenced by veteran bluesman Alexis Korner, the group developed their own musical style and built up a good local following through steady appearances at small London rock and jazz clubs.

\*\*\*\*

Rock giant Al Kooper, founder of The Blues Project and Blood, Sweat & Tears, will appear in concert for one night only at the Berkeley Community Theater on Saturday, January 16, at 8:30 PM. Appearing on the same bill, as special guest star, will be Charles Lloyd, avant-garde jazz leader.

Tickets are available at Sherman Clay in Oakland, Discount Records and ASUC Box Office in Berkeley, San Jose Box Office, Peninsula Box Office in Menlo Park, all TRS-Ticketron outlets and all Macys, Sears and Emporium stores. Prices are \$5.50, \$4.50 and \$3.50.

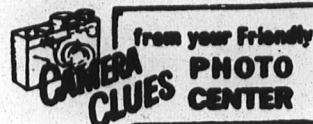


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# by Father Charles Carroll

We are already in the third week of a new year. And however stoutly we deny it, we find ourselves prisoners of our history - heirs of the wisdom of the past yet enwebbed in the consequences of its follies; conscious of the need for change in the now yet unsure of the course that change may take or how it will affect our lives; hopeful and yet at the same time fearful of the future.

Some speak of the need of a new mythology; some, of the need for new symbols; some, of the need of a new religion. Still, if you listen carefully, you will hear men talk of the need of recapturing a sense of meaning and purpose in life; of the emptiness of doing simply what one wants to do and all this, in a world that is increasingly aware of the suicidal nature of hedonistic anarchy and increasingly athirst for meaningful community.

But how is meaningful community to be achieved - in a world in which violence is more and more employed as a means of solving HUMAN problems? And worse yet, rationales for violence are devised in order that we might do what we think is right but we feel is wrong.

Take a group of men. Convince each one that the other is a threat to his survival and each will find reason why his survival is more important to the group than the others. As it is with men, so it is with nations. The veneer of civilization is very thin. Still, it is the veneer that has preserved it.

When Joseph Campbell, author of the four volume work, "The Masks of God" pleads for a new mythology; when a distinguished psychiatrist seeks new symbols; when Jacob Needleman, chairman of the department of philosophy at San Francisco State College, writes of the "New Religions", they are speaking to that need of man that will not be satisfied by creature comforts or appeals to violence or the sacrifice of tomorrow for today or the liquidation of the other for "humanity".

It is so easy to be seduced by the "relevant". It is so easy to go along with the crowd. It is so easy to believe that wealth and power are the means to the end of all human problems. Yet the "relevant", the favor of the crowd, wealth and power become ends in themselves.

And when they do, as Robert Bellah points out in the 1970 Duddleian Lecture at Harvard, they "lead inevitably to the destruction of the natural environment, other weaker societies, the less privileged within our own society and finally and inexorably to the destruction of those most fervently and successfully dedicated to them".

Our hope lies in recognition of the fact that power - whatever its source - can be cruel; cruel to him who wields it in his frenzied desire to maintain it; cruel to him who suffers from it in his frenzied desire to escape it.

No society has yet resolved this problem. The abuse of power - political and economic alike - is common to the governments of East and West. Alexander Solzhenitsyn is eloquent witness to the repression of his people; Martin Luther King Jr., eloquent and silent witness to the oppression of his own.

Joseph Hromadka, a Czech Protestant theologian, who fled his homeland in face of the Nazi invasion in 1938 and returned from the United States in 1948 shortly before the Communist takeover, died shortly after Dubcek's fall. In his last book, "The Impact of History Upon Theology" he gave utterance to a great truth, and that is that whether he lives in a capitalist society or socialist society, man is still man's most perplexing problem.

Every age has its high priest. Once it was the Church. Then, Galileo exposed her and still later, Darwin. Now the high priest is the scientist, particularly the life scientist. He too will be exposed. For as the Church failed to reckon with man's immanence in nature (until Teilhard de

Chardin), Science has failed to reckon with man's transcendence over nature (save for a few notable exceptions). Jean Charon, the French atomic physicist attempted to do so in "Man In Search Of Himself"; Theodosius Dobzhansky, the Russian-born American geneticist, in "The Biology of Ultimate Concern".

Far more common are the words of Sir Peter Medawar who inveighs against psychology and psycho-analysis NOT because they are inefficacious because, as he readily admits, many drugs and therapeutic techniques are inefficacious; but rather because men believe in them and their belief hinders science in achieving real solutions to real problems. This would reduce psychology to the physiological; psychiatry, to the pharmacological; the human person, to a mere conglomerate of biologicals and chemicals; and peace and harmony in human society to a state within reach of the life scientist through use of pacification drugs.

Would that it were all so simple!

When a distinguished surgeon from EAST Berlin (a recent visitor to the Stanford School of Medicine) tells me that the Soviet Union's 31 year experience with abortion on demand of the woman at government expense has led to 1) a denigration of motherhood; 2) a loss of the sense of privilege of parenthood; 3) the disintegration of Soviet family life and that 4) it poses a threat to the fabric of Soviet society so great that the Ministry of Health is undertaking a study of proposals for reform, I must ask if man is not also a psycho-social being who seeks and lives in community with others.

When Jesse Dukeminier, Jr. of the Law School at the University of California in Los Angeles writes in the Michigan Law Review (April, 1970:pp. 846-847) that "clones could be propagated on farms for human spare parts" and "the issue would inevitably arise whether clones are people" and then goes on to say that Dr. Roderic Gorney "suggested that this difficulty might be circumvented by keeping the clone in unconscious storage so that it never develops a mind and human personality", it would appear time to raise the question: "What is normatively human?"

Until that question is answered in such a way that we achieve definitions by which all of us - rich and poor, powerful and powerless - are willing to live and willing to die, medicine and the life sciences have not done their duty nor have they acted in a manner consonant with their highest principles and noblest traditions.

In a world in which what is legal is often accepted as moral, the law has the right to ask that question of medicine. In a world in which what is moral and immoral is often decided by the amoral, the Church has the duty to ask that question of the life sciences.

Why?

Alfred Delp, the German Jesuit martyr, said it well: lest those who at the present time oppose us "at some future time be our accusers for the suppression of truth."

Whether five billion, ten billion or twenty billion people inhabit the earth, the lives they lead will depend in the last analysis upon their capacity to love one another and love involves us in the life of the other and demands sacrifice of us for the other. When that quality of life is absent, all life becomes devoid of value.



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Studying Joshi Judo is a way for women to become strong, gentle and beautiful. This is no contradiction in terms according to Miss Keiko Fukuda, who instructs classes in Women's Judo, sponsored by the Millberry Union Recreation Department. She says that "Judo is gentle. JU means 'gentle' and DO means 'THE WAY'." And she ought to know, being holder of the highest rank in Judo which a woman can attain. Miss Fukuda holds a fifth degree black belt. Only four women in the world hold this title and she is the only one in the U.S..

Perhaps we should explain these statements. The first people who taught Judo to women in the U.S., taught them men's Judo, which is primarily oriented towards fighting. Women, on the other hand, who study Joshi Judo, practice an art form which stresses grace, a philosophy and a way

# women's judo — an art

of life. Nevertheless, this form of Judo is effective on an aggressor. Joshi Judo teaches a woman to yield, using the strength and weight of an aggressor to put him off balance and then to make her attack.

Miss Fukuda is an example of the beauty and gentleness inherent in women's Judo and demonstrates its effectiveness on the mat. Her pupils develop a beautiful mind and a beautiful body. It requires determined

concentration and graceful coordination to master this art. Her pupils do not become muscular, but rather tone up their bodies — some loosing excess weight, others rounding out their structure.

Miss Fukuda comes to us from Japan where she received a degree in Oriental Literature at Showa Women's University and was awarded her fifth degree Black Belt at Kodakan Judo College. She has travelled the world spreading the story of Judo for women. Now she is here.

Her next class, sponsored by the Millberry Union Recreation Department, will begin on Wednesday, January 20th. Women, you shouldn't miss this opportunity to learn Judo and Self-defense from the world's foremost authority Miss Keiko Fukuda. Call the Recreation Department at 666-1800 or 666-1115 for information on the classes. Sign up now at the central desk.

# m.u. recreation department

Sixteen people are breathing under water. They are this year's first class of SCUBA divers, completing the course sponsored by the Millberry Union Recreation Department. For them and under water world has been opened up for recreation and exploitation. The classes were taught by Ed Phipps and Rod Panzer, two experts in all phases of diving. Ed Phipps is the Captain of the San Francisco Fire Department in charge of training the Fire Department Divers. Rod Panzer is an experienced and certified NAUI Instructor, who is also a 4th year Dental Student here at U. C. Med..

In 9 lectures they taught these swimmers all that they needed to know about their

# scuba course

equipment and their new environment. Topics included the equipment, pressure-squeeze-hyperventilation, physics and gas laws, air expansion diseases and indirect effects of pressure, dive tables and caisson's disease, and oceanography. Dr. A. Behnke, an authority on diving medicine, gave a special lecture on pressure, gases, prevention of accidents, and first aid to divers.

A second class each week was sent in the pool, where they practiced being at home breathing under water. They did exercises such as carrying

small objects, ditching and recovering their equipment, and diving with black tape covering the lenses of their masks. All of the new situations which are involved in SCUBA diving have now become routine. Finally, to add experience to their knowledge and practice, they are going for 3 ocean dives.

The Millberry Union Recreation Department is offering another class, taught by Ed and Rod, which begins on Monday, January 18th.. Why not sign up now and add the under water world to your life! For information call the Recreation Department 666-1800 or 666-1115.

— D.S.

# car accident victims and body build



LOS ANGELES—If you are young, tall, and lean, you are less likely to sustain serious injuries in an automobile accident, and design changes in later model cars seem to afford more protection.

These are some of the implications of a statistical study of injuries in a series of automobile collisions occurring in Los Angeles between 1962 and 1969. The collisions involved 604 passenger vehicles carrying 972 occupants, of whom all but 129 sustained injury.

The study was conducted by Dr. Alan Nahum of the UCLA Medical School, Dr. Samuel H. Brooks of the School of Public Health, and Arnold Siegel of the College of Engineering.

Older folks have more severe injuries probably because they are more brittle, Dr. Nahum noted. Shorter individuals may smash their faces into steering wheels, producing severe facial injuries. Taller people tend to sustain less severe facial injuries from the steering wheel because their heads are usually above it.

Weight is an important factor in crash injuries simply because the heavier one is, the more force with which one hits

the interior of the car. Dr. Nahum recommends to front seat occupants that they not permit unrestrained heavy persons to sit behind them.

While statistically, occupants of later model cars tend to fare better in regard to injuries, this tends to level off at higher speeds. It appears improved design does offer some protection, Dr. Nahum said. "but we need design innovations for more safety at higher speed."

The air cushion restraint system which inflates on impact, cushioning the individual and aiding in deceleration, may be one answer, he added.

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