



Medical History Society of New Jersey

c/o UMDNJ – Special Collections
G.F. Smith Library of the Health Sciences
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NEWSLETTER

October 2007

Volume 27, Number 2

SIXTH FOUNDATION OF UMDNJ LECTURE

The fall meeting of the Medical History Society of New Jersey will be held Wednesday, October 10th, at The Nassau Club in Princeton. Janet Golden, PhD, Department of History, Rutgers-Camden, will give the 6th Foundation of UMDNJ Lecture entitled "Message in a Bottle: The Making of Fetal Alcohol Syndrome." MHSNJ past president, Frederick C. Skvara, MD will display medical philately related to the program. Registration begins at 3:30 p.m.; the program begins at 4 p.m.

MHSNJ Business Meeting

Alan J. Lippman, MD, President

Every Litter Bit Hurts: Contraception in Cats and Dogs

Wolfgang Jöchle, DVM, PhD

The Weapon was a Worm: a Murder Mystery with a Difference

William Campbell, PhD

Cardiac Pacing, 1957: The Big Bang of a New Discipline, New Industries, and Medical Innovation

Victor Parsonnet, MD

Lost and Found: A Tale of Two Herbals

Karen Reeds, PhD

Cocktails and Dinner (6-7:30 pm)

Medical Stamp Exhibit – Frederick C. Skvara, MD

Sixth Foundation of UMDNJ Lecture:

Message in a Bottle: The Making of Fetal Alcohol Syndrome

Janet Golden, PhD

Department of History, Rutgers-Camden

Members, students, and friends are invited to attend the dinner meeting. Cost is \$40/members, \$50/guests; advance registration is required. For information, contact MHSNJ, c/o UMDNJ Special Collections, G.F. Smith Library, 30 Twelfth Avenue, Newark, NJ 07101-1709 or contact ldenskywolff@yahoo.com.

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MEMBERS IN THE NEWS

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William C. Campbell, PhD was awarded an honorary Doctor of Science degree by McGill University on May 25.

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Gerald Grob, PhD presented "Deinstitutionalization of the Mentally Ill: Failure or Success?" at the 18th David L. Cowen Lecture, School of Pharmacy, Rutgers University, New Brunswick, NJ, on November 6, 2006. Dr. Grob also delivered "An Historical Overview of Changing Patterns of Morbidity and Mortality in Modern America," Be the Change in Healthcare Conference, "The Crisis in Healthcaring," Rice University, Houston, TX, May 1-3, 2007.

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George J. Hill, MD, D.Litt. reports that he will present "Master and Commander, Surgeon and Spy: Nautical Medicine and Espionage in the Novels of Patrick O'Brian," to the Naval Order of the United States, New York Commandery, October 1, 2007. This is another lecture on the fictional Dr. Steven Maturin and Captain Jack Aubrey, RN, for a lay audience, having first presented a lecture on this topic to the Medical History Society of New Jersey.

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Wolfgang Jöchle, PhD will present two papers, "History of Contraception in Pets" and "Fertile Mules? A Cultural History and Modern Insights," at a symposium on "The History of Gynecology, Obstetrics and Andrology in Veterinary Medicine," Hanover, Germany, November 2007.

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Sandra S. Moss, MD, MA (History of Medicine, Technology, and the Environment) presented "The Doctor as Weatherman: Medical Meteorology and Topography in 19th Century New Jersey" at the American Osler Society in Montreal. Dr. Moss gave a gallery talk at Princeton Historical Society entitled "Surgeon Edgar Holden, Princeton '59, Goes to War." She recently reviewed juvenile books for Enslow publishers on William Harvey, Anton van Leeuwenhoek, and Hippocrates.

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Michael Nevins, MD has organized an exhibition of drawings that were created by physician prisoners at Terezin (Theresienstadt) Ghetto, 1942-1944. Dr. Nevins will discuss the art and artists at the opening program on October 16. The exhibition is called "Art and Medicine at Terezin" and will run through the end of December at the Holocaust Museum and Education Center, Spring Valley, New York. For further information contact him: 201-391-6354, mnevmd@att.net.

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Karen Reed, PhD delivered an invited paper, "Don't Eat, Don't Touch: Native Americans, European Newcomers, and Dangerous Plants of North America," at the British Museum's June 2007 conference, "European Visions, American Voices." This conference was associated with their exhibition, "A New World: England's First View of America," which featured the unique watercolors made by John White, the governor of the ill-fated Roanoke Colony (and

grandfather of Virginia Dare, the first English-American child born in North America).

Dr. Reed invites MHSNJ members to attend the New Sweden History Conference: Carl Linnaeus, Pehr Kalm & the Early American Scientific Community Location--Trinity (Old Swedes) Episcopal Church, Swedesboro, New Jersey, Saturday, October 13, 2007. Please see the following URL for more information:

<http://www.colonialswedes.org/Headlines/7thAnnNewSwHisCon.html>.

She will present the opening talk, "Looking at New Sweden & America through Linnaean Lenses."

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ANNOUNCEMENTS

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In case you have not heard, the Medical History Society of New Jersey is now a non-profit tax-exempt organization pursuant to section 501(c)(3) of the Internal Revenue Code. Upon receipt of the IRS documentation, the MHSNJ Education Fund, which previously was managed by the Foundation of UMDNJ, was withdrawn from the Foundation and deposited into a Society-directed account.

Contributions to the Education Fund are tax deductible under section 170 of the Code and, of course, a letter acknowledging such a contribution will be sent from the Society to future donors. All donation checks may now be payable directly to the MHSNJ.

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What's New at UMDNJ Special Collections?

In June 2007, Bob Vietrogoski succeeded Lois Densky-Wolff as Head of Special Collections. Bob joined UMDNJ after ten years at the Archives and Special Collections of the Columbia University Medical Center. He has already met several members of the MHSNJ and looks forward to meeting many more! Bob is eager to assist anyone interested in New Jersey medical history. Call him at 973-972-7830 or email at vietrora@umdnj.edu.

Two historical exhibits are planned for the 2007-08 academic year. In late September, a historical survey of medical journals will display examples drawn from Special Collections and the stacks of the UMDNJ-George F. Smith Library. The exhibit will showcase the evolution of medical periodical literature from early 19th Century case reports by general practitioners to 20th Century studies by academic medical researchers.

In January, a second exhibit will celebrate Dr. George Kozam's generous donations to Special Collections (featured in the last issue of the newsletter) of rare anatomical books and vintage Spencer microscopes. Many American editions of *Gray's Anatomy* will be on display to commemorate the 150th anniversary of this classic textbook. Special Collections is thrilled to announce the highlight of the exhibit: a 2nd folio edition of Andreas Vesalius' *De Humani Corporis Fabrica* (Basel, 1555). Dr. Kozam has generously agreed to loan his copy to Special Collections for this exhibit. As the foundation work in human anatomy, the *Fabrica* is the progenitor of *Gray's* and all other modern anatomical texts.

Further announcements related to these two exhibits will be sent to all MHSNJ members.

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Editor's Note: Your editor has been hard at work (!) publishing the Society's newsletter since October 1992 (Volume 12, No. 2) – compiling fifteen years of news items of interest to our membership. With this October issue, your editor will cease in her ministrations and turn over the collection, editing, and distribution of the Society's biannual voice to her able successor at UMDNJ Special Collections, Bob Vietrogoski. Bob will take over the reigns of the newsletter with the publication of Volume 28, No. 1, May 2008. Please welcome him in this new endeavor.

It has been an honor and pleasure to serve the Society in this capacity but it is now time for a change in editorship. I hope members have enjoyed the newsletter under this editor's watch as much as I have in producing it. See you at the next meeting! – *Lois R. Densky-Wolff, Newsletter Editor, 1992-2007*

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'Profiles in New Jersey Health and Medicine'

Frederick M. Allen MD

By Sandra Moss, MD

Frederick Allen (1876-1964), a metabolic researcher and physician from Ohio, arrived in New Jersey after several years of intensive clinical research at the Rockefeller Institute in New York. For a few years in the early 1920s, Allen's medical institute in Morristown, New Jersey, was a leading center of diabetes research and treatment.

Allen's animal research and human trials led him to recommend strict caloric limitation for severe diabetics -- just enough calories to sustain life without causing sugar in the urine. Allen's treatment became known as the "starvation treatment" and was considered cruel by some. In 1919, Allen opened his Psychiatric Institute in a mansion in Morristown New Jersey, where he treated patients with kidney failure, hypertension, and diabetes. In the two or three years before the isolation of insulin in Toronto in 1921, Allen's patients were kept alive, just barely, by his "starvation treatment." In Boston, America's other leading diabetes expert, Elliott Joslin, supported Allen's treatment strategy.

Allen, as a leading American diabetologist, was one of the first to learn about the promising work with insulin by Banting and Best in Toronto in 1921. When sufficient insulin had been produced in Toronto to begin limited distribution to leading specialists, Allen and Joslin were among the first Americans to receive samples. Allen began administering insulin to his critically ill patients at Morristown in August 1922. Allen wrote enthusiastically to Banting describing his encouraging results with the Toronto insulin.

The *Toronto Star* commented in 1923 that Allen, who joined other leading investigators at a conference in Toronto, was one of the "foremost diabetic specialists in America." By 1923, Allen was reporting his results with insulin extract in his own *Journal of Metabolic Research*, which he published from his institute in Morristown.

Allen's star patient at Morristown was Elizabeth Hughes, daughter of Supreme Court justice Charles Evans Hughes. She was 13 years old and was permitted 405 calories per day. She weighed just 45 pounds and was clearly close to death when insulin became available.

Probably through family connections, she was brought to Toronto, where Banting treated her personally. Banting kept Allen apprised of her progress, writing in August 1922 "she is one of our best cases." Hughes indeed thrived; she married, bore three children, and survived into her 70s.

As Elliott Joslin's clinic thrived in Boston and his reputation grew, Frederick Allen's Physiatric Clinic in Morristown began to fail. Ever the outsider, Allen tried unsuccessfully to develop an oral treatment for diabetes. He was among the first to recommend salt restriction in hypertension. In 1936, his institute, heavily in debt, closed. Allen spent the next thirty years pursuing poorly supported research in remote laboratories wherever a hospital or institute would give him space. He died a forgotten and bitter man at age 88 in 1964.

Sources: Michael Bliss, *The Discovery of Insulin* (Chicago: University of Chicago Press, 1982) and <http://link.library.utoronto.ca/insulin/>

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MEMBERS' RESEARCH IN PROGRESS, 2007

Name	Subject
Gerald Grob, PhD	Explanation in Modern American Medicine
Frank F. Katz, PhD	Current project is tentatively entitled "Sweet Clover Disease of Cattle to the Control of Rats and Human Thrombosis: The History of the Anticoagulant Warfarin (Coumadin®)"
Sandra Moss, MD, MA	Henry Kessler M.D., NJ orthopedist and rehabilitation specialist; Frederick Albee, M.D., NY/NJ orthopedist, director of World War I rehabilitation hospital in Colonia, pioneer in bone grafting; David Conant M.D., mid-19 th century NY surgeon

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The *Newsletter of the Medical History Society of New Jersey* is published in May and October by the Society, and is a benefit of membership. **Deadline for the next newsletter is April 1, 2008.** Short articles (250 words) on medical history topics are especially welcome. Please send correspondence and submissions to:

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Thanks to Contributors: William C. Campbell, George J. Hill, Frank F. Katz, Gerald N. Grob, Wolfgang Jöchle, Sandra W. Moss, Michael Nevins, Karen Reed, Frederick C. Skvara, Bob Vietrogoski.

Philatelic Sketches in Medicine

Frederick C. Skvara, M.D.

Herbal Medicines

Since before the dawn of written history, man has sought relief from his ailments by turning to the natural world around him and through the centuries he has gathered his efforts in a number of pharmacopoeias or herbals.

One of the few herbals that has been illustrated on a stamp, and which I showed at one of our meetings, was on a Mexican stamp issued in 1975 depicting the title page of *Codice Badiano, Herbario Azteca*, an Aztec herbal composed in 1552 by Marinus de la Cruz and translated from Aztec to Latin by Juannes Badianus. However, that dearth of philatelic commemoration does not extend to the medicinal plants listed in these herbals as hundreds of stamps exist showing medicinal plants. Below are a few listed by their main medicinal property.

Antihelmintic

Antihelmintics are drugs used to eliminate worm infestations from the body. One of the oldest drugs known to man is pomegranate (*Punica granatum*), the bark of which was recommended by the ancient Greeks for expelling worms. Several alkaloids have been extracted from its bark, particularly pelletierine tannate that is used as an antihelmintic against several intestinal parasitic worms of the class Cestoidea, but especially for expelling the pork tape-worm (*Taenia solium*). The rind of the fruit yields an astringent while extracts from the seeds have been used to alleviate irritation of the skin and mucous membranes.



Pomegranite.
Israel 1959 (Scott 162)

Emetic

Emetics are drugs used to induce vomiting. The genus *Euphorbia* (spurge) includes a large number of plants that have been used in medicine. Named after Euphorbus, physician to the King of Mauretania near the end of the first century B.C. *Euphorbia corollata* and *Euphorbia ipecacuanhae* are the main species used as an emetic. The genus also includes *Euphorbia splendens* (crown of thorns) that has been used as a purge and vesicant while *Euphorbia pilulifera* has been used in the treatment of asthma and bronchitis.



E. poggei.
Belgian Congo 1962
(Scott 269)

Stomachic

Brewed in the form of a tea or infusion, stomachics act to promote the functional activity of the stomach and stimulate the appetite. They are often called bitter tonics or aromatic stimulants. Of the large numbers of herbs that have been used as stomachics, gentian and thistle are illustrated here.

Gentiana lutea has been used in medicine since ancient times. The name *Gentiana* is thought to be derived from Gentius, a king of Illyria (a region of today's Balkan Peninsula), who ruled from 180–168 B.C. and is thought to have discovered the plant's medicinal properties. Stoughton's elixir, a compound tincture of gentian patented in England in 1712, gained fame as a bitter tonic that enhanced secretory activity of the gastrointestinal tract and stimulated the appetite. The genus contains a large number of hardy perennials used mainly in rock gardens.

Known popularly as thistle, medicinal properties have been attributed to several members of the Compositae family of herbs. It is thought to have been first used medicinally by Charlemagne who, when looking for a herb to cure his ailing army, shot an arrow skyward that landed among carline thistle plants (*Carlina acaulis*). Blessed thistle (*Cnicus benedictus*) and milk thistle (*Carduus marianus*) have both been used as a bitter tonic and in some cases as an emetic.



Gentian. Switzerland 1943
(Scott B129)



Thistle. German Democratic Republic 1957 (Scott 325)