2018 SECC History Lecture

• **Plan**: look at formation of the SECC in historical context

• **Review**: important developments in medicine / geopolitical arena which influenced these men during early years, training, and careers

• **Highlight**: founding members from Nashville, recognizing that their counterparts from 3 other cities were no less impressive
On the afternoon of April 3, 1937, the following men, Dr. J. O. Parcell, Dr. J. S. McLeod, Dr. Glennville Gidding, Dr. Cabot Lee, Dr. David Faymon, Dr. Thomas Fust, Dr. Albert Weinsten, Dr. Clarence Thomas, Dr. O. W. Stairley, Dr. Edgar Jones, Dr. E. D. Lineberry, Dr. E. A. Givhan, Dr. J. D. McLeod, Dr. Carter Smith, Dr. Sterling Oldham, Dr. Clarence Laws, Dr. W. J. Trimble, Dr. C. W. Spellman, Dr. Francis Parker and Dr. W. P. Meade met to discuss plans for the formation of a club composed of younger men from the Southern States who are interested primarily in internal medicine.

Dr. James O. Parcell of Atlanta was elected temporary chairman following which he gave a short talk on his association with the Southern Intercity Club and the benefits he had derived therefrom. He then called on Dr. James O. McLeod.
• Nashvillians who participated in formation of SECC:
  • Hugh Morgan — 1893-1961
  • David Strayhorn — 1904-1981
  • Albert Weinstein — 1905-1963
  • Thomas Frist — 1910-1998
• Born 1893-1910, died 1961-1998
• All four — undergraduate degrees at Vanderbilt
• Three of four — part or all of Medical education at Vanderbilt
• All four — bulk of their professional careers in Nashville
Vanderbilt University Medical Center in 1938
Medical Department of Vanderbilt University

1874-1911

Fifth Avenue and Elm Street
Historic Timeline

1893 — Hugh Morgan born

1895 — Wilhelm Conrad Röntgen discovers use of X-rays in medical imaging ->

1896 —

• Utah admitted to the US

• Gold discovered in the Yukon's Klondike ->

1897 — William McKinley elected
1898 — Spanish-American War — 10 week war — Cuba, Guam, Puerto Rico, Philippines

1900 — Hurricane largely destroys Galveston, killing 6000-12000, reversing previously rapid growth ->

1901 —

- Alois Alzheimer (German psychiatrist and neuropathologist) identifies first case of what became known as Alzheimer’s disease

- Karl Landsteiner (Austrian biologist, physician, and immunologist) discovers existence of different human blood types, allowing transfusion without endangering patient’s life

- Theodore Roosevelt becomes president after William McKinley assassinated (shot in abdomen, X-ray not used, and no antibiotics)

- 1903 — Willem Einthoven (Dutch doctor and physiologist) invents first practical EKG ->
1904 —

- David Strayhorn born
- Panama Canal Zone acquired

1905 —

- Albert Weinstein born
- William Osler founded Interurban Clinical Club, later served as a prototype for the Southern Interurban Club, and eventually our SECC
Interurban Clinical Club

- Osler recognized that such a club for internists could advance medicine in America in a unique way.

- Invitees received a note as follows:

  - “It is proposed to start among a few of the younger men in the Eastern cities an Interurban Club on lines somewhat similar to the Society of Clinical Surgery. The number of members will be limited.

- The objects of the Club will be:
  1. to stimulate the study of internal medicine
  2. by mutual intercourse and discussion to improve our methods of work and teaching,
  3. to promote the scientific investigation of disease,
  4. to increase our knowledge of the methods of work in other clinics than our own.

- It is proposed to meet twice a year to have demonstrations and discussions but not set papers.

- The program of each meeting is to be supplied by the men in the city in which the meeting is being held…

- ICC still thriving today
1906 — San Francisco earthquake and subsequent fires destroys 80% of city, causes collapse of insurance markets and Panic of 1907-

1908 —

- Oklahoma admitted to the US
- Ford Model T marketed ->
- Federal Bureau of Investigation (FBI) established — now under directorship of Christopher Wray, nephew of Taylor Wray ->

1909 —

- First IUD described by Richard Richter (ring made from silkworm gut)
- William Howard Taft elected
1910 —

- **Thomas Frist** born

- Hans Christian Jacobaeus performs first human thoracoscopy (tubercular adhesions)

- Publication of the report of Abraham Flexner. With grant from Carnegie Foundation he surveyed all 155 American medical schools, found most lacking, made recommendations (using Hopkins as the ideal):
  
  - Reduce the number of medical schools (from 155 to 31) and poorly trained physicians
  
  - Increase prerequisites to enter medical training
  
  - Train physicians to practice in a scientific manner and engage medical faculty in research
  
  - Give medical schools control of clinical instruction in hospitals
  
  - Strengthen state regulation of medical licensure
1911 — Vanderbilt Medical Department relocates from Fifth Avenue & Elm Street to new facilities on South Campus
1912 —

- Titanic sinks ->

- Arizona, Alaska and New Mexico admission to the US

1913 — Woodrow Wilson elected ->
1914 —

- WWI started — 16M dead (9M combatants + 7M civilians)
- Hugh Morgan enrolled in VMS

1917 —

- Julius Wagner-Jauregg (Austrian physician) discovers malarial pyrotherapy for dementia paralytica (neurosyphilis) — Nobel 1927
- Shiobu Ishihara (Japanese ophthalmologist) publishes color perception test plates
1918 —

- WWI ended with Treaty of Versailles ->

- Influenza pandemic kills 50-100 million worldwide (3-5% world’s population) ->

- Hugh Morgan receives MD from Johns Hopkins
1920 — Dr. G. Canby Robinson was appointed Dean VMS — had taken Flexner Report to heart, set about to bring Vanderbilt up to its standards ->

1921 —

• Edward Mellanby (English medical doctor) discovers vitamin D, shows its absence is cause of rickets

• Frederick Banting and Charles Best (surgeon and medical student Toronto) discover insulin ->

• Fidel Pagés (Spanish military surgeon) pioneers epidural anesthesia

• Warren Harding elected
1923 —

- First vaccine for diphtheria

- Calvin Coolidge becomes president after sudden death of Warren Harding (of heart attack at 57)
1925 — Through the

-Aspirations of the Flexner Report

-Commitment of Dean Canby Robinson

-Funding from

  Rockefeller Foundation
  General Education Board

  Carnegie Foundation…

VMS relocated to new building on Vanderbilt main campus, housing not only the school, but the hospital, outpatient clinics, laboratory, and library
1926 — First vaccine for pertussis

1927 —

• First vaccine for tetanus

• Great Mississippi flood — 27,000 square miles inundated up to a depth of 30 feet. 700,000 homeless -> Cumberland crested 16’ above flood stage

• Charles Lindbergh makes first trans-Atlantic flight ->

1928 —

• David Strayhorn receives MD from VMS

• Alexander Fleming (Scottish physician, microbiologist, and pharmacologist) discovers penicillin
1929 —

- **Albert Weinstein** receives MD from VMS
- Hans Berger (German psychiatrist) discovers human electroencephalography ->
- Herbert Hoover elected
- Great Depression begins

1931 — Empire State Building opens

1932 —

- Gerhard Domagk (German pathologist and bacteriologist) develops chemotherapeutic cure for streptococcus — sulfonamide — first commercially available antibiotic (1939 Nobel)
- Amelia Earhart flies across Atlantic ->
- Dust Bowl drought of the US plains (3 waves, lasting to 1940) ->
1933 —

- **Thomas Frist** receives MD from VMS

- Also at Vanderbilt, Dr. Alfred Blalock and research assistant Vivien Thomas began line of research which led to first CT surgery Tetralogy of Fallot. Blaylock ultimately performed over 1000 operations to correct congenital heart disease

- Franklin Delano Roosevelt elected

- Japan and Germany withdraw from League of Nations
1935 —

- First vaccine for yellow fever
- Social Security Act

1936 —

- Egas Moniz (Portuguese neurologist) discovers prefrontal lobotomy for treating mental diseases (Nobel in 1949 "for his discovery of the therapeutic value of leucotomy in certain psychoses") ->

- Enrique Finochietto (Argentine academic, physician and inventor) develops now ubiquitous self-retaining thoracic retractor ->

1937 —

- Hindenburg disaster — abrupt end of airship era
- Southeastern Clinical Club formed
1938 — Ugo Cerletti (Italian neurologist) and Lucio Bini (psychiatrist) discover ECT ->

1939 — Germany invades Poland, World War II begins

1940 — Dr. Ernest Goodpasture (Dean of VMS in 1944) developed method of culturing vaccines in chick embryos, allowing mass production of vaccines for smallpox, typhus, yellow fever
1941— Japanese surprise attack on US Naval Base at Pearl Harbor, U.S. enters World War II

- Onset of war reduced number of students and faculty on Vanderbilt campus
- VUMC faculty and staff had organized presence in war effort (as in World War I)
- Vanderbilt 300th General Hospital unit was organized and participated in European theater
1943 — Willem J. Kolff (Dutch medical researcher) builds first dialysis machine ->

1944 —

• D-Day 6/6/1944
• Battle of the Bulge began 12/16/1944

1945 —

• Harry Truman elected ->
• U.S. takes Okinawa
• U.S. joins the United Nations
• Atomic bomb dropped on Hiroshima and Nagasaki
• Germany and Japan surrender, ending World War II
Age in 1945

- Hugh Morgan — 52
- David Strayhorn — 45
- Albert Weinstein — 40
- Thomas Frist — 35
Hugh J. Morgan

• Lived 1893-1961

• Born & raised in Nashville

• Undergraduate at Vanderbilt

• Varsity Football — Selected as All-Southern Center

• 1914 — Enrolled Vanderbilt Medical School
Hugh J. Morgan

- After 2 years at VMS transferred Hopkins — received MD in 1918
- As 4th year medical student, served with Hopkins unit in France during WWI
- After WWI taught at Hopkins and Rockefeller Institute for Medical Research
- 1924 Returned to VMS as Associate Professor of Medicine
Hugh J. Morgan

- 1928-1958 Professor, later as Chairman, & Physician-in-Chief of Department of Medicine

- 1937 — participated in founding of SECC

- During WWII served as Chief Medical Consultant to Surgeon General of US Army — planned and directed medical officer personnel throughout war

- Served on the Meharry Medical College Board of Trustees from 1946-1956

- President of the American College of Physicians from 1947-1948
Hugh J. Morgan

• Remembered by former colleague: "He was a charming man with firm convictions. He was courteous, gallant, and had a warm twinkling humor. He was delicately sensitive to and careful of the smallest human weaknesses, and respected the well-grounded opinions of others."

• Honored namesake of multiple chairs and endowments, most notably the Hugh J Morgan Chair in Medicine
David Strayhorn

- 1904-1981
- Received both Bachelors and MD degrees from Vanderbilt (MD 1928)
- Elected to Alpha Omega Alpha 3rd year
- Founder’s Medalist of his class

ca. 1932
David Strayhorn

- Residency at Peter Bent Brigham, Vanderbilt, and finally Cornell 1932-1934
- Organized medical department of TVA in Knoxville 1934-1936
• Returned to Nashville to establish private practice and served on clinical faculty at Vanderbilt 1936-1968 during which advanced from Instructor to Professor of Clinical Medicine

• Participated in founding of SECC in 1937, served as its president in 1938

• While many faculty and students were away during WWII, Strayhorn was one of several faculty who remained and struggled to maintain viability of Department of Medicine

• Researched and published on heart disease throughout his career.

ARACHNODACTYLY WITH ANEURYSMAL DILATATION OF THE AORTA

BY DAVID STRAYHORN, M.D., AND (by invitation) E. BUIST WELLS, M.D.

NASHVILLE, TENNESSEE

It has been stated that case reports to be of value must do one of two things—either describe a new clinical entity, or emphasize or clarify a poorly recognized feature of a particular disease. The purpose of this paper falls in the latter category and an attempt is made to emphasize a distinct type of cardiac abnormality associated with arachnodactyly.

In 1896 the French physician, Marfan, described a patient who showed a body build characterized by unusual length of the extremities, particularly the fingers and toes. In 1902 Achard described a second case and popularized the name “arachnodactyly,” meaning spider fingers. In 1912 Salle described the first instance of eye symptoms and cardiac complications associated with arachnodactyly. In 1926 Piper and Irvine Jones described the first such case in the American literature.

At the present time the condition described above is considered a familial and congenital disorder associated with cardiac abnormalities in about 50% of the cases. The diagnosis of the condition is usually made by inspection of the patient. The following characteristics are listed by Futcher and Southworth: abnormally long, gracile fingers and toes; a decrease in the usual amount of subcutaneous fat; generalized underdevelopment of the musculature; relaxation of the ligaments. In addition to these, in about 50% or more of the cases the following characteristics occur: bilateral dislocation of the lens with a tremulous condition of the iris (iridodonesis), and contracture of the pupil which does not dilate normally under the influence of atropine sulphate: kyphosis, scoliosis, deformi—

From the Department of Medicine, Vanderbilt University School of Medicine, Nashville.
Front Row: HEALY, JOHNSON, PALMER, BLAKE, TILLMAN, WELLER, WELLS, WOODCOCK
Second Row: JONES, RIVEN
Third Row: LUTON, STRAYHORN, WEINSTEIN, KAMPMEIER, THOMAS, ORR

1944-45
• Served as first Chief of Cardiovascular Disease Clinic at Vanderbilt in 1951

• Was recognized as exemplary physician, cardiologist, and teacher

• Died August 3, 1981

ENDOCARDIAL FIBROELASTOSIS WITH ADAMS-STOKES SYNDROME:
A CASE REPORT

By DAVID STRAYHORN, M. D., and (by invitation)
JOHN B. THOMISON, M.D.
NASHVILLE, TENN.

Endocardial fibroelastosis may be defined as a condition of unknown cause, probably congenital, in which there is thickening of the mural endocardium consisting predominantly of fibrous and elastic tissue. It has become well established as one cause of cardiac hypertrophy, congestive heart failure, and death in infants. Its status in adults has been less well defined, although a few case reports in the past have indicated the same clinical and pathological pattern as in infants. Recent case reports, particularly by White and Fennell, and by Thomas, Randall, Bland, and Castleman, including cases in all age groups, seem to establish the fact that the condition does extend into adult life and presents the same clinical picture of cardiac hypertrophy, congestive heart failure, and death.

In the reported cases, both in infants and adults, defects of conduction, related to the general cardiac enlargement and congestive heart failure, are described. Only rarely, however, has an effort been made to relate them to involvement of the conduction system which, by its location, is peculiarly susceptible to injury in this condition. The following case, in which cardiac hypertrophy and congestive failure never developed, emphasizes how damage to the conduction system can also be fatal.

From the Departments of Medicine and Pathology, Vanderbilt University School of Medicine.
Albert Weinstein

• Beloved member of Clinical Faculty at VUSM, served for over 25 years

• Known for astute abilities as clinician, and effective teaching ability

• Born Middlesboro, Kentucky July 14, 1905

• Primary education at public schools in Middlesboro

• BA from Vanderbilt 1926
• Received MD from Vanderbilt in 1929 (member of first class to receive entire medical education at new Vanderbilt Medical School) — and recipient of Founders Medal in Medicine

• Internship at Vanderbilt in 1929

• Johns Hopkins in 1930 for residency training as Archbold Fellow in Medicine
Albert Weinstein

- Returned to Vanderbilt in 1933 as a chief resident
- Two years later entered private practice
- Attending physician at several area hospitals
- Active member and officeholder in ACP, the Tennessee Diabetes Association, and the SECC of which he served as president
• Served as associate editor of Journal of the Tennessee State Medical Association, and Director of Vanderbilt Diabetes Center

• Published over 40 scientific articles on multiple subjects including diabetes, cardiology, and hypertension

RADIOIODINE (131I) IN THE TREATMENT OF HYPERTHYROIDISM*

BY ALBERT WEINSTEIN, M.D.,** and (by invitation) BEVERLY T. TOWERY, M.D.***

NASHVILLE, TENNESSEE

The present atomic reactors stand in striking contrast to the neutron bombardment tube first used by Fermi in 1934 to induce radioactivity in some fourteen elements, including iodine. The small amount of short-lived (30 minutes) isotope which Fermi could produce is to be contrasted to the large amounts of the eight-day 131I now available from Oak Ridge.

The selective trapping of iodide by the thyroid prompted Hertz and his associates to investigate the therapeutic usefulness of the isotope 131I prepared in the cyclotron at the Massachusetts Institute of Technology. Their report in 1941 and that of Hamilton and Soley in 1940 stimulated intensive study in the diagnostic and therapeutic use of radioiodine. Since 131I has been available its use in the treatment of hyperthyroid individuals has increased tremendously.

We wish to report our experience with this method of treatment. We are not in a goiter area, but since 1949 we have had opportunity to use radioiodine in the treatment of 44 individuals with hyperthyroidism due to diffuse hyperplasia of the thyroid.

Case Selection: All patients were subjected to careful clinical evaluation and routine laboratory studies. In addition, an effort was made to obtain precise information as to the functional state of the goiter by determination of the basal metabolism and the serum concentrations of cholesterol (Sperry-Schoenheimer modi-

*From the Department of Medicine, Vanderbilt University School of Medicine, Nashville, Tennessee.
**Associate Professor of Clinical Medicine.
***Assistant Professor of Medicine and Markle Scholar in Medicine.
The history of Rheumatology at Vanderbilt began with Dr. Albert Weinstein who included rheumatoid arthritis among his interests in Internal Medicine. In the early 1940's, Weinstein began to use gold salt injections to treat patients with Otopalatodigital Syndrome in an unofficial specialty clinic of the school, at the Arthritic Clinic.

Died of cancer October 1, 1963

A student award and a lectureship bearing his name were established at Vanderbilt to perpetuate his memory
Thomas Frist

• Born December 15, 1910 in Meridian, Mississippi

• Undergraduate education at University of Mississippi

• Received MD from Vanderbilt University in 1933

• Residency at University of Iowa.

• Private practice in Nashville — Medicine and Cardiology

• Participated in founding of SECC in 1937
Errors commonly encountered in cardiac diagnosis in military personnel.
FRIST TF.
PMID: 21012854

Aneurysm of the left ventricle secondary to myocardial infection; report of a case in a 35 year old man.
NEWBOLD HL, WYATT GB, FRIST TF.
PMID: 18114246

Medical treatment of hypertension.
FRIST TF.
PMID: 13011824

The syndrome of the herniated thoracic disk.
MEIROWSKY AM, SCHEIBER CD, FRIST TF.
PMID: 14472246

A developing country, leprosy control, and the severely disabled.
Frist TF.
PMID: 4270168

The future of internal medicine.
Frist TF.
PMID: 1162420

Marketing to physicians.
Frist, TF Jr.
PMID: 10261147

Employer acceptance of the Hansen's disease patient and other handicapped persons.
Frist TF.
PMID: 6449483

Stigma and societal response to leprosy: experience of the last half century.
Frist TF.
PMID: 10935182

Experience with pheochromocytoma in 21 patients: use of dichloroisoproterenol hydrochloride for cardiac arrhythmia.
RIDDELL DH, SCHULL LG, FRIST TF, BAKER TD.
PMID: 13982222

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Thomas Frist

• Difficulty getting patients in nonprofit and church affiliated hospitals, so founded Park View hospital in 1960

• Served as CEO until 1968 when it became first hospital to join HCA

• In 1968, in partnership with his son, Dr. Thomas Frist Jr., Jack Massey, Gene Kidd, and Henry Hooker, Frist founded HCA, the largest private operator of health care facilities in the world, taking the company public in 1969. The company merged with Columbia Healthcare Corporation in 1993

• Widely regarded as "the father of the modern for-profit hospital system" in the U.S
Thomas Frist

- Frist was Associate Clinical Professor of Medicine, Emeritus, at Vanderbilt

- Served as personal physician for six Tennessee governors

- In 1985, the first fully endowed professorship in internal medicine was established in his name at Vanderbilt School of Medicine

- Dr. Frist passed away in 1998 — left a legacy of philanthropy
• The Frist Center — opened April 2001

• Mission: Present and originate high-quality exhibitions with related educational programs and community outreach activities

• Exhibitions schedule has new art flowing through every 6 to 8 weeks, always something new and exciting to see

• Frist Foundation

• Mission is to invest in nonprofit organizations in Metropolitan Nashville in ways that strengthen their ability to provide services
• Our forebears in this organization were exemplary scholars, teachers, and physicians, who fully engaged in, and contributed to, the momentous events of their times

• Today, we are fortunate heirs to tradition they established, and will continue to be inspired and motivated by their example