

Supercourse Newsletter

Sept. 19, 2009

www.pitt.edu/~super1/

www.bibalex.org/SuperCourse/Index.htm

www.bibalex.org/english/initiatives/SupercourseArchive.htm

Please forward this to your friends who will celebrate a major holiday in the next 3 months.

Happy Holidays:

During the next 3 months many of the different religions of the Supercourse “world” have one or more major holidays. Holidays are wonderful, in that they involve food for the soul, family, gift giving and calories for the stomach. I am, however, concerned about holidays and global health. There is one holiday potentially more dangerous than all of them, and we of the Supercourse need to consider taking preventive action.

This Holiday is Halloween, on Oct. 31. In our lifetimes we have seen Halloween spread worldwide faster than H1N1. (<http://en.wikipedia.org/wiki/Halloween>).

The custom is that children go house to house in Angel, ghost and Spiderman outfits and say “trick or treat”, We then give to them a candy bar. Some children go to many houses until they fill up a bag that can weigh two kilos. This is a very, very scary holiday. Many children eat the candy until they turn green, with their stomach become upset, which is dangerous and preventable. Also, one can only imagine how many kilos of fat that are produced every year as the result of this holiday. Halloween may be part of the cause of the epidemic of obesity. Also, the frightening numbers of lost teeth, and pimples are major global health hazards as well.

We need to transform Halloween from a holiday of fat and acne, to a holiday to feed the minds of our young people. We the “Supercourse global Nation” see a wonderful solution. Instead of giving students sweets that are bad for their bodies, you should give people on Halloween and other holidays a Library of Alexandria Supercourse course DVD. A \$1.00 candy bar soon appears as fat pouches and on people’s faces. A \$0.25 BA Supercourse DVD nourishes minds. If you give a BA Supercourse DVD, in 10 years we can prevent diabetes, head injuries and H1N1.

There are many other options, of course. At holiday dinners instead of plates we could use a DVD to serve food, we could replace the concept of holiday music with a Holiday BA supercourse DVD where one could dance to Peter Bennett’s epidemiology of diabetes lecture. The DVD could be framed and given as a picture to hang on your wall. The opportunities are endless. Your children could give a BA Supercourse DVD to their teachers instead of an apple or flowers. Instead of giving your children a Frisbee, they could fly the Supercourse DVDs.

We can guarantee that the DVD will not produce weight gain, in activity nor promote smoking. What a wonderful present, a gift for the ages.

Therefore in order to help prevent global obesity, pimples and tooth decay, when you give gifts this year, include a BA Supercourse DVD.

Instead of sending holiday cards, send a DVD. If you would like a DVD please let me know (ronaldlaporte@gmail.com).

I owe it all to little chocolate donuts. J. Belushi

Crushing the 4000 barrier:

It is an amazing time, as we now have 4075 PowerPoint lectures on the Supercourse. This represents about 200 medical books. If you copy the DVD, it will cost \$0.25, not a bad deal. This comes out to be .006 cents per lecture. We wish to thank all of you network as this is phenomenal.

We were able to do this for almost no money because you in Global Health and prevention, pitched in to share your knowledge with the world. We are very, very proud of you all. It is amazing as it took 2 years to collect 200 lectures (100/year) and then 6 years to collect 3800 (633/year).

Where ever you go, go with all your heart. Confucius

New Teachers of Global Health and Prevention: We recently talked with several new teachers of epidemiology and global health. They indicated that the Supercourse was extremely important as they went through and selected different slides and lectures. They indicated that our collection very much helped them. Please tell the new teachers in your school about the Supercourse.

Cell Phones and pico projectors:

A few years ago in Pakistan we realized that only about 8-9% of the schools had access to the Internet, and thus most could not use our lectures. However, in most villages many people had cell phones, and some had televisions. We thought it would be wonderful to somehow download lectures into cell phones, and the project these in the schools so that instead of 8% have access to our lectures there would be perhaps 40%. One could call to Lahore and download a lecture by a Nobel Prize winner and present this. Sadly we did not have the time to develop this, also none of us are techies. There is something that came out which could be wonderful for the Supercourse, pico projectors. These are projectors that weigh a about a kilo, and can be run on batteries. Also, they can project PowerPoint from Blackberry 's and laptops. In addition in some of these you can down load PowerPoint directly into the machines. They just came out, and the price is not high (~\$250.00) and bound to go down. Also, now there are a few telephones with Pico Projectors built right so you can directly present from your cell phone. This technology will revolutionize teaching science and health especially in rural areas. If any of you know more about this technology, we would love to adapt the supercourse for this, please contact Faina as she is most interested in this (faina.linkov@gmail.com).

“Forget love...I'd rather fall in Chocolate” (anonymous)

“The real voyage of discovery consists not in seeking new lands but seeing with new eyes” (M. Proust)

Faina 's Lecture of the week:

We are very happy to report that we have a new environmental health lecture given to our library by Dr. Mohd Hosni Jaafar, University Kebangsaan Malaysia.

Dr. Jaafar 's new lecture on Water Pollution lecture can be found at:

<http://www.pitt.edu/~super1/lecture/lec35881/001.htm> - English version and

<http://www.pitt.edu/~super1/lecture/lec35891/001.htm> - Malay version Please visit this lecture to find out more about the sources of water pollution, challenges of water pollution, etc. We are welcoming more submissions in the area of environmental health. Please send them to us via e-mail attachments.

Ron, Faina, Eugene, Mita, Ismail, Vint, Gil, Francois, Kawkab, Nicholas, Jesse, Ali, Kuntoro, Mazen, Anne, Rupali, Sara, Meredith

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