The Health Sciences Library’s second History of the Health Sciences Lecture will be “Medicine is a Man’s Game? – Women Physicians in the Movies,” by Pat Gallagher on February 16 at 6 PM in Room 1 of the Russ Berrie Pavilion.

In 1952, the first biographical film about a woman physician, The Girl in White, was released by MGM. At first glance, this story of a woman doctor who chooses career and husband rather than opting to be a housewife appears to be a unique achievement in Hollywood. However, this was actually one of a number of films in which women physician characters made the choice of remaining on the job after marriage.

While other career women in film were giving up their careers, what made movie MDs fall into a different category? Why did Hollywood decide to portray women doctors as having both a home life and a career, while films depicting women in other professions sternly showed that they could not? Patricia Gallagher, a long-time health information professional who has extensively studied medical women in the movies, will discuss this phenomenon and explain why Hollywood, at least, decided that women physicians actually could have it all.

Refreshments will be served at 5:30 PM before the lecture, which will start at 6 PM. For more information contact Stephen Novak at hslarchives@columbia.edu.
ERGONOMICS FOR TABLETS AND SMART PHONES

Regular use of portable devices such as tablet computers, smartphones and e-readers have associated physical risks beyond texting while walking. It’s important to recognize that being able to use them anywhere can mean more stress on our bodies from unnatural positions and repetitive use.

A lot of the same ergonomic recommendations for working at a desktop computer apply to tablets and small devices:

- When typing try to keep your wrists and hands on the same horizontal plane; avoid dorsiflexing, where the tops of your hands are bent back towards you.
- Position the device so you can keep your forearms level and elbows bent at a 90 degree angle.
- Remember that the position of the display has a big influence on your posture; try to keep it at eye level without having to curve your neck or back forward for long periods of time.

Since it can be impossible to do all of the above while working with equipment that is less than 10 inches long, do your best to restrict detrimental positions and use.

- If you’re not able to set up an alternative ergonomic arrangement, take breaks every 5 to 10 minutes where you give your eyes a rest, re-align your posture or even walk around a bit. For extensive typing and reading, get a Bluetooth keyboard and external display that can be positioned properly.
- Keep in mind the lack of tactile feedback from touchscreens. Our fingers are used to the spring of keys and often exert more pressure on equipment that isn’t responding to our sense of touch. Try to keep your tapping as light as possible.
- For extensive reading, use an e-ink device such as an older style Kindle or Nook. iPads, Kindle Fire and Nook Color still cause strain related to glare. On any system make sure the font size is large enough to be easy on your eyes; almost all devices and programs will let you adjust this.
- Keep the device at a 30 degree angle. This puts the least amount of strain on your neck, arms and hands when using a small area for viewing and tapping.

PASSWORD MANAGEMENT TIPS

We use them every day and easily take them for granted. Treat your passwords with the importance they deserve; they are often the only protection against the release of sensitive information that can be embarrassing at the least, and financially or professionally damaging in more severe cases.

If you haven’t already, select and answer security questions for your UNI and, if you have one, MC Domain/Exchange accounts. These let you change or reset your password using a secure online form without having to give out more sensitive information to verify your identity, such as part of a social security number, ID card number or date of birth.

UNI: https://idmapp.cc.columbia.edu/acctmanage/challenge
MC Domain or Exchange: https://mypassword.cumc.columbia.edu

Make your password as strong as possible using a combination of letters, numbers and symbols that is 8 characters or longer. Microsoft’s tips for creating strong but easy to remember passwords are excellent, and include an online password checker tool: http://www.microsoft.com/security/online-privacy/passwords-create.aspx