

*The Newsletter Committee Wishes
Hopkinson House Owners and Residents
Peace, Love, Joy and Good Health
for 2014*

on the HOUSE

The Newsletter of
Hopkinson House • Winter 2014



What's Inside

Nelly Childress

President of Council **Paul Coyne** and Manager **Judi Forte** report on the many accomplished, almost completed, and forthcoming projects such as the elevator cabs, the restoration of the Stonorov/Vivarelli sculpture, the lobby's renovation plan and other necessary infrastructure work. **Judi Forte** also reminds residents to complete the forms that have been recently distributed. She also stresses the importance of strictly following the regulations regarding, among others, apartment renovations.

Read the account by **Nelly Childress** of the Francis Hopkinson Mural at Christ Church. It was finished and installed in record time — three days!

Another historical site in the neighborhood that underwent a major renovation is interestingly described by **Lynn Miller** in his report entitled "All-New Franklin Court Museum."

A report by **Louis DelSoldo** on Otto Reichert-Facilides' talk on Oscar Stonorov — the person — that was sponsored by Washington Square Citizens' League is a must-read for those interested in the building.

Find out about "Pop-Up Movie Nights in the Solarium" from **Susan Tomita's** column.

In "Diet and Exercise: A Tragic Story" **David Roberts** tells us about James F. Fixx, an extraordinary individual who wrote *The Complete Book of Running*, and his fate.

We are proud to report that seven-year-old Hopkinson

House resident **Tino Karakousis** and his sister **Maria Karakousis** starred as... in Pennsylvania Ballet's *The Nutcracker* this season. (You'll find out by reading the notice.)

For those interested, we include the results of the last

November Municipal Election in Philadelphia and how we residents performed.

The Holiday Celebrations included Hanukkah in the lobby, a Christmas Tree lighting in the lobby and a party in the Solarium. ■



See the article about the Francis Hopkinson Mural at Christ Church on page 5.

on the HOUSE

Message from Council

Paul Coyne

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Yes, you probably do not notice it, but the days are getting longer!

The 2014 Budget presented by Phil Harvey from Camco was approved at the 2014 Annual Budget Meeting. Phil gave an overview of our needs for 2014 and broad base projections out to 2017. He stressed the importance of building a Capital Reserve fund capable of addressing future needs.

As Christmas approached, so did the elevator project which was started a few years back with an anticipated completion date of Labor Day 2013 when the weather was warm and summer was coming to an end.

Installation began with the electric system, the controls, and some stainless-steel work. Then the floor was installed and the sidewalls and roof were raised into place. When the floor was laid with individual tiles and grout, the colors at first did not look right. Placing the contract-specified tile on the floor, however, showed that the colors matched. The addition of the grout was evidently responsible for the apparent difference.

During the inspection Anthony Kelly, our building engineer, observed that the

ceiling opening for access to the emergency hatch did not provide the 400 square inches required by the building code. This meant that the roof panels had to be reconfigured for all four elevators. The contractors were able to make the necessary changes and get us back on schedule in very short order. The Design Committee (James Scott, Gail Winkler and Sunny Feldman) has been asked to suggest long-life foul-weather mats for the renovated elevators.

Congratulations to all who participated in and enabled the completion of this project.

Restoration Engineers, Inc. has proposed plans to increase the attractiveness and functionality of the front desk area and the back office space, and to improve the mailroom.

Haute Mexican? Divine Mexican!

Forget any preconceived notions you may have about Mexican cuisine. Paloma's elegantly refined dishes are neither spicy nor slathered with cheese. In fact, the 2013 Zagat Guide ranks Paloma's food seventh in the region with a score of 28!

Chef-owner Adán Saavedra (a 2011 semifinalist for the James Beard Awards) applies French cooking techniques to the ingredients of his native Mexico for a cuisine that is visually stunning and unforgettably. Be sure to leave room for Paloma's fabulous desserts, which are all house-made by the chef's wife, a practicing lawyer.

Paloma offers a \$30 three course prix fixe dinner Tuesdays through Thursdays. We're open at 5:00 pm daily, closed Sundays and Mondays. Paloma is BYOB and accepts all major credit cards. Reservations are recommended. For our friends at Hopkinson House – present this ad for a free dessert with the purchase of appetizer and entree from our regular menu.



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The proposed plans should also provide a brighter and more inviting entrance to the main lobby as well as to the entrance to the building from the garage. This proposal was accepted at the December Council meeting. Previous attempts to deal with these challenges proved too costly (almost one million dollars.) Adjusting our priorities and staying close to our budget guidelines allowed us to project a smaller addition to our 2014 budget.

New pipes servicing the pool will be installed after the first of the year.

The ADA ramp at the front entrance, the removal of the brick pavement and its replacement with broom finished concrete, along with some structural repairs at the edge of the east and west planters, are scheduled for 2014.

The Council approved a contract with Rockwell Associates LLC for landscaping the two planters on the front of the building. Council will ask the Landscape Committee to review the proposal and make recommendations. The final proposal will be presented at a public

meeting. Work should begin in early spring.

A staff member is researching the feasibility of offering Wi-Fi for the Pool area. It is looking very promising. As you know from experience, cell phones respond to our massive concrete with some temerity. Hopefully, we will be able to offer sunshine and Wi-Fi before long.

The bank space has been leased. Keller Williams Realty has given a deposit for a lease on the former PNC Bank space contingent on receiving franchise approval and the

agreement of the Pennsylvania Real Estate Commission for a branch office.

Council at the November Meeting approved the Washington Square Chiropractic Center's lease for the next five years. Council also appointed Sidney Siegel chairperson of the Dispute Resolution Committee to succeed Enny Cramer, who resigned after some ten successful years leading this Committee. Our thanks to Enny and congratulations to Sidney. ■

Message From Management

Judi Forte



The Hopkinson House Annual Meeting and Election is scheduled for Thursday, April 17, 2014 in the Solarium at 7:00 p.m. If you would like to be a part of the future planning of Hopkinson House, complete a nomination form which will be mailed out to you in March and put your name on the ballot. Council terms are for two years and Council members must be available to attend one meeting per month. All nominees must be in good standing with the Association.

The interiors of the elevator cabs were finished in time for the holiday season and are a wonderful upgrade to a wonderful building. Our sincere thanks go out to Gail Winkler, Sunny Feldman and James Scott, who were instrumental in choosing the design.

We are anticipating the start of the renovations of the upper and lower lobbies in 2014. Engineering studies are being done to utilize the front desk and package area more efficiently. The Design Committee will be called in to bring their ideas for upgrading these areas. We are also planning exterior renovations in the front of the building including the sidewalks and the entrance to the building to allow easier access for those who are physically impaired. Repairs are also planned for a support beam in the garage in the spring. The garage will remain open

during these repairs but it will entail the use of a jackhammer which will cause noise and vibrations through parts of the building. These repairs are expected to take several weeks to complete. It's going to be a busy year with guaranteed inconveniences which we will make every effort to keep to a minimum. The end results will be well worth it.

Winter is the time for colds, flu and other types of illnesses which sometimes means a staffing shortage. Please bear with us if our service is a little slow during times when we are short handed. We encourage the staff to stay at home when they are not feeling well to protect the residents and the other staff members. We also ask that the residents follow the same procedure. Our staff is very friendly and they enjoy shaking hands with the residents. If you are ill, please refrain from shaking hands

with staff members, so as not to spread any illness. We also request that residents do not use the staff phones. Besides the possibility of spreading illnesses, this practice prevents the desk staff from performing their job properly. We sincerely thank you for these courtesies.

It is the responsibility of every resident to complete an entry permit for your guests, contractors and anyone you wish to have access to your unit. Faxing and emailing permission may prevent that person's entry to your apartment. The fax machine is on from 8:00 a.m. to 5:00 p.m., Monday through Friday. Faxes will not be received after hours or on weekends. Emails are not a reliable method of sending an entry permit. The person you send the email to may be on vacation or out sick and this may prevent your visitor from gaining access to your apartment.

continued on page 5



Best Wishes for a Warm and Wonderful Holiday Season!



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Johanna Loke 215.350.0922 jladre@aol.com

Message from Management

continued from page 3

We have distributed permanent entry permit forms and emergency information forms. Please update this information and return the forms to the Management Office. If you have misplaced your forms, you can get more at the Resident Services Desk.

Now that we have your homeowner's insurance information on file, please be sure to have your insurance carrier send us a certificate of insurance when your policy renews each year. The certificate can be emailed to cathyhhoa@comcast.net or faxed to us at 215-829-1510. Please remember that your homeowner's policy is responsible for the first \$25,000 of any damage that occurs in your unit regardless of the cause.

If you are planning any renovations to your unit, regardless of how large or small, remember to pick up a Renovation Requirement Package at the front desk. Owners and contractors must complete the forms in the package and the contractor must provide an insurance certificate with a minimum of \$2,000,000 liability coverage. Contractors may not begin work in the units until the renovation package has been approved by Tony Kelly, the building's Chief Engineer. Please contact Tony if you have any questions regarding renovations to your unit. He can be reached through the Resident Services Desk.

CONTRACTORS MAY NOT CUT WOOD OR TILES ON THE BALCONIES.

Noises in a building like Hopkinson House can travel from floor to floor. While you may think a particular noise is coming from directly above you, it may, in fact, be coming from another floor or another part of the building. A common complaint is the sound of scraping or dragging something across an uncarpeted floor. These sounds appear to be coming from directly above the person hearing the noise. We know from past history that in most instances, this is not the case. As hard as we try, we are not always able to identify a sound or where it may be coming from.

The Hopkinson House rules mandate that every unit have 80% carpeting in the living room, dining room, bedrooms and hall. The kitchen and the

bathrooms are exempt from this rule. If you have a chair in an uncarpeted area, please consider rubber or felt tips to alleviate any scraping when it is moved.

Please make arrangements to pick up your UPS, FedEx, overnight packages and all other deliveries within 24 hours of their arrival. Large packages will be taken up to your unit by staff members if they are not picked up within 8 hours.

Holiday decorations are permitted to be hung on the apartment doors from Thanksgiving through January 6. Please remove them in a timely manner.

Enjoy the winter season. Stay warm and stay well. ■

2014 Hopkinson House Holiday Schedule

Contractor work and moves are not permitted on Sundays or legal and religious holidays throughout the year. We are posting these holidays for your convenience. No exceptions can be made.

Wednesday, January 1, 2014	New Year's Day
Monday, January 20, 2014	Martin Luther King, Jr. Day
Monday, February 17, 2014	Presidents' Day
Friday, April 18, 2014	Good Friday
Monday, May 26, 2014	Memorial Day
Friday, July 4, 2014	Independence Day
Monday, September 1, 2014	Labor Day
Thursday, September 25, 2014	Rosh Hashanah**
Friday, October 3, 2014	Yom Kippur**
Thursday, November 27, 2014	Thanksgiving
Tuesday, December 16, 2014	Hanukkah
Wednesday, December 24, 2014	Christmas Eve
Thursday, December 25, 2014	Christmas Day
Wednesday, December 31, 2014	New Year's Eve
Thursday, January 1, 2015	New Year's Day

**Holiday begins at sundown the day before it is listed.

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Mural Celebrating the Life of Francis Hopkinson

Nelly Childress

The mural "Celebrating the Life of Francis Hopkinson" located on the north-west exterior corner of Christ Church's Neighborhood House [20 North American Street] was created by Amy Scheidegger, founder of The Artistic Rebuttal Project,* in collaboration with The Mural Arts Program and executed with the help of students of the Philadelphia Center of

Arts and Technology. In addition to celebrating the life of Francis Hopkinson, Philadelphia's "Artist & Renaissance Man," Amy also sought to celebrate the multi-faceted lives of all artists who, either out of pure curiosity or sometimes necessity, are driven to master many trades.

Starting on June 30 during a community paint day in the

Great Hall of Neighborhood House, muralists finished the job in record time. It was installed as part of Christ Church's Fourth of July celebration.

As owners and residents of Hopkinson house know, our building was named for Francis Hopkinson (1737–1791), an exceptional citizen, signer of the Declaration of

Independence, artist, essayist, lawyer, judge, and business man. ■

* The Artistic Rebuttal Project is a grassroots initiative that aims to provide an outlet for anyone to share their arts experience in an effort to advocate on behalf of creative careers, respect for artists and their rights, arts education and arts access.

For Those Interested

This note is for those interested in how we at Hopkinson House performed our civic duty by voting in the November 2013 Philadelphia Municipal Elections. Hopkinson House residents make up the majority of

eligible voters in the polling place for the 3rd Division of Philadelphia's 5th Ward. According to information from the web, our state's and city's turnout of registered voters (about 11%) was lower than the 20% predicted. Our

Division with a 27% turnout of eligible voters was among those with the highest voter turnout in the city, although significantly lower than previous off-year elections! In the *New Yorker's* November 18 issue, George Packer,

commenting on this off-year's depressingly low voter turnout throughout the country, stated "When so many Americans don't even bother to exercise the franchise, the story about last Tuesday should be what didn't happen." ■



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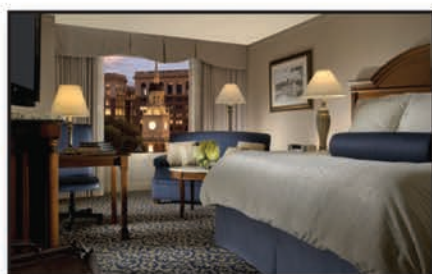
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Young Residents Star in Pennsylvania Ballet's *The Nutcracker*

Nelly Childress

Hopkinson House resident Tino Karakousis, age 7, was the youngest of four boys who was reported in the press as “entirely believable” in the role of Fritz, Clara’s [or Marie’s] mischievous younger brother, in Balanchine’s *The Nutcracker*

ballet at the Academy of Music in December. Tino’s sister, Maria Karakousis, was one of the dancers in the party scene in the first act, and had the role of Polichinelle [Punchinello] — a marionette — in the second act. A two-act ballet choreographed by

Marius Petipas was first performed in St. Petersburg in 1892. Since then many choreographers have made their own version of the ballet outside Russia. The New York City Ballet gave its first performance of Balanchine’s version in 1954. The ballet,

a fairy tale taking place in the Stahlbaum House at Christmas, involves, of course, a nutcracker who turns into a prince, and is usually performed in the United States during the winter holiday season. ■

Pop-Up Movie Nights in the Solarium!

Susan Tomita

Are you a TV binge-watcher? Has your iPad replaced the cinema? For films worth leaving your couch, Washington Square Citizens’ League’s Pop-Up Movie Nights start on January 7 in the Hopkinson House solarium.

You will laugh. You also may cry. But on Pop-Up Movie

Nights, you are guaranteed happy endings. Check the bulletin boards for event times and details.

Testing of projection and sound for movies in the solarium began last spring. The WSCL’s Book Group and Theater Group hosted a film-and-pasta evening in July. An *on the House* article hinted

at more movie nights to follow — and so they will, in a less elaborate form, for the wider Hopkinson House community.

Pop-Up Movie Nights offer small film gems you’re likely to have missed or forgotten. Enjoy neighborly chats before the lights dim and after they return. Relish the experience

of laughing alone together in the dark.

If you need big explosions and celebrities to stay awake, A&E may be the better bet. Otherwise... give Pop-Up Movie Nights a try. Share in the surprise and delight of big-screen stories designed for seeing in the company of others. ■



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Holiday at Hopkinson House

Someone mentioned that the holidays seem to make people more kind, more patient, and more generous. At Hopkinson House we not only celebrated the holiday season with song, food and

friendship but we also continued a tradition to participate in the Holiday Toy Drive for The Salvation Army. This year we also donated to Preston and Steve's Camp Out for Hunger.

For those of us who do not listen to WPLY, Preston Eliot and Steve Morrison, the host and co-host of WPLY "The Beat," camp out in a motor home for one week in November to raise food

for Philabundance. The show awards prizes to individuals and groups that donate the most food. Since 1998 the event has raised hundreds of tons to feed the hungry across the Delaware Valley. ■

Hanukkah

On November 27 over fifty residents and families assembled in the lobby in front of a beautifully set table to celebrate the first day of the eight-day Feast of Dedication. The Blessings were said; Shamash was the candle first lit and then used to light the first daily candle

of the Hanukkah festival. Thus began the celebration of light, of the heroic Maccabees who recaptured the holy city of Jerusalem from the Syrians, the rededication of the Temple followed by the happiness/thanksgiving that the holy oil for the Golden Menorah

burned for eight days and nights on a one-day supply. With Murray Savar at the piano and Shirley Silverman leading the assembly, the walls of the lobby echoed the joyful songs that followed. Latkes, wine and traditional dishes were served. Young and old had a great time, thanks

to Margie Weinstein, Minna Savar, Shirley Silverman and Paul Coyne, who took charge of this celebration. Lisette Tarragano who usually manages this event was on a trip. Her gracious presence was greatly missed. ■



Minna Savar lighting the first candle



Shirley Silverman leading the singing with Murray Savar at the piano

Pictures by David Roberts

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Christmas

The Christmas celebration attracted young and old first to the lobby for the tree-lighting and caroling led by our incomparable Murray Savar at the piano. Jolly "Jingle Bells" and favorites such as "I Dream of a White Christmas" resounded throughout the lobby. President of Council Paul Coyne welcomed the residents

and their guests, thanked the organizers and invited all to the party in the Solarium. The tree shone with a thousand lights at the sound of "O Christmas Tree." The atmosphere was festive and joyful and persisted at the party in the tastefully decorated Solarium. The food and the friendliness were exceptional. Winners of the door prizes

were Rosina Coltellaro and Diane Rossheim, who was pleasantly surprised for this was the first time she had won a prize.

Many, many thanks go to the volunteers who made it all possible: Gail Winkler, Paul Coyne, Lynn Miller and Rosina Coltellaro who decorated the Solarium; to Mauriel Holland, Louis

DelSoldo, the dynamic Connie Pearlstein, Shirley Silverman, Susan Tomita, Larry Meehan, Roger Moss and Scott Childress who managed the food and refreshments.

We deeply regret that the Agnes Irwin Bel Cantos were prevented by snow and ice from performing on the 14th of December. ■

Pictures by Bari Shor



Young guests at the party



Murray Savar at the piano



Louis DelSoldo and Connie Perlstein in the kitchen



Paul Coyne welcoming residents and guests at the tree lighting



Murray and Minna Savar at the piano, lighted tree in background

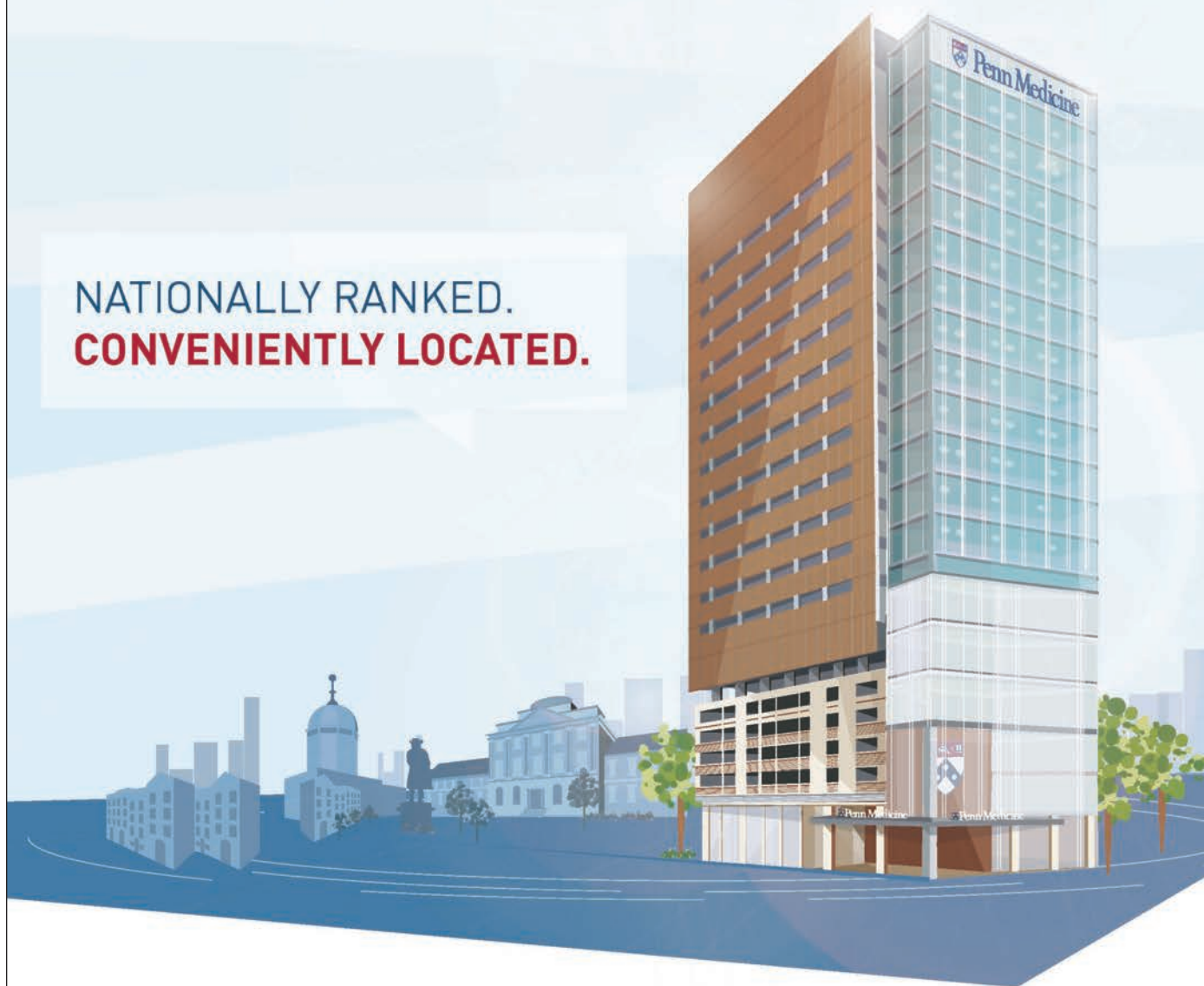


Moving the piano to the Solarium



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Oskar Stonorov, Architect of Hopkinson House

Louis DelSoldo

On a balmy Monday evening in late October, Otto Reichert-Facilides spoke to members of the Washington Square Citizens League about Oskar Stonorov and the architectural design for Hopkinson House. Reichert-Facilides, a retired AIA architect and chief designer of Academy House, was a personal friend of Oskar Stonorov and of his family as well. Adding a personal note of warmth to the meeting was the presence of Oskar Stonorov's daughter and granddaughter.

Oskar Stonorov (1905-1970), humanist, city planner, pianist and sculptor, was truly a Renaissance man. Born in Frankfurt, Germany, he studied at the University of Florence, Italy, and worked as an apprentice to French sculptor Aristide Maillol. After immigrating to the United States, Stonorov settled in Philadelphia. Stonorov was strongly influenced by Urbanism, a city movement much in vogue in Germany in the 1930's. Urbanism is based on sociological studies of human life in densely populated areas, and generally advocated an integration of city planning with urban design, growth projections and technological advances.

Because he was not yet a registered architect, he partnered with William Pope Barney, who was able to obtain the required city permits, and in 1933 together they built one of the first public housing projects in the United States, the Carl Mackley Houses for members of the Full-fashioned Hosiery Workers Union. Located at Adams Avenue and M Street in the Juniata Park section of Philadelphia, this project of individual apartments for union workers was revolutionary with its garages,

outdoor space, sculpture, grocery stores, library and even a kindergarten. The three-story concrete structure with brick façade was placed on the National Register of Historic Places in 1998.

Stonorov cultivated and developed friendships with many influential people. He and Erik Erikson, the psychologist who expanded Freud's developmental theory across the lifespan, attended high school together in Frankfurt, where they studied Greek, Latin and philosophy. They remained life-long friends. Stonorov was a great admirer of Swiss architect Le Corbusier, and, along with Willy Boesiger, researched and edited Le Corbusier's complete archives. Stonorov was also a friend of internationally acclaimed architect Frank Lloyd Wright and organized the largest show ever of Wright's work, which was displayed here in Philadelphia in the old Gimbels Department Store in 1951, and later at the Strozzi Palace in Florence where Stonorov had attended university.

In Philadelphia in the 1940's Stonorov worked closely with Louis Kahn to develop housing projects throughout the state of Pennsylvania, including Carver Court in Coatesville. He also collaborated with Kahn on several books, including *You and Your Neighborhood* (1944). Philadelphia architect Robert Venturi also worked for Stonorov in the 1950's. Philadelphia City Planner Ed Bacon and Oskar Stonorov were lifelong friends as were their families. He designed Casa Farnese at 13th and Lombard and of course Hopkinson House. His sculpture of Adam and Eve, executed by Vivarelli, will soon adorn our courtyard once again. The Hopkinson House



WSCL sponsored Otto Reichert-Facilides program on Oskar Stonorov.

solarium, courtyard, balconies, retail space and garage are all testimonies to his vision of urban living.

After attending a planning conference in Chicago in 1947, Stonorov conceived of the idea of the Better Philadelphia Exhibition, which was later exhibited at Gimbels. At the core of the exhibit was an interactive map showing Philadelphia as it then existed. Built on wooden blocks, viewers were able to flip the box to see designs for a future Philadelphia — the Broad Street train shed flipped to reveal a glittering Penn Center, a dilapidated Vine Street flipped to become the Vine Street Expressway, and the factories and warehouses along the river at Market Street to become Penn's landing.

Stonorov was a long-time friend of Walter Reuther, the United Auto Workers leader during the 40's, 50's and 60's. They shared an interest in the social, economic and political enhancement of the working class. They both loved music, art and sculpture. They died together when Reuther's Lear Jet veered out of control near Pelliston Airport in Emmet County, Michigan. Oskar Stonorov was survived by his wife Elizabeth, three daughters and one son. ■



Digital Mammography

at the Tuttleman Center

Pennsylvania Hospital outpatient radiology at the Tuttleman Center provides patients with outstanding personalized care from board certified radiologists.

Mammography remains the most accurate screening method for detecting breast cancer. Digital mammography offers several advantages over traditional mammography including:

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- ▣ Flexible plates for greater comfort
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- ▣ Less radiation exposure than traditional mammography
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Penn Medicine

800.789.PENN PennMedicine.org

All-New Franklin Court Museum

Lynn Miller

Philadelphians may feel they are so familiar with Benjamin Franklin that his amazing legacy can breed, if not contempt, a shrug of indifference. Maybe we mistake the slightly dotty old guys tottering about town for the actual Ben, though it's only his impersonators. Why not get better acquainted with the real Franklin? We're residents of his neighborhood, after all. It's easy and rewarding to visit the spanking new tribute to Ben in the museum below Franklin Court. You're sure to come away with new respect for the man. You'll find the museum's make-over very attractive, too.

From the time he arrived here as a seventeen-year-old runaway until his death sixty-seven years later, Franklin made the 300 block of Market Street his home base. Beginning with the nation's Bicentennial in 1976 — a mere 186 years after his death — Franklin Court has commemorated Franklin's life. The National Park Service acquired the site in 1948. After archaeological work there, artifacts dating from Franklin's time were revealed. That finally led to creation of the above-ground court with its suggestions of the house Franklin had built for himself and his wife, Deborah, when he was in his mid-fifties.

The Bicentennial reconstruction was designed as a "ghost house" by the architects Venturi Scott Brown because no exact plans of the original house had survived. Franklin's own grandchildren had it demolished in 1812 to make way for a development of rental housing on both sides of a newly created street that ran through the block from

Market to Chestnut Streets. In addition to the outline of the original house, visitors can read quotations from the Franklins' letters to each other relating to its progress while it was under construction — a period in which Ben was serving as colonial agent in London, leaving Debby to oversee completion of their residence. The creation of Franklin Court in the 1970's also saw the restoration of houses on Market Street that Franklin had owned and rented or lived in, along with the carriageway between them that gives access to the court itself.

Also opened in 1976 was the museum beneath the court, accessed through an unobtrusive door and a rather forbidding staircase. The cutting-edge technology of the time — princess phones for conversation with Ben and his contemporaries, flashing neon signs on mirrored walls — looked increasingly antiquated after 35 years. So the museum was closed more than two years ago for a complete makeover. Reopened last summer, it bears little resemblance to the space that was. An enlarged and light-filled entrance lobby leads you past a ticket counter and attractive new gift shop, then down into the spacious museum. There, the old technology has been replaced with today's latest: touch-screens for interactive displays, animations, videos, and a talking squirrel for the kids.

While that updating may be the first thing you'll notice, what's more important is the full treatment the museum gives to Franklin, who comes alive as one of the most remarkable figures of his or any age. The life of Ben



Picture by Simon Roberts

The All-New Franklin Court Museum

is spooled out in bites graphic enough to entertain youngsters, but with plenty of nourishment for anyone seriously interested in learning about the man and his enormous, multi-faceted legacy. Although a few of Franklin's household treasures are on display, don't expect to see many precious artifacts. All the familiar portraits of the man are reproductions, meant to illustrate the phases of his life. So, too, are the documents, letters, and publications. But what a story they tell! Self-made man, printer, journalist, inventor, scientist, leading citizen, philanthropist, essayist, diplomat. All of that and more in one lifetime, all well set forth in the exhibits.

So, take the full measure of the man in a leisurely hour or two in the new museum. Then, back up in the courtyard, imagine Franklin living here when you peer at the inscriptions and architectural fragments of the house itself. His public obligations were so great, in fact, that he didn't actually get to live here until the eve of the Revolution. By then, Deborah had died while he was still at his post in London. Their daughter, Sally Bache, and her family then shared the residence

with him. Even though, at 70, Franklin had reached what we might regard as retirement age, some of his greatest accomplishments still lay in the future. He soon would be elected to the Continental Congress which produced the Declaration of Independence, a document he helped draft. Franklin's fellow revolutionaries then named him the would-be new nation's ambassador to France. For almost nine years, he was responsible, first, for persuading the government of Louis XVI to support the American cause, then to construct the peace treaty with Britain that gave the United States its independence.

Whew!

Franklin was 79 when he finally returned from Paris to his home on Market Street. His participation in the Constitutional Convention was still to come, in 1787. But what is truly revealing is his energy in that same year for a major building project. The 81-year-old Franklin decided to increase the size of his house by some thirty percent! That gave him a big new dining room, 16 by 30 ½ feet, with a table that seated

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All-New Franklin Court Museum continued from page 15

twenty-four. The second floor library was nearly as large, designed to hold his more than 4,000 books, probably the largest private library in North America at the time. In the music room above, the old man, having long since given up flying kites in thunderstorms, might still occasionally play the violin, the cello, the harp, or the guitar.

Benjamin Franklin's enormous charm was surely one of his

assets, as when he persuaded France's absolute monarch to send a great army to help in a republican cause. So was the good sense with which he approached every problem, from inventing bifocals to charting the Gulf Stream. No doddering grandfather, the real Ben Franklin was a man with an uncommonly restless and brilliant mind. And a Philadelphian for the ages. ■

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Diet and Exercise: A Tragic Story

David Roberts

Does anybody remember the name, Jim Fixx? In 1977 James F. Fixx published *The Complete Book of Running* (Random House), the first of his series of books credited with launching the modern running craze. Seven years later, aged 52, Fixx died from a heart attack while running.

Comedians and cynics made much of this but the facts of the case do not negate the benefits claimed for running. Fixx's father had died of a heart attack at an even younger age, 43, and he evidently was not a runner.

Fixx was known to have an enlarged heart, to be overweight (almost 220 pounds), and to be a heavy smoker when, at age 35, he decided to change his ways. He stopped smoking, started running long distances, and shed 60 pounds. His trim, muscular body was then superb but it masked a time-bomb ticking in his chest.

Fixx was strongly influenced by a Californian pathologist who advanced the idea that people who did not smoke and who ran long distances were not susceptible to heart disease. This was the exact message Fixx wanted to hear

but, instead of treating it as one man's idea needing to be verified, he adopted it as established doctrine. He ignored advice about diet and he avoided the services of the medical profession. He considered three donuts, with all their sugar and starch, a suitable breakfast.

Fixx was highly intelligent and a member of MENSA. He was a magazine editor and an engaging and persuasive writer. Fixx also wrote books of puzzles for the super-intelligent but his self-deception showed a serious lack of judgment. Had Fixx sought the help of a cardiologist, had his heart treated (at autopsy his coronary arteries were found to be as much as 95% blocked), and changed his diet, he might have outlived some of the comedians who mocked him.

Nutritional confusion

In the 1970's and 80's nutritional teaching was in chaos, and choosing a suitable diet was confusing. By 1970 the role of sugar in cardiovascular disease had been well established by careful scientific research but the 1970's also saw the beginning of Ancel Keys' politically driven anti-fat

crusade. That teaching had no scientific basis but it still influences dietary advice, and Fixx could easily have fallen for the wrong advice.

Exercise

Exercise is good. It boosts circulation and appetite and it strengthens our muscles including the muscle of the heart. Strenuous exercise is essential for people who depend on superior strength and stamina such as athletes and soldiers. A healthy heart, however, does not require the stress of long-distance running but, if our hearts are healthy, such exertion should cause no harm. If you have a heart like Jim Fixx's you need medical attention and a healthy diet, not extreme endurance exercise. Remember — orchestra conductors and grandmothers tend to outlive athletes.

Afterthoughts

If you combine a healthy, low-carbohydrate diet with moderate exercise such as walking, drink sensibly, and don't smoke, you have a good chance of living past 80 with a healthy heart. Most of us do not have the superb physique and stamina of Jim Fixx at his best or his lofty IQ but, with



Cover of "The Complete Book of Running" by Jim Fixx
Picture by David Roberts

common sense, we can live a much longer, healthier life than poor Jim. Nature is usually very patient with us, giving us plenty of time to mend our ways, and serious warnings of the need to do so. Fixx had 17 years from the time he started running to the day he died, and he had complained of pain and tightness in his chest. Nature couldn't have been more generous, but he ignored her and paid with his life.

The greater tragedy would have been if some of Fixx's many disciples had died prematurely as a result of following his dangerous advice. For several years after Fixx's death there were, in fact, frequent reports of well-known people dying of heart attacks while running or jogging but I don't recall seeing such reports recently. Perhaps we have learned to take our physicians more seriously. ■



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