

PennMID

967

AILMENTS LESS
EMBARASSING
THAN HAND,
FOOT, & MOUTH
DISEASE

DOCTORS HATE
HER

She's 69 (nice) but
looks like 29 with this

ONE SIMPLE TRICK!



BROUGHT
TO YOU BY

The Pennsylvania
PUNCH·BOWL

BUT IF YOU'RE OFFENDED IT'S
BROUGHT TO YOU BY THE DP

HOW TO
GET AWAY
WITH

MERT

-ER



The Pennsylvania PUNCH BOWL

VOLUME XCVIII SPRING 2019

EDITORIAL STAFF

EDITORS IN CHIEF

Jonah Arnheim '19 Michelle Cossette '19 Ezra Brooks '19

BIG SPOONS

Ben Greenberg '19 Ellie Hoffman '21 Scott Rubenstein '19
 Juliette Palermo '20 Lynn Oseguera '20 Gabe Barnett '20
 Avneet Randhawa '21 Tommy Auslander '21 Kristen Yeh '21

LITTLE SPOONS

Ryan Mimna · Prottusha Sarkar · Jinseo Kim · Victoria Goodisman · Hannah Paquet · Grant Pavol
 Melanie Hilman · Josh Eskin · Abe Frey · Amy Miao · Bala Thenappan · Karin Hananel
 Erika Ravitch · Eva Gonzalez · Nick Jindal · Sophia Zhu · Amy Yeung · Isabella Cossu

FOR MORE CONTENT, MAKE SURE TO CHECK OUT

 /PENNPUNCHBOWL

 @THEPUNCHBOWL

WWW.THEPUNCHBOWL.NET

WANT TO JOIN US? EMAIL THEPUNCHBOWL@GMAIL.COM



PubCo, founded in 1969 as the Puberty Company, is a Wharton business started to eliminate the middleman and help people grow straight from childhood into adulthood. *PubCo* is a proud sponsor.



Also a sponsor, *SAC*, known as the Society for the Abdominally Challenged, recognizes that size doesn't matter, everyone ages at their own pace, and that visible abdominal muscles are overrated. Covet your singular chest hair, *SAC*, and thanks for the cash.

Dear Hypochondriacs,

I, Dr. Amy Oz Gutmann, am contractually obligated to once again weigh in on another inane issue of the Punch Bowl. It appears this time they have chosen medicine, a topic in which I have literally no interest. Prior to issuing any of my trademark insightful commentary, I would like to give a word of warning: no one on the Punch Bowl staff is a licensed medical practitioner. I googled them all and the best they have is an EMT with a soon-to-expire license and a girl who's obsessed with *Grey's Anatomy*. To be quite honest I don't think that they consulted any medical sources in writing this. Frankly, and I say this with the utmost respect, I believe that the magazine that follows is hack journalism.



In reflecting on the issue to follow I take the largest offense in its over-emphasis on western medicine. I struggle to understand why we, Penn Medicine, in our infinite hubris, think that our own medical practices are superior to acupuncture or herbal medicine. When did scientific study become the defining feature of the sources we trust? How did we evolve into such a xenophobic society that we fear to even trust the medicine of other peoples? Eastern medicine, especially the art of mastering my ch'i (气), has lent me my undying youth. Often people think I have engaged in "cosmetic" procedures, but the truth is that through my dedicated study of meditation and oneness I have learned to sculpt myself into any form. I can even convert my body into silicone gel.

I long for the simpler days of medicine. A good leech bath was quite refreshing back in my youth. Anyone who was slightly "off" could be given a good reset through lobotomy. An upset stomach was so easily cured with some cocaine or mercury. In fact, I treated all my coughs with a quick bit of heroin. Ah, how easy times were. Now I have to run around talking to six doctors just to tell me that my "punctured silicone implant" is posing a "severe risk to my health" and can only be cured with "invasive [western medicine NONSENSE] surgery." Hogwash!

Stay Woke,

A handwritten signature in cursive script that reads "Amy Gutmann".

Amy Gutmann

Healing PENN FACE

Do you run solely on Red Bull and Four Lokos? Do your unnaturally stiff grins seem held up by Scotch tape? Do you answer every "how are you" with "haha yeah I'm great lol lmao haha yeah"? Are you constantly seen on Locust Walk scarfing down a Nature Valley granola bar? Youz know, one of them crispy bitches?

YOU MIGHT SUFFER FROM PENN FACE.

But don't you fret, treatment is here!

ULTRA-PREMIUM OPTION

For 72 easy payments of \$500, our most luxurious option is exclusively available to the betchiest of betches and their sugar daddies. Head on over to a rustic location in the most posh and privileged of locations: Pablo Escobar's maid's cousin's house in Tijuana, Mexico. An Internet-certified, non-denominational spiritual guru will be there to help you overcome Penn Face through the life-changing, healing properties of homemade ayahuasca tea.

**price does not include plane fare, food, insurance, or water.*

"I'M COMFORTABLE FINANCIALLY" OPTION

For your friend who constantly says, "I'm not rich" but still sports a Canny-G jacket, our mid-range option is perfect. At the low price of \$6,666, we're offering a weekend getaway to the beautiful Jack Frost Big Boulder ski resort (think Gstaad, but shittier)! After a few rounds on the bunny slope and some other snowy activities, you're bound to feel a whole lot better.

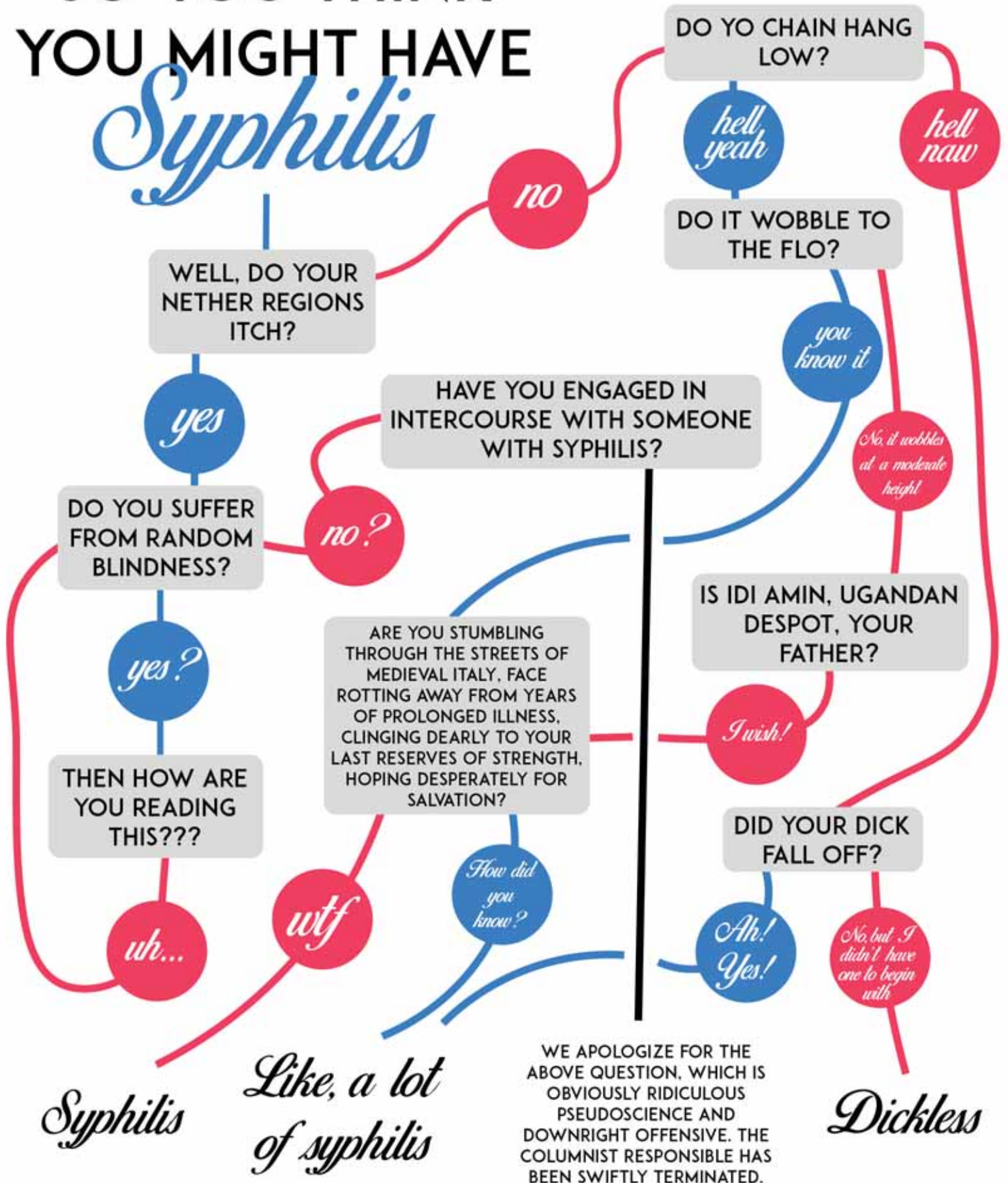
price does not include plane fare, food, insurance, water, skis, trained instructors, snow, or other snowy substances*

***Cocaine. Just wanted to make sure that's super clear. Snowy activities means cocaine. Carry on.*

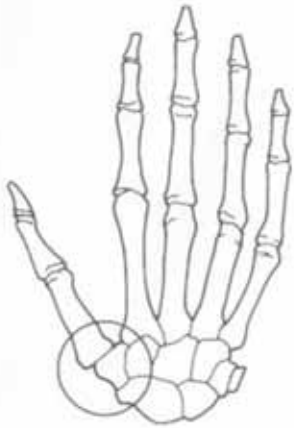
Lastly is our free option: acquiesce to your Penn Face and transfer to Drexel.



SO YOU THINK YOU MIGHT HAVE *Syphilis*



THE ENCYCLOPEDIA OF

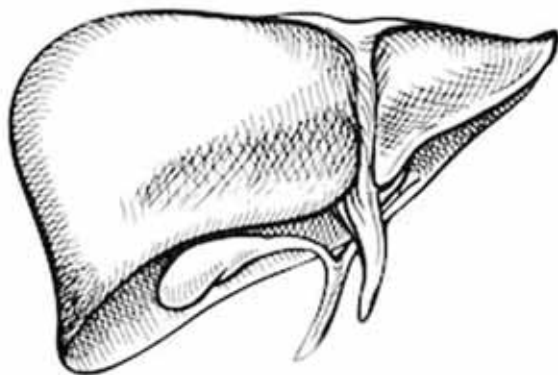
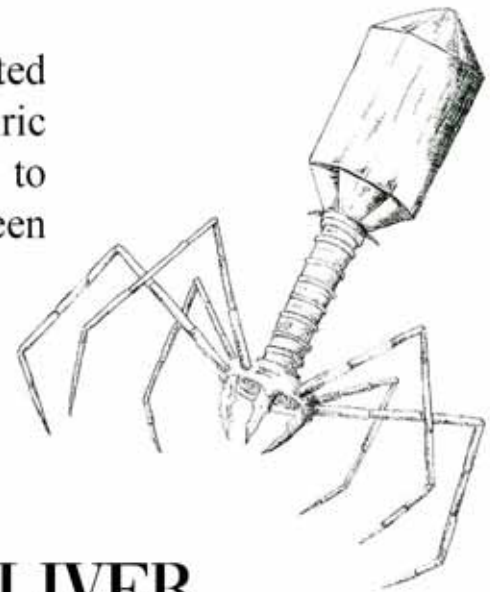


ROOM-ATOID ARTHRITIS

Several students living in Quad singles have been diagnosed with a rare case of *room-atoid arthritis* caused by cramped living conditions. Going outdoors regularly can cure this rare ailment; thus, the timeline for recovery is considerably longer for STEM students.

WHARTON BLOODBORNE DISEASE

A number of Wharton students have contracted *Wharton Blood Disease* from their vampiric business practices. In their ceaseless attempts to bleed customers dry, several students have been admitted to local hospitals.



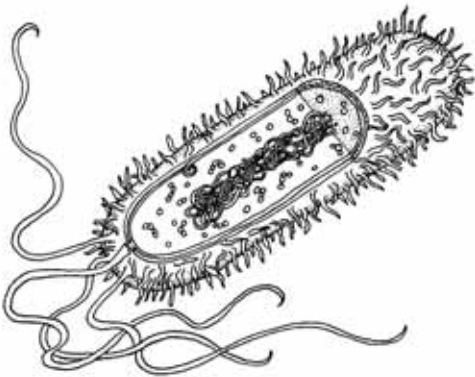
NATTY LIVER

A local fraternity member has been admitted to the hospital with what his fellow brothers are calling “natty liver.” When reached for comment, a doctor on the case responded by stating, “that’s just cirrhosis.” The brothers’ retort: “sick.”

PENN ILLNESSES

RED EYES AND SPACEY DEMEANOR FROM... ALLERGIES

Multiple Stouffer students have been experiencing red, inflamed eyes, often accompanied with a strong “skunk” odor. These symptoms seem to coincide with frequent “walks,” so doctors hypothesize the flare ups may have to do with pollen. Some students have medical prescriptions for glaucoma, but a correlation between glaucoma and allergies has not been scientifically proven.



STICKUPASS DISEASE

Doctors in the area have reported increased rates of stickupass disease around campus since the semester started. The syndrome, which largely affects students from suburban private school backgrounds, causes bouts of braggadocio and irritability followed by extended periods of angst. Doctors advise students to avoid high-infection areas such as Huntsman Hall.

HYPER-RABIES

Though this is common knowledge, students are advised to stay clear of squirrels on campus. The squirrels on Locust Walk are host to an extremely potent strain of fast acting hyper-rabies. The only logical way out is a humane execution. Remember to always exercise caution around our furry friends!



SHS MOVES TO 50TH STREET TO PROMOTE WALKING AND WELLNESS

In the past decade, significant research has demonstrated the mental and physical benefits of walking. Doctors recommend that college students take at least 15,000 steps per day, but many in this demographic struggle to meet that target. The directors of Student Health Services have taken it upon themselves to better the wellness of all Penn students by moving to 50th and Walnut.



Wharton sophomore Robert Alascomic explains the positive effect this development has had on his life. "I broke my toe last month, and as I was walking the 16 blocks to SHS, I was able to really de-stress and center myself. I realized that a lot of us at Penn are way too career-oriented, and I should really be focusing on my mental well-being. I also started thinking about my Dad... I should really reconnect with him." Robert stared off into the distance and shed a single, shining tear.

With all of SHS's successes at this new location, one has to wonder if a location even farther away would yield even better results. Sources have reported that Wharton's satellite campus in San Francisco, CA, would be willing to cooperate with SHS to open up a health center just 2,500 miles away from the heart of our Philadelphia home. Students would be encouraged to hitchhike across the glorious nation, and, along the way, discover a little something about themselves, God, and America.



UNHEALTHY IS THE NEW HEALTHY

Being healthy is an old, dated fad. What your body really needs is to be treated like the goddess temple it is. That's why our Punch Bowl Health Science Team for a Better, Safer and Healthier Penn Student (PBHSTBSHPS) has recently discovered **five reasons** why unhealthy is the newest, healthiest way to treat your body.

1 Exercise is a crucial part of a healthy body, but it takes so much time and is generally horrible.

Instead, stimulate your body by neglecting sleep and eating heaping spoonfuls of salt. Your blood pressure will soon increase, causing your heart to pump harder and faster than ever before!

4 Drink smarter, not harder. Avoiding food and water before drinking will get you drunker better faster stronger! Two Natty Lights in and you'll be coasting.

2 Being unhealthy is efficient. Just six donuts have roughly 2000 calories or one full day of nutrition.

3 It's crucial to eat a well-rounded diet. Circular foods like pizza are highly recommended. Other round foods include eggs, bull testicles, smiley potato fries, sushi, donuts, and pies.



5 Excessive screen time may strain eyesight. To reduce your risk of eye pain, never under any circumstance check Canvas. And, if you never see your assignments, you're legally absolved of all schoolwork.

SINCE THE BEGINNING OF TIME, WE'VE SCRATCHED OUR MONKEY BUTTS WITH OUR NIFTY OPPOSABLE THUMBS, LEARNED TO WALK ON TWO LEGS, AND EVENTUALLY THREW SPEARS TO FEED OUR FAT ASSES. FINALLY, UPON DOMINATING THE EARTH, ONE GROUP OF OUR SPECIES CONQUERED ABOVE ALL OTHERS: **THE FRAT BRO**, HOMO PHOBICASSHOLE. **ONLY HE** COULD FORGET EVERY SKILL HIS ANCESTORS FORGED OVER CENTURIES. **ONLY HE** COULD GET SO SAUCED HE COULDN'T WALK, SLURRING SPEECH SO BADLY LINGUISTICS MAJORS COULDN'T DECIPHER IT. **AND ONLY HE** REACHED FOR THE GOLDEN ELIXIR THAT KEEPS HUMAN EVOLUTION MOVING FORWARD:



Natural LIGHT



DAILY SCHEDULE of a Pre-Med



Time	Schedule
7 AM	Daily Affirmations: I like to start my day with some daily affirmations. Look in the mirror and repeat a mantra that works for you. Mine is "WALLS UP!" It's a reminder that basic human emotions are for literature students, and feelings are meant to be tucked away and suppressed like your uncles stash of "vintage movies."
8:07 AM	Math 104 Recitation (DRL): Arriving fashionably late is acceptable as long as someone comes in even later than you. I have an unspoken agreement with a female peer of mine that she arrive exactly four minutes after me each recitation. Is this human contact?
10 AM	Chem 102: I like to sit in the same seat and ask one preconceived participation question so the professor will know my name. Rehearsal is key. Someday my professor will write my letter of recommendation to medical school, and he will heap praise upon me for all the fantastic questions I asked.
12 PM	Lunch: Eat lunch alone. Friends are like parasites, feeding on its host and deriving benefits at the host's expense.
1 PM	Work in Lab as Assistant Researcher and Principle Mice-Terminator: My research is imperative to the survival of humankind; don't ask me to explain why. My lab is studying if there are genetic predispositions to alcoholism, and if so, how can I acquire one. I refer to myself as a PI (Principle Investigator) even though I am not one, until everyone around me is just... PO.
5 PM	Daily Complaints: I set an hour or so aside each day to desperately justify my declining grades, lack of social life, and poor mental health with the fact that "it may all be worth it someday."
6 PM	Pre-Med Club Meeting: I spend this time physically battling with fellow pre-meds for a single, coveted physician-shadowing position. They like to see the words "doctors," "without," and "borders." Eye-gouging is technically allowed, but frowned upon in most social circles.
7 PM	Dinner: I have recently gotten into the whole "juice cleanse" fad, so I'll polish off a glass of monster energy and a dash of triple shot espresso.
9 PM	Study on the 6th floor of VP: Yikes! I should not have been online shopping during lecture. But, maybe materialism will provide me what honest self-achievement cannot.
1 AM	Dread the Coming Day: I like to conclude my day with a moment of silent meditation. How I actually conclude my day is wrapped in a blanket of my own filth, watching Grey's Anatomy on full volume to cover my bellowing sobs, and with a quart of Ben and Jerry's Cherry Garcia in my lap and forming a 2 inch radius around my mouth.

ARE YOU *dead* OR *#ded* ?

plagued by terminal illness
sharp pains in chest
skull fracture
literally dying

plagued by difficulty spelling
sharp exhales from nose
skull emoji
"I'm LITERALLY dying lolololo!"

Have you connected with **multiple unsecure wifi networks?**

Are you noticing **discharge from your USB port**, even when you safely remove?

Do you neglect to use **AdBlock** with new untrusted sites?

You may have a

COMPUTER VIRUS

To discover the cure, prove your worthiness by solving this **ONE SIMPLE PUZZLE** :

```
01100010 01101001 01110100 00101110 01101100
01111001 00101111 01001001 01110001 01010100
00110110 01111010 01110100 00001101 00001010
```

BREAKING NEWS: PENN SWITCHES TO SOYLENT ONLY DINING PLAN TO PROMOTE STUDENT HEALTH

Recommended by 4/5 Penn SHS Nutritionists



Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat	KETO		Total Carb
Sat Fat	DIET		Fiber	0.00 x 10^23%
Trans Fat	APPROVED		Sugars	... in the RAW ?
Cholest	> Five Guys burger		Protein	2 Tofu blocks
Sodium	2 moles NaCl			
Calories				
More than a Regina George Caltine bar	* Percent Daily Values (DV) are for a "Freshman 15" diet.		Calories per gram: Fat 9* Carbohydrate 4* Protein 4	

** more monotonous in flavor than this ad is in color**

14 THINGS TO SAY WHILE YOU'RE BEING MERT-ED

1. "SICK BIKE DUDE!"

2. "SO WHICH PARENT WANTS YOU TO GO TO MED SCHOOL?"

3. "WHAT'S THE GAS MILEAGE ON THAT BAD BOY?"

4. "I LOVE A TONED BOD IN A UNIFORM."

5. "DO ANY OF YOU GUYS USE TRAINING WHEELS?"

6. "YOU GUYS GET A LOT OF ACTION TONIGHT?"

7. "AFTER THIS, WANNA HANG OUT AND GO FOR A DRINK?"

8. "RED IS SUCH A NICE COLOR ON YOU."

9. "SO YOU'RE LIKE AN EMT, BUT WORSE?"

10. IS THIS YOUR FIRST TIME?"

11. "DO YOU HAVE TO BE SOBER TO OPERATE THE BIKE?"

12. "MERT ME HARDER!!!!"

13. "IF YOU CAN'T MERT ME AT MY DRUNKEST THAN YOU DON'T DESERVE ME AT MY BEST."

14. "OMG THAT HELMET IS SO ADORABLE, YOU LIKE CARE ABOUT SAFETY."