



Thomas Jefferson and the University of Virginia

Their Impact on Medicine in the Developing Nation

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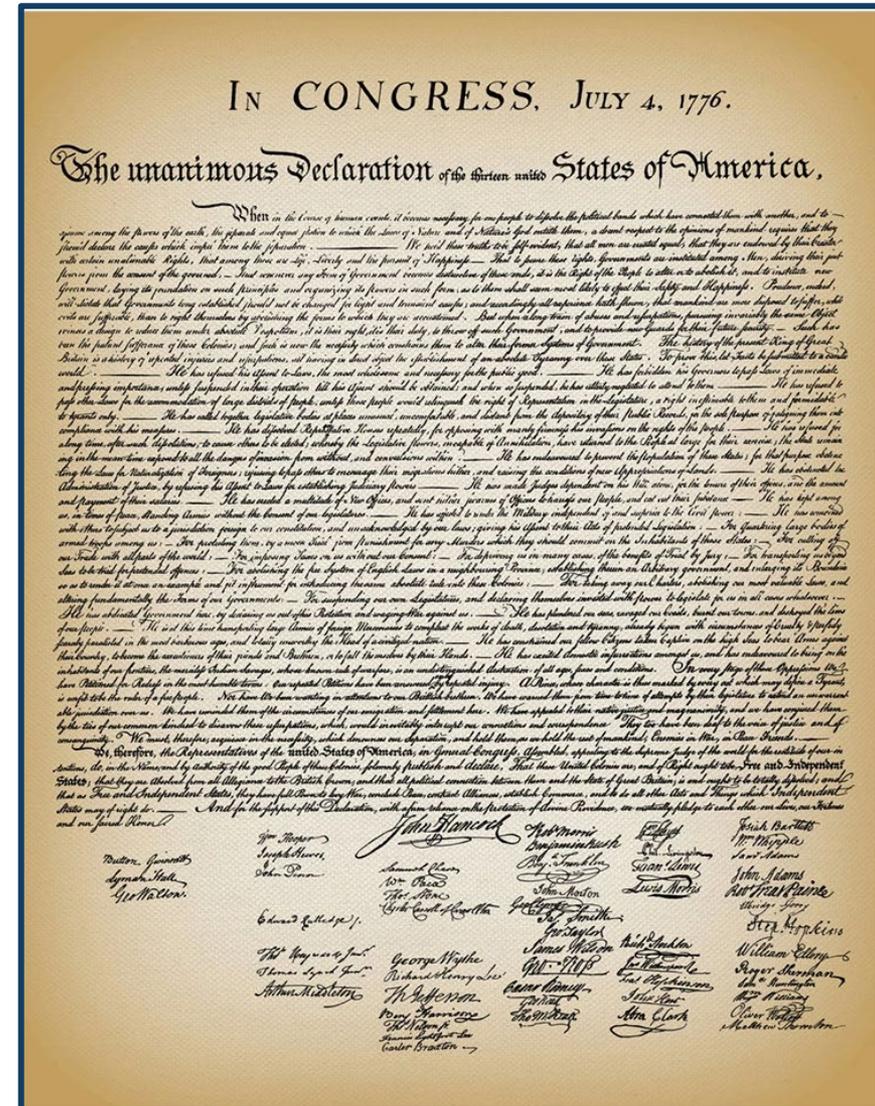
- **product of the Enlightenment**
 - sovereignty of reason & the evidence of the senses
 - rationalism, empiricism, scientific method = advancement & progress
 - medicine – still in “long night of superstition, intolerance, & misery”
(Baileyn)

- **valued health and exercise**
- **proponent of preventative medicine**
- **established practices in public health**
- **shaped medical education in the developing nation**

Jefferson and Ideology

Enlightenment Ideology

- shift in values and social policy
- ‘natural’ evolution of the innate intellectual and moral tendencies in man
- Liberty – a ‘right’ for the attainment of happiness and fulfillment
- “greatest happiness for the greatest numbers” (Hutcheson)
- unalienable rights... Life, Liberty and the pursuit of Happiness (Jefferson, Declaration of Independence)



Library of Congress

- frequent topic of letters
- importance of exercise
- healthy diet
- no tobacco
- only wine, no liquor

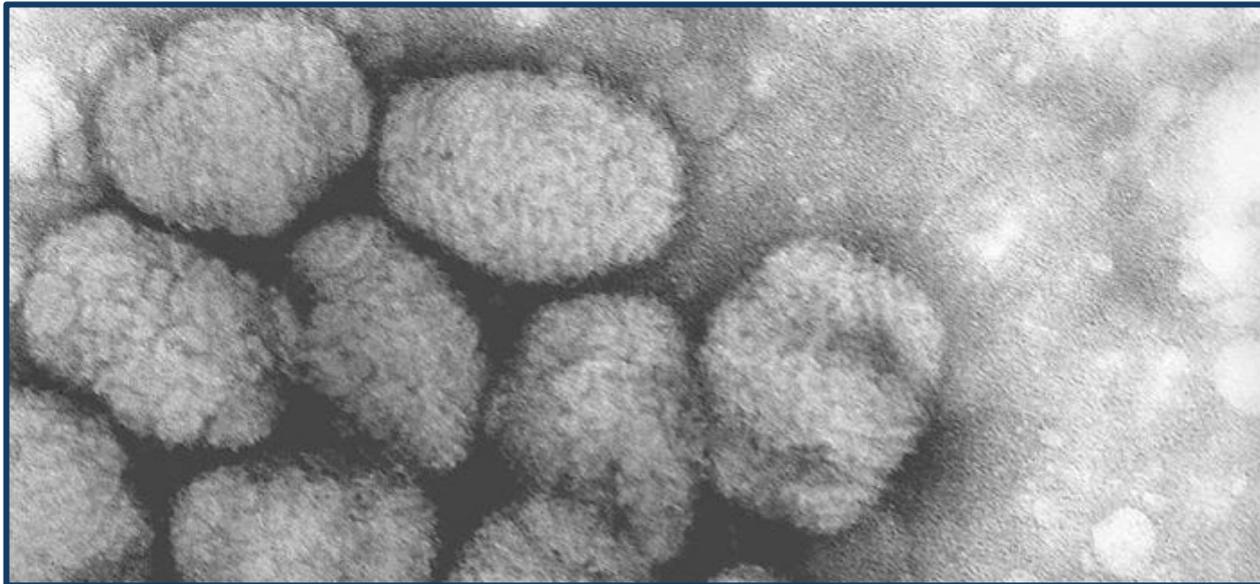


Vegetable Gardens - Monticello

Vaccination



www.barnstablecountyhealth.org



www.cdc.gov

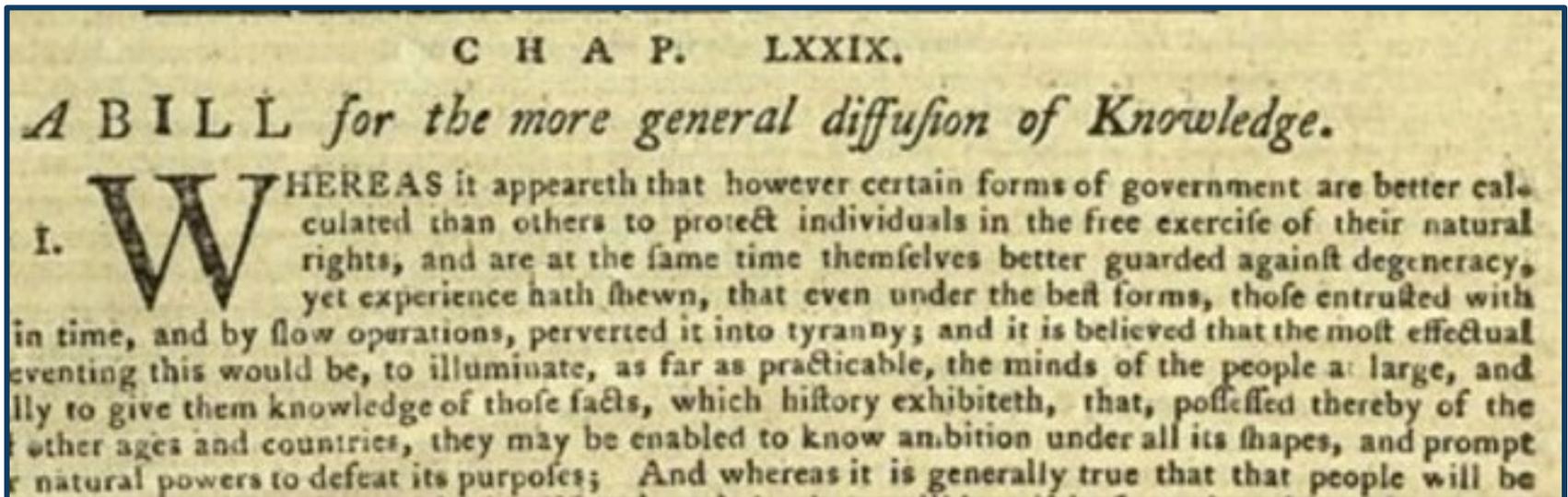
- **“environmental” factors of health**
 - the concept of hygiene
- **Governor of Virginia, 1779-1781**
 - works to improve public health
- **Notes on the State of Virginia, 1780**
 - notes on public health and influence on the Parisian years

“Environmental” Factors of Health

- **manipulate to insure health and to avoid illness**
- **‘hygiene’**
 - **the conduct necessary to follow for maintaining the state of existing health** (D’Aumont, *Encyclopedie* 1751-65)
 - **prophylactic measures recommended to prevent the occurrence of disease**
 - **fresh air, personal cleanliness, sufficient exercise & rest, control of the passions**
 - **concept of personal responsibility for illness arises**
- **rise of medical professionals**

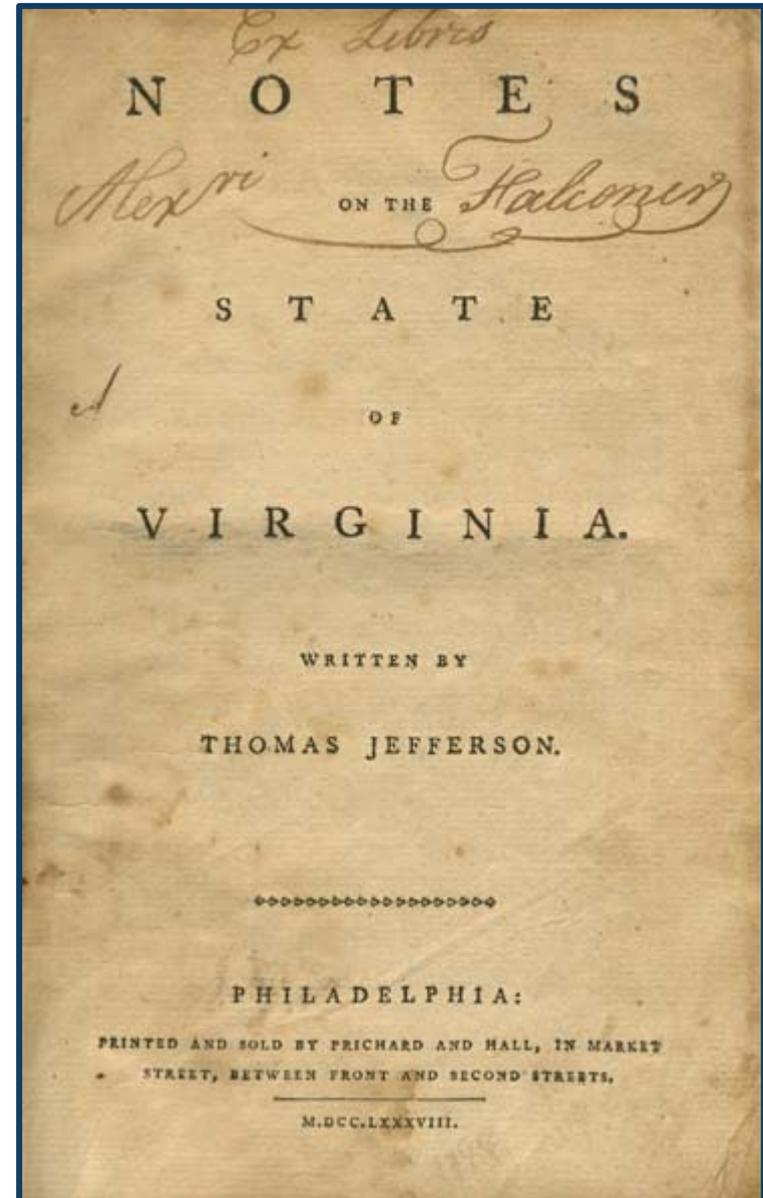
Governor of Virginia

- Public health measures
 - improvements in sanitation, ventilation, and water supplies
 - care of the poor and sick
 - insured care for those unable to provide for themselves
 - insured those who could work would do so



Governor of Virginia

- **Notes on the State of Virginia**
 - parish relief system of care
 - local government system
 - care by family & neighbors
 - home care, better than hospitals



Influence of Paris Learnings & Enlightened Thinking

- building the University of Virginia
- the importance of public health and prevention
- Impact on medical education in the US
 - started two medical schools in US
 - novel approach to medical education
 - appointment of the first full time, academic physician educator

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