

As we are crushed by a tidal wave of viruses, we need to look out for the wellbeing of our families, colleagues, nurses, and paramedical staff. During these challenging times, I find that poetry can boost your spirit and give you strength.

The first poem I am sharing will be well known to many of you as its message is universal.

[Desiderata - Words for Life](#)

By Max Ehrmann; 1927 (American Poet)

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

The second poem I want to share is by a lesser known and underrated poet, Edmund Vance Cooke (1866 - 1932). He was born in Ontario.

How Did You Die?
by Edmund Vance Cooke

Did you tackle that trouble that came your way
With a resolute heart and cheerful?
Or hide your face from the light of day
With a craven soul and fearful?
Oh, a trouble's a ton, or a trouble's an ounce,
Or a trouble is what you make it,
And it isn't the fact that you're hurt that counts,
But only how did you take it?
You are beaten to earth? Well, well, what's that?
Come up with a smiling face.
It's nothing against you to fall down flat,
But to lie there -- that's disgrace.
The harder you're thrown, why the higher you bounce;
Be proud of your blackened eye!
It isn't the fact that you're licked that counts,
It's how did you fight -- and why?
And though you be done to the death, what then?
If you battled the best you could,
If you played your part in the world of men,
Why, the Critic will call it good.
Death comes with a crawl, or comes with a pounce,
And whether he's slow or spry,
It isn't the fact that you're dead that counts,
But only how did you die?

For those of you who have been in the COVID arena fighting this elusive and deadly virus, I share the words of President Theodore Roosevelt, given to great acclamation in a speech in Paris on 23 April 1910.

The Man in the Arena - Theodore Roosevelt

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Ref: Edmund Morris biography [Colonel Roosevelt](#),

HISTORY OF MEDICINE - IVERMECTIN A WONDER DRUG.

"You are not a horse. You are not a cow. Seriously y'all stop it". Tweet from the U.S. FDA.

Ivermectin, first introduced for human use in the 1970's for the treatment of a variety of parasites in animals and parasites. It has been used to treat, Onchocerciasis (River Blindness), Strongyloidiasis, Ascariasis, cutaneous larva migrans, filariases, Gnathostomiasis and Trichuriasis, as well as for, oral treatment of ectoparasitic infections, such as Pediculosis (lice infestation) and scabies. Its discoverers, William C. Campbell and Satoshi Ōmura, won the Nobel Prize in Medicine & Physiology in 2015.

"Discovered in the late-1970s, the pioneering drug ivermectin, a dihydro derivative of avermectin—originating solely from a single microorganism isolated at the Kitasato Institute, Tokyo, Japan from Japanese soil (on a golf course)—has had an immeasurably beneficial impact in improving the lives and welfare of billions of people throughout the world. Originally introduced as a veterinary drug, it kills a wide range of internal and external parasites in commercial livestock and companion animals. It was quickly discovered to be ideal in combating two of the world's most devastating and disfiguring diseases which have plagued the world's poor throughout the tropics for centuries. It is now being used free-of-charge as the sole tool in campaigns to eliminate both diseases globally. In an unprecedented move and with unheralded commitment, Mectizan® was donated by the manufacturing company, Merck & Co. Inc., to treat onchocerciasis in all endemic countries for as long as it was needed.

There are few drugs that can seriously lay claim to the title of 'Wonder drug'; penicillin, and Aspirin being two that have perhaps had the greatest beneficial impact on the health and wellbeing of Mankind. But ivermectin

can also be considered alongside those worthy contenders, based on its versatility, safety, and the beneficial impact that it has had, and continues to have, worldwide—especially on hundreds of millions of the world’s poorest people.” *

Ivermectin is being promoted by the right wing media and antivaxers for the treatment of COVID19. However, it is useless for the treatment of COVID19. A review of 14 studies with more than 1,600 participants provided no evidence that it prevented COVID infection. It had no effect on mortality and morbidity from COVID19.

At recommended doses, it is a safe drug. However, animal-grade doses are being used, leading to overdoses. Ivermectin works on the chloride channels in the CNS and an overdose can lead to delirium, seizures, coma, and death.

***Ref: Ivermectin, ‘Wonder drug’ from Japan: the human use perspective**

[Andy CRUMP](#) and [Satoshi ŌMURA](#)

[Proc Jpn Acad Ser B Phys Biol Sci](#). 2011 Feb 10; 87(2): 13–28.

Dr. Robert Ferrari, MD, FACP kindly submitted one of his original poems for this month’s ACP Newsletter.

Language Human

I listened for you,
eons and eons before Sound’s
quiver was armed with speech,
before Love spoke its name,
before Idea knelt to the service of Thought.

By the primordium font,
where future voices tuned
strings and horns in shallow pools,
I sunned myself and listened
to the wordless chimes of millennia.

Through completely self-unaware success
of the first struggling creature

to find land's edge,
I breathed in and out the tide,
waited and waded through parlous times.

Adhering to a faith in your arrival;
holding to, like a seed in a boll,
I drifted with you in un-echoed climbs
of airy flights, at cliff-drawn heights,
and commanded the clouds to be my ears.

I banged the drums to the march of
mammoth feet, and sang the flute
for the choral of arboreal babblings,
setting the forest moss to keep a vigil,
and the sun to spy crawl of the first word.

I longed and looked for a creature
coming of language, and when none spoke,
I spat with rock, and fouled the air
with smoke and cinder, till I cried a
shape resembling compassion,
and to that – You - I gave voice.

Now.

Language human.

I am listening.

DIVERSITY, EQUALITY and INCLUSION POLICY

of the ALBERTA CHAPTER of the AMERICAN COLLEGE OF PHYSICIANS

The Alberta Chapter of the American College of Physicians has adapted the principles of equity, diversity and inclusivity as outlined by the University of Alberta.

The Alberta Chapter's principles and actions are underpinned by respect for the dignity, rights and participation of all MD students, Members, Fellows and Masters in the Alberta Chapter of the ACP.

DIVERSITY:

The Alberta Chapter supports and encourages diversity through the identification and removal of barriers and biases and the creation of learning environments that are free of harassment and discrimination.

EQUALITY:

The Alberta Chapter will respect and value the differences of our members by actively identifying and removing barriers, including structural barriers, to ensure that historically excluded groups have the same opportunity to flourish.

INCLUSION:

All MD students, medical residents, certified Internists and Neurologists in the Province of Alberta are invited to become members of the Alberta Chapter of the ACP. The Chapter encourages full and meaningful engagement of all members of the Chapter irrespective of race, class, gender, sexuality, disability, nationality, religion, language, age, etc.

Ref: Guiding Principles for Equity, Diversity and Inclusivity. University of Alberta.2021.

A promotional poster for the Rocky Mountain Internal Medicine 2021 conference. The background is a scenic photograph of snow-capped mountains and a clear blue lake. A white rectangular box with a black border is centered on the image, containing the following text:

ROCKY MOUNTAIN INTERNAL MEDICINE 2021

Registration Now Open for RMIM21!

The Rocky Mountain Internal Medicine Conference
will be held VIRTUALLY

November 18th from 1:00PM-5:00PM
November 19th from 1:00PM-5:00PM

Click to register

www.rockymountainIM.com


ROCKY MOUNTAIN
Internal Medicine

REGISTER NOW

[Register Now for the 2021 Rocky Mountain Internal Medicine Conference!](#)

November 18th and 19th

1:00 p.m. to 5:00 p.m. MST.

The Rocky Mountain Internal Medicine Conference is co-developed in collaboration with the American College of Physicians, the Alberta Medical Association, and the universities of British Columbia, Alberta, Calgary, Saskatchewan, and Manitoba.

The goal of the Rocky Mountain Internal Medicine Conference is to uphold high academic standards by focusing on key topics and emerging issues within the practice of internal medicine, presented through workshops, short snappers, and plenary talks that inspire excellence in clinical and

academic medicine.

[MORE INFORMATION](#)

ANNOUNCEMENT

ANNUAL MEETING OF THE WESTERN CHAPTERS OF THE ACP

A zoom meeting will be held during the Rocky Mountain Conference.

All students, members and fellows are invited.

Two Laureate Awards will be presented during the meeting.

1030 to 1130 hrs Friday, 19 November 2021.

You don't have to be registered for the conference to attend.

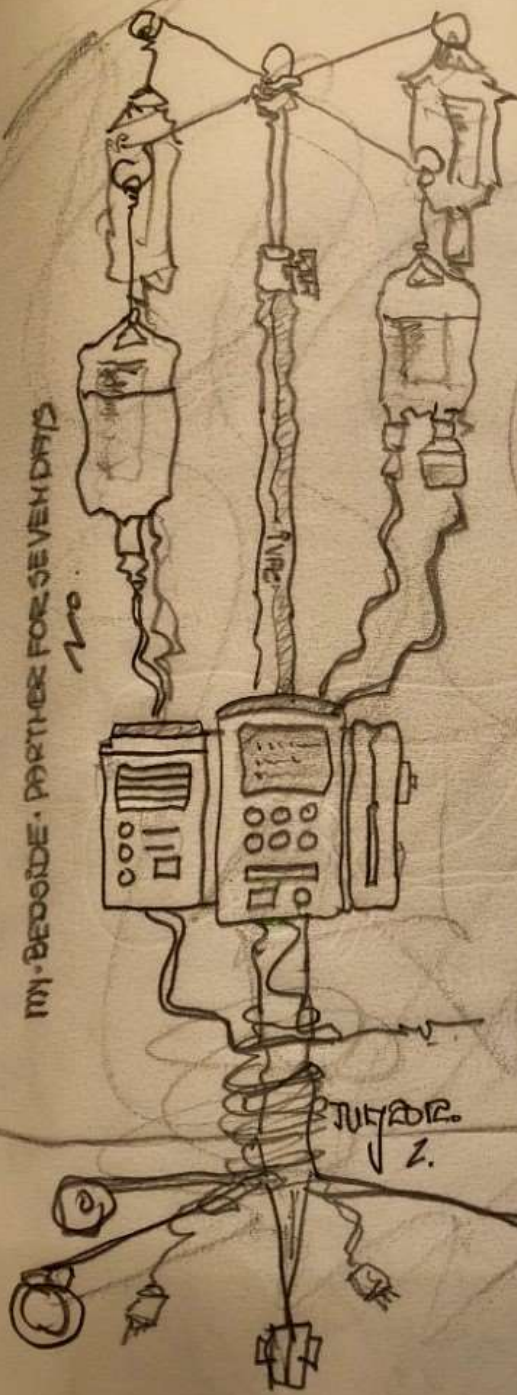
COVID-19: An ACP Physician's Guide

This ACP-produced resource can be easily accessed on handheld devices and provides a clinical overview of infection control and patient care guidance. *CME credit and MOC points available.* **Now includes vaccination information and resources.**

[Click here to access the guidelines](#)

MY-BESIDE-PARTNER FOR SEVEN DAYS

1/10



JULY 2012
2.



You are receiving this message due to your affiliation with the American College of Physicians and are subscribed as {{contact.EMAIL}}. To change your e-mail address or other contact information in our records [login to My Account](#), reply to this e-mail, or [contact us](#) (Monday through Friday, 9:00 a.m. - 5:00 p.m ET).

[Login to manage your e-mail preferences](#)

[Unsubscribe from ACP Chapter e-mail](#)

Your ACP Chapter regularly sends messages about products, programs, and services of interest to our members. Unsubscribe requests will remove you from local chapter-specific emails including annual meeting, resident and medical student competitions, legislative updates and more.

ACP respects your [privacy](#) and will not sell, lease, or share your e-mail address with any other organization.