



## A SECOND PLAGUE YEAR

As we navigate our way through the second year of this cursed pandemic, it is imperative that we remain focused and resilient. It is the 'end of the beginning' and 'the beginning of the end'.

During this time, I have found poetry to be a powerful tool to help reflect on what is important. I want to share two beautiful poems. They were written at different times for different events but are as relevant today as then. (I suggest that you read them aloud to yourself.)

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### WE WEAR THE MASK

[PAUL LAURENCE DUNBAR](#)

We wear the mask that grins and lies,  
It hides our cheeks and shades our eyes,  
This debt we pay to human guile;  
With torn and bleeding hearts we smile,  
And mouth with myriad subtleties.

Why should the world be over-wise?  
In counting all our tears and sighs?  
Nay, let them only see us, while  
We wear the mask.

We smile, but, O great Christ, our cries  
To thee from tortured souls arise.  
We sing, but oh the clay is vile

Beneath our feet, and long the mile;

But let the world dream otherwise,

We wear the mask!

This poem, written by an African American Poet, was published in 1896 in the post bellum period. It reflects the plight of African Americans in the Jim Crow Southern States. To survive, they had to hide to fake happiness. With BLM, it is as relevant today as it was then. Reflect on the lived experience of others, after all, 'imagination is the essence of empathy'.

The first time that a handmade, cloth mask was used to prevent the spread of disease during an epidemic was in December 1910 in Northern China. (Manchurian plague). Dr. Wu Lien Teh convinced officials that people distance and wear a cloth mask. Although over 60,000 died from the plague his measures saved many lives. The outbreak of plague came to an end in March 1911.

**Ref:** Wudan Yan NYT 19 May 2021.

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## THE DARKLING THRUSH

THOMAS HARDY

I leant upon a coppice gate

When Frost was spectre-grey,

And Winter's dregs made desolate

The weakening eye of day.

The tangled bine-stems scored the sky

Like strings of broken lyres,

And all mankind that haunted night

Had sought their household fires.

The land's sharp features seemed to be

The Century's corpse out leant,

His crypt the cloudy canopy,

The wind his death-lament.

The ancient pulse of germ and birth

Was shrunken hard and dry,  
And every spirit upon earth  
Seemed fervourless as I.

At once a voice arose among  
The bleak twigs overhead  
In a full-hearted evensong  
Of joy illimited;

An aged thrush, frail, gaunt, and small,  
In blast-beruffled plume,  
Had chosen thus to fling his soul  
Upon the growing gloom.

So little cause for carolings  
Of such ecstatic sound  
Was written on terrestrial things  
Afar or nigh around,

That I could think there trembled through  
His happy good-night air  
Some blessed Hope, whereof he knew  
And I was unaware

This is my all-time favorite poem. It was written in 1900. In it, Hardy laments the state of mankind at the end of the 19th Century. He overcomes his disillusionment by celebrating the optimism of the new century. Sadly, his optimism was misplaced, as 14 years later, the world was at war.

This poem could equally reflect the pandemic of today as we look towards a brighter future.

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### **THE TYRANNY OF THE EMR**

The advent of the EMR has revolutionized the work place for physicians and nurses; albeit, at great expense to the tax payer. My

fear is that we are now spending more time in front of the computer than in front of the patient.

It seems there are two patients; one in Connect Care, the other in the bed. Which one is in your head?

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## **THE DISCOVERY OF INSULIN**

This year marks the 100th Anniversary of the discovery of insulin - Canada's finest achievement in the annals of medicine. Alfred Nobel's will states that the prize be "*conferred for the greatest benefit to mankind.*"

The 1923 Nobel Prize in Physiology or Medicine was awarded to Frederick Banting and John MacLeod. At the time, Banting was incensed that Charles Best, a Medical Student, had been overlooked in favor of Macleod. He threatened to decline the nomination but was convinced by others to change his mind. Instead, he shared the credit and prize money with Best. Banting felt that Macleod had not made a meaningful contribution, other than, being head of the Department of Physiology and providing research space. Banting never forgave Macleod for taking credit where credit was due to others, especially to Best.

James Collip, a Biochemist at the University of Montreal (on sabbatical from the University of Alberta), who played a key role in the biochemical purification of insulin, was also over looked. Macleod decided to share his part of the prize money with Collip.

Banting, Best, and Collip owned the patent for insulin extracted from animal pancreas. They sold it to the University of Toronto for the princely sum of one dollar.

**Ref:** The Discovery of Insulin. Michael Bliss. University of Toronto Press, 1982.

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## **Submit your abstract for RMIM21 by August 13!**

The Rocky Mountain Internal Medicine Conference is committed to providing high quality education, research, and clinical practice support to academic and community-based General Internists, resident physicians, and medical students.

Abstract submissions are now being accepted for RMIM21, taking place virtually on November 18 and 19 from 1:00 p.m. to 5:00 p.m. MT. Please visit our [research page](#) for details.

**Please note the deadline for all submissions is August 13th at midnight MT.**

Abstracts will be reviewed by the Annual Meeting Committee with selection notifications being sent out by October 8, 2021. Presentation format details will be sent via email at that time. The RMIM21 Research Program will take place on Friday, November 19 from 4:00 p.m. to 4:50 p.m. MT

Submit your abstract [here!](#)

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## **HOW TO BECOME A FELLOW OF THE AMERICAN COLLEGE OF PHYSICIANS.**

**There are two pathways to Fellowship in the ACP:**

### **1. ADVANCING TO FELLOWSHIP**

- Must have a minimum of 3 years membership with ACP.
- Dues must have been paid in full for the three consecutive years (including the current membership year) immediately prior to applying for Fellowship.
- Must be certified in internal medicine or neurology. Professional activity in internal medicine, a combined internal medicine specialty, the subspecialties of internal medicine, or neurology
- Experience in practice or in an academic position for two years since the completion of residency
- Must have an active medical license in good standing (if in clinical practice)
- Continuing professional development and scholarly activities, including continuing medical education as a student or teacher
- Teaching (institutional and community-based), hospital committee work, and/or volunteer and community service, especially in the voluntary provision of medical care
- In addition to the basic requirements, candidates for advancement to Fellowship should demonstrate activity within one or several of the following areas of professional accomplishment: Publications, CMEs, Additional Educational Activities, Teaching Activities, Leadership Activities, ACP Activities

**Candidates are asked to submit:**

- Two sponsor letters from ACP Fellows or Masters.
- Application form
- Current CV
- A onetime application fee of \$150 US.
- After the documents are submitted, ACP HQ will ask local Governor to review and approve the application.

### **2. INVITED FELLOWSHIP.**

- Not currently an ACP Member

- Must be certified in internal medicine or neurology.
- Must have an active medical license in good standing if in clinical practice
- Demonstrated substantial professional activity in internal medicine, a combined internal medicine specialty, a subspecialty of internal medicine or neurology
- Continued professional development and scholarly activities, including continuing medical education as a student or teacher
- Teaching, either institutional or community-based, hospital committee work, and/or volunteer and community service, especially in the provision of medical care
- In addition to meeting the basic requirements noted above, to be eligible for Direct Fellowship, applicants must meet the following additional qualifications:
  - Academic rank of Professor or Associate Professor
  - Substantial published scientific contributions to prominent peer-reviewed journals
  - Extraordinary scholarly achievement and professional excellence in areas such as teaching, medical education, and scientific presentations at the national or international level.
  - Significant involvement in a hospital or appropriate medical institution or in clinical/scientific research

**Candidates are asked to submit:**

- Application form
- Two sponsor letters or forms completed by ACP Fellows or Masters
- One time application fee of \$150 US.
- Along with the above noted materials, applicants are invited to include a personal statement providing reasons for wanting to become an ACP Fellow and information not found on application or curriculum vitae.

Questions about eligibility requirements should be e-mailed to [FACP@acponline.org](mailto:FACP@acponline.org).

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Feedback and comments are greatly appreciated and encouraged. Please click [HERE](#) to submit any comments you have!

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