

The Oslerian

A Message from the President

Osler and Ralph Waldo Emerson (1803-1882)

Inside this issue:

John P. McGovern gives \$80,000 to AAHM Campaign

AOS Secretary-Treasurer's Report

In Memoriam: Clark T. Sawin (1934-2004)

A New Spanish Translation of *Aequanimitas*

Call for Papers—Special "Supplement Issue of The Journal of Medical Biography"

2

3

5

5

6

Greetings, Fellow Oslerians,
Of the ten books recommended to medical students for bedtime reading in the first edition of his essays and speeches titled *Aequanimitas* (1904), Osler included three Greco-Roman philosophers from antiquity and none from the 18th and 19th centuries. For these centuries, he selected only Ralph Waldo Emerson and Oliver Wendell Holmes, two North American thinkers who profoundly influenced the traditions of American culture. On January 17, 2005, Amazon.com listed 1,141 items by and about Emerson. Who was he and why did Osler recommend him?

Entering Harvard College as a 14-year-old teenager, Emerson became an ordained minister in 1829, the same year he married Ellen Louisa Tucker. When she died from tuberculosis two years later, he developed serious doubts about his ministerial commitment and resigned as a cleric in 1832. He traveled to England and developed special friendships with the English Romantics: William Wordsworth, Samuel Taylor Coleridge, and Thomas Carlyle. When he returned to Concord, Massachusetts, in October, 1833, Emerson be-

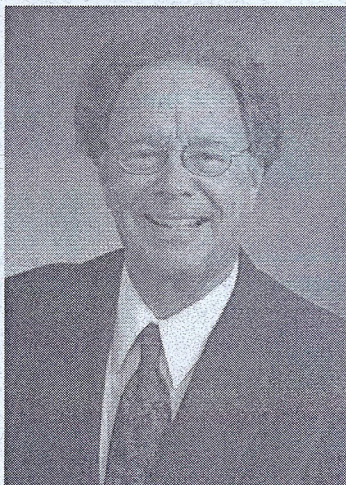
came the hub of the Concord literati who included Henry David Thoreau, Nathaniel Hawthorne, Bronson Alcott, and Margaret Fuller.

A romanticized individualism grounded in naturalism, humanism, and deism becomes the core of their philosophical idealism, expressed in poems, essays, lectures, and lay sermons. When "Self-Reliance" (that is, the intuitive reliance of an individual on particular images of both God and man) was published in 1841 as the second of twelve essays in his first printed collection of essays, Emerson had totally abandoned all forms of institutionalized Christianity and was vigorously pursuing his cultural vision of Transcendentalism. [For this essay, see number 5 below, 1983, pp. 257-282].

Consider the following examples of Emerson's thought excerpted in Charles Bryan's *Saints of Humanity*: "Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles." (3) "What a man does, that he has." (7) "Honor and fortune exist to him who always recognizes the neighborhood of the great, always feels

in himself the presence of high causes." (19) "To be rich is to have a ticket of admission to the master-works and chief men of each race." (33) "A little integrity is better than any career." (65) "I grasp the hands of those next to me, and take my place in the ring to suffer and to work..." (68) "That which befits us ... is cheerfulness and courage, and the endeavor to realize our aspirations. The life of a man is the romance which, when it is valiantly conducted, will yield the imagination of a higher joy than any fiction." (112) Understanding these quotes helps us understand why Osler would have felt right "at home" with Emerson and his beliefs.

But, what about the following quotes from Emerson (also from Bryan's *Saints of Humanity*)? "The characteristic of a genuine heroism is its persistency. All men have wandering impulses, fits and starts of generosity. But when you have chosen your part, abide by it, and do not weakly try to reconcile yourself with the world. The heroic cannot be the common, or the common the heroic." (11) "One way is right to go; the hero sees it, and moves on that aim, and has the world under him for root and support." (29). "Self-trust is the

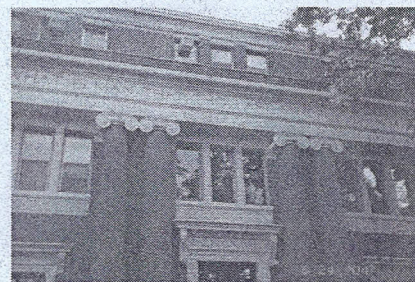


Chester R. Burns

Osler and Marcus Aurelius (continued)

essence of heroism. It is the soul at war, and its ultimate objects are the last defiance of falsehood and wrong, and the power to bear all that can be inflicted by evil agents. It speaks the truth and is just, generous, hospitable, temperate, scornful of petty calculations and scornful of being scorned." (50) "A text of heroism, a name and anecdote of courage, are not arguments, but sallies of freedom." (112) Would Osler agree with all these? Would Oslerians today agree with them? Or, are there some contradictions with other humanistic ideals that might be difficult to reconcile? These are just a few of the questions that could be considered by someone making a more thorough study of Osler and Emerson.

I really hope that an AOS member will study Osler and Emerson in detail and, during one of our future meetings, offer insights about Osler's responses to Emerson's thoughts and about the Emersonian roots of American pragmatism in Osler. In addition to publications mentioned in my previous columns, this member will find the following resources helpful: (1) William White, "The Literary Concerns of Sir William Osler." Unpublished Master's thesis in English language and literature, University of Southern California Library, Los Angeles, 1937; (2) William White, *Sir William Osler: Historian and Literary Essayist*. Detroit, Wayne State University Press, 1951 [White was a peripatetic professor of English and literature who taught at Pacific States University, Wayne State University, and Ohio Wesleyan University; see *An Annotated Checklist of Osleriana* by Earl F. Nation, Charles G. Roland, and John P. McGovern (Kent State University Press, 1976), 218-224]; (3) Peter S. Field, *Ralph Waldo Emerson: The Making of a Democratic Intellectual* (Lanham, Maryland, Rowman & Littlefield, 2002); (4) Kenneth S. Sacks, *Understanding Emerson: "The American Scholar" and his Struggle for Self-Reliance*. Princeton University Press, 2003; (5) Ralph Waldo Emerson, *Essays & Lectures*. New York, The Library of America, 1983; (6) Ralph Waldo Emerson, *Collected Poems and Translations*. New York, The



Statue of Ralph Waldo Emerson in Emerson Hall, Harvard College, the façade of which (above) asks: "What is man that thou art mindful of him?"

Library of America, 1994; and (7) *The Collected Works of Ralph Waldo Emerson*. Belknap Press of Harvard University Press, Volume I (1959), Volume II (1964), Volume III (1972), Volume IV (1987), Volume V (1994), and Volume VI (2003).

In his first lecture in the series of twenty-four lectures issued in 2002 by The Teaching Company as "Practical Philosophy: The Greco Roman Moralists," Luke Timothy Johnson (NOT Daniel Robinson, as I mistakenly reported in the column about Marcus Aurelius) masterfully analyzed the general differences between theory and practice displayed by the ancient Greco-Roman philosophers, such as Plutarch, Epictetus, and Marcus Aurelius. Johnson, unwittingly, captured the sentiments of Western physicians whose careers involved very practical matters (care of sick humans) and whose beliefs were endowed with the traditions of Western philosophy, especially if they had received a liberal arts education as premedical students (like Osler at Trinity College School in Weston and Trinity College in Toronto). I shall say more about this during my presidential address in Pasadena.

Chester R. Burns
cburns@utmb.edu

John P. McGovern Gives \$80,000 to AAHM Campaign

A respectfully cooperative effort involving four persons—each a member of both the American Association for the History of Medicine (AAHM) and the American Osler Society—has resulted in a major total gift of \$80,000 for the "Endow Our Prizes" campaign of the AAHM. The two gifts—one for \$30,000 and the other for \$50,000—came from the John P. McGovern Foundation in Houston. A longtime member of the AAHM, Dr. McGovern was the principal founder of the AOS. The other three individuals were Ken Ludmerer, Jackie Duffin, and Chester Burns, all of whom visited Dr. McGovern at various times last year. Jackie surmounted more than one obstacle in making her trip to Galveston in September 2004.

Ken Ludmerer initiated the AAHM campaign at the beginning of his presidency in 2002. Ken, a past AOS president, is chair of the AAHM Endowment Committee and of the "Endow Our Prizes" Campaign Committee. Chester Burns, the current

AOS president, is a past chair of the AAHM Endowment Committee.

The AAHM's "Endow Our Prizes" campaign also benefited enormously from the munificent contribution of Dr. Mabel Purkerson, who is an active member of both the AAHM and the AOS. Dr. Purkerson, through The Mabel Reeder Foundation, pledged \$75,000 to the campaign, payable in three installments over three years. Last fall the AAHM received the first installment of \$25,000; the second will be received in 2005 and the third in 2006. Dr. Purkerson's contribution reflects her deep commitment to the history of medicine, the medical humanities, medical professionalism, and Oslerian traditions as well as her conviction that both a strong AAHM and AOS are essential to the vitality of these fields of inquiry. Mrs. Mabel Reeder is Dr. Purkerson's aunt.

Chester R. Burns

*AOS Secretary-Treasurer's Report***Income, Expenses, and Liquid Asset Balances, 1998-2004**

	1998	1999	2000	2001	2002	2003	2004
START BALANCE, 1 JANUARY	256,832.87	328,415.54	437,635.88	439,237.65	447,236.97	377,566.91	477,546.88
<i>Income</i>							
Dues and initiation fees	7,700.00	9,775.00	6,400.00	9,900.00	14,865.00	14,535.28	15,661.92
Meeting income	14,180.00	39,875.00	33,945.00	33,575.00	39,060.85	49,547.88	48,098.31 ¹
Latchkeys, ties, T-shirts	990.00	1,095.00	830.00	1,329.00	805.00	1,303.55	960.00
Book sales and royalties	190.00	180.00	135.00	85.00	5,831.50	15,247.45	4,732.12 ²
Educational Endowment Fund	9,897.45	13,154.34	975.00	20,855.00	540.00	1,320.00	1,895.00
Friends of 13 Norham Gardens	450.00	200.00	355.00	355.00	185.00	345.00	680.00
Friends of Osler Library	350.00	200.00	455.00	460.00	160.00	195.00	1,065.00
McGovern lectureship/contributions	15,200.88	46,662.66	26,000.00	36,849.20	10,000.00		12,500.00 ³
Miscellaneous income		20,053.39	30.27			750.00	15,273.90 ⁴
Appreciation of equities	48,497.45	40,546.44	-13,001.98	-22,233.11	-48,670.55	91,610.34	34,966.62
Total Income	97,455.78	171,743.83	56,123.29	81,175.09	22,776.80	174,854.50	135,832.87
<i>Expenses</i>							
Administrative assistant			1,500.00	6,000.00	4,500.00	4,500.00	9,500.00 ⁵
Supplies and postage			273.40	293.85	1,247.87	4,514.71	1,651.86
Printing	368.12	497.18	1,502.58	1,677.64	1,566.28	1,038.01	1,030.05
Latchkeys and other merchandise	1,170.00	700.00	1,606.04				
<i>Persisting Osler I, II, and III</i>		9,894.00		882.00	3,789.58		
Meeting expenses	14,286.19	20,660.60	27,233.93	37,134.72	30,835.87	43,510.82	45,566.15 ⁶
McGovern Lectureship Account	3,019.42	5,731.88	3,790.89	6,162.21	4,830.00	3,740.00	2,780.27 ⁷
Wm. B. Bean Educational Endowment	1,590.00	4,691.80	3,775.60	4,388.00	3,309.05	2,738.07	139.99 ⁷
Deposits for future meetings	800.00	2,545.00	4,500.00	1,271.18	19,457.03		500.00
Friends of Osler Library	1,000.00	1,000.00	1,000.00	610.00			505.00 ⁸
Friends of 13 Norham Gardens	500.00	1,000.00	500.00	480.00			380.00 ⁸
Subventions for books		12,000.00		4,199.20	17,000.00	7,294.71	16,530.12 ⁹
Web site		245.00		1,195.00	600.00		500.00
Refunds		325.00	1,275.00	790.00	1,630.00	45.00	2,345.00
Money management fees	3,079.38	2,851.03	3,567.64	3,460.02	1,661.18	3,107.87	6,201.25 ¹⁰
Miscellaneous expenses	60.00	380.00	3,996.44	4,631.95	2,020.00	4,385.34	5,016.25
Total disbursements	25,873.11	62,521.49	54,521.52	73,175.77	92,446.86	74,874.53	91,276.30
END BALANCE, DECEMBER 31	328,415.54	437,635.88	439,237.65	447,236.97	377,566.91	477,546.88	522,103.45

Footnotes to Table on page 3

1. Meeting income includes all income including registration and meals.
2. Book sales and royalties consist primarily of royalties from the sale of *The Quotable Osler* (\$4,524.12).
3. The John P. McGovern Foundation contributed \$12,500.00, of which \$5,000 was subvention of the 2004 annual meeting and \$7,500 was subvention for *Our Lords the Sick*.
4. Miscellaneous income consisted mainly of settlement of the litigation brought by the Society concerning the 2003 annual meeting (\$10,859.79).
5. Expenses for administrative assistance during 2004 included arrears from the previous year and also a \$2,000 bonus for Sanchia Mitchell authorized by the president of the Society.
6. Meeting expenses include expenses for CME (\$2,780.27).
7. Printing expenses for the 2004 McGovern lecture have not yet been incurred. The William B. Bean scholarship was not awarded during 2004, as there were no applicants.
8. Contributions to the Osler Library of the History of Medicine at McGill University and to the Green College Fund (formerly, Friends of 13 Norham Gardens), Oxford, England, were based on contributions made during 2002 and 2003.
9. Subventions were for publication of *Our Lords the Sick* (Krieger Publishing) and of *A History of William Osler's Principles and Practice of Medicine* (Osler Library of the History of Medicine, McGill).
10. Miscellaneous expenses included \$2,986.40 in legal expenses pertaining to the 2003 annual meeting (see above), \$2,000.00 to the Osler Library of the History of Medicine for archival work, and \$1,000.00 for preparation of tax return and financial review.

Other Financial Notes

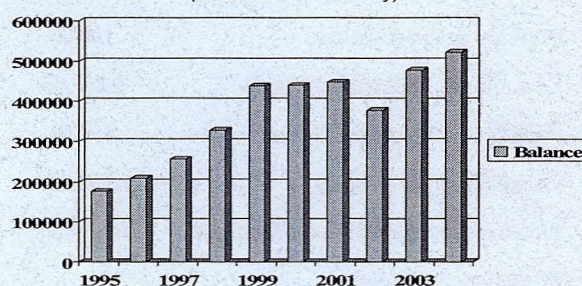
1. William B. Bean Education Foundation Fund and McGovern Lectureship Fund: For internal accounting purposes, 12% interest to the previous year-end balance has been added to both of these funds. After these additions, donations, and expenses, the balances on December 31, 2004 were as follows: William B. Bean Education Fund, \$95,442.63; McGovern Lectureship Fund, \$224,332.45.
2. The total liquid assets of the Society on December 31, 2004, were at an all-time high at \$522,103.45 (figure at right).
3. Of the total liquid assets, \$202,328.38, or 38.8%, consists of uncommitted funds. The remainder is assigned to the two funds noted above.
4. The value of inventories on December 31, 2004 was \$20,044.64, of which the largest portion (\$12,732.30) consisted of 602 volumes of *Persisting Osler II* stored at Loma Linda University under the supervision of Lawrence D. Longo. It is currently thought that the potential salability of these volumes is quite low.
5. The percentage change in the Society's year-end liquid assets, as shown at right in comparison with the Standard and Poor 500 index and the Dow-Jones Industrial Average, does not strictly reflect investment performance as the difference between non-investment income and expenses must also be taken into account.
6. Information shown on page 3 and also all canceled checks with receipts for the calendar year 2004 will be reviewed by C. C. McGregor Company.

Dr. John P. McGovern (shown here with Jackie Duffin) through his foundation contributed \$12,500 to the AOS during 2004.



AOS Year-End Balance, 1995-2004

(Exclusive of Inventory)



The Society's liquid assets stood at an all-time high on December 31, 2004. Note, however, that 62% of these assets is credited to the Society's two special funds: the William B. Bean Education Fund and the McGovern Lectureship Fund.

Year	Standard & Poor 500	Dow-Jones Industrial Average	American Osler Society
1996	+ 20.3%	+ 26.1%	+ 8.6%
1997	+ 31.0%	+ 22.7%	+ 12.6%
1998	+ 26.7%	+ 16.1%	+ 18.9%
1999	+ 19.5%	+ 25.2%	+ 12.3%
2000	- 10.1%	- 6.2%	- 3.0%
2001	- 13.0%	- 7.1%	- 5.1%
2002	- 23.4%	- 16.8%	- 11.0%
2003	+ 26.7%	+ 28.3%	+ 26.5%
2004	+ 10.9%	+ 5.3%	+ 9.3%

Percentage change in the Society's year-end liquid assets, 1996-2004, compared with the Standard and Poor and Dow-Jones indices.

In Memoriam

Clark T. Sawin (1934-2004)

Clark Sawin, a former member of the Board of Governors of the American Osler Society, died in Washington, D.C., on August 11, 2004, of complications related to a brain tumor.

A native of Boston, Massachusetts, Clark graduated cum laude from Brandeis University and from Tufts University School of Medicine. He served in the Army Medical Corps Career and did a research fellowship in endocrinology at the New England Medical Center. From 1966 to 1998 he was chief of the endocrine-diabetes section at the Boston Veterans Affairs Medical Center, during which time he also served on the faculty of Tufts University School of Medicine and also (from 1994 to 1998) of Boston University School of Medicine. In 1998, he moved to Washington to become Medical Inspector for the Veterans Affairs health care system.

Clark was internationally known for his work on thyroid disease. His observation on the association of subclinical hyperthyroidism with atrial fibrillation, published in *The New England Journal of Medicine*, had significant impact on clinical care. Using the Framingham Study database, he also contributed to the understanding of the epidemiology of thyroid disease. As president of the American Thyroid Association, he helped improve the general public's knowledge about thyroid disease and helped raise funds for thyroid research. In recent years he participated in multicenter trials designed to improve the care of patients with diabetes mellitus.

Known to his colleagues as a meticulous clinician and re-

searcher, Clark was popular among them especially for his helpfulness. One colleague remarked, "He possessed an innate decency and sensitivity in his relationship with others, regardless of their status or position." Another recalled: "Working with Clark on a clinical research project was always a great learning experience because he was so meticulous yet practical. Clark's final version of the manuscript showed his masterful prose and his avoidance of jargon. His high standards usually resulted in acceptance of the work for publication with minimal or no revision." He was extremely helpful to young investigators, some of whom claimed him as their most influential mentor.

Clark had a longtime interest in the history of thyroid disease, on which he was a recognized authority. On one occasion, he led a spirited search for a vial of pure iodine that had been presented to the Belgian Solvay company in 1875 and which was said to have been prepared a century earlier by the discoverer of iodine. With a friend, Clark determined that the vial had remained intact until World War II, when German bombing of the Solvay company's headquarters in Charleroi, Belgium, led to its disappearance. The friend, Dr. Daniel Glinoe, recalled: "Even though we were not successful in our quest for the thyroid 'holy grail,' we had great fun together and, after all, it is probably 'the quest' more than 'the find' that makes life worthwhile, at least for the medical chivaliers that Clark and I were together in this amusing joint venture."

We in the American Osler Society recall Clark's quiet and gracious manner, his scholarly presentations, his active participation, and, in recent years, his dedicated service to our Publications Committee. He will be sorely missed.

Clark is survived by, his wife, Leslie, a daughter, two sons, and two grandchildren.

—CSB

A New Spanish Translation of the *Aequanimitas* essays

Dr. Manuel Fuster Siebert, who is chief of pediatric cardiology at the Universidad de Santiago de Compostela in Spain, has published a complete Spanish translation of the 22 addresses included in the third edition of Osler's *Aequanimitas*. The title is: *Sir William Osler. AEQUANIMITAS con otras conferencias a estudiantes de medicina, enfermeras y médicos, traducción de Manuel Fuster Siebert*, and the publisher is Fundación Uriach. Dr. Siebert's address is: Apartado 521, 15700 Santiago de Compostela, Spain; his e-mail address is: manuel.fuster.siebert@sergas.es; and his FAX is (+34) 981 951185.

Here are the Spanish translations of the titles of Osler's addresses:

- I. Aequanimitas
- II. El medico y la enfermera
- III. El professor y el estudiante
- IV. La medicina y los médicos según Platón
- V. La levadura de la ciencia
- VI. El médico militar
- VII. Enseñar y pensar
- VIII. La medicina interna como vocación
- IX. La enfermera y el paciente
- X. La medicina inglesa en la Gran Bretaña
- XI. Veinticinco años después
- XII. Libros y hombres

- XIII. La medicina en el siglo XIX
- XIV. El chauvinismo en la medicina
- XV. Algunos aspectos de la bibliografía médica Americana
- XVI. El hospital como escuela
- XVII. Sobre el valor educativo de la sociedad médica
- XVIII. La palabra clave en medicina
- XIX. El plazo fijo
- XX. La vida de estudiante
- XXI. Unidad, paz y Concordia
- XXII. L'envoi

And here's an excerpt from Osler's statements of his three personal ideals in the last of these essays:

Tengo tres ideas personales. Una es hacer bien la tarea del día y no preocuparme por la de mañana. Se ha dicho que no es un ideal satisfactorio. Lo es; y no hay otro que el estudiante pueda poner en práctica con mayor resultado ...

El segundo ideal ha sido aplicar la Regla de Oro, en tanto de mí dependa, a mis colegas profesionales y a los pacientes encomendados a mi cuidado.

Y la tercera ha sido cultivar la suficiente ecuanimidad que me permita sobrellevar el éxito con humildad, el afecto de mis amigos sin soberbia, y estar preparado para afrontar con el valor propio de un hombre el día de la tristeza y del dolor cuando llegue.

—CSB

AMERICAN OSLER SOCIETY

American Osler Society
Charles S. Bryan, M.D., Secretary-Treasurer
2 Medical Park, Suite 502
Columbia, SC 29203

Phone: 803-540-1000
Fax: 803-540-1079
Email: cbryan@gw.mp.sc.edu

Spend the last half-hour of the day in communion with the saints of humanity.

WE'RE ON THE WEB!
WWW.AMERICANOSLER.ORG



Aequanimitas

The Oslerian is published approximately four times a year by the American Osler Society, Inc., a non-profit organization. Members of the American Osler Society are encouraged to send news items of interest, including but by no means limited to their personal activities and accomplishments and accompanied by photographs or other illustrations. For distribution of reprints and other materials of possible interest to AOS members, please send 180 copies. Your ideas for The Oslerian are of course most welcome! Direct all correspondence by mail, fax, or e-mail to the Secretary-Treasurer.

The American Osler Society has been founded for the purpose of bringing together members of the medical and allied professions who are, by their common inspiration, dedicated to memorialize and perpetuate the just and charitable life, the intellectual resourcefulness and the ethical example of **William Osler** (1849-1919). This, for the benefit of succeeding generations, that their motives be ever more sound, that their vision be on everbroadening horizons, and that they sail not as Sir Thomas Browne's Ark, without oars and without rudder and sails and, therefore, without direction.

Call for Papers—Special Supplement Issue of *The Journal of Medical Biography*

The Board of Governors of the American Osler Society has approved the subvention of a special supplement issue of *The Journal of Medical Biography*. Published by the Royal Society of Medicine Press in London, this has become the premier journal of its type in the English language. A portrait of Sir William Osler adorned the cover of its first issue little more than a decade ago, and we anticipate that this supplement issue will be of great interest to Oslerians and others interested in medical history and biography.

Dr. Christopher Gardner-Thorpe, editor of *The Journal of Medical Biography*, will have the final say regarding inclusion of papers. He has appointed Drs. Charles S. Bryan and Richard L. Golden as editors for assembling and recommending a collection of manuscripts. Please note the following:

1. Deadline for submissions is December 15, 2005
2. Criteria for selection will include—in addition to general interest, scholarship, and readability—the extent to which the subject matter is directly related to William Osler and his immediate circle. Preference will be given to manuscripts meeting this latter desideratum.
3. Papers should be concise; only with rare justification should they exceed 5500 words.
4. Correspondence with Dr. Bryan and/or Golden regarding potential preparation and submission of a manuscript is strongly encouraged.
5. Papers should be submitted as two hard copies with illustrations accompanied by an electronic file in Word format. Manuscripts should be double-spaced, with ample margins and with the pages numbered.
6. The title page should include a concise and informative title; the authors' names; a summary of up to 150 words; brief biographical details of the authors (stating professional affiliation—current or before retirement—along with research and historical interests); and full corresponding information for the principal author including telephone and fax numbers and e-mail address.
7. Subheadings within the text should be used to highlight the context of different sections.
8. Illustrations should be provided in camera-ready form. Please include letters of permission, when applicable, and please note also that interpretation of copyright laws is generally more stringent in the United Kingdom than in the United States.
9. Tables should be simple and should not duplicate information given in the text.
10. References and notes should be identified in the text by superior arabic numerals, numbered and listed consecutively at the end of the typescript in the order in which they were first cited. References cited only in tables or in legends to figures should be numbered in accordance with a sequence established by the first identification in the text of a particular table or illustration. Use should be made of "op. cit." and "ibid." when there are subsequent references to a single source; for example, "Cushing H (op. cit. ref. 12), p. 125. References should include names and initials of all authors (unless more than 6, in which case the first three should be followed by *et al.* Names of journals should be written out in full. The general style of references for articles is: Di Sabastiano P, Fink T, Di Mola FF, *et al.* Neuroimmune appendicitis. *Lancet* 1999; **354**: 461-6.
11. More complete guidelines are included in each issue of *The Journal of Medical Biography*.