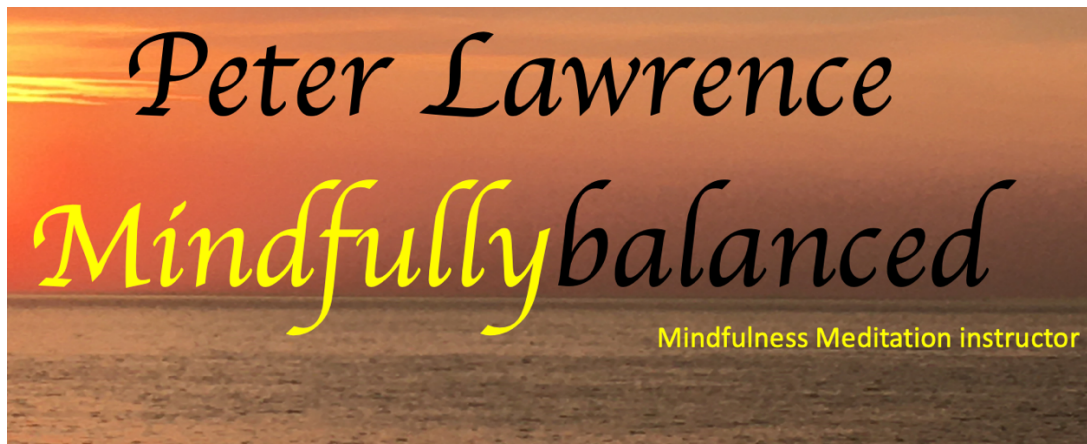


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Mindfullybalanced.co.uk

Date: 19th July 2021

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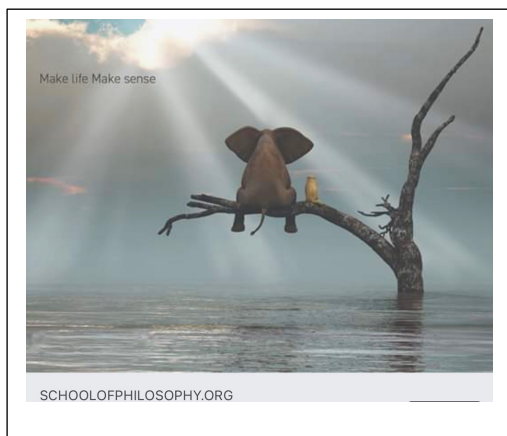
Section 1: **Update weekly sessions**

Section 2: **Please read a message from me – confidential clause for new people joining the sessions**

**William Osler Canadian physician (1849 – 1919) who stated
'The good physician treats the disease; the great physician
treats the patient who has the disease.'**

Section 1:

Update weekly community sessions from Monday 19th July – Sunday 25th July



Monday 19th July – 9am and 8.30pm
Tuesday 20th July - 7.30pm (movement for cancer)

Wednesday 21st July - 9am

Thursday 22nd July – There will be no 6.30pm session

Friday 17th July - 9am and 11.30am

Weekend times:

Saturday 18th July - 11am

Sunday 19^h July t- 10am

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

Section 2: A message from me regarding confidentiality: I had to remove a new person joining a session recently as they did not confirm the confidentiality clause I ask for, which is one of my standard and quality protocols. I heard from the person later explaining they had a problem with using Zoom as they were new to it. I will now ask for confirmation of

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confidentiality by email, if a person isn't sure of using Zoom as well as asking at the Zoom session. I will send out an email this week and if you are a person who struggles with Zoom, please email me with the message below:

"I agree I can talk to others about my own experience and what comes up for me in the Mindful Meditation sessions, but I will keep confidential anything which others disclose."

I already have noticed a positive change - I eat slower and making healthier choices by being more mindful in only a short period of time. I am also more "curious" in trying different techniques and I have been "kinder and more gentle" with myself. I am using all the different methods that you have taught us and use each one as and when I need it during the day depending on how I feel and what situation I might be in.

Thanks again Peter I truly appreciate it especially in these difficult times. **CH July 2021**

William Osler Canadian physician (1849 – 1919) who stated 'The good physician treats the disease; the great physician treats the patient who has the disease.'

One of his famous words of advice to medical students '**Don't treat the tuberculosis treat the person who has the tuberculosis**'. And to think this was around the end of the 19th Century is quite amazing. He was also the first medical teacher to take medical students to the patient's bedside rather than in a classroom away from the patient as was previously taught.

In 1889, Osler moved to Baltimore to become Physician in Chief of the just-opened Johns Hopkins University Hospital and Professor of Medicine in the new medical school (which would open in 1893). At "the Hopkins" he was the primary architect of America's first modern medical training program, which was modeled on German teaching hospitals. In Osler's system, third-year medical students began working in the outpatient clinics, and fourth-year students worked the hospital wards in two-month rotations, under the supervision of the junior and senior medical residents who were responsible for the day-to-day business of each department. This intensive "teaching at the bedside" insured that new medical

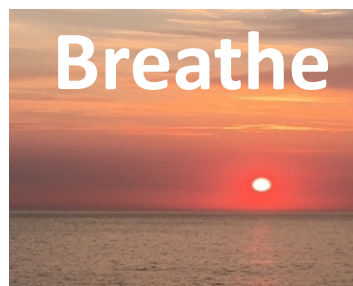


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graduates had several years of practice with all kinds of cases, and were well-versed in the current medical practices, including clinical laboratory work. Osler's own teaching rounds in the wards were legendary, for their thorough exploration of each case as well as for Osler's genial, informal manner with both patients and students.

"I have had but two ambitions in the profession: first, to make of myself a good clinical physician, to be ranked with the men who have done so much for the profession of this country . . . My second ambition has been to build up a great clinic on Teutonic lines, not on those previously followed here and in England, but on lines which have proved so successful on the Continent, and which have placed the scientific medicine of Germany in the forefront of the world . . . I have had three personal ideals. One, to do the day's work well and not to bother about to-morrow . . . The second ideal has been to act the Golden Rule, as far as in me lay, towards my professional brethren and towards the patients committed to my care. And the third has been to cultivate such a measure of equanimity as would enable me to bear success with humility, the affection of my friends without pride, and to be ready when the day of sorrow and grief came to meet it with the courage befitting a man."
– Sir William Osler, "L'Envoi," a speech given at a farewell dinner in New York, May 2, 1905

He had almost single-handedly taken the teaching of medicine out of the classroom and to the bedside. He wanted his epitaph to read, "He taught medical students at the bedside."



Yay!!!

Take care everyone.

With kindness

Pete