

Everyone,

The new book, WHEN, by Daniel H Pink is important for two reasons:

1] It details another factor to consider when doing an evaluation, the time of day an event occurred. For most people, called "larks," a positive mood arises in the morning, dips in the afternoon, and rises again in the evening. About 80% of the population are larks. A goodly portion of the other 20% are "owls," who are more alert at mid-night than mid-day.

2] As more and more people become aware of this theme, we are likely to see folks wanting their psychotherapy in the morning when "when cortisol levels are highest, patients are more focused and absorb advice more deeply."

As to the #MeToo front, tomorrow's NEJM reminds a report from 2016 said 30% of women in academic medicine report being harassed.

A fine review of the Goldwater Rules, "Maybe He is Just a Jerk," NY Times, 15 Jan, by Jeff Lieberman: "It is worth noting that when psychiatrists engage in clinical name calling about the president's mental health without adequate evidence and proper evaluation, they are damaging the credibility of the entire field." Jeff goes on to plead for an extensive psychiatric eval as part of the annual physical.

Tuesday's Washington Post had an article on "Why so many doctors kill themselves." It pointed out that anesthesiologists have the highest rate. Not said, psychiatrists are number two. I wonder if the rising percentage of psychiatrists NOT part of insurance panels will lead to reducing our rate of suicides.

As for young adults, two articles in this month's J of AAC&AP, point out that suicides are increasing in that age group,

In NY Times, 1 Jan 2018, George Shultz [ex-Secretary of State and ex-Treasurer] and Pedro Aspe, ex-Secretary of Finance, Mexico, state that "the war on drugs in the United States has been a failure that ruins lives, fills prisons and costs a fortune." They argue that this has happened because of this nation's focus on supply. They go on to suggest that the focus be on demand, e.g., Nancy Reagan's "Just Say No" approach. While that approach will not be totally successful, it won't fill prisons.

The new book, THE BUGHOUSE: The Poetry, Politics and Madness of Ezra Pound reminds me of his huge St Es Medical Record. Well over half of the pages was devoted to request to visit him. The clinical part did not speak clearly as to whether he had a mental illness. His ideas were quite false, but to say "delusion," of course, implies his beliefs were unique. Unfortunately, far from unique
From the lakphy desk:

1] If exercise were available as a pill, experts say, everyone would be taking it. One reason is that exercise is very good at defusing stress. If you exercise — especially right when the stress response is triggered — you burn off stress hormones just as nature intended, instead of letting them pile up.

2] What's more, just about any form of motion on a regular basis helps relieve pent-up tension. Rhythmic, repetitive movements, such as walking, running, swimming, bicycling, and rowing — and specific types of exercise such as yoga, tai chi, and qigong — elicit the

relaxation response, too. Regularly engaging in these kinds of activities can help you ward off everyday stress.

Roger A