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Time Out

After weeks of work and travel, the weekend was free of hospital on-call duties, talks at local or out-of-town professional meetings, visits to or by family. A good weekend to catch up on reading, writing (word processing) letters, outlines for Scatter, planning continuing education articles, and later, maybe just relaxing with a football game on television followed by dinner at home.

A wind and rain storm was expected. So much the better. No obligation to clean flower beds or leaves and gutters. Not a day for a walk to the beach, the shopping mall or a trip to the city.

Shower and dress; a cup of coffee. The rain outside begins and rapidly becomes intense; high winds blow waste cans and snap branches.

And then the lights flicker and go out. The digital clocks are blank. The computer is inoperative. It is difficult to read by the daylight dimmed by dark clouds.

Oh well, just relax. Listen to music? No music! Watch football? No television!

The house is quiet—as it must have been in the era before electricity. You begin to appreciate how enjoyable any form of entertainment must have been in those days—a traveling singer, a musician, an orator, live theatre.

It is so quiet. No sounds. Nothing to do. How about just talking with your spouse? Just like in the good old days. What won't they think of next?

Stanley J. Goldsmith, MD, Editor-in-Chief
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