
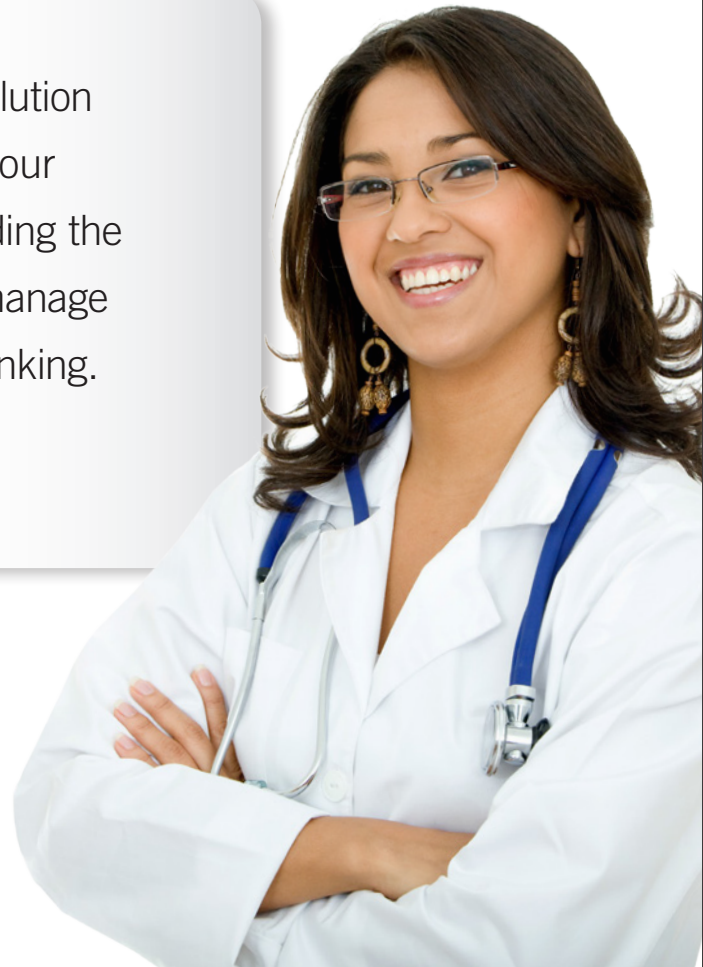


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The Manifold Directions of Medicine

STANLEY M. ARONSON, MD

DIRECTIONAL WORDS ARE AN ESSENTIAL COMPONENT IN THE VOCABULARY of a living language; and thus English is made more versatile by words such as front, back, up, down, head and tail. And were we all to speak just one language, such words would be globally functional. But medicine, being a transnational profession and one that operates in a multitude of languages, has decided, rather, to use but a single set of words for its vocabulary, words selected solely from classical Greek and Latin; and so we possess such words as dorsal, ventral, caudate, caudal, caudad and cephalad.

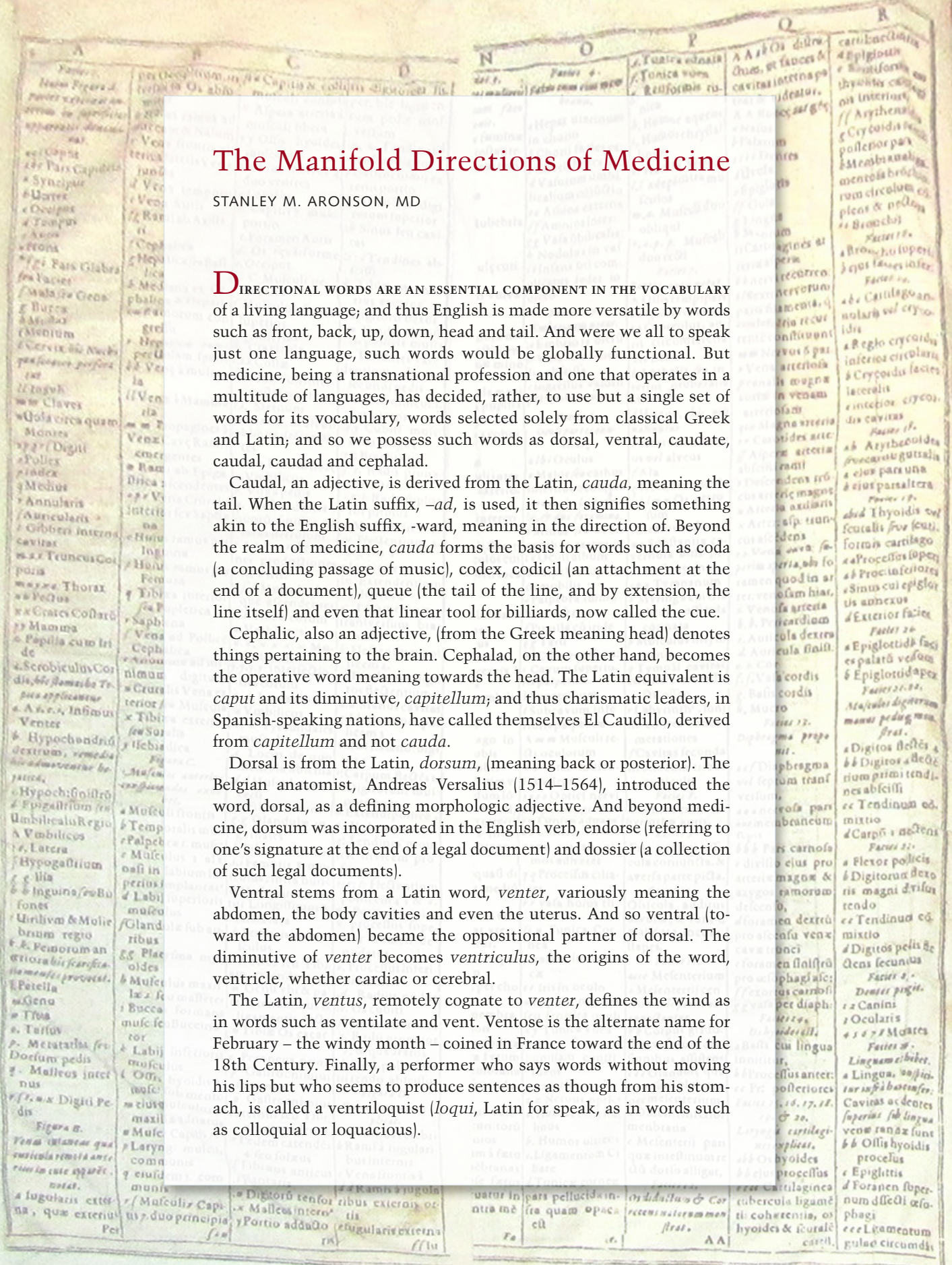
Caudal, an adjective, is derived from the Latin, *cauda*, meaning the tail. When the Latin suffix, *-ad*, is used, it then signifies something akin to the English suffix, *-ward*, meaning in the direction of. Beyond the realm of medicine, *cauda* forms the basis for words such as coda (a concluding passage of music), codex, codicil (an attachment at the end of a document), queue (the tail of the line, and by extension, the line itself) and even that linear tool for billiards, now called the cue.

Cephalic, also an adjective, (from the Greek meaning head) denotes things pertaining to the brain. Cephalad, on the other hand, becomes the operative word meaning towards the head. The Latin equivalent is *caput* and its diminutive, *capitellum*; and thus charismatic leaders, in Spanish-speaking nations, have called themselves El Caudillo, derived from *capitellum* and not *cauda*.

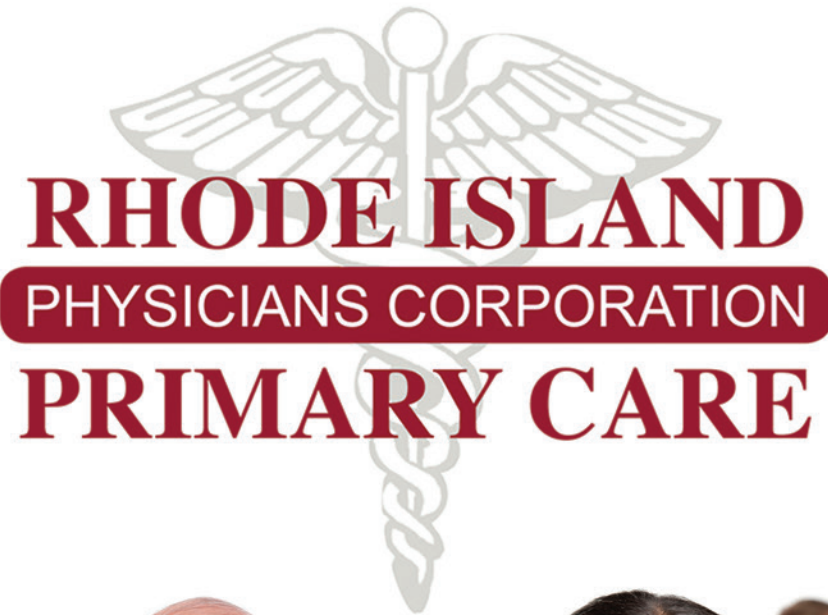
Dorsal is from the Latin, *dorsum*, (meaning back or posterior). The Belgian anatomist, Andreas Versalius (1514–1564), introduced the word, dorsal, as a defining morphologic adjective. And beyond medicine, *dorsum* was incorporated in the English verb, endorse (referring to one's signature at the end of a legal document) and dossier (a collection of such legal documents).

Ventral stems from a Latin word, *venter*, variously meaning the abdomen, the body cavities and even the uterus. And so ventral (toward the abdomen) became the oppositional partner of dorsal. The diminutive of *venter* becomes *ventriculus*, the origins of the word, ventricle, whether cardiac or cerebral.

The Latin, *ventus*, remotely cognate to *venter*, defines the wind as in words such as ventilate and vent. Ventose is the alternate name for February – the windy month – coined in France toward the end of the 18th Century. Finally, a performer who says words without moving his lips but who seems to produce sentences as though from his stomach, is called a ventriloquist (*loqui*, Latin for speak, as in words such as colloquial or loquacious).



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Timeless Advice to Doctors: You Must Relax

MARY KORR

RIMJ MANAGING EDITOR



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Edmund Jacobson, MD

On April 2, 1939, **ELIHU S. WING, MD**, gave a radio address on WPRO, as a spokesman for the Rhode Island Medical Society. His topic was "Diversion, Relaxation and Sleep."

He advised over-worked physicians to take better care of their mental and physical health "in these strenuous and

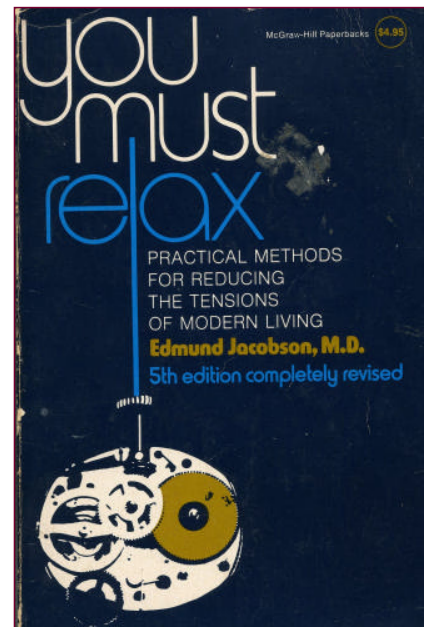
anxious times," lest their reserve forces become depleted leading to "difficulties which will impair your effectiveness in work, your own happiness and that of your family." And, he added, this will lead over time to "combine with other factors to produce real organic changes particularly affecting the arteries, the heart and the digestive tract, as well as the endocrine or ductless glands."

After giving examples of physicians angrily confronting their golf game or bridge game, Dr. Wing cautioned that this "excitement and nervous drive, then, in reality, becomes close to a mania...sooner or later you begin to wonder why life is not going smoothly, why you fatigue so easily, cannot relax or sleep well."

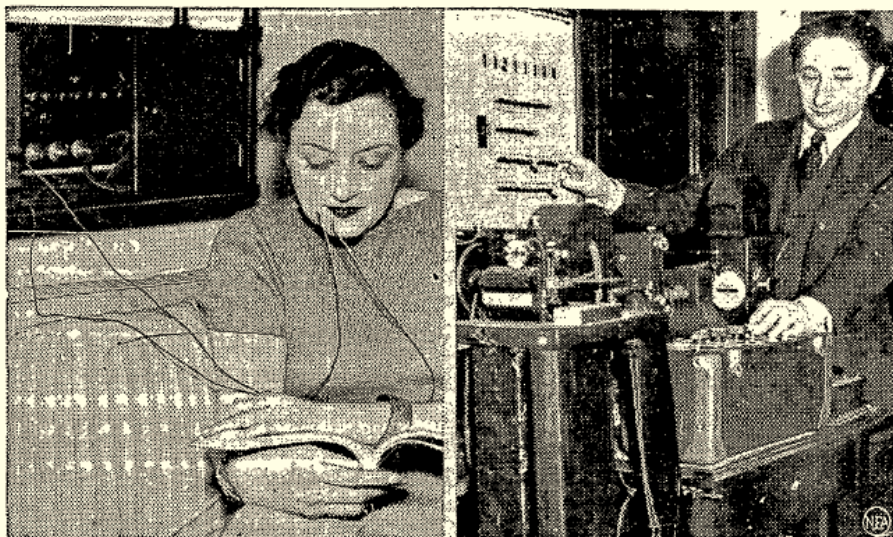
In calling for a well-balanced life with the "proper proportions of rest, work and play," he recommended two books to achieve this, written by **EDMUND JACOBSON, MD**: *You Must Relax* and *You Can Sleep Well*. The former, published in 1934 by McGraw-Hill Co., was a bestseller and sold for \$1.50. *JAMA* endorsed it, and the *Chicago Daily News* called it "the most important book of our time." The book, available on the Internet, describes exercises and relaxation techniques to relieve tension.

Dr. Jacobson, who worked at the Laboratory for Clinical Physiology in Chicago, became known as the "father of progressive relaxation." In the 1920s, he worked with engineers at Bell Telephone Laboratories to invent the 'integrating neurovoltmeter,' which he describes in his 1934 book, to be used as a diagnostic tool by physicians for their patients. The device measured microvolts from the muscles and nerves.

No doubt Dr. Jacobson practiced what he preached; he lived to age 94 and died in 1983.



When You Relax, Maybe You Don't; Science Puts Finger on 'Nerves'



Adele Lochau, electrodes attached to her lips to catch invisible lip movements as she reads to herself, undergoes a test for nervousness and tenseness at the hands of Dr. Edmund Jacobson, with his "integrating neurovoltmeter."

By NEA Service

Chicago—Dr. Edmund Jacobson of the Laboratory for Clinical Physiology gave a demonstration of his new machine to measure nervousness and tension and came up with a couple of new ones:

When you read to yourself, you

are still reading with your lips.

When you think you are relaxed, maybe you aren't.

The machine, a new development which puts the scientific finger on the old-fashioned "case of nerves," disclosed that silent readers make slight lip movements, as if pronouncing the words, which are imperceptible to the eye.

graph, as a diagram of the state of your nerves.

Dr. Jacobson's new machine will give physicians a new and undiluted lowdown on the real state of people's nerves and muscles. The real effect of treatment in nervous cases will be observed, rather than rely on "Oh, doctor, I feel so much better now."

A 1940 newspaper article which reports on Dr. Edmund Jacobson's relaxation measurement machine called an integrating neurovoltmeter.