

A forum to encourage independent thinking

The Think Club

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Pedant and Sycophant



Puzzling Primaries



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Letters



This is well said. I am enchanted with PEOPLE who make the choice to do the right thing (Ref. Religion is the means not the end). Organizations are equally due for such praise when they reach out and help. That lauding belongs to groups that raise money for causes that help people. If they are religious, they deserve the respect of all of us. In general, though, I'm disenchanted with much of religion as I see it. It seems it's stuck in dogmas that satisfy the bottom line of its bank account rather than the bottom line of the essence of its message. It quells anxiety for the weary, too. Using fear, shame and guilt it wields great power. I only pray that power is channeled to altruistic means, alone. Fear, shame and guilt are important lessons but aren't we missing positive messaging there too? Although those positive messages don't sell memberships as easily. My bottom line is this: I see God most in kind deeds. These acts happen every day. You can see God everywhere without having to become a card carrying member of any religion. Love your thought of the day segments!

Roop Raj

WDSU Fox 2 Detroit

Your humor story, 'Lettuce Beet It' Kind of reminds me of a story about how much money you can save with a wood stove. Nice humor!

Charlie Hall

Fenton, MI

Power of Language

It is so true "power of language"

Bhagwat Srivastava

Cambridge, ON

Yes, I agree with your article that powerful language skill is key to advancement in one's profession. Well put! –

Steve Elliott,

Indianapolis, IN

Thinking Wildly

Coffee is a language in itself.

–Jacki Chan

England and America are two countries separated by the same language.

–George Bernard Shaw

To God I speak Spanish, to women Italian, to men French, and to my horse

–German. –Charles V

The past is always tense, the future perfect.

–Zadie Smith

"Meow" means "woof" in cat.

–George Carlin

But if thought corrupts language, language can also corrupt thought.

–George Orwell

Don't cry because it's over, smile because it happened.

–Dr. Suess

She generally gave herself good advice, (though she very seldom followed it).

–Lewis Carrol

Behind every great man is a woman rolling her eyes.

–Jim Carey

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Pedant and Sycophant

By Anil Shrivastava 'Musafir'

I fear that someday a mob will knock at my door in the night and assault me and drag me to the streets because I won't subliminate to their ideology. There will be some remorse expressed by a few, but soon the action of the anarchists will be justified as an anger of some kind and I will be imputed of a crime and ostracized by the oppressors.

Donald Trump - fresh from winning four states on Tuesday - raised the prospect of violence from his supporters if he were denied the nomination by a contested convention. Who will riot and who would they target? It's very uncertain and unsettling especially when this comes from someone who may be the president in the future.

I am not a political animal nor do I care who will be voting for whom. What happened the other night in Chicago in Trump's rally and before that in Ferguson, MO and in Baltimore are scary. I am talking about mobs and lawlessness. To my surprise, even the president of this country overlooked unruliness and chose to blame it on social malaises instead of deprecating the violence.

So, it looks like the mob and organized groups can do anything. It is very common in universities to shout down and interrupt speakers from expressing their minds. Many a time organized groups not consisting of students are sent to hijack events in universities. It's ironic that liberals and conservatives alike, who pride themselves on tolerance and diversity act conspicuously intolerant. If they oppose something, it's their right; if I oppose, I am intolerant. For example, if I don't agree with gay

lifestyle, I am targeted at work and in society. My career and political future would be doomed forever.

I have seen anarchy and have experienced it. I have experienced helpless children and women dragged to street and killed by mobs because they were not one of them. I am not going to give a history lesson here but I am reminded of the recent atrocities. Under the Franco regime Spain plunged into totalitarian fascism and the Catalan culture was severely suppressed. Even just speaking Catalan could land the perpetrator in jail. For over thirty years Catalonia lived under tyranny until the regime collapsed in late seventies.

Mankind witnessed one of the darkest times in its history during World War II. The gruesome acts performed by some saw the end of innumerable lives. About six million Jews perished during this conflict and a million of them were innocent children.

The oppressive totalitarian regime of Stalin and of Russia victimized millions of citizens through political oppression. The citizens faced severe consequences for assembling and speaking out against restrictive policies. People used to live in fear of those in charge of their own country. The citizens were not able to criticize any law without worrying for their own lives.

What is happening in society now is very alarming and I have a warning for those sycophants who cheer obsequiously from sideline, "You may be the next target."

Commentary



Random Thoughts

By Anil Shrivastava

Know what motivates you

Do we ever wonder why Buddha became great instead of just becoming a king? He wanted to know the reason for human suffering. That was his 'why.'

Why did Einstein become a great scientist instead of pursuing his career as a patent officer in Aarau, Switzerland? At age 16, he wondered, while looking at a mirror, what he would see if he were travelling at the speed of light. That was his 'why.'

Why did Florence Nightingale become a nurse instead of enjoying life as a rich socialite? Her active nature required satisfaction by serving the humanity. That was her 'why.'

Your why is your purpose, cause, and belief—it's what's driving your motivation for action. So, pursue your dream.

Follow your passion and make it happen

My biggest obstacles in life have been self-doubt and fear of failure. Most of us grow up learning to be safe, cautious, and circumspect. Parents want to spare their children pain, defeat, shame, and all those other wounds that come from attempting things beyond what they consider as norm. So, we often grow up inclined to try only the things that are safe and sure.

We become too preoccupied with the thoughts of avoiding mockery to pursue our passion. Children going into arts or other unconventional fields are warned of failure and ridicule. In the end, they choose to study engineering, medicine or computer sciences and often end up leading an insipid life disliking their careers.

But sometimes, caution just stops us from growing up. It is true that an attempt does not guarantee success, but not making the attempt guarantees discontent. We forfeit the game out of fear to lose. Let us "follow our passion and make it happen."

Purpose of religion

I have found that many of us who claim to be religious totally misunderstand the purpose of religion. For them,

religion is a bundle of rituals that can fulfill their wanton desires.

In my opinion, religion or faith is a great force for positive change in the world, and it should help us lead more giving, productive, and fulfilling lives. The question shouldn't be how religious we are. The question should be how we use religion to make ourselves and our world just a little bit better.

We should not use our contributions to build ornate temples and churches. Instead we should only donate money if that is used to serve the needy. Making the trustees rich will not send us to heaven (if there are such thing as heaven and hell), but ignoring the poor will certainly land us in hell.

So let us realign our values. Let us see religion through a new lens. And most of all, let us use religion to bring out the best in each other.

Don't complain, do something about it

If you're anything like me, there are probably situations that drive you crazy such as rudeness, selfishness, thoughtlessness, laziness, arrogance, intolerance, dishonesty, and apathy, just to name a few. In essence, I have been a chronic complainer all my life. Unfortunately I am not alone at this.

We complain about dishonest politicians, but they are the reflections of who we are. We are infuriated about a divided nation, but we prefer to be predisposed instead of thinking independently. We are angry about the one percent who are rich, but we refuse to be risk takers like them. We ostracize the behavior of the young but do not deprecate our own conduct. We impute others to be discriminatory, but we ourselves may be misanthropes. I can go on and on.

We constantly complaint instead of doing something about the problem because we choose to be fatalists. It's easier to complain instead of fixing a problem. So, let's be the catalyst of change and not always impute others for the malaise. Have a nice day!



Lettuce Beet It!

By Anil Shrivastava 'Musafir'

My love of gardening started when my neighbor convinced my wife that it would save us money in the long run and would keep us healthy at the same time, if we grew our own vegetables. My wife welcomed our neighbor's idea so much that she asked me to start gardening right away. Finally I got inspired (brain washed will be a better term) and decided to jump at it in order to save a penny here and a penny there to eventually earn the proverbial penny.

Our neighbor grows his own vegetables for ingesting all summer and freezes them for consumption during the hibernating season. He prides himself about eating fresh, saving money and maintaining a good health. Ironically, I give him rides to the hospital and back almost every month. I also take him to his shrink whenever his schizophrenia goes out of control. Sorry, I digressed.

Soon I gave up my hobbies of playing cards and stopped going to all the socials. Instead, I started to work with my own hands to save money and health. I bought top soil, manures, small farm equipment, wooden pieces for borders, seeds and plants of tomato, zucchini, bell pepper, onion, cucumber, egg plants, okra, cabbage, mint, peas, potato, cauliflowers, green beans, beets and carrots.

I stopped wasting my time on reading, writing or going to the movies. I worked all day in the garden and slept early in the evening to wake up promptly the next morning. I also put fences to save the plants from deer and rabbits. The rest of the time I talked to my neighbor about the best kind of pesticide and the progress of each other's garden. We felt bad about

other folks who bought expensive vegetables from the produce stores at the cost of their health.

Now I was a gardener it was OK to sleep all night and plant all day! I dressed in grubby clothing, and hung around with slugs. Oh I was happy in the garden with dirt and plants and bugs. I would go out and talk to my new plants for a while. I came to know from my neighbor that plants have feelings too. It was like one big happy family until my neighbor found yellow leaves in my garden. "I think your pH may be off," he said. I immediately grabbed the keys and left for the nursery again. I got a moisture meter, some root feed, and this forty-tests-in-one soil tester. I wanted to make sure my soil acid was high enough and that my potash was correct.

But the magic didn't last very long. I noticed that I was becoming grumpy and short tempered like a snap dragon. We hear about global warming, but I had to deal with global warming. I was tired of pulling weeds from my garden every day. I noticed that gardening required a lot of water most of it in the form of perspiration. My only shopping destination was nursery rather than clothes stores. We stopped going on vacations because we had to mind our vegetable garden all the time. My friends and relatives stopped visiting us as they were bored of my health talk which included goodness of compost and giving a tour of my smelly garden.

In the end I was tired of eating frozen vegetables and fruits. When the power failed one day, we couldn't cook a hot meal, so at the last minute I ordered pizza. Our son exclaimed, "It's about time. At last, a home-cooked meal!"

Perspective



Our Founding Fathers Believed in Term Limits

By Robert Bickmeyer

It is time we voters pay heed to our Founding Fathers who intended members of congress to be farmers, merchants, manufacturers and other businessmen - not career politicians. Our Congressmen show up for work, at most, 167 days per year and draw a \$174,000 salary plus a full staff, limos at their disposal and a generous expense account. Annual pensions run as high as \$124,000 or more.

How do they earn this money? In fiscal 2008 Congress enacted 11,610 pork projects that totalled over \$17.2 billion. They freely spend taxpayers' money on a multitude of projects, agencies and boondoggles. Their job approval rating is extremely low. So why, in a recent election, did 98.5 percent of Congressional incumbents keep their seats in the House? I will omit names, no finger pointing, but 62 members of the House (from both parties) have held their position for over 20 years, 175 over 12 years (six terms). In the Senate 25 have been sitting there over 20 years, 47 over 12 years and they all will undoubtedly run for another term.

They are overdue to be rotated to bring in fresh ideas, as intended by our Founding Fathers. Thomas Jefferson believed strongly in "rotation of office." George Washington insisted on stepping down after two terms. John Adams stated that "without (term limits) every man in power becomes a ravenous beast of prey." When President Dwight Eisenhower was about to leave the White House after serving two terms, he said, "Politics should only be an interlude in one's career, not his career."

Term limits would enable our elected representatives to focus on accomplishing the right

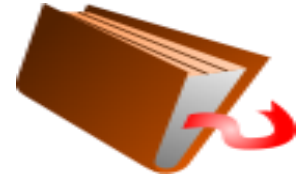
things, not focus on re-election. He is easy prey for special interest groups and/or lobbyists who might pour dollars into his campaign fund. Meanwhile, new aspirants cannot match their war chests. On being re-elected, the incumbent is then beholden to their contributors, not the voters back home.

An organization based in Washington, D.C., U.S. Term Limits, is working feverishly to generate national support for a term limits amendment to U.S. Constitution. Virtually everywhere term limits has been put to a vote, they've been passed and implemented. Term limited are the president, 15 state legislatures, 36 governors and thousands of local officials. America wants term limits! One poll showed that 83 percent of registered voters favor it.

Term limits will break up the power of the greedy Washington elite. Too many voters do not study the issues nor are they aware of which side of each issue is taken by the incumbent or the challenger. They simply vote by name recognition, highly favorable to the incumbent. Term limits via the voting booth does not work. If you must vote along party lines, do so on Primary Day. Politicians are like diapers. They both should be changed often...and for the same reason. It is incumbent on us voters to oust the incumbents.

At least one of our members of Congress must spearhead a drive to oust himself and fellow members. In conclusion, I ask all challengers to incumbents to have the courage to prioritize in their campaign a promise to take any and all measures necessary to implement term limits.

Book Review



The Everything Store: Jeff Bezos and the Age of Amazon **Author: Brad Stone** **Published by Little, Brown and Company** **(Paperback – August 12, 2014) 405 pages**



Brad Stone has done a brilliant job in describing the very unusual life and thinking of Jeff Bezos (founder of Amazon.com) in his book, *The Everything Store: Jeff Bezos and the Age of Amazon*. Bezos unconventional business strategies, perseverance and self-confidence are

demonstrated very convincingly and dramatically throughout the book. Stone provides a vivid glimpse into the fast paced and rigorous work environment at Amazon, and contrasts Amazon's customer friendly image with its cutthroat business practices.

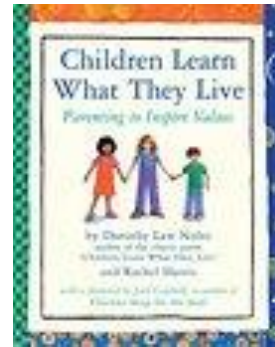
The research gone in this book is amazing as the author doesn't leave any stone unturned in describing Bezos' life in this biography. From his beginnings at DE Shaw, to the formation of Amazon as a small online book seller in the 90's, to discovering and interviewing Jeff's biological father, Stone observes a wide breadth of topics of Bezos's life.

In this book, Stone has weaved through hundreds of breathtaking Anecdotes including Jigglypuff Crisis of 2001 and Bezos's cost cutting measures (which included ripping flat screen TVs from the walls and leaving the mount in place for his employees to bang their heads on) to keep the readers spellbound. Jeff made throughout the formation of his online shopping behemoth, instead of the emotional decisions that went in to making them. At times Bezos was ruthless and didn't hesitate firing the folks who helped him start the company.

Bezos's Journey from working at a small internet investment firm to one of the richest and most

successful people in the world teaches readers valuable life lessons in hard work, short and long term planning, goal setting and leadership. I recommend this book to all readers.

Children Learn What They Live: Parenting to Inspire Values **Author: Dorothy Nolte** **Publisher: Workman Publishing** **(Paperback– May, 1998) 240 pages**



Children Learn What They Live by Dorothy Nolte is a must read for all new parents. This is a must read for expecting or new parents. This is a very old book, but was recommended to me by a friend. I am glad that I read it.

Nolte conveys wonderful values to all parents in this book. Dorothy, a lifelong teacher and lecturer on family dynamics, presents a simple but powerful guide to parenting the old-fashioned way: instilling values through example. Written with psychotherapist Rachel Harris, the 19 couplets of the poem are developed into jealousy, shame, praise, recognition, honesty, fairness, tolerance, and more. Filled with positive, realistic common sense, it is a book to help parents find their own parenting wisdom, and to raise children with a surer, steadier, more understanding hand.

Essay



The Trump Phenomenon

By Anil Shrivastava 'Musafir'

The Trump phenomenon is a maudlin reaction to an effete and futilitarian leadership. The old career politicians whether Democrats or Republicans are the two sides of the same coin. The Americans are tired of traditional politicians who speak in cliché and do nothing to move the country forward. For decades the nation seems to be stuck in neutral. To the voters, Trump is a scintillating oasis despite the possibility that he may just turn out to be a mirage.

Despite the popular belief, Trump supporters aren't just a bunch of crazy, angry white people nor is his constituency made up only of uneducated who feel marginalized. Throughout Trump's cadre of supporters there is a profound sense of betrayal from career politicians who have disappointed them for decades. The leaders have disavowed the citizens who aspire for progress and results. The people of the United States of America have suffered in silence for too long. As Dr. Martin Luther King Jr. watched the 'unleashed dogs,' 'the firehoses,' 'the lynching and bombings,' the civil rights leader said something we should keep in mind today: 'History will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people.'

History is being written again as good people are breaching their silence now. They are swaying voters from career politicians and are joining the Trump Train.

They are ignoring huge, blatant character issues of Trump because they think the trade-off will get them something greater.

Trump started with immigration which caused a watershed of panic among his supporters. All of a sudden people realized that they had a country without border and their country was no longer governed by the rule of law. Trump capitalized on the general sense that our leadership has done little to nothing to stop the flood of illegal immigrants who are a drain on our resources.

Right now, many Americans have this frantic feeling that if they don't do something drastic they're going to be trapped in the vicious circle of presidential elections

without any consequence. This frustration has made Trump the drastic and desperate solution. In him people see a champion, a straight-talker, a savvy businessman who can get things done, someone who will stand up for American workers and a guy who can get things done whatever it takes.

Right now Trump's supporters are in the honeymoon phase of the campaign. They think that they have found a strong leader who can and will protect them, and will use his power to make things right. There is a grave risk, and real possibility, however, that Trump just might be worse than the disease for which they think he is the cure.

'A lack of concern for consequences, are the natural



fuel of revolutions—easy to start and soon impossible to stop.' Imagine how good it must feel to finally have hope and relief after years of watching leaders who do nothing. They've been waiting a long time for a leader to come and reverse all this inertness, and pull our nation out of decline. They are intractably loyal, and to their minds no other candidate comes close to Donald Trump. It remains to be seen if Trump can or will be able to do any of those things along his spectrum of promises. I say this without any malice to the candidate.

Current Affairs (1)



Trump is *RIGHT* about Foreigners

By Anil Shrivastava

Between 1882 and 1914 approximately twenty million immigrants came to the United States. The population of the USA in 1880's was merely around 50 million. America needed population to run a country of the size of a continent. Moreover, the United States was founded upon welcoming to its shores the downtrodden, the persecuted, and all those yearning to breathe free. Folks came to this country with certain work ethic, in search of the promises and opportunities of the American Dream. We should still adhere to the above principles. No one should deny that. However, the duty of the US Government is also to protect its citizens from foreign enemies and invaders. Though I am not a supporter of Donald Trump, that's what his message is. The rest is misrepresentation of facts and taking his words out of context.

According to liberal media, Trump hates Mexicans. The fact is that he has repetitively praised Mexicans not the Mexican government. His stand is that a country must have a border and no one should enter the country illegally. That is not only true for the Mexicans. As a matter of fact, this rule should apply to the immigrants from all countries of the world. Not treating all countries alike is discrimination. If illegal immigrants from Mexico are allowed to stay in the U.S permanently then why the illegals from other countries are deported? Why don't we open the floodgate for the rest of the world? There are at least three billion poor and oppressed are yearning to come to America. Saying that we should be kind to illegals from Mexico only is hypocrisy. The politicians say so to only to enrich their voting bank.

Mr. Trump is also misinterpreted as stating that he would not allow the Muslims to enter this country. This is false. What he said was that he would temporarily ban the Muslim immigrants entering the U.S until a good vetting system is established. Again, the duty of the US Government is also to protect its citizens from foreign enemies and invaders. We all know what is happening in Belgium and France. The Muslims extremists there are not only making terror attacks, they want to establish Sharia laws in those countries. They are openly touting the White population of overpowering them and replace

democracy with Muslim Caliphate. Anyone in doubt should click on the following link and see for themselves <http://www1.cbn.com/video/belgistan-sharia-showdown-looms-in-brussels>.

What's wrong in taking a little precaution to protect our citizens and the future of this country?

What's wrong in taking a little precaution? After all, the naturalized citizens of the United States are made aware of the fact that they would lose their citizenship if they waged war against the United States in cooperation with a foreign country or any organized group. This includes assisting or aiding any foreign country or organization in taking over or destroying this country including abolishing the Constitution. If we are that careful with would be U.S. citizens then why not to establish a sound vetting process in light of 9-11, Boston Marathon, San Bernardino, Chattanooga shooting and other terror incidents? I'd like to end by quoting Donald Trump, "...we have no protection (against illegal immigration) and we have no competence, we don't know what's happening. And it's got to stop."

Sent your comments to:

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Point

Nomination Should Go To the Winner in Primaries and Caucuses-Balance

By Bala Prasad

Why nomination should be given by a party only to a candidate who has entered in a primary is not a complicated problem. You want to be President of the United States, you present your case to John Q. Public who are members of your party to support your candidacy and that is how you win the nomination. Then you beat the other guy in the general election.

Over the centuries this system has evolved to give the “one person, one vote” strength. Party bosses should not have the power to override the voice of the public. This goes back to the time of Washington and Jefferson. Even Lincoln was nominated by his party and not anointed. He won the nomination on the third try. Of course there were no primary in those days. But since the advent of the primary, its result has been ignored only once and that too at the peril of the party. It was in 1968. The sitting President, Lyndon Johnson, had decided not to run. Eugene McCarthy and Robert Kennedy ran for the nomination. Neither had locked up the nomination before the latter was shot dead, a national calamity. The Democratic Party Convention took place in Chicago, and Hubert Humphrey was nominated as the democratic office bearer without having run in a single primary. He lost in the general election. Again in 1972, because of their dislike for the nominee, George McGovern, the democratic convention invented the rule of super delegates. This again no doubt was to circumvent the wish of the public.

The rule of democratic society is very simple. One person, one vote. When one achieves majority, every other rule, regulation or conjecture is superfluous. Whether we like the nominee or not is not important. The will of the majority should trump everything. This is very much like Supreme Court decisions. It's the law of the land and whether we like it or not, must be obeyed.

Counterpoint

Open Convention Has Its Value

By Anil Shrivastava 'Musafir'

Many of us have this false notion that the person winning the most delegates in primaries and caucuses should automatically win the nomination of his or her party. The truth is that legally delegates are not bound to vote for the winner until the party decides so.

Because the primaries get so much attention, people often forget that in the end it is the delegates who award a presidential candidate the nomination. There is no law anywhere that says these delegates can't do exactly what they want to do if a majority of them decide. The Supreme Court has ruled on more than one occasion that political parties are protected by the First Amendment's freedom of association and thus in most conflicts between state law and party rules the party rules win.

Brokered conventions also occur when there are deep splits inside the Party—splits that can't be easily resolved. Deep splits inside the party are generally also accompanied by a wide-spread belief that the front-runner coming into the convention is weak and almost sure to lose in November. That was certainly true for McGovern in 1972 and for Presidents' Ford (1976) and Carter (1980)—both of whom lost.

The reason we haven't seen a brokered convention in more than half a century is that these days the voters in the primaries and caucuses usually manage to have awarded someone the most delegates before the conventions meet. As that happens, the other candidates drop out leaving the party with one nominee. Thus when the actual delegates are chosen and go to the convention, they don silly hats and cheer for the television cameras and, off-camera, they plan to turn out the vote in November and conduct their own state and local party business.

But just because it hasn't happened in a long time doesn't mean that it can't happen. If there was ever a year for it—2016 is it.



Clinical Management of Simple Wounds and Animal Bites

By Dr. Niru Prasad

The management of wounds constitutes a significant topic of Emergency Medicine and I will briefly discuss with you first the emergency management of life threatening problems followed by wound assessment in general and then I would emphasize the emergency treatment of human and mammalian bites.

Emergency Management of Life Threatening Problems

All patients coming to Emergency Room with open wounds should initially be assessed for evidence of life threatening injuries. Always remember A B C D where C stands for Circulation and Control of bleeding followed by D which is neurologic status of the patient. When facial and scalp injuries are present think about intracranial and cervical spine injuries.

Hemostasis

It is very important to apply direct pressure to bleeding area and elevate the extremity above the heart level to diminish the capillary oozing. Hemostasis can also be achieved by using epinephrine containing solutions and chemical hemostatic agents like gelfoam or surgicel. Direct hemostasis methods include ligation or electric cauterization to the cut vessel end. Chemical cauterization is done by using silver nitrate.

Wound Assessment

A detailed history is very important for assessing the extent of injury and appropriate management. History should include when, where and how the injury occurred. Types of injuries: puncture wounds, superficial or deep lacerations, crush injuries or heavily contaminated bites. Tetanus immunization status - the date of most recent booster shot or whether immunized at all should be determined. Allergies - always check with the patient regarding allergies to the medication, anesthetics, antibiotics or the irrigating solution. For those of you who are preparing for Board exam remember the MNEMONIC:

A - Allergies

M - Medication - Menstrual history, Birth Control Pills

P - Present illness

L - Last meal

E - Events prior to injury

Location of Wound

Consider head and neck area - think about intracranial bleeding or cervical spine injury and act accordingly.

Extremities - deep wounds in the extremities should always be carefully examined for neurologic deficit, tendon or bony injuries.

Prepare for Definitive Care

After initial assessment the wound should be covered with sterile dressing till definitive care is given. X-rays should be obtained if indicated. If there is delay in definitive evaluation and management such as Plastic Surgery or Orthopedic evaluation, then the wound should be gently irrigated, and sterile dressing should be placed. Always make the patient comfortable. For wounds inflicted by animal or human bite aerobic and anaerobic cultures should be obtained. A few words about the local anesthetic for those of you preparing for the Board exam. Person with allergies to Lidocaine, Mepivacaine (amide group) what anesthetic would you use? The answer is 2% Procaine which belongs to Esther group of anesthetic. We always mix 1% Lidocaine with Sodium bicarbonate solution to reduce the local tissue irritation at the site of infiltration.

Cleaning and Debridement

There have been numbers of articles written regarding wound soaking versus irrigation. References have been given in bibliography. The most frequently used procedure at our Emergency Room is to irrigate the wound with 50 to 100 cc Saline solution or Betadine and Saline through nineteen (19) gauze angiocatheter. There have been studies done that show prolonged soaking of the wound helps in deeper penetration of the local bacteria.

Hair Removal

Wounds in hairy area are difficult to debride and suture since hair acts as foreign body, delays healing, and promotes infection. Hair should be properly shaved 1 to 2 mm above the skin level. Eyebrow hair should never be

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removed since removal destroys the clinical land mark and makes accurate alignment of wound edges difficult. Eyebrow hair regrows slowly creating cosmetic problems for heavily contaminated wounds. Mechanical scrubbing is performed with highly porous sponge or brush. Soaps and detergent should not be used. Phisohex should not be used for wound cleansing as it is extremely irritating to the tissue and increase the potential for infection if used directly over the wound. Also prolong use of agents containing hexachlorophene in children is associated with severe toxicity including neurologic damage and death. Irrigation of wounds with antibiotic solutions is associated with decreased rate of wound infection.

Debridement

Retained debris and devitalized tissue should be properly removed before sutures are given.

Wound Closure

Primary wound closure is preferable because of faster healing, less scarring, improved hemostasis and better functional results. All foreign bodies should be removed to minimize the chances of infection.

Contraindications to Wound Closure

The following factors affect the risk of infection with wound closure and determine whether closure is justified.

1. Heavy Bacterial: Colonization Deep heavily contaminated wounds like lake wound, human or animal bite wound, wound over 6 hours old, retained foreign bodies, devitalized tissue are contraindications to wound closure. For lake wounds if closure is absolutely necessary single layer closure is indicated with loose sutures. Active wound infection at the time of Emergency Room visit is contraindication to wound closure. Contaminated wounds if properly debrided and cleaned will not get infected if left open. After 48 to 96 hours these wounds can be closed with essentially no loss in wound healing time. Delayed primary closure should be considered in cases of wounds contaminated by feces, pus, foreign body, saliva, etc. Crush and blast injury inflicted wounds should also be considered for delayed closure. The wound should be covered with fine mesh gauze and dressing should be applied. Patient should be started on antibiotics before discharge and regular follow-up on out-patient basis should be done.

2. Wound Tapes: Tape closure is useful in superficial clean and tidy wounds especially in children and wounds in obese patients and those on steroids therapy.

3. Suture Selection: All sutures represent foreign bodies in the wound so the smallest size and the least amount of suture that will achieve adequate tissue opposition should be employed. Cutting needles are used for dermal and

epidermal closure, round and tapered needles are used for closing Fascia muscles and subcutaneous tissue. Normally 5-0 or 6-0 nylon sutures are frequently used at Emergency Room for simple wound closing.

Post-Operative Wound Care and Dressings

Proper dressing of the wound serves as protection, immobilization, control of edema by compression, absorption, debridement, delivery of topical medication (antibiotics and cosmetic appearance). Non adherent dressings like Telfa and Petrolatum impregnated gauze are favored. Topical antibacterial ointments are used to minimize the risk of infection and prevents the bacterial colonization of the wound. Silvadene ointment is frequently used for abrasions, burns and crush injuries. Adverse reactions must be watched for because excess amount of silver sulfadiazine may cause leucopenia - pigmentation of skin if used over face. Bacitracin and Neosporin ointments are also frequently used locally over the wound.

Potential

Patients with sutured lacerations are instructed to follow wound precaution sheet and are advised to return in 5 to 7 days for suture removal - earlier if there is any sign of infection.

Management of Animal and Human Bites

The basic management of these patients are same as mentioned before. Emphasis is put on antimicrobial therapy since they are effective in preventing wound infection when the wound has fewer than 10⁶ organisms per gram of tissue before treatment is started. Studies have been done in past that wounds with more than 10⁶ organisms per gram of tissue become infected despite antibiotics prophylaxis and should be kept open. Sharp lacerations are resistant to infection and will not need chemoprophylaxis, however open wounds do tend to get infected.

For human bites seen within 1 to 2 days antibiotics of choice are Penicillin or Erythromycin. The proper dose can be calculated according to body weight. Human bites older than 2 days - Dicloxacilline. For cat bites Penicillin or Tetracycline. For mammalian bites it is very

Continued on Page 14

Current Affairs (2)



Trump Is *WRONG* About Foreigners

By David Beagan

Whether Mexicans or Muslims or some other group, Donald Trump is quick to use the fear of these outside groups to his own political gain. This strategy has been around a long time because it can be so effective. It taps into a fundamental aspect of human nature. Humans are social creatures, and have evolved to form groups at all different levels, family, friends, clubs, as well as city, county, state, and national governmental groups. Part of being member of a group is that feeling of “us” the kinship and security of the group. The natural counterpart to that is the feeling of “them” those outside our group who are not part of our group, who are not like us.

Trump kicked off his bid for the Republican Party nomination, indicating a sign of rhetoric to come.

“When Mexico sends its people, they’re not sending their best. They’re not sending you. They’re not sending you. They’re sending people that have lots of problems, and they’re bringing those problems with us. They’re bringing drugs. They’re bringing crime. They’re rapists. And some, I assume, are good people.”

—Donald Trump, June 16, 2015
presidential announcement speech

Mexico sends its people? Not really. Individuals are deciding to come on their own, the Mexican government is not sending them. Newsflash: crime, drugs, and rape are here with or without illegal Mexican immigrants. There isn’t any evidence that those coming from Mexico commit crimes at any higher rate than the general population. And he is careful to say he assumes some are good people. Yes you just have to say you assume, you just can’t be sure.

Furthermore he wants to remove 11 million illegals living in the United States. While it may be argued that these people rightfully should be removed, it is totally impractical to do so. A study published by the American Action Forum found that the costs would be substantial, \$400 to \$600 billion for removing the people. Even worse, the economic impact could top \$1.6 trillion, that is \$1.6 trillion removed from the nation’s GDP. This will not happen.

Trump says he will build a wall to keep Mexicans from entering the U.S. He will compel Mexico to pay for it by

cutting off all the wire transfers that Mexican illegals send home each year, perhaps as much as \$20 billion. While I like the thinking outside the box that this idea represents, can he really be serious that such a plan could be carried out? Has he thought about the unintended consequences that would result, such as an underground economy that would spring up to secretly make these transactions happen?

In December, he called for a total and complete ban on all Muslims entering the country. He continued, “... until we are able to determine and understand this problem and the dangerous threat it poses, our country cannot be the victims of horrendous attacks by people that believe only in Jihad, and have no sense of reason or respect for human life.” Further clarification revealed that this would include tourists who are Muslims.

It seems this ban would be in some sense temporary, until we figure things out. But one wonders how you would even figure out how to implement the ban itself. How are Muslims to be identified? We’ll ask them? And Muslims with bad intentions would answer honestly? This isn’t a serious proposal just a campaign statement made to drum up more support from those who would find the idea appealing.

Trump is lauded for his direct talk when other politicians duck and dodge giving answers. But all I see a willingness to make absurd, insulting, and racist statements. The virtue in honesty is the willingness to say what needs to be said when others are afraid to. But I see no value in honesty for its own sake and for what one may gain from it. I think it is really questionable whether Trump really believes in these statements he is making. These outlandish statements against those who are looked upon as foreign to us are being made to tap into a primitive dislike, fear of outsiders. If he is just pandering to his political base to secure the GOP nomination then does that make him any better than all the politicians that came before?

Wound Care

important to clean, debride and irrigate the wounds. All bite wounds on extremities should be treated with antibiotics, elevation and temporary immobilization of affected parts.

Dog Bites

Dog bites can cause open wounds with extensive tissue necrosis. Treatment again includes thorough wound irrigation, debridement left open or loosely sutured. The antibiotics of choice are 1st generation Cephalosporin, or Dicloxacilline. Sometimes at Emergency Room parenteral dose of Cefazoline 8 - 17 mg/kg is given intravenous or intramuscular. Antibiotics should be given for 7 to 10 days. All dog bites should be reported to Health Department. The dogs should be watched for rabies and tetanus prophylaxis should be given after checking with child's immunization status.

Cat Bites

Cat bites usually cause deep puncture wound with little crush injury and are associated with high risk of infection with Pasteurella Multicoda which is an organism carried in cat's saliva. In rare cases cat scratch fever develops in affected individual characterized by suppurative lymphadenitis and signs of sepsis. Cat scratch fever is supposedly a virus disease, however adequate antibiotics are used to control infection. Oral Penicillin 250 to 500 m/m QID for 7 days or Tetracycline as an alternative are still the antibiotics of choice. First generation Cephalosporin may also be used.

Human Bites

Adult human bites are more serious since they can cause crush or tear injuries on affected areas. Those on dorsum of hand may cause tendon injuries. These wounds can be extremely necrotizing because of anaerobic and aerobic flora of mouth. Treatment includes again massive wound irrigation and heavy doses of antibiotics with either Penicillin, 1st generation Cephalosporin or Clindamycin. Tetanus Prophylaxis should be obtained.

Management of Puncture and Lacerations

Puncture wounds are at high risk of becoming infected especially if dirty, contaminated or containing foreign bodies. Wounds associated with penetration through soles of sneakers contain debris particles and get infected. Superinfection with Pseudomonas is a likely possibility. Treatment again includes thorough wound cleansing, irrigation, X-rays to rule out foreign bodies and adequate antibiotics therapy which includes Dicloxacilline time 25 mg/kg or Erythromycin 30 - 50 mg/kg.

In summary

I have briefly discussed with you the management of wounds and mammalian bites at Emergency Room. I have included the current guidelines regarding Tetanus and Rabies Prophylaxis and antibiotic selection as suggested in recent Antibiotics Therapy, 1991, by Sander. For those of you interested in reading in detail regarding mammalian bites I have enclosed a list of important articles in bibliography.

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American Scene



Trump, Flint Water and Other Noxious Substances

By David Beagan

Donald Trump has proven all the pundits wrong with his ascent to the precipice, now that he is the presumptive nominee for the GOP nomination for President. He has done it his way, with a brash, insulting, even vulgar, take-no-prisoner's style. So the proposition for the electorate is: Washington has become divided and dysfunctional full of lobbyists and politicians who are just looking out for their own interests and misguided ideals. Elect a successful billionaire businessman – a winner if you will – who is willing to turn Washington on its head, break down barriers, brush aside the incompetence of the incompetents, and to bring a businessman's success to the running of the Federal Government.

Keeping that question in mind, consider the city of Flint Michigan. At this relatively small scale, we can see just how inept a government can be. Under the control of an emergency manager the city switched the source of its water from the Detroit water system to the Flint River to save money. What they failed to do is to treat the water with a few hundred dollars of chemicals to prevent lead from leaching from outdated water pipes. Governmental employees and politicians at city, county, state, and even Federal levels failed to act when it should have been apparent that the water in Flint was seriously tainted with lead. Would a Governor Trump, if we would have had one, have prevented this tragedy from happening? It is impossible to know for sure, but it seems very doubtful that he would have had any effect in preventing it from happening. The reason is that the failures of government that occurred are inherent in the day-to-day functioning of government. Whether through incompetence, misguided notions of not wanting to alarm the public, not wanting to look bad, or just a feeling of power over a group that is considered unimportant, the would-be protectors stood by while the lead tainted water continued to flow.

The fact is, the U.S. Federal Government is a huge and an entrenched bureaucracy. Moreover, the leadership, allegedly the U.S. Congress, has devolved into a dysfunction, where it seems that each faction would rather see the other fail than that to succeed through of cooperation where some of the credit might go to the other side. It hardly seems possible that there is so much crumbling infrastructure and congress can't find a way to do so much more of what

needs to be done. This kind of issue is something that it would seem both political parties could get on board with. I don't see Trump being able to exert control over them. Perhaps, with the threat of veto, and appeals to the public he could shame them into action, could wield some power over them. If Trump is as bold as he likes to project himself as being, how about Trump testing a rumored power of the president, the line item veto. When congress passes a bill with all kinds of unrelated items, stuffed with pork that could never pass muster on its own, I would like to see Trump test the line item veto by crossing out all the specific items on the bill that he disagrees with before signing it into law. When congress vociferously objects, when the courts are called up on to rule on this, then Trump could rally the American people to his side – something he seems good at. A president with a line item veto could do so much to curtail the use of these crazy multipart bills coming out of congress.

If Trump is serious about making the country better, and not just advancing his narcissistic ambitions, here are some more issues that he could push for during his candidacy:

Flat tax, a flatter tax system would eliminate all the economic machinations that take place, not for promoting the individual and greater good, but rather to achieve some tax benefit. Untold billions are simply being wasted. Step up here and win my vote, Donald.

Social Security, the just-released 2015 Trustees of the Social Security and Medicare trust funds report has tucked deep inside is this nasty fact, these are \$25.8 trillion underfunded. Trump's often bragged about business acumen needs to be brought to bear on this situation. Or is it all just talk. Step up here Donald and win my vote.

Decriminalize drugs, the government declared a war on drugs, billions of dollars later, thousands of years spent in prison later, and untold promotion of crime later (yes making drugs illegal funds the criminal underworld, a lesson learned and apparently forgot from prohibition in the 1930s) and here we are the war has been lost. Finally some sanity with changing marijuana laws, is taking hold. Step up here Donald and win my vote.

One bonus item, commit to continuing the current administrations strong support for stem cell research. Step up, on real issues, Mr. Trump.

The Libertarian Party

Why Not Consider Another Option?



Compiled by David Beagan

The expression “The lesser of two evils” has become an overused cliché at election time precisely because the electorate is so disenchanted with the choices presented them by the two major political parties. Trump vs. Clinton, such a horrible choice why not go with a third option? Even a 20% popular vote total for libertarians would send a strong message to the two major political parties and the entrenched political class.

The spirit of libertarianism is embodied by a statement made by Ronald Reagan at his first inaugural:

Government is not the solution to our problem; government is the problem.

Ronald Reagan

And also consider John F. Kennedy’s inaugural statement

Ask not what your country can do for you, ask what you can do for your country.

John F. Kennedy

If we take that last part to me “ask what you can do for your country” *voluntarily* then this is very much a libertarian endorsement.

We need government, but less – that is less cost of government – works better. The following is some general background information on the Party.

The Libertarian Party (LP) is a political party in the United States that promotes civil liberties, free markets, non-interventionism, and laissez-faire. The LP was conceived at meetings in the home of David F. Nolan in Westminster, Colorado during 1971 and was officially formed on December 11, 1971 in Colorado Springs, Colorado. The founding of the party was prompted in part due to concerns about the

Vietnam War, conscription, and the end of the gold standard.

Gary Johnson, the party's presidential nominee in 2012 and likely nominee for 2016, states that the party is more culturally liberal than the Democrats, but more fiscally conservative than the Republicans. The party has generally promoted a classical liberal platform, in contrast to the modern liberal and progressive platform of the Democrats and the more conservative platform of the Republicans. Current policy positions include lowering taxes, allowing people to opt out of Social Security, ending welfare, ending the prohibition of illegal drugs, supporting same-sex marriage rights, and supporting gun ownership rights.

There are 411,250 voters registered as Libertarian in the 27 states and Washington, D.C. that report Libertarian registration statistics. By that count, it is the fifth largest party in the country. By other measures, such as popular vote in elections and number of candidates run per election, the LP is the country's third largest party. It has also many firsts to its credit, such as being the party under which the first electoral vote was cast for a woman for Vice President in a United States presidential election, due to a faithless elector.

Though the party has never won a seat in the United States Congress, it has seen electoral success in the context of state legislatures. Three Libertarians were elected to the Alaska House of Representatives between 1978 and 1984 and another four to the New Hampshire General Court in 1992. Neil Randall won election to the Vermont House of Representatives in 1998, which marked the last time to date a Libertarian was elected to a state house. Rhode Island State Representative Daniel P. Gordon was expelled from the Republicans and joined the Libertarian Party in 2011. John Moore, a Nevada State Assemblyman, switched from the Republicans to the Libertarians in 2016.

Mental Exercise

By David Beagan



Mystery Ship

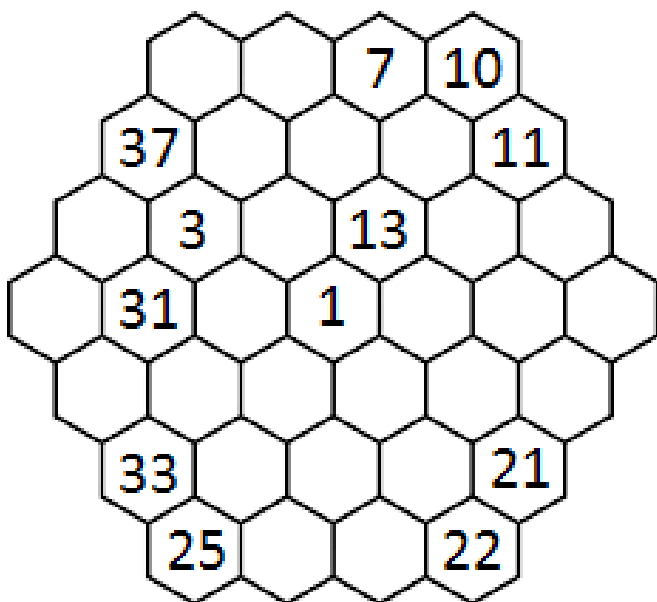
Several years ago, a spaceship was launched to do a close flyby of a planet. The ship never did a flyby of any official planet and yet the mission was successfully completed as planned. How could this be, what happened?

Special Word

There is a common one syllable word with the following special properties. If you remove the first letter, the result four letter word that is pronounced the same as the original five letter word. If you remove the second letter of the original word, the resulting four letter word is pronounced the same as the original five letter word. What is the word?

Number Sequence

Start with the number 1 in the center and then enter a 2 in a cell next to the 1. Then a 3 next to that. Some of the numbers are already filled in so you must connect to those, continuing until all the cells are filled in. Be careful, you could get stuck if you put the wrong number in a cell.



Making Change

There are two ways to make change a dollar bill using exactly 50 coins. The first way is 40 pennies, 8 nickels, 2 dimes. What's another? Assume you are only using pennies, nickels, dimes and quarters.

Letter Line

Some of the letters are above the line, some are below. A very simple property was used as the basis for putting the letter above or below. What is it?

A	E	F	H	I	K	L	M	N	T	V	W	X	Y	Z	
B	C	D	G	J	O	P	Q	R	S	U					

Home Builders

If 5 people build 5 houses in 5 days, how long will it take 100 people to build 100 houses?

Answers

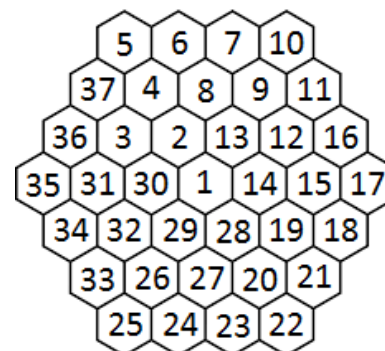
Mystery Ship

The New Horizons space probe was launched to visit Pluto while Pluto was considered a planet. While on route to the planet, it was demoted to a dwarf planet.

Special Word

The word is scent.

Number Sequence



Letter Line

Above the line are letters made up of only straight lines.

Making Change

45 pennies, 1 Quarter, 2 dimes and two nickels.

Home Builders

Each person takes five days to build a house, therefore a hundred people build a hundred houses in *five* days.

Publisher's Desk



Presidents and Popular Vote

By Bala Prasad

Election fever has gripped the nation, more so our candidates than the public. The Electoral College has been analyzed in different ways by each candidate. Every day, some see no path for nomination of other candidates, and others see a clear one.

So how did we elect our presidents in the past? There is not enough space to dwell on everyone, so let us pick the three most famous ones.

Our country declared independence in 1776, the Constitution was signed in 1787, and George Washington was elected our first president in 1789. Before this, the Congress had to decide how presidential elections would work. Different proposals included election by U.S. Congress, election by State Assembly, election by popular vote, and election by Electoral College. The last one was adopted. Every state was given a set number of delegates – one for each Senator and Congressman. Who and how delegates were elected was left to states themselves. We had thirteen states and 69 delegates. Every delegate was given two votes, one of which must go to an out of state candidate. The candidate with the highest votes would become President. In 1789 George Washington scored a perfect 69 and thus became President; John Adams came in second with 50 and thus became Vice President. Thomas Jefferson was a distant third with 3 votes.

When Thomas Jefferson ran for President in 1800, he had the maximum votes but so did Aaron Burr who was the sitting Vice President. This deadlock could be broken only by the House of Representatives. Vote after vote, eventually 35 times, neither man received a majority. Finally on the 36th ballot, the majority prevailed in favor of Mr. Jefferson.

By the time Abraham Lincoln ran for President, things had changed in that we had two major political parties. Mr. Lincoln ran for the Republican Party nomination against Mr. Douglas, a very gifted orator. There was not

much hope for Lincoln to win the nomination, let alone the general election. Mr. Lincoln did not get the majority of delegates on his side on the first or second attempt. On third attempt however, Pennsylvania flipped in his favor and thus he was nominated and later elected President.

Later yet came the system where electoral votes were tied to the popular vote. The first state to have a primary election using this rule was Florida. The first to be elected under this plan was Theodor Roosevelt in 1904. Some states have winner take all and others allocate delegates proportionately.

With all these gradual rule changes, much power still remained in the hands of the party bosses. But the last gasp of the party bosses' power came to a virtual end after the Chicago democratic convention in 1968. The party nominated George McGovern as his party's standard bearer who promptly lost 49 out of 50 states in the general election to Richard Nixon. Then the Democratic Party came up with the idea of super delegates. These included party workers and officials nominated or elected either by the party workers or by the public in general. The idea was to prevent a farce of having the presidential nomination cornered by a very small and vocal minority only to promptly lose the general election.

Presently the Republican Party is in the same pickle. Let us see what happens after the election.

Sincerely,

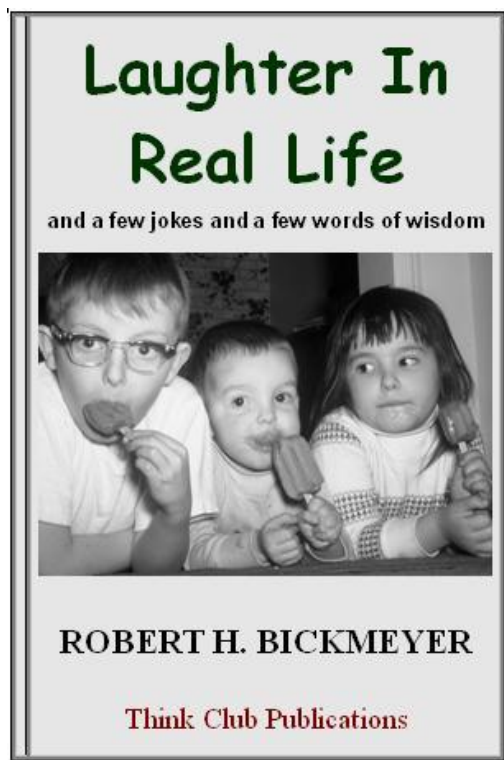
Bala Prasad

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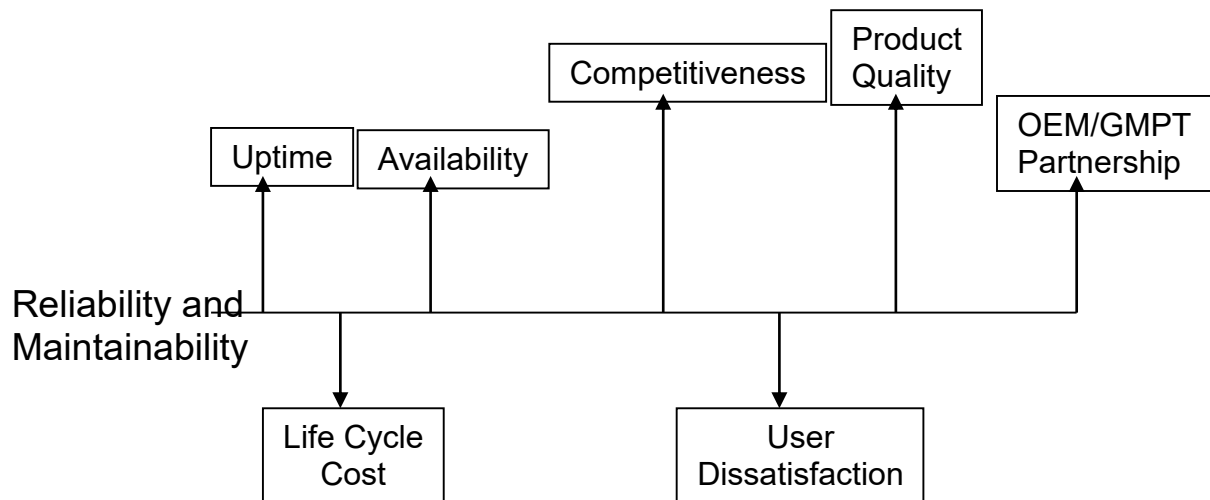
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