

Happy New Year!



IRWIN SAVODNIK, M.D.
& Medical Associates, Inc.



News Gram

December 2005

Volume 12, No. 5

\$49.95/year

One, if by Land, and Two...

by Irwin Savodnik, M.D., Ph.D.

Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-five;
Hardly a man is now alive
Who remembers that famous day and year.

He said to his friend, "If the British march
By land or sea from the town to-night,
Hang a lantern aloft in the belfry arch
Of the North Church tower as a signal light,—
One, if by land, and two, if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village and farm
For the country folk to be up and to arm,"

So through the night rode Paul Revere;
And so through the night went his cry of alarm
To every Middlesex village and farm,—
A cry of defiance and not of fear,
A voice in the darkness, a knock at the door,
And a word that shall echo forevermore!
For, borne on the night-wind of the Past,
Through all our history, to the last,
In the hour of darkness and peril and need,
The people will waken and listen to hear
The hurrying hoof-beats of that steed,
And the midnight message of Paul Revere.

SO WROTE HENRY WADSWORTH LONGFELLOW OF ONE OF America's legendary heroes. In fact, Revere was not quite the larger-than-life personage the poet portrayed. Instead, he was a silversmith and craftsman who, over the years, built a fine business that served him and his family well until his death. Perhaps the reason Revere is so great a figure in American history is Longfellow's famous poem. And beyond a doubt, one of the finest ways to experience something of the American Revolution is to visit the grand, elegant and historically heavy city of Boston.

Revere was born in Boston's North End in December 1734, though his birthday is also listed as January 1st, 1735. The reason is that the calendar in use in the British Empire until 1752 was an "old style" one which, when corrected advances the date to the next day. Old or new, the records of Revere's birth can be found in Boston's New Brick Congregational Church. His father was a French Huguenot (Protestant) immigrant who married Deborah Hichborn from a local family of artisans. Both the Revere and Hichborn homes are favorite tourist attractions in the city, well worth



Paul Revere House (left) and
Pierce/Hichborn House (right).



visiting when you find yourself in the city. Rivoire change his name to Revere and the couple had between nine and 12 children. Paul was the second born of their progeny.

Having learned the silversmith trade from his father, Revere married Sarah Orne at the age of 22. From them issued eight children. The year before his marriage, young Paul volunteered to fight the French at Lake George where he was commissioned as a second lieutenant in the colonial artillery. Other than this military stint, he remained a private citizen. He was hardly the type to cut a heroic figure, apparently, but by April 18, 1775, he was to enter history and gain eternal stature in the tales of this country's provenance. In his case, at least, it was the events of the day that were to make him into such a providential character in whom Longfellow saw the spirit of a nation aborning.

Revere's involvement in the politics of his day followed on the tail of his commercial pursuits. He joined the Masonic Lodge of St. Andrew, where he met James Otis and Dr. Joseph Warren just a year before the Revolution was to begin. Through them he inherited the task of monitoring British troop movements. For the Boston Committee of Correspondence and the Massachusetts Committee of Safety he served as a courier to the Continental Congress in far off Philadelphia. It was also Revere who spread the word of the Boston Tea Party to New York and Philadelphia.

Then on the night of April 18, 1775, Dr. Warren instructed him to ride to Lexington to warn John Hancock and Samuel Adams that the British were approaching. The war exploded and Revere served as a lieutenant colonel in the Massachusetts State Train of Artillery and commander of Castle Island in Boston Harbor. He and his men saw almost no action at this post, though they did participate in some expeditions to Newport, Rhode Island and Worcester, Massachusetts. Overall, Paul Revere's military career was not particularly distinguished, though it was more circumstance than personal trait that rendered this experience of little interest.

The map provides a picture of Revere's route. It is a path anyone can ride today. Doing so will make American history come alive. Consider Boston as a family vacation spot. By the way, the Boston's North End has some of the best Italian restaurants on the continent! —IS

One, if by Land, and Two...

Visit Us on the Web:
www.savodnik.com

Telephone: (310) 517-1717
Fax: (310) 517-9853

2780 SkyPark Drive, Suite 260
Torrance, California 90505

IRWIN SAVODNIK, M.D.
& Medical Associates, Inc.



Call us for
Psychiatric Evaluations!

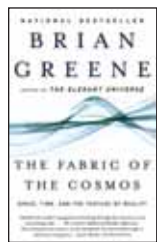
PRESORTED STANDARD
U.S. POSTAGE
PAID
Torrance, CA
Permit #754

SAVODNIK'S PICKS

A Monthly Review of Dr. Savodnik's Favorite Books-On-Tape

The Fabric of the Cosmos

by Brian Greene



GIVEN THE HECTIC PACE OF modern life, we often leave little time to think about the fundamental questions the answers to which hold the secrets to why the world is as it is. For instance, how many dimensions are there? What is time? If we can travel back and forth in space, can we do so in time? And on and on. Not very long ago, people believed we had solved the mystery of reality. There were a few questions, rough edges, we might call them, that eroded some of the confidence scientists and philosophers had in their conception of the world. Over time, that confidence diminished still further until the world was transformed back into an unexplained mystery.

It turns out that the controversy, one that erupted in the late 19th century, had to do with the nature of space, time and – most of all, gravity. It fell to Albert Einstein in 1905 to set things straight. In his Special Theory of Relativity, Einstein reformulated the concepts of space and time, construing them as relative to the eye of the beholder. Like beauty, they will differ in value depending on the velocity of the individual measuring them. How and why that is, what question Einstein answered in dividing up the world like this, takes a long time to explain – and even then, it is not easy to understand.

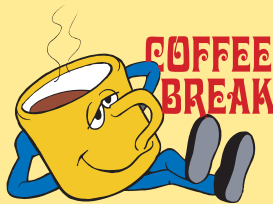
Enter Brian Greene, who, in *The Fabric of the Cosmos*, takes on the numerous issues surrounding the way we think about space and time. Greene, whose first book, *The Elegant Universe*, was a bestseller, returns to complete the picture he was painting just a

few years ago. The fabric in the title refers, aptly, to the spatial and temporal “net” in which we all exist. From the first page, the question has to do with just what space and time are.

Isaac Newton, for instance, regarded space as a real thing, a container for the material objects and events of our world. His contemporary, Gottfried Wilhelm Leibniz disagreed and regarded space in relative terms, i.e., defined by the objects within it. Numerous physicists and philosophers chimed in on the subject for a few hundred years but none of them offered convincing arguments for their positions. Einstein is the one who changed the course of human thought on the subject.

Lest one think Einstein solved all the problems surrounding these issues, it is well to keep in mind the numerous conundrums that have emerged since his Special Theory, not to mention his General Theory of Relativity, issued in 1915. In the latter, Einstein explained the nature of gravity, which transformed the very idea of acceleration, space and time. One area of rich exploration is that of quantum mechanics, especially since relativity theorists and those who explore the microcosmic world are not in agreement about important matters.

It is in this previous “no-fly zone” that Greene shines a bright light. His writing is clear, simple (though not simple-minded) and incisive. Even if you’ve never taken a science course, you can enjoy reading this book. Even physicists admit they’ve learned a lot by reading his work. One fine highlight of the book is his discussion of superstring theory. If you like figuring out how the world works, how many dimensions there really are and whether time travel is possible, pick up a copy of *Fabric*. You’ll likely find yourself so absorbed that you’re transported to, well, another place in space and time. —IS



THE COFFEE BREAK QUIZ

In psychiatry, transference is:

- A. an inappropriate attitude of a patient toward the analyst or therapist
- B. a reasoned assessment of one’s analyst or therapist
- C. a pharmacological process in which a medication mimics another agent
- D. an industrial process in which a company promotes a non-psychiatric medication for a psychiatric condition.

ANSWER: A
Transference is an attitude toward the analyst based on personal psychological dispositions and little evidence that is unrelated to medications.