Recently, Varez has edified us by explaining there is a second lover -- but not visible. Only a voice was heard, so said the legend.

Mahalo, Dietrich, for perpetuating Hawaii mythology on the covers of our journal.

February is the Month for Lovers

An interesting article¹ by New York Times syndicated columnist, Jan Sheehan, says "Love is the Drug that Keeps Many Healthy". She reports on studies linking love; in another study, it was found that participants who reported being in love have high levels of euphoria-producing, pain-reducing endorphins (and no side effects from overdose - Ed.).

Our Poet Laureate, Dr. Robert Flowers' poetry and prose have appeared in the journal for many years, but his poems, "Mother of My Children", "More Beautiful", "Who Are You, Woman", and "Lovers and Friends" are most appropriate for February.


This Month in the Journal

Janet Onopa MD of the Department of Medicine, University of Hawaii, presents an excellent review of CAM, complementary and alternative medicine in this issue. Because of patient interest in CAM, especially here in Hawaii, the Hawaii Medical Journal is planning a special issue dealing with "non-allopathic" medicine or CAM.

The Manuscript by medical residents, Sandi Kwee MD and Leilani Ka’anehe MD on "Occupational exposures and knowledge of universal precautions among medical students" emphasizes common exposures to blood among medical students and should be of interest to all physicians.