



Life in These Parts

A Father's Letter to Santa

My 5-year-old boy scribbled out his Christmas list. It's there by the fire place. The Coke™ and M&M's™ are from him, in case you're hungry. You know 5-year-olds these days. The Cheezits™ are from me.

Santa, if you don't mind. I thought I'd go ahead and leave my list, too. It's long, but do what you can.

It's all I want for Christmas.

Christmas List from His Father

Santa, let my little boy grow up still believing that he has the funniest dad in the neighborhood.

Give him many close friends, both boys and girls. May they fill his days with adventure, security and dirty fingernails.

Leave his mom and me some magic dust that will keep him just the size he is now. We'd just as soon he stayed 5-years-old and 3 feet, four inches.

If he must grow up, make sure he still wants to sit on my lap at bedtime and read "The Frog and the Toad."

If you can help it, Santa, never let him be sent into war. His mother and I love our country, but we love our 5-year-old boy more.

While you're at it, give our world leaders a copy of "The Killer Angels," Michael Shaara's retelling of the Battle of Gettysburg. May it remind them that too many moms and dads have wept at Christmas for soldiers who died in battles

that needn't have been fought.

Let our house always be filled with slamming doors and toilet seats, which are official sounds of little boys.

Break it to him gently, Santa, that his dad won't always be able to carry him to bed at night or brush his teeth for him. Teach him courage in the face of such change.

Let him understand that no matter how nice you are to everyone, the world will sometimes break your heart. As you know, Santa, a child's feelings are fragile as moth wings.

Let him become a piano player, a soccer star or a priest. Or all three. Anything but a tax-and-spend Democrat.

Give him a hunger for books, music and geography. May he be the first kid in kindergarten to be able to find Madagascar on a map.

The kid's a born artist, Santa, so send more crayons. May our kitchen window and refrigerator doors be ever plastered with his sketches of surreal rainbows and horses with big ears.

Through the years, steer him oh so carefully to that little girl destined to be his bride. Let his mother and me still be around when he walks her down the aisle. If there's a just God, let her daddy be obscenely rich.

Grant him a heart that will cherish what his parents did right and forgive us for the mistakes we surely will have made over a lifetime of raising him.

Let him not hold it against us that he was born with my chin and his mother's ears. Time will teach him that these are God's ways of girding him for life's adversities.

Hold him steady on the day that he learns the truth about you and the Easter Bunny. May he take the news better than I did.

While you're flying around the heavens, Santa, make sure God has heard our prayer for this child: Lead my little boy not into temptation; deliver him from evil.

Be careful out there, Santa. And close the flue on your way up.

(Ed. This touching letter was included with a group gift from the Kuakini Radiology Group: Howard Arimoto, Donald Ikeda, Donn Kumasaki, Gordon Ng, David Sakuda, Ted Watanabe, James Yamasaki. Thanks fellars).

Physician Moves

August:

OB Gyn man **Richard Ikehara** joined the Central Medical Clinic at 321 N. Kuakini St., Ste 201. Plastic surgeon **Eugene Smith** opened his practice at 3 locations: St. Francis Medical Plaza-West, Ste. 100; St. Francis Medical Office Bldg., Ste. 301.; Plastic Surgery Center of the Pacific at 677 Ala Moana Blvd., Ste. 1011.

September:

Anesthesiologist **Derek Ken Matsushige** joined the Physician's Anesthesia Service Inc. at 321 N. Kuakini St., Ste. 306.

City physician **John Hall** resigned Sept. 10, three months after charging that Mayor Jeremy

Harris' administration catered to the United Public Workers' head Gary Rodrigues by not cracking down on drug use by union workers.

Personal Glimpses

David Lee Pang, 86, still in active practice after 58 years, spends 6 hours a day at his office. David says, "I enjoy working. It is my hobby. Instead of playing golf, I come here to talk to my patients. The day goes by fast. As long as I'm healthy and my mind is clear, I'm going to keep practicing."

Osamu Fukuyama, 48, came to the U.S. in 1968 when student protesters with Molotov cocktails took over the prestigious Tokyo University where he attended. They were protesting the Vietnam War and the U.S. military presence in Japan. Osamu attended UC-Berkeley and UH School of Medicine. "Medicine has changed drastically in the last 20 years, but it's still a very honorable profession. There is meaning in the things I do every day. It's given me a lot of satisfaction."

Dr Fitness Health Tips

Problem: Golfer with wide feet and tight shoes.
Solution: Put on shoes. Mark with ball point pen the widest point of shoe. Take off shoe. With sharp knife make an "X" through the shoe about the size of a dime. This will relieve pressure on the first bone of your foot.

Second solution: Buy the next larger size shoe and a heel spacer for the shoe.

Problem: Surfer has hamstring strain.

Solution: There is no quick cure. Simple hamstring strain usually takes 3 - 6 weeks to heal. If in the middle of the thigh, strain heals faster. If very high or very low near the knee, the strain takes longer.

Problem: Getting Back in Shape.

Solution: A good rule is to take at least one full month of gradual exercise for every year you have been out of shape. If you want to try to hurry, do frequent light workouts in different sports everyday. Example: 15 - 20 minutes light weight lifting 4 - 5x/wk; jogging 1 mile 3 x wk; daily light general stretching and one sports game like tennis.

Miscellany

An elderly couple died in a car accident. They arrived in Heaven where St. Peter took them on a tour of the premises. They were shown a palatial home with swimming pool, next to a 18 hole golf course and in back were 3 enclosed tennis courts. "Why, we can't afford all this," said the husband. St. Peter: "Here in heaven, everything is free. Of course you can afford it."

They were shown the dining area where spread before them was a feast with steaks, roasts, rich desserts, buttered rolls, etc. "Shouldn't we be watching our cholesterol levels?" asked the husband. St. Peter assured him, "You are now in Heaven. No one dies from heart problems."

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The husband turned to his wife, "Honey! If it weren't for your oat bran muffins, we could have been here 10 years ago."

While doing a locum for a doctor who did a lot of dental pre-op exams, I noted a concealed look of disgust from the receptionist as I headed in for an easy dental pre-op.

"This one is an exotic dancer," she warned. Knowing this didn't really diminish the shock of seeing the all-but-naked young woman perched on the table with only a G-string.

I proceeded to take a BP, listen to all 18 lobes of her lungs and tried to determine if the muffled heart sounds were due to the mass of silicone or the nervous adrenaline rushing through my ears.

When I'd completed the brief exam, she said, "Doctor, I have an embarrassing problem that bothers me in my line of work. If you could check, I think I have a hemorrhoid."

In a flash, she deftly peeled off her G-string and with one felt swoop tossed it right at me, striking me on the side of the head where it promptly hooked onto my ear before falling to my shoulder!

As it rested there unceremoniously, she gasped and, with one hand to her mouth and the other reaching towards me, said, "Oh, I'm so sorry, it's just a habit."

To this day I know I hold the record for the locum with the reddest face after seeing a patient.

Dr David Hepburn (Stitches Sept. '97)

Potpurri

The huge ship was barreling through the waters one inky night (in the days before radar) and you can imagine the captain's indignation when he saw up ahead other lights coming close.

Cholerically, he ordered the message sent ahead, "Veer off, you blasted idiot. This is a battle ship coming toward you."

And almost at once a message came back, "Well, think it over. This is a lighthouse coming toward you."

The patient sat in the dentist's chair; head far back and mouth open. The dentist was about to insert his instrument when the patient's hand seized the dentist's testicle in a firm grip.

Smiling beautifully the patient said, "Now doctor, we're not going to hurt each other, are we?"

A veteran air pilot was undergoing a complete physical exam in order to qualify for a new type commercial aircraft.

The veteran passed with flying colors and the doctor said, "I must ask you one more psychiatric question. Tell me, sir, how long has it been since you had a successful sexual experience with a young lady?"

The pilot's eyes narrowed and he finally said, "I would say it was about 1955."

The doctor was startled, "That long ago? Isn't that unusual?"

The pilot look at his wrist watch, "That's not so long ago. It's just 11:05 now."

(Excerpts from Asimov Laughs Again)

Classified Notices

To place a classified notice:

HMA members.—Please send a signed and typewritten ad to the HMA office. As a benefit of membership, HMA members may place a complimentary one-time classified ad in HMJ as space is available.

Nonmembers.—Please call 536-7702 for a nonmember form. Rates are \$1.50 a word with a minimum of 20 words or \$30. Not commissionable. Payment must accompany written order.

Office Space

Pearlridge Office Center.—800 sq. ft. available Tuesday and Friday mornings. Wednesday and Thursday afternoons. Call 487-1559.

Interstate Bldg.—1314 S. King St., 400 sq. ft. Partitioned into 3 rooms: Waiting, Accounting/Receptionist & Executive. Perfect for single practitioner. Used by Psychiatrist & Psychologist. Ready to move in. Only \$92,000 (LH). Some furniture avail. **Fong Properties** 593-9776.

Locum Tenens

Take an Afternoon Off.—While your office stays open. Part-time primary care office coverage on a regular or occasional basis by longtime Honolulu physician. Contact John Wichmann-Walczak MD at 739-9483 or 524-2575.

Announcement

General Practice Opened.—In Kapahulu area by 20-year veteran of St. Francis ER. New patients welcomed; free parking; convenient hours; house calls (downtown Honolulu-Aina Haina). John Wichmann-Walczak MD at 750 Palani Avenue, Honolulu 96816. 739-9483.

Primary Care Physician.—Excellent opportunity to establish practice on Maui. Ideal candidate will be self-motivated and have excellent clinical and interpersonal skills. Attractive cost sharing arrangement. Fax C.V. to (808) 877-3146.

Office Relocation.—Dr. Ronald Peroff, Queen's POB I, 1380 Lusitana Street, Suite 910, Honolulu, HI 96813. New phone 599-NOSE (6673), Fax 599-4605.

Misc.

Latex Glove Relief.—Latex glove sensitivity protectant spray, immediate reduction of Type I irritation from latex gloves, duration 100+ hand washes/4/8/16 hrs. Free evaluation sample to USA/APO address physicians. **Limited time, 1 sample per office.** Other products: Scalp Itch Reducer gel and Skin Itch Reducer gel, soothing relief, duration varies from 8-48 hrs, results vary per individual, Sahara Cosmetics, (808) 735-8081, PO Box 10869, Honolulu, Hawaii 96816-0869, USA, leave name on answering machine or send letterhead or business card to above address.

Business Opportunity

Veteran Certified Petroleum Geologist.—Wishes to team up with oil and gas investment capital finder. Excellent remuneration. (614) 453-9231 or fax (614) 450-7507.

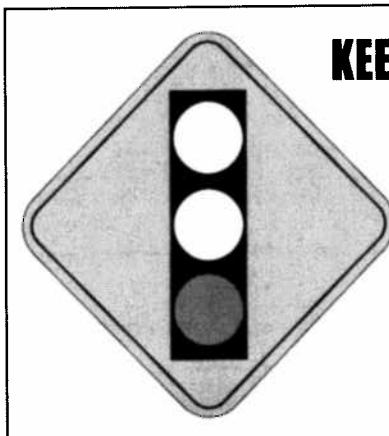
For Sale

Misc for Sale.—Desk 60" x 30" \$50.; Credenza 71" x 18" \$100, Xerox Model 5309, 1 yr old, \$525. Ask for Nelson 536-7702.

Give-A-Way.—Burroughs Pegboard accounting system. Call Jean Frissell 536-0779.

Wanted

Wanted.—Partner to join booming practice in paradise. Must have solid clinical background. BC/BP occupational physician preferred but all qualified primary care applicants will be considered. This is an exceptional "no money down" opportunity for the entrepreneurial minded practitioner. Call Dr. Scott McCaffrey at (808) 676-5331 for more details.



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