



## Editorial

Dear Reader

There is a greater interval between the Spring and Summer issues which enables me to explore beyond ENT RLI. In this interlude I learnt of Haiku, a form of Japanese poetry. Haiku consists of three lines, with five syllables in the first line, seven in the second, and five in the third. "The Old Pond" by Matsuo Bashō is the most famous.

An old silent pond  
A frog jumps into the pond –  
Splash! Silence again.

That is it; 17 syllables. Yet it describes tranquility shattered by a gentle sound to perfection. Brief yet elaborate and evocative in its description and interpretation. I then discovered a new English word "coddwomple" which means "to travel in a purposeful manner towards an unknown destination". This I thought describes precisely the state of the human race. I watched the consummate Benedict Cumberbatch as "Patrick Melrose". The prowess of the prodigious author Edward St Aubyn left me thunder struck. The fact that it is a biography rendered it yet more poignant.

The rising cost of membership exams and the ongoing trial of the four doctors and two nurses who damaged the windows of JP Morgan's European HQ office in London with alleged damages of £200,000 is ongoing. This was a protest over fossil fuels investment by JP Morgan with posters stating, "in case of medical climate emergency break glass" A retrial is due in February 2026.

About medical education; I was reminded yet again of the deeper impact of teaching when using the "how to perform..." rather than "I do it like so ..." style. Certainly, senior clinicians (like the incumbent Editor) are prone to teach the "I do ..." as they are familiar with the benefits and limitations. Surgery/interventions coaching is definitely based on educator experience and outcomes.

Lastly, and this has really impressed me, smart contact lenses are being developed which will permit text, basic graphics and illustrations, designed to function almost like a smartwatch. Glancing back outside the coloured ring of the contact lens is set to close or open another application – all with an embedded 2mm battery! Not only that; prepare to be quizzical -the battery will be charged by the glucose in our tears. Then after two years the lens can be charged like a mobile phone. Seriously?! and I still have to dewax ears?!

One life; so much to do, see and learn, I could continue, but I must share the erudite content of this issue. This is the first MBMJ publication of my new student editor. Eabha has proved to have a remarkable eye for detail and her diligent approach towards accuracy of medical content ensures each article is perfect. Eabha introduces herself in the editorial. Starting from the cover, designed by talented artist Zainab Maimoon,<sup>1</sup> this lovely painting depicts a junior doctor on a hamster wheel to represent Working Hours/Rotas, articles on sepsis, biologics, topiramate, resilience in doctors, ethics in brain imaging research and a histopathology quiz follow. An update on digital transformation has been provided by Janet Manning, news regarding the Heysham Medical Centre and the ACCS day organised by Dr Bilgrami restore our faith in the tottering NHS. Another highlight is an article on the legendary Mr J Dyer penned by Michael Lambert from Lancaster University. Since this article was accepted a phenomenal father son Dyer legacy has been unveiled. The MBMJ is bursting with pride that our very own Editorial Board member Mr Dyer is now Mr P Dyer OBE; Mr Peter Dyer has been awarded the OBE in the Kings 2024 Birthday Honours list. Parfait!

I remain confident that this issue will surpass all expectations as well as satiate thirst for medical knowledge and practice. Recently both the number and quality of submissions has improved. I am regularly questioned re the number of words, the length of an article and if "X" topic is suitable to write about. Instructions to authors are available online and included in each issue; all MBMJ issues are also uploaded onto our website. Hence, please before embarking on writing a piece **read** these resources.

The next issue will be the Autumn issue and it is hoped it will be in print by November 2024. This is the short window for production I alluded to at the start. So kindly ensure articles are submitted by early October. Book reviews and case reports are most valuable.

The political powers will have shuffled by the time the MBMJ is printed as would the weather. My term as President of the esteemed 200-year-old Lancaster & Morecambe Medical Book Club will shortly be completed. An incredible everlasting honour.

Enjoy the Summer issue.

THANHS for reading,

Shadaba Ahmed, Editor

1. Zainab M. Maimoon: Instagram @z.moonart