



Sent: 9/14/2001 2:41 PM
Subject: Sept 11

On this national day of mourning, I hope you will not think it presumptuous of me to share a few thoughts. We are all struggling not to make sense of this tragedy, which is impossible, but to understand what to do and how to be as people in response to these horrific events. We give blood and send relief donations. We seek consolation and guidance - in the Bible, in the thoughts of great statesmen like Lincoln, Roosevelt, and Churchill, and in the moral examples of spiritual leaders like Mother Teresa or the Dalai Lama. We can also find help closer to home in the perennial wisdom that medicine itself has to offer.

Over the past few days, I've been thinking about two guiding principles in particular: One, of course, is *primum non nocere* - first do no harm. The second principle is the motto made famous by the late 19th century physician Edward Trudeau: *guerir quelquefois, soulager souvent, consoler toujours*: To cure sometimes, to help often, to comfort and console always. I hope in the days ahead, as we go about our daily business, we will do our best not to harm those around us, by our actions, speech, or even thoughts. Perhaps we can also recommit at the deepest level of our hearts, minds, and souls to curing the terrible evils that beset our world; to giving help wherever it is needed; and to finding ways to comfort and console those who suffer and grieve.

Thanks for listening. I welcome your thoughts. Regards, Dr. Shapiro