

MASSEY COLLEGE GRAND ROUNDS ODE MARCH 18, 2015

This was the winter of our discontent, our freezing cold duress
Ideal for a symposium on different views of stress
Here at Massey, comfy home of the oblige of the noblesse
We meet to listen, learn and in between, of course, to *fress*.

Welcomed here by Aubie Angel and our Master Hughie Segal,
With the moustache of a walrus and the balding of an eagle,
Each one substantial, wise and just a little bit imposing
While a seated slighter poet - in a frenzy - was composing.

With solid credibility and oratorical flare
We heard the journey and the wounds of Romeo Dallaire.
His story is a moving one, his passion is inspiring;
To have to speak right after him would trigger some perspiring.

Instead we broke for lunch and fast our hearts and minds recovered
Then regrouped to learn from scientists just what they had discovered.

Neuropsychiatrist Anthony Feinstein, Heifetz of the Queen's Square Hammer
Spoke of war reporters' struggles, beyond the romance and the glamour.

Evelyn Lambe got down to basics of how stress affects the brain
Examining the substrates of experiential pain.

We took a mindful moment, led by expert Chris Trevelyan
An exercise that morphed me to a nice guy from a hellion.

Janine Robb talked of students and the stress that they endure
And routes to help that might provide relief if not a cure.

Ben Goldstein focused his remarks on exercise's effect
On mood, attention and the brain – and how they all connect.

Stress is normal and adaptive, as Hans Selye made so clear;
It only is a problem when it starts to interfere
With how we feel and how we function, the quality of our lives –
Life's more than a baked potato – there's sour cream and chives!

We began more than five hours ago; many views have been expressed
These weakly cushioned chairs have made my glutei quite stressed.
I see some lids are drooping, while open eyes look glassy -
But how our brains have been well fed by this Grand Rounds at Massey!

David S. Goldbloom, OC, MD, FRCPC