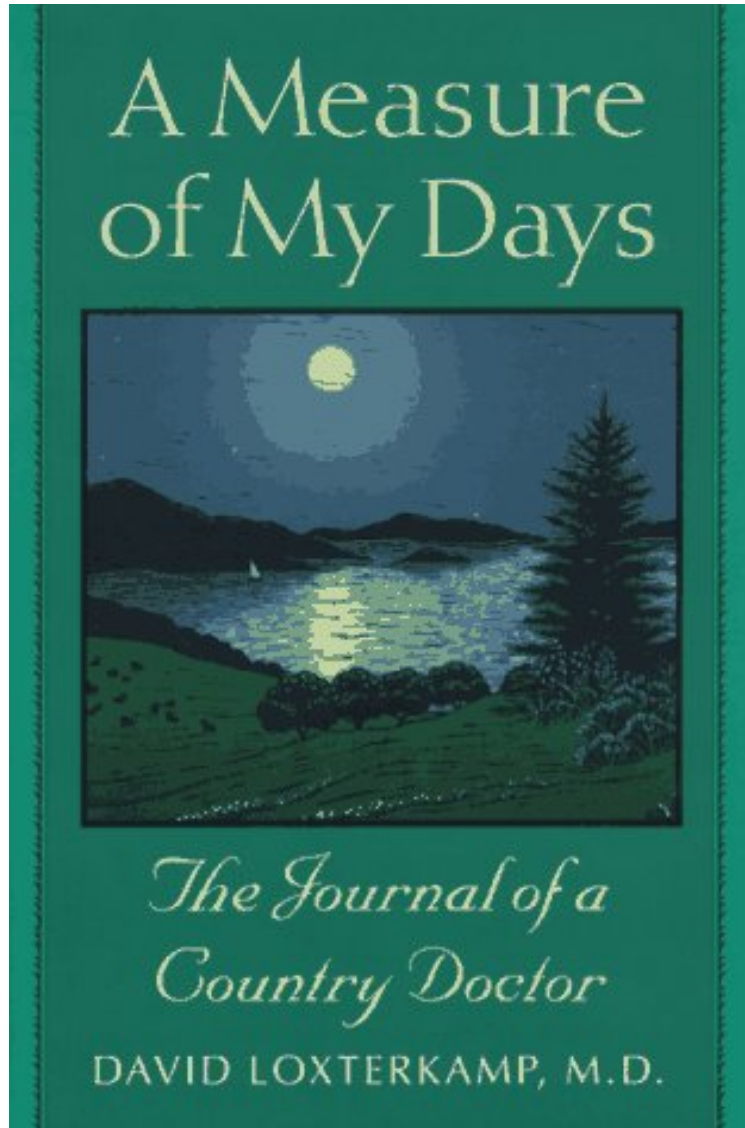


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## A Measure of My Days: The Journal of a Country Doctor

*David Loxterkamp*

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**David Loxterkamp : A Measure of My Days: The Journal of a Country Doctor** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Measure of My Days: The Journal of a Country Doctor:

0 of 0 people found the following review helpful. Wonderful at home philosophy from a country doctor!By JCBPI purchased this from based on the great wholesome advice and vision shown in the preview of the book. I will give it as a gift to my daughter-in-law who is in a pre-med program. It is warm, healthful insight for anyone to read.0 of 1 people found the following review helpful. HOWDYBy DeEtte HobdenBook in good shape as discribed. Have not

been able to sit down to read it yet, but am sure it will be as good as I expect it to be. 9 of 11 people found the following review helpful. In *Medicine For More Of The Right Reasons* By S. Kelley I had some spare time and was browsing through when I ran across this book. I have owned the hardcopy book for several years, I had purchased it after reading an article in "Life" magazine about Dr. Loxterkamp in which this book had been noted. I found the book most interesting and found myself walking through the area of Maine he practices as he went about journaling his days and his times thoughts of his personal family time. I found the man and his story most inspiring. A lot of people in today's medicine either are in the field for the money or find themselves disillusioned with the field because of all the insurance buracracy. I find those people who are in their field because that is where they truly want to be and for the want of helping others to be a rare find. I could also follow along Dr. Loxterkamp's views and journeys of a small town doctor from working in the medical area. He tells his story compassionately and the reader can feel his humanity for others. Over the past couple of years, I had looked forward for another publication and writing for Dr. Loxterkamp but sadly never ran across progression of this book. I found myself wanting to know more about how his journey has progressed along in the small town medical practice. A highly suggested read.

David Loxterkamp muses about his patients, his colleagues, his family and his relationship to his Maker as he recalls the daily minutiae that constitute "the bookmarks in a bountiful life, a string of facts and circumstances that have moved beyond the mere documentary" to his discovery of "peace and perspective and companionship along my muddled way." That way, which is faithfully mapped by journal entries, is populated by the characters he has come to know: the lobstermen, millworkers, church-goers, back-to-the-landers, and "those from away" who share this picturesque, bare bones, blue-collar piece of Maine coast. We meet Elena, whose fatal Lou Gehrig's disease reduces her speech to air made into letters on a computer screen. Bernitha languishes in a slow death from lung cancer. A laboring mother deals with her pain, uncertainty, and the realized possibility of a deformed infant.

.com David Loxterkamp is a family practitioner in Belfast, Maine, and *The Measure of My Days* is an account of one year in his life and those he serves. It soon becomes clear in Loxterkamp's chronicle that one need not look to big city emergency rooms for medical drama: among his patients, the doctor includes one woman suffering from the debilitating and ultimately fatal Lou Gehrig's disease and another dying slowly from lung cancer. The dramatic, the tragic, and the transcendent moments of medicine are interspersed in Loxterkamp's journal with more mundane matters--breakfast with his family, Easter Sunday services at church, shopping at the supermarket--that complete the picture of a small-town doctor's life. In the pages of Loxterkamp's journal, the reader meets mill workers and lobster fishermen, churchgoers and backsliders, young and old, the just-born and the soon-to-die. The author's relationships with his friends, neighbors, and patients, as well as the greater issues that arise from those relationships, form the backbone of this thoughtful, year-in-the-life memoir. From Library Journal Journals are by definition introspective and personal, an unfamiliar perspective from which to focus on a physician. A family man and family-practice physician in Belfast, Maine, Loxterkamp here chronicles the year 1992, introducing readers to his family and colleagues as well as patients, neighbors, and friends. Loxterkamp, a devout Roman Catholic, is sometimes disconcertingly candid in recording the events, expectations, and disappointments of his medical day--the births, deaths, and the in-between health of most patients. When you turn the final page, you feel that you have met a decent, intelligent man, but you are not so sure what you have learned that you didn't know before. For larger collections. James Swanton, Harlem Hosp. Lib., New York Copyright 1997 Reed Business Information, Inc. From Booklist Loxterkamp, 40, describes himself as "a young physician of an older school." For 10 years, he has practiced in Belfast, Maine, a town with a long history of shipbuilding that has for some decades been beset by poverty. He and a colleague have established a family practice partnership that keeps them and their families in clothes, mortgage payments, and the occasional trip. Their patients receive honest, current treatment and referrals as needed; a hospice program has recently started. Loxterkamp, devoutly Catholic, bases this sometimes intensely emotional and personal account on the journal he adds to on his computer each morning before his wife, Lindsay, and young daughter, Clare, awake. Wife and daughter garner major shares of his life, and he candidly spells out his feelings and fears about family relationships. Loxterkamp also sings at church and with a choral group and often observes scenically and architecturally diverse Belfast during regular runs. There is nothing shallow or egoistic about this doctor's life. William Beatty