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## Coming Events

### ▶ Saturday 5<sup>th</sup> April

- ▶ Shamrock Cup IV, 18:00 hrs. at The Shannon Irish Pub (Bartolomé Mitre 1318).

### ▶ Saturday 12<sup>th</sup> April

- ▶ Handicraft & Used Clothing Sale, 11:00 hrs. at Lafone Hall.

### ▶ Wednesday 30<sup>th</sup> April

- ▶ British Society Annual General Meeting, 19:00 hrs. at the British Schools Pavilion.





## President's Blurb

Dear members

Our first Society event of the year was an interesting change to our usual lecture-supper format. With the masonic temple as a backdrop, Martin MacAdam went into intricate detail to enlighten those present regarding the origins of masonry, its history in Uruguay, and its symbols. Interest was so high that the talk went on well over the intended time. The stand-up format of the supper also motivated people to stay on a lot longer, mingling with the locals to ask even more questions and look at the fascinating paraphernalia covering the walls. I would like to thank the Silver River Lodge for opening its doors to the Society!

Your Society has already got a good line-up of lecturers for the rest of the 2014 lecture-supper

cycle, so keep watching this space.

The rest of the year will see a number of regular Society events (the Big Lunch, the croquet tournament, the football championship for Council institutions, the annual up-country outing, etc.) and – hopefully – some new ones too. Remember your feedback on all Society events (especially constructive criticism) is always welcome, so don't hesitate to contact us to speak your mind or give suggestions.

April will see the Society's 95th Annual General Meeting, scheduled for Wednesday 30th, at which – among other things – you must elect a new President. I hope to see you all there.

## SWCH News

It was an honour to be asked to serve as interim chairman of the Committee. Liz has given countless hours on behalf of the Community and I can only hope to do as much for so many as she has over the years. I am indebted to her for her insight and historical knowledge and am very grateful that she has agreed to continue to be involved.

I will continue to build on Liz's organisation of operating as two sub committees; one for the Sir Winston Churchill Home and one for the Benevolent Fund. I am very happy to announce that Andrea Davies has agreed to serve as co-chair of the SWCH

Committee and Maureen Pereira as co-chair of the Benevolent Fund Committee.

As a reminder, I am serving as "interim" chairman until a chairman is elected at the next Annual General Meeting. Nominations may be submitted to either Richard Empson, President or Susan McConnell, Secretary. I welcome your comments, and criticisms, as we move forward.

All the best,

Michael Brown



ANGLO

TEATRO BRITANICO EN VIVO



**'PROMPT COPY': PROMOCION ANGLO CULTURAL -25%**

El portador del presente cupón está habilitado a adquirir 2 entradas con un descuento de **25%** para 'Prompt Copy' en cualquier de sus tres funciones. Promoción válida hasta que se hayan vendido **50** entradas descontadas para cada función.

NOTA: La adquisición de entradas en promoción queda sujeta a disponibilidad. El presente cupón tiene validez exclusivamente en boletería del teatro del Anglo, San José 1426





## British Embassy News

Follow us on **Facebook**  
and keep in the loop!

### Ministerial Visit

Hugo Swire MP, FCO Minister of State for Latin America, visited Uruguay on March 12<sup>th</sup> with the aim of developing further the diplomatic, trade and investment links between the UK and Uruguay. During his short but productive stay, the Minister met Vice President (acting President on that day) Danilo Astori, Minister of Industry and Energy Roberto Kreimerman and key businessmen from the oil and gas sector. He also attended a preliminary presentation of a report about "Commercial opportunities between Uruguay and the UK" by PwC, at the Ambassador's Residence. The report was commissioned by the UK-Uruguay Chamber of Commerce.



### Uruguayan Parliamentarians Visited The Falklands

Uruguayan Members of Parliament Jaime Trobo and Daniel Mañana, from Partido Nacional, Fitzgerald Cantero from Partido Colorado, and Daniel Radio from Partido Independiente, visited the Falkland Islands 8-15 February, invited by the Falklands Legislative Assembly. A busy programme helped them to get a thorough understanding of life in the Islands and of the opportunities that could benefit both Uruguay and the Falklands.



### Fashion is GREAT

Young Uruguayan designers will get training and inspiration from British Fashion. 19 year-old Gustavo García, a student at UTU in Tacuarembó, won the first prize at fashion contest Lumina 8, organised by Punta Carretas Shopping and sponsored by the Embassy. He will travel to London Fashion Week to get a feeling of the latest trends and bring in new ideas to the local market. Along with Cecilia Lourdes, who won a special mention, both will have the chance to study at Central Saint Martin's College of Arts and Design and College of Fashion in their Buenos Aires branch.



### Scholarship For Financial Services Sector

The Mansion House Scholarship Scheme will be launched for the academic year 2015-2016. A scholarship will be offered to a Uruguayan professional who has been accepted to study at a British university in the financial services sector or to attend a short attachment or business training course in the City of London. This is the first time this scholarship will be available to Uruguayan nationals, and it is launched as the Lord Mayor will visit Uruguay in May. More details on the [Embassy website](http://www.britishembassy.org/uruguay/financial-services)

### Passport Fee Reduction

The fact that all British passports are now issued in the UK has translated into cost savings and, as a result, cheaper passports. From 7 April the passport fee for customers applying for UK passports from overseas will be coming down to £83 for adults and £53 for children, a 35% reduction. Please check guidance before applying at <https://www.gov.uk/overseas-passports>.



# Holy Trinity News

Greetings, One and All,

The summer that wasn't has gone and we're now into what seems like a much nicer season. In the Church, we are also into a different season right now. We are in the Season of Lent. For many Christians, Lent is the most significant period in the Church year. It's a concentrated period of some six weeks during which we have an opportunity (much like those who enrol in a "boot camp" gym program) to get ourselves into spiritual shape.

I often feel that talking about getting into spiritual shape in a country like Uruguay, where we have such a strong secular tradition, may be a bit of a lost cause. After all, the state not only ignores things religious, but it actually sets up other things on which people can focus. So, for example, rather than Christmas, we have "Día de la Familia." And of course, rather than Holy Week, we have "Semana de Turismo".

This "Semana de Turismo" is, quite obviously, a week during which people are encouraged to travel, to visit new and different places, to experience novel and assorted things.

And, it occurs to me that you can do this without physically having to travel very far at all.

Let me invite you to experience a "Semana de Turismo" during which you have an opportunity to take part in an historical and metaphysical journey beyond description! You will have the opportunity to travel back some 2,000 years, to the current land of Israel and Palestine. You will be able to participate in the re-enactment of events that took place then. Events that have made a lasting impact on humanity. Events that go beyond the merely human and natural and transport you into realms of the supernatural.

Interested?

Come and take part in the various liturgies of Holy Week at Holy Trinity Cathedral. Be part of the crowd that accompanied and welcomed Jesus as he rode into Jerusalem.

Be present as we remember how he washed his disciples' feet and instituted the Lord's Supper. Take part in the solemn and sombre liturgy which recalls his painful death for you and me. Participate in the joyful celebration of his rising back to life - a celebration that allows you and me to have hope, both for now and into the unknown future that lies ahead.

Of course, I'm inviting you to take part in the various services which mark Holy Week - a week during which we can travel inwardly and outwardly, a week during which we can travel physically and spiritually, a week that has implications for each of us!

Services at Holy Trinity Cathedral for Holy Week are:

- Palm Sunday at 10:30
- Maundy Thursday at 18:00
- Good Friday at 15:00
- Easter Eve at 19:30
- Easter Day at 10:30

On Good Friday, there will be an Ecumenical (Anglican-Roman Catholic) liturgy, which will begin at 15:00 hrs. in Holy Trinity. At 15:30 we will take part in a version of the Stations of the Cross, as we process from Holy Trinity Cathedral to Iglesia Matriz (Catedral de Montevideo), where the liturgy continues at 16:00 hrs.

I look forward to having you join us for this trip!

The day before Palm Sunday, that is, Saturday, April 12th, beginning at 11 a.m., there will be a Sale of Used Clothing and Handicrafts, followed at 4 p.m., by a Tea, in Lafone Hall. Please, join us.

As always, should you wish to contact me, please do so using my email address: [iglesiaau@gmail.com](mailto:iglesiaau@gmail.com)

I also invite you to check our diocesan Facebook page: <https://www.facebook.com/Iglesia.Anglicana.del.Uruguay>

Wishing you every blessing,

Michele Pollesel  
Bishop



## Anglo News



# PROMPT COPY

A comedy revue about that voice in your ear

WITH RICHARD CRANE AND FAYNIA WILLIAMS  
FROM THE UK'S AWARD-WINNING BRIGHTON THEATRE

William Shakespeare Theatre, Anglo Centro, San Jose 1426

Wednesday 23, Thursday 24 and Friday 25 April at 9pm

70 minutes in English. Tickets \$400 from 2902 3773 int 134  
Group rates for schools

With a specially-recorded voiceover by  
PRUNELLA SCALES





## St. Andrew's Society News

Unfortunately this year we have not been able to secure suitable premises for our Annual Picnic so this year we will have to give it a skip. Nevertheless, we are not idle and are organizing a Ceilidh for May, date and venue to be confirmed.

What are confirmed are the dates of The Caledonian Ball, which will be held on October 4th, and the St. Andrews Day Dinner which will be held on November 28th.

## Riverside Pipe Band News

### Shamrock Cup VI

What? South America's top international indoor solo piping competition.

When? Saturday 5th April, 18:00 hrs.

Where? The Shannon Irish Pub (Bartolomé Mitre 1318, Montevideo).

For the fourth time, the best solo pipers in South America will meet to compete at The Shannon Irish Pub in Montevideo's Ciudad Vieja in the most traditional styles of Scottish highland piping.

Top pipers from Argentina, Brazil, and Uruguay have pledged to participate.

March, Strathspey & Reel, Hornpipes & Jigs, and the classical Piobaireachd will be the types of music they will battle over.

All will strive to wrench the Cup out of the hands of three-time champion Freddy Santana MacKinlay, Pipe Major of the South American Piping Association Pipe Band.

Don't miss the chance to be a part of this exciting competition, comfortably seated at one of the pub's tables, enjoying a wee dram or a pint!

Organised by Riverside Pipe Band's Pipe Major Germán Villar, The Shamrock Cup is backed by the Scottish Pipe Band Association of South America (SPBASA) and sponsored by St. Andrew's Society of Uruguay.





## Geoff the Chef's Corner

by Geoffrey Deakin  
gde@boskejo.com

Meatloaf is a dish of ground meat formed into a loaf shape, mixed with other ingredients, then baked or smoked. Meatloaf is usually made from ground beef, although lamb, pork, veal, venison, and poultry are also used.

The meatloaf has European origins; meatloaf of minced meat was mentioned in the famous Roman cookery collection Apicius as early as the 5th century. Meatloaf is a traditional German and Belgian dish, and it is a cousin to the Dutch meatball. American meatloaf has its origins in scrapple, a mixture of ground pork and cornmeal served by German-Americans in Pennsylvania since Colonial times.

### Traditional Meat Loaf

Ingredients:

- 1 kilogram ground beef
- 1 medium onion, finely chopped
- ½ cup red pepper, finely chopped
- ¼ cup green pepper, finely chopped
- ½ cup ketchup
- ½ cup spicy brown mustard
- ¾ cup dried bread crumbs
- 3 large eggs
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons salt
- teaspoon coarse-ground pepper
- ½ teaspoon oregano
- ½ teaspoon dried thyme
- 2 tablespoons dark brown sugar
- 5 slices bacon

Instructions:

1. Pre-heat the oven to 220°C / 425°F.
2. Make the meat loaf: Place beef, onions, red and green peppers, ¼ cup ketchup, mustard, bread crumbs, eggs, 1 tablespoon Worcestershire, salt, pepper, oregano, and thyme in a large bowl and toss gently with your hands. Be careful not to over mix - it should be soft but hold its shape.
3. Transfer meat to a baking pan, shape into a 10-inch by 5-inch loaf, and set aside.
4. Combine remaining ketchup, Worcestershire, and brown sugar in a small bowl and stir until combined. Brush the meat loaf with 3 tablespoons of the ketchup mixture.
5. Place the bacon width-wise over the top of the meat loaf and cover with remaining glaze. Bake

for 15 minutes, reduce oven temperature to 350 degrees F, and bake until an internal temperature of 160 degrees F is reached - about 40 more minutes.

6. Remove from oven and allow the meat loaf to rest for 15 minutes before serving. Slice into 1¼-inch-thick pieces and serve warm.
7. Slice and serve with Mashed potatoes and some steamed vegies.

Hint... Remember the gravy!

### Caramel Mousse

Ingredients:

- ½ litre milk cream
- ¾ litres Milk Caramel (Dulce de Leche)

Instructions:

1. Whip the milk cream (be sure it's cold) until it starts to solidify but not too much or else it will become Whipped cream
2. Slowly blend the hardened cream with the Milk Caramel
3. Place in the freezer a few hours before serving
4. Enjoy and don't count the calories.

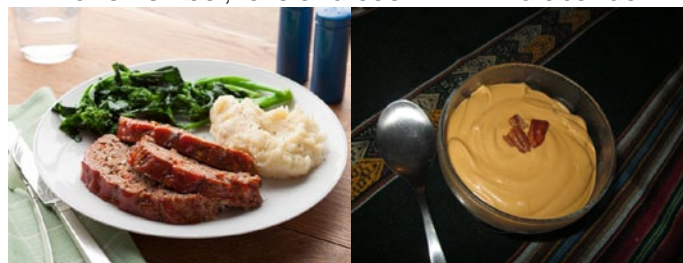
### Tip o' the day

In a hurry? Pre-soak pasta and it will cook in about 60 seconds.

Sounds weird, but it works! Soak the pasta in water in a sealed bag for a couple hours or overnight. Then you can cook it super, super fast in boiling water or just add it straight to a hot sauce in a pan and let it finish cooking there.

Please, let me know if you have any doubts or suggestions for my corner.

And remember, love and cook with wild abandon!



## Arts & Culture

by Alice Tourn  
aytourn@gmail.com

### Le Corsaire Takes Over Montevideo

This month we will have dancing pirates in town.

From the 3rd to the 16th April, the National Ballet will be staging *Le Corsaire* at the Adela Reta Auditorium.



*Le Corsaire* is a three-act ballet, created by Jules-Henri Vernoy de Saint-Georges loosely based on Lord Byron's poem *The Corsair*. Originally choreographed by Joseph Mazilier to the music of Adolphe Adam, it was first presented by the ballet of the Théâtre Impérial de l'Opéra in Paris in 1856. Though all modern productions are derived from the revivals staged by the Ballet Master Marius Petipa for the Imperial Ballet of St.

Petersburg throughout the mid and late 19th century. And now Julio Bocca and his team will be bringing it to a theatre near you!

*Le Corsaire* is a thrilling piece that packs a powerful artistic virtuosity with great musical drama. The plot tells the story of Medora, a beautiful harem girl, who is captured by Lankedom, a slave trader, and later sold to sultan Seid Pasha. After betrayals, escapes and many adventures Medora is saved by a dashing young pirate named Conrad. Thus, the ballet is a swashbuckling drama of captive maidens, rich sultans, kidnap and rescue, disguise and conspiracy, love and betrayal, culminating in a shipwreck which is one of the most breath-taking spectacles in ballet.

The National Ballet's rendition of *Le Corsaire* is choreographed by Anna-Marie Holmes and the set design and costumes are by Hugo Millán. Julio Bocca directs an excellent cast of dancers who will take it in turns (there are five casts) to perform the piece.

Prices range from \$770 (for the mezzanine) to a mere \$140 (for the gallery). Well worth your time!







## Music Is My Life

by Richard Empson  
rempson@gmail.com

### Back To The Future Of Music

On March 20th Montevideo was jettisoned back to the 70s. Those lucky enough to get the limited tickets to La Trastienda Club witnessed a show eerily reminiscent of a band whose demise is still greatly regretted by most over 30 years after it happened: Led Zeppelin.



Letz Zep, the British tribute band to rock legends Robert Plant, Jimmy Page, John Paul Jones and John Bonham, are the best ever recreation of the quartet who took its name from a quip by The Who's drummer Keith Moon who said they would "go down like a lead zeppelin" (one of the world's most famously mistaken predictions!).

There are many bands that copy the greats of old, but only few do justice to what the legends have created. Those who have seen Letz Zep perform would not be surprised that Led Zeppelin's legendary frontman Robert Plant himself on seeing them on stage for the first time is quoted to have said: "I walked in, I saw me".

Letz Zep is a truly international band in its own right, having performed in over 30 countries on 4 continents in recent years. In 2014 the band embarked on its biggest and most ambitious tour to date, covering most of South America and Europe. Letz Zep is formed by talented musicians who are true Zeppelin fans with a strong musical pedigree: Billy Kulke on vocals and harmonica, Andy Gray on guitars, Steve Turner on bass and keyboards and Benjy Reid on drums all do their mentors justice.

Letz Zep covers their idols' entire catalogue of songs, thus not merely delivering the obvious. Their performance is capable of enthusing both die-hard Led Zeppelin fans and the uninitiated alike. The band is not just about nostalgia, but a musical revolt against the wheels of time, a furious outcry against forgetfulness, a heart-rendering shout against mediocrity, because they revive and continue what modern rock artists abandoned way too early.

However, for those of us old enough to have enjoyed the original act, the most amazing thing about Letz Zep is how accurately they recreate their mentors, not just replicating their music, outfits and looks, but even their on-stage quirks and mannerisms; they recreate the sights and sounds of Led Zeppelin at its awesome best. If you close your eyes, you can really imagine that it is Plant, Page, Jones and Bonham up there (even if Mr Reid can't help looking more like Axl Rose than Bonzo), and – what was more striking – when you open them again the illusion didn't really go away!

Letz Zep gave its Montevideo spectators a real treat for their money, kicking off with 'A whole lot of love' and rocking through nearly two hours of great music including a whole list of Zeppelin classics to finish with a thunderous rendition of 'Black Dog', only to come back after a couple of minutes of crowd cheering to belt out another fifteen minutes of brilliance ending with 'Stairway to Heaven' and at the public's insistence an unexpected extra nugget: 'Rock and Roll', the perfect ending to a perfect evening.





## Back In Time

by Tony Beckwith  
[tony@tonybeckwith.com](mailto:tony@tonybeckwith.com)

### The Night Boat

The estuary of the Rio de la Plata that separates Uruguay from Argentina is the widest in the world. At its mouth it is about 130 miles wide. Montevideo sits on the northern shore, right where the river meets the Atlantic Ocean. Buenos Aires is upriver almost due west from there, on the southern shore. There were many ways to travel from one city to the other in those days. There were airplanes that took about an hour to make the trip. There were seaplanes that took off and landed in the harbours, the pontoons kicking up terrifying sprays of seawater that spattered the windows like machinegun fire all the way down the fuselage. There was a bus-and-ferry combination through Colonia, just across the river from Buenos Aires. But none of these was as romantic as the Night Boat, and that's how Rex wanted to take Muriel to Montevideo to celebrate their fourth wedding anniversary.

There were actually two Night Boats ("Vapor de la Carrera")—the *Ciudad de Montevideo* and the *Ciudad de Buenos Aires*—and each one left in the evening from one city and arrived the following morning at the other. They were splendid vessels that evoked a genteel nineteenth-century style of travel and leisure, and were affectionately described as being "like the Queen Mary but on a smaller scale." These ships, each equipped with three majestic funnels, had been ploughing back and forth across the estuary every night since about 1918, steadfastly maintaining their gracious, old-world elegance in the face of the increasingly fast-paced, modern lifestyle that had been evolving since the turn of the century.

On a warm January evening in 1947, Rex shepherded Muriel through the jostling crowd on the dock and up the gangplank of the *Ciudad de Montevideo*. They were shown to their cabin on the upper deck and, after freshening up, they repaired to the lounge bar. Perched at a table by a window they clinked their champagne glasses in a silent toast and smiled at each other. The ship was by then on its way and Buenos Aires was slipping away to stern, the city skyline silhouetted against the night sky. Once it had left the harbour and was out on the open river, they finished their drinks and went to the dining room. Muriel was thrilled to see the crisp white tablecloths and the candlelight reflecting off heavy silverware and crystal glasses. "It is like the Queen Mary!" she whispered as a white-coated waiter escorted them to their table. Rex ordered a bottle of Rioja

Gran Reserva and the sommelier nodded approvingly. Over dinner they spoke of their life together so far and their hopes for the future. Rex reassured Muriel (not for the last time) that their two little boys would be just fine in their grandmother's care for a couple of days. After dinner they strolled down the grand staircase to the nightclub. It was quite crowded and a lively buzz of voices and laughter rose up to meet them. The men were in suits and ties, the women in fashionable cocktail dresses. The piano and trio struck up the unmistakable opening notes of *Fina Estampa* and Rex took Muriel in his arms and waltzed her around the dance floor. Later they took a turn around the deck, the sea breeze ruffling their hair. "This is bliss!" sighed Muriel as they stood hand-in-hand at the railing, looking up at the stars.

In the morning the ship nosed into the Montevideo harbour and docked right on time at 8 o'clock. After a breakfast of fresh croissants and café con leche, the young couple stepped off the gangplank and took a taxi to the Hotel Nogaró. Like honeymooners, they spent the next two days wandering around the city, exploring the leafy plazas and narrow streets in the old part of town. They walked through the Plaza Independencia, admiring the statue of Artigas and the stately columns on the façade of the Teatro Solís. They made the trek to the Cerro fortress and enjoyed the panoramic view of the city and the harbour. They stopped here and there at sidewalk cafés, thankful for the shade of the many lovely trees that lined the streets. "Monte is so pretty," said Muriel, and Rex nodded. It was true.

And then, all too soon, it was time to go home. Once again they boarded the Night Boat and left their luggage in their cabin. They were on the *Ciudad de Buenos Aires* this time, but it was just like its sister ship and they felt comfortable in the familiar surroundings. They stood at the stern railing for a while, watching the Montevideo skyline gradually vanish below the horizon. Then, almost wistfully, they went to the lounge bar and ordered champagne. As they raised their glasses, Rex said, "Let's make a wish." They gazed quite seriously into each other's eyes for a second, then the bubbly chill of the first sip made them both laugh. "We've had the most marvellous time!" said Muriel. A year later, almost to the day, their wish came true and they left Buenos Aires and brought their two little boys to Montevideo, where the four of us settled and made our new home.

# Lamb Chops

by Jonathan Lamb  
vozinglesa@gmail.com

## Competition

Congratulations to Susan Drever on being the first to work out that Mr and Mrs Loche's son was called Barry. A prize has gone by post to Susan. Hope it got there quicker than this:



A UK headline may be relevant:  
(source: Mail online, 17 March)

## Quarter of a million letters lost each week

Figures showing 280,000 letters are lost or substantially delayed every week are proof of a major improvement in service, the Royal Mail says today.

Anyway, onwards and upwards: **two magazines** this time, donated by Reasonably Priced Translations, to he or she who shall provide the greatest number of correct answers to these three questions. First, a Victorian riddle:

*A man who worked on the buses was struck by lightning. What was his job?*

Second, *what was the Christian name of Mr and Mrs Taylier's daughter, who was a bit of a flasher? 5 letters beginning with J.* (Thanks to a previous winner for suggesting this one)

And third, *the name of which East African capital would you call out if cats made you sneeze?*

## Visiting UK Theatre

See elsewhere in these pages for how to get a **25% discount** on tickets for award-winning Brighton Theatre's visit on 23-25 April with comedy revue Prompt Copy, and an actors' workshop on the morning of Saturday 26th. All thanks to the Anglo, Buquebus and the British Council.

## First Punta Del Este Backgammon Champion: Leo Boeing



The first (known) Punta del Este Backgammon Championships took place in the Torre Francia on 26 March. Here Leo Boeing lifts the silver pelela after beating Susana Rico into second place and Gus Musto into third. Your correspondent came bottom. Susana is holding the device that revolutionized backgammon in the 1920's after the game had been around for 5000 years: the doubling cube.

## Nice Poem

Hello little girl, what's that you're doing?

- *I'm doing a drawing with God in it.*

But nobody knows what God looks like, dear!

- *They will in a minute.*





## Medical Column

by Dr. Jorge Stanham, MBE  
jorgestanham@yahoo.com

### I Trust My Senses

In early March, the Mobile World Congress was held in Barcelona, Spain. The most recent innovations in technology for smartphones shared the spotlight with wearables, the development of chip and sensor-embedded watches, bracelets, glasses, clothing, shoes and anything that can be carried or worn, designed to register, quantify, record, store and transmit data about whatever our bodies do. Almost anything can be measured: steps, distances, weight, temperature, pulse, calories in food, blood oxygen, ECG tracings, GPS position and displacements. Many of these gadgets and clothing are especially designed to measure variables that have to do with bodily activity and are marketed as useful for mHealth, a recent term designating mobile technology applied to healthcare. The collected data can be sent via cellular networks and the Internet to servers, the wearer's electronic health record and to their physician.

Beyond the marketing hype, I'm dubious about the utility of flooding oneself and others with irrelevant data. Why should we measure all this? Data out of context is not even information and does not lead to more knowledge or further any understanding of one's well being. This is not to say that these gadgets are useless: if used appropriately and targeted to relevant variables, they may be an excellent way to monitor the effect of treatments, medications and symptoms in real life and real time.

I am a tech-fan myself, but I still feel that technology is simply a way to extend my senses beyond space and time constraints. Being buried in data I didn't ask for is an excellent way to lose track of a diagnostic path. Medical training in physical examination is aimed at honing one's senses. Our eyes are taught to distinguish colours, tones, shapes, movement and symmetry.

Over time, we learn to make diagnoses just by looking: the puffed face of chronic hypothyroidism, the gait of hemiplegia, the tremor of Parkinson's and the typical rash of shingles. Our ears listen to the bodily sounds of gurgling of fluid and gas in the abdomen, the hustle of air in the lungs of breathing and the turbulence of heart murmurs. Our hands feel for the softness of a cyst, the hardness of a tumour, the stiffness of the abdomen in appendicitis, the warmth of an infected joint and the coldness of an ischaemic limb. Our noses can distinguish the typical smell of the black tarry stools of intestinal bleeding, the acetone in the breath of diabetic acidosis and the stench of the contents of an abscess. Taste, the fifth sense, gave the name to the two types of diabetes: insipidus, with tasteless urine and mellitus, which tastes like honey. (I always took this at face value and never bothered to verify it!) We even have a sixth sense: in the case of rare diseases under the guise of common symptoms, something tells us that the sound of hoof beats doesn't mean horses this time... but an exceptional zebra!

Donning these garments, shoes, watches, bracelets and glasses can be of tremendous utility when data can be translated into useful information to guide shared decision-making between patients and their healthcare providers. It should not be used to make people over-conscious of anything that can be measured in their bodies. Technology should not be a barrier or a distraction to enjoying life either in health or in illness, nor should it be relied on for false reassurance when we are notoriously leading unhealthy lifestyles. True mHealth is applying technology to enhance the patient-physician relationship beyond the limited face-to-face contact of a clinic visit. If data is not considered relevant to one's health, it's best to do without it!

## Classified Ads

### Reasonably-Priced Translations

English - Spanish, Spanish - English  
Also oral translations (interpreting)

Write to: [vozinglesa@gmail.com](mailto:vozinglesa@gmail.com)

British Embassy sells Jaguar X-TYPE (56.744 km) 2009.

See at Marco Bruto 1073 from Monday to Friday from 09.30 to 12.00 hrs. Base price: USD 25,000 - offers will be received till 25 April inclusive.





## Future Events

### ▶ Saturday 4<sup>th</sup> October

- ▶ St. Andrew's Society Caledonian Ball.

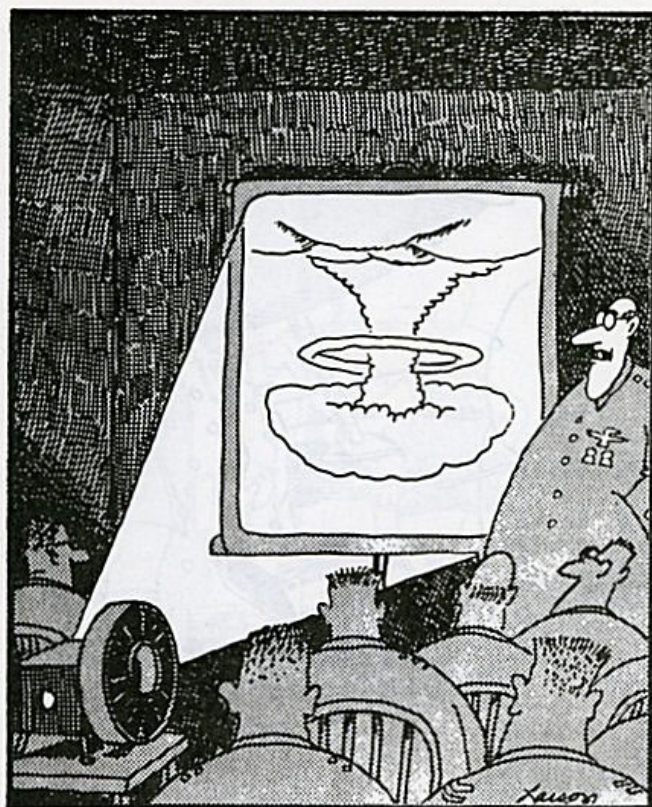
### ▶ Friday 28<sup>th</sup> November

- ▶ WDA Bazaar, 14:00 hrs. at Lafone Hall.



## The Far Side

by Gary Larson



"Now this next slide, gentlemen, demonstrates the awesome power of our twenty megaton ... For crying out loud! Not again!"

## Link Of The Month

Because the customer is always right, right?

<http://9gag.tv/p/KW4dN/the-expert-short-comedy-sketch-lauris-beinerts-alexei-berezin-the-meeting>



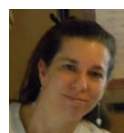
## The Society At A Glance

### Executive Committee



President: Richard Empson  
[president@britsoc.org.uy](mailto:president@britsoc.org.uy) / 099 658 497

Vice-President: Jessica Bell  
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