Managing the physical demands of musical performance
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in Musical Excellence: Strategies and Techniques to Enhance Performance

Achieving high performance standards is an extremely effortful endeavour. It is not uncommon for musicians to experience physical challenges that result from that effort. This chapter offers musicians guidance for managing the physical demands of musical performance. Based on decades of medical experience, it provides an account of common physical problems that befall performers, an analysis of the source of those problems (e.g., specific instruments and practicing habits), and advice for how they can best be avoided. Although performance success very often hinges upon mental agility and acuity, musical ideas are ultimately expressed through physical skill. To do this effectively — and to maintain this skill over the course of a long career — the preventive measures presented in the chapter are vital.

Being Mad
R. A. HOUSTON

in Madness and Society in Eighteenth-Century Scotland

This chapter focuses on the behaviour which was regarded as mad. It also provides a discussion of appearance, laughter, self-awareness, violence, and suicidal tendencies. Mad behaviour creates possibilities for sufferers and for those who have to deal with them. Those supposed to be mentally incapable had some underlying physical or psychological problem.
Cicely Saunders is universally acclaimed as a pioneer of modern hospice care. Trained initially in nursing and social work, she qualified in medicine in 1958 and subsequently dedicated the whole of her professional life to improving the care of dying and bereaved people. Founding St Christopher's Hospice in London in 1967, she encouraged a radical new approach to end-of-life care, combining attention to physical, social, emotional, and spiritual problems, brilliantly captured in her concept of ‘total pain’. Saunders' ideas about clinical care, education, and research have been hugely influential, leading to numerous prizes and awards in recognition of her humanitarian achievements. This book presents a selection of her vast correspondence, together with the author's commentary. The letters of Cicely Saunders tell a remarkable story of vision, determination, and creativity. They should be read by anyone interested in how we die in the modern world.