

**VIEW FROM THE HEIGHTS**  
**June 2021**

*“Make hay while the sun shines—that’s smart;  
go fishing during harvest—that’s stupid.”*  
*Proverbs 10:5 The Message*

Greetings,

When I trained as a nurse, Latin terms and abbreviations were still in common use.

Very useful for senior nurses and doctors who wanted to trip up their students!

If an eye drop was to be administered “o.d.”, should it be instilled once daily (*omne in die*) or into the right eye only (*oculus dexter*)? Why was the *sinister* ear or eye in need of special treatment? (Only the left had a problem!) And what did “T.D.S.” stand for? (*Ter die sumendum* – 3 x/daily)

If we hadn’t studied Latin at school, we had to be quick learners to ensure that patients got the right treatment at the right time and in the right place.

My favourite Latin expression was used to record the patient’s age; he or she was listed as 73 aet. or 25 aet. (etc.). “Aet” is an abbreviation of *aestas* – the Latin for “summer.” *Aestas* was once used as a synonym for year, but I love the idea of our lives being measured by our summers.

Spring and autumn, and even winter, have their delights – and their devotees – but summer is Creation at its richest and most diverse. The days are long and light, nature overflows with abundance, a myriad of sights and sounds, tastes and smells are provided for our pleasure. What a wonderful way to mark the passing of the years!

When life is measured by summers lived, then living the season to its fullest is all the more important. Jesus recommended that we take time to smell the flowers (take notice of them). It is great advice. He was also told off for plucking wheat as he walked by - imagine his delight in a strawberry patch! The sweetness of freshly picked fruit, the music of birdsong and the fragrance of flowers are all gifts from God. Given to increase our summer joys.

Summer emphasizes the beauty of Creation. It is Earth at her most glorious.  
So, make the most of this season. It is the stuff of your life!

Wishing you a summer rich with blessings,

*Brenda*