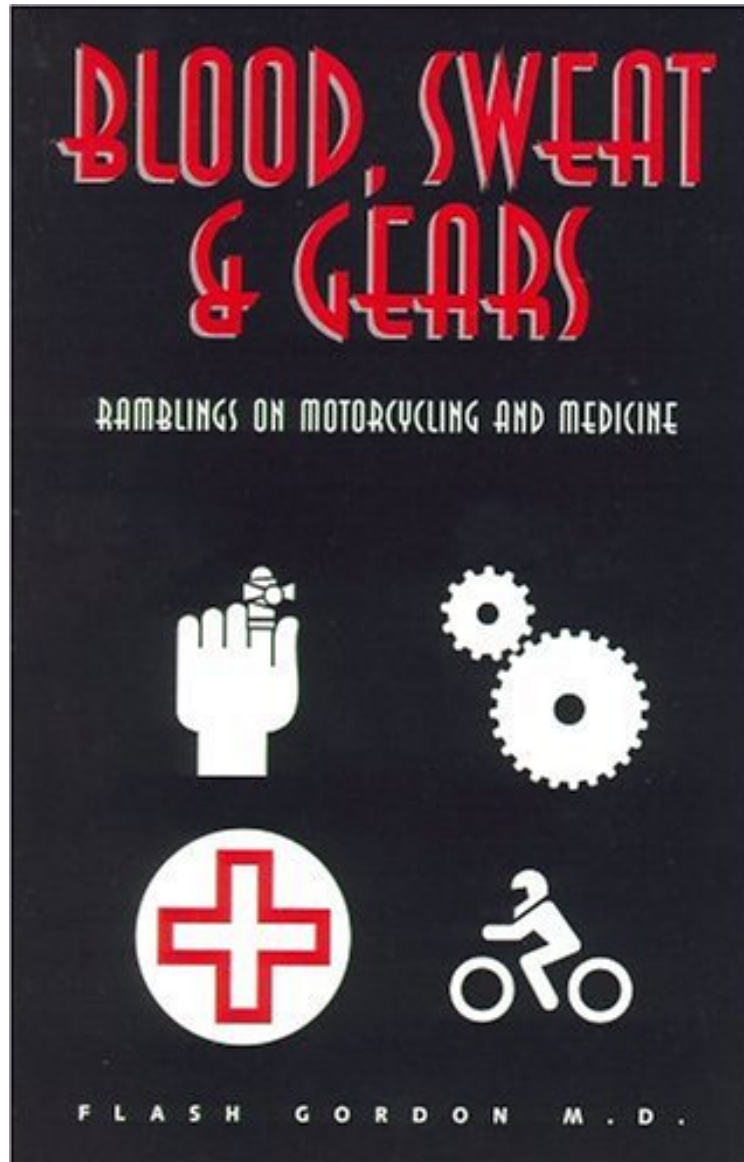


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Blood, Sweat Gears: Ramblings on Motorcycling and Medicine

Flash Gordon

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Flash Gordon : Blood, Sweat Gears: Ramblings on Motorcycling and Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised Blood, Sweat Gears: Ramblings on Motorcycling and Medicine:

0 of 0 people found the following review helpful. Four StarsBy DavidIt's o.k., rambles a bit0 of 3 people found the following review helpful. Not a medical journal, but still funBy J. L. GreerFlash is a funny guy, in his own dry humor

kind of way. However, if you bought this thinking you would get some medical info, you will be disappointed. The book is barely funny enough, but really short on info. The part on poison oak really wasn't funny as maybe he thought it would be either (it's not that I was offended, it just wasn't that funny). As a motorcycle instructor and mentorship group ride facilitator I expected a bit more substance. Let's be safe out there. 15 of 15 people found the following review helpful. Blood, Sweat and Gears - A must read for all motorcyclists! By Deryle Mehrten Yes his name is Flash Gordon and he is a medical doctor with some very interesting experiences and credentials. He is also a motorcyclist who rides a fine BMW motorcycle. Doc Flash, like many of us motorcyclists, will use any excuse for a ride and I count him among my favorite riders to look for at rallies and ride-ins. His book is a collection of articles that he wrote for a California based cycle periodical. They are pithy, humorous and are very useful. After reading the chapter concerning what one should carry in their first aid kit, I immediately checked out my kit and realized I wasn't really ready to take care of anything more than a scratch. I have already checked out my local pharmacy for the gauze, ointment and tape I should be carrying. The section concerning what should and should not be done at an accident site is must reading for everyone, not just motorcyclists. This chapter alone is worth the price of the book. As Doc Flash points out those first few minutes at an accident scene can make all the difference in the world. I'm sure my riding friends appreciate the fact that I am better informed and will be able to do the right thing should the occasion arise. Doc Flash has quite a sense of humor and it shows in his writing. Don't be surprised or offended at the language he uses at times. Just his way of making a point. And he does make quite a few points in his articles. The book is easy to read and can be finished in one evening. My wife asked me what I was laughing about several times and when I read her several sections she laughed as well. We both enjoyed the book. I highly recommend all motorcyclists get Doc Flash's book. Entertaining and useful reading.

There are two ways to teach. One way is to drill information into the listener's head. The other is to tickle it in. West Coast humorist and offbeat motorcycling personality flash gordon, m.d., (yes--that is his real name . . . no caps, please) author of a popular column in San Francisco's CityBike magazine, is a master of the "tickling" school of education. Reading this compilation of his best essays would be a guilty pleasure were it not for the sound information it contains on various topics related to motorcyclists' health. flash's experience as an emergency room doctor and 37-year motorcycling veteran allows him a unique perspective--his suggestions are remarkably insightful, and could even prove to be lifesaving. Ever wonder what to check first when someone has an accident? How about treating road rash properly? Experiencing lower back pain, leg burns, hearing or sinus problems--even hemorrhoids? flash tells it like it is--giving sensible advice about what you can treat on your own and what you can't. Though you may have forgotten everything you learned about first aid and safety in school, you'll never forget it again after reading this book--flash spins cautionary tales that are as easy to remember as a song. The chapter headings may sound wacky, but the tips you'll discover in them will be "anything but:" Roasting the Fatted Calf (Leg Burns), Here's Lookin' at You, Kid (Eye Injuries), Duh Thrill of Victory, Duh Agony of Duh Feet (Proper Footwear and Footcare), Motoholics Anonymous (Addiction to Motorcycling), Too Cool is Not Too Cool (Hypothermia), "Sh*t, That Was Close" (Adrenaline), That's the Breaks (Broken Collarbones), You Need This Like a Hole in the Head (Sinus Problems), and many more! We're sure you'll find Blood, Sweat Gears to be highly informative and entertaining. It's filled with the author's amusing--and sometimes sobering--anecdotes from many years of directing a free clinic in San Francisco. flash takes you from the high jinks of Haight Street to the high anxiety of the emergency room, and does it with intelligence and style. Addressing the most prevalent health issues facing those who spend a good deal of time in the saddle, flash delivers his advice with a strong dose of original humor. The possibility of saving the time and expense of a doctor's visit is certainly a sweet pill to swallow. : In Stock

"If you're a fan of City Bike's motorcycling MD, flash gordon, you'll be happy to know that his columns have been collected and published in book form as Blood, Sweat Gears. Now you can still have the benefit of flash's wit and wisdom even if you haven't read City Bike from cover to cover for the past ten years. "Ever wonder what to do if you're on a ride and someone crashes? What's the best remedy for road rash? What should you do if you get hemorrhoids from too much time in the saddle? How can the common cold affect your ability to ride? It's all here. Best of all, flash's medical advice is delivered anecdotally, with incidents gleaned from 33 years as a motorcyclist and not quite so many as an emergency-room physician and staffer at the Haight Street Free Clinic. -- City Bike, December 1995" Quirky, funny, and eminently important for riders and non-riders alike, Blood, Sweat Gears is a fine read. Written by a funky San Francisco physician improbably, but factually named Dr. flash gordon (yes, lower-case), this work, 'a collection of columns that originally appeared in City Bike, northern California's premiere motorcycling monthly,' takes readers through 33 years of riding and decades of doctoring. . . . "Dr. flash gordon has gone a long way towards teaching that motorcycling is more than following a twisty line and spongin' out the gravel after a spill. Much more. No, this isn't a Zen and the Art of Motorcycle Maintenance wannabe. It is, as the sub-title advertises, 'Ramblings on Motorcycling and Medicine.' The tome is many things at once: insightful, poignant (gordon's had six balloon angioplasties), humorous, and, for the basic medicine in it, informative. It also has funny drawings by Calvin

Kandarian and fits in a tankbag pocket. Buy a copy." -- Motorcycle Times, Jan/Feb 1996 "You'd think a guy whose real, actual, legal name is flash gordon (no capitals, please, like e.e. cummings) would be a little, well, off-center. Hearing that gordon has written a book called Blood, Sweat Gears: Ramblings on Motorcycling and Medicine might not do much to change your opinion, either, even when you learned that gordon is a Fellow of the American College of Emergency Physicians and is entitled to append M.D., as in medical doctor, to his name. The fact of the matter is that the good doctor is indeed a couple of bubbles off plumb, but in a way all motorcyclists can happily relate to. And better yet, his book is full of information all motorcyclists ought to read and memorize. -- Rider, April 1996 About the Author Yes, flash (lowercase, please) is his real name: it's on the mortgage and his medical license. He's residency trained and board certified in emergency medicine, and has practiced in Miami, Detroit, Boston, Las Vegas, and San Francisco. He's been the director of the Emergency Residency Program at San Francisco General Hospital, a practicing emergency doc, and Medical Director of the Haight Ashbury Free Medical Clinic. He now works in San Rafael, California. He's been riding motorcycles since 1961, and currently rides a highly modified BMW R-Series Twin around San Francisco. His writing has appeared in CityBike magazine, the Whole Earth, a number of nationally distributed motorcycle monthlies, and other publications.