

## PREFACE FROM THE EDITORS

### A Journal is Born

Albert Einstein, one of the greatest innovators of our time, is known to have said: “Imagination is more important than knowledge. For while knowledge defines all we know and currently understand, imagination points to all we might yet discover and create.” The McMaster University Medical Programme, since its establishment in 1965, has always been a leader in imagination and innovation. Realizing that there was more to the artistry of medicine than rote knowledge acquired through didactic lectures, McMaster introduced the innovative approach of problem-based, small-group, self-directed learning. A learning and teaching style that departed radically from the norm and was originally met with skepticism, the “McMaster approach” has now been adapted by well-respected academic institutions internationally. In Canada, virtually every medical school has incorporated an element of Problem-Based Learning into its curriculum.

In keeping with the McMaster Medical Programme’s continued efforts to cultivate and nurture innovative minds, we have launched the *McMaster University Medical Journal (MUMJ)*. The purpose is both to celebrate the unique elements of the McMaster Medical Programme and to create a forum to share creative ideas and insightful discussions that reflect novel perspectives from a broad range of subjects and disciplines. Original research is at the heart of this endeavour, as it allows us to develop a deeper understanding of medicine and its scientific underpinnings, and it paves the way toward future innovation. With an emphasis on evidence-based medicine, health policy, medical ethics, and the biopsychosocial model of illness, the Journal will surely provide unique perspectives on health, disease, and the factors that influence them.

As we expand the breadth by which medical and health-related issues are examined, we learn to consider and critically evaluate a greater number of factors when making medical decisions. In this way, some of the most complex medical dilemmas in Canada, including the usefulness of certain medical preventions and therapies, the equity of health care delivery, and the feasibility and viability of the principles guiding our health care system, may be assessed more comprehensively. The knowledge we gain will enable

us to become better leaders and advocates for the local, national, and international communities that we will serve.

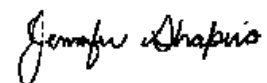
We would like to thank our Executive Board, Editorial Board, and Staff Advisors for helping the journal evolve from our imagination into a reality.

It is a pleasure for us to introduce the inaugural issue of the *McMaster University Medical Journal*. We hope that reading and contributing to the Journal will inspire you as much as producing it has inspired us. We hope *MUMJ* will help in your efforts to become lifelong learners and lifelong innovators.

Sincerely,



Orli Goldberg  
Editor-in-Chief  
Class of 2004



Jennifer Shapiro, BA, MA  
Executive Editor  
Class of 2004

