

# **James Robert Cade**



**1927-2007**

# **FREUT EUCH DES LEBENS**

(Find joy in your life)

AN AUTOBIOGRAPHY

BY

ROBERT CADE

Physician, Scientist, Musician, Inventor

These musings are dedicated  
To all those who have preceded me,  
    To my wife Mary,  
    To our six children,  
    Sixteen grandchildren,  
    One great grandchild,  
And to all the other Veilchen  
Who have bloomed along my way.

Robert Cade, M.D., LLD  
May 2002

## Preface

When I was twenty years old, I was in the Navy on a submarine. There's very little a sailor on one of the little submarines used in World War II could do in his off duty hours. During the daytime the boat stayed under water as much as possible; at night it ran on top of the water to recharge its batteries. The decks were pretty small and one never knew when the boat would have to dive, so sailors were either at their duty stations, in the galley eating, drinking coffee or sleeping in their bunks. In some places there were only two bunks in a rack, which was almost Heaven, as there were about twelve inches between your nose and the bottom of the bunk above you. Other less lucky shipmates slept in a rack of three bunks and had only six inches between nose and bottom of the bunk above. I was not one of the fortunate few. Even so, I spent most of my off duty hours reading or sleeping in my bunk.

One afternoon (I think it was afternoon, but since I hadn't been on deck for several days, I wasn't quite sure), I was reading a book of poems by Alfred Tenneyson and found one that introduced me to the ancient Greek hero of Troy, Ulysses. He is an old man who thinks about his long and exciting life and then says, "I am a part of all that I have met, yet all experience is an arch where through gleams that untraveled world whose margin fades forever when I move." I realized that Ulysses' statement applied to me and also to you. So I decided to write about many of the events and circumstances that have combined to make me, for good or bad, what I am today. I hope you can read them and, knowing of Ulysses' warning, be able to avoid, at least some of the things you should not, but probably will, do.

Robert Cade

# Table of Contents

Preface

Chapter 1 ..... My Narrative Begins

Chapter 2 ..... Tales From Childhood

Chapter 3 ..... My Academic Peregrinations

Chapter 4 ..... Rebellion and Retribution

Chapter 5 ..... Hesperus, A Love Story

Chapter 6 ..... Mary, Another Love Story

Chapter 7 ..... On Naming Babies

Chapter 8 ..... Our Fifteen Hundred Mile Change Of Address

Chapter 9 ..... Teaching Terry To Drive

Chapter 10 ..... Gatorade

Chapter 11 ..... The Piss Prophets

Chapter 12 ..... Traveling In Europe With Six Children Is So Much Fun: I May Never Do It Again

Chapter 13 ..... Freut Euch Des Lebens

Chapter 14 ..... Nothing Good Ever Happens After Midnight

Chapter 15 ..... My Narrative Ends

Appendix 1 ..... Selected Poetry

Appendix 2 ..... Speech Delivered at Concordia: Bronxville

Appendix 3 ..... Ulysses - Dedication Speech for the Tennyson Library