

## **Talent in Medicine**

The medical profession is not different from other workforce, sharing common interests, hobbies and talents. The majority of these activities are unrelated to medicine. Many are musicians, performers, artists, writers, critics, astronomers, photographers, etc., not to mention their excellence in the world of sports. On the other hand, there are also instances when the practice of these activities takes the form of applied interpretation of what they know in human pathobiology and the concerned function. Thus, some may be historians of clinical practice, clinical pharmacologists of locally used herbs or clinical therapists of locally practiced folk medicine.

This section of the Bahrain Medical Bulletin will be devoted to “Talents in the Medical Profession” to show and exchange with others common interests and applied experience. Contributors are therefore welcomed to submit their literary works. This issue contains two poems titled “**What’s Your Range?**” and “**The Club Sixty**”.

**The Chief Editor**

### **What’s Your Range?**

There is a wide range of human nature,  
From zero to hundred stand all creatures.  
Where do you stand did you find out?  
You may upscale or downscale your place, but first look out.

Black, you know absorbs all light, white reflects all,  
Various shades of grey are in between the two walls.  
Some substances are highly flammable easily light up in fire  
Some are non-inflammable used to douse the fire.

Some people are highly disturb-able, others totally imperturbable,  
Some people soak and absorb all insults and get easily troubled.  
Some others don’t react at all to worst insults and stay untroubled,  
Where do you stand – are you highly or hardly troubled?

Highly sensitive, highly troubled or hardly bothered, hardly troubled?  
Or somewhere in between-sometimes bothered, sometimes troubled.  
Part of who you are is your in-built nature,  
There is a part you can change, improve and nurture.

The sponge among you will absorb insults and hold grievances,  
The Lotus among you lets comments slip; holds no grievances.  
The sponge lives a heavy, stressed, irritated and angry life,  
The Lotus will live an ever light, happy and joyous life.

Choose to live like the lotus and heavens will help and abide,  
Keep dropping off everything mentally, let it slip and slide.  
You’ll take life lightly, take everything in your stride,  
You will love your choice as the whole creation will take your side.

If your nature is causing sorrow to you and others,  
Only you can do something about it, not others.  
Find out the state that’ll remove sorrow bring joy,  
Sustained work on oneself changes sorrow to lasting joy.

Amen!

## **The Club Sixty**

Happy birthday, so you are sixty now!  
Welcome to the Club Sixty, wow; but Oh wow!  
Can you hear me? Yes, but not very well,  
You can see but now not clear, not so well

From immature you are maturing now,  
It's the cataract in the eye lenses that will mature now.  
The ears can hear no love whispers now,  
They must shout to be heard by you now.

One or more teeth start aching and shaking,  
The neck and the back start aching and breaking.  
Kidneys, bladder and prostate don't behave very well,  
Frequency of urination becomes disturbingly nocturnal.

Do check your blood pressure it may go high,  
Cholesterol and sugar need to be looked into hey guy.  
Heart, well heart; do try to keep it young and fit,  
Walk a few miles a day to stay fighting fit.

Now you are progressing and advancing in age,  
Dear birthday boy, hope you welcome this process called aging.  
More and more hair start turning grey every day,  
More and more start falling leaving no garden but an island bay.

Sure you welcome aging, for now no pressure of work,  
No worries no tensions, 'take it easy' policy works.  
The body is degenerating but wisdom has grown real,  
There is joy in the heart; contentment of mind is often real.

The laws of nature are fixed; your body must follow them too,  
No one escapes the course of nature; not even one or two.  
If you resist the ongoing changes, you'll create unhappiness,  
If you go with the flow, you'll live in happiness.

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