

TALENT AND MEDICINE

The medical profession is not different from other workforce sharing with them all 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 take 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 presentation.

This issue contains a poem written by Dr A K Chawla demonstrating a unique talent which talks about emotions.

The Editor

When Emotions Build Up

Every emotion is a silent current or a rising storm,
It's like a virus, a strong "contagion".
It too spreads from person to person like "flu",
Emotions cause motion as they are meant to move.

Emotion is the storm that begins within.
Quietly gathers strength and then gushes out.
The stronger the storm, the farther it goes,
Like a soft breeze or like a tornado it blows.

Emotions are not all of blowing or fiery kind,
There are others of simmering and gnawing kind,
They slowly eat at the vitals within,
And sap the vitality of body, soul and mind.

Face is said to be the index of mind and emotions,
A mirror which truly reflects what goes on within.
Inner emotions pop out in the expressions of the face,
Face the fact, you can't for long, put up a face.

Facial contours and the tone of speech are based on emotions,
Emotions prompt and goad all right or wrong actions,
They can move the entire mass of a community or a nation,
While others may paralyse a person and stop all action.

Emotions are said to arise from the heart,
Reasoning from the head is lost fast as emotions build up,
A balance of head and heart, for living well is vital,
Head, heart and hand if act in unison, peace prevails.
Positive emotions of happiness, friendliness, fun and cheer,

Sustain life and the goodness of existence, my dear,
Negative emotions of suspicion, anger, hate and fear,
Create trouble and turmoil in this life, it is clear.

Let's think positive, act positive, be positive all over,
Be good, do good; enhance goodness all around,
When the forces of goodness and kindness will grow,
The negative emotions would diminish, wither, vanish and go.

So, don't spread gloom, spread cheer,
Don't spread hate nor fear; do spread love and hope, oh dear,
Scatter no ill-will, scatter goodwill and fragrance,
Whatever you scatter, comes back to you, in abundance,
Oh dear, oh dear.

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