

Talent in Medicine

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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 "Get off the train!" and "T for tolerance!"

The Chief Editor

Get off the train!

The only thing that troubles humans is their thoughts,
And yet they don't know how to be on their top.
Thoughts that bother come with momentum and speed of a train,
All we have to do is just get off the train, not catch it again.

How do we do that is somewhat this way,
You watch the gap between the thoughts; that is the station, here you stay.
When you drive on a crowded road, you keep an eye on the road,
You don't analyse people; so, watch not the thoughts but the gap which is the road.

You don't give importance to all the people when you walk,
Don't give importance to any passing thought as you walk.
When not given importance, thoughts always fizzle out,
The energy that we give them by our attention, is now clearly out.

Like, when we are driving and it starts to rain,
We start the wipers and watch the road unbothered by the rain.
Watching the road is to watch intently the gap between thoughts,
If you keep watching the gap, see how disappear the thoughts.

When you are driving you know when to change the gears,
Likewise, we should know how to change internal gears.
When thoughts start running, you change their gear from four to one,
Bring the gear to neutral and rest in the gap of inner silence.

Or become expert in changing directions,
When thoughts are haphazard, hazardous, haywire, change direction.
Change the topic you were thinking about, to a more benign one,
You can thus save yourself from harming yourself, you, the noble one!

By not using these techniques we end up destroying our peace,
By mastering them, we can bring back our lost peace.

Life becomes happy and joyful, if we thus direct our thoughts,
Education is now complete, we've learnt the art of handling thoughts!

T for tolerance!

In this world we see a huge variety of humans,
Who but The Creator, created the endless types of humans?
People differ in their colours, features, caste, religion and regions,
We live well together happily for we tolerate all divisions.

But we are all prone to our likes and taught and learnt dislikes,
We are susceptible to sermons that heighten divisions and dislikes.
The dislikes change to hate; enmity and violence results,
Tolerance goes to wind and dust; intolerance results.

Tolerance breaks barriers, brings trust, friendship and heaven on earth,
Intolerance breeds distrust, hate, and violence that make hell of earth.
Heaven and hell above; who has seen or reported?
The earthly, man-made heaven and hell, we all have noticed.

Nature's Sun and seasons teach us tolerance of all beings; no preference,
We selfish humans defy nature, create groups with some reference.
Thus walled, we become narrow in our outlooks and beliefs,
The promoters of intolerance and hate, sadly, find no peace or relief.

What if our skin colour and features are different?
What if our language and traditions are different?
What if our regions and religions are different?
Despite all our differences, our humanity is one; not different.

Tolerance and understanding create heaven, intolerance creates hell,
Choice is ours, we can create here heaven or hell.
Let's not create hell for ourselves or for any other,
Let's create heaven here for all by appreciating one another.

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December 2022 marks 25 years since the Bahrain Medical Bulletin has started publishing Dr. Anil Chawla's poems. His first poems were published in the March issue of 1996.