

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 “As within, so without!” and “Till well!”

The Chief Editor

As within, so without!

‘Whatever we have within we project it out,
If it is good then good or else bad gets out.
Wherever you put your eyes you plant what you have within,
Now what you see out is what you have already planted therein.

If you have fear in your heart you’ll see demons without,
If you have love in your heart you’ll see love all around.
If you have courage within you’ll create courage without,
If you have hesitation within you’ll live hesitation without.

Whatever is within gets projected on the outside
As a man’s faith and belief within so does he see outside!
How you are seen outside will depend on what you hold within,
You will act and behave according to the values held within.

Within is always more important than what is outside,
Within is first, what follows it is the outside.
What you hold within be careful about that,
The choice is yours do be aware of that.

Choose values which are universal and diligently hold them within,
Choose values which you would love others to hold for you there in.
Life is a big balance; here everything gets matched without and within,
Whatever you hold be sure of it and know what you hold within.

Envy, jealousy, hate will make you see the world in the same light,
Love, kindness, compassion within will bring back to you the same light.
In whatever coin you pay you get rewarded in the same coin,
Blame no one; look within, if what you get back is not your liked coin.

Honesty, transparency, straightforwardness, we demand from others,
Promptness, truthfulness is what we expect from all others.

Then know that these are the qualities you too must hold within,
For you will project and also get whatever you strongly hold within.’

Till well!

Till well your land, brother, you go ahead and till.
Till here, till there and all corners you must till,
Till, till, till; till you feel it is a worthy till.
Till, till, till; till you can’t make it better still.

As well as you till, so much give it will,
Till until your field is soft, without a stone or quill.
Sow the seeds in such a land, nicely grow they will,
The harvest that you gather, will tell the labour of your till.

Our life is our field that we are given to till,
We may plant beautiful flowers in it after the land is tilled.
We remove weeds and stones from it when we till,
Negativity and hate are the weeds that we remove when we till.

The flowers that we plant are of good qualities and courage,
Enthusiasm, positivity, peace and progress we encourage.
Friendliness, kindness and compassion make us good humans,
We leap forward in life if we are first and most good humans.

If you tilled your life well, you will prosper, to put money in your ‘till’,
With right means, if you filled your ‘till’, it will tell the story of your till.
Till it well, till it well, till your field of life well,
It will pay you in the long run, here, there or wherever you will.

September 2021 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.

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