

## **TALENT IN 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 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 presentation. This issue contains two poems titled "SMILE - JUST DO IT" and "AVOIDANCE PRINCIPLE".

**The Chief Editor**

### **SMILE- JUST DO IT**

If you can't with great ease laugh or smile,  
If it takes a great effort for you to smile,  
If you feel it is useless to giggle or smile,  
Get checked up; you can't go far without a smile!

You may be good in your work, sincere and all,  
You may get good results and laurels befall,  
But nothing shall avail and nothing will prevail,  
If the smile goes missing, nothing prevails!

You can't smile because you're absorbed with self,  
You can't smile for you take life as serious stuff.  
You can't smile for brooding it is you can't give up,  
You can't smile as you think you're some alien 'pin-up'.

If you can't smile, dear you can't kick away stress,  
If you can't smile, see how disappointments will press.  
If you can't smile, worries may take home and rest,  
If you can't smile what's the use of so-called success?

If you can smile, you needn't know any other language,  
If you can smile, you needn't be rich, smart or great.  
You may enter anyone's heart direct and straight,

With your smile you create a unity that's no 'fake'.

Smile to 'you' is a gift from heavens-  
Did you see a donkey smiling at someone?  
You better use your smile or else you'll lose it,  
As over the years the donkeys have lost it!

Smile is a cool breeze from your heart,  
Come on share it with all, you're Nature's part.  
Smile: don't be a miser; it won't cost you a lot,  
Smile, smile, smile, it'll lift your very own heart!

### **AVOIDANCE PRINCIPLE**

*Whatever you avoid, that'll avoid you,  
Avoid people and people shall shun you.  
Avoid a task and that skill will evade you,  
Avoid the plunge, the pearls shall elude you.*

It's OK to avoid smoking, gambling and the like,  
But if you avoid the essentials you aren't right.  
Often it is shyness; fear of failure and of shame,  
That lead to avoidances in the life's game.

Often sheer laziness and ignorance are the cause,  
Take care of them and you'll be up to the task.  
Fear of some sort is often the basic cause,  
Facing one's fears is the way fear is bypassed.

"Do the thing you fear most and death of fear is certain,"  
Only when fear dies, a free and full life is ascertained!  
So fear is the foe that needs to be tackled,  
Or else you live your life bound in shackles!

Fear thrives in the dark alleys of ignorance,  
Light of true knowledge kills fear in an instance.  
Let's live in right knowledge and always look for it,  
Knowledge liberates from fear; there's nothing like it!

When you are fearless you don't avoid the right thing,  
You face life as it comes boldly like a king!  
Imagine that freedom; dear live your life free,  
Live and breathe free, sing, dance and rejoice free!

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