

## **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 "FOOL, FOOL, FOOL!" and "STRESS AND TENSION".

**The Chief Editor**

### **FOOL, FOOL, FOOL!**

What a fool, what a fool, what a fool!  
Didn't realize life was ever on a spool.  
It's moving, changing at such a fast pace,  
To expect constancy is only a fool's grace.

I always worked and worked for a goal,  
Having worked, I looked for results and more;  
I was stressed and anxious as to what might happen,  
I was a fool not to relax & accept whatever happened.

Like everyone else I was born empty-handed,  
I came to possess a lot of whatever life handed.  
I considered it mine and worried lest I lose it,  
I was a fool to worry, forgetting I must go empty handed.

I asked and asked and I got and got of this and that,  
When asked to give, I couldn't bring myself to that.  
Hoarding, not sharing became a habit with me,  
I was a fool, I was shunned as a 'poor, rich me'.

I was born healthy and was also well-fed,

Grew up into a healthy robust form and built.  
But sickness can come anytime and when it did,  
Like a fool, got disheartened didn't face as a brave kid.

All men are created equal by Nature Supreme,  
I got into the rut of superior, inferior, high, low or mean.  
Comparison, competition, envy, jealousy grew all over me,  
I was a fool, I loved no one and no one loved me.

Happiness is what everyone wants, works and lives for,  
I too like everyone else worked hard for it.  
Happiness derived of externals would change to unhappiness soon,  
I was a fool, didn't realize instead to rely on the happiness within.

## **STRESS AND TENSION**

When your mind is stress-free, how nice you feel?  
You are relaxed, no tension in the head you feel.  
That's your normal state; know that to be always real,  
When that state is disturbed, know something is now unreal.

Stress and tension aren't normal, they shouldn't be accepted,  
Soon as they make an appearance, they should be rejected.  
A search should begin to find the cause of stress and tension,  
All efforts should be directed to eliminate the cause of tension.

But what to do if the Boss is tough, job is hard, deadline is ahead?  
When a friend deceives, failure stalks, a hungry lion is on head?  
"For every problem under the sun, there's a remedy or there is none,  
If there be one try to find it; if there is none, never mind it."

Fight, flight, fright are the three ways to handle a situation:  
You may gird up your loins and face squarely any situation;  
You may create and take an alternative route or destination;  
The worst is fright when you do nothing and live in tension.

Problems, insults, complaints, grievances, ups and downs;  
In this world we have to face and live with these clowns.  
Each one of us must learn their ways to handle all stress,  
Or stress is merrily waiting to make our life a mess!

Life is ever a changing drama from beginning to the end,  
You don't know what is in store for you or your friend.

You don't know how long your sojourn; when it might end,  
Why take the drama seriously, whatever it is, it's going to end!

Why can't we play the game of life as a prince might play?  
For fun and pleasure and leisure and remains happy and gay.  
Knowing fully well that his father, the king does take care,  
That he'll be looked after, through-out the rough journey here!

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