

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 “**Breathe!**” and “**Road Rage**”.

The Chief Editor

BREATHE!

Yes, you are breathing; but are you?
Breathing is just happening, its not you!
It'll continue this way, till the last breath,
Effortlessly it goes on and on, breath after breath.

There's another kind of breathing we didn't know,
That's called 'conscious breathing', did you know?
Here you breathe in full awareness; that is all.
Effortlessly, you apply attention to it that's all.

Feel your breath at the nostrils as you inhale,
Follow it down from nose to lungs as you fully inhale.
Treat it respectfully as a guest that won't stay long;
Who knows the breath will be with you how long?

Then follow the breath from lungs to nose as you exhale,
Let it out honorably as you completely exhale.
Follow each breath dear, in it's in and out course,
Watch chest and abdomen rise and fall during its course.

You must do this exercise if you have a run away mind,
Especially if it is restless, perturbed and a stressful mind.

If you are occupied in work then mind is fully absorbed,
If however it is empty, your peace will surely get robbed.

It is during such periods you must feel and watch your breath,
If you do it regularly, your mind will slowly come to rest.
Its wild running will first slow down, and then stop,
When attention is bound to breath, it'll get freed from thought!

But beware; thought has its very own great pull,
It won't let you be with breath, try as hard as you will.
Persevere and persist, don't let go of the breath,
Your life depends on it; dear, hold onto your breath!

ROAD RAGE

A car just touched and scratched another car yesterday,
The drivers came out and fought till one was dead that day.
This is not the first time such a deadly thing has happened,
This fit of rage called 'road-rage', on roads it often happens.

We keep our anger handy, ready to use and roll,
So, quickly it bursts out and goes out of our control.
In the clash of egos, each declares: 'You wrong, me right.'
We often find it easy to yell at another and fight.

We carry so much intolerance of others built within,
We start abusing and blaming others for faults so thin.
When our hearts are full of irritation, hate and defiance,
At the drop of a hat we start screaming in annoyance.

In this competitive world and it's fast paced life,
Selfishness reigns and we are full of stress and strife.
Goals are so important; means have lost their meaning,
So our actions are selfish, intolerant and demeaning.

We harbor strong views and opinions; likes and dislikes,
If we see someone opposed, we revolt, we just don't like.
If opposition is weak, we shout, fight and strike,
If opposition is strong, we often yield and keep quiet.

We claim we are full of love in our hearts,
But our love is superficial and selective to start.
Our love is limited to few; most are excluded from our hearts,
So we boil easily when hit by even a stranger's cart.

On the road, when accident has happened and damage is done,
By blaming the other, we try to lessen our responsibility and burden.
We take law into our hands; accuse, judge and punish each other,
The fight goes out of control and both are bound to suffer.

In some societies police quickly arrives; there's no use for any rage,
Where law is not so prompt, you live with a lot of road rage.
If one party remains quiet and generous, doesn't get into a rage,
Both may then be lucky to survive the deadly worm of road rage.

Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)
Associate Professor of Medicine
Oman Medical College
P O Box 391, PC 321, Sohar, Oman
Email: adman111@omantel.net.om