

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 “**The Enemy Within**” and “**Revise; But Don’t Revise!**”.

The Chief Editor

THE ENEMY WITHIN

All our senses are directed outwards, they can’t look within,
We see outside scenes and hear outside noise but none within.
The enemies of our peace and happiness, we look for them without,
The enemy of peace that lies deep within we just can’t figure it out.

When what happened, happened; and you felt it was too bad,
The event lasted a few minutes and then it was over, howsoever bad.
One who caused you pain has now disappeared from the scene,
But your pain starts increasing when there is no one else on the scene.

Now the enemy within gets down to work overtime to brood and ruminate,
The unhappiness starts to build up and if you let it, it’ll bring you to the hell’s gate.
Your head starts aching, temples strain and peace goes out through a yonder gate,
When next time you see this thing starting, know it’s the inner enemy, not fate.

Mind if not understood and controlled is the greatest enemy within;
It can destroy all you cherish if you let it play when it plays havoc within.
Repetition, holding and revising negative events, feeling ever so insecure,
Running to past and future, well that is the mind’s food and manure.

Please stop pointing fingers towards A, B or C for your unhappiness,

You'll always stay unhappy if A, B or C were the cause of your unhappiness.
Your mind, how it reacts to events, is the sole cause of your unhappiness,
The thoughts it creates after the event cause the feelings of unhappiness.

There is no doubt if you are unhappy it is your mind that is responsible,
If you don't watch its games and know them, then who but you are responsible.
Recognition of this enemy within is the very first step to a new glowing life,
Now you stop blaming others for your unhappiness and strife.

REVISE; BUT DON'T REVISE!

One of the three R's in the learning formula SQ3Rs,
Is Revision; besides the Read and Recite R's.
To learn anything well you must often revise,
First revision is soon after first learning; to be precise!

You walk and revise and you talk and revise,
Good students know it well as they often revise.
Learning of facts becomes easy as you revise,
It's like deepening the grooves in the brain, say the wise.

Statistics find a lot of mental illness in bright students,
Anxiety, depression and the rest home in on such students.
Why should that be so? They were brilliant students,
Habit of revision is the cause of the malady in such students.

Insults, grievances, grouses, hurts; all negative emotions and thoughts,
They keep revising in their minds long after the event is wrought.
Such revisions weave a meshwork of painful beliefs in their heads,
Like a spider caught in its web, they get caught in their swollen heads.

Poor bright students, no one taught them what not to revise,
We sometime increase our pain by this habit to revise.
Do not; For God's sake do not revise negative events in your minds,
Let go of them; don't hold them tight; no, not at all in your precious minds.

You'll save yourself a lot of trouble if you do not thus revise,
Negative, unpleasant and painful thoughts are given up by the wise.
By such revising, who are you troubling but yourself?
Drinking the poison of negativity, don't you hurt yourself!

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