

## 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 “**In Absentia**” and “**Living Simply**”.

**The Chief Editor**

### **In Absentia (In the Absence of)**

No doctor treats a patient, 'in absentia',  
It is dangerous to treat a patient in absentia.  
No mirror reflects an object in absentia,  
Why then we reflect people and events in absentia?

Some good or bad happened, but now it is over,  
An argument or fight happened and now it is long over.  
Some trauma happened and it is healed and is over,  
But in our minds we repeat it, for us it is never over.

We retain pain, we never let go of it,  
We multiply our misery, won't be done with it.  
By brooding, ruminating, munching and revisions,  
We dig our own graves but blame the environs.

We've lost the art of stopping the brooding cycle,  
Once we start, we can't stop pedaling the thinking bicycle.  
We don't know how to deflect the mind and change its direction,  
We think and think of things, people and dangers in their absence.

It is considered normal to keep going over the past,  
Some people dwell in and talk only of their past.  
They don't realize the 'in absentia' state of the past,  
In their heads it is always present and alive, not the past.

It is considered normal to keep dreaming of the future,  
Some people imagine so much, they start living in future.  
They don't realize the 'in absentia' nature of the future,  
In their heads it is always running, seems present, not future.

'I did that' is past; 'I'll do that' is future, both are 'in absentia',  
'I am doing this'; 'Let me do this' is real, not 'in absentia'.  
Out of a passive habit, we start living 'in absentia',  
Present maybe challenging, but is the real time to live, not 'in absentia'.

### **Living Simply**

Living simply is living beautifully,  
Living simply is living naturally.  
Living simply is living originally,  
Living simply is truly living fully.

But we often make our lives a mess,  
We live artificially just to impress.  
We complicate our lives with feverishness,  
We lose our simplicity and become depressed.

We compare with others, we compete with them,  
We follow them and we must go ahead of them.  
We praise them or criticize and condemn,  
We get lost in them, we lose ourselves in them.

Us versus them, me versus she, we get lost in these,  
He or they whatever they do we keep tracking these.  
He said that, she did that we get entangled in these,  
Good, bad and ugly, we keep labeling as we please.

We spin out a yarn and get bound by it,  
We then get oppressed and feel suffocated by it.  
We don't realize what to ourselves we are doing,  
We get caught in the dense web of our own making.

There is hope; we can return to simplicity,  
Mind our business, live within means, without duplicity.  
Come back to living simply and you'll be tension free,  
Drop complications; living simply is being free.

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March 2016 marked 20 years since Bahrain Medical Bulletin has started publishing poems of Dr. Anil Chawla. The first poems appeared in March 1996 issue of Bahrain Medical Bulletin.