

Unity in the Body

By Amar Vaswani

One by one, it starts like a seed,
Before a man's heart becomes enraptured with greed;
Come, let us toil, said one hand to the other,
Even at the expense of many a brother

The left eye looked, and the right eye saw,
The situation around them, a rock solid law;
The nose inhaled, and began to worry,
And the feet shuffled on, ever in a hurry

And what was flesh had soon become stone,
Sinew and skin, replaced by metal on bone
The body grew faster and stronger,
But heart and humanity burned no longer

Like a well oiled machine, it continued to bluster,
In a bid for success, ever faster and faster
The hands pushed further and the feet strived hard;
Only for the heart to become more and more marred

Soon its parts were nothing more than wheels in a gear,
Driven by constant despair and fear
And over time rust grew and parts began to fall,
With a cold heart at the center, not wanting to stall

Spare a thought, my dearest, for unity in the body,
Let not this rhyme be forgotten Nor shoddy;
If surgeons be left, and medics be right,
Will anything matter, if we are driven by fright?

If workload breaks backs and worries prevail,
Will there be any with courage left standing in the gale?
I hear you ask, my dearest, what must we do?
Reform, reform, and remember who

If Doctors are tired and their hearts be burnt,
What will happen to our country if nothing is learnt?
America piles debt, and Britain tries to be free;
Yet across the world many Doctors struggle fruitlessly

Spare a thought, my dearest for unity in the body,
Let not this rhyme be forgotten Nor shoddy;
Let machine not dominate Nor continue to run,
Reform yourself, O man, or your time is done

Start with the heart, and everything grows outward,
Let workloads be fair and compensation be forward
Let joy run free, and ideals remain
Or all we do, will certainly be in vain

The eyes looked around, there was no more smoke!
The oil had vanished, and muscle had woke
Rust shrugged off and the heart shined bright,
When people were the center, true and right

Medics stood firm, and surgeons United,
Physios and Nurses no longer divided
Administration was focused and patients were happy;
And even the parents had time to change a nappy

Let us not simply speak ideal,
But be honest and raw with a strong appeal
Burnout is real, and burnout is dark
And it's happening now, and making its mark

Take a long good look at ourself, O industrious machine,
Third in the world, by a wondrous measure
If we do not protect those in it,
There'll be no pleasure

If efficiency be the brick,
And compassion be the glue,
Let us keep our heart on people,
And let it burn right and true

Let us strive therefore for unity amongst the body,
And take a long look at what needs to be done,
Let us engage in conversation, eyes full of hope;
And let our promise be one day the battle will be won.