

Cure-alls

By Anna Harvey Bluemel

cure-alls

for somnolence:

get a big coffee. stand on the corner and watch
the men unzip the road: consider the innards of
suburbia.

for ague:

take a vegan vitamin tablet, brown, earthy,
as big as your thumbnail. if it sticks
in your throat, let it.

for apoplexy:

put a tetrahedron of salt on your fingertip,
then your tongue - think of the sea. stand
in front of a wall of greetings cards and weep.

for thanatophobia:

pinch the tops off the succulent leaves.
read about RTAs, neuroblastoma: can other
people's grief inoculate against despair?

Anna Harvey Bluemel is a medical doctor and junior clinical academic in the north of England.

© 2022 *Intima: A Journal of Narrative Medicine*