

Lighter Side of Medicine

INSPIRATIONAL STORY

THE TOUCHSTONE

When the great library of Alexandria burned, the story goes, one book was saved. But it was not a valuable book; and so a poor man, who could read a little, bought it for a few coppers.

The book wasn't very interesting, but between its pages there was something very interesting indeed. It was a thin strip of vellum on which was written the secret of the "Touchstone"!

The touchstone was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands and thousands of other pebbles that looked exactly like it. But the secret was this: the real stone would feel warm, while ordinary pebbles are cold.

So the man sold his few belongings, bought some simple supplies, camped on the seashore, and began testing pebbles.

He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet he went on and on this way. Pick up a pebble. Cold - throw it into the sea. Pick up another. Throw it into the sea.

The days stretched into weeks and the weeks into months. One day, however, about mid-afternoon, he picked up a pebble and it was warm. He threw it into the sea before he realized what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted came along, he still threw it away. So, it is with opportunity. Unless we are vigilant, it's easy to fail to recognize an opportunity when it is in hand and it's just as easy to throw it away.

HUMOR

WHERE'S THE TOAST I ASKED FOR

An elderly husband and wife visit their doctor when they begin forgetting little things. Their doctor tells them that many people find it useful to write themselves little notes.

When they get home, the wife says, "Dear, will you please go to the kitchen and get me a dish of ice cream? And may be write that down so you won't forget?"

"Nonsense," says the husband, "I can remember a dish of ice cream."

"Well," says the wife, "I'd also like some strawberries and whipped cream on it."

"My memory's not all that bad," says the husband. "No problem – a dish of ice cream with strawberries and whipped cream. I don't need to write it down."

He goes into the kitchen; his wife hears pots and pans banging around. The husband finally emerges from the kitchen and presents his wife with a plate of bacon and eggs.

She looks at the plate and asks, "Hey, where's the toast I asked for?"

Dr. Good and Dr. Bad

SITUATION: A type 2 diabetic individual who presented with impaired cognitive performance was advised to do yogasanas and pranayama.



LESSON: The researchers have demonstrated that regular practice of yogasanas and pranayama helps in stabilizing blood glucose levels and has a positive impact on cognitive performance in patients with T2DM.

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