

Lighter Side of Medicine

INSPIRATIONAL STORY

TWO MONKS AND A PRETTY LADY

Once upon a time a big monk and a little monk were traveling together. They came to the bank of a river and found the bridge was damaged. They had to wade across the river.

There was a pretty lady who was stuck at the damaged bridge and couldn't cross the river.

The big monk offered to carry her across the river on his back to which the lady accepted.

The little monk was shocked by the move of the big monk and was thinking "How can big brother carry a lady when we are supposed to avoid all intimacy with females?" But he kept quiet.

The big monk carried the lady across the river and the small monk followed unhappily. When they crossed the river, the big monk let the lady down and they parted ways with her.

All along the way for several miles, the little monk was very unhappy with the act of the big monk. He was making up all kinds of accusations about big monk in his head. This got him madder and madder. But he still kept quiet. And the big monk had no inclination to explain his situation.

Finally, at a rest point many hours later, the little monk could not stand it any further; he burst out angrily at the big monk. "How can you claim yourself a devout monk, when you seize the first opportunity to touch a female, especially when she is very pretty?"

All your teachings to me make you a big hypocrite.

The big monk looked surprised and said, "I had put down the pretty lady at the river bank many hours ago, how come you are still carrying her along?"

Moral: This very old Chinese Zen story reflects the thinking of many people today. We encounter many unpleasant things in our life, they irritate us and they make us angry. But like the little monk, we are not willing to let them go away. There is no point in remaining hurt by the unpleasant event after it is over. Learn to move on in life!

HUMOR

FOR CRYING OUT LOUD

With all the new technology regarding fertility, an 88-year-old woman was able to give birth to a baby recently. When she was discharged from the hospital and went home, various relatives came to visit. "May we see the new baby?" one of them asked. "Not yet," said the mother. "I'll make coffee and we can visit for a while first."

Another half hour passed before another relative asked, "May we see the new baby now?"

"No, not yet," said the mother. A while later and again the guests asked, "May we see the baby now?"

"No, not yet," replied the mother.

Growing impatient, they asked, "Well, when can we see the baby?"

"When it cries!" she told them.

"When it cries?" they gasped. "Why do we have to wait until it cries?"

"Because, I forgot where I put it."

Dr. Good and Dr. Bad

SITUATION: A 14-year-old boy with T1DM presented with some depressive symptoms. He was advised cognitive behavioral therapy.



LESSON: The findings of a randomized controlled trial has shown the benefits of cognitive behavioral therapy in terms of maintaining glycemic control and psychological well-being in patients with T1DM. When compared with nondirective supportive counseling, it is an effective option.

Pediatr Diabetes. 2018;19(1):106-13.