

# MIND TO MIND

*Creative writing that explores the abstract side  
of our profession and our lives*

*Stephen T. Harvey, M.D., Editor*

## Formal Diagnosis

Elizabeth Brooke Baker, M.D.

This morning I'll put sugar in my tea.  
I don't do it often (you know what They  
Say about sugar), it's usually  
Just a little milk and a longish steep.

Today though, I feel differently.  
Today is a day I might need a bit  
Of sweetness to temper the news I'll get  
Which tastes of bitterness, sourness, salt

I put one cube, no, two inside my cup  
And stir, clockwise, watching the snow-white  
Squares turn to mud-slush, and I sip slowly  
As the tannins fade away, and I smile.

Today will be a day of two sugars,  
Of listening and breathing and planning.  
It will be a day of new things, hard things,  
Important things. I'll go to it, sweetly.

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Accepted for publication August 19, 2016.

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Anesthesiology 2017; 126:755