

Basal Distance

by Ann Bogle

if it didn't have periods and commas it'd be a poem about
apostrophes and question marks about scenery do you have scenery
a winter ride to the lebanese psychiatrist the reason to go to the
psychiatrist is so men and women won't have to but tell them about
it later so they can benefit from it i said my anxiety on tuesdays is
revolting it used to be workshop day i used to like LIKE workshop
day but ten years without workshop comma tuesdays eat me what is
causing your reaction he asked war i said he said are you like the
rest of us and you disagree with war yes i said i disagree with war
and he said only one man agrees with war but he won't go to the
war then he told me try meditation and i said it's not enough you
must have a teacher for meditation on tuesdays an elevator is going
up and down inside my body's frame not quote unquote mental an
elevator is going up and down inside my body's frame not italics
mental italics basal dash basal than mental double dash basal
distress better than quote unquote mental illness in reject that label
we experience it for them or driving in a winter glass to the doctor
at eight early tend the gist you are seeking and save them red tape
paperwork and general satisfaction of given treatment call it basal
distance or basal distress not mental illness i heard the african
american woman psychologist say her wards are mentally sick are
white sick ones her black patients hurts typical i said raising my
hand basal distance question mark might it be long before mental
illness basal distance fills it next question mark

