

# Doctor do

little

by Paul Wilkins

**The thing that is getting everyone world wide worse health-wise day after day,** especially, though not only, people with; psychological/behaviour/mental problems-is the **inexplicit, unnatural title 'Doctor', being used day after day.**

To give evidence of this I'd like you to put yourself in the following two positions:

**1** One day you are at home feeling very stressed, upset, depressed, lonely, mentally upset not knowing what to do. A friend of yours by chance is walking down your street and by chance when passing your house thought 'Oh, I haven't seen such and such for a while, I'll nip in and see how he/she is getting on'. This friend comes knocking on your door, coming not to your personal expectation, asking how you are? Giving you the chance to naturally speak out and get off your mind what your personal psychological problems have been - thanks to someone contacting you and asking, not you having to think about contacting someone to do so.

**2** On another day you are again at home feeling very stressed, upset, depressed, lonely, mentally upset not knowing what to do. With no-one contacting you for ages to help you naturally share your problems, get them off your mind, you're getting so upset you feel that you need to do something before you get even worse. The only option you have is to ring up and make a normal/or if necessary emergency appointment to see a person with an inexplicit title of Doctor, and by yourself make unnatural plans of what to say to him or her with a 'title' explicitly meaning what?

Which of the previous two situations would you prefer to be in? If you haven't guessed already, most people I've put in these situations so far have opted to situation 1.

One way to make psychological situation 1 more applicable to people, without having to send people to their house when they're not expected, is to change the silly inexplicit title 'doctor' to something more naturally though explicit such as 'health consultant', 'health adviser', 'health assistant', etc

With a reference to a 'health consultant' I'll think naturally about going to see them for a 'consultation about my health'. With a reference to a 'health adviser' I'll think naturally about going to see them for some 'advice about my health'. With a reference to a 'health assistant' I'll think naturally about going to see them for some 'assistance with my health'. With reference to a 'Doctor' I can think of this word explicitly /naturally saying what?

Or is it an inexplicit/unnatural confusing 'title'?

**"Speaking to someone with an unnatural/inexplicit title, such as 'Doctor', about health difficulties, brings the problems more to the front of the sufferer's mind, causing more thought, therefore more trouble of it!"**

## **Assessed** by Maggie Strong

What will the doctor say?

Will she take away the pills that help?

Adjust my needs?

What lies can I tell her, when there is none to tell?

It's a question of money

Stinking money

No comfort do I get

Even though you know I'm bereft

Worried, screwed up

I have to face her alone

Frightened

Scared like a child in the darkness

It's all new this consultation

Could mean so much trouble

You got so impatient at my worries

Please come with me tell her

I can't face this alone

I'm scared

Yet as a child frightened

There was no one to comfort

And so it remains.