

# 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

