

## Toxicity

A test in Patience  
I take this morning.  
I always was  
a good test taker.  
My meanness and hysteria  
replaced  
with balance  
    in food  
    rest  
    pills  
I took my last Poison Pill  
last night.

Pharmaceutical, legal  
drugs  
cause lethargy  
    diarrhea  
    dullness of mind  
    fatigue  
    anger  
    frustration  
    out of control crying  
they throw you out of kilter  
see saw Margery Daw  
Bang she jumps off  
really quick  
my hymen breaks  
along the way.

We learn meanness  
from the hurt we've felt  
it erupts from both of us  
like a volcano  
or a lava lamp.

Overload on toxins  
increases cancer  
now I'm through  
with the doctor recommended  
POISONOUS DRUGS  
after skipping two  
accidentally  
(well, once accidentally)  
last week.

Now I'm through  
with the meanness  
    the anger  
    the tears  
I must try and make  
amends  
I must try and stay  
balanced  
I must try and feel  
good.

Sally Miller  
July 12, 2004

(upon finishing a course of antibiotics  
for Lyme Disease)

