

**Personal Rainbow**  
Michael E. Stone

I bought two light-blue plastic trays.  
Each has seven strips for a week's days  
each strip has four parts closed tight  
for morning, noon, eve and night.

They run  
from Sunday down to Saturday and then  
from Sunday up to Saturday again. Two weeks.

Every other Saturday after lunch I sit  
before me the boxes of pills  
I distribute them by days and hours,  
like a seven-day clock,  
or a player in a casino  
dealing cards in equal heaps.

So, Dr. Joe and I balance the chemistry,  
to keep the blood flowing freely, the heart pumping regularly.  
For this I must exercise and take  
all these ovoid and elongate, square and hexagonal,  
shiny pink, orange, blue and white pills.

Wonder of wonders, they work! he says, looking at the lab results,  
I like my combination of colours and shapes.

So we share our personal rainbow, but the body is mine.