

Barrett feels that it takes courage to express oneself on paper – to delve within and then to expose ourselves just as we expect our patients to do on a daily basis. He reminds us that our patients aren't impressed by our credentials or who we are or where we've been or whom we've worked with. They are what they are. And unpredictably that. Each day I begin again, just me and the patient with nothing between us but what we think we know and what we are about to learn.

The word courage hasn't been much used in physiotherapy. Barrett Dorko's writing has drawn my attention to this fine unseen thread which runs through our work connecting us as therapists with our patients. Courage is part of the fabric of the lives of the people with whom we work and in what we do each day. It takes courage to express our feelings and ideas in words, releasing our stories to others. For most of us revealing not only our weaknesses but also our strengths is equally difficult. I always marvel at the courage of the parents of a young baby as they hand their precious child over to me and let me handle the baby as I choose. And so I tell them how much I value this bravery and love of theirs, and that it takes courage for me to handle that child too. To command trust and respect, we must first grant it. How often do we abuse this trust by not respecting the person within when we demand compliance? Do we always remember that terror and pain are one and the same and that they heighten the sympathetic response, thus inhibiting the parasympathetic response we choose to facilitate?

Barrett reminds us that those of us who have chosen to enter a kind of work that not only requires that we touch others, but touch them in a way that they cannot ignore, are doing something that requires courage. Doing this we must remain steady in our resolve to remain present with the changes that inevitably occur and this requires an endurance and intellectual strength only study and some passion for the work itself can supply. But at the same time making too much of the therapist's skills often blinds us to something no real craftsman would ignore: the materials. Barrett hopes that others will learn that painful technique is largely unnecessary for profound changes to occur and believes that this is true because the materials of my craft have shown me this again and again. The answers are in the patients and they are the one's who have inspired this book.

## *The Old Men Come to See Me*

*The old men come to see me.*

*And they are wary.*

*As men usually are.*

*They will submit to my touch.*

*And can't imagine that the  
hand of another man could ever  
help much, or for long.*

*I wait, imagining myself pliable.*

*And when the sad burden of  
their life rises to the surface,  
that is what I finally palpate.*

*They begin to move me with  
their unrequited longing to rest  
in a place no one has encouraged them to go.*

*And I simply follow them there.*

*"I'm doing better". They say,*

*"You've done a good job".*

*Like a key in a lock, their  
words open my heart.*

*And I know I can never  
get enough of this.*

*The old men come to see me*

*And for that, I will always  
remain here.*

■ Barrett L Dorko

## **OBITUARY**

### **ROSEMARY HARTE – JULY 1996**

Rosemary died peacefully shortly before her 82nd birthday, 15 July 1996. For the last two to three years she has battled with emphysema, in and out of hospital, but she died in her little house in Cape Town. Rosemary called her house Ballyrush. The house in Waverley, Johannesburg, was also Ballyrush, and this epitomised her life. Ballyrush is a town in Ireland so there must have been an Irish connection.

Everything that Rosemary did she put in 150% of effort.

She started studying Art in London, and after a serious riding accident which left her with a damaged shoulder, she switched her interest to physiotherapy and did her training at St Thomas' Hospital, London. She acquired great experience in the Forces in Egypt, and after the war started her practice in Johannesburg. She pioneered the Ante-Natal training in Johannesburg and had huge classes in the

YMCA, and later moved to Wanderers and the Sandton Clinic.

She retired to Cape Town on the early eighties.

She was also involved in the early days of the Obstetric Association of the SASP, and would have been interested to know we are now the Association for Women's Health.

Her main hobby was Siamese Cat breeding and many of the Cat studies were applied to the "preggies"! She continued her cat breeding until she became too ill.

Another hobby in Cape Town was pottery, at which she excelled. She was always interested in wild-life, and studied Cape Town history in her early days there.

Thank you Rosemary for the "start" of the library for the Obstetric Association now "Women's Health".

■ Brenda Kastell