we sit back and let the politicians and health administrators make all the decisions, we cannot complain when we have to comply with all the bureaucratic falderal that goes along with a service industry.

Speak out when others talk glibly about health care providers and how they are really all paid too much for what they do. Join your organized medicine components and let our collective voices be heard. We have seen what can be done when physicians cooperate toward common goals. We need all the physicians of Hawaii, working together, to send a message: "We are a profession and have pride in that profession."

In Unity there is Strength!

---

**Mother’s Day Poem**

**Mahm**

*(Meaning Mother)*

The sweetest word the world ever knew
Is spoken by my son at his tender age, two.
"Mahm," he says as he looks all about
It’s never whispered, and you won’t hear him shout.

Perhaps it’s request much more than greeting,
And if there’s no answer, he’ll sure try repeating.
"Mahm," he repeats ’til his goal is complete...
But sometimes he says it just because it sounds sweet!

And sweet is that word, and sweet is its pitch...
With clear intonation in sounds bright and rich.
Immediate response is commanded by style...
Not just complying...but with a big smile!

"Mahm," he says and points to his cup,
Or holds up both arms, meaning, “please pick me up.”
Sometimes his “Mahm” means, “I want to go play,”
Or “Please don’t forget that at bedtime we pray.”

But “Mahm” also clicks with his poem-penning Dad,
Who scribbled these thoughts on a green “Post-it” pad.
In searching for the essence of a word so profound
I reached deep inside me...and here’s what I found-

“Mahm” means the source of sweet loving care.
It’s the well spring of comfort and stuff I too share...
Like beauty and warmth and ideas for fun...
Trips to the beach, and protection from the sun.

And of thousands of things I surely could list -
But even with that, there would be some I missed.
So I’ll sum up the meaning of this awesome word...
“Mahm” means, “I love you,” in case you haven’t heard!

Robert Swaim Flowers
And his son Christian, at Age 2

---

“Work Keeps Me On The Road Over 8 Months A Year:
American Express Travel Smooths All The Bumps.”

Fereidun Fesharaki, PhD
Director of the Program on Resources
East-West Center

American Express Travel

Commerce Tower
1440 Kapiolani Blvd. • Suite 104
(Corner of Kapiolani Blvd. & Keeaumoku Ave.)
941-0568 or 947-7171

---

American Heart Association
Fighting Heart Disease
and Stroke

If you are what you eat, why not cut back on fat?