

June 2018

## Poisons and Remedies

Mara Bahmer

*John Carroll University*, mbahmer21@jcu.edu

Follow this and additional works at: <https://collected.jcu.edu/jcr>



Part of the [Fiction Commons](#), [Nonfiction Commons](#), and the [Poetry Commons](#)

---

### Recommended Citation

Bahmer, Mara (2018) "Poisons and Remedies," *The John Carroll Review*: Vol. 71 : Iss. 3 , Article 4.

Available at: <https://collected.jcu.edu/jcr/vol71/iss3/4>

This Poem is brought to you for free and open access by the Student at Carroll Collected. It has been accepted for inclusion in The John Carroll Review by an authorized editor of Carroll Collected. For more information, please contact [connell@jcu.edu](mailto:connell@jcu.edu).

## **Poisons and Remedies**

By: Mara Bahmer

I am a glass bottle containing a mixture of  
Medicines and maladies  
Elixirs and venoms

Sometimes the mixture inside me is effervescent  
Colorful bubbles of happiness, contentment, love  
Frothing over my lip

Other days the mixture is sticky and thick, like tar  
It covers my insides, making me opaque rather than translucent  
So that all people can see is the dark black of sadness, fear, anxiety

Most days I am both, large tainted bubbles bursting and  
Splashing me with blackness and color  
I cannot understand this beautiful, volatile potion inside me

After all, how can I be two things at once?