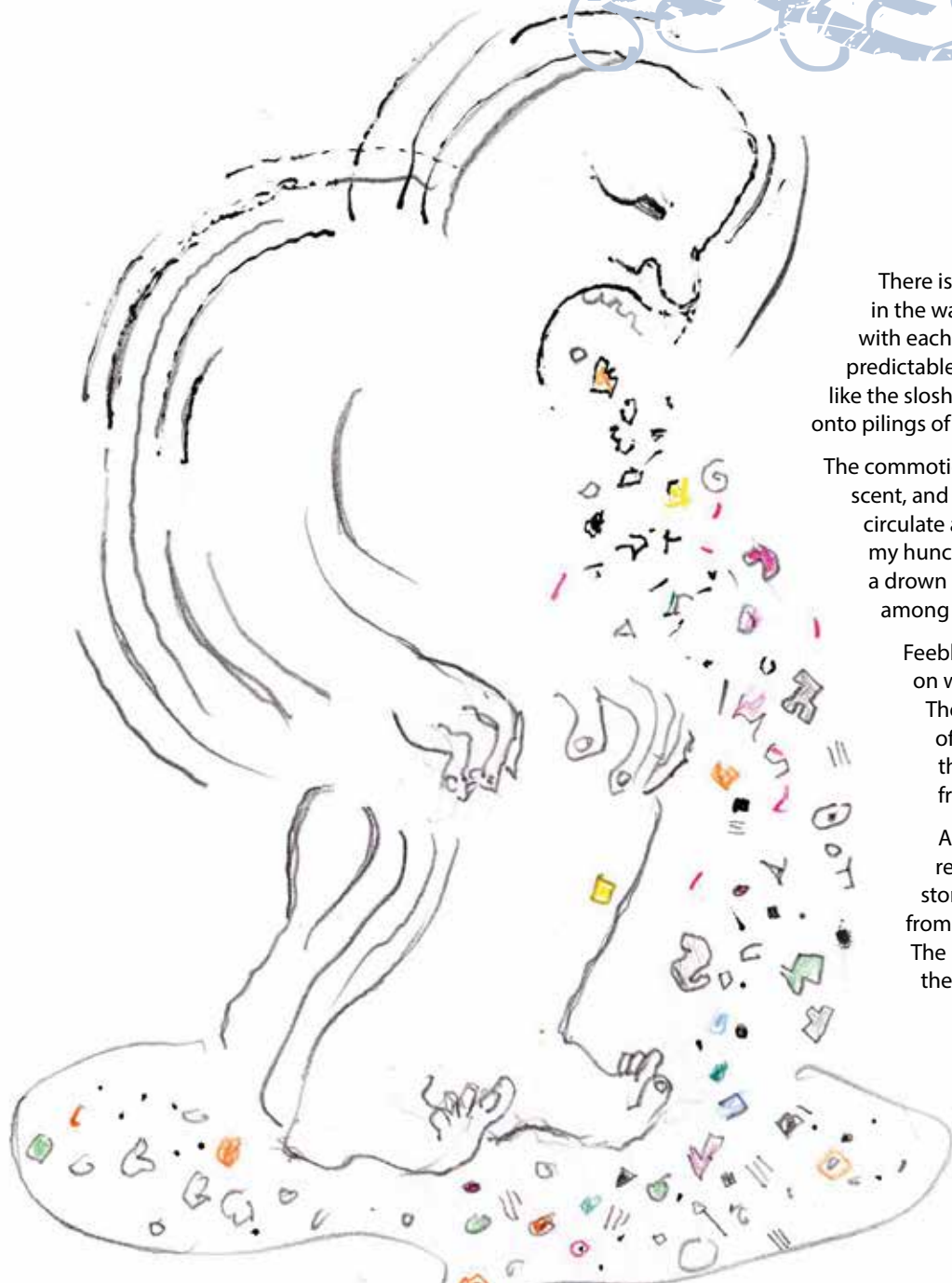


# emesis



There is, perhaps, grace  
in the way my toes elevate  
with each guttural heave;  
predictable and precise,  
like the slosh pound of saltwater  
onto pilings of a weakened pier.

The commotion of swirl,  
scent, and sound,  
circulate around  
my hunched shoulders;  
a drown of gasps  
among successive retch.

Feeble hands landlock  
on wobbled knees.  
The grotesque drip  
of acidic scraps,  
their frothy repel thick  
from the lips.

A therapeutic cleanse,  
repulsive. A rugated  
stomach now hollow  
from a purge and scourge.  
The body, cleaning house  
the way it knows how.

*Aaron McGuffin, MD*

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Illustration by Jim M'Guinness.