

Home Truths

By Jan du Preez

How shall one speak of the unmentionable?
Yet speak one must, to celebrate a part of life
That is as natural as breathing and eating and playing and sleeping:
This vital function of life, that ends when life itself ends.

What a joy and what a comfort it is to have a good one,
One that is gentle and easy and leaves one feeling contented.
So, what makes for a successful experience? you ask,
What then are the component parts?

Well, there are a few things to bear in mind.
In no particular order, but one does need time.
A hurried movement is a recipe for trouble
For then it is oft accompanied by cramp and pain.
In a sense the need should not be too great
For then it comes too much, or not at all.
Time implies leisure, an opportunity to think,
To reflect, maybe to read—or maybe even to write.
An airy place is good: but try to avoid draughts.
Also the place must have a window (and if at all possible, a view).
Good light is important: not too little nor too bright.
Privacy is a much valued thing,
No distractions from passers-by, curious onlookers,
Persons queuing or yelling angrily: “get out, it’s my turn!”
As with good hygiene, routine is a golden rule:
“Regular as clockwork” is the goal and the prize.

To complete the list of healthful and helpful habits
That contributes to success in this, as in all of life,
One must but spell out nature’s tasks:
Seek clean air and value every breath;
Take nourishment as fresh and flavoursome as you can;
Be joyful and take delight in frolicking, alone and with others;
Rest and revitalise your body and spirit every night.