

OBESITY

Obesity—I dare not lie—
in treatment’s urgency,
prevents some measures that apply
to meet emergency.

But in a famine’s forceful fast
the calories in fat
will help the obese person last,
while skinny folks fall flat.

And though the thin have less to tote,
when strolling seaside sand,
those blest with stores can better float
to safely reach the land.

Don’t ever denigrate the girth
of people richly sized,
nor doubt your body’s true self-worth,
if you’ve been stigmatized.

While sticks and stones break skinny bones,
they bounce off those with fluff;
but joking pokes at fluffy folks
call forth my “That’s enough!”

— *David L. Hatton, 4/8/2020*