

The EDITORS' MUSINGS



Dr Tina Tan

Editor

Dr Tan is a psychiatrist with the Better Life Psychological Medicine Clinic, and a visiting consultant at the Institute of Mental Health. She is also an alumnus of Duke-NUS Medical School. Between work and family life, she squeezes time out for her favourite pastimes – reading a good (fiction) book and writing.

February is always that time of year when we try to feature the lighter side of life as a doctor. That being said, a year ago, we were only just beginning our battle with COVID-19. A year later, even as the Government's vaccination drive is still underway, let's just enjoy ourselves a little, shall we?

This month, we've featured a host of articles from our colleagues and juniors who have green thumbs (yours truly being not in that category – my only floral successes were with cacti and Venus flytraps, which are really very self-sustaining to begin with).

My special thanks goes to our local and overseas-based medical students who continue to write in to *SMA News*, regaling us with their insights, experiences and hobbies.

To our Members, thank you for your continuous support of SMA.

Welcome to the February issue with its focus on gardening, where I hope you can discover useful gardening hacks or get ideas for a new hobby!

Gardening is a fantastic hobby. Sunshine and fresh air work wonders for the mood. Gardening also keeps us on our feet and the pounds off.

I never thought I would develop an interest in gardening or have green fingers, till I visited the extraordinary gardens of some of our fellow physicians. I hope that this collection of articles will spark your imagination as it did mine, to embark on a quest to find my roots in nature.

What I learnt as an amateur gardener is to not be restricted by space, time or effort.

I would like to list some ideas on how to start. For the space-constrained seeking peace and harmony, practise the art of bonsai and growing miniaturised mature trees in a pot. Forgetful gardeners can go for low maintenance air plants sitting in glass globes or decorative terrariums. Self-sufficient gardeners and those who want to progress beyond alfalfa and bean sprouts can start a vegetable garden. Vertical gardening and hydroponics are the latest craze.

Dr Lim Ing Huan

Guest Editor

Dr Lim is the first female interventional cardiologist in Singapore. She is an early adopter of new technology and is a key opinion leader in international cardiology conferences. She shares a clinic with her twin sister, an ENT surgeon in Mount Elizabeth Hospital. Travel, fine food, family love and friendships are the things that keep her going.

I also had the fortune of seeing fellow doctors planting pineapples and pomelos in pots. It is possible and the fruits are almost as big as the pot itself. Fire your imagination – pots can grow more than herbs, chilli, tomatoes and ladies' fingers. Be patient, for one day, your sapling will grow into a fruiting mango, rambutan or even durian tree. For now, I am nurturing a small avocado sapling, which I hope to espalier in a few years.

The budding horticulturist comes in many forms. Enjoy the articles on gardening! ♦