

## Poetry

**Cite this article:** Zieneldien T (2024). The value of time. *Palliative and Supportive Care*. <https://doi.org/10.1017/S1478951524000087>

Received: 27 November 2023

Accepted: 25 December 2023

Email: [Tarekz@usf.edu](mailto:Tarekz@usf.edu)

As a child,  
I looked forward to the next few days  
After catching a cold  
Since they signified the passing  
Of my aching sore throat  
That made it difficult  
To swallow milk chocolates

Now,  
I fear the next few days  
As my body rapidly degenerates  
And although I spread my hands  
To catch the sand grains from the hourglass  
I slowly lose my ability to swallow  
With each slipped grain

**Competing interests.** The author declares no conflicts of interest.