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## An Efficient Remedy Is to Be Alone

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CHRISTINA MORTELLARO

# An Efficient Remedy Is to Be Alone

A migraine: loose change jangling inside a balloon—muffled  
copper flicks *I-I-I*: an attempt to speak. Across the forehead: flop  
like a cat chasing traced feather-pressure. You can apply a soft vice,

two cold pillows, to block out sporadic pennies clanging—florescent,  
light bulbs unscrewed, packed in cardboard & bubble-wrap  
to reduce throbbing—etch-a-sketch it away. Draw empty

faucets to wash down tylenol & swallow, pills like rosaries—  
beads sticking half-way, make goldfish gulps: rhythmic peristalsis,

push them down. Lay alone, ignore the knuckled morse taps—  
*Better yet?* Tighten pillows, maybe carousel your summer, anything quiet

to induce sleep: butterflies inside picnic blankets, knitting your Christmas gifts  
months in advance, reading science textbooks—lysosomes hammer-smashing cells.