First Aid Refresher

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It's like our last meal. You're frying onions, then cracking each egg by its skull, the hopeless life-stuff slushing into the skillet. This will get us through the morning, you promise. The interminable morning before us, when we remember all the ways the body dies. Stopped breath, the heart in fibrillation. Uncontrollable hemorrhage, shock. I've packed us brown-bag sandwiches to chew and swallow while the video reviews suctioning of airways. Then will come the afternoon slide down the spine of injury: burns, the needle impaled in the eye. Finally, the written test, to see if we've truly learned how frail the air that finds our lungs, its brief course through blood and brain before it escapes again silent as a soul.