**Johannes Steenkamp 17/09/2018**

**3618770**

**PHT402**

Do not go gentle into that good night

[Dylan Thomas](https://www.poets.org/node/44729), 1914 - 1953

Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.  
  
Though wise men at their end know dark is right,  
Because their words had forked no lightning they  
Do not go gentle into that good night.  
  
Good men, the last wave by, crying how bright  
Their frail deeds might have danced in a green bay,  
Rage, rage against the dying of the light.  
  
Wild men who caught and sang the sun in flight,  
And learn, too late, they grieved it on its way,  
Do not go gentle into that good night.  
  
Grave men, near death, who see with blinding sight  
Blind eyes could blaze like meteors and be gay,  
Rage, rage against the dying of the light.  
  
And you, my father, there on the sad height,  
Curse, bless, me now with your fierce tears, I pray.  
Do not go gentle into that good night.  
Rage, rage against the dying of the light.

In this reflection I will try to explain what this poem means to me and how I relate it to people who suffers from disease, illness and pain The poems name is, Do not go gentle into that night. The poem was written by Dylan Thomas who was born in 1918 and died in 1953.

First paragraph: The writer starts off by saying do not go gentle into that good night; this lets me think that eventually bad things will happen to people no matter what. It is unavoidable. Therefore everyone will experience bad and difficult times. Old age, which refers to at the end of a certain amount of time, we will think about our life experiences and think about what we have achieved with our life. Even if you think you haven’t, remember to keep fighting against self pity. Rage, rage, before the dying of the light. Therefore fight against bad things that might be happening to you.

Second paragraph: People who have been through similar experiences will tell you it might be a long and difficult road to recovery. However, their words forked, meaning that every patient might react different to treatment. And then it goes on by saying that you shouldn’t just accept what others have told you. Before you believe them, fight this diagnosis or pain that you are experiencing and stay positive that you can fight against anything.

Third paragraph: The good men, to me refer to those who represent goodness and kindness towards patients. This could be us as physiotherapists. They see the struggle in the people who suffer but their actions, even if intended well, is still helping the patient and therefore doesn’t go to waste. However, they should not stop fighting along with the patient to overcome their pain and suffering.

Paragraph 4: Wild men refer to those patients who just give everything without any fear. Those patients will try their absolute best and work as hard as possible to overcome their difficulties. However, even though they are fighting with whatever strength they have, they realised that it might not enough to get them back to their previous best. They must from now on realise that they will have to live with their impairments. However, don’t just give up just because you know the outcome is not what you expected.

Paragraph 5: Grave men, referring to those who have been through similar experiences, will tell other patients who are struggling with their condition there will be light again and things will improve if you keep working hard. You can be happy once again even if you have an impairment like for example a spinal cord injury. Rage, rage against the dying of the light. Yet again, keep fighting and don’t pity yourself.

Last paragraph: Then he speaks to his father, there on the sad height. This might refer to people who believe in God or maybe somebody a person might look up to. The patient might feel that God have to make a decision on them. Either He helps them to get better or just take their life. They don’t want to be just the way they are now. They believe it is now in His hands and not theirs anymore. However, the poem ends with the words that you must keep fighting, climb the mountain and don’t just accept your condition, illness or pain as it is now.

The poem can be interpreted in many different ways but to me this is how I see it. It doesn’t give a wrong or right analysis but merely the writer explains how he experienced his life.

Reference:

Dylan Thomas. (2018). Poets. Org. Retrieved from: <https://www.poets.org/poetsorg/poem/do-not-go-gentle-good-night>.