



## **Berry Good Doctor and Sally Smiles**

Berry Good Doctor and Sally Smiles weren't just the usual type of medical assistants; they were special. They often travelled around from place to place to help a mother give birth to new little one and help to cook good meals for her while she rested and gained her strength again.

They liked to teach classes on how to stay healthy. They prayed for the sick ones to be healed, and helped counsel them in what to do to change things so they could stay healthy for much of the time.

If they saw children eating things that weren't good for their teeth and health, they would quickly get something better for them to nibble on, and have them "trade in" their poor quality snack, for something natural and health promoting.

If someone had an accident, they were quick to spread the word to the town, so that everyone would get praying, and pitching in to help wherever the need was, while they recovered.

Berry Good Doctor and Sally Smiles weren't the type of people that waited for the sick and ill to come to them with their woes. If someone or some area of town was often suffering ill health, this was like an alarm bell to them.

They would meet with the people involved or those that

lived there, to find out what needed to be changed so that things would be as happily healthy for as long as possible.

Due to their vigilance in helping the townsfolk to live in the best and most health-promoting ways, there was hardly such a thing as “the flu”. This is what they worked hard at, to keep everyone taking good care of themselves and looking out for others.

Sometimes they called in specialists in different areas, to be of assistance. When it seemed the water supply for the town wasn’t as pure as it should be, they had it checked out. This would surely affect the health of those there. When a building’s structure seemed weak, or something could cause an accident, those who knew about it were called in to check things out and fix whatever was needed.

As a result the townsfolk enjoyed life far more. People from other areas of the country started noticing how much more fun was being had, and how much happier folks were in Berry Beary Town. They knew there was a lot more love and kindness going on, and that was helping to change it, but it seemed folks there were in better health too.

One day a visitor showed up at the home of Berry Good Doctor and his wife Sally Smiles, to see if he could learn anything that would be a help to his own town, half a day’s journey away, by bike.

“Come in! Do come in,” Sally Smiles said, in her warm and

welcoming way. George the Garage Fix-it Bear was shown to a seat, and a refreshing glass of water was placed on the table near him.

Berry Good Doctor came to chat with him. “So where did you come from? It seems you have biked for hours.”

Gee-Gee Bear, as he was called by those who knew him, began:

“I live in a small and remote village near the West coast, called ‘Poppy-Ville’; at least that’s one of its names. You might have heard of it by some other name. But you should see it in the late spring. It’s like it is all in colour, with flowers of all sorts blooming and blossoming—in gardens, in the wild, on the trees, and in vases on tables too!” Gee-Gee Bear pointed to the lovely flower vase on the table there.

“Ah, yes,” Berry Good Doctor nodded. “Indeed I have, though I must say I have never taken the trip to visit yet. Now I know just the right time of year to do so!”

He nodded to his wife, who knew to take a note and plan a visit to that village next spring.

Berry Good Doctor then asked, “So, besides inviting us to your village...” Berry Good Doctor joked and Gee-Gee Bear Chuckled, “what can we do for you; what is the purpose of your visit here?”

“I see someone must have directed you to our house. Are

you well? Is someone in need of medical care and assistance?”

Then began the long explanation—for that was something Gee-Gee Bear was good at doing. He went into great detail telling of all aspects of his town, and the folks living there; and more specifically how he wished to help the sick. He had heard that Berry Good Doctor and Sally Smiles were some of the best ones to counsel with on health matters, and so he had at last taken the time to journey here.

Sally Smiles brought a “Health training pack” over to him. She had several made for the last seminar they held, teaching folks about all aspects of healthy living.

“If you’d like to keep this information package,” Sally Smiles said, “you might find many useful tips in it. Study this when you get home, and try out a few things. Then when we come, perhaps we can discuss how things are going, and see what further assistance we can offer.”

Gee-Gee Bear was very pleased. He wasn’t expecting this at all. He had brought a little notebook with him, hoping that a few tips could be recorded in it to bring back to his village; but this was much better. After repeatedly thanking his hosts he placed it in his back pack.

“We’ll, I think I best be going, as I have a long ride back, and don’t want it to be too dark when I get home. There aren’t any street lights where I live, you know,” Gee-Gee Bear explained.

Berry Good Doctor and Sally Smiles exchanged glances.

They knew too much of anything wasn't good for one's health—even too much exercise and bike riding.

“Perhaps you best get going then, for your safety's sake—unless you'd rather time to recoup your strength, have a swim, eat a good nourishing meal, and get an early night's sleep. Then in the morning you can start off good and early, before the sun gets too hot,” Berry Good Doctor said.

A wistful look, thinking that would be so wonderful, crossed Gee-Gee Bear's face, but then he said, “Well, I don't know anyone here, and I wouldn't know where to stay...”

Sally Smiles picked up the telephone with a smile, of course, and walked to the next room to make a call to a friend.

While the other two waited they chatted about George's Garage work. He was quite a skilled mechanic, and found particular enjoyment teaching the eager boys of his village who wanted to learn anything of that sort.

“So you are a good teacher too, I see,” Berry Good Doctor commented. “And you like machines. Well, since our bodies are built much like machines, and need to be kept in good working order, I can see you will do well in helping to pass on the information in the package we gave you.”

“I hope so,” Gee-Gee Bear responded. “I really do want things to get better in every way.”

“I know it will—from this moment on—because you are doing what you can. That’s all it takes, each one deciding a change is needed, finding the right change to make, and then acting on it, each to their own ability.”

Sally Smiles walked in just then, to announce:

“Good news! There’s a house about a mile away, that has a spare room. It’s the home of the Honey Hearts, our good friends. They are more than happy to let you stay there for the night—and will feed you a good supper, and breakfast too. I’m sure you’ll enjoy it there—that is if you like honey! They’ve got the biggest bee farm around. I’m sure you’ll feel better starting your trip home tomorrow.”

Gee-Gee Bear thought it almost too good to be true, and gratefully accepted.

“Oh,” Sally Smiles added, “and they have a lovely natural swimming pool. There’s a small waterfall on their property that pours into a rock pool they have made. You are welcome to use all the facilities there. I often send patients to their place that are in need of recovery in some way. It is fully equipped for rest, recovery, and rejuvenation. Enjoy!”

Berry Good Doctor walked Gee-Gee Bear to the door, and grabbed his own bike helmet as he did.

“I’ll bike with you there!” he said.

Rinngg! Went the phone, and Sally Smiles picked it up.

“How nice to get a call from you, Berry Beary Kind! How are you?” she was heard to say.

Word had gotten around that a new visitor was in town, and that he had been visiting with Berry Good Doctor and Sally Smiles. He called to make sure he felt welcomed and had a place to stay. Sally Smiles told him that indeed all was well, and thanked him for his thoughtfulness.

After Berry Beary Kind hung up, a thought came to him. He packed up the dinner he had just cooked, and loaded it into his bike basket—along with an empty jar.

He’d go to visit the Honey Heart Home too, and eat his supper there, getting to know more about Poppy-Ville, and see if there was anything Berry Beary Town could do to make things better for them.

The jar was for the honey the family would want to share, but might need a container to put it in. He could send it with Gee-Gee Bear, as a souvenir of Berry Beary Town, telling him that he and those of his village were always welcome to come visit any time.

Berry Beary Kind Series:  
[www.nurture-inspire-teach.com](http://www.nurture-inspire-teach.com)