Writing and artificial intelligence: *apprivoiser* one's own paper
Écriture et intelligence artificielle : « apprivoiser » son propre texte

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Dear Editors,

Generative AI use in medical education, including medical writing has been increasingly discussed in the Canadian Medical Education Journal.[1-4]

While AI may save time, we must move beyond this discussion. I invite readers to recall the French verb *apprivoiser*. Antoine de Saint-Exupéry, in his novel *Le Petit Prince,* deepened its meaning: not merely "to tame," but to take time with something, to build a bond through shared experience, so that it becomes precious and irreplaceable.

The long nights spent wrestling with expression, the quiet persistence in shaping one's ideas. This is the very process: to *apprivoise* one's paper.

In Japan, *Le Petit Prince* is a widely loved story. Researchers in French literature continue to discuss the deeper layers of *apprivoiser*. Many people, including myself, a long-time admirer of French novels though not a specialist, are captivated by this term. The word *apprivoiser* feels ever close to us.

Dialogue is difficult between those who regard papers as mere records, where only accuracy matters, and those who cherish their work as the product of a personal journey. Is saving time, even if AI genuinely does so, really so important?

Even when using AI, I advise: write the draft independently, revise it until it feels fully your own, then use AI only to check for grammar. If the AI's suggested expressions feel foreign, return to your original phrasing.[5]

To write independently is to *apprivoiser* one's paper. And this act—slow, imperfect, human—may become one's invisible treasure. After 46 years of writing over 620 PubMed-indexed papers, I grasp it: *Le plus important est invisible.*[6]

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