

# HEALTH & HYGIENE

## Obesity

- ❏ One of the BIGGEST problems with obesity is that, if physics (astrophysics?) is to be believed, obese people will soon evolve their own gravitational field which will have profound, if not devastating, affects on the Earth upon which they live ... and also on the Earth upon which the rest of us also live.

INT. University. Physics Professor with his Tutorial Student – DAY

### **Astrophysicist**

It's very simple, young man. The laws of physics are the same throughout the entire Universe.

As bodies get bigger, so their gravitational field gets stronger ... the Earth's gravitational field is much stronger than the Moon's, for example.

Even in the asteroid belt, the bigger rocks develop gravity.

### **Student**

*(totally aghast)* But what will all this mean?

### **Astrophysicist**

Well, if everything we know about science is right, as the population of obese people expands they will become more and more repelled by each other.

*(trying to appease)* By repelled, I don't mean the revulsion an obese person feels upon seeing other person's obesity ... I'm talking about the other obese person's gravitational field.

**Student**

But what will happen when they want to meet ... you know ... to have a chat ... or sex ... or whatever?

**Astrophysicist**

Well, better not think about that too much ... lest you want to kiss farewell to a good night's sleep for the rest of your life.

But suffice to say, they will not be able to get close enough to shake hands, hug or (thankfully) have sex and ... have fat kids.

They will be obliged to constantly rotate around each other, mutually attracted and repelled by each other at the same time – in a cosmic dance not unlike the Earth, Moon and Sun.

They'll have to meet in large city parks or in fields in the countryside or somewhere with lots and lots of space and yell at each other from a distance ... while running madly in a big circle, as fast as their fat legs can carry them, to keep up with the force of their own gravity.

It will be a sight so pitiful and so heart-breaking ... and so absolutely hilarious to the huge onlooking crowd ... that the government would be obliged to provide strong floats or carts with robust wheels which they could lie on and rotate on and would be powered by the gravitational pull of the other obese person they are attempting to communicate with.

The bigger they get, the greater the distance they will have to rotate around each other and soon they'll have to yell at each other using a megaphone or some other hand-held loud-speaker device.

And, tragically, because of the destruction caused by the cart wheels to the soil of public parks and valuable farmland, they would soon have to be banished to deserts and other uninhabited hard lands. Moral opposition to this inhumanity would take a back seat to pragmatism, I fear.

**Student**

*(still stunned in his naivete)* But ... but what about the rest of us, that don't have a gravitational field?

We'll keep getting pulled towards them just like the smaller rocks in the asteroid belt.

Mind you, it's not that we would want to – it's just that the Laws of Physics would compel us ... Am ... Am I right ?

**Astrophysicist**

Silly boy! Remember your physics! OK! Relax. We will be fine.

Because of our mass, this will have a negligible effect on us. It will have an effect – but nothing to worry about. But our flying friends will live in a world of great contrast to us. They will live in our world ... but of constant peril, I'm afraid.

Flies, bees and all winged bugs, whilst merrily buzzing past all us regularly sized humans, as they've done forever and as happy as the day is long, will suddenly slam into the nearest obese person. And remain stuck there till they die of old age or malnutrition or thirst. Poor creatures!

And obese people will have bugs permanently stuck to them when outdoors. They'll all look like wind-shields on vehicles in mosquito-infested countries.

As the obese problem grows bigger, small birds will, tragically, follow the same fate as the bugs.

Unable to maintain their flight path ... that they were able to do since the time of the dinosaurs ... small birds will suddenly be pulled off course and tumble, asteroid-like, into the nearest obese person.

I'm afraid, we will lose most of our pretty little garden birds.

**Astrophysicist (contd ...)**

And if the obese guy is sufficiently aware enough to notice that a lot of free-flying birds are actually stuck to his body, and manages to have the dexterity to pluck them off and hurl them away – it will not enhance his dignity I fear.

Nor will it save the life of the poor bird because, no matter how hard he can throw it, the bird will be unable to escape his gravitational field and will slam right back against his body.

Only stronger, high-flying birds will survive ... provided they adapt fast enough to the changing world and learn to build their nests on the tops of high trees or buildings or mountains.

**Student**

*(getting more and more horrified)* What a terrible life for obese people. I can't imagine anything worse than that.

**Astrophysicist**

Your imagination is clearly limited, young man ... just like your knowledge of physics. I'm afraid, it gets much worse.

As things progress, obese people will inevitably develop their own atmospheres and possibly even ... weather patterns.

Doctors will have a torrid time treating frostbite ... on the noses, fingers and toes ... not to mention the really sensitive bits ... of obese people – even in the warmest days of Summer.

According to scientists (and not all of them are crazy) we'll just have to keep making transport vehicles (cars, buses and trains) bigger and bigger to cater for this growing obese world we are moving into.

Aeroplanes, like everything else in the future, will go the way of the lowly hamburger. They will have to go SUPERSIZE and be more fuel-guzzling to get off the ground and stay airborne.

### **Astrophysicist (contd ...)**

However, when another gravitational field (*or, God forbid, more than one new gravitational field*) gets inside the plane it will play havoc with the cockpit instruments, resulting in one plane after another dropping out of the sky.

Something will have to be done at that point, I fear.

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### **So, what do we know about what causes obesity ...**

- 🍌 We all know this is an inevitable result of our human species having evolved from a very intermittent eating pattern (i.e. they ate whenever they could find food or kill food) to very suddenly (from an evolutionary time span) finding themselves in a situation of abundant food ... everywhere.
- 🍌 We all know we were programmed to eat sweet things when we found them because they were essential for energy and difficult to find in nature – like honey.
- 🍌 We all know when the average weak-willed person discovers that these sweet things (in the form of synthetic sweet junk) are available every few yards, without having to search for it or fight for it, their instinct tells them to indulge as much as possible and as quickly as possible.
- 🍌 We all know that most of us can deduce that an over-abundance of junk food and sweet things will make us very unhealthy and fat ... and other (fat) people simply can't deduce this ... or don't care ... or can't help themselves.

### **For example ...**

A few aeroplane crashes have happened in America recently due to the obesity of passengers (*the aircraft was simply not designed to carry the sheer weight that it was being forced to carry*). Obesity was not the official reason given - but it's well known in the aeronautical industry that obesity was the cause.

### **So, what can be done about this problem?**

## Solutions

### Aside

Surely the aviation industry must start to weigh passengers as well as bags – and charge accordingly – to pay for bigger planes, bigger engines and bigger fuel costs.

Obesity is clearly not a monster problem facing society at the moment, except in the huge additional medical expenses that we all, presumably, have to pay for.

But it's something more fundamental. It seems to me it's the violation of the basic dignity of the individual that's the most obvious problem here ...

### Wise Old Sage

- While there is one person in chains, we are all slaves.
- While there is one person obese, we are all fat.
- The degradation of one means we are all degraded.
- Just like the beached whale, we have all lost some of our dignity.

### *My Two Cents*

*The most repellent part of this is the sight of obese children.*

*Surely their parents must realise that this is destruction of their bodies ... irreparable ... a life sentence.*

*Do school teachers report obese children to the relevant authorities who can hopefully do something to remedy this?*

*I genuinely don't know what's being done about this. Does anyone?*

Although obesity is still not a crime, a solution should be something like ...

### Re-open Auschwitz

*(And before you boring, cretins without a sense of humour – have a hernia, have a kitten, have a clue or have anything else ... I don't think anyone on this Earth hates what Auschwitz was more than me.*

*But the concept works in this situation without, of course, the offending gas chambers or being worked to death etc.)*

'Spotters' should be employed by the Local Government whose job it is to wander about and identify someone who is dangerously overweight and is, therefore, a burden to himself and a burden to society's medical expenses (not to mention the birds and flies).

The offenders would be taken to a very big place and essentially held there for a period of time. There they would be given ...

- Healthy food
- Education on healthy living
- Lots of exercises and / or lots of work

**And the time period for their education and re-introduction into society would be ... for as long as it takes.**

They would be released when it is deemed they would probably survive without supervision and they would be less likely to re-inflate on release.

### **The die-hard cases**

*For the inevitable die-hard cases who just can't stop ... the types who would continue to stuff their faces even when a sawn-off shotgun was pointed at their heads by one of the enraged psychopathic supervisors ... they would regrettably be given surgery.*

## Get Them Addicted to Drugs or Alcohol

### Question

Have you ever seen a fat junkie?

### Answer

Throughout my degraded life ... and I've travelled quite a bit on our big, broad planet ... I have not seen this yet.

### Caution ...

Of course, getting them addicted to heroine will only be allowed if, in the future, heroine is legal.

*If the Chinese Solution or the Real War on Drugs is in force (as discussed in my [Drugs](#) section, to come), this is not an option.*

*(And, I don't think there are many alcoholics who are fat. At least I haven't encountered one ... not yet. Although I myself am, strangely, putting on a bit of weight at the moment.)*

**So, all told, alcohol addiction is probably the best solution.**

***(That is presuming alcohol is not illegal in the future.)***

- 🌐 Getting obese people hammered every day will make their need for food pretty much evaporate or, for the real hard cases who still want to eat, make them incapable of getting to their feet long enough to find food and eat it.
- 🌐 And if, by some miracle of survival, they manage to get food inside them ... the titanic amounts of alcohol in their system will make sure it doesn't stay in there for long. It will be immediately regurgitated and vomited out as something very undesirable.



## *Sell Their Soul to the Devil*

**This was a solution often used in olden days when people were a lot more intelligent ... and it really should begin a revival soon(ish).**

### **Essentially, it works like this ...**

- You make a pact with Old Nick whereby all the unwanted fat and wrinkles (and even ugliness) disappears from your face and body and you can eat and drink whatever you want from there on and ... continue to look great, (even greater than before the pact with Satan).
- You don't have to be a skilful negotiator when negotiating with the Devil. Just to ask him is enough ... or so the experts say.
- And you will remain looking as youthful and slender as you want. You don't have to worry about a thing, till possibly the day you die (*but don't worry about that, nobody can see you when you're buried*).

This revolutionary diet lasts only a few seconds. It's 100% successful and it removes all the nightmares associated with the other youth and fat remedies ...

- ◆ The pain and expense of face and body **surgery** (*and the inevitable disasters that accompany this*)
- ◆ Terrible, never-ending **diets** (*if you love me, you would kill me*)
- ◆ The horrors of **exercising** (*surely Hell is preferable to this.*) (*And in Hell not only don't you have to be exercised – but you don't have to be exorcised. Cool!!*)

**So, come on you fat wimps, you persecuted majority. Just do it!**  
**It's dead easy to do and with the most amazing results.**  
**It's the most blessed Dorian Gray earthly existence ever.**

## Just Starve Them

**OK. I can EXPAND on that one ... but I think I better not.**

Because it would involve more draconian methods than the other more benign remedies I previously mentioned, and I may get into deep water by even discussing it.

### Suffice it is to say ...

- ◆ It is known by scientists that a starving body is actually at it's healthiest.
- ◆ All the fat and bad stuff in there has already been discarded or used for healthier reasons.
- ◆ However, unless healthy food is introduced – the body will die.
- ◆ So it is a dangerous procedure (*and maybe not to be used in conjunction with being hammered on alcohol all day*).
- ◆ But obese people live in a dangerous world (health-wise) so maybe it's an option for them to explore and experiment with.



## Mental Health

### Everybody knows ...

This Earth we inhabit is a most wonderful white and blue marble ... bright, fertile and delicate ... third rock from an obscure sun. It is a precious place in an otherwise valueless and sterile galaxy.

But we live a world of almost absolute negativity. Why is that?

### For example ...

The News on television that everybody is exposed to in every country all over this lovely planet ... is not 'The News'. It is almost always ... 'The Bad News'.

- So, instead of calling it 'The News at 9', it should be called 'The Bad News at 9' (*which would inevitably progress to 'The Really Bad News at 9:15'*).
- This would then, hopefully, be followed by 'The Good News at 9:25' (*which would last for only about five minutes*).

Or should it be the other way around? I guess it will depend on the individual personality type ...

**'The glass is Half Empty' / 'The glass is Half Full'**

## Our Glorious Future

So, maybe in the future it will still be called 'The News at 9', and when it comes on at ...

*(9:00pm in every country in this world that I'm aware of, except Ireland where it can be any time at all, hopefully within the range 9:06 – 9:12pm and it is still, strangely, called 'The News at 9')*

And in the great new age of interactive TV, a neutral News Presenter will say ...

### **Neutral News Presenter**

Do you want the Good News or the Bad News?

The time-delayed, voice-activated TV will wait till the viewer answers either 'Bad' or 'Good'.

- When the Half-Empty type will respond, a Bad News Presenter will appear with the suitably depressed and sombre face of an Easter Island statue and wearing a scary funeral suit.
- For the Half-Full type, the Good News Presenter delivers the glad tidings with a gaiety of smiles, winks and hands wiggling in the air that would make Ronald McDonald look like a suicidal depressive.

### **But there could be problems with this ...**

- ◆ If a Half-Empty type and a Half-Full type were seated in front of the same TV and both were equally adamant, then it is possible that anarchy would ensue and the technology could malfunction.
- ◆ The most serious malfunction would be if the voice recognition software gets overloaded and the sound files for the Bad News and Good News get, tragically, mixed up.

The Bad News Presenter, with his granite Hannibal Lector face, who looks like he's about to end his life at the nearest convenient opportunity, groans ...

### **Bad News Presenter**

- ★ New research has shown that singing, humming or even whistling lullabies will significantly improve your health, wealth and happiness.
- ★ Stress will dissolve and joie de vivre and sexual activity is greatly enhanced.
- ★ It's endorphin heaven.

Equally tragic, the Good News Presenter – still looking like Ronald McDonald's extrovert brother – with beaming smiles, playful facial gestures and delightful thumbs up etc. gladly announces ...

### **Good News Presenter**

- ★ Two crazed gunmen, armed with Kalashnikov assault rifles, hundred of rounds of ammunition and grenades broke into the Tiny Tots Kindergarten in the east of the city this morning.
- ★ All 53 children died in a frenzy of killing that lasted for two hours ... before the gunmen were apprehended by police.
- ★ The men later confessed that, although they originally thought the Tiny Tots Kindergarten was an American military base, they were still very pleased they had killed so many infidels.

Bereaved and enraged parents of the slaughtered children would burn down the News broadcasting building that very evening ... and who could blame them.



## Drugs

There's no doubt that alcohol abuse is the biggest scourge in our societies. Alcohol is a scourge to the user and a scourge to everyone connected to the user and the environment in which the user lives.

### *My Two Cents*

*Personally, I seem to be engaged in a never-ending struggle with this remarkably seductive demon (or demoness as I suspect) and curse my lack of will power in my fight against her. I refer to her as Full-Bodied Alice and Full-Bodied Alice wins nearly every time.*

*(However, there's no doubt that the guy who doesn't drink at all and hates it with a vengeance is generally a pain where the sun don't shine. He's the guy who knows he is so right about everything, generally wearing the self-confident smirk of the absolute moron. Adolf Hitler and Ian Paisley and a whole host of other fundamentalist cretins are good examples.)*

*And I always wondered why the scientists haven't developed an Alcohol Pill. A slow release pill that would deliver the alcohol without the huge financial cost and the subsequent nightmare for the families who have to live with the alcoholic.*

*I know this would mean a large reduction of tax revenue Governments get from this misery, and that's why it isn't done, but why isn't there pressure to develop The Alcohol Pill?*

**But anyway, in the interests of brevity, let's not include stuff like caffeine, ganja (marijuana / hashish), prescription drugs and alcohol. For this topic, drugs refer only to the hard stuff ... the really hard stuff ... the stuff that destroys the body and mind of the addict who, in turn, destroys the family and society in which they live and victimize.**

## Drugs are a plague that must be eradicated. (Or a problem that must be solved?)

- It's reckoned (*by former druggies, police and anyone who knows about this thing*) that drugs are responsible for up to 90% of urban crime. But, except in totalitarian societies, this plague is not only getting stronger, it's becoming an out-of-control epidemic.
- There are too many fat cats, dealers, police and politicians making huge amounts of money out of drugs and, while there are not enough brakes to stop them, they will only get more confident and secure.

### Bounty Hunters

Butch Cassidy and his Wild Bunch had the Pinkertons tracking them all their lives. (*Of course, the Pinkertons weren't protecting society, they were protecting their boss's money.*)

The people who are 'controlling' modern society control the drug trade and the last thing they want is guys like the Pinkertons tracking down drug dealers – their money suppliers.

### My Two Cents

So why don't the people who DON'T make money from drugs ... i.e. the overwhelming majority of us ... demand the Pinkertons?

Why are we not demanding an end to the drug dealers who control our lives? Why are we not getting them off our streets?

**This is MY Country. This is YOUR country. This is OUR cities. We are the power. It is not the criminals who run the drugs trade (and their political friends) who runs our society.**

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## **My Own Little War**

**In Australia, in the early '80s, I tried to break a heroine ring that was operating openly where I worked.**

*(I became aware of it when I was offered a 16 year old schoolgirl for sex. The guy who offered her – let's call him Dave – worked indirectly with me and said it was because I was his 'mate' but ... as I soon found out ... the real reason was that he was the leader of a heroine ring that operated there and he wanted me on his side, to stay quiet. And one of the perks of his job was to get schoolgirls addicted and they paid for it the only way they could and so he offered these girls to his 'mates'.)*

Everybody knew it was the police who ran the heroine distribution in Sydney and, because of the huge public outcry about this ridiculous situation, the Australian Government set up an agency called Operation Noah.

### **Operation Noah**

This was an 'absolutely confidential' agency independent of the police (*or so the constant ads on TV, radio and newspapers kept telling us*).

Bob Hawke was the Premier of Australia (and a man I admired) was leading this campaign on TV, radio and newspapers. He invited people to come forward and report what they knew about heroin dealers etc. without fear of the police.

This 'absolutely confidential' agency was the one I contacted, explaining where he stored the heroin and other relevant details.

**Very soon after this, Dave was arrested while dealing.**

- Everyone was delighted. (*Great!*)
- And he was immediately released. (*Oh! My God?*)
- And allowed back to his job and his heroine dealing. (*What?*)



♦ As it turned out, the police had made a series of 'mistakes' when arresting him and a lawyer was conveniently sitting in a parked car who witnessed the 'arrest'. This was the deal the police had made with Dave before his 'arrest'.

**So, the totally independent, confidential and Federal Government-run Operation Noah immediately informed the local police ... who they surely knew ran the heroin trade and supplied Dave with his heroine.**

♦ The local police had to 'do something' about Dave (because of constant complaints) so, after my information, they organised a lawyer to be present when they made their 'botched arrest' and discovered the heroine.

**Please understand that Dave, the police and the lawyer had all been pre-arranged, probably had loads of laughs over loads of beers etc.**

♦ Very soon after this, one of Dave's work colleagues took me aside and, very intently, warned me to get out as quick as I could. He was doing me a favour by letting me know this. It was my Irish accent that had identified me as the whistle blower and Dave may know or would probably soon know.

### **Now realise this ...**

Roughly one person was murdered every day in Sydney at that time because of drugs and many of them were killed because they did something like I did. (*Whether it was the police themselves who did the killing or they allowed dealers / mafia to do it, nobody knew for sure. But what was known was ... nobody was ever convicted for these murders.*)

♦ I'm no hero ... but I didn't run, contrary to the strong advise I was getting.

*(Little did I know then that the same advise would repeat itself when I was being terrorised by the corrupt Czech Courts and police – 30 years later.)*

One day, Dave approached me, enraged, as I struggled to keep my composure.

**Dave**

It was some bastard in this place who did it.

**Me**

Are you saying you know who did it?

**Dave**

I know it was someone here. I don't know who he is yet ... but when I find out, that bastard's dead.

- ⦿ I didn't know whether he was telling me he knew it was me and he was giving me a chance to run or be killed ... or he genuinely didn't know it was me.
- ⦿ To compound my problem, it appeared that almost everybody else knew it was me because many people at work, who previously didn't even notice me, were definitely noticing me now.

**But it was all positive.**

- ⦿ It seemed I did something they couldn't do because of the danger involved. Of course, I was never asked directly. They all just knew. And if Dave didn't know, it was only a matter of time before he did.

**Aside**

Dave's boss was the most dramatic. This sullen man, who previously would walk straight through me, now greeted me by name and with a wave of his hand.

**(So much for the confidential Operation Noah ... independent of the police! Jesus! I always wondered did Bob Hawke know.)**

**Of course, I realised all this goodwill would be nowhere to be seen when the revenge attack on me would come ... as I surely believed it would.**

- ➡ But I stayed there for another eight months ... a very long eight months.
- ➡ After my shift, the walk home every day was at 7pm in the shadowy evenings.
- ➡ If the attack was coming, it would be then.
- ➡ Every step and every short breath of that long walk ... every day ... I died a little.

**But the revenge attack didn't come.**

**And then ...**

*Suddenly ... one day ... I was deported from Australia  
and had to return to Ireland, immediately.*

*Clearly, I was persona-non-grata for the Australian officials.*



## Solutions

Ex-junkies laugh at the present response to the hard drugs problem.

Because only junkies know that junkies will beg, lie and scream as much as it takes to get empathy from their tax-paying victims ... so they can more quickly get back on the streets and create as much misery as it takes to get the drugs they feel is their right.

**Something has to be done and, hopefully, soon.**

**So, let's see does history gives us some pointers to a solution ...**

### Legalise it

The Gin Plague in London lasted for a long time in the 18<sup>th</sup> Century.

The destruction that home-made Gin caused then was as bad as in our drug-ridden inner cities now.

*(The written accounts – even if exaggerated at the time – were truly terrible. Fathers too drunk to go to work, mother's too drunk to look after children and children too drunk to go to school etc.)*

- ▶ The solution the government decided on was to legalise Gin and sell it like Whiskey, Vodka etc.
- ▶ And this solution worked.
- ▶ And, of course, the government made buckets of money out of the now expensive Gin.
- ▶ Poor people couldn't afford Gin any more and went back to drinking beer.
- ▶ And so it remains to this day.

## Benefits

Legalising drugs would have the opposite effect on price as legalising Gin.

- ➔ There would be a huge reduction in price (probably a reduction of up to 10 times less than it is on the streets today).
- ➔ Crime would be greatly reduced, probably up to 90%, with all the positive effects this would bring to our beleaguered towns and cities.

*(Of course, the people who control the drugs in our inner cities and live in secure suburbia would be really pissed off by the tragedy that legalised drugs would have on their financial lives.)*

## Question

OK. This all sounds fine. But wouldn't there be an increase in drug addiction?

## Answer

Yes, there probably would also be an increase in addiction, again opposite to the Gin problem.

But that's a decision a person makes about their own health, like whether to jump off a cliff or not ... society wouldn't have to pay the huge price for their decision like it does now.

If a person decides to use drugs till they die – without robbing other people's houses or mugging them to do this ... then that's fine by me. *(However, in this amazing politically-correct modern world we find ourselves in, I'm sure there are people who would say it is downright prejudice to prevent addicts robbing other people's houses to finance their addiction.)*

## Start the Real War on Drugs

### Question

But there IS a War on Drugs and it's just not working. Right?

### Answer

Absolutely not! The so-called War on Drugs is just another myth perpetrated on the tax-paying public and spread by the media who are all being paid by the proceeds of drugs.

There was never any War on Drugs because it was too heavily infiltrated by the very people who had a vested interest in making sure that the War would be lost, or never started at all ... as was the reality.

In other words, the people making buckets of money from the Drugs Trade were the very people who were appointed to lead the War on Drugs.

**This is not a joke. This is how crazy our world actually is.**

As everyone living in the real world knows, a real war on drugs would involve all or some of the following ... and maybe a lot more besides ...

- Wagons of police, with army backup if deemed necessary, must be deployed.
- Get the dealers and addicts off the citizens' streets, get them into detention centres (Detox Centres) and get it sorted out there.
- These centres could have factories etc. where they could be properly occupied and allowed to give back something of what they took away from their victims.
- And, only addicts proven free of the plague would be allowed back on the streets. Released only when detoxed and proven to be detoxed.
- For dealers, is there such a thing as too severe a punishment? No, there isn't! If their lives are spared, their sentence would be so hard that there would be little chance of them re-offending, if ever released.

## The Chinese Solution

- 🍎 The British authorities had forced the Chinese people to become opium addicts and to buy their opium from the British. By means of their Opium Wars, the British had forced tens of millions of Chinese to be compliant, zombie slaves in their own country.
- 🍎 In 1949, the Chinese Communists eventually won the civil war and took control of the country.
- 🍎 They inherited many problems from the previous corrupt regime and, as mountain-based guerilla fighters, they had to learn very quickly how to deal with situations they knew nothing about.
- 🍎 One of the problems they inherited was up to 70 million opium (heroin) users. (*That's not a misprint – the British had **70 million Chinese people** addicted to opium and slaves to their rule.*)
- 🍎 The new Chinese government had no idea what this was or how to deal with it.
- 🍎 So, they studied the problem and eventually delivered their conclusion, which went something like this ... and I paraphrase ...

### Chinese Solution

*After examining this opium problem, we understand it.*

*We know that it is emotional, psychological and physical dependency. This is very difficult for the victims and we know their plight.*

*However, we cannot live with opium users. Our society cannot tolerate this. Therefore, all opium users must become free of opium within a three-year period.*

*Otherwise, to protect society, we have no option but to shoot them.*

Three year's later only a few hundred hopeless addicts were shot.  
The other overwhelming majority had been 'miraculously' cured.  
Ex-addicts will tell you that is the only solution. Why?

Because they know what drug addiction is.

### Question

So, what's the difference between the problem the Chinese Communists inherited in 1948 and our modern societies? Surely, it is the same problem we are dealing with?

### Answer

The difference is that they were not corrupt. That is the biggest different in the Universe. And that is why our countries continue to have a drugs nightmare. The people who are controlling our society are making massive amounts of money out of drugs and they don't give a dam about the citizens – the victims – who are paying their wages.

### My Two Cents

*While we have a situation of authorities making buckets of money from the Drugs Trade and a Bleeding Heart society desperately trying to rehabilitate and 'understand' addicts ... this worsening situation will only get worse.*

*The next generation will be asking us why we did nothing about it ... as they try to cope with a hellish 'Attack on Precinct 13' type world that they find themselves in. A modern world where plague-ridden addicts will do what it takes to get drugs and all non-addicts will be armed to the teeth with 'Shoot to Kill' liberties.*





## Incessant Drinking of Water

- Before diving headlong into the murky depths of the irrational human behaviour affectionately known as Incessant Showering ... I believe it must be seen in it's proper light.
- Incessant Showering with Water is just part of (or in conjunction with?) another irrational modern phenomenon ... Incessant Drinking of Water.

**Every Medical Doctor, Nutritionist, Health Report, Know-It-All guy, Gym Instructor, Sports Coach, Bloke Down The Pub etc. all say the same thing ...**

**'Everyone is not drinking near enough water. We are seriously not drinking enough water, folks. That's the never-ending message out there. OK!'**

When someone is not drinking water every minute of every day, this 'mental condition' is explained in various ways. It is ....

- **Suicidal** (*self-destruction by dehydration.*)
- **A cry for help** (*he needs someone to give him some water.*)
- **Simply moronic** (*misinformed idiot who doesn't know about health.*)
- **Dangerous** (*lock up the lunatic dehydrated idiot ... NOW.*)

When I was a misinformed youth in my water-saturated North-Western European world, health 'experts' were telling us the correct amount of water that should be consumed every day was a litre ... or up to 2 litres.

Now it is 5 litres per day. Soon it will be at least 8 litres per day or you are at risk of dangerous dehydration and death (or suicide).

**THEY ARE WRONG ... OR THEY ARE DELIBERATELY TRYING TO  
FOOL YOU. DRINK WATER ONLY WHEN YOU ARE THIRSTY.  
THE WAY NATURE INTENDED.**

But remember - the 'experts' who are giving you this information are in the same group of 'experts' who are informing the world that global warming has nothing to do with green-house gas emissions, oil consumption or other pollutants. They claim it is just the natural cycle of the Earth's warming and cooling.

### Aside

*At this time of writing ... at least three different leading scientists who were trying to draw attention to what oil pollution was doing to the Earth in the form of Global Warming – were killed. They were murdered by the American Secret Service (owned by the oil companies) and it was reported on News agencies throughout the world that all three of them died 'by accident'.*

OK. So, maybe the Water Drinking 'experts' wouldn't be killed if they told the truth - but, you get the picture. Their pay is enough incentive to keep them quiet. That is what Capitalism is. That is the world we live in!

Soon, if people keep listening to these Water Drinking 'experts' (*who are receiving serious money from the bottled water companies*) ...

- Everyone in our miserable wet countries will be walking around with a tank of water strapped to their back and a tube leading to their mouth.
- Another tube or two would also be inserted into their nostrils in case their mouth wasn't swallowing water fast enough.
- Those with a weak back will have to wheel around their water tank in a buggy or wheelbarrow.

This new Water Drinking Religion will accept (not at first, mind you, but eventually) that people also need to breath oxygen on occasions - so another tube may have to be inserted into their mouth or nose for breathing.

The reason the new religion would have to accept that people also need to breathe oxygen to stay alive is because of the huge death rate that would occur among their religious converts at the beginning. And a dead customer is no customer at all ... as any Capitalist, worth his salt, will tell you.

No doubt the 'experts' will, at first, try inserting a tube into the anus of their followers in the hope that they can re-convert that orifice for oxygen-breathing duties ... which, after many deaths, they will abandon and reluctantly insert another tube into their nose or mouth. (*With incessant water drinking comes incessant urinating so it was not possible to even try and re-convert that remaining orifice for oxygen-breathing duties.*)

So, with a tank of water on their back ... and a few tubes inserted into their mouth and nostrils ... and walking through puddles in the falling rain ... the intrepid converts to this new religion (the AQUA) will trudge ever onward with amazing grace - confident of their superiority over 'Lesser God' religions.

### **Weird new AQUA RELIGIOUS RULES will emerge ...**

- You must only drink water that comes from a virgin spring on the Eastern slopes of the mountains of Tibet.
- Spring water from the Western slopes in Tibet are not banned - but frowned upon.
- Other rules will outline that water from a spring in a country that is not Tibet is sacrilege. These heretics would be seen as Knights Templars, Cathars, Rosicrucians and dare I say it ... (dare! dare!) ... OK ... Protestants.

The bottled water companies (especially the Tibetan Water companies) are on to a really good thing here. The sweetest deal ever, actually. There are no production costs and the water is probably got from the nearest kitchen tap.

As a result, there are buckets of money available for advertising (i.e. brain-washing) and, as I speak, a brand new phobia has already been identified.

- Many people today are walking around with a bottle of water in their hand and taking a big gulp of it every minute or two for fear of falling down dead with thirst.
- And, God forbid, if they find themselves in a place that doesn't sell water. They have panic attacks that can only be described as ... withdrawals. (*I'm not making this up. This has already been identified as a new mental disorder or phobia.*)

## On a Personal Note

*The Australian Outback (the bush) is one of the most inhospitable places on this Earth. But some intrepid adventurers feel they have the courage to venture out there. And anyone who remains there for a week or even two weeks are considered very brave indeed.*

- 🌿 I lived in the Australian Outback for about 6 months (*it was 9 months actually but the last 3 months were not really the outback*) - living on a diet of edible snakes and spiders, if you made a mistake you wouldn't live to make it back to the van. And, in that brutal heat, you couldn't stay alive for more than one day without water.
- 🌿 So, the main requirement out there was to have enough water to stay alive each day - about a litre (*or maybe two if I found a watering hole*).
- 🌿 According to modern health 'experts' I should have been dead within the first week ... because I wasn't drinking about 45 litres per day.
- 🌿 And there would be no way my very robust van could possibly carry enough water for even a week. The wheels would have sunk down through the sand in the first 10 minutes and that would have been the end of the trip.
- 🌿 (*According to modern 'experts' anyone who wants to go for a few days into the wilderness – just to be alone – must be accompanied at all times by a very large water tank carried on a 12 wheeler truck.*)

**Incessant Showering, it would appear, is just another part of this new religion.  
The theological reasoning behind it is that here must be ... at all times ...**

- ◆ **Huge amounts of water cascading into your body - and**
- ◆ **Huge amounts of water cascading all over your body**



## Incessant Showering

- ★ The top Nazis were well known to be obsessed with cleanliness and to wash themselves many times a day. (*Except when the Russians were coming, as then they were far too busy running back to Germany to stop for a bath.*)
- ★ Psychologists say it's because they felt dirty with all that blood on their hands and because of ... well ... being a Nazi.

**The incessant showering of women, therefore, must be seen in its proper light.**

They are either cleansing themselves of some wrongdoing that we poor, wrongly-accused men are not even aware of or they are just followers of fashion ... like putting ice cubes in drink.

**And it comes from America. AMERICA, ladies ... Wow!**

### **A Little Bit of Geography**

For those of you with poor geographical knowledge, America is generally a hot and even humid place, in Summer. It is full of people who sweat a lot and are parched with thirst most of the time.

Putting ice in a drink makes good sense, therefore, because the drink gets warm very fast and ice keeps it a wee bit cooler. Similarly, taking showers every day makes good sense because, otherwise ... well, they'd stink.

But these things are way out of place in a Cool Temperate Climate ... like we, unhappily, have in North West Europe. They make no sense at all and they're only done because it became fashionable during the heady days of Hollywood.

**The ladies saw celebrities doing it all the time in movies and, suddenly, their lives were empty without it. Their hitherto happy lives became grindingly meaningless if they didn't a few cubes of ice in their already freezing drink.**

**A former lady friend of mine had really big problems with my assessment.**

**Former Lady Friend**

Putting ice in a drink is just ... nice. That's all.

**Me**

With your teeth chattering ... in the rain ... and the Arctic air whistling around your undies?

**Former Lady Friend**

We don't drink outside ... or in a barn. Come on!

**Me**

But, don't you see ... just like ice in a drink, constant showering is unnecessary in a climate like this.

Not only that ... but it's bad for you in a climate like this.

It just opens the pores in your skin and leaves you a very inviting host to a million cold and flu bugs.

And surely, if evolution is in any way accurate, women will evolve an extra epidermis layer or two to counteract the ravages of incessant showering.

And then they'll have really thick, rough skin and go blaming this condition on the soap (sorry, shower jell) or on men or something equally innocent.

And while the 'scientists' (*who are, of course, being paid buckets of money by the soap manufacturers*) are scratching their heads 'baffled' by this thick skin problem, the soap (sorry, shower jell) manufacturers will come up with a brilliant solution for the tragically afflicted womenfolk, in the form of ... yes, that's right folks, you guessed it ... an incredibly expensive moisturising cream.

### Question

So, could men's natural aversion to showering (*or washing themselves, in general*) be one of the following ...

1. We don't want our skin to get any thicker or rougher than it is.
2. We don't want to pick up more colds than we normally would.
3. We have a clear conscience and don't need psychological cleansing.
4. We are dirty pigs and prefer to live in filth.
5. All of the above.
6. None of the above.

### Answer

For what it's worth, I think it's Number 6. I'm convinced that men hate showering because the showers are too damn small ... too damn small.

- I mean, you can be in a nice roomy house, lots of space, well laid out rooms etc. and when you bravely enter the bathroom, located in the remotest corner of the house ... there, in the remotest corner of the bathroom ... is the shower (*definitely an afterthought on the part of the male architect*).
- A really really tiny shower! Why isn't the shower nice and roomy like the rest of the house? It is a clearly repellent and disgusting thing that must be disguised as much as possible.

### My Two Cents

*I'm convinced it is man's intelligent subconscious overriding his more ridiculous conscious that makes the shower such an unwelcoming place.*

*It's our survival instinct and men know instinctively that this place of Satan should be generally avoided, except maybe by women who need their conscious cleansed or something ...*

- ◆ Constantly banging our knees, elbows and head against the sides and against the shower fittings
- ◆ Soap blinding our eyes
- ◆ Smashing at least one toe against something really hard on the way in and on the way out

**These are only some of the sizeable drawbacks that does not make showering an experience we men, gleefully, want to rush back into the following day.**

Showers are all so badly designed and, worst of all, they have that well-known inevitable little trickle of tepid water that wouldn't even part your hair.

- 📦 If they were made even six inches wider we might be able to wash our backs without having to smear soap on the side of the shower, turn around and rub our backs against it.
- 📦 And if they were made even six inches higher we might be able to wash our hair without bending our heads down to navel level, doing the shampoo bit and then raising our heads up again, in terror, trying desperately to avoid colliding with the nozzle.

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### A Big Aside

*It would very remiss and even unfair and of me if I didn't mention my wonderful BIG shower that I had in Oslo, Norway.*

*My shower there was a ROOM that you entered – a Wash Room – like they had in ancient Greece and Rome that history somehow forgot about. It's the way all showers should be – Hello! (In fact, if the other guy in the house allowed you to throw your bed, television and food etc. into the corridor when you were having a shower – you could easily live in the shower room if you were partial to tiles, that is.)*

*I'm not saying the New York Philharmonic Orchestra could perform Tchaikovsky's 1812 Overture in there with five cannon guns firing live cannon balls into the distance and all missing you etc. but you could walk around, sit or even lie down in there.*

*However, I generally favoured the standing position – traditional guy that I am.*

*But, when the water hit you, it would invariably send you to the floor. Police water cannons are like being pissed upon compared to it. A powerful blast of water that only a very robust adult could withstand. (Arnold Schwarzenegger would run for cover, I wager.) Like Niagara Falls, a child or an old person couldn't possibly take it and remain alive.*

*And the water disappeared as quickly as it arrived. The exit for the water was just as quick as the entry. You could easily do your pee and poo and whatever else you may do in a traditional toilet also. In Ireland, the water dribble in the coffin, aka the shower, takes half an hour to wet your body and another half an hour to exit the coffin – even longer for a bath.*

*So, I loved my Norwegian shower – and I never imagined myself a closet masochist. And, may God forgive me for saying this but, for the first time in my messy life, I looked forward to my wonderful daily shower.*

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**Let's face it. The average shower size is designed absolutely for the people who need it least ... women ... and wholly incompatible for those who need it most ... men.**

- ▶ They're like coffins ... or seats on public transport.
- ▶ Men just shouldn't be there.
- ▶ Maybe if a gun is to their head but definitely not by choice.
- ▶ Not willingly ... OK.

### *Another Aside*

*It's like fitted kitchens, isn't it?*

*They're made by men and fitted by men ... at a height that is suited only to men.*

*Tragically, the people who use them the vast majority of the time are women ... whose arm reach is a good many inches shorter than a man's.*

*So, we have the reverse situation to showers.*

*The average kitchen is designed for men, the people who use it least, and incompatible for those who use it most ... women.*

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**Baths** ... are so luxurious by comparison to showers.

Lying flat, up to your neck in relaxing warm water and bubbles ... with a drink, cigarette, machine gun, plugged-in toaster or whatever you please, in hand. It's total paradise.

**A massive evolutionary step which,  
paradoxically, came before the shower.**

- The shower is one of those 'advances' in modern living that we all know is bloody ridiculous and nobody has the courage to stand up and proclaim it out loud.
- Except maybe when they are in a shower and nobody can hear them.
- And their powerful angry courage deserts them the instant they escape from that miserable prison.

**Of course, showers are faster. Yes, they're faster ...**

- But not if you break your toes on the way in or out.
- And not if your head and elbows are covered in blood and you're an hour late for your own wedding or something like that.

***And anyway ...***

*They're just marginally faster and should only be used in a dire emergency. For example, if there's a tsunami wave coming and you want to look your best in the post-mortem photograph for the grieving relatives. Times like that.*

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## My Present Flatmate

At this time of writing, my present flatmate has three showers on an average day (*if she goes to the gym or for a jog in the park it's a helluva lot more*). Three very LLLOOONNNGGG showers every day...

- 🌈 When she gets home from work
- 🌈 Before going to bed
- 🌈 First thing in the morning

OK, I can understand the one in the morning after she has sullied herself with my disgusting body ... but what happens to her between the shower after coming home from work and the one before bed?

### Hmmm. Maybe it's time I cleaned up the flat?

I would dramatically inform her that if everyone showered like she does the world would run out of water in a day or two ... the Earth would be just like Mars very shortly ... but it has absolutely no effect on her incessant showering.

### De-Tox

- \* So where do the girls think this water comes from?
- \* And why do they think it will always miraculously appear when they turn on their shower?
- \* Hello? Water is a finite resource, ladies.
- \* And there's way over 7,000,000,000 people on the Earth and if everyone suddenly wanted to have 2 showers a day, there simply wouldn't be enough water in the entire Solar System to cope.

**Showering is clearly an addiction as bad as any drug.**

It was obvious my flatmate would prefer to die in a dry world with no water left at all like Mars ... than live in a world with loads of water like Earth but where she could only shower once a day.

And, although I have to ask her can I use her room (the bathroom) for about two minutes (how long does it take a man to piss?) ... and she just stands outside the door with her arms folded waiting contemptuously for me to vacate 'her room' ... I have finally come to the conclusion that ...

**Believe it or not, men and women were  
actually meant to live together.**

- Clearly, for a harmonious life on Earth, it seems apparent that men and women should definitely live far apart. Even showering we can't agree on – never mind tidying or cleaning or cooking or the amount of kissing and cuddling or who should be on top in bed etc.
- But I don't think this is the right conclusion.
- When men live together, we have way too much fun drinking and we get nothing done, especially housework and hygiene and commitment.
- And women living together spend all day arguing over who should be using the bathroom – when and for how long etc. And they seem to have no interest at all in great stuff like drinking and loads of fun.
- **It simply doesn't work, folks. It appears we both need to be miserable in our goddam life on Earth for some reason. I really hope God knows why, when I demand an answer.**

### In Conclusion

*A Nazi incessantly washing himself was just a physical response by a person with a modicum of humanity still left who knows, deep down, he shouldn't be murdering innocent people.*

#### **Question**

So ... what's bugging the girls? Why the constant washing?

#### **Answer**

Maybe they just have a guilty conscience about having so many showers every day in a world where the supply of water is not infinite and most people don't even have enough to drink. So they have to constantly have showers to ease their guilty conscience about using up the Earth's water reserves. Maybe that's it.

**Hmmm ... the mind boggles!**



## The Shower Phone

**The guy who invents a Shower Phone will make a fortune.**

**A phone (presumably waterproof) in a shower – probably called a Shone – must surely emerge from the sludge of Great Inventions.**

- ➡ The inventor will have skilfully amalgamated the two things that females really love doing. They can shower away all day ... and remain talking on the phone all day also.

**Prior to this invention, the only thing that prevented females being in the shower all day was their need to be on the phone all day. It was a terrible dilemma for the fairer sex.**

- ➡ Inevitably, an even brighter guy will step forward who will amalgamate the Shower Phone with the Valhalla of all blissful female experiences ... shopping.

**How this will be achieved, my puny mind cannot conceive.  
But it will be done. For sure it will be done.**

**Where there's a WANT there's a NEED  
And where there's a NEED there's a WILL  
And where there's a WILL there's a WAY**

- ➡ Maybe, initially, it will be an internet terminal (presumably waterproof) in the Shower Phone.
- ➡ The lucky lady can shower away all day while browsing the delights in the high street shops and excitedly communicating what she's seeing by phone to her friends.

### ***Possible Downside?***

*If evolution is to be believed, the legs of females will inevitably become more rubbery and the feet and toes will grow much longer to do all the shower jell, shaving and shampooing bits.*

*The woman can then sit in the shower, her feet and toes performing the tasks that her hands and fingers once did, thereby freeing her hands to do the more important bits like holding the phone and doing the online shopping.*

*However shocking these long rubbery, alien tentacles (that were once legs, feet and toes) will look outside the shower ... they will be perfectly adapted inside the shower.*

- But, like all brilliant inventions, I fear the ladies will quickly tire of the online experience in their Shones. They will, inevitably, want the REAL shopping experience.
- **Then, for sure, a motorized mobile Shone (an M-Shone) will make its long-awaited appearance, heralded by a waterfall of bunting and a shower of naked babes waving their arms to and fro.**
- It will have to be battery operated and re-cycle the water it uses as it moves along the high street (*dam those ridiculous city regulations*).
- Hopefully, there will be speed limits imposed when indoors. Outdoors ... any speed you want, girls.
- Whether the M-Shone will be made of see-through material or non see-through material will *clearly* be a raging debate.



### **See-Through People**

Hello? Like ... hello? What's the point in taking your M-Shone all the way to a shop if you can't even see the items on display?

### **Non See-Through People**

You fail to realise that not everyone who goes shopping necessarily wants to see a naked woman in a shower also shopping. Think of the children.

### **See-Through People**

Children are fine with nudity. No problem to them. They are not sex perverts like you obviously are.

- If the non see-through (Conservative, Reactionary, Fascist, Nazi - or even a worse smear, Religious) types win the debate then the lady is required to do her shopping by periodically peeping out at the wares on display, with only her head visible to the non-Shone shoppers.
- If the see-through people win the debate then the lady must be wearing at least a skimpy bikini whilst showering ... and speaking ... and shopping ... in her Shone.



## LOGMS

Because I must have been really, really, really evil in a past life, in this lifetime I live in the Czech Republic.

- Czechs genuinely despise anyone who is imbalanced enough to smile and be friendly. Every day of their miserable lives they look and behave like they are going to be shot or hanged the next day.
- And they love their misery, it's very precious to them and woe betide anyone who tries to smile and cheer them up. They will instantly despise them for being human and relieve this clearly deranged idiot of whatever money he may have.

**The only explanation I was ever given for this spectacularly negative, unfriendly, anti-social place was that it is a Karmic Country. Loosely translated, this means if you are a lovely, friendly, social person and go to live there – you will be eternally punished for just being born.**

**And you will be, trust me. You really will.  
Every miserable, unfriendly, anti-social goddam day.**

- ★ When I arrived here first, the only girl who was 'normal' enough to go out with me was a German. We discussed the people we found ourselves living with and we both agreed Czechs are cultured and civilized.
- ★ But when she added 'they smell' the ugly head of racism was raised up (ala the Nuremberg Laws) or so I thought. Visions of concentration camps and de-lousing etc. bugged me about what she said.
- ★ But she was right. They do smell more than other people. Could it be the food they eat, or the lack of showering or washing their clothes or, in all probability, a combination of all of the above.

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**Homeless people everywhere are, arguably, not renowned for their cleanliness. This is a fair thing to say without arousing massive political correctness attacks from the idiots who reside in the Andromeda Galaxy, but nowhere is this more spectacularly evident than in the Czech Republic.**

A regular sight, when entering a crowded city tram, is to see a homeless guy (or gal) sitting on a seat with a bunch of empty seats all around them.

### *Now realise ...*

*This is a really packed tram with people huddled together like sardines, barely able to breathe, with children being trampled underfoot etc. But nobody, not even the hardest sewage worker, has the courage or nose to sit anywhere near the fumes emanating from the epicentre of the smell. The homeless guy has practically half of the tram to himself.*

- ◆ This problem is particularly acute in winter, when the homeless people ride the trams all day long because of the cold outside.
- ◆ During these times, people who are not homeless have to lean out of the tram windows or (for those with weaker constitutions) have to remain completely outside and cling with their fingers to the sides of the tram and remain there for the duration of their journey.

### **My Two Cents**

In the near future, hopefully, new European directives will see the introduction of Local Government Mobile Showers ... LOGMS.

Big vans, cleverly disguised as refuse collection trucks or something benign like that, will slowly move along busy streets with 'sniffers' walking on the footpaths close-by.

When the sniffers identify an offender, he (or she) will be taken off the street and into the van and given a thorough shower before being re-admitted to the civilian streets again.

Human Rights will have to take a back seat in the interests of public health and hygiene in the glorious New EU World.

- ◆ However, I do realise that sniffers on public transport will have a more difficult task. To do their job and get the stink bomb off at the nearest stop, where an LOGMS has been cleverly arranged to be waiting ... is not going to be easy.
- ◆ For a start, the sniffers will have to wear well-fitting space suits. This will make them easily recognisable to any homeless guy who is not absolutely drunk or unconscious.
- ◆ And also, man-handling a very rebellious guy off public transport wearing a space suit is a task best suited to a very agile robot.

**Hmmm ... agile robot sniffers?**

**Robots wouldn't have to wear space suits !**

**Not a bad idea, Eddie Paul. Not a bad idea at all.**

***Incidentally ...***

*'robot' is the only word in the Czech Language that is used in the English Language.*

*(OK ... in case you're wondering ... there's absolutely no reason why I mentioned this. And I don't know why I did and I won't do it again. OK :-)*



**That's all for now, folks. But I'm not finished yet. Stay tuned ...**