

# **TABOO OPINIONS #72**

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**10-18-05 ALWAYS KEEP IN THE BACK OF YOUR MIND:  
Ignorance is only skin deep, but stupidity goes to the bone.**

## **ELECTION CHEATING IS ONLY SKIN DEEP, BUT IF IT FOMENTS A REVOLUTION IT GOES TO THE BONE**

Briefly about last Sunday's Iraqi constitutional election: The existing Iraqi government is doing it again (as they did last December) --- delaying the vote count announcement because of various voting frauds and crimes.

Like the ABC story on TV which showed an Iraqi voting five times, on-camera.

So expect the Iraqi constitution to have passed with a comfortable vote surplus, and expect the event to not make a difference. The insurgency will continue as before.

The December election of a new Iraqi government will be the next big official fraud to look forward to.

Hey, fine with me. Whatever it takes to provide a façade of faux reality behind which to withdraw our troops.

## **I HAD GASTRO-INTESTINAL FLU**

I learned a lesson: You can only vomit so much from your stomach, but you can dribble shit from your ass for five hours and still not be finished.

NOTE: Be sure to drink fluids to replace the fluids you're losing at the other end. Dehydration can kill you, too.

I ended up wiping blood from a toilet-paper-rubbed-raw area, and I hope I never ever have to maintain such a sitting-on-the-pot all night vigil again.

I succumbed to that evil bug because on a previous Monday I rode my three-wheeled bike as usual to the post awful and the Safeway, but without a heavy enough jacket and without a knit cap to

keep my head warm.

I am subject to head colds from cold-head stupidity. And we have mean East winds here in the Fall.

As you age your immune system progressively weakens (fucking Mother Nature's way of eventually getting rid of you if all else fails and you were smart enough not to join the armed forces). And it's up to you to be aware of this and protect yourself from extra physical stress.

{{Think of age-related fatal disease as Nature's AIDS.}}

For me, taking a small two-swallow drink of one teaspoon of baking soda mixed in two inches of water before venturing out on my bike protects me from cold infections. Moreso if I drink another such potion when I return. Something to do with alkaline-acid balance in my system. All I know is, it works.

This is ancient folk medicine lore, not to be dismissed with a smile and an eyebrow. But waive it away if you wish. Die. See if I give a damn.

I haven't had a cold for three years, and for a couple years before that one arrogant lapse. Maybe 3 colds and/or flu in ten years.

But this time in early October I plain forgot to take the soda and days went by and on the third day I got that tell-tale ache-all-over feeling that was far worse than my usual arthritic ache-all-over feeling. And after a feverish day of that I got the dreaded 'runs' and my night of hell.

So I relearned my lesson.

Take care.

END TABOO OPINIONS #72