



POTPOURRI

“All men by nature desire to know.” --Aristotle

GOOD HEALTH

Women’s rates of chlamydia are almost three times that of men. --*Center for Disease Control & Prevention*

Terminally ill patients who were devout were three times as likely as less religious ones to be put on a mechanical ventilator to maintain breathing for the last week of life, and were less likely to do any advance care planning [DNR order, living will, health care proxy]. --*J of AMA*

Medicare spends about 1/3 of its budget on people in the last year of their life, and mostly at the very end.

Obesity rates are 5% higher for 9th graders whose schools are a block from a fast-food outlet vs. 1/4 mile. --*U. of Cal & Columbia U.* [Ban them like drugs and bars?]

"Cutting sodium consumption in half should save over 100,000 lives a year."

--Michael Jacobson

‘Diet’ comes from Greek ‘diaita’ ... ‘way of life.’

“Waste in the healthcare system costs us > a trillion \$/year.” --Philip K. Howard

Featured Quote:

“We recognize that we create a product that is harmful and causes serious disease.”

--David Sylvia, Altria/Philip Morris

BIG Q #78 :

Why was the Delphic Oracle not asked questions like “What causes an eclipse?”

FACTOID:

The last Roman emperor was **Romulus Augustus**--deposed by the Germanic chieftan Odoacer. His name is curious since **Romulus** was the first king of Rome and **Augustus** was the first Roman emperor.

HUMOR [?]:

^ “Energizer Bunny Arrested! Charged with Battery.”

^ Noah’s Ark was made of gopherwood, but Joan of Arc was maid of Oleans. --Richard Whately

^ One can’t starve in the Great Desert because he can eat the sand which is there, since Noah sent Ham, and his descendants mustered and bred. --Richard Whately

^ Jean Harlow, the blond star of the 1930s, when introduced to Lady Margot Asquith, mispronounced her given name to rhyme with “rot.” “My dear, the ‘t’ is silent,” said Asquith, “as in Harlow.”

The U.S. population continues to become less religious, with one in five Americans failing to indicate a religious preference in 2008.

“The evils others do to me are as nothing compared to the evils I do to myself.”
--*the Talmud*

Are Kites an answer?

www.ted.com/index.php/talks/saul_griffith_on_kites_as_the_future_of_renewable_energy.html

To **carouse** is to engage in boisterous, drunken revelry: The word looks like it might be related to "arouse" or "carousel," but it isn't. In German, when a mug of beer is empty, it is "*gar aus*," and there is the expression "*trinken gar aus*" (to drink until the mug is empty). The contraction "*Garaus*" is similar to our "Bottoms up."

KWIKWIZ:

746. According to Edward Gibbon ["Decline and Fall of Roman Empire"], when was the happiest time in the world?

747. Where were there Christians first: America, Europe or India?

748. What is the going price to sell a kidney in the U.S.?

749. What meat does Mc Donald’s buy the most of, worldwide?

750. Which continent did not have metal artifacts in modern times?

Carl suggests: To see who is your **real friend**, put your dog and your wife in the trunk of the car at the same time for an hour. When you open the trunk, which one is really happy to see you?

"Your reputation is what you are perceived to be; your character is what you are."

--John Wooden

Did **Judas Iscariot** really exist as we read about him? Was he an attempt to smear the Jews? Judas, i.e., Yehuda--was the name of Jacob's son and the Israelite Kingdom from which Judaism was named.

Before The Great Depression, **Argentina** and the U.S. were serious *economic rivals*. Then came **FDR** [the New Deal] & **Juan Peron** [isolationism].

When **Trajan** was the Roman Emperor, the Empire covered 20% of the world's population and the army number 350,000 [smaller than today's U.S. military].

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a university study.

--from *Krishna*

Dutch Department Store

from *John E.*:

<http://producten.hema.nl/>

Arguably the greatest democratic statesmen: **Pericles**, **Churchill** and **Lincoln** [the first two were aristocrats, the last was poor with only one year of formal education].

Pope Leo I turned back **Attila the Hun** by intimidation.

The **circumcision** rate in states with insurance coverage for it is 24% higher than states without. [*cost is about \$300*]

Buddhism for Idiots

From the **Upanishads**:

The *four steps* of the Indian way of life:

Dharma [virtue--be a righteous person]

Artha [accumulate wealth to support a family]

Kama [experience pleasures of the senses]

Moksha [enlightenment -- liberation--inner freedom]

[*Upanishads* means to sit next to a learned person and learn from him.]

"He is mad that trusts in the tameness of a wolf, a horse's health, a boy's love, or a whore's oath." --the Fool to Lear

Metaphysics is the name later given to the book *Aristotle* wrote AFTER his 'Physics.'

Cults often form around powerful works of the second rank. --*Joan Acocella*

Compassion [to feel with others]...behaving [not belief] is the basis of religion. I.e.: putting yourself in the position of others with passion [*cum*]... following the Golden Rule of every religion.

--*Karen Armstrong*

Canon is Greek for a rule.

The last year of his life, **F. Scott Fitzgerald** earned royalties of **\$13.13**. Since he died, in 1940, more than 10 million copies of his books have been sold. The rich and very popular *Zelda* married him only after his first book was published.

Kaddish, an ancient Jewish prayer recited for the dead and for universal peace, is the only prayer not said in *Hebrew*, but in *Aramaic*, since angels don't understand *Aramaic* and the prayer goes straight to God.

KWIKWIZ answers:

746. the second century A.D.

747. "Doubting" Thomas visited India in 50 A.D.

748. \$30,000 on the black market

749. More chicken than beef

750. Australia

CHALLENGE #166 was:

His grandfather founded the eponymous company. He attended a prep school with his family name [unrelated] and first published in a magazine with the same name [a coincidence]. An opiate addict, he sold heroin in 'the village,' and was a lifelong homosexual, but married and had two children. He deliberately cut off his left little finger to impress a man with whom he was infatuated [and based a story on it]. He fled to Mexico to avoid prison where he killed his wife playing "William Tell," and was jailed until his brother bribed his way out, and he left the country. Then he wrote full time. **Answer:** William S. Burroughs of the Beat Generation ["Naked Lunch"]. (*Jim S.*, *Jerry* and *Elizabeth W.* got it.)

CHALLENGE #167:

He had six academic degrees, but blew off the fingers of his left hand trying to improve on gunpowder. He wrote a 'cook-book' for sex with illustrations of him 'doing it' with his wife's best friend.