

How To Avoid Being Stuffed With Stuff You Don't Want!



by Louis lesCrooge

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The trouble with existence today is
that very few people have time to stop -
far less,
have time to think.

You don't need to stop and think with this little book.
It's about 90 pages short.

The four little stratagems won't save your life
– well maybe quitting, or cutting down the fags will.

But they will save you:

- RSI from computers and desk work:
- RSI from driving your car:
- RSI from playing musical instruments:
- Save you time when you're studying -
- Improve your grades, too – if you need to:

And finally:

Save you neck and back ache when swimming - and
give you a powerful, easy, new, swimming stroke, too.

I developed these stratagems to help me deal with life's
little challenges and problems.

They did. And some still do.

They can do the same for you.



Author's Intro'

Hi! My name is Louis lesCrooge.

I used to be a UK trained and registered optometrist and founder of The Softlens Practice of Soho in London W1.

Now I'm just a UK trained optometrist with free time.

During my 16 years with my Softlens Practice, I discovered that what and how we eat, affects our bodies' metabolisms - to make them function with increased efficiency - like sports persons do (obviously) - but also with decreased efficiency - like most everyone else does. (not so obviously).

This decreased efficiency *allegedly* leads to pandemic 'incurable,' 'AIDS-related,' '???' body conditions, a few of which we relieved, cured and prevented on a daily basis in my West One practice.

Read about it soon in

[How To Avoid Being Stuffed With The Life You Don't Want!](#)

Or read about the vehicles that you don't want to buy, in

[How To Avoid Being Stuffed With The Car You Don't Want!](#)

Have fun!



Here's a thought:

Difficult though it may appear to be,
release the past – not try and release the past.

Command yourself to release the past!

No one - with the exception of snide book publishers -
can change the past.

You and I can't change the past.

We can change our present and our future!

And it has already started.

However, as my Hindu partner ceaselessly reminds me;

No one, but no one, escapes his or her Karma.

Karma is how Hindus deal with life and death.

Karma is payback – both good and bad.

And you had better believe this!

Simply, as this advice comes to you at no additional cost.

We can verify that Karma is alive, well and kicking ass
(non-Hindu ass, too).

It works on our lives and has cost us time, effort, money
and grief.

Ignore this advice to your personal peril ~ simply because
you do not know what you cannot afford to lose.

Treat others, as you would want others to treat you.

Enjoy the rest of your life

It might be the only one you remember

Louis LesCrooge



Contents

[FIVE ways to beat the Devil](#)

- or how to stop/cut down smoking cigarettes
- [Plan 1](#)
- [Plan 2](#)
- [Plan 3](#)
- [Plan 4](#)

[FINAL SOLUTION](#)

[RSI: Repetitive Strain Injuries](#)

- relief, cure & prevention
- Practical help for
- [PC users](#),
- [Car drivers](#)
- [Musicians](#)

[Wise Monk](#)

- Accelerated, learning, understanding,
- retention and recall

[The SideStroke](#)

- Powerful, easy, new swimming stroke
- banish swimming induced neck, shoulder
- and back ache



FIVE ways to beat the Devil

Intro

Many of you probably don't even begin to enjoy smoking.

Many of you probably don't even begin to understand why you smoke.

Many of you probably experience withdrawal symptoms when you try to stop, similar to, but obviously not as severe as, those experienced by heroin addicts when they try to quit (heroin).

Many of you are taking prescription drugs that you have been duped into believing are non-addictive.

All unnatural substances, taken for long enough, will result in some form of 'addiction', accompanied by the appropriate withdrawal symptoms on cessation of treatment

- or increased dosage when the original dosage no longer controls your condition.

Ignore this 100% guaranteed fact of life at your peril.

Think blood pressure meds.

"You're blood pressure's gone up - you just need stronger meds.

Here's some stronger ones!"

"Thank you, Mr. 100%-Trustable Dr. Pushermann."

(FIVE ways to beat the Devil) (Intro)

Before your preconceived ideas and mind-talk kick in to reinforce your belief systems that I am yet another smug, self-satisfied human being who doesn't smoke then believe this. I enjoy smoking.

Any chance of an opportunity to enjoy a smoke or three, I grab. I am not so stupid as to ignore the facts that smoking causes and is not limited to;

- **serious** lung cancer - (*like there's another kind?*)
- **serious** bladder cancer, (*like there's another kind?*)
- **serious** heart problems, (*like there's another kind?*)
- **serious** blood and circulation problems,
- **serious** breathing problems,
- **serious** raised blood pressure,
- prematurely aged skin.
- as well as a permanent, offensive, three-week-old ashtray aroma, hanging around your person.

In addition, all these aforementioned conditions incorporate ensuing knock-on effects and complications.

Notwithstanding the aforementioned, I grab these smoking opportunities within strictly self-proscribed limits and considerations.

I know I can stop, because I can and I do, sometimes for a couple of years - but never forever. I don't get narky, or experience 'nicotine withdrawal'.

(FIVE ways to beat the Devil) (Intro)

Let's get this into some perspective - this isn't heroin we're talking about. This is feekin' tobacco.

Heroin addiction is serious.

However, anyone can CT heroin in less than 36 hours, walk away from it and NEVER do it again.

It's tough! It hurts! It's humiliating! (unless you like it?)

But being tied to a bed, half-naked and having your belly whipped - when the cramps kick in - is, more or less, all that it takes.

The reason many heroin users don't kick the habit is - (besides the whippin') - simply because heroin makes its users feel W-U-N-N-E-R-F-U-L!

But enough about others - back to me!

My strict limits and considerations are as follows:

- I never buy my own.

- I only smoke with other smokers who roll their own, (however, I will buy Greek or Turkish toasted, unfiltered ovals if I should ever be in these countries again),

- in addition to good, but not too expensive Central American, Caribbean, South American and Canarian cigars.

Regular cigarettes are simply too revolting and offensive to enjoy.

This exercise appears to require no effort on my part, or any of my considerable will power and determination.

(FIVE ways to beat the Devil) (Intro)

I would, of course, be lying if I claimed to be able to instantly, or visually switch off the buzz I associate when I see all those guys on the street, limin' aroun',

- on the corner,
- in a doorway,
- savourin' the timeless moment of a quiet smoke.

But then I look at what they're smoking and logically rationalise why I am not doing that.

Otherwise, I would be just another '*helpless 'nicotine' addict*'.

Like you!

Perhaps I am blessed.

Or perhaps, indeed, I am The Umpteenth Coming of The Prophet.

Now for those of you who - for some reason - doubt me, I have some mixed news for you.

I have not had any advance notification that I am The Umpteenth Coming of The Prophet.

In addition to this, I am unable to bottle my considerable, yet untapped will-power and determination and therefore I am unable to sell it to you.

However do not despair for I have five straightforward, logical plans, that will break your habit and dependency which, for a small fee - it used to be US\$5.00 - I can (sell to you).

(FIVE ways to beat the Devil) (Intro)

Should you feel that my offer is 'too low rent' for you, you may wish to consider some other options, such as signing up for a US\$4000/week long detox@;

- www.goldendoor.com,
- www.canyonranch.com,
- www.mayoclinic.com,
- www.kurtotel.com,
- www.wonderlandranch.com,
- www.etceteraetceteraranch.com

and ultimately www.lalaland.com.

In between these two offers, you'll probably have your local Government's anti-smoking booklet.

If it is anything like the UK NHS one, then rest assured that there is serious professional back-up just poised to hold your hand and support you through your darkest hours.

(FIVE ways to beat the Devil) (Intro)

Here below, we have, - more, rather than less - the complete NHS '*precise minutes of improvement in your lifetime*' timetable.

And I quote.

Within 20 minutes of smoking your 'last' cigarette - or, for that matter, your next one - your blood pressure returns to 'normal'. Your circulation improves, especially to your hands and feet.

So, the underlying message here appears to be - don't smoke for at least half an hour after the last one and you will positively feel like a new man/woman/whatever.

After 8 hours - without a snout - your blood oxygen levels return to (yep!) 'normal' (again) and your chances of having a heart attack falls - even as you simultaneously and desperately search for a fag and disappear beneath the wheels of an unheeded 18-wheeler.

After 24 hours without a fag, the carbon monoxide levels return to 'normal' - yet again.

Your lungs start to clear out mucus and debris, bits of masonry, empty fag packets, the odd melted filter. That sort of debris.

After 48 hours without tobacco, your body is now (officially) nicotine 'free'.

(FIVE ways to beat the Devil) (Intro)

After 72 hours - without a smoke - your breathing is easier.

You have more energy.

Your eyelids are becoming heavier.

You are beginning to feel drowsy.

Now repeat after me

"Open my wallet and help yourself."

"Thanks very much."

Whoops!

Forget I said that – that's another programme.

After 2 to 12 weeks (without something you can't remember ever having smoked,) your circulation is now improved throughout your whole body.

It's easier for you to get out of your wheelchair and go for a walk. A miracle cure!!!

Why is it that institutions assume that everyone can walk and be, or become 'normal'?

After 3 to 9 months your lung efficiency is up by 5-10% - the same sort of improvement buying an expensive golf ball might do to your drive length, should you believe all the golfing smoke and mirrors.

Your chances of becoming pregnant have improved considerably.

Bad news guys - your chances are still the same.

(FIVE ways to beat the Devil) (Intro)

After 5 years, you now have only half the chance of getting a heart attack, compared to a 'smoker'.

Your post-smoke child could now be almost 4 years old.

After 10 years, the chances of getting lung cancer are now half that of a smoker, ie., your stupid ex-brothers'n'sisters in smoke who still partake of that evil, antisocial practice.

Your chances of having a heart attack are now the same as someone who has never smoked.

But your chances of being swallowed whole by an 18-wheeler - while consumed with this elation inducing revelation - are considerably higher.

How precise and pithy these wonderful scientists and spin men appear to be at our much maligned UK NHS. If only just 11.5% of it was true.

Most of the above comes to you courtesy of the UK NHS - the same body of people who were exposed by a UK national daily newspaper - to be phoning patients to enquire of their holiday arrangements, in order to send them their operation appointment one week after they had already left on vacation, so that they, the NHS, could officially shorten their burgeoning waiting lists.
WHY???

(FIVE ways to beat the Devil) (Intro)

Oh, just to ensure that they met the official Government waiting list targets, so that they, the NHS administrators could receive their fat 'achievement' allowances.

Extremely nice people - I don't think.

(FIVE ways to beat the Devil) (Intro)

Ever imagined what the first marketing discussion for cigarettes might have sounded like?

The conversation probably flowed along these lines.

(they're nearing the end of the meeting)

Manufacturer –

"So let me get this straight!

*You take a tube full of this shredded leaf stuff,
stick one end in your mouth then set fire to the other end,
then you suck the burning smoke into your body
and at some stage in the future it will probably kill you,
if not definitely shorten your life? "*

Marketeer – *"Yeah! You got it! That's pretty much it!"*

Manufacturer – *"I can't see this taking off.*

*I feel it needs something more positive –
like a powerful hook."*

Marketeer – *"Oh! I forgot the most important part.*

*We'll say that you'll look really cool and sophisticated
doing it."*

Manufacturer – *"That otta do it. Beam me up!*

Where do I sign?"

(FIVE ways to beat the Devil) (Intro)

Marketeer – *"Before you do,
I've got this little box that you hold to your ear,
have worthless conversations with people at awkward
and inopportune moments.
There's also a high probability that it will fry your brains
while you are using it."*

Manufacturer – *"Do we tell them they'll look cool and
sophisticated using that, too?"*

Marketeer – *"Now you've got it!"*

Manufacturer – *"Say no more. Where do I sign?"*

(FIVE ways to beat the Devil) (Intro)

During your execution of whichever of my stratagems you find the more, or the less, alluring,

- never carry matches,
- or any other form of firing-up device.

By refusing to be able to light someone else's cigarette you are turning your back on the Devil and resisting temptation.

Instead carry a small notebook and a pen with you

AT ALL TIMES.

On the front cover, write with a large felt tip the words

MY LIFE?

On the back cover, write the words

MY DEATH!

***N.B.** You are about to enter an ADULT to ADULT interactive transaction.*

(FIVE ways to beat the Devil) (Intro)

Just to recap.

Cigarette smoking is not heroin addiction.

Heroin addiction is serious.

However, anyone can CT heroin in less than 36 hours, walk away from it and NEVER do it again.

It's tough, it hurts, but being tied to a bed for 36 hours and whipped, is all that it takes.

The reason many heroin users do not kick the habit, is (besides the whippin') simply because heroin makes its users feel *W-U-N-N-E-R-F-U-L* !.

[Start this section again](#)

<> <> <> <> Back to [Contents](#) <> <> <> <>

(FIVE ways to beat the Devil) (Intro)

Why you do it?

If cigarette smoking is not heroin addiction then why can't you stop?

The unspoken factor is that cigarette smoking is a psychological crutch, which is triggered through some psychological hook - often stress induced, but also by the associative memory of that first nicotine hit.

It is also triggered by peer, group and social pressure.

And if you do not break all of these psychological crutches and hooks you will be hooked forever on the associated, expectation of that initial nicotine hit.

Besides that, there are several other psychological and visual triggers that will make you reach for a fag.

Actors smoke a lot in the movies because the fag manufacturers know that it will trigger your need for a smoke. Nice guys! And now that you can't smoke in a movie house.- those bastards have got you on the rack.

If these nice guys from the tobacco companies can trigger your brain so easily then we (ie, you) can perform similar anti-triggers on your brain to bi-pass and eventually crush that need.

If you never deal with these triggers you will become seriously uptight - and or depressed - simply because you cannot kick this ever-so-small habit.

(FIVE ways to beat the Devil) (Intro)
(Why you do it?)

Even though you complete your 'nicotine withdrawal' stage, if you have not identified and resolved your psychological triggers, you are still psychologically addicted.

So, next time you're really stressed out, the psychological hook pops up - and you fire up again.

Then you, and yours, and the rest of your coterie of supporters belittle your self-esteem, by questioning your inability to quit.

Next, you listen to the doctors and the pharmaceutical companies and swallow their bullshit hook that it really is a big deal and that they are really there to help.

*(You may have noticed the word **you** was excluded after the word **help** in the last sentence.*

*Because these guys are only there to help **themselves**.*

To your money!

Big time!)

(FIVE ways to beat the Devil) (Intro)
(Why you do it?)

Many of you probably don't even enjoy smoking.

Many of you probably don't even begin to understand why you smoke.

Many of you probably experience withdrawal symptoms when you try to stop, similar to, but obviously not as severe as, those experienced by heroin addicts when they try to quit (heroin).

Many of you are taking prescription drugs that you have been duped into believing are non-addictive.

All unnatural substances, taken for long enough, will result in some form of 'addiction', accompanied by the appropriate withdrawal symptoms on cessation of treatment

- or increased dosage when the original dosage no longer controls your condition.

Ignore this 100% guaranteed fact of life at your peril.

I know. I repeat myself a lot.

If you believe my publisher - it's to sell pages.

If you believe the medics - It's creeping senility.

If you believe me – it's for a reason.

But enough of the meta stuff.

(FIVE ways to beat the Devil)

Plan 1

Switch to rolling tobacco using rice paper and without the filter. The filter and non-rice papers are greater sources of cancer than the tobacco.

Howard Marks' Mr Nice's attests to 200 identified carcinogens

- in the cigarette paper alone.

I would quote him directly, but my copy's gone AWOL.

The filter is another 'quietly grey' information area.

A rule of thumb is

- the softer the plastic

- the lower the melting point.

And we are talking between 120-260°C.

This is way below your fag's burning temperature.

So the plastic filter is definitely gonna melt on yah.

And the closer you get - the bigger the melt.

So you end up peppering the inside of your lungs with micro-molecules of some hazardous plastic.

Remember the colour it goes when it melts? ***N-I-C-E!***

Many moons ago, filters used to be made from cork.

But that meant that the tobacco boys lost money buying a product that they could not control.

So they invented plastic fibre filters.

And the rest - as you know - is C-A-N-C-E-R.

(FIVE ways to beat the Devil) (Plan 1)

About 30 years ago I was on vacation in Madeira. I observed that the Madeirans appeared to be the smartest people in the world.

They live on one of the most beautiful and fertile islands on our planet. The south facing part of the island has a climate so favourable as to be able to grow almost everything.

Yet they chose to grow tobacco on their soil
- instead of food.

And everyone smoked.

Everyone!

The youngsters smoked imported filters.

While the oldsters smoked local straights.

There were many oldsters, most of them, unfortunately with wheezing lungs from their chronic emphysema acquired through smoking straights.

However they were very old.

I estimated in their 80s and 90s.

But they were alive.

I would like to go back to Madeira to see how many new oldsters are alive and smoking *os filtros* today.

(FIVE ways to beat the Devil) (Plan 1)

Rolling your own will slow you down.
They will keep going out, unless you sit down and
actually enjoy smoking them
- so you will be obliged to smoke less.
Unless you are unemployed.

However, being unemployed has its own blessings,
as you won't have enough money to buy tobacco –
unless of course,
you are running a little dark number on the side,
or living under a bridge.

[Start this section again](#)

(FIVE ways to beat the Devil)

Plan 2

Switch from your normal cigarettes to decent, not-too-expensive cigars sourced from anywhere around the Caribbean, Central and South America, at least a centimetre and a bit in diameter (1/2"). I believe they are known as half coronas

Don't be smart and inhale them.

And don't be tempted to smoke - ala 'Hollywood style' - like you see those 'hip', movie stars do as they disappear behind them.

The art of cigar smoking is to emit as little smoke as possible.

This is an extremely enjoyable way to smoke.

However you will need time to enjoy this experience.

One of the advantages of cigar smoking is that they can be smoked a little at a time - often up to a day or two later. This will slow your consumption down.

After a while you will start to feel your gums shrinking. Along with a general malaise overtaking your entire being. Which you can guarantee is totally down to your Havana Habit.

Now, switch back to your favourite filtered cigarettes.

(FIVE ways to beat the Devil) (Plan 2)

When you realise just how foul these cigarettes you used to smoke, taste (*assuming they're not unfiltered toasted oval Turks, or Greeks*),
go back to the cigars on a much- reduced regime (*one per week*)
then slowly reduce to one a month
- then one every other month.

This should give you time and an excellent opportunity to reflect upon your 'addiction'.

<> <> <> <> Back to [Contents](#) <> <> <> <>

(FIVE ways to beat the Devil)

Plan 3

This plan can achieve results very quickly but is less sociable and much more demeaning.

Charm,

borrow

or beg cigarettes

from everybody and anybody

until your face hurts from being punched,

and your ego hurts from being demeaned,

or your social life

and self esteem

plunge to below zero.

<> <> <> <> Back to [Contents](#) <> <> <> <>

(FIVE ways to beat the Devil)

Recap

If you feel;

- that rolling your own is too down-market,
- that you don't have a spare US\$4000/week for a detox,
- that you cannot hack the cigars,
- that you cannot handle the reality of a painful face,
- demeaned ego,
- or lack of a social life,
- and/or self esteem,

why not try Plan 4.

(FIVE ways to beat the Devil)

Plan 4

My 7 logical steps to quitting the demon weed will
GUARANTEE you stop smoking.

Or reducing it - by a lot.

What you about to do here is to play with fire.

If you are careless.

And allow your concentration to slip -
you will get burnt.

Financially, psychologically and physically.

(FIVE ways to beat the Devil) (Plan 4)

Step 1

Go to busy places where lots of tobacco products are sold.

Observe the mechanisms of the smoking ritual purchase.

Do the purchasers hold their purchase in their hands and gaze at it longingly?

Do they immediately rip open the packet - ,

stick one in between their lips -

feverishly fumble for their lighting device -

rush out of the building

(assuming we are in a *roken verboden* zone) -

then lean against a wall as they experience the first hit from it -

whilst absent-mindedly forgetting to collect their change?

Or do they just pay -

stuff the packet into their pocket/bag -

and walk away?

(FIVE ways to beat the Devil) (Plan 4)(Step 1)

Next, go to a smoking place where you are unlikely to meet someone you know.

Observe the smokers as they go through their routines; the searching for the fag, then the searching for the lighting device, then the first drag.

Now, become aware in yourself of the visual trigger during their initial ritual of lighting up that you associate with the nicotine hit you expect to get from the first drag on the fag.

Look at all these people.

Do any of them look really cool and sophisticated?

Do their faces light up with a knowing, self-satisfied smile?

Do their eyelids half close?

Does their body language tell you that all their worldly cares have been momentarily forgotten and that they are halfway to Nirvana?

No?

Well they're probably not smoking the same brand that you are so desperately struggling to give up.

What's that?

Don't tell me your brand doesn't do that for you, too?

So what is your problem?

(FIVE ways to beat the Devil) (Plan 4)(Step 1)

All this anguish had me believing that you were actually enjoying the buzz that your smokes gave you.

All I can say is that if I wasn't getting a buzz like that out of my smoke I wouldn't bother.

Tell yourself that you are not one of Pavlov's dogs.

Even if you are approximating their behavioural patterns through smoking.

You're way above them!

You can see this trigger mechanism and you can ride it out. In a couple of minutes it will soon pass.

Meanwhile back at the bar, consider your deluded, fellow sophisticates as just another microcosm of society.

Just how stupid does society want you to become.

Pity them.

Pity them because they might not be stupid even though they appear pretty stupid.

You can break the links that trigger these psychological associations, just by watching them and analysing each stage of these addicts' routines.

It's like a magician explaining his trick to you.

"Is that all there is?" you may ask.

More or less, yes.

(FIVE ways to beat the Devil) (Plan 4)(Step 1)

Give up what you drink with your smokes too.
This is just another associative link in the smoking chain.
Break these links and your home and dry.

Here's an idea.

Find a large mirror,
preferably in public
(but you're probably too chicken to do it)
and smoke your *final* cigarette in front of it.

Do you look cool?
Do you look sophisticated?
Do you look ridiculous?
Are you really enjoying it?

If all you see in your mirror is someone struggling in
pain to cope with the effects of the smoke and the burn,
then spare yourself the anguish.
Make your mind up and just walk away from it.

Next time - and then every time after, that you want a fag
just pull that image back into your mind.
If you are incapable of pulling that image out of your
conscious memory,
then get back to the mirror and do it again.

Oh! And FINAL SOLUTION T&C apply here, also.

(FIVE ways to beat the Devil) (Plan 4)

Step 2

If you can't resist the urge then buy a couple of packs. You are quite free to carry them around with you, such as children do with their security blankets. However you must swear a solemn oath to yourself not to open them.

At home you write this oath on several sheets of A4 paper

- and stick one sheet
- on each side of every door
- in your house
- at eye level.

If you are asking yourself why you are wasting your money buying something that you are never going to consume proceed to FINAL SOLUTION.

(FIVE ways to beat the Devil) (Plan 4)

Step 3

If you do open the pack of cigarettes your options are;

- not sticking any in your mouth,

OR

- sticking a minimum of THREE in at once.

Again, for obvious reasons it is much more effective if you perform this routine in public.

And yet again, this is entirely your call.

No pressure – no stress here.

(FIVE ways to beat the Devil) (Plan 4)

Step 4

Even if you do put **just one** cigarette in your mouth you must not light it.

(See FINAL SOLUTION T&C)

As with the previously mentioned comfort blanket you can walk around with it stuck in your mouth.

You can remove it,

fiddle with it,

play with it,

in fact do anything you want with it,

except light it.

(FIVE ways to beat the Devil) (Plan 4)

Step 5

If you can't resist lighting it,
ask someone to do it for you.

Remember you cannot light a cigarette
without sucking it to fire it up.

By asking someone else to do that for you,

- in today's climate of politically-correct-social terrorism,
- might be construed
- at the most,
- as assault with a dangerous cigarette
- at the least,
- a little weird.

In all probability you will be subjecting yourself to some
humiliating social interchange experiences,
which you may,
or may not
be capable of facing.

(FIVE ways to beat the Devil) (Plan 4)

Step 6

Almost there!

Once the cigarette is burning do not put it in your mouth.

The late, great Dean Martin – The Supreme Being rest

his soul - acquired notoriety as a heavy drinker and smoker, by appearing on stage with a glassful of whiskey

- which he never drank

- and a burning cigarette

- which he never smoked,

during several of his performances I had the pleasure to experience.

(FIVE ways to beat the Devil) (Plan 4)

Step 7

Finally!

Whew!

If you really can't resist every logical step of the cigarette smoking process,

the procuring,

the carrying,

the opening,

the lighting,

then -

in front of the mirror – public or private – it's your call -

take one really massive hit from your last 'coughin nail',

inhale down to your toes

and hold it for as long as possible.

Then stub the cigarette out.

Before you attempt to smoke another little smoke you

must solemnly swear to yourself,

or to your partner,

or whoever you are with at the time as your witness

- as well as beneath The Supreme Being -

the following FINAL SOLUTION.

[Start this section again](#)

(FIVE ways to beat the Devil)

FINAL SOLUTION

Every time you succumb to a smoke,
or after you've just taken just one drag then stubbed it,
remove a ~~€€\$~~5 spot note of your local currency - for three
fags or ~~\$€€~~20 spot note for ***just the one***
(*life is cru-wel and unreasonable – innit'?*)

- from your wallet or purse.

Then holding one of the non-numbered corners of the
5/20-spot note between your thumb and index finger of
your non-dominant hand
and with a lighter in your other hand
set fire to the opposite corner of the note.

Now this is really important.

With a feeling of immense satisfaction watch the note
burn down to your fingertips.

This should hurt for a while afterwards.

Do not delude yourself into justifying giving the money as
a charitable gift to anyone - or any cause,
instead of burning it.

But if you do,

why do you think anybody should care?

You are, after all, only cheating on yourself.

(FIVE ways to beat the Devil) (FINAL SOLUTION)

Now sit down with your MY LIFE notebook and pen and with as much logic as you can muster write down your arguments for and against burning a 5/20 spot currency note.

Use a page for each point of your argument.

(Burning a currency note may carry a prison sentence in your country so be sure to do this wherever and whenever the smoking urge grabs you.)

You never know, you might discover that smoking scares you more than going to gaol.

Apply this same exercise to the next question, too.

Why do you want to continue smoking yourself to death?
Take your time.

Somewhere in what you write down you will find a clue as to why you do it, or why you want to continue to do it. If you do not find this clue the first time, when the next urge to smoke occurs repeat the procedure described above. When you find it – and you will eventually – it might turn out to be profound, completely illogical, or irrational, or even too simple and obvious, or just plain stupid -

(FIVE ways to beat the Devil) (FINAL SOLUTION)

But you will know it.
Because it will feel 'right'.
And you will experience a significant revelation and a closeness to this revelation each time you think about it.

When you return home,
write out your revelation B-I-G
on several A4 pieces of paper
and stick each sheet at eye level
on each side of every door in your house.

Don't get depressed.

And don't feel self-satisfied, or smug –
because self-realisations have been known to be wrong.

If you don't get it first time –
you might be lucky and hit it the next.
Don't give up.
It will come.

(FIVE ways to beat the Devil)

Final points

All the reasoning and logic, behind what appears to be pretty banal and obvious descriptions of the smoking rituals, are there for you to recognise.

These are the hooks that will trigger your desire to fire up. Isolate each individual part of the smoking sequence so that you are able to possibly latch onto one, or more, of them, which you will be able to control easily, and for long enough - to allow the gasping urge to smoke, to pass.

These plans may amuse, or insult your intelligence, because they appear so simple and obvious.

But don't forget that you have lost the plot as far as your helpless personal addiction goes.

That is why you are in this space, reading these words.

Each of these plans is extremely powerful.

Whether you want to quit, or cut down smoking - simply by following any one of these plans will help you complete your goal.

I know they work because the first time I spotted the hook on TV and caught myself craving, I controlled it.

I just told myself I wasn't going to get hooked that easily. Afterwards I just paid attention to myself.

I have used them on myself at various stages in my smoking lifetime.

(FIVE ways to beat the Devil) (Final points)

I have attempted the use of the phoney humour instead of the phoney gravitas you will receive from your doctors, smoking consultants, non-smoking friends and family. The worst gravitas merchants are the pharmaceutical companies with their nicotine replacement therapy patch and their nicotine replacement therapy chewing gum sales pitch.

Think about it!

If these caring global giants had any sincere credibility at all, a pack of patches would not be anywhere near the price of a pack of smokes.

It's just another racket to squeeze as much money out of your 'helpless' addiction as possible – with as much 'gravitas' as you can afford to pay for.

Don't give others the opportunity to make you out to be a bigger pathetic dope than you are feeling already.

(FIVE ways to beat the Devil) (Final points)

Face up to it.

To become a cigarette addict is a pretty pathetic, stupid, disgustingly anti-social way to get serious diseases.

You should be ashamed of yourself for making this small problem, bigger than it actually is.

Either, you can choose to walk around wearing the proverbial paper bag over your head with a super-large, day-glo capital D on it, with just one hole in it – for your cigarette, of course-

Or you can accept this statement as 100% fact.

Once you've come to terms with how you've been suckered by just about everybody involved in the smoking scene, then go for it.

It IS simple.

It is easier than you dread.

Everyone CAN quit.

But not everyone DOES quit!

Be one that either DOES quit!

Or at least can be able to control it.

Adult-like.

[Start this section again](#)

<> <> <> <> Back to [Contents](#) <> <> <> <>

RSI: Repetitive Strain Injuries **- relief, cure, prevention**

Practical help for PC users,
- car drivers
- musicians.

Here, you can learn how to relieve, cure, prevent RSI - repetitive stress injuries.

Millions of musicians experience RSI.

Millions more PC users experience RSI.

And millions more motorists experience RSI, too.

Choose between a pain free life - or a pain fool life.

You always have that choice.

All are welcome here

Should any of my simple remedies not improve your RSI, or for whatever reason you should elect not to apply any of them, but choose instead to pursue a legal claim for RSI, induced by using products that were clearly misrepresented as 'award winning design', then you are most welcome to use this site as a rally point to initiate a class action legal claim against those who produced them.

Simply email: classesaction@lescrooge.org

(See disclaimer below at the end.)

This address will simply be a rallying point until the body count reaches the level that triggers some class-action, legal-leech's, *über*-greed threshold.

(RSI)

PC users

As you are at your PC we can commence with resolving, or avoiding your impending RSI.

Think about those high rake, or sleek black keyboards with no visual relief, or positional pattern to the keys

- and the visual stress they create.

Or those award winning, dinky micromice

- only fit for the hands of marmosets.

Why not make life even more difficult and work with the lights out, or better - with your eyes shut?

Why?

Because you are not stupid!

So, if you are not stupid, why do you buy keyboards with reduced visual clues. Or with a high rake angle.

Think working the pointer with either hand.

Think Logitech! Think Trackman Marble!

The Logitech Trackman Marble is the **least RSI inducing** PC pointing device ever made.

I tell you this for the only reason of self-interest.

I want as many users of this device as is possible in order to guarantee its longevity.

(RSI)(PC users)

You know the score.

Cerebrally challenged accountants/designers decree that the product, which, you, along with several million other il-informed members of our society, minimises the impending impact of RSI - is obsolete/past its sell by date/ old fashioned/etc/etc and consequently is discontinued - solely to justify their overpaid existence.

It does not matter if you are reading this from a desktop, or a laptop I shall show you how to avoid inducing further RSI from keyboard and mouse work.

If you work for more than an hour a day on your PC without a break then go buy a proper chair.

Ignore this advice at your long-term RSI cost.

Since 1980, I have had RSI in my elbows, from holding the phone to my ears for hours - waiting for *Gateway computer's* non-existent tec' support:

in my right wrist from using a poorly designed trackball:

- in my right knee from the poor position of the gas and brake pedals in cars I have driven:

- in my left leg - above and below my knee from the long travel of the heavy clutch in the same cars:

And once more in my right wrist.

This last bout really capped it all because it came on so fast.

(RSI)(PC users)

We had recently relocated our home and in the process of overseeing 10001, 'more important' things to keep everyone else under the roof, happy, I built my computer area to accommodate different types of PCs. Using the PCs between 10001 other jobs I did not analyse my mouse and keyboard layout sufficiently thoroughly - until RSI got my right wrist.

In hindsight, what really brought it to a head was the awkward height and the finger positions of the trackball I was using.

In less than a couple of months I had raging RSI in my right wrist.

It is much improved now, courtesy of my son's rollerblade wrist protector and a few 100 metres of kitchen roll.

But it's still not gone.

Because of this incident in my life, I took some time out to assess the least strain-inducing position for my body.

Now I want to show you how to avoid inducing RSI, or further aggravating RSI.

There are three factors to consider,

- the chair,
- the keyboard
- the mouse.

(RSI)(PC users)

Unless it is an old **Logitech marble mouse**, or the newer **Logitech TrackMan Marble USB Wired Optical Trackball**, your mouse will be a major contributing factor in RSI, from your neck and back, to your finger.

And if you want RSI real fast then play lots of computer games, too.

(RSI)(PC users)

The Chair Set Up

The chair that will give you the **least strain inducing position** for your body does not exist. Or if it does - which I doubt – you can't afford it, or want to pay for it. You will find one that looks like it might come close but you'll probably end up

- removing at least one of the armrests,
- adding a cushion liner somewhere,
- pulling the casters off,

or swapping the shiny aluminium star base for a boring, black, plastic one, in order to give your chair less height.

Do not be dismayed. This is all 'normal'.

You are trying to achieve what you think an anatomical/ orthopaedic €£\$1000 groan chair will do for you, that your €£\$100 groan chair isn't.

I am telling you this because I have recently bought such a chair.

OK! It was on sale – down from €160.

But it still needed a lot of work.

When you are sitting in the **least strain inducing position** for your body you will be sitting in a swivel and tilt chair with a seat of sufficient depth to accommodate your posterior against the back of the chair - without the front edge of the chair cutting into, either the backs of your thighs, knees or calves.

(RSI) (PC users) (The Chair Set Up)

And of sufficient width so that your arms and hands can move comfortably without any restriction within the armrests.

With a seat back that supports, at least up to the bottom of your shoulder blades.

The front edge of the seat should roll downwards so as not to cut into the backs of your thighs thus reducing blood circulation to your lower legs.

And I discovered that by tilting my chair backwards, shifted my centre of gravity and moved the effective gravitational effect of my upper body away from my lower spine, pelvic bones and hip joints, and made sitting for a long time a lot more comfortable. This action should not raise your feet off the floor, or from the foot rest.

If you go looking for a chair, then take a lot of time - because you will be sitting in it for a lot of time.

Just ensure that the chair height adjustment allows your heels to rest on the ground and ease any resting pressure off the backs of your thighs/knee backs/ upper calves when the chair tilts back.

Otherwise the front edge of your seat will eventually cut of the blood circulation to your lower part of your legs.

In this event you'll need some form of foot rest to alleviate this problem.

(RSI) (PC users) (The Chair Set Up)

These chairs with footrests do exist but you sit higher on them than would be comfortable for a normal height desk.

Most office chairs come with armrests.

Don't be suckered into believing that these armrests are going to add to your comfort.

Far from it.

This is just another factor that compromises the **least strain-inducing position** for your body.

If there is insufficient space between the armrests and your body, to be able to freely push your elbows into the seat back then be prepared to remove at least one of the armrests, or find a chair with a seat wide enough to allow these unrestricted movement of your elbows.

So be sure the chair has metal tubing reinforcing in both sides of the frame in case you have to remove one armrest.

Mine did - luckily.

I realised that the armrests were scrunching up my shoulders so when I got it home I took an armrest off.

One armrest is a great improvement.

They should make all office chairs this way.

(RSI) (PC users) (The Chair Set Up)

With the chair in its lowest height setting,
tilt as far back as the chair will allow.

If the front edge of the seat cushion is cutting into the
backs of your thighs,
either, the seat depth is too shallow,
or the chair is too high.

All you can do about that is find a chair with a deeper and
lower seat height.

If the front edge of the seat cuts into the tops of your
calves, just below your knees, the seat depth is too deep.

Keep looking.

If you can't find a tilt/swivel chair that has the right depth
for you then consider using a high density or memory
foam cushion to move your body forward, effectively
reducing the seat depth.

If you find your chair but it is too high, even at its lowest
setting, then you'll have to make some kind of foot rest,
or change the base for a lower one.

If your chair has a star base, search out a second hand
foot ring support like the drafting chairs have.

If you have no luck you'll need to have one made.

It won't cost much and it will make your life on the chair
more bearable.

(RSI) (PC users) (The Chair Set Up)

How to make your chair footrest.

Tell your metal worker you want a piece of stainless steel tubing 10cm long, just wide enough to slide onto the chair spindle. All the metal you will need should be stainless. It's your preference. Mild steel is much cheaper but is high maintenance. Stainless is maintenance free. You'll need to take the chair base into his workshop for him to measure the diameter of this spindle, unless you have a vernier slide ruler, to measure it yourself.

Next you want him to weld three, or four 16x5mm bar supports at the base of this tube - thin side vertical. These will be the radial supports for your one, two or three concentric circles of tubing that will form your foot rest. These radial support bars should extend past the star base tips by about 15cm. The concentric tubing for the foot rest should be no more than 2cm in diameter, which should be sufficiently strong to support the weight of your legs and your body force when you step off. If you have large feet you may need to extend the concentric circular foot rest farther than 15cm past the tips of the star base.

(RSI) (PC users) (The Chair Set Up)
(How to make your chair footrest.)

Flat star bases are preferable to the gleaming alloy sculpted ones.

They may look nice, but they raise the chair higher. This presents a problem for people with short legs.

In the shop I bought an additional flat plastic star base for it for seven bucks.

You might be lucky and not have to compromise your choice of chair.

I could have paid €800 groans for the best chair I saw, which was really comfortable, but way too narrow and in hindsight I realised was way, too big for my workspace. Instead I found one with a lower back, on sale down from €160 to €80 which I bought.

In the store the chair was the most comfortable I tried, but after working on it for a couple of hours at home, I realised it was too deep. Now it has a 4"(10cm) foam block stuck to its seat back to make it shallower for me.

So don't feel that you have made a mistake in your purchase if you have to go through what I had to in order to achieve working comfort.

Nothing is perfect.

(RSI) (PC users)

The keyboard

If your keyboard has a high rake angle, i.e. the farther edge is much higher than the nearer edge then bin it

- after you have found yourself a flat keyboard,
- preferably in beige, light grey, or anything with high contrast
- with each sculpted key figure printed in black.

It is becoming increasingly difficult to source sensible and inexpensive keyboards,

i.e., those with high contrast, light coloured keyboard with sculpted keys and black printed figures.

These do give those who can see, a visual advantage over those who can't.

And quite right too!

Why shouldn't those who can see, enjoy any advantage over those who can't?

This is clearly an unfair advantage that Political Correctness is duly stamping out.

However if you are in any way politically incorrect, or you have deduced that this PC-ness is just a tad too many sad people clammering for their 15 minutes of fame, then go find a sensible keyboard - then buy half a dozen - before they become, either unavailable - or illegal.

(RSI) (PC users) (The keyboard)

Because if you do choose to empathise with your visually challenged colleagues and use black keyboards you'll just be inducing unnecessary visual strain into your work.

(RSI) (PC users) (The keyboard)

Set Up

First, stick a larger piece of adhesive felt all along the back of the keyboard so that it will neither slip off your clothes, nor stick to your thighs.

Sit in your work chair, in front of your PC, with the soles of your shoes on the ground, tilt your chair as far back as it will go then rest your hands, palms down, on your thighs where they feel most naturally comfortable. This is the **least strain-inducing position** for your arms.

With the keyboard clenched between your teeth - manoeuvre your keyboard under your hands. Just joking.

Hold the keyboard in one hand and position the keyboard between the other palm and your thigh.

Your exact **least strain-inducing position** will be with your hands in the same position as before but with your fingertips resting on the A-S-D-F line.

(RSI) (PC users)

Trackman Marble

I have used trackballs since they first became available. One look at any mouse was sufficient for me to realise that this was 'RSI-on-a-wire'.

So I have used a few trackballs in my lifetime.

It took me several years and bouts of RSI to realise that their were trackballs and there were Marble Mice.

In my extended experience the trackball with the **least strain inducing profile** is the one which;

- has the lowest height;
- is not dedicated to your right or left hand;
- requires no physical movement from your arm
- and barely any from your fingers and thumb.

So far I have only come across one device that fulfills the criteria above. It is the **Logitech Marble Mouse**.

OR the newer **Logitech TrackMan Marble USB Wired Optical Trackball**

You can use it with either hand,

- changing over, every hour or so,
- to rest your dominant hand.

(RSI) (PC users) (Trackman Marble)

Should you know of another trackball which satisfies the above criteria, then use that instead, but do let me know, so that I can include it here as an option.

Laptops with an integrated track-pad are intended for very short time working periods, only.
Should you choose to work on them for longer then plug in a Trackman marble.
Or get RSI.

(RSI) (PC users) (Trackman Marble)

Adapt your marble mouse to your body

Step 1

Measure the perimeter around your thigh, beneath where your palms, and fingers join, where they were resting in the **least strain inducing position** for your arms on the keyboard.

Add 30 cm to this measurement.

This length is slightly more than you will need.

Buy that length of Velcro - or hook'n'loop - 25mm wide (self-adhesive on the back of the fuzzy side only)

Tear off the fuzzy side.

(RSI) (PC users) (Trackman Marble)
(Adapt your marble mouse to your body)

Step 2

Cut a length from the fuzzy strip @ 21cm long and put it to one side.

Turn your marble mouse body upside down then tightly wrap the fuzzy strip around the body of the mouse (the fuzzy side against the mouse body), from the top-middle of the information panel, around the body, behind the big clickers

then back around the mouse body to close to where the fuzzy strip begins on the information panel.

This is to give you an idea how and where you will stick the adhesive backing strip.

Now remove the release tape from the adhesive strip and follow the instructions above in step 2.

Press the tape lightly onto the body as you go – just in case you need to do it more than once.

Trim any overlap so that this end of the fuzzy Velcro butts up against the other end of it.

Now press firmly to make good adhesive contact.

(RSI) (PC users) (Trackman Marble)
(Adapt your marble mouse to your body)

Step 3

With the prickly strip, press about 4 cm onto either the left or the right hand half (your preference) of fuzzy strip on the top of the marble mouse body.

Holding the body of the marble mouse in your hand on the same side as your thigh

(on which you are about to mount it)

wrap the prickly strip around your thigh with sufficient tension in it to stop the marble mouse sliding off your thigh,

then press the loose end of the prickly strip onto the other exposed half of the fuzzy strip on the marble mouse body top.

If you have measured correctly, there should be an overlap of prickly strip.

This overlap will help you remove it, or adjust it more easily.

(RSI) (PC users) (Trackman Marble)
(Adapt your marble mouse to your body)

Step 4

Slide the marble mouse slightly offset on your thigh in order to accommodate your keyboard.

Do not offset it so much that the ball loses contact with its laser, or that the ball drops out of its socket.

Move the marble mouse around until your middle fingertip just reaches the top of the ball.

You may need to adjust the prickly strip a little, until you are comfortable with it on your thigh and that the position of the marble mouse is stable.

The middle of the ball of the marble mouse should be in line with the far edge of the keyboard in order to reduce the height effect on your wrist.

Rest your hand on the mouse and feel the four clickers.

Do not be tempted to move your fingers forward and back to activate them.

Your thumb can easily click the large and small clickers on one side simply by moving up and down.

Your second last finger can operate the other side's buttons with a similar movement.

Your index finger controls the ball movement.

Your hand is now in its **least strain-inducing position**.

Your fingers are barely moving. Your arm is stationary and in its **least strain-inducing position**.

(RSI) (PC users) (Trackman Marble)
(Adapt your marble mouse to your body) (Step 4)

So, it might be a little awkward to use to begin with -
But -
Awkward is in a different league to RSI.

Awkward improves with practise.
RSI just gets worse with practise.

If you do not already suffer with RSI you may think this is
all too much of a big deal.
For you macho men I recommend you do nothing until it
is macho too late.

***N.B. Do what you like for quickie sessions.
The above advice is for longer sessions***

(RSI) (PC users)

Resolution

Should any of my simple remedies not improve your RSI, or for whatever reason you should elect not to apply any of them, but choose instead to pursue a legal claim for RSI induced by using products that were clearly misrepresented as 'award winning design' then you are most welcome to use this site as a rallying point to initiate a class action legal claim against those who produced them.

Simply email:

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[Start this section again](#)

<> <> <> <> Back to [Contents](#) <> <> <> <>

(RSI)

Car drivers

Have you ever asked yourself how these car manufacturers constantly claim 'award winning designs' for their cramped, RSI-inducing cars?

I think that somehow their marketing departments have realised that the words '*award*', '*winning*', '*design*' and '*designer*' are the 'winner-triggers' into the brainwashed psyche of every gullible driver on our Planet.

The following examples all come from '*award winning, designer*' cars.

- Who else, but cerebrally-challenged '*designers*' would mount door mirrors at the widest part of the car, adding between 40-60cm to the overall width of a vehicle,
- creating unnecessary visual obstructions (blind spots) which are sufficient to block the driver's view
 - of a child,
 - a pram,
 - a dog - at the pavement's edge,
 - or restrict access through a row of parked cars,
 - as well as creating an obtrusive moving hazard, sufficient to brain a child standing too close to the kerb?

Which legal '*wizard*' has decreed that to nullify any possible claims for RSI, an adjustable steering column has only to swivel a minimum of 5cm?

(RSI) (Car drivers)

Which orthopaedic '*specialist*' has deduced that as people become larger, car seat squabs should become smaller?

Which misanthrope has ordained that brake pedals must be higher than throttle pedals?

If you don't think that these car manufacturers are having a laugh at our suffering then stop reading.

Now!

And on the subject of pedals, why do we need them at all today?

For some years, all new cars have been capable of being driven by wire. They have;

- variable cruise control on a button,
- power assisted brakes,
- clutch-on-a-button gear changes -

so that takes care of the pedals.

They have;

- electric power steering, so the rib-crushing steering wheel can be replaced by a dinky, hand-sized control between the seats.

If severely brain damaged people and people with no legs are capable of handling it, why can't the ROW?

We're not talking sci-fi Jetson technology.

It's right here. ***Right now!***

And I wrote this in 2006.

(RSI) (Car drivers)

Why do you think it is that aeroplanes now have steering wheels instead of joysticks?

Why do you think it is that manufacturers think we are incapable of operating a moving thing without the aid of a steering wheel?

Perhaps we all appear to be too civilised and capable of challenging development, but sub-consciously, terrified of anything that moves, which does not include a steering-wheel we can cling onto with both hands - for dear life.

Or perhaps these car manufacturers are just too scared to be the first one to step out.

While these car makers are balancing their catatonia and hysteria, consider these facts.

My 1987 BMW 2.8 litre 525 automatic with 160,000 UK miles on the clock averaged, **averaged** - 36 miles to the UK gallon. That's 8 miles/litre.

Our 1996 BMW 2.8 litre 328 automatic with 60,000 miles on the clock, could only manage the factory specification of 26.7 miles/gallon. That is a shade under 6 miles/litre.

But it did satisfy the emissions controls of the day.

Only by using, at the least, 25% more fuel.

(RSI) (Car drivers)

Someone, please - other than platinum futures market manipulators, explain the arithmetical logic - or indeed any logic - behind that one.

My 525 was considerably bigger, considerably older and considerably heavier than the 328.

It had a '*less efficient*' engine, along with 100,000 more miles on the clock.

But it's fuel efficiency, considering all of the factors above, was in excess of 33% better than the 328.

But it breached the fuel emission control thresholds.

Emission controls?-

Global warming?

Pass me the colonic irrigation stick!

Somehow we, the general public appear to have **been stuffed with the life we don't want!** (*yet again*)

(RSI) (Car drivers)

With the level of electronic, drive-by-wire technology installed in cars of today, foot pedals have become unnecessary.

It is only those self-serving car manufacturers, aided and abetted by those self-serving advertising agencies that want to create in those inadequate,

- testosterone riven,

- F1-dreaming,

- gonadal delinquent portion of our society,

the desire to possess the

biggestfastestlongestwidestlowestquickest wheels ever -

that prevents the development of full hand controls.

Aren't hand controls for the physically challenged – you quizzically muse?

Macho men may be challenged in several areas but I do not believe that physically challenged is one of them.

And macho men definitely don't do hand controls.

Until either, our society realises that driving from A to B, without event, is more than adequate for everybody.

OR,

until some visionary i.e., cash-strapped car manufacturer, realises that pedals are a serious waste of resources, money and space, and actually does the sensible thing

and disposes of pedals altogether -

you'll just have to keep reading.

(RSI) (Car drivers)

Unless you are driving a truck, in which your knees are almost directly above the pedals, you are almost certainly going to experience RSI at some stage in your driving life.

What to do about it?

First, analyse your driving position carefully.

Decide where your legs would be in the ideal **least strain inducing position** - if you're lucky

- or more realistically, in a **less strain inducing position** than what you have now.

Take a long your time to visualise what you want to do.

Because, you might want to relocate the positions of the pedals a little lower on their levers and a little closer to your vehicle's bulkhead than they are at present.

In all probability this will involve shortening the pedal levers. Bear in mind that shortening the levers of the clutch and brake will require considerably more pressure from you, in order to operate as effectively.

However, think about using your heel instead of the ball of either foot to operate the clutch, and brake.

This action requires considerably less effort for your upper and lower leg muscles, pelvis and lower back and subsequently less repetitive strain.

(RSI) (Car drivers)

Using your heel involves less muscles.

So, for the same exertion of your muscle force, you can exert much more pressure with your heel than with the ball of your foot.

You can confirm this by grinding on someone's toes - first with the ball of your foot and then with your heel. Then viewing their reaction.

And by alternating between the balls and the heels of your feet you will find that your RSI subsides.

If your pedal levers are made from pressed tubular steel, rather than solid steel, your welder will need to reinforce them with a couple of pieces of stronger steel.

This does not pose a problem.

As a rough guide you should be thinking about shortening the clutch and brake levers by between 7-10 cm and the throttle by between 10-15cm.

If the space to the left of the clutch lever is tight, offset the pedal slightly to the right of the lever – leaving sufficient space to easily move your left foot from resting on the floor, or the inside of the wheel arch (if its LHD) to the top of the clutch pedal in its new position.

(RSI) (Car drivers)

Then move the brake pedal a similar distance across on the brake lever, ensuring of course that you have a comfortable space for your right foot on the throttle. Don't worry about your metal worker's attitude. Mine thought I was breaking the law.

And don't worry about getting it exactly right first time. You may also have to do it twice in order to refine the new pedal positions to your liking. This will be a matter of trial and error. I had to. But it won't cost much to do it again. It's basic metal work. It's not expensive. If it is, go buy yourself an inverter electric arc welding kit. They are portable, not expensive, and simple to use. Besides, everyone should know how to weld. (I'm assuming you already possess a hand grinder.)

Once the levers have been shortened you will have more flexibility in your rest positions for your feet, in addition to lifting your legs less and reducing the muscle strain to operate the pedals and levers.

Lastly, move the throttle pedal up the throttle lever, or if its a floor mounted pedal, take it off and try driving with your foot resting on what is left of the throttle linkage, in a position that you feel gives you variation, as well as comfort.

(RSI) (Car drivers)

Once you have decided on the position, weld a piece of slightly curved metal 4cm wide x 8cm high, there. Making it slightly concave towards you is more comfortable, because your foot rests on it with more grip. But you can just as easily make it plano – it's your preference.

In almost all the cars I have driven, there is a lot of space above the throttle pedal linkage (gas pedal for the intellectually challenged) as it rises in front of the bulkhead and before it enters the engine compartment. You may not be aware of this.

With the aim of resting your right heel on this new pedal position, check to feel how far your foot can rise into this space.

Whichever way you operate the pedals from now on, you will be amazed by how much repetitive, or induced, strain in your legs, hips and back.

You should still be able to use your right foot on the throttle with your heel on the floor for lots of stops and starts in town.

(RSI) (Car drivers)

However, for longer journeys you should be able to lift your foot to allow your heel, or instep, to rest on the throttle and the weight of your leg to hold it there, rather than before when your leg was always under tension pushing the pedal.

And using your left heel for the clutch and your right heel for the brake you will notice the difference in induced strain immediately.

This may feel a little awkward at first.
But as I keep repeating –
awkward improves with practice.
RSI just gets worse with practice.

(RSI)

Musicians

Do not adopt a 'more comfortable' way to move, or position your hands, from the way your teacher has shown you.

Too many 'smarter' musicians induce RSI by ignoring this most basic of advice.

[Start this section again](#)

<> <> <> <> Back to [Contents](#) <> <> <> <>

Wise Monk

Accelerated, learning, understanding, retention and recall

Intro

I remember as a kid writing off
for a memory improvement book.

This book's sole premise recommended making
disconnected associations in order to remember things.
Which, when you are studying the like of maths, or
physics formulae is not too appropriate.

What I am about to show you, we all do from time to time,
however, we are normally completely unaware of it.
In addition we are also unaware of the power of which we
are capable when we use these abilities consciously.

It has been said so many times that the human brain
works at about 1% of its capacity.

The human body also works at a much lower capacity
than that of which it is capable.

The following is a wonderful example that I feel illustrates
this fact.

(Wise Monk - Accelerated, learning, understanding, retention and recall) (Intro)

After I graduated from university,, I worked at the Scottish Co-op Wholesale Society in Glasgow.

This was a very large building, which was the central control distribution point for the whole of Scotland.

In the office furniture department next to the optical department in which I worked, was a teenager of about 16 years.

He was a small, podgy, inoffensive kid but he suffered from epilepsy.

One afternoon he had a fit and during the fit he picked up and threw a solid oak, double drawer desk about 10 feet/ 3 metres.

They packed him off to the hospital where they kept him for a week.

When he returned to work - as a bit of an ice-breaker - the guys in our department got together and asked him to do it again.

It had taken four grown men to remove the damaged desk to the damaged furniture area.

This time around, the kid could barely lift one corner.

He did tell us that his entire body was wracked with pain while he was in hospital.

This is normal when you over-exert your muscles.

This event illustrates the level of efficiency and power of which our minds and bodies are capable.

(Wise Monk - Accelerated, learning,
understanding, retention and recall) (Intro)

The real world is a tough place - and getting tougher.
You have demonstrated to yourself -
You are capable of reaching out -
Into the unknown -
To help yourself.
This is your edge!
Your secret!

Can you keep a secret?
Don't tell anyone.

(Wise Monk - Accelerated, learning,
understanding, retention and recall)

Your Wise Monk Study Technique

You study alone

Your room is quiet

There are no distractions such as TV, radio, music,
smoking, eating, etc.

A study table, a dining chair with a cushion is better than
studying on your bed

You will need good light either, on your table, above it, or
over your shoulder

In daylight, study with your back to the window.

Relax - you don't need your senses focussed

You don't have to be 'in the mood' -this will happen
automatically

Open your book and commence reading aloud.

Speak each word clearly

Now you are seeing ~

Now you are reading ~

Now you are speaking ~

Now you are hearing ~

All four actions are 'in phase' ~

Simultaneously

(Wise Monk - Accelerated, learning,
understanding, retention and recall)
(Your Wise Monk Study Technique)

All physics students know that when wave forms are
'in-phase' their power increases 1000x
Lasers are the result of 'in-phase' light wave forms
You are doing much the same thing
You are seeing,
You are reading,
You are speaking
You are hearing

All 'in-phase'

You are burning this information into your memory

Don't worry, you won't hurt yourself,
or damage your brain
However the data you are inputting
will remain there for a very long time

So now you know

It's really simple

And it really works.

(Wise Monk - Accelerated, learning, understanding, retention and recall)

Your Wise Monk Exam Technique

When exam time comes change your sleep pattern

Go to sleep around 1900,

Wake up about 0200.

Shower, breakfast then study for 4 hours.

Have '*your lunch*' probably around 0700.

Continue studying.

Use your **Wise Monk Study Technique**

On your way to the exam, 'flash' read what you have audibly read.

Talk to no one.

Focus on your revision.

Read while you are walking slowly.

Maintain focus on your subject.

(Avoiding traffic, potholes, people, etc.)

Keep reading right up to the exam room door.

Be antisocial - Speak to no one

Maintain 100% focus and attention on your subject.

Allow nothing to distract you.

Eat another lunch again at 'normal lunchtime' - alone.

If you have an exam in the afternoon maintain 100% focus.

(Wise Monk - Accelerated, learning,
understanding, retention and recall)
(Your Wise Monk Exam Technique)

Find an isolated place to continue studying.
Use your **Wise Monkey Study Technique**

Eat some fruit around 1700
Back to bed at 1900
Continue this cycle until exams finish

Have no doubts about these techniques.
You are doing nothing that is unnatural.

These techniques will enhance your learning.
They are extremely powerful.

You can use them to shorten your study time and
enhance your recall.
Or maintain your study time and improve your grades.
It's your choice.

[Start this section again](#)

<> <> <> <> Back to [Contents](#) <> <> <> <>

The SideStroke

New, easy, powerful, swimming stroke.

**Banish swimming induced
upper back and neck ache.**

Intro

Even though I used to be physically stronger than my kids, I could not approach their eel-like ability to cut through the pool, so I devised this wonderfully effective and powerful swimming stroke.

It's really easy and discreet to learn - so you won't draw unwanted attention to yourself while learning it.

The breast stroke,

I find physically exhausting,

not particularly effective

and I suffer neck and upper back ache

between my shoulder blades after half a length,

because I don't care to stick my face in water

from which source I am unsure,

every 20 seconds, or so.

(I may be different from most people on the Planet

- but I knew that already.)

Every other swimming stroke I tried, to give me more

effective power in the water approximated Kafka's

metamorphosic cockroach.

(The SideStroke)(Intro)

I call this new stroke The SideStroke.
I find it very natural to achieve.
I can swim like this effortlessly.
It is powerful and effective.
With no induced neck-ache.
No induced upper back-ache.
And no water in my eyes.
Or up my nose.
Now, when my kids beat me in a race,
they do not mock me so easily,
or so readily.

(The SideStroke)(Intro)

How to do the Sidestroke

The method

First, you start as if swimming using the breast stroke, then you turn your whole body to one side, either side, whichever you find more natural.

Next you dissociate your arm movements, so instead of both arms going out together, first one leads and once you have pulled this one through the water your other arm is already reaching forward.

The arm beneath you will give your head lift above the water – so you breathe in on that stroke - with your head clear out of the water.

Use your top arm for continued momentum and direction. Use either the frog-like leg movements or crawl kicking - whichever you find more natural.

Let's assume that you are swimming with your head facing right.

Your left arm will be your leading, lifting, lower arm.

Move it forwards and then sweep it downwards beneath your body, eventually towards your legs.

(The SideStroke) (The method)

As you sweep it downwards through the water, this movement will force your head clear of the water so that you can breathe in air without water.

When your left arm is pointing downwards, extend your right arm straight out in front.

When your right arm is fully extended in front of you, sweep it backwards horizontally, slightly below but parallel with the water's surface.

You will be amazed by how little energy you expound travelling faster through the water.

One slight drawback is that your field of view is restricted to whichever way your head is facing.

But remember.

This is a clear field of view because your face and eyes never go into the water.

However, with practice it is easy to roll and switch sides. You'll probably find that your dominant side is easier to coordinate than your less-dominant side.

I swim almost eight months of the year and I have never seen anyone do it.

(The SideStroke) (The method)

Either, it looks pretty pathetic to casual observers and no one has had the neck to suggest that I wear some kind of bag over my head to save me from ridicule and embarrassment.

Or it is unique!

In which case I've decided to call it
the SideStroke.

Who knows - I may even patent it, or at the least register a design copyright for it.

Anyone I see doing it I might consider scrounging a beer off.

I think it should be included in the Olympics.

Why not?

If a useless spectacle like synchronised drowning can be included, then a really useful life-saving, new, swimming stroke should be too.

Feel free to practice it.

If I see you doing it, I might introduce myself.

Enjoy it!

[Start this section again](#)

◁ ◁ ◁ ◁ Back to [Contents](#) ▷ ▷ ▷ ▷

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<> <> <> <> Back to [Contents](#) <> <> <> <>

Intellectual Property & Internet Theft

Apart from the obvious one-on-one, amateur-theft scenario of buying e-products on the Internet, then claiming a refund, once there is no way for the seller to retrieve his products, the Internet is also full of professional thieves.

These professionals steal the intellectual property of others then sell it as their own.

This is regarded as a 'victimless crime'.

There is no violence, no trauma, no claret on the carpet.

The police don't care.

The A & E departments in hospitals don't care.

The only people who care are the 'victimless ones' – the ones who have been robbed. And once they have been robbed there is not much they can do about it.

All they can do is secure their valuables so that it is more difficult for the thieves to steal.

We may be out on a limb here but we believe this is the perverse nature of man. To protect your valuables, you would probably do likewise.

<> <> <> <> Back to [Contents](#) <> <> <> <>

Here's that thought again:

Difficult though it may appear to be,
release the past – not try and release the past.
Command yourself to release the past!
No one - with the exception of snide book publishers -
can change the past.
You and I can't change the past.
We can change our present and our future!
And it has already started.
However, as my Hindu partner ceaselessly reminds me;
No one, but no one, escapes his or her Karma.
Karma is how Hindus deal with life and death.
Karma is payback – both good and bad.
And you had better believe this!
Simply, as this advice comes to you at no additional cost.
We can verify that Karma is alive, well and kicking ass
(non-Hindu ass, too).
It works on our lives and has cost us time, effort, money
and grief.
Ignore this advice to your personal peril ~ simply because
you do not know what you cannot afford to lose.
Treat others, as you would want others to treat you.
Enjoy the rest of your life
It might be the only one you remember

Louis LesCrooge

◁ ◁ ◁ ◁ Back to [Contents](#) ▷ ▷ ▷ ▷