I can't help but feel a little guilty sometimes

I'm so ashamed.

Here I was having an emergency double tooth extraction earlier this week and right in the middle of it I asked if I could hold onto a teddy bear that was sitting in the dentist's office.

I don't know what came over me. All I know is that I was desperate to get my hands on that furry fellow and have him comfort me while I was being worked over in the dental chair.

The dental assistant laughed and said that they would promise not to tell anybody, but I think they thought I was joking because they never did hand me that cuddly bear.

I wasn't joking, but I would have been even more ashamed had I actually got it. And I doubt they'd keep their promise not to tell anybody about the overgrown man who needed a teddy bear to help him through his dental visit. I'd tell, even if I said I wouldn't.

My dentist is the greatest. For some reason, one word out of his mouth and I start to feel calmer, even without the teddy bear. But, here's the thing, and I don't know why this is so, but I feel as if I've let him down because I haven't taken care of my teeth properly. I don't imagine he could care less because he has hundreds of patients, but I still get that feeling of guilt.

I notice that with other things, too. For example, when I go to the library and have to walk through the beeper thing with my books. The beeper sometimes goes off for whatever reason and right away I want to crawl up in a corner. "Hey kids, look at that criminal over there. That's what a criminal looks like. He's one of those book steal-

It's traumatic, and just how many people steal books they can get for free, anyway? It's the same when I go to a bank machine and it's being tended to by people from an armoured car. I just want to throw

my hands up in the air and assume the position just so they don't think I might be thinking about how nice it would be to have all that money in the back of their

The only thing I actually ever did steal was a Roman Nougat bar when I was a little kid. My friends told me it was easy, but they didn't explain the guilt I'd have to live with for 35 years afterward. I even went back later and stuck a nickel on the shelves where the Roman Nougat bars were.

You sometimes hear about good old Catholic guilt. Since I grew up Catholic



On the loose

with MURRAY TOWNSEND

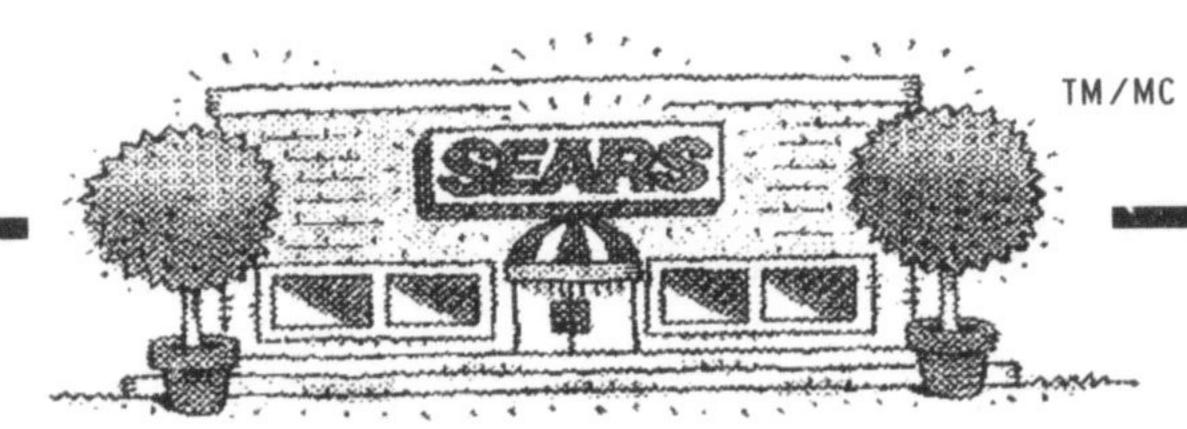
there might be something to that. Every bad thing you did was like opening the door to hell.

mean who wants to increase their chances of going to hell? Back then, stealing that Roman Nougat bar just about sealed my fate as far as I was concerned. How could I carry on? It's a good thing we had confession because I spent a lot of time there as a kid just trying to get back to a level playing field in the battle between heaven and hell.

I've often wondered what I would do if I found bags of money in the wilderness or a huge sum was mistakenly deposited into my account. I'm sure I would tell the bank

see WE on page 10

Don't miss Murrary Townsend's Lifestyles column published every second Friday in The Canadian Champion.



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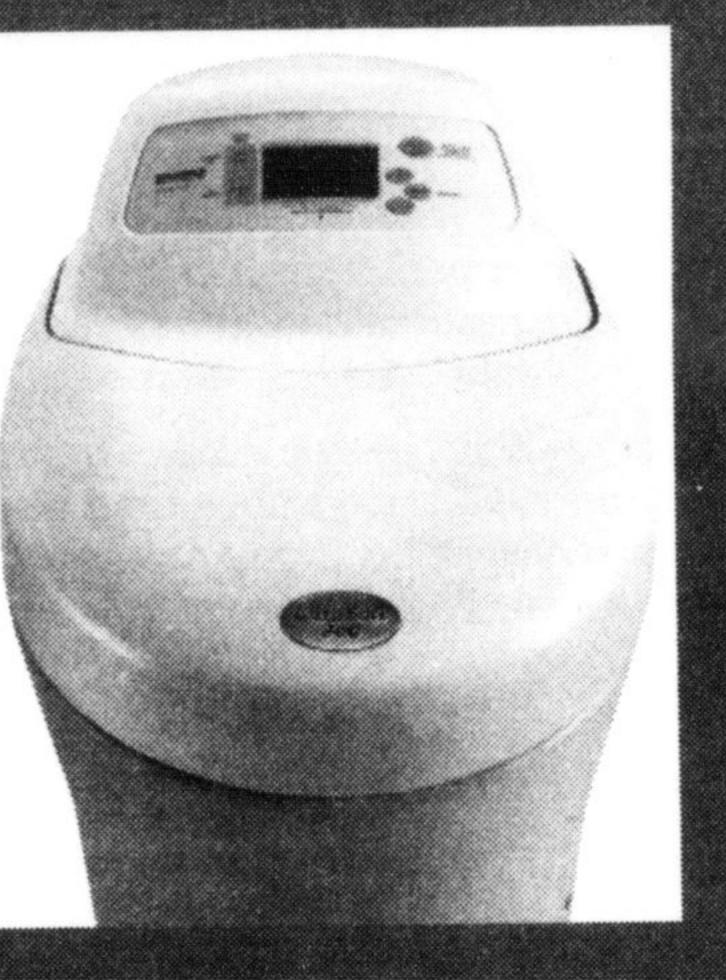
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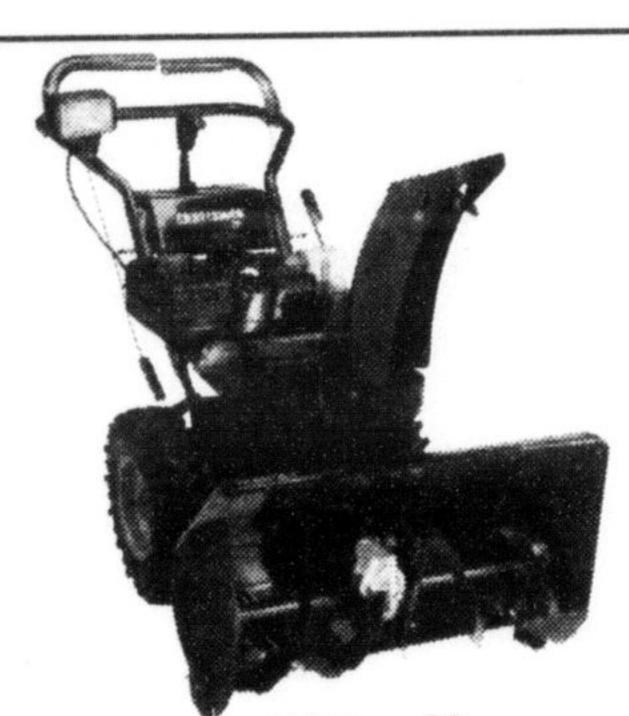
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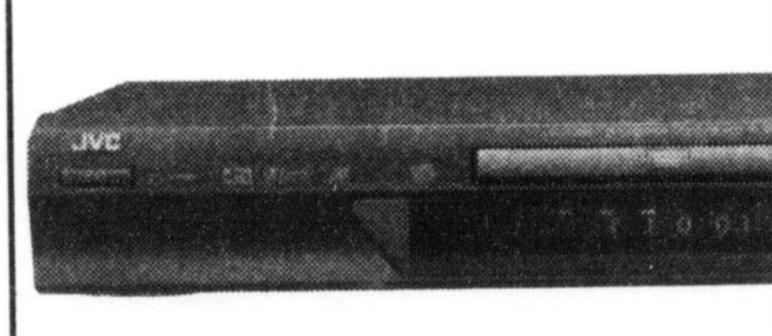
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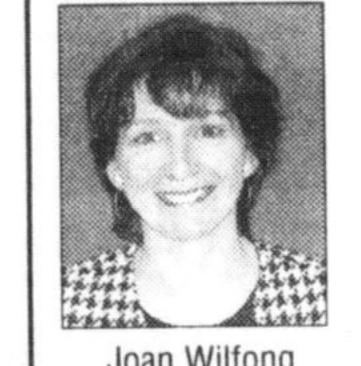
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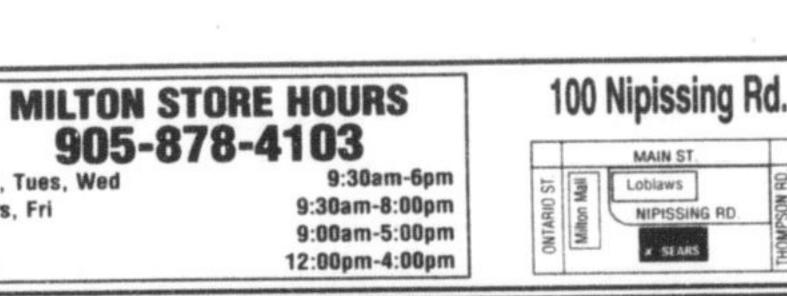


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