A not-so-flattering revelation — disgusting, really

On the loose

with MURRAY TOWNSEND

I disgust myself.

What's more, I should also disgust you. If you see me on the street you should say: "You disgust me." If you have children, you should shield their eyes when I go by and say to them, "Don't look at the disgusting man, kids."

I'll tell you how I came to this disgusting revelation. I was walking by a store recently and looked in the window and saw a big-bellied disgusting looking person. It took me a second to assimilate in my brain that it was a reflection and that the disgusting person was me. Uh oh.

I mulled this over for a week or two. I mean I have had all the advantages so there was no excuse. I went through The Champion Weight Loss Challenge, and thanks to Beverly Hills Weight Loss Centre, lost 60 pounds. I kept the weight off for years, and I was taught enough there to know what I was supposed to do and not do to keep it off.

So, I don't really know what happened to change all that. I could say I got hungry, but mostly I just got stupid, and they don't have stupid-loss centres.

Now, I plan to lose this weight and become less disgusting. I've tried this before on my own, including many years ago when I said I would walk down Main Street in my underwear if I failed to lose a certain amount by a certain time. I failed of course, and I don't think it's one of award-winning photographer Graham Paine's proudest moments to have had to take that picture.

So no promises this time. It would be too disgusting to look at that underwear thing again. But I do have a plan. And if I do manage to lose the weight I don't deserve any praise. I did deserve it last time because I worked hard, but you only get one praise session. I even kind of had a problem with the praise the first time because I shouldn't have got that fat in the first place. People who control themselves and don't get fat get no praise, so why should I have?

Plus I don't have sympathy for fat people who get that way of their own doing. It's not that I think they're disgusting — unless they lost a lot of weight and then put it back on because they were stupid. They can look any way they want, I don't care.

Now it's a different story with these women on those daytime television shows. They had kids and stuff so putting on the weight is understandable. But then they're on television crying because their husbands aren't attracted to them anymore.

Everyone boos the husband and says self-righteously that the husband should be attracted to the good qualities of the person, not the way they look.

Great, wonderful, and all that, but then they have the women back at another time and she's lost the weight and lost her husband and feels great about everything.

So, it was important to lose weight to attract other men and to feel better, but not important enough to do for her husband, so I don't feel sorry for them when they cry. In fact, I laugh.

Okay, so I started off at 100 per cent disgusting. I figure that with each pound I lose, up to 50 pounds, I also lose 2 per cent of disgust. When I started this plan earlier this week I stepped on the scale.

Don't read any further if you don't want to be disgusted. I tipped — almost toppled — the scale at a cool 288 pounds, and I'm only 5-foot-10.

So far, I've lost five pounds, so that would mean I've lost 10 per cent of disgust and am only 90 per cent disgusting. I'll keep you posted, and let you know when it's okay to look.

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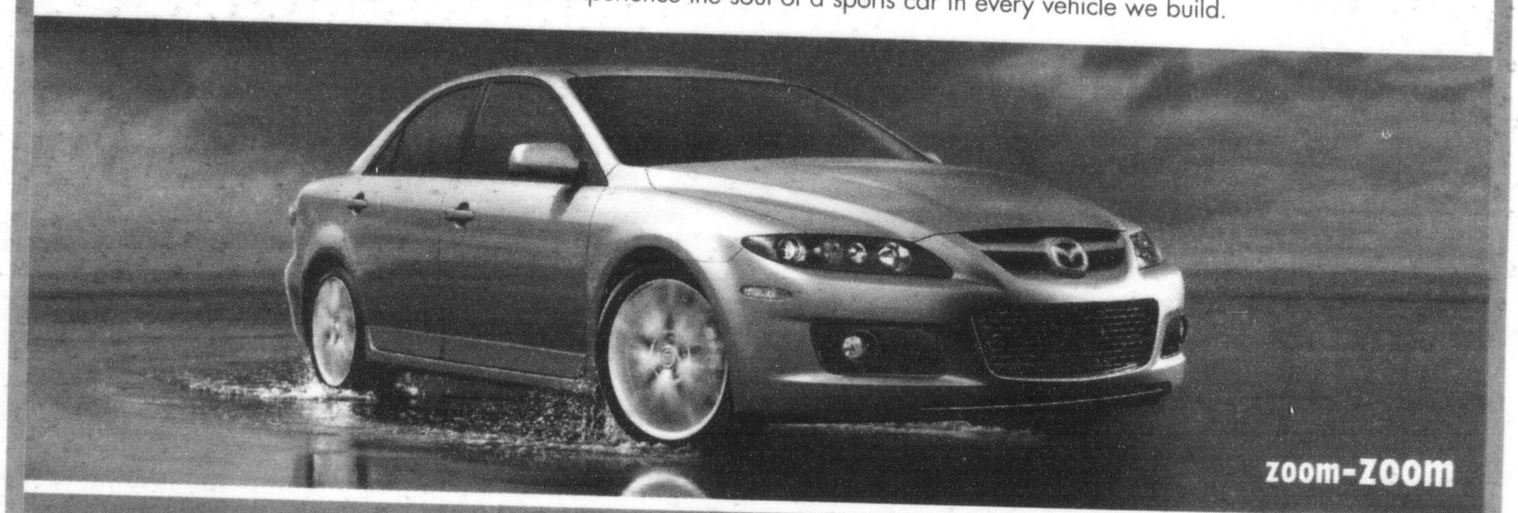

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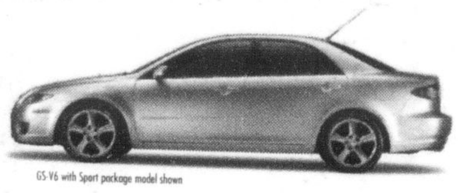

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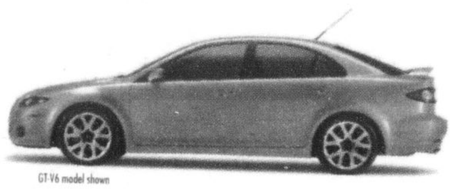

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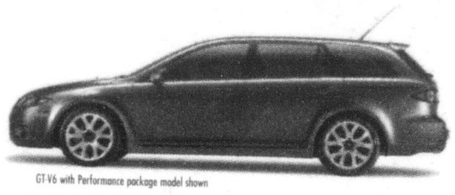

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