

Flu bug not half as sickening as daytime TV

With illness there are two kinds of people. While one type never gets sick, others find it hard keeping healthy.

Belonging to the latter, I have once again succumbed to the flu bug. Ignoring the first signs of fever and troubled stomach I continued on until I could go no longer.

Wallowing in self pity, I lay in bed bored with being sick, and bored with tormenting my likewise sick hubby. The Big Guy and I both agree there could be nothing worse than being stuck in the sickbed. Days blend one into another and hours can stretch into

infinity leaving you a disoriented mess within the sheets.

Tuesday was the worst day. I awoke reeling with nausea with a head that felt like it weighed more than one of Norm Craven's prize winning pumpkins. I figured that reading would do more harm than good so I grabbed the convertor and settled down to enjoy some daytime TV.

My spiral to depression began as I watched the worse heartbreaker there is, a Toronto Humane Society fund raiser telethon.

Watching helpless animals suffer I began to get teary eyed and felt very down.

Next, I channel-hopped and took a peek at the Rolanda Show. This is one of a growing breed of now-so-popular talk shows.

The day's topic was family reunions and seemed harmless enough at the beginning. Mistake!

These were reunions of the worst kind. Heartbreaking tales of fathers who have disappeared only to leaving sad faced little souls wondering why they have been abandoned. On and on, it went, one tale worse than the last.

It brought to mind a show from way back in my past. When Queen for a Day aired I was just a small fry, but memories of the humiliations the contestants endured have stayed with me.

Women who had lost family members due to accidents, families whose homes were burnt to the ground - no insurance of course - and any other women willing to share her horrific tragedy became contestants.

The winner was determined by the loudest applause. The saddest and teariest storyteller was given a truckload of appliances for baring her soul.

Even as a kid I was repulsed by the thought that this was entertainment. Watching these sideshows on television I wonder if it is a reflection of our society.

Maybe by seeing others worse off than ourselves it makes our situations seem better?

I have vowed to never get ill again and put myself through the emotional torture of daytime TV.

That said, eat wisely, don't run through the snow barefoot and may the world turn, but not your stomach.



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Street skiers

From the front, Katie Ramsden, Sean Ramsden, and Mary Catherine Ramsden, do some cross-country skiing on Millard Street in Stouffville last week as snow begins to fall. This weekend, sunshine and pleasant temperatures should bring out skiers of all sorts.



Photo/SJOERD WITTEVEEN

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