

Lucky.....and Vain



An extremely lucky fool

In 1958 I was 15 years old, [Eisenhower](#) was president, the majority of cars on the road in the world were made in Detroit, the majority of the world's oil came from Texas, the US dollar bought more than any other currency, the majority of the worlds quality products were manufactured in the United States,

Europe and most of Asia were in ruins or rebuilding, disease and starvation were epidemic in most of the world, except the US, and most of the world's food was produced in the USA.

Life was not good for minorities in the US then but for most decedents of Northern Europeans like me, it was Ozzie and Harriet and Leave it to Beaver.....or at least that was the illusion.

Examples of Some words and phrases that were not yet in common use or had not yet been invented were “dysfunctional”, “Attention Deficit Disorder”, (I had it) “closure”, “freakin’ & friggin’”, “on the ground” (the soldiers of the Roman Legions dangled their feet over the clouds and threw things down at their enemies), “incredible” (anything that is slightly unusual is no longer to be believed.....can’t be real;

must be fake. Actually political speeches are incredible but I have no trouble believing all the other stuff that people call incredible), “Rock Star” (anybody who stands out a little is now a Rock Star. Actually, people who are famous because they make movies are movie stars. People who are famous for rock music are Rock Stars. All others who are called Rock Stars are actually Monkey Farts), “wake up call” was around back then but it came from the front desk of a hotel. Now the term is used by people who like to pee in their shoe. “[fibromyalgia](#)” (my grandmother had it but everybody thought she was a hypochondriac.

Empires, like all living things, are born and die. In 1958, the United States of America was at its apex.....and the beginning of its decline.

I was born with a normal body, not deaf, blind nor handicapped in any way, to a

middleclass European American family at an optimal time and place in history.

I once flatlined (clinically dead) for almost three minuets and should have died many other times. I am alive because doctors and nurses, the Air Force and VA hospitals, my mother and the women in my life kept me from dying.

I am extremely lucky.

If I were also as enlightened as I would like to be, I would not, like most human beings are, be vain.....but I am vain.

All of my life I have been told how lucky I am. “Playing music and many instruments is easy for you because you were born with the gift. It is easy for you to learn other languages because you have a talent for it. You can solve problems and score high on tests because you were born with that kind

of brain. You are in good health and you seem to age more slowly than most of your generation because you have good genes. Everything is easy for you.”

For every action there is an equal and opposite reaction and everything that happens in my life was probably determined billions of years ago.

However, because I am vain, I like to believe in, at least, the illusion that maybe I had some little something to do with my good fortune.

Any accomplished musician will tell you that talent is 1% and the rest is doing the same boring (at least in the beginning) thing over and over again.....practice. Anyone who speaks several languages will tell you that they can do it because they studied and read and wrote and talked and listened a lot. Most people who solve

problems and score high on tests will tell you that it wasn't so easy in the beginning. I had to flunk many tests before I figured out how to anticipate what the composers are looking for and think ahead of them.....get the hang of it. To learn to solve problems, I had to make many mistakes.....I have a PhD in Screw-up. There really isn't any free ride for anybody.

Anybody who ever served in the military will tell you that there is a lot of substance abuse.....alcohol, tobacco and drugs. I am no exception. But it worried me and at 18, I started taking [Geritol Complete](#). It had too much iron (and alcohol) back then but I gradually experimented with other supplements, vitamins, herbs etc. I also began to be very aware of my diet including what, how much, how often, when and why. There are countermeasures for substance abuse e.g. [choline and lecithin](#) for alcohol.

In my early 20s I deliberately shrunk my stomach and it took several years ([details](#)). I determined to always eat only [small meals](#) or snack. Then I decided to try to never eat the same thing two days in a row and to always eat a wide variety of food. A constant variation prevents a build up of any one thing and eating only small quantities prevents overworking the digestive system. [Always stay a little hungry](#). I often have to apologize and explain to a cook for taking only very small servings and I usually have to take a doggy bag home from a restaurant.

As for what I eat, it's explained in **Grapes, Nuts & Carrots.**