


# THERAPY PAGE

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**Bob Rice L.Ac.**

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## Ask Uncle Mike

Dear Uncle Mike,

My wife snores like a bucksaw. Know any sure cures?

Wide Awake in Florence

Dear Wide,

Uncle Mike assumes you've ruled out corrective surgery. And that, in addition to acupuncture, you've explored the usual folk remedies: ritual curses, strangling your wife with a sock, and walling up your bedchamber with pumice blocks while she sleeps.

Beyond these suggestions, Uncle Mike can only pass along the method used successfully by his Aunt Bruno. Auntie, always a bit flamboyant, attacked Uncle Bub with a large steelhead, pounding him mercilessly and screaming, "I need sleep, you useless idiot." Uncle Bub, no fool, became a master of the catnap.

Dear Uncle Mike,

I'm a divorced woman, thirty-six. I'm good looking, smart, and friendly. I also haven't had a date in months. It's not that my standards are out of reach, but no one who comes even close has been approaching me. Is it my breath? Something I said? Other women I know are having the same problem. What's with you guys?

Cynthia S., Lincoln City

Dear Cynthia,

First off, Uncle Mike suggests you accept matters as they are. Karma being what it is, there's a good chance you're alone for some reason. As a corollary of this, you must accept the possibility, regardless how slight, that something about you contributes to your loneliness.

What we're dealing with here Cynth, is an old zen-esque question: is your life half empty or half full? Alone is one thing, loneliness quite another. You are lonely only to the extent you define yourself as half of a mating pair.

As for what's with us guys, Uncle Mike can only remind you that a woman without a man is like a fish without a bicycle.

Dear Uncle Mike,

My girlfriend's been on me to lose a little weight. I could stand to drop five pounds, but she wants me to jog with her. I think it's great if she wants to run around the neighborhood in a sweatsuit, but I'd as soon do situps in front of the tv. Is there something holy about jogging?

Dan O., Portland

Dear Dan,

Not to Uncle Mike, who makes it a rule never to run unless something large and murderous is chasing him, or he is late to his men's poker support group.

If you need to lose weight, eat less. Regardless how it seems, a pound of pork chops weighs twice as much as a pound of rice. If, as your friend seems convinced, the hopeless blob of flab you've become could stand firming up, by all means exercise in moderation. Some jog (i.e., run without purpose), some sit up, some tai-chi. Uncle Mike shuffles cards and smokes cigarettes.

Should the nagging continue, remind the love of your life of the recent Harvard study which showed that men who began exercising in midlife outlived those of us who laugh at the thought by a whopping average of one month. It is Uncle Mike's conviction that the month gained is scarcely worth it if it means behaving as if one modeled sportswear.

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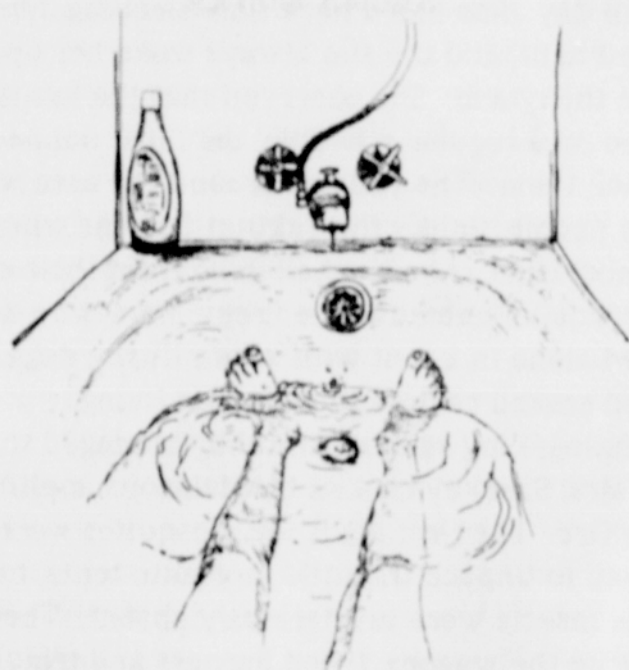
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- 2) Call back and during the opening message punch in 22, .. wait a sec .. , then 5. Now wait till the tape rewinds. (We get up to 30-50 calls a week so be patient. You will hear many ba-beep, ba-beep, ba-beeps.) If you get bored hit 2 to skip through message to the next one.

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