

My First Half-Century in the Iron Game

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My father, William Edgar Jones, M.D., was born more than a hundred and ten years ago, in January of 1887, and graduated from medical school in 1911. He was only one of a total of fourteen medical doctors who were members of my immediate family during a period of the last three generations, but with a direct family involvement with the practice of medicine that now extends backwards over a total of seven generations.

After my father's graduation from medical school, and a year of internship, he went to Panama, where they were then building the canal; went there primarily because of the "big money" that was being offered, unusually high salaries that were being paid in Panama because of the fact that most of the people who went there also died there, died from malaria, yellow fever, amoebic dysentery and a long list of other tropical ailments that then very little was known about. His salary was \$150.00 per month, \$1,800.00 per year; which, in 1912, was a very high salary.

Two failed attempts on the part of France to build a canal in Panama effectively wiped out the French Empire, not only did their Panamanian failures bankrupt the French, twice, but killed off almost an entire generation of their best people; additional losses of both people and money resulting from the First World War, from 1914 until 1918, reduced the strength of France to such a low level that Hitler's troops were able to storm across France in a matter of a few weeks. After which, the "Glory Days" of the French Empire were over. Nevertheless, to this day the French are perhaps the most arrogant bastards on the face of the planet; remain arrogant in spite of the undeniable fact that almost everything that they have touched during this century has turned to shit. If you are finally beginning to notice that things are pretty badly fucked up in this country, as they certainly are, then spend a few days or so in France and you will be provided with an opportunity to learn just how bad things can become, together with a clear picture of this country's future since we are now moving rapidly along the same path taken by France.

If, like most people, you are still dumb enough to believe that anybody connected with the government is either interested in, or capable of, helping you in any manner, then you can expect any number of very rude surprises. Just short of hiding out in a cave in the mountains, you would be well advised to do everything possible to avoid any contact with anybody who claims to be interested in your well-being. Unfortunately, any such advice on my part is about as effective as pissing into the face of a hurricane, since the vast majority of people today are not only incapable of learning anything from the experience of other people but cannot even learn from their own mistakes. Thus it follows that anything I write is not intended for the majority of people, but is, instead, directed towards a tiny minority of people who are both willing and able to think for themselves. You will find damned few, if literally any, such people connected with the government, the scientific community or the academic community, so you should avoid all such people like the plague. Yes, there are a few exceptions to that general rule, but your chances of ever finding such an exception are about as good as they would be if you were searching for a needle in a haystack the size of the state of Kansas.

Personally, having had meaningful contact with literally tens-of-thousands of people over a period of more than seventy years, I have now limited myself to continued contact with only a handful of people, the few still remaining from the many, the very few who have stood up to the test of time. If I have learned very little else of any real value, I have at least learned that you have about as much chance of finding people either willing or able to think rationally as you do of teaching a pig to talk. A very short list of people, men like Philip Wylie, Edgar Allen Poe, Eric Hoffer, and a few others, have tried, generally with very little if anything in return for their efforts, to turn this society into the direction of sanity; but their efforts have been swamped by people like Karl Marx, FRD, JFK, Angela Davis, Margaret Meade, B. F. Skinner, and thousands of other self-proclaimed "experts" who have managed to destroy almost everything of value that once existed in this society. When an illiterate football player like O. J. Simpson becomes, first, a multimillionaire and, second, gets off free after killing two people, you should at least start to suspect that things have already gone much too far in the wrong direction.

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Totally apart from being stupid, fat and ugly (no wonder Bill likes other girls), Hillary is probably the most arrogant person on the planet: given her qualifications for the job, NONE, or, as the British say, SWEET FUCK ALL, when her equally stupid, fat and ugly husband, Slick Willie, appointed her to a position that was supposed to literally take over and “revolutionize” the practice of medicine in this country, we were provided with perhaps the most blatant example of the blind leading the stupid that has been seen at any time throughout history. Fortunately, this utterly insane scheme was shot down in flames, but, unfortunately, not before it had already done an enormous amount of damage. While perhaps less than one percent of the people in this country are even aware of it, actions taken by, or at least encouraged by, the government have changed the practice of medicine in this country to such an extent that thousands of doctors have simply quit, because they were no longer willing, or even able, to continue to deal with a literal blizzard of utterly ridiculous paperwork and other red tape. To an extent that must be experienced to be believed, practically everything that a doctor now does is “second guessed” by some bureaucrat who knows less than nothing about the practice of medicine. All of this, of course, being rationalized on the grounds that the government is “protecting” the public. Well, in fact, rather than needing protection provided by the government, what we really need is protection from the government.

The now almost universal belief that nobody is responsible for anything that happens to them, that “somebody else” is responsible for all of their problems, an attitude which has been fostered by the liberal idiots who have been running this country for the last sixty years, has already destroyed damned near everything of value that ever existed in this country and is now well along the way to destroying the practice of medicine. The truth of the matter being, of course, that none of the people who are supposedly helping anybody apart from themselves have either the desire or the capability of helping anybody. Ask yourself: just where, and how, did all of these supposed “experts” get so smart, so all-knowing? As of the moment, the rules and regulations that are supposed to control the IRS run to a length of several million pages, all of which are written in such a convoluted manner that nobody is even capable of understanding them; which perhaps does not matter, because not a single person now living or dead has ever even read all of these regulations, and would probably lose what little mind they still have, if any, of they attempted to read them all.

And just what, if anything, does all or any of this have to do with the field of exercise? Just everything, since the field of exercise is certainly not the one exception that proves the rule, is, instead, just as fucked up as almost everything else in our currently insane society. While the potential benefits of proper exercise have been established beyond any shadow of a lingering doubt, it does not follow that even one percent of the overall population will ever see any of these benefits. There are now far more people in this country who are hooked on dangerous and illegal drugs than there are people who are performing any sort of meaningful exercise. Insofar as the so-called “physical education” classes that are being conducted in our schools are concerned, it is my opinion that none of them offer anything of value and that a lot of them are counterproductive, do more harm than good. Across the board, if the school kids in this country were in any worse shape they would all be dead.