

The Betty Letters

My Dear Grandchild,

Today, I want to talk to you about something which is a little embarrassing for many young ladies and even for some married women. The subject is men and their problems – and men have many more problems than women, I can assure you. Now, every woman knows that, generally, men are not a patch on what they think they are cracked up to be although we have to extol their virility and libidos so that they can feel good about themselves, nevertheless, otherwise, women would never get them to go shopping for a new dress. The truth is, however, that men die quicker than we, women: God help us, all! We need men for a number of reasons, other than fixing things around the house, taking the dog for a walk, washing the car and telling us how young we look even early in the morning. While we, women, watch our diets (and our waistlines), men rarely do. Just look at Bo-Bo and you'll see what I mean. We, women, go for annual physical check-ups to the doctor, but men only go to see the doctor when they know something is very wrong. In other words, men wait until, only too often, it is too late to fix what is physically wrong with them. There is a way in which you will be able to tell whether or not something is happening to your man, however: Is he standing tall? I am not talking about his posture, but I am talking about his penis. That's right! I am not joking with you. If a man is suffering from erectile dysfunction, it may well be a telltale sign of the onset of a heart problem. The moment that you know that he can't do it, whip him to a doctor, immediately. Don't let him talk you out of it when he claims that he is too busy in the office, his official commitments don't permit him the time, he is tired, etc, etc, etc. You just cry a little and, if that does not work, scream (quietly, at first) that you can't suffer it, any longer. Don't forget, men are foolish when faced with a crying wife and, when she appears to be hysterical, they are, completely, lost to know what to do. Once in the doctor's office, you go right in there with him to tell the doctor: 'Doctor, my husband can't do it any more. He won't tell you the truth, but he cannot stand tall.' Now, he is sunk! The truth is out in the open. He has to tell the truth about his medical condition because, My Dear Grandchild, it is a medical condition that, with a little patience, can be fixed. What happens to a man is that, living an unhealthy life (before he married, of course) causes the arteries to the heart to get damaged. And damaged heart arteries lead to damaged arteries, down there in his nether regions – in the penis. That is the main reason that he can't get it up. You must never forget that the penis is merely a delivery system for semen. Without its proper functions, brought about by its engorgement of blood, you will never have a child. So, you must look after it and, as the saying goes, size does make a difference: Size is, I can assure you, good. The bigger it is the better it is – as far as a man's health is concerned. Doctors will tell you that sexual health is the road to men's health.

Men, on average, live about 7 years shorter than women because, generally, among other things, they are more stupid than women, as I have, already, pointed out. You can do something about it, however, by refusing to allow him to purchase any new trousers. Surprised! Well, this is how it works. When he says to you that his trousers are shrinking, you say: 'No! You are growing too much – around your tummy. If you can't get into your trousers, easily, then, lose some weight! Stop eating so much.' Then, stop him eating as much as usual and make him take a run with you in the mornings, say before he goes to work. Also, give him plenty of fruit to eat and much less starch. No beer and no wine – unless you are drinking it with him, in which case, limit his intake to one glass while you drink the rest – to guarantee a strong heart, you understand. It is up to us, women, to control our men and their habits because, otherwise, we will lose them. And, then, who will dry the dishes, move the heavy furniture, pay for our new clothes and carry the suitcases to the airport on holidays? Yes, My Dear Grandchild, as the saying goes, we have to take the bit by the teeth when it comes to our men in order to guarantee that we can have a long and happy life. Cardiovascular health is vital for a man so we have to cause him to make lifestyle changes. You might want to consider the

purchase of an elliptical machine or a treadmill for the house. Then, whenever he is about to collapse into a chair in order to watch a sporting event, push him to do some aerobic exercises, telling him of the rewards that are on offer after his shower and it is time for bed. You may feel like a bit of a tart at first in making such suggestions, but you must remember that you have to be a lady in the parlour and a tart in the bedroom in order to enjoy a healthy life. Over the years, the emphasis has been on women's health and one notes that men's health has been neglected to a very great extent. Women have a test for breast cancer, annually, but men rarely get tested for anything – until they are in distress. Stress and depression are common in the weaker sex – that is men, not women – which is brought about by masculine stupidity, generally: Not looking after themselves. You must check, regularly, to make certain that your man has normal blood-pressure readings and that his cholesterol levels are within the safe range and, if they are not, take steps to rectify the situation by putting him on a strict regimen, whether or not he likes it. Don't forget, while we, women, all know that men are just grown-up kids, for the most part, at the same time, they are important to us. So, look after them because the alternative is unacceptable.

Talking about unacceptability, here comes my fat frog of a husband. He gets a mixed salad for dinner and an orange for dessert. That ought to cause him to defaecate a little more than usual. He, really, needs to purge his body of that tyre around his belly.

Talk to you next week.

Chief Lady

***While TARGET makes every attempt to ensure accuracy of all data published,
TARGET cannot be held responsible for any errors and/or omissions.***

*If readers feel that they would like to voice their opinions about that which they have read in **TARGET**, please feel free to e-mail your views to editor@targetnewspapers.com. **TARGET** does not guarantee to publish readers' views, but reserves the right so to do subject to the laws of libel.*