

# Trial by Camper Van

A recent documentary aired on SBS made the extraordinary claim that just under 50% of Australian marriages end in divorce. They also claimed that Australians spend 3 Billion Dollars a year on getting married and 6 Billion Dollars a year on getting divorced.

## 'Pre Pain' Test

I have a little 'pre pain' test that all potential marriage aspirants should be coerced into accepting prior to tying the knot. A Camper Van Holiday, together!

A couple of weeks of cramped cohabitation will be a great barometer in sorting out long term compatibility as suitable partners.

The early days of contemporary courting are filled with wining; dining and cavorting aided and fuelled with substance use and abuse of various descriptions. How many couples's nocturnal meetings is alcohol free?

All those personal unpleasanties such as farting, scratching and peculiar hygiene traits can't be concealed in the confined

space of a few square metres of camper van living.

I reckon this pre marital test is a sensible exercise to undertake. Mind you I don't think I would get too many supporters in The Wedding Party Planning fraternity.

The ostentatious Big White Wedding is a dream that generates serious revenue for the vested interests and associated service providers. Not forgetting the legal fraternity and their service fees for cleaning up the mess once the Honeymoon is over!

Having recently returned from my own camper van compatibility stress test I can highly recommend. My verdict? The caterers are on hold, indefinitely!

I also had numerous visions of monastic solitude as a state of blissful Nirvana. Those monks who abstained from just about all worldly pleasures including Speech were on a good wicket.

[by Fabrizio Marsani]

# Health - Technology is not the Answer

**MOST** readily admit that one of the biggest things we take for granted is our health. Getting something like the common cold, albeit a nasty strain this year, we bemoan the runny nose and coughing vowing to ourselves to appreciate our health when we get better only to forget again until next time we are sick.



est rate and many were trying to keep in reasonable shape to impress and attract a mate meant that your health was still reasonable.

## Less Time to be Active

Soon the demands of work would take over leaving less time to be active and to interact with the new family you have. Now with a partner, you have let yourself go a little

and with time being a precious commodity, it is easier to put the kids in paid child care and eat fast food in your dual income household.

The media, school counsellors and teachers, your own parents and the government are bombarding you with messages about ADHD, divorce rates, the evils of too much TV, private health insurance, obesity, new diseases like Bird Flu and all you are trying to do is enjoy the little bit of spare time you have and provide a good life for your family.

What does it matter how successful, good looking or popular you are or even how many computers you have if you don't have your health.

With modern Western medicine turning its focus to gene and stem cell research to provide hope to many, alternative therapies growing in popularity by the day and the Internet providing each of us a medical resource and choice we never had before you could say we should well placed to keep ourselves healthy.

## Preventable Problems

Preventable problems like obesity and skin cancer are growing, mental and physical breakdowns from overworked people are at alarming levels, more kids than ever are on behaviour modification medications. It is thought the younger generation for the first time in history may have shorter life-span than their parents.

## Epidemic of Personality Issues

If that sounds familiar and bad news well spare a thought for your kids' generation because a lot of those healthy habits that were a normal part of your early childhood are not for them and other issues like the environment, heart disease in their 20s and Ritalin are a reality for them.

While modern technology has helped the medical industry in so many wonderful ways, it has at the same time removed basic healthy habits from our lifestyle.

If anything speaks volumes about the sad state of our society it would have to be the number of young kids on prescribed medication because of supposed personality disorders. It is hard to believe that suddenly our youth is going through an epidemic of personality issues requiring chemical intervention when for all previous generations most young people turned into healthy functioning adults.

## Technology is not Fresh Air

Technology has not replaced fresh air, human interaction, fresh food and physical exercise which are the basic elements for a healthy mind and body.

## Quick Fix Mentality

Now the following story might sound like a typical example for many in Western society currently in the middle part of their life. In your adolescent years you were encouraged to play outside with friends and at school and extra curricular engagements, energetic activities were the norm keeping us in good physical shape.

This medication should be the absolute final resort and not the first point of call as it seems today just because it is the quick fix. It is this quick fix mentality you see with "ab machines" that give us a six pack while we sit in our lounge chair and the new fad diet flavour of the month that says a lot of how we try and solve our problems.

Junk food, TV and computer games were a part of life but by no means a dominating facet. As you moved into the latter part of school and either work or study beyond high school, the amount of physical activity probably diminished, a car replaced your walking, alcohol and smoking may have entered your life but the fact that your metabolism was working at its great-

Maybe regarding health we might have to actually put in a bit of effort and be a bit more respectful to our bodies and who knows not only will we be more healthy but we might also stop taking our health for granted.

Chris Jacob is a director of Computer Troubleshooters Bayside ([www.ctsbayside.com.au](http://www.ctsbayside.com.au))

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