

Old Man and the Sea

January 19, 2018
Millarville, Alberta

Ernest Hemingway wrote most of his famous novels on a typewriter while standing at a tall desk. Hemingway suffered from a herniated disk, sitting made him uncomfortable.



Ernest Hemingway, writing at his Villa in Cuba

Other notable back-pain sufferers, Winston Churchill, and John F. Kennedy changed the world from an erect position because they couldn't function in a chair.

I am writing this while standing at the dining room counter.

Every Paton I know has had back ailments from time to time, but I thought I was exempt from the phenomenon. On Wednesday, I washed my truck down at the barn and got a little chilled in the process. By the time I drove back up to the house I had trouble getting out of the vehicle. The pain was greater than anything I have

experienced in my 62 years.

I got some great advice from my brothers and my "Pharmasister". With their help, and some potions from the drugstore, I can now function. I won't be lifting anything heavier than my coffee cup for a while, and a footrace with my dad (a long-time back sufferer) is out of the question.



Winston Churchill with his ever-present cane.

Having said that, if back-sufferers can win World War II, lead a Civil Rights movement, or write *Old Man and the Sea*, maybe I should quit whining and see what I can accomplish while standing erect.

Life, in an Upright Position.

Dolly Parton also suffers from back pain, but you don't have to be a physiotherapist to understand her spinal displacement. Simple mechanics explains it.



John F. Kennedy, on crutches