

You're sick!
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Being sick is the worst. I hate it; you know you're going to be fine, but in the back of your mind, you think you're going to die. There are so many different illnesses, so I'm generalizing, of course, but maybe I'm looking at this from the wrong angle (in my defense, I was born without perspective). Maybe I should look at the amoeba-tinged glass as being half-full. Maybe there are more rewards to being sick than people give it credit for. Instead of calling them problems, let's call them "positives."

Gastrointestinal positives: Waste comes out of your body, and when you're sick, this is frequent and accelerated. Of course, this rarely happens in the comfort of your own bathroom, but try not to think of sharing your smelly and often gaseous secretions with others as a bad thing. Believe me, I'm sure the other person respects your involuntary honesty about your body and appreciates you showing yourself at your most vulnerable. Forget the fact that people rarely carry on a conversation in the bathroom (thank God!), but this is something much more personal, and deserves to be discussed (disgust?).

But the stomach doesn't necessarily have to blow its load to act negatively (there's got to be a better way to say that). There's also such a thing as an upset stomach, but I prefer to call it something less depressing. These "temporarily frustrated" stomachs would seem much less sinister if you consider how they give men the chance to experience the exact same pains that women suffer through childbirth. And those hos say that we don't care.

Cranial positives: I know that people always have problems with headaches. Looking on the bright side (without looking at the bright lights), all of this pressure built up in your head can draw the comparison between your skull and a duet between Queen and David Bowie. Now, the next time you get a migraine, you will have no problem remembering that catchy bass riff from "Ice Ice Baby" (without the little extra "tss" added in).

And who doesn't love that wonderful sick breath? Hot and steamy, it's guaranteed to put an expression on everyone's face, so it's time to stop being a negative Nelly.

Also, what's so bad about snot? Everyone loves picking their nose, but as soon as it starts coming out in a more liquidy form, people start getting their panties in a bunch. Seriously, just keep the boogers off your undergarments and it's really not that bad.

Verbal explosion positives: People these days aren't getting enough sleep. Now, suddenly because they're projecting snot at an average of 100 mph, they suddenly are against closing their eyes for even a fraction of a second. Beggars can't be choosers and neither can sneezers.

Also, the next time you find yourself in a coughing spree, just remember that the activity you are engaged in is named after a Pokémon. That's right, "Bulbasaur" is Japanese for "loud obnoxious involuntary respiratory outburst." Domo, domo...

I've also personally come down with, along with these previous symptoms, frequent fits of hiccupping. Sure, on the surface it seems like an awful, frustrating, and downright hiccuppy experience, but I can see it having some positives, like being a metronome for a starving musician. Of course, your music will be slower than Paris Hilton (see headache), but maybe a song with a tempo of 12 is just what modern radio needs.

Full-body positives: A lot of sweating occurs with being sick. Please note that this is different from sweeting, which is more diabeetus-related than virus-related (see coughing Spree). Regardless, sweating has its share of upsides. For example, if you drink enough food coloring and you sweat a lot, you have yourself an instant Gatorade commercial.

Also, bones and joints ache a lot when you're sick. Now, that may seem like a bad thing, but think of it this way: it keeps you constantly shifting and rolling around in bed to get comfortable, so you're getting exercise.

And finally, body temperature fluctuates. Most people aren't nudists, but you might want to consider an au naturale look while your body is burning up. Take off all

your clothes when it gets hot in here (see negative Nelly). Appreciation of the human form can be a big positive, until someone else catches you...

But what about when you feel susceptible to frostbite in room temperature? Can't find that blanket you lost three weeks ago? You'll find it soon enough, I guarantee it. You can even go for a two-fer by hunting for a blanket while naked. That sounds like a good name for an artsy porno: "Naked Man Looks for Blanket." Starring Jimmy Gonads.

So as you can see, being sick is nothing to worry about. We've taken a close look at common symptoms and discussed just how awesome they are in relation to fair health. Am I suggesting that people should begin to get sick intentionally? Only if you want colorful bathroom conversation, constant musical epiphanies, a widely-expanded exercise schedule, and a homemade pornographic film, than yes.

What are the side effects? Sniffling, vomiting, sore throat, nausea, heartburn, indigestion, upset stomach, diarrhea, gonorrhea in your arrhea, coughing, sneezing, aches, pains, sore, s'mores, depression, s'more depression, dehydration, insomnia, sleep deprivation, sleep apnea, narcolepsy, allergies, headache, heartache, sweating, fever, coldness, gingivitis, paralysis, erectile dysfunction, vaginal dysfunction, high blood pressure, temporary blindness, permanent blindness, scoliosis, baldness, hangnails, bloody stool, stooily blood, pregnancy, herpes, constipation, and everything else in the WebMD catalogue. It's a small price to pay for self-esteem.

Now excuse me; I have a bathroom doorknob to lick.