

#1: Don't be Trump's  
Press Secretary!

# Freedom's View

A Commentary on Government from Atop the Capitol

www.FreedomsView.org

Vol. 1 "All the other alternative facts you need to know" No. 39

5 Cures For Indigestion

Page 1

## SPECIAL END OF 2017 INDIGESTION ISSUE!

### New Building on the National Mall

December 31, 2017

WASHINGTON, DC ~ *Armed Freedom*

Although it's difficult to know where to place it, we need a new monument on the Mall. Designed in keeping with the city's neoclassical architecture and named after the Roman goddess of indigestion,<sup>1</sup> it would be called The Temple of Dyspepsia. Under its pediment would be incised: "*Vomito ergo sum*" ("I keep on vomiting: therefore I am.")

2017 has been a year of things that didn't go down well and caused all manner of digestive symptoms in the body politic. This end-of-the-year Edition of *Freedom's View* raises two glasses: one to what we've had to swallow and which has created all of our attention-getting symptoms; the other to the body's natural reaction to this gustatory insult – a reaction that will, in 2018, lead to a "healing crisis."

Please check the website for useful links to the appropriate remedies for our political dyspepsia we are going to discuss in the following pages.

<sup>1</sup> Of course the Romans didn't have nor need such a goddess. "After gorging on a feast of sausages, blood pudding, young sow's udder, sea bream, lobster, mullet, Attic honey, and Syrian dates, all washed down with a few glasses Falernian wine," a feather down the throat to induce vomiting would do the trick. (From [www.TheConversation.com](http://www.TheConversation.com) of 1-19-2017: it will give you *more* nauseous details.)



***Singing aloud with others is a great digestive aid. Therefore, we offer this song about one whose dyspepsia over Robert Mueller turned him orange:***

### BORBORYGMUS<sup>1,2</sup>

Borborygmus, Borborygmus men have named you.  
Does your rumbling make this snollygoster<sup>2</sup> smile?  
Is it only 'cause he's bloated that they've blamed you  
For that Borborygmic strangeness in his smile?

Does he smile to squelch a belch, O Borborygmus?  
Or is this his way to hide a sneaky fart?  
Many Tums™ have been sent down to his stomach;  
Why won't you ever let them go and do their part?

Are you gas, or are you real, Borborygmus?  
Or just some indigestion burning in his heart?

<sup>1</sup> (This should be sung to the tune "*Mona Lisa*" - with deep apologies to: the late Nat "King" Cole, who sang this #1 hit of 1950; and to its authors, Jay Livingston and Ray Evans.)

<sup>2</sup> Bor - bo - ryg' - mus *n.* from the Greek verb *borboryzein*, "to rumble." It is believed that the Greek verb was coined to imitate the digestive noises made by a stomach.

<sup>3</sup> Snollygoster, (noun): "a shrewd and unprincipled person, especially an unprincipled politician" – Mirriam-Webster New Collegiate Dictionary, 11<sup>th</sup> edition, 2003. See *Freedom's View*, Edition 19, in which we first used the word in a decidedly more original poem.

## WHILE YOU'RE UP IN THERE, DOC . . .

**Okay, so it *is* cold . . . but really, Mr. President!**

December 30, 2017

WASHINGTON, DC ~ *Armed Freedom*  
Cold I know about. After all, I'm standing here atop the Capitol dome, and Congress – the greatest forced hot air heating system *ever* invented - has scattered for the holidays. The patina covering my gorgeous bronze skin isn't a chemical reaction, so much as chilblains that have gone past blue to green. But I'll leave the complaining to Trump.



**Donald J. Trump**   
@realDonaldTrump – Dec 28

In the East, it could be the COLDEST New Year's Eve on record. Perhaps we could use a little bit of that good old Global Warming that our Country, but not other countries, was going to pay TRILLIONS OF DOLLARS to protect against. Bundle up!

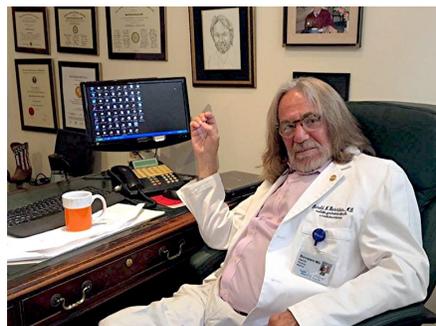
**"Shit for brains!"** was the outraged cry I heard from all directions after the President tweeted that. While they shouldn't be surprised by now, at least they *do* have a point about 45's brain. It may not be *what* it's cracked up to be, but most definitely it's *where* it's cracked up to be. So let's take a look up there.

On December 4, 2015, Trump's personal physician since 1980, Dr. Harold N. Bornstein, wrote a "To Whom It May Concern" letter in which he stated: "Mr. Trump has had a recent complete medical examination that showed only positive results. . . . If elected, Mr. Trump, I can state unequivocally, will be the healthiest individual ever elected to the presidency." Oh, really?

An excellent article in *The Atlantic* by Senior Editor, James Hamblin, MD builds a significant case for why the letter may be a fabrication by Trump himself. Particularly now, after nearly a year of Trumpian fabrications <sup>4</sup> (1,628 false or misleading claims in 298 days), Hamblin's article takes on new meaning and urgency.<sup>5</sup>

But we were talking about Trump's brain. According to Hamblin, "Last week Bornstein laughed when he mentioned Trump's mental health: 'His mental health is excellent. He thinks he's the best.'" Wow.

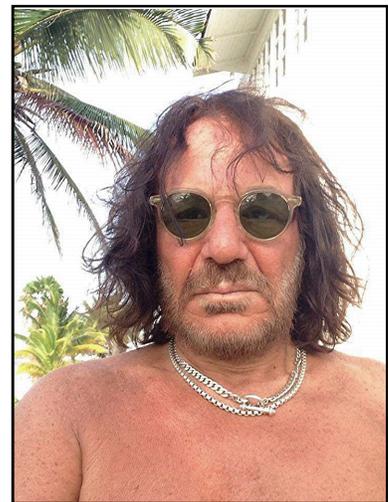
But for our purposes here, the most interesting detail is that Harold N. Bornstein is a Gastroenterologist! Quite literally, what medical specialist could be . . . um . . . "better positioned" to hold forth on Trump's brain than a doctor most folks over 50 consult for a colonoscopy! Below is a picture of Bornstein in his office.



Surely this NBC news photo caught the good doctor at a bad moment, we thought. So we grabbed the next picture of him from his Facebook.

<sup>4</sup> Glen Kessler, Fact Checker for *The Washington Post*, November 14, 2017.

<sup>5</sup> [www.TheAtlantic.com/health/archive/2016/08/bornstein-trump-linguistics/497840](http://www.TheAtlantic.com/health/archive/2016/08/bornstein-trump-linguistics/497840)



Arguably this is a more flattering picture, as it shows a younger Dr. Bornstein with no gray hair, tanned, and in the beautiful light of a tropical paradise. (Mar-a-Lago?)

In fact, he reminds us of another similarly-aged man well known to most of us: The GEICO Caveman.



Not that any of this is really important or anything . . . . You want to write a letter attesting to the mental and physical health of a leader with his finger on the nuclear button? Why, it's so easy, even a caveman could do it!

## STRATEGIES FOR CONTINUING IN THE MIDST OF THE STORM

### Advice For Avoiding Indigestion While Resisting Trump's Dismantling of Our Democracy

December 31, 2017

WASHINGTON, DC ~ Armed Freedom

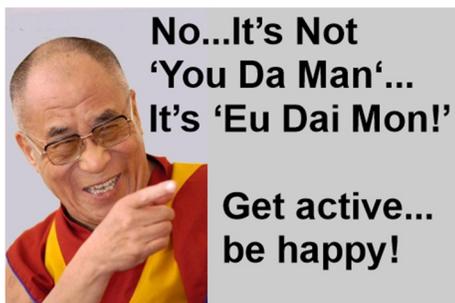
*Others have written about this with more zing than I, so I'll quote them.*

"Our entire lives, when you think about it, are built around rewards—the pursuit of money, fun, love, and tacos.

"How we seek and respond to those rewards is part of what determines our overall happiness. Aristotle famously said there were two basic types of joy: hedonia, or that keg-standing, Netflix binge-watching, Nutella-from-the-jar selfish kind of pleasure, and eudaimonia, or the pleasure that comes from helping others, doing meaningful work, and otherwise leading a life well-lived.

"Recent psychological research has suggested that this second category is more likely to produce a lasting increase in happiness. Hedonic rewards may generate a short-term burst of glee, but it dissipates more quickly than the surge created by the more selfless eudaimonic rewards."<sup>6</sup>

<sup>6</sup> Olga Khazan in *The Atlantic*, April 21, 2014.



Conservative columnist, Jennifer Rubin, writes:

"2017 was – let's be honest – exhausting. Anger – even righteous anger – experienced over a long period of time is exhausting. The solution, however, is not to be less outraged – indeed, sustaining outrage is essential to defense of our democracy – but to follow some simple political survival rules." She lists *six*, so see her *entire*, fine article!<sup>7</sup>

"First, follow the example of Lawfare blog's Benjamin Wittes. Seeing the unprecedented and outrageous attacks on the FBI emanating from President Trump and his GOP lackeys, Wittes decided to turn the table on the FBI smearers. 'I responded by making a contribution to the FBI Agents Association and tweeting others to do so in the names of (acting FBI Director) Andrew McCabe and (FBI General Counsel) James Baker. . . According to the Association, more than 2,000 people have done so this month, apparently raising more than \$140,000.' He tweeted that he is looking at 'a Proposal to Translate Malicious Trump Tweets into Public Goods.' Follow Wittes for more joint efforts – or start your own. You'll find that passive news-watching is enervating, but action is energizing."

What follows are some specific suggestions *al la Witte* (all are tax-exempt) to help get you started. Remember: however you parse it, **You** Da Wo/Man!

<sup>7</sup> See her "Right-Turn" blog entry excerpted and printed in the December 29, 2017 *Washington Post*, Page A15.



### THE FBI

FBI Membership Assistance Fund  
Make a donation to this fund online or by check.

<https://fbiaa.org/ways-to-donate>

### DIPLOMACY

The State Department's American Foreign Service Association Fund for American Diplomacy  
<http://www.afsa.org/donate>

### ENVIRONMENT

Outside Magazine features 6 groups working for a better environment to which you can donate each time Trump tweets, dismantles, appoints foxes to guard the environmental hen house, etc.

<https://www.outsideonline.com/2144781/6-best-environmental-groups-donate-better-world>

### SCIENCE

American Association for the Advancement of Science  
<https://www.aaas.org/giving/supportAAAS>

So there are some possibilities. As you take action, it might be well to be guided by the words of St. Paul:<sup>8</sup> "Don't let evil get the best of you; get the best of evil by doing good."

<sup>8</sup> Romans 12:21 (translation: *The Message*)