

Brain Food



Ginger was feeling run down so she visited her naturopath. Dr. Pringler recommended that she immediately add to her diet a variety of “brain foods,” such as sweetbread, trotters, chitlins, tripe, and krill. When Ginger asked for details—In what quantity should they be eaten? Do I eat them raw or cooked? Was there room in the diet for a little bee hair?—the doctor, never long on patience, summoned Igor, his sous-nurse who, serendipitously, had just finished brewing a tonic comprising those very ingredients! Except for the bee hair. Pringler bade Igor administer the brain food to Ginger via an IV drip as he went off to tend to another patient who thought she was a shuffleboard cue. When the doctor returned, he was only slightly nonplussed to discover that Igor had bypassed the typical intravenous process and inserted the catheter directly into Ginger’s noggin. Go right to the heart of the problem—that was Igor’s approach. To Pringler’s surprise, the technique worked! In fact, the sole drawback was ... oh, but that’s, of course, another story.