

# How I Lost 1 lb Per Day

*by* Larry Strattner

Speeding on my bike on Monday  
I fell off on a gravel street,  
    shaving off about a pound,  
    I rolled and rasped along the ground.  
Gravel Doctors then picked out  
of my shredded keister  
Totaled up another pound,  
maybe more or leaster.  
I guess the gravel doesn't count  
since I picked it up upon dismount.

Tuesday I foolishly insulted  
a nasty gang girl slut.  
Her pit bull chewed another pound  
right off my hugeoid butt.  
This loss did not take too long.  
It happened as I ran along  
screaming for a stupid cop  
to drag the dog off, make him stop  
while I did the mad dog Lindy Hop.

I dropped a few more ounces Wednesday  
cleaning out the lawn mower blades.  
It wasn't very pretty. Less said better.  
Additionally to chewing down my sweater  
it inscribed me with a cursive Scarlet Letter.

Thursday I stuck my head into the oven  
to reach a TV meal.  
This did not itself make me much thinner  
but burned a pound of hair off before dinner.

Friday I grabbed an Ex Lax, thinking chocolate.  
I keep them side by side, they taste the same.  
I guess that's not a good idea.  
I made a noise like Onomatopoeia.  
But lost two pounds,  
so it came out in the end.  
Tee Hee, get the joke that I intend?

Saturday, I gave up, got a corset,  
Now I'm svelte, don't even have to force it.  
Bandaged from the pounds I've amortized  
without the demon diets or exercise.  
But I'm looking, I might say,  
quite scrumptious and quite thin  
I've squished my bulging blubber  
from down around my waistline  
to just beneath my chin.

So my advice my zaftig friends,  
abstain from mathematica.  
Switch your skinny-down program  
to easy-on elastica.  
Squeeze the pounds up toward your head.  
Keep on eating sweet fried bread.  
Scratch exercise and tasteless diets.  
Eliminate your gut's disquiet.  
Strike a course both happier and wiser.

