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“Why women should not run” and “Men are scum!”

Friday, May 03, 2013

These two titles really have nothing in common except both mention gender and both were written by men.

It's important to read beyond an attention getting headline. I've written several times about that.

The warning about women running has appeared in the press recently and has been a "hot topic" on the SP message board.

Suppose the first author had written:
Nutrition is the #1 consideration in losing weight and being healthy or
Include cross training in your running plan or
Don't neglect strength training

He wouldn't have gotten the publicity he wanted. In the end it turns out to be a sales pitch so the title served its purpose – more eyes on his website/blog

Regarding the provocative pronouncement about men in general, that was a common quote in articles by satirist Dave Barry and in context it was quite funny.

Obviously, Dave Barry doesn't believe that and neither do I. However, it served an attention getting purpose for me too.

That's the advice I gave my daughters, who also read Dave Barry, as they went off on their own.

Of course, I added an explanation. Statistically, throughout history most of the violence has been done by men against women. So be careful to really know the man you're interested in before becoming too involved. Keep your eyes open for signs and don't be a victim who laments afterwards "I didn't know he was like that."

In the interest of fairness when my son went out on his own, I told him "don't be scum." He read Dave Barry too.

Obviously all men are not "scum," but some are. Some women may be in that category also, but they usually get tagged with a different epithet.

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GALINAZ

You said "statistically most of the violence has been done by men against women"...where does this come from? I would think that it's more likely men against men?

2962 days ago



CD13886868

I saw a few discussions surrounding the article, but did not read it. Glad I didn't, now. As for Dave Barry, him I *do* read!

2962 days ago



DIXIE-LUSH

cute. never heard of the author but im willing to check it out. i find the concept humorous.

2963 days ago



DESERTJULZ

Great blog title! Yes, I've met some of those scummy men... and I now am bookkeeper for a family law firm. We handle mostly divorce and child custody/support cases and there are definitely scum of both genders.

2963 days ago



WATERMELLEN

Nothing like a jazzy title . . . I try always to read your blogs, but this title definitely caught my attention (which proves your point . . .)

2963 days ago



AUSFAM

I need to check this Dave Berry out! :)

2963 days ago



JAHINTZY

I have never read Dave Berry before... now I'm curious :-p

2964 days ago



BOOKAPHILE

Dave Berry can be very funny ("I am not making this up.") We all need to try "not to be scum," not just the men! Have a good day!

2964 days ago



MISCHAKEO

I am a Dave Barry fan also. Nice blog. You cannot categorize all males as scum...nor all females as angels.

2964 days ago



DR1939

These are called "sexy" titles and serve the same purpose as the skimpily clad model draped over the auto. Nice job of drawing attention to this practice.

2964 days ago



LEWILL1982

I find that with my numbered blogs, they aren't so exciting as a headline. While I do write them for myself, I do value the opinions and feedback of fellow Sparkers so I have to occasionally add things to the title to make it a little more attention grabbing. I think we all do it. Everybody has an opinion and everyone wants to share it and to be heard. As long as it doesn't get out of hand of course....

2964 days ago



COCK-ROBIN

Great!

2964 days ago



NINJALINDA

Whenever I write a blog, I think long & hard about the title. I usually try to make it something I think will grab attention and make people interested to read it. Now, titling something with a misleading title is something I try not to do, but I have no problem with bizarre!

2964 days ago





CD13167855



I added my own blog about this blog.
2964 days ago



BOILHAM



Oh yeah, those attention grabbing headlines are fun.

I think I will do that with a blog today.



2964 days ago



CD13167855



He has an agenda. He's into power lifting. I think just steady state running isn't the best exercise, but if that's what you like you should do it. Runnings is a great exercise for people that like it. I think that one should do a variety of exercise to get the most benefit. Most marathons vary their routine. They do short runs, long runs, sprints, weight train, etc. I try to vary my routine.

I think varying one's routine helps with fighting hypothyroidism. I don't know. I haven't had my blood retested. I do know that my hair, skin and eyes feel better since I started taking a multivitamin/mineral supplement. I was doing a varied exercise routine when I had more severe symptoms of hypothyroidism. I've been losing weight the whole time.

However, if he shouldn't insult people that only do steady state exercise. Many people run on treadmills and don't do other types of exercise to supplement. It's better to get a variety, but it's better to do some exercise, than none.

I don't weight lift often. I prefer cardio. I do different types of cardio and some includes muscle work. I've had times in my life when I preferred to weight training to cardio. Don't tell women, not to do cardio. Tell women that do cardio that if they want they would benefit from adding variety to

their routine.

2964 days ago



CHERALA



... In the interest of fairness when my son went out on his own, I told him "don't be scum."



Wahay for your proactiveness in terms of your son!



2964 days ago



NANNABLACK



2964 days ago

CD12146214



How very true! I have often mentioned to BOGUSANNIE that if you have a provocative title, people will read it as we are a tad nosy by nature. This is too bad as there are tons of great blogs, articles etc that are very informative and have run of the mill titles!

Thanks for pointing this out to the SP community.

2964 days ago



DMEYER4



thanks for sharing. have a great day

2964 days ago

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