

# A Perpetual Problem

William Gaines

**R**ISING every morning is the most unpleasant and universal task of man. Every day he must go through the evolution of getting from his bed to the breakfast table. A restful sleep can make death seem inviting. However, the rising can be hurried by matters of importance to life itself. The most noted of my accomplishments has been getting up at the proper time every morning for three months, without the aid of an alarm clock or roommate. This can be done either by the use of an iron-bound constitution, or by exactness in process. I have found the latter necessary.

In order to succeed in handling this problem as I have, first choose a room with an east window. Make sure that your bed is in a position to allow the sun to shine in your eyes. When the sun bludgeons you into consciousness, instantaneously leap from the bed. Carry your coverings with you in a sweeping display of motion and gravity. Dash across the room, being careful not to lose any of your original speed. Through a haze of stagnant, left-over sleep, peer at your watch, which is lying on the desk. Upon discovering that you rose an hour early, crawl back across the room to your haven, dragging your covers behind you. This can be done in the impressive mood of a whipped dog. Repeat the technique at least four times in the following one-half hour. For the remainder of the time, lie in bed with the watch in your hand and one eye opening to scrutinize it at regular intervals. This process will work only in the case of keeping a job or losing it.

If your purpose in rising is of a minor nature, such as an eight-o'clock class, drastic methods need not be employed. Simply lie like a hunk of peat moss, ignorant of repeated threatening calls. This paradise may be terminated by the impact of a body hitting the floor, or the impolite slap of a wet rag. Upon the occurrence of such unforeseen events, swear a vile oath reserved for such occasions. Merely pretend to get up. Periodically, sneak back under the covers. Because of the knowledge that to be caught would be to become involved in a rather messy case of homicide, you may find this method not too satisfactory.

The future of getting up is certain. Until a method of eliminating sleep is discovered, man will continue to have the same problems with arising. So, until that time, the writer will very happily just lie in bed and enjoy his sleep.