

Today I'll be reviewing 'The Sickness' by Disturbed. Anyone familiar with the mental health system will know one of the first things psych nurses say to you is 'tell me a little bit about yourself'. If they were honest, they'd say 'tell me everything' but that sounds creepy, so they don't say that. I mean if they don't want to know everything, what's the point of arranging so many appointments? Say you said you were in a band. You'd be asked what are they called? If it was me replying I'd say something like 'Battle Cake' or 'The Palindrome Trippers' or 'Simon's Multitalented Uncle'. I'm just saying anyone who's read the stuff on my homepage will know he's quite the incredible person. I don't know what I meant when I mentioned golf, but I'll leave it on my page anyway. A more serious name I came up with was the super cool and badass 'Scramjet' but that's been done surprise, surprise, so I have to resort to silliness. However, Disturbed would have to say 'Disturbed' when sharing their band name obviously. 'Oh wow, you play in a band called Disturbed. Do you have any albums out?' 'Yes, 'The Sickness' and before you ask, I have songs called 'Violence Fetish' and 'Voices'.' And we all know what voices mean in the psych world: Schizophrenia. It would be at that point the psychiatrist would have a hard time convincing you he or she just wants to know a little bit about you.

To be fair though, you could argue that 'disturbed' means 'interrupted' and 'the sickness' means 'the flu'. Interrupting the flu? Who cares? It's a weird thing to do, I don't even know what it means and how that would manifest, but it's nothing to be alarmed about. On the one hand it might be a clever thing to argue as explained, on the other it might just make you look shifty, devious and like you're trying your best to bend the truth. How's it going to look when it's assessed that you're disturbed AND a liar? I wonder what a song about interrupting the flu would be like. Maybe 'I see the flu over there and it doesn't see me. Boo!' I take it back when I suggested that would be harmless. The psych person would REALLY wonder 'What's going on with you?' Allmusic.com called the album 'terrific' and only gave it three stars. How would you feel if a teacher marked one of your essays, saying 'Wowee! This is by far your best piece of work to date! You have a very bright future ahead of you and you could end up teaching me! Grade C minus, please try harder.' The fact Allmusic.com is a respected site makes things even worse. Forgetting getting such comments from a teacher, it would be like Stephen Hawking trolling you. Why?? I looked up to you and your admirable understanding of the universe!

Wikipedia lists loads of places Disturbed's music has appeared, for example in films and video games but the site missed at least one appearance out. One of the band's songs has appeared in a British advert for KFC! No singing featured in the ad, just the instruments which is good as only an insane food company would play the words 'down with the sickness!' over any of their products. Not only does that sound extremely unappetising, it's super dangerous as well. You wouldn't want the music to feature in a mental health awareness campaign, either. Too insensitive. It could work in an ad reminding you to get your flu jab, but the song's other lyrics 'No mommy, don't do it again. Don't do it again, I'll be a good boy I promise. No mommy don't hit me, oh-ooh' would make absolutely NO sense. Now that I think of it, it wouldn't make sense for KFC either. Now what to score the album? Well, I think it's incredible! Best album ever! 5 out of 10. No only joking, I give it the totally rubbish score of 8.75 out of 10! No that's not what I meant, I meant the reasonable score of 8.75 out of 10. I like the album so much I decided to buy one of the band's shirts. Having a shirt saying 'Disturbed' on it can most definitely be taken the wrong way, but that's the

price of fandom. Bye!