Simon: Hello! Let's skip the introduction, I can't be bothered! You promoted Naz Osmanoglu's Twitter page on your blog. Have you increased his following?

Simon: Funny you should say that. I checked his page and he lost a subscriber.

Simon: Ah.

Simon: Then he gained two!

Simon: Woo! An overall increase of one.

Simon: Then he lost one.

Simon: Still though, an increase of three, in a way.

Simon: Yeah!

Simon: But really its an increase of nothing.

Simon: :(

Simon: I have to be honest, I don't think any of that stuff has anything to do with you.

Simon: You never know.

Simon: If it has, would you be proud of yourself?

Simon: Well no, but you know the phrase 'Something is better than nothing'?

Simon: Any bit of wisdom that can be understood or even coined by a three year old doesn't impress me. And it's not something is it? It's clearly nothing. And even worse, the phrase isn't even always true. Some cancer isn't better than no cancer.

Simon: I don't want to make us look like idiots, but I'm not sure if there is such a saying...

Simon: Are you sure? It sounds like a saying... No, no, I've Googled it. It means the same as 'Half a loaf of bread is better than no bread.'

Simon: That's stupid, too. It's like someone saying 'Good is better than bad'.

Simon: That was very insightful.

Simon: You think so?

Simon: It's more accurate than 'Something is better than nothing'...

Simon: You know, I think you're right.

Simon: Still going to the gym?

Simon: Yep. When I was working hard on the cycling machine, apparently my hart rate was 59 beats per minute. That took me by surprise as that's lower than my resting heart rate.

Simon: Don't work out too hard, or your heart could end up being dangerously low...

Simon: My heart does appear to be working the wrong way round, doesn't it?

Simon: When you relax and go to sleep, your hate rate must be through the roof...

Simon: Nope.

Simon: Oh. I don't understand, then.

Simon: Me neither.

Simon: What's the fastest you've run on the treadmill?

Simon: 19.3 kph.

Simon: That's a very specific number...

Simon: It's the fastest speed there is in the gym.

Simon: Why??

Simon: My theory is, the faster you run on the spot, the more mental you look. You don't want to freak out the other members. Like I do.

Simon: Maybe it could be a safety thing?

Simon: That's a valid explanation, too.

Simon: Have you ever came across someone with your surname?

Simon: Sort of. At the end of a Youtube video, I saw a list of people following the creator, and one of the subbers had my last name. I'm not sure how many Wiedemanns are out there, so I don't know if there's a good chance he's related to me. If not, I guess he's just another German that lived in/by a wood, or was wide. (i.e.fat).

Simon: That's what your surname means?

Simon: I think so.

Simon: If your ancestor was fat, at least that implies he was rich.

Simon: Bangin'.

Simon: Forget to take your medication, recently?

Simon: Yep. The last time I did that, I had a really bad reaction, in that I felt lightheaded and anxious, but more recently I just had a weird dream.

Simon: Is that all?

Simon: Well to be fair, it was REALLY weird. When I woke up, I noticed I had a funny facial expression. I looked freaked out, and rightly so.

Simon: What happened in the dream?

Simon: I was inside this massive thing that kept changing size and colour. I can't really describe it.

Simon: That doesn't sound too disturbing...

Simon: Actually it was.

Simon: Why?

Simon: I dunno... On a lighter note, some of the dreamy things that were spoken include the not so serious 'Look at that massive wave coming towards us!' '(expletive) me, get down, that IS massive!' 'Phew, it's gone!...' 'Happens all the time, these days... Get down!' Well it was something like that, anyway. Apparently not too frightening, but again, I felt like I was on LSD.

Simon: Ever been confused by something not in your own mind?

Simon: I saw a news heading saying 'Woman hospitalised after biting spider hid in her loo'. That was very badly written, in that you could easily interpret that in two very different ways. The first and most likely explanation is that a woman was bitten by a biting spider, but it's quite possible she was hospitalised after SHE bit a spider that was hiding in her loo.

Simon: What kind of lunatic bites a spider?

Simon: There's always someone. Gordon Ramsey eats tarantulas because he thinks they taste nice.

Simon: No...

Simon: It's on Youtube.

Simon: Ohhh yeah. Huh.

Simon: I doubt they REALLY taste nice though. What do you say when someone offers you a spider to eat? 'Get the flip away from me you demented psycho'? Of course not. Most people try to be polite.

Simon: The chef keeps shouting at people though. That's not polite.

Simon: Maybe he was making amends.

Simon: As in 'Sorry for getting so angry. Would it make you feel better if I ate a

massive furry tarantula?'

Simon: Maybe.

Simon: What's the worst thing you've eaten?

Simon: I could well have made this up, as I would have been about four at the time (basically anything could have happened), but there's a possibility the first pistachio nut I ate was a gone off one. I might have thought to myself 'What kind of freak eats this kind of stuff. It tastes like someone farted in my mouth.' That kind of put me off the foods for a while. Then again, MAYBE it didn't.

Simon: Well thanks for sharing that, anyway.

Simon: No problem. :)

Simon: Maybe you'd like to tell me what the worst food you've really eaten was?

Simon: Oh I know. Surstromming. That's actually a lot worse than the nut. Well I licked it. I didn't really eat it.

Simon: ... Maybe you'd like to tell me what the worst food you've really eaten was?...

Simon: I don't like tomatoes.

Simon: Why not?

Simon: I'm not sure. Maybe because many people aren't sure if they're fruits or vegetables. Would YOU eat something if you didn't really know what it was?

Simon: It sounds bad when you put it like that, but what's the problem with eating fruits or vegetables?

Simon: What do you mean?

Simon: It's not as if tomatoes are poison, is it, even if you don't know what they are?

Simon: Ohhh yeah. My argument didn't work.

Simon: Right.

Simon: I just don't like the taste, then.

Simon: Why don't you like them, because you don't?

Simon: Exactly. I don't know why the flip I don't like them, do I?

Simon: You sound triggered.

Simon: I am a bit triggered.

Simon: Maybe I should go?

Simon: Byeeeeee.