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**How Many**  
Imre Oravecz

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## HOW MANY

new starts there've been I don't know, it always begins like this, I change my way of life, reorganize my daily routine, get up early, whistle, it's still dark when I'm already out jogging, then I torture myself with weights, develop my abdominal muscles, stretch an elastic rope, wash up, read, have breakfast, and, depending on what day it is, either go to my office or work at home, but I take care of myself the rest of the day too, I live wholesomely, I'm alert, watch my weight, keep track of the calories, meet my vitamin needs, only one big meal a day, in the evening at most only some dairy product, I'm abstemious, don't use alcohol, coffee, cigarettes, or any other stimulants, don't read newspapers, don't listen to the radio, don't watch TV, I avoid unnecessary excitement, don't stay out all night, do my best to go to bed as early as possible, there's a time and a place for everything, the main thing is system, proportion, balance, it's as if I were making earthen pots one after the other, and in a rage at the stink of what I fill them with I smash them on the floor, one after another, instead of pouring the contents into the pig swill and refilling them with new ones.

Translated from the Hungarian by  
**Bruce Berlind** with **Mária Kőrösy**