

Continuum of literal and loose uses

Part 1: '*painless*'

Hypothesis

There is a gradient of cases constituting a continuum of literal and loose uses (approximation, hyperbole, metaphor) of the same word.

Strategy and Objectives

Our objective at this point is to select a word with a strict sense and illustrate that it is used with significantly high frequency in both its literal (strict) sense and any of its possible loose interpretations. To achieve that we will chart the interpretation of the chosen word set in the sample available in the Bank of English (102 concordances) and assess (a) the relative frequency of literal and loose uses, (b) the diversity or stability of use within the framework of loose cases.

Chosen word set

'painless'

Corpus used

The Bank of English

Method

Concordance lines of 'painless' independently of collocation.

Justification of the method chosen

In the 1st part of the section 'Narrowing' we investigated 'red' collocating with 'eyes' and presented evidence that eliminate the possibility of a concept being narrowed by default merely by virtue of collocation. We take these findings to apply to loosening too. On these grounds, collocation will not be of interest to any of our further searches.

Types of continua expected

Continua of literal and loose use
Continua of types of loose use

Findings

1. Literal sense and Historical change in 'painless'

From the outset, the chosen word 'painless' presented us with complications relating to historical change and the consequent difficulty of pinning down unequivocally the literal sense.

For one thing, it is not clear whether 'painless' must be taken to mean physical pain only, as in the following example:

1 *go up its underside." Picking your jewellery is painless. Making a hole for it is not.*

or mental pain as well:

10 *[a] cigarette won't hurt", "Maybe I'll wait until I find a painless cure", and so on. Don't be taken in by these*

As Deirdre Wilson put it: 'we don't know whether 'pain' means both PHYSICAL and MENTAL HURT, with stereotypical narrowing to physical; or means PHYSICAL HURT, with loosening to mental. Sometimes there are clear reasons for treating things in one of these ways rather than the other, but I'm not sure what they would be here. And we could imagine this being a case where 50% of people do it one way, 50% do it another, and it doesn't really matter since they have both narrowing and loosening available, and could converge on the same sense on any given occasion of use'.

For reasons of methodological consistency we will use the definition of 'pain' as in Webster's (American) Dictionary and The New Penguin English Dictionary, and take the literal sense of 'painless' to cover both physical and mental hurt.

Note also that in addition to the uncertainty regarding the physical or mental scope of the meaning of 'painless', there is a significant body of cases in which 'painless' is used metaphorically to communicate something along the lines of EFFORTLESS.

e.g.

32 *Beauty Time and lotion The safe, easy, painless way to acquire a tan is to open a bottle. Newby Hands*

Acquiring a tan by natural means does not involve either physical or mental hurt. However it does involve a significant amount of effort. To acquire a tan by opening a bottle must be intended not so much as a hurt-less but rather a relatively effortless procedure.

In this latter case it is again unclear whether the lack of effort referred to is a metaphorical loosening from an initial literal sense of physical hurt or a literal sense of mental hurt (or maybe both). In the following example the 'painless' method of shopping through a magazine denotes a process which minimizes the physical effort normally involved in doing one's shopping:

45 *you're finishing your holiday shopping this simple, painless way, why not TREAT YOURSELF to a new magazine as well?*

whereas in the next example the phrase 'painless ways of raising money' concerns a minimization of both physical and mental effort:

15 *to ask for your help, and have thought of two fun and painless ways of raising money. LIST 1 Would you .*

In the tables to follow all instances of 'painless' meaning EFFORTLESS will be treated as cases of metaphorical loosening.

Finally in one case 'painless' seems to be used loosely to mean SAFE:

96 *The whole process makes buying a car privately as painless as buying from a garage," says Brown. '*

2. The lexical environment

A significant number of examples contain further qualification of the word 'painless' with adverbs such as *fairly, relatively, very, almost, really* etc.

Compare the interpretation of an utterance of '*it will be absolutely painless*' used

- in the context of vaccination (where the reassurance *absolutely painless* must be taken approximately or hyperbolically since a lesser or greater amount of pain will definitely be involved) and
- in the context of ultrasound scans (where *absolutely painless* is used in its strict literal sense).

The presence of the adverb '*absolutely*' does not necessarily prime the literal or loose interpretation of '*painless*'; on this basis I feel that the adverbs in question do not interfere with our search in any relevant way.

3. Table of relevant Raw Frequency of the word 'painless'

On the basis of the above considerations and having excluded 7 concordances as irrelevant, we are left with the following sample:

Search by	Concordances
<i>Painless</i>	102 lines [of which 13 are ineffective]
Overall	89 effective lines

4. A Continuum of Literal and Loose uses

4.1 Table of Raw Frequency of Literal and Loose uses

Type of use	Overall number of occurrences
Literal use	18
Approximation	13
Literal use or Approximation	14

Hyperbole	10
Approximation or Hyperbole	3
Literal use or Hyperbole	-----
Metonymy	-----
Metaphor	5
Metaphor and Approximation	11
Metaphor and Hyperbole	13
Metaphor and Synecdoche	2

4.2 Table of Relative Frequency of Literal and Loose uses in %

Type of use	Relative Frequency in %
Literal use	20,2%
Literal use or Aproximation	15,7%
Loose use	64,0%

5. A continuum between Metaphor and other types of Loose use?

Cases where the same example simultaneously involved more than one types of loosening:	Overall number of cases
MR and A	11
MR and H	13
MR and SYNECDOCHE	2

In 27 out of 32 examples involving metaphorical loosening of the given word 'painless' Metaphor co-occurs with some other type of loosening (in particular, Approximation, Hyperbole and the figurative trope of Synecdoche).

In line 12, for instance, (*COLOUR STUDIES 27 – 29 October 1989 A painless introduction to colour theory for painters*) 'painless' is first loosened metaphorically to mean EFFORTLESS and then EFFORTLESS is loosened hyperbolically to denote an amount of effort which significantly departs from the strict literal sense of EFFORTLESS. The '*introduction to colour theory for painters*' referred to might require less effort to read and understand compared to other such introductions but still to say that no effort at all is required can only be an understatement.

Now, whether a certain example will be taken as a combination of *Metaphor and Hyperbole* or *Metaphor and Approximation* depends on encyclopedic knowledge concerning the situation described as 'painless'. In line 15, for example, the speaker describes two fun and easy ways of fundraising. My decision to treat this instance as a case of *Metaphor and Approximation* rather than *Metaphor and Hyperbole* was based on the assumption that fundraising is generally an extremely demanding and complicated process. In relative terms (i.e. compared to other methods of raising money) the one mentioned in line 15 is so much easier that one could legitimately say that it is approximately effortless.

Finally, in lines 47 and 67 Metaphor co-occurs with the figurative trope called Synecdoche. When the speaker refers to a *'painless dressing'* in line 47, 'painless' is loosened metaphorically to mean EFFORTLESS and also used as a Synecdoche, given that it is the process of making the dressing which is painless and not the dressing itself.

6. Evidence for the proximity of Literal use and Approximation?

Cases where the same example could involve either Literal use or Loosening:	Overall number of cases
L	18
L or A	14
A or H	3
L or H	----

In at least 14 cases it is not clear exactly how the speaker intends her use of 'painless' to be perceived. More specifically, the same utterance might hold true if 'painless' is interpreted in its strict literal sense but still be **true enough** if interpreted as an approximation. Compare line 30:

'an ultrasound scan. 'This is completely painless,' she is reassured. The dark shape on the ultrasound...',

where 'painless' is used strictly with line 25

'Natalie I would want something clean and painless: no botch-ups. It would be the doctor or no one',

where the context of *euthanasia* in which the utterance occurs enables either a strict interpretation (indeed the procedure might be literally painless) or an approximate one (a small amount of physical pain might be involved in the procedure but it still would be insignificant compared to the distress the patient would have to go through if let to die naturally) and either of them indeed seems relevant and **true enough**.

Also, there are 5 more cases in which I found it difficult to decide between a Literal or Hyperbolic interpretation and between an Approximate and a Hyperbolic one. However as the table above shows the raw frequency of these latter instances is rather insignificant.

Hence, the striking feature of the above table is the high frequency of cases in which either the Literal or the Approximate interpretation would be relevant enough. If we compare this sample with those cases in which the given word can only be interpreted literally and strictly, we shall see that the instances where approximation is as good as the literal use consist nearly half of all examples involving literal interpretation:

Type of use	Overall number of cases
Literal use	18
L or A	14

I wonder, could this be used as an indication of speakers' intuitions about the closeness between literal and approximate uses?

Search by 'painless'

[numbering according to Wordbanks version without alphabetical sorting of lines]

Orthographic Conventions

L = LITERAL USE	N = NARROWING	A= APROXIMATION	/ = and in parallel
H = HYPERBOLE	MY = METONYMY	MR = METAPHOR	TT= TRIVIAL TRUTH
PH= PHYSICAL HURT	M=MENTAL HURT	PH & M= PHYSICAL AND MENTAL HURT	

Line	Interpretation	Pragmatic process
1 go up its underside." Picking your jewellery is painless. Making a hole for it is not. Warning, it will <i>context of piercing</i>	PH	TT/ L
2 According to highly-placed sources, one relatively painless new that is almost certain to be adopted is a 'carbon		@
3 halo gram (EEG). The person being checked has a painless assessment, with the brain's electrical activity	PH	L
4 boosting national savings in what is perhaps the only painless way to do so. This is provided of course and this	EFFORTLESS	MR/H
5 They had seen their deputy leader replaced in a painless and seamless fashion; they had been given,	EFFORTLESS	MR/H
6 week. They had seen their deputy leader replaced in a painless and seamless fashion; they had been given, finally, a	-----	@
7 Kiwi Kevin J. Wilson, who plays new E.P. Sam Murphy, a painless one. Of course, some things never change and, with		@
8 to suggest that the deficit reduction process will be painless. Rate cuts are thus unlikely to offset the		@
9 money comes out of your pay before tax, it is a <u>very</u> painless way to contribute. For more information, just tick the	EFFORTLESS	MR/A
10 cigarette won't hurt", 'Maybe I'll	PH & M	L

wait until I find a painless cure", and so on. Don't be taken in by these		
11 are loyal and hardworking. Do you: a. make it <u>as painless as possible</u> but make them redundant anyway	M	H
12 COLOUR STUDIES 27 – 29 October 1989 A painless introduction to colour theory for painters	EFFORTLESS	MR/H
13 t a good time to stop Maybe I'll wait until I find a painless cure", and so on. Don't be taken in by these	-----	@
14 always to their very best to make delivery <u>as painless as possible</u> . Most of our floor coverings are held in	EFFORTLESS	MR/ A?
15 to ask for your help, and have thought of two fun and painless ways of raising money. LIST 1 Would you	EFFORTLESS	MR/ A
16 tautness. Less severe sunburn may be less painful, even painless - but once the skin turns visibly pink or	PH	L
17 a great urge to open the bowels. <u>The stool is loose and painless</u> . Earache Your doctor's advice should be		@
18 the body's own natural healing mechanisms; it is painless in most cases and no drugs are used. Physiotherapy is	PH	L or A
19 already geared up for it and is making the transition painless. To make more numbers available, on 16 April 1995	EFFORTLESS ?	MR/ H
20 the final choice of wines to Hicks & Don. This is a painless way of building up a wine cellar, and we find that it	EFFORTLESS	H
21 children's initiation into the French system <u>relatively</u> painless. We went in on Tuesday to give it to the headmaster	EFFORTLESS ?	MR/ H ?
22 do everything they can to make buying a house a painless process. They deliver high standards of support -- and	EFFORTLESS ?	MR/ H ?
23 Mercury is also on hand to ensure that your move is <u>as painless as possible</u> . To make sure that your Mercury service	EFFORTLESS	MR/ H
24 serious damage, but just falling off is usually <u>pretty</u> painless. And with built-in flotation, they're almost	PH	A
25 to do it? Natalie I would want something clean and painless: no botch-ups. It would be the doctor or no one. I <i>euthanasia</i>	PH	L or A
26 Suspicious lumps are hard, distinct and often painless, and if you have one of these, you should be referred	PH	L
27 the process was `absolutely brilliant and <u>completely</u> painless". It	PH	L

was also, compared to the traditional procedure,		
28 into the skin. Horrific as this sounds, Alza says it is painless and won't give patients an electric shock. Drugs such	PH	L or A
29 dislocation of the hips (CDH). It's an <u>entirely</u> painless condition, yet if left untreated it can affect	PH	L
30 70s is due for an ultrasound scan. 'This is <u>completely</u> painless,' she is reassured. The dark shape on the ultrasound	PH	L
31 spot by fine-needle aspiration- a quick and <u>relatively</u> painless procedure to remove a few cells. If the lump is a	PH	A
32 Beauty Time and lotion The safe, easy, painless way to acquire a tan is to open a bottle. Newby Hands	EFFORTLESS	MR/ A
33 main-sail. But a broach in this boat is a <u>relatively</u> painless experience compared with one with a conventional kite	EFFORTLESS	MR/ A
34 and inserted in the loose skin of the horse's neck by painless injection. It is marketed in Britain as Identichip by	PH	A
35 size with the menstrual cycle, are usually harmless and painless, and end to grow very slowly. Most doctors can	PH	L or A
36 slow, very untypical Carter song called 'Suicide Isn't Painless'-both of which appear on the band's fourth LP,	PH & M	TT/ L
37 the 15-track Post Historic Monsters. 'Suicide Isn't Painless' is largely a reply to The Manic Street Preachers'	-----	@
38 Preachers' 1992 cover of the MASH theme, 'Suicide Is Painless', but is also aimed at the dozen or so Carter fans who	PH & M	H
39 weary jazz of 'Being Here', the sparse 'Suicide Isn't Painless' and Jim Bob's frank declaration of love for his wife,	-----	"
40 certainly never produced the likes of 'Suicide Isn't Painless' it hurts like hell an avuncular acoustic finger-wag to	-----	"
41 FX. Thanks for ringing Okay then Tommy Painless isn't it Sorry Painless Erm nearly. <i>Not applicable</i>	-----	@
42 ' then Tommy Painless isn't it Sorry Painless Erm nearly. Yes Do it again Okay	-----	@
43 V done? Properly printed out? Erm Be a <u>very</u> painless way of having a little bit of experience. Will	EFFORTLESS	MR/ H
44 Dept. Manager Fabrics summer fun has never been <u>so</u> painless	PH	H

Safety Rules of the Road Perform a bike		
45 you're finishing your holiday shopping this simple, painless way, why not TREAT YOURSELF to a new magazine as well?	EFFORTLESS	A
46 Campaign to Help Identify Pets) program. It's a simple, painless procedure: A tiny electronic chip the size of a grain	PH	A
47 S) Boiled potato peelings can serve as a cheap and painless dressing for burns, according to research at the Wadia	EFFORTLESS	MR/ SYNECDOCHE? [The process of making the dressing is painless and not the dressing itself]
48 it, I--I find suddenly I've done it and it was <u>really</u> painless. So there's that awful temptation to repeat these <i>Become part of the Hollywood industry</i>	M	TT/ MR
49 Proposition 13 with zeal and the consequences were not painless. With property tax revenues reduced by 60 percent,	M	L
50 like that you could deal with the budget deficit in a painless fashion. You can't do that because every--as I said	EFFORTLESS	MR/ H
51 a selfish way to feel. What she wanted was an easy and painless absolution. On the other hand, it's come about at	M	A or H
52 and encompasses the belief that, `Life must be easy, painless, guaranteed and give me all (if not more than) I	M	L
53 turn its high-technology abilities towards rendering it painless, indeed, quite the opposite, high-tech births often <i>child birth</i>	PH	H
54 itself first in one or two fingers, with slight <u>almost</u> painless swellings in the `top" joints. Later, other joints - <i>osteoarthritis</i>	PH	A
55 material and study notes which makes private study <u>as painless as possible</u> . You can be accepted for a degree	EFFORTLESS	MR/ A
56 Without actually inserting any needles. It is gentle, painless and invariably very relaxing. Laura was a suitable <i>acupressure</i>	PH	L
57 stories abound about washouts, but they are quick and painless. Cotton wool soaked in local anaesthetic, usually	PH	L or A
58 the joints back into place. Generally this is <u>totally</u> painless, and patients are usually surprised by the	PH	L or A

click that		
<i>Physiotherapy</i>		
59 waiting to be forced, both here, beside the bed. No painless route . He returned to his seat. `Two months. If all		@
60 pointing out that the end had been both quick and painless and, anyway, the Peke had had a good innings	PH	H
61 he called somnambulism. bull; 1821: First reports of painless surgery in France using magnetism. bull; 1841: A	PH	L or A
62 fully anaesthetized. The coma state, unless used in painless surgery, is of little use for advanced forms of	PH	L or A
63 with a success rate of more than 90 percent. The painless operation involves removal of the clouded lens and	PH	L or A
64 that you're exercising, so it feels natural and painless." Music plus movement is the basic equation for	EFFORTLESS	MR/ H
65 by a sudden flutter in his breast, an acute but painless arrhythmia . Like you have." Pardon?" Like		@
66 as children: that things should - and can - be easy, painless, and require little effort. But though they were `	M	H
67 the Mercedes accelerating, and then the thumping, oddly painless sound of the front fender striking his leg and	PH	MR / SYNECDOCHE
68 by one of Shrubland's physicians `to restore a full and painless range of movement to spinal and other joints."	PH	L or A
69 and bioelectrical impedance analysis (BIA), involve painless `electrical" procedures. With TOBEC, for instance, you	PH	L
70 described her natural labor as being hard work but painless. Philip would miss her desperately, and when she	PH	H
71 trash. Still, he had never expected his mission to be painless. Just right. Steeling himself against the smell, he	EFFORTLESS	MR
72 but that dying individuals who wish to achieve a painless death ought to be allowed to plan for it. From his	PH	L
73 they involve considerable risks, and they are not as painless to administer as they are claimed to be. For instance,	PH	TT/ L
74 IUD, although many women find the procedure relatively painless if they take several aspirin tablets an hour before	PH	A

75 or ultrasound studies, which are simple, noninvasive, painless procedures that give almost instantaneous results. In	PH	L
76 first entered the body. The majority of chancres are painless and occur on or near the genitals or anus. The chancre	PH	L or A
77 " The surface of the pimple erodes to form a round, painless ulcer, which is often mistakenly thought to just be a`	PH	L or A
78 starts out with a brief genital ulcer, which is usually painless and heals rapidly. Several months later, in the	PH	L or A
79 acuminata or venereal warts, are soft, dry, usually painless warts that grow on or near the genitals and around the	PH	L or A
80 was also Russell's idea to offer clergymen a concrete, painless way to join the movement: the annual	EFFORTLESS	MR/ A
81 would be as prosperous as ever. It was an easy, <u>rather</u> painless solution to the alarming, many-faceted decline.	M	A
82 is notoriously unreliable: some active ulcers are painless, while some patients have ulcer-type pain without	PH	L
83 state's electricity industry has proved a remarkably painless way of reducing its A$ 32 billion debt. It	EFFORTLESS	MR/ H
84 either. The advice given was that it would be more painless to surrender than to continue to risk his life on the		@
85 of boundless growth and prosperity achieved through painless supply-side economics. Replace the monstrous tax	PH	MR / TT?
86 of mps canvassing the idea of a bloodless coup" and a painless switch of leadership to Michael Heseltine. Labour	EFFORTLESS	MR/ A
87 the treaty's terms could be bent to allow the euro a painless birth on time. M Gis-card said the criteria on	PH	MR
88 Stock Exchange to list their shares. The prospect of a painless gain will ensure that Alliance & Leicester depositors	EFFORTLESS	MR/ A
89 how Jefferies would have it. He'd have everything painless and seamless. He once said he wanted to lead his life	EFFORTLESS	MR/ H
90 the past year they have undergone a silent and <u>fairly</u> painless revolution. Finding themselves without a coach	M	A
91 quality; and they appear to offer like Classic FM a painless way into musical appreciation for the unconverted.	EFFORTLESS	MR/ A

92 Or simply drank them in from a cafe table - a painless kind of sight-seeing. But it is worth making for	EFFORTLESS	MR/ A
93 is that treatment will be quick, easy and <u>relatively</u> painless. It will take the form of a series of injections which	PH	A or H
94 recalling the features of three famous personalities painless but all the more difficult. Without the	PH & M	A
95 entire material world is pressed and pristine after a painless poppy hour. Listening to music was once a full-	EFFORTLESS	MR/ H
96 The whole process makes buying a car privately <u>as painless as</u> buying from a garage," says Brown. Now you don'	SAFE	MR
97 instead of the usual knock out injection. The scan is <u>painless but traumatic</u> and patients must keep still while the		@
98 comedies. It's not a patch on Sleepless In Seattle - Painless in Princeton, more like - but is nicely performed,	EFFORTLESS ?	A or H
99 to offer to do the packing. Paying by card is <u>pretty</u> painless too. The boring bit is taking all the stuff back	EFFORTLESS ?	A
100 just have to sign them. Remortgaging really can be painless. Apart from signing the forms, the only thing you'll	EFFORTLESS ?	A
101 suffering for months, the last few hours were <u>entirely</u> painless. In fact, it would be true to say her father actually		L
102 cough up on New Year's Eve next year, it would be a painless way to raise 100 million. But it's a subtle, if	EFFORTLESS ?	A

Examples in which the immediate discourse context was required

1

making it in the Nineties." <p> Here are some piercing tips from the experts When piercing the tongue, use extreme caution You can't just pierce randomly, because there are two major veins that go up its underside." <p> Picking your jewellery is >>>> painless. <<<<< <p> Making a hole for it is not. <p> Warning, it will hurt. <p> Tony Paternoster, of New Jersey, rates nipple-piercing as the most painful, although he says getting the back of his neck lanced hurt too. <p> You clamp the neck as tight as you can

2

ated that the Budget deficit must be cut to prevent further interest rate rises, Labor mps will be concerned about the impact of tough Budget measures with an election due by March next year. <p> According to highly-placed sources, one relatively >>>> painless <<<<< new that is almost certain to be adopted is a `carbon tax" of $ 1.25 per tonne of carbon dioxide, or $ 4.60 a tonne of carbon. <p> The electricity industry estimates that the tax would raise about $ 180 million a year from

3

y a University of Queensland research team. <p> Using mathematics, researchers have created a program which divides and assesses small sections of brainwave signals emitted from an electroencephalogram (EEG). <p> The person being checked has a >>>> painless <<<<< assessment, with the brain's electrical activity recorded via electrodes attached to various parts of the scalp. <p> The project, headed by Professor Ah Chung Tsoi of the university's electrical and computer engineering department and neuro

6

pearance as Ed Forbes, who is seconded from Sunday Forum to act as E.P. enormous penis", as he puts it). <p> Clarke's appearance makes the transition from Bruno Lawrence to his successor fellow Kiwi Kevin J. Wilson, who plays new E.P. Sam Murphy, a >>>> painless <<<<< one. <p> Of course, some things never change and, with his Ray-rug firmly glued in place, Rob Sitch as anchorman Mike Moore (1994's alternative Man of the Year) is at his foppish best, dropping incorrect clanger of the show. <p> The episode,

15

contract Breast Cancer and 15,000 women will die of it in the UK this year alone. BREAKTHROUGH Breast Cancer are endeavouring to raise &#pound; 15 million to do something about it. We would like to ask for your help, and have thought of two fun and >>>> painless <<<<< ways of raising money. <p> <c> LIST </c> 1 Would you like to be able to do one of the most incredible magic tricks and illusions in the world in addition to raising money for this worthwhile charity? We will tell you how to do the trick outlined here

17

e is frequently vomiting at the same time. This medicine is very useful for HOLIDAY DIARRHOEA caused by eating tainted or unusual foods. <h> Sulphur </h> <p> Waking in the early morning with a great urge to open the bowels. The stool is loose and >>>> painless. <<<<< <h> Earache </h> <p> Your doctor's advice should be sought if the condition does not settle quickly or if there is a discharge from the ear. <h> Aconite </h> <p> The earache comes on after being in cold, dry winds and it is worse at night. There may

44

Every bandage has a different design <p> Total of 30 bandages per container <h> Cortizone for Kids Anti Itch Cream with Soothing Aloe Vera </h> <p> 3&sup4 sup7; Every Day <p> Relieves itches and rashes associated with insect bites, poison ivy and oak, sumac, and other minor skin irritations. <p> 1 ounce <c> picture </c> <c> picture </c> <p> Alyssa, daughter of Margaret, Dept. Manager Fabrics <p> summer fun has never been so >>>> painless <<<<< <h> Safety Rules of the Road </h> <p> Perform a bike check -- correctly fits and works properly. <p> Obey traffic rules like automobiles. <p> Ride with the traffic at all times. <p> Avoid night riding. <p> Make sure you are seen (bright clothes,

45

have no excuse to delay. Order these stunning gift magazines right now…then you can relax and enjoy this special season. <p> Happy Holidays! <MX> <p> Chief Executive Officer <p> P.S. While you're finishing your holiday shopping this simple, >>>> painless <<<<< way, why not TREAT YOURSELF to a new magazine as well? Just write "same" in the first gift space under whichever publication YOU would like. <p> SOMETHING YOU CAN REALLY FEEL GOOD ABOUT! <p> REMEMBER, when you give these wildlife magazines as gifts,

48

it's very deeply worrying, this. <p> Dowell: And why is that? <p> Gilliam: Well, I don't know. After years of railing against Hollywood and the system out there and being unable to work within it, I--I find suddenly I've done it and it was really >>>> painless. <<<<< So there's that awful temptation to repeat these things. But I don't think I will, or as soon as I can I'll rush back to England and--and escape from those temptations. <p> Dowell: And temptations there may be. So pleased were studio executives

53

are some indications that the stereotypical view of women includes an assumption of suffering, for example in childbirth, which remains painful for many women because our society refuses to turn its high-technology abilities towards rendering it >>>> painless, <<<<< indeed, quite the opposite, high-tech births often being associated with more pain for the mother, for example induced contractions. Men who report sexual fantasies which include the need to be hurt or humiliated tend to be viewed as perverts, while

56

ily obtained from any health food shops and some chemists. <p> <f> method of teaching patients a technique known as acupressure. This is carried out by massaging a series of acupuncture points without actually inserting any needles. It is gentle, >>>> painless <<<<< and invariably very relaxing. Laura was a suitable person to benefit as she often found that her sinus headaches would come on very quickly at times of high stress during the day. <p> First I proved to Laura that acupuncture is effective by seeing

57

ficial is a simple sinus washout which completely clears the sinus cavities and allows healing to take place. Appropriate steps can then be taken to prevent the mucus building up again. Horror stories abound about washouts, but they are quick and >>>> painless. <<<<< Cotton wool soaked in local anaesthetic, usually cocaine, is pushed up each nostril and after a few minutes a small tube is passed into each sinus down which a salt solution is squirted under pressure flushing out the mucus. The whole process only

58

caused by misalignment of the joints of the neck, and the pain will disappear if this is corrected. The chiropractor uses a much gentler form of treatment than the osteopath as he softly eases the joints back into place. Generally this is totally >>>> painless, <<<<< and patients are usually surprised by the click that is often heard and the sense

of relief they feel. Sometimes some aching or tenderness may be experienced the following day as the bones settle down to their correct position. The treatment will be

59

w - had always known - that the answers she sought would be found on or around his bed. She could prise loose the information she sought - from him, or from his organizer. Two chances, two doors waiting to be forced, both here, beside the bed. No >>>> painless <<<< route. He returned to his seat. 'Two months. If all goes well.' I can get a baby? In two months?' Oh, no. Not immediately. The baby must be under the care of the adoption agency and its local managers for at least ten weeks. For assessment and

60

uldn't differentiate between rabbits, cats or small dogs and once ate a poor, deaf, old Pekingese in the act of cocking its leg on the war memorial. I tried to comfort its grief-stricken mistress, pointing out that the end had been both quick and >>>> painless <<<< and, anyway, the Peke had had a good innings. Furthermore I mentioned that my 160-pound pal, who now sat dejectedly beside me, dribbling in dismay, felt strongly about dogs of oriental origin desecrating a British war memorial. My reasoning was not

61

portant dates include: bull; 1775: Franz Mesmer developed healing by 'animal magnetism', which was later renamed hypnosis. bull; 1784: Count Maxime de Puysegut discovered a form of deep trance he called somnambulism. bull; 1821: First reports of >>>> painless <<<< surgery in France using magnetism. bull; 1841: A Scottish doctor, James Braid, changed the name from magnetism to hypnosis. He established it as a psychological phenomenon. bull; 1845-53: A surgeon, James Esdaile, performed 2,000 operations even

63

n which liquid vegetable oils are changed to solid fat. <p> The cause of cataract is unknown, and medicines are ineffective against it. However, cataract operations are a triumph of modern surgery, with a success rate of more than 90 percent. The >>>> painless <<<< operation involves removal of the clouded lens and substitution of a functional equivalent. At one time, this involved thick-lensed spectacles that offered only limited vision. Later, contact lenses produced much better results but were often

67

he parked car was not rolling toward him. And then there was the voice of Begay screaming a warning. Leaphorn made a desperate, instinctive lunge for the ditch, hearing the squalling roar of the Mercedes accelerating, and then the thumping, oddly >>>> painless <<<< sound of the front fender striking his leg and spinning his already flying body into the roadside weeds. <p> A moment later he was trying to get up. The Mercedes had disappeared down the highway, trailing the diminishing scream of rapid acceleration,

69

t is made of fat before starting you on a weight control program. You are likely to encounter four body fat tests at a health facility. The two newest, total body electrical conductivity (TOBEC) and bioelectrical impedance analysis (BIA), involve >>>> painless <<<< 'electrical' procedures. With TOBEC, for instance, you simply lie down fully dressed on a stretcherlike tray that is then pulled through a cylindrical electrical coil. The test - which takes about 90 seconds to perform - is based on the principle

70

. She would have the baby alone. This would be easy. She had recently read an article in one of her mother's <f> Ladies' Home Journal <f> s called 'Childbirth Without the Agony,' in which a woman described her natural labor as being hard work but >>>> painless. <<<< Philip would miss her desperately, and when she returned to finish high school, beautiful again a mother with his child - he would marry her, just as Mr. Avery had married Leslie Rogoff. <p> And so began the plan, the suitcase stored in a locker at

71

ying the trash. Standing here, close to the huge dumpster, the watcher was in the best place to catch his victim. He was also in the perfect place to catch all of the stench wafting from the trash. Still, he had never expected his mission to be >>>> painless. <<<< Just right. Stealing himself against the smell, he played with the murder weapon again. It was a small forklift, used to carry the pallets of supplies from the delivery trucks to the freezer in the store. He'd managed to slip it out when nobody had

73

hours. Although these penile injections have been highly praised by some urologists, who generally teach their patients to inject themselves at home, the truth is that they do not always work, they involve considerable risks, and they are not as >>>> painless <<<< to administer as they are claimed to be. For instance, one prominent U.C.I A. urologist notes that 25 percent of the patients receiving such injections had no change at all in their erections and 14 percent had slight improvement but were still not

89

frica, they slept in a bag, roughing it is fun if you have money; Switzerland skiing, the final trough. For that is apparently where it ended, a few weeks ago, as painlessly as it began, or that's how Jefferies would have it. He'd have everything >>>> painless <<<< and seamless. He once said he wanted to lead his life in the funniest and least objectionable way possible. He considers himself a great aesthete, and loves all forms of beauty clothing, cars, art, girls. <p> And although one would imagine there

90

National League premier division for the first time in seven years of trying. <p> Always an impressive side on paper, Sutton have never managed to live up to their own expectations, but over the past year they have undergone a silent and fairly >>>> painless <<<<< revolution. <p> Finding themselves without a coach last year, the players asked their stalwart defender, Jo Nightingale, to take a few practices. Since then she and the team, have not looked back. <p> <h> Popular figure of fun fighting for the

95

there's only one thing to do: set up the board, plug in the Easyglide and stick on Madonna's Immaculate Collection. <p> By the time Miss Ciccone has gasped the last note of Rescue Me, your entire material world is pressed and pristine after a >>>> painless <<<<< poppy hour. <p> Listening to music was once a full-time activity in itself. Nowadays life is fast, and different types of music lend themselves to different times, places and household activities. <p> Orange Juice, for example, are refreshing first

98

ead to know that a formula for true love and happiness will be found before the movie's 96 minutes are up. <p> As an intellectual exercise, I Q is soppiier even than Ms Ryan's previous romantic comedies. It's not a patch on Sleepless In Seattle - >>>> Painless <<<<< in Princeton, more like - but is nicely performed, with Ms Ryan, this page's confessed weakness, and Mr Robbins as personable as a couple of warm puppies. <p> And casting Walter Matthau as Einstein was good thinking: relishing a Teutonic accent and

101

he knew why. She did. Her father had died only 48 hours before. She was keen to know if he suffered latterly and without telling me why she was asking, I assured her that although he had been suffering for months, the last few hours were entirely >>>> painless. <<<<< In fact, it would be true to say her father actually died a few hours before he drew his last breath. This suprisingly made a great deal of sense to her for apparently, his final six hours confused the medical profession because he quite simply