



FH spoilers

found this discussion of Dominique useful

<https://campus.aynrand.org/campus/globals/transcripts/dominique-francon>

Dominique Francon

1. Dominique's basic conflict

Let's talk about Dominique Francon. Dominique is one of the most complex characters in the novel. She's a character



JustinCEO 28-Oct-19 11:33 AM

I liked the point (major FH spoiler) about Dominique marrying Peter as an act of self a basement but it not working cuz Dominique is too strong a personality (edited)



JustinCEO 28-Oct-19 12:58 PM

I find this surprising https://twitter.com/l_haddad/status/1188216529969668096?s=21



Lawrence Haddad (@l_haddad)

We used to say the USA & UK were "separated by a common language". Now we see they're separated by different food environments-even when the brands are common. Thanks @foodtank! Pls take note @CGF_Health @wbcsd @USCIB @FoodIndAsia @IFBAAlliance...

Retweets

217

Likes

360



Twitter

CallmeBigPopper 28-Oct-19 01:13 PM



No wonder we're all fat as fuck. 😞



JustinCEO 28-Oct-19 01:17 PM

I disagree



1



JustinCEO 28-Oct-19 01:28 PM

```
define('FS_METHOD', 'direct');
```

Putting that in wp-config.php failed to resolve my issue with installing plugins

Seems to be common advice

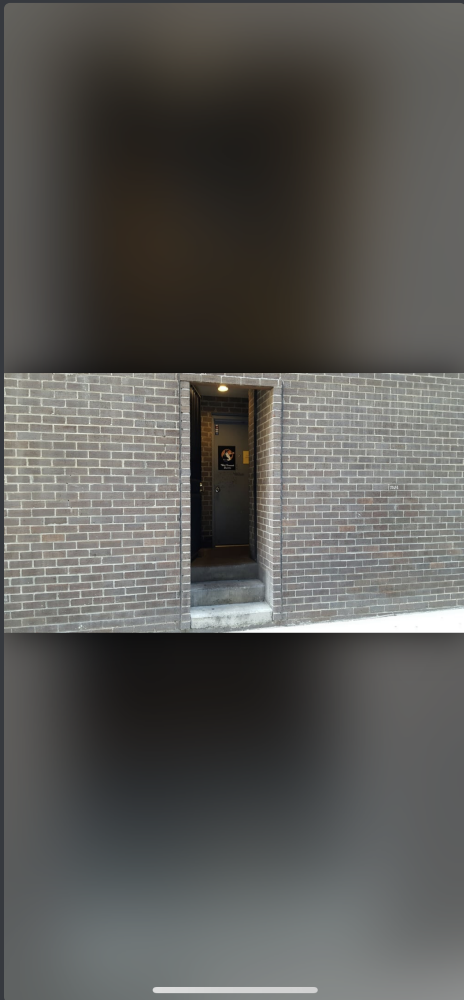
Got a burrito 🌯 from a place that was down an alley and in a small non descript door 🚪 on the side of a building

I thought to myself "there is something very New York about getting a burrito from a hole in the wall in an alley." I am not in New York but lived there a long time (edited)

The burrito was good



Pics from yelp



Kinda weird for a restaurant rite?



JustinCEO 28-Oct-19 02:11 PM

They're only open from noon to 2pm



JustinCEO 28-Oct-19 03:31 PM

When Peikoff was 13 years old, Gone with the Wind inspired her to become a novelist.[23]

Not anything by Rand



curi 28-Oct-19 03:37 PM

allegedly, not reading Rand (until 18+), and so being unable to judge and criticize Rand for herself for ages 0-18, was crucial to enabling Kira's independent judgment.



JustinCEO 28-Oct-19 03:40 PM

I read Hazlitt when I was like 12 or 13. I liked it. My judgment was fine. Would have read Rand earlier than when I did (17 or 18 mb?) if I'd known about her

Econ in one lesson

I read it cuz of the title. Wanted something beginner. Got rly lucky

CallmeBigPopper 28-Oct-19 04:16 PM



I disagree

Are you a subscriber to the "Calories don't matter" meme?



JustinCEO 28-Oct-19 04:18 PM

No



CallmeBigPopper 28-Oct-19 04:24 PM

k

what do you disagree with then



JustinCEO 28-Oct-19 04:25 PM

Can you state more precisely what you meant by "No wonder we're all fat as fuck. 😞"?



CallmeBigPopper 28-Oct-19 04:26 PM

For every item, we are consuming way more calories. Eating more calories makes one fat.

<https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>

Why people become overweight - Harvard Health

Everyone knows some people who can eat ice cream, cake, and whatever else they want and still not gain weight. At the other extreme are people who seem to gain weight no matter how little they eat. Why? What are the causes of obesity? What allows one...



JustinCEO 28-Oct-19 04:30 PM

Do you think Americans are fat cuz the specific items shown in the graphic have more calories than in the UK, and the calorie differences in those particular items makes a big difference? (edited)



CallmeBigPopper 28-Oct-19 04:31 PM

It probably matters. Unless you want to make the argument that calories do not matter.

The fact is that the percentage of obese people in the US is over 70.

<https://www.infoplease.com/world/health-and-social-statistics/fattest-countries-world>

Fattest Countries in the World

List of the countries with the highest rates of overweight and obesity. See if your country made the list.



Lots o fatties 😊



JustinCEO 28-Oct-19 04:32 PM

For every item, we are consuming way more calories. Eating more calories makes one fat.

I'm asking questions to try to understand what this statement means



CallmeBigPopper 28-Oct-19 04:33 PM

There you go: <https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>

Why people become overweight - Harvard Health

Everyone knows some people who can eat ice cream, cake, and whatever else they want and still not gain weight. At the other extreme are people who seem to gain weight no matter how little they eat. Why? What are the causes of obesity? What allows one...



Not currently convinced about the genetic arguments, based on the fact that many of these fatties who blame genetics for being chubsters, also have fat pets. LMAO

I know one. Claims to have thyroid problem. Has a super fat pug.



cURI 28-Oct-19 04:36 PM

More calories per item doesn't mean more total calories eaten. You can vary the number of items you eat. It's like saying large drinks make you fat. The assumption is you don't stop eating and drinking when you're no longer hungry, and you eat in standard amounts like "one drink" (no refills on that small drink).



1



CallmeBigPopper 28-Oct-19 04:36 PM

Negro. If you drink 1 soda and have one burger in the UK you will have consumed less in total. Simple maths!

Name me one fatty that eats less of a burger once he finds out that it has more calories than other burgers.

nah man they eat the whole thing

also how full or not full you are is not a good way to measure calories. You can eat way more calories of certain foods and not feel full. Being full is a stupid way to measure calories brother



JustinCEO 28-Oct-19 04:41 PM

@CallmeBigPopper would you say you are interested in a serious truth seeking discussion on this topic, where you try to investigate issues objectively?



CallmeBigPopper 28-Oct-19 04:42 PM

check this shit out brother,

<https://i.pinimg.com/originals/31/92/fd/3192fda04af9ceb00afa3b0da62784e6.jpg>



Not about being full

about calories

How full you gonna get with 2 donuts, compared with something with same # of calories like chicken and shit don't trust your fullness

trust the calories

yeah Justin. I am out here linking evidence and you sitting there talking about feeling full and shit.

who is objective

if not the facts my nigga
not your subjective feelings of fullness



JustinCEO 28-Oct-19 04:47 PM

You seem confused as to what I said
I was asking questions to try to figure out the details of your position



CallmeBigPopper 28-Oct-19 04:50 PM

You had a burrito today you said. Are you fat my brother? I can help you lose weight
but that's not my main interest



JustinCEO 28-Oct-19 04:51 PM

Now you are being mean



CallmeBigPopper 28-Oct-19 04:51 PM

excuse me?
I offered to help
let's not get all carried away
I see you a bit sensitive about it. I got you I got you.
I back off. no harm no foul my brother.



JustinCEO 28-Oct-19 04:54 PM

You brought up my innocuous choice of lunch in the context of presuming I might have a weight issue, and did so as a topic change to try to evade offering details of your position
That is not nice
I do not believe your offer to help was sincere or in good faith.
Your attitude towards "fatties" above provides some helpful context for making that judgment
You are not very sympathetic towards such people

Not currently convinced about the genetic arguments, based on the fact that many of these fatties who blame genetics for being chubsters, also have fat pets. LMAO

I know one. Claims to have thyroid problem. Has a super fat pug.



CallmeBigPopper 28-Oct-19 04:56 PM

sorry dawg, I didn't know you were a fattie.

JustinCEO 28-Oct-19 04:56 PM



lol



CallmeBigPopper 28-Oct-19 04:56 PM

my bad. Listen man. That shit is fixable as fuck
no need to feel bad
just gotta drop all the excuses



JustinCEO 28-Oct-19 04:56 PM

Thanks for confirming my judgment



CallmeBigPopper 28-Oct-19 04:56 PM

or you know
you can stay fattye, some ladies love big men
aint nothing wrong



curi 28-Oct-19 04:58 PM

J why didn't you say a single topical argument/explanation?



JustinCEO 28-Oct-19 04:59 PM

I was trying to not skip steps. I am still not clear what [@CallmeBigPopper](#)'s view is exactly



CallmeBigPopper 28-Oct-19 04:59 PM

I meant no offense fat J. I got a ton of fat friends, big Tony is the best man I know.

Anyway, sorry brother we off on the wrong foot. lets start over. I might even be in the wrong sub. I had on my notes for this discord a while back "Potential Popper discussion" and I open about food and shit.



curi 28-Oct-19 04:59 PM

I didn't understand why any of the steps you did were necessary.



JustinCEO 28-Oct-19 05:00 PM

I often start replying to someone without knowing what they actually think and it goes badly. So I was trying to figure that out.



AnneB 28-Oct-19 05:01 PM

Yes, this is a place to discuss Popper.



JustinCEO 28-Oct-19 05:01 PM

I might not be very good at it. That was the purpose tho anyways

curi 28-Oct-19 05:01 PM



you asked 3 clarifying questions and you got, 3 times, more info about what he thinks, in the same vein and style as what you already had. this is unsurprising b/c it was unclear what you found unclear or what specific different info you wanted.



JustinCEO 28-Oct-19 05:02 PM
Hmm



CallmeBigPopper 28-Oct-19 05:02 PM
Fantastic. The Open Society changed my life bro for real



curi 28-Oct-19 05:02 PM
have you read David Deutsch?



CallmeBigPopper 28-Oct-19 05:02 PM
oh hell yeah
not fabric of reality but yeah man Beginning was amazing.



curi 28-Oct-19 05:05 PM
DD was the intellectual leader of this discussion community from around 1996-2006. FYI he is the one who initially argued for ideas about not eating when you're not hungry being a key to dealing with food well. He also defended high calorie processed foods like hot dogs as being healthy.



CallmeBigPopper 28-Oct-19 05:06 PM
yeah I dig that. Kids are force to finish everything on their plate. Fucks with their ability to tell when full later on. Why I think calories is much easier.



curi 28-Oct-19 05:07 PM
i agree ppl often become bad at understanding their hunger after experiences like that. it's something they can improve at. calorie counting can help with that improvement b/c it gives them a rough idea of how hungry they are in a second way, so they can cross reference.



CallmeBigPopper 28-Oct-19 05:07 PM
Very true.



curi 28-Oct-19 05:07 PM
the idea of hunger-based eating can help ppl break out of certain conventional habits like 3 meals per day and certain standard food items constituting those meals (regardless of number of calories in them)
ppl also eat at standard meal times, by routine, without even trying to consider if they are hungry and they tend to do this, and eat roughly the same amount, whether or not they had a snack before while hunger signals for some foods are less accurate in the short term (as you mentioned earlier), i think it averages out reasonably well over the medium term (a few days?), and is in some way related to the actual

amount of energy the body gets access to. i think the mechanism itself is pretty good which is why wild animals (which have a similar hunger mechanism) mostly aren't fat. (edited)



JustinCEO 28-Oct-19 05:12 PM

I like your approach to the discussion much better than mine curi

<http://justinmallone.com/2018/04/justins-calorie-counting-guide/>

Justin's Calorie Counting Guide 🤔💥🍔📝

The purpose of this post is to discuss how I count calories. The audience is someone who is interested in a perspective on how to count calories for weight loss purposes. The post is not a general w



curi 28-Oct-19 05:14 PM

but it's fairly hard to overeat in the wild (not enough easy access to calories) and we can get domestic animals to be fat. so it ain't perfect. domestic animals can't use intelligence to shore up any weaknesses though. i think it's kinda like how our eyes aren't perfect but we can get glasses if needed, or understand that water bends light so it's misleading, etc.

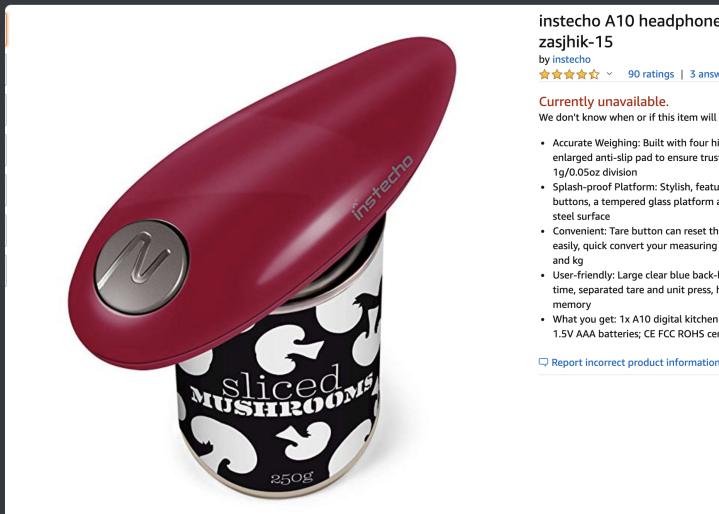


CallmeBigPopper 28-Oct-19 05:15 PM

When you're right you're right. Also big J that's a fine guide. You probly aint even fat and you were fucking with me. I see you J. 😊

what in the fuck, the link to your food scale on amazon sends me to some sort of headphone pack on top of a mushroom can.

<https://www.amazon.com/gp/product/B06Y64ZBZ1/>



the fuck is that. 😊



JustinCEO 28-Oct-19 05:24 PM

Fixed

Ty

Amazing what u can do from an iPhone

CallmeBigPopper 28-Oct-19 05:27 PM