

Cheaper than Zoloft

by Rev. Joe Dirt - Saturday, May 20, 2023

<https://curmudgeon-alley.com/cheaper-than-zoloft/>

One of our *mishpocha* sent me the following article: [Why birds and their songs are good for our mental health](#)

Señora and I have a large bird feeder with 4 stations. We also keep a humming bird feeder out during their season. I need to to count, but we have between 10 and 15 bird houses around the yard, most of them occupied. Oh yes, and there is a bird bath, which reminds me I need to relocate it. The number of hours of joy we have gotten from these and their tenants over the years is incalculable.

I am hear to testify... can I get an hallelujah... that when the weather is nice and we have the AC/heat unit off, the windows open, there is nothing so peaceful as waking up at dawn with the birds singing in a wonderful chorus of different songs that seem to weave together into a symphony declaring what a wonderful day is in the offing. Get up you old sleepy head.

Why would you need Zoloft or Jim Beam or Maui Wauī when you have Mother Nature stroking your forehead via your auricular pathways?

And so it goes