Josh Bloom – My favorite things

When the dog bites  
When the bee stings  
When I'm feeling sad  
I simply remember all of these are subjects for my writing  
And then I don't feel so bad

[apologies to Richard Rodgers and Oscar Hammerstein II]

2023 has been quite a year. Beginning with “Scoring some Ambien from the Online Pharmacy from Hell”, to “More Opioid Idiocy,” 100 articles on a range of topics. This year I introduced the vastly underappreciated (and rightfully so) J-Man Chronicles consisting of silly, tasteless and mostly importantly – intellectually worthless – bizarre “short stories continued. Chemistry Lessons from Hell continued, much to the delight of ~~thousands~~ ~~hundreds~~ ~~dozens~~ a couple of fans of these mostly incomprehensible reminders of days gone by (and best forgotten). Here are my favorites.

[Sudafed PE Is Worthless (Just Like The Drug Policies That Put It On The Shelf)](https://www.acsh.org/news/2023/09/18/sudafed-pe-worthless-just-drug-policies-put-it-shelf-17332" \t "_blank)

For 15 years people have spent vast sums of money on a useless and potentially dangerous drug – all in a misguided effort by the DEA to control illegal meth production. You needn’t be Walter White of Breaking Bad to understand the chemistry. More importantly, why was the FDA allowing pseudoephrine, a helpful decongestant, to be replaced by phenylephrine, a placebo at best.

[Why is That Hideous Prevagen Commercial Allowed on TV?](https://www.acsh.org/news/2023/03/09/why-hideous-prevagen-commercial-allowed-tv-16927)

I cannot come up with any explanation for why that nauseating commercial is still on TV, other than our corrupt and absurd dietary supplement laws. There is nothing in Prevagen that can help anyone, except for the company, which brags that its ingredient come from jellyfish (and we all know what great scholars they are) that makes it.

[Putting the East Palestine Train Accident in Perspective](https://www.acsh.org/news/2023/02/27/putting-east-palestine-train-accident-perspective-16909)

Sometimes life is not funny. Increasingly, during those times, ACSH is becoming an important source for reliable information to others in the mainstream media. The Wall Street Journal came to us for some reliable information on the chemical mess created by the East Palestine derailment.

And sometimes, a scientific “breakthrough” calls your name. I thought this was the best of titles and my, at times, adolescent humor.

[The J-Man Chronicles: How The Vibrating Poop Pill Threatens Democracy](https://www.acsh.org/news/2023/03/20/j-man-chronicles-how-vibrating-poop-pill-threatens-democracy-16934)