

Breakfast, coffee and some paracetamol

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I had some plans for posting this morning, but after three days of far too little sleep because of the impact of a cold or 'flu (and I remain deeply unsure at 67 as to the difference, although I do know I am not one of those with a life-threatening condition), I was too tired to do anything at night, and then I finally slept during the night. Well, sort of. And in the end, I overslept by nearly two hours, which I always find deeply disorientating. I also have a throbbing head, plus a determination to make a couple of videos later this morning.

In the meantime, the Fed's decision to cut interest rates (which is welcome) will have to go uncommented, barring this observation.

So too will this newsletter report from the Telegraph this morning, except to give further reason to hang my head in my hands at the stupidity of those on the political right:

Slowing the pace of net zero could save the British economy £350bn, an official report has concluded.

A new analysis published by the **National Energy System Operator (Neso)** said that aiming for an 80pc reduction in **carbon emissions** by 2050, rather than the current "net zero" target, could save £14bn a year on average.

This will also avoid further analysis, coming from The Guardian this time:

Fears about the profitability of the AI industry are on the rise again, after results from Oracle failed to impress Wall Street.

But do let me say, wasn't that always going to happen, just as the AI crash will, although it seems unlikely this side of Christmas now?

I am sure there is much else going on as well. But right now, it can wait. Please accept my apologies. I need breakfast, coffee and some paracetamol.