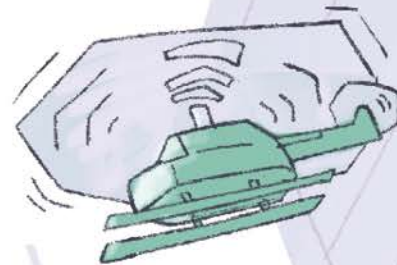


A BOOK ABOUT POOP THAT DOESN'T STINK

FLUSH WEEKLY



POOPS AND FARTS

THE BOTTOM LINE

B4U PUBLISHING



POOPS AND FARTS – THE BOTTOM LINE

ŠTĚPÁNKA SEKÁNIHOVÁ / MIROSLAVA GOMOLČÁKOVÁ & DANIEL HANĐÁK



THE WORD POOP IN TEN LANGUAGES

**THE INSIDE SCOOP ON POOPS AND FARTS
REAR END JOURNAL**

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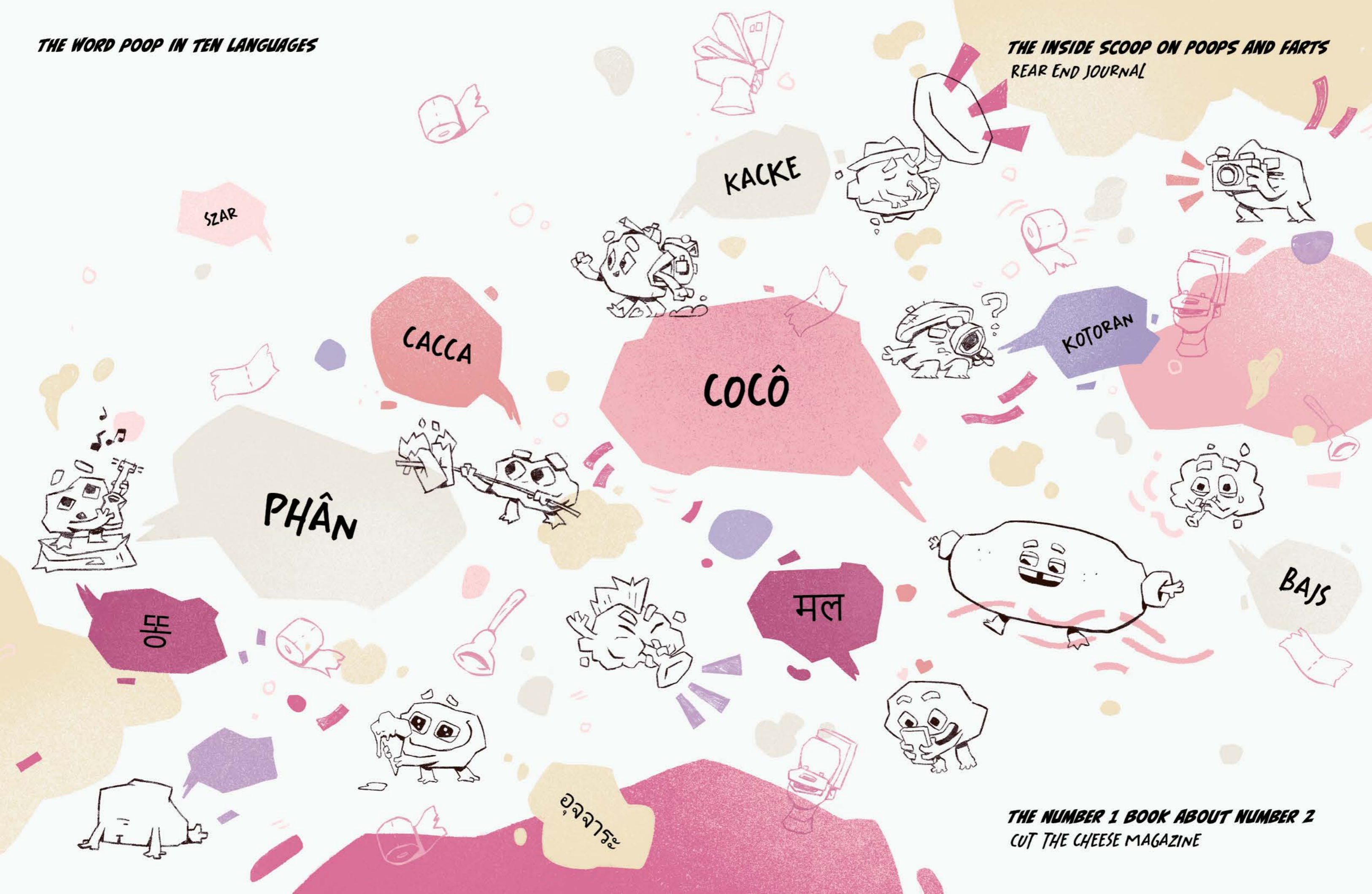
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**THE NUMBER 1 BOOK ABOUT NUMBER 2
CUT THE CHEESE MAGAZINE**



HOW MUCH DOES IT WEIGH?

On average we poo out 100–200 g of stool per day. However, there are tribes in Africa whose members take it to a different level. They average 1 kg a day.

DID YOU KNOW...?
THE MORE FIBRE YOU
EAT, THE HEAVIER
YOUR POO IS.

YIPPEE, WE VEGGIE
POOS FLOAT LIKE
CORKS!

GRRR, WHY DID MY
MAKER HAVE TO BE
A MEAT-EATER?

WHEN YOU CAN'T GO ...

We should poop every day. But sometimes we don't need and don't need and we can go for days before we get the urge and then it's really difficult to push it out—and no wonder when the muscles in the large intestine are contracting too slowly. And that's when it gets backed up!

... AND WHEN YOU CAN'T STOP GOING!

HEEEEEEY! WHY DO YOU THINK I'M FREAKING OUT LIKE THIS WHEN THERE ISN'T EVEN A BAND PLAYING?!!!

The opposite of constipation is diarrhoea, when we can't get off the toilet for even a minute. It's an intestinal disorder that involves excessive defecating. Stool is loose and frequent ... and there's too much of it!



WHAT ELSE CAN WE DO WHILE SITTING ON THE TOILET?



MEDITATE

READ

LISTEN TO MUSIC

MAKE A PHONE CALL

STARE INTO SPACE

THE BASIC TYPES OF TOILETS:



WATER CLOSET

A toilet bowl with a flush—widespread in Europe and North America.

A SQUAT TOILET

Either an ordinary hole in the ground or a flushing device that looks like a container sunk into the ground. Particularly popular in Asia.

A DRY TOILET

Just an ordinary hole in the ground.

A CHILD'S POTTY.

A HISTORY OF THE TOILET PAPER

1. Paper first began to be used in China around the year 589.

2. This innovation was slow to catch on in the rest of the world, but by the 16th century even Europeans were getting used to wiping their backsides with paper. It was the printing press which was to thank for this – what else could you do with unusable printed sheets?

3. From the 17th century onward, people made use of old newspapers.



4. In 1857 an American called Joseph C. Gayetty came up with the first industrially produced toilet paper, which was made from Manila hemp infused with aloe vera extract. And to make sure the spiritual father of this amazing toilet paper wouldn't be forgotten, each sheet of paper had his name on it.

5. Shortly after this, America came up with another innovation: toilet paper on a roll!

6. The first European toilet-paper factory opened in Germany in 1928 and its owner's name was Hans Klenk. At first his toilet paper contained lots of splinters, so it could also have been used as sandpaper. Fortunately, Hans Klenk later came up with a fancy new toilet paper—a type that didn't scratch but instead was velvety soft.

7. The year 1942 saw the launch of the first two-ply toilet paper.

8. This was followed by coloured toilet paper in 1957 and moist toilet paper or wet wipes in the 1990s—and life became beautiful!



POOPING OUTDOORS

Pooing in the great outdoors? Glorious! Relieving yourself in the pine-scented shade of the forest. BUT if loads of people go traipsing around the countryside and every second nature lover leaves behind their half kilo of poop, it becomes a serious problem! A poop takes a whole year to decompose!



That's why popular national parks give all their visitors special poo bags containing a substance that transforms excrement into a chemically inactive gel that doesn't smell.



OK, BUT IF YOU'VE REALLY GOT TO GO, WHAT CAN YOU DO TO AVOID CONTAMINATING THE LANDSCAPE?

1

Walk at least 70 steps away from any path or water source.



70 STEPS

2

Find a spot near some thick undergrowth or on a slope.



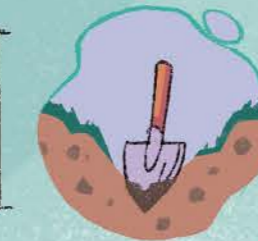
3

Everything decomposes more quickly in an elevated area that gets the sun.

4

Dig a hole about 15–20 cm deep and 10–15 cm wide. Do your business in it and then fill it in.

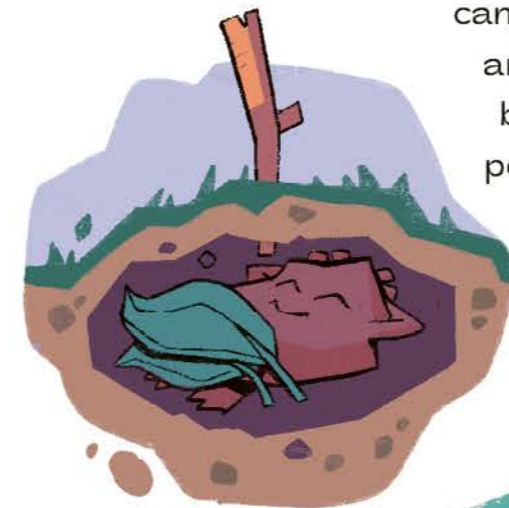
15–20 CM



10–15 CM

5

If you are near a river canyon, a mountainous area or a beach, it's best to take your poop away with you.



CHOOSE WHITE, UNPERFUMED, BIO-DEGRADABLE TOILET PAPER. THEN YOU CAN BURY IT OR, EVEN BETTER, TAKE IT AWAY FROM THE FOREST WITH YOU!

THE WORD POOP IN ANOTHER TEN LANGUAGES

**"AS MANY LANGUAGES YOU KNOW,
AS MANY TIMES YOU ARE
A HUMAN BEING."**

***HIT OF THE YEAR
LATRINE TIMES**

POOP

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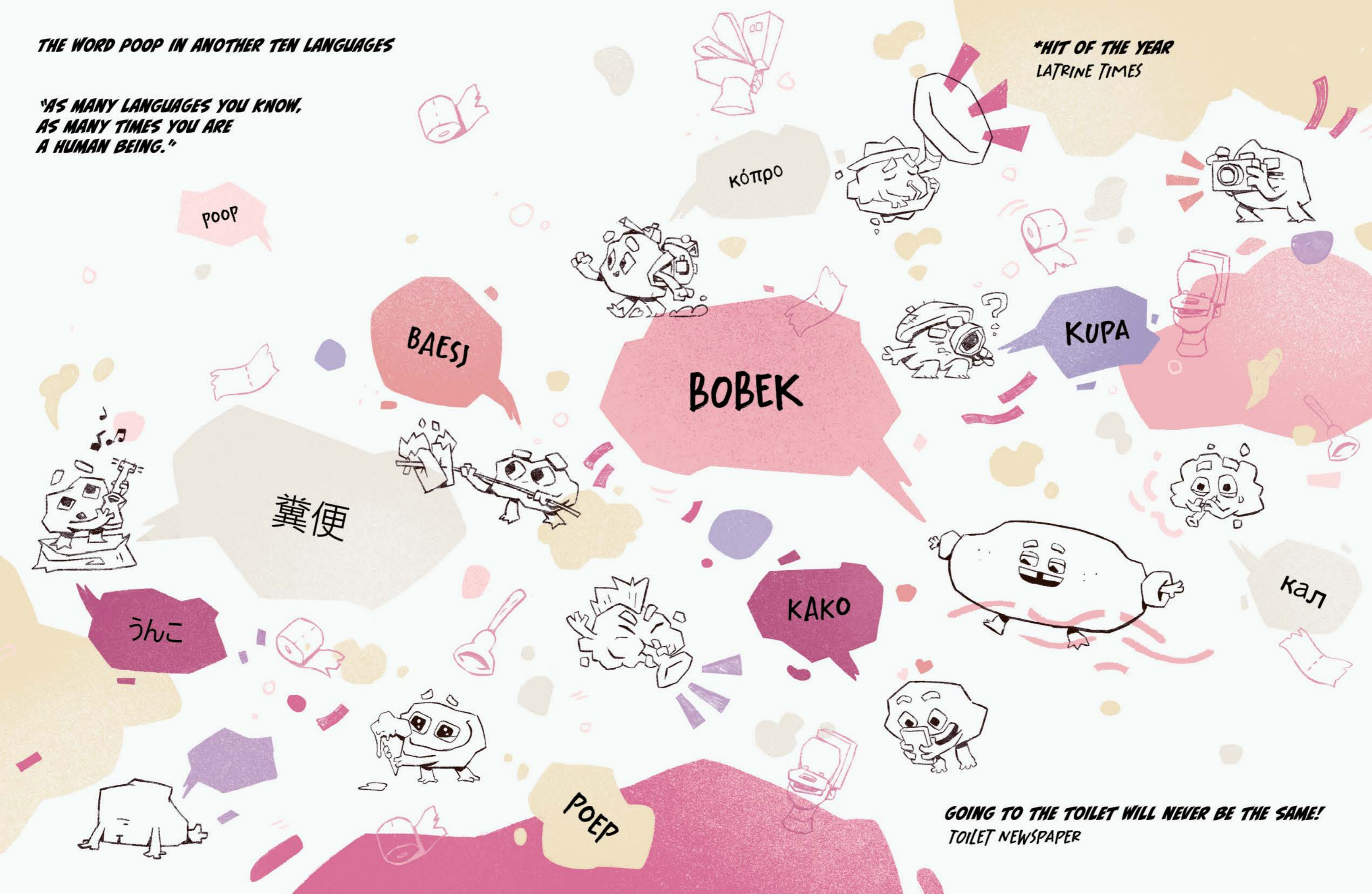
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POEP


**GOING TO THE TOILET WILL NEVER BE THE SAME!
TOILET NEWSPAPER**





B4U PUBLISHING PRESENTS:

Poops and Fart–The Bottom Line. Starring Poop and Fart. Because that's what it's all about. They're part of our everyday lives, something we welcome but also struggle with. And that means all of us: humans and animals! So let's delve into their world. Their story plays out on medieval, modern, arctic and space toilets, as well as in a tram or on the street. We'll visit the animal kingdom and taste civet and elephant coffee. We'll stray into anatomy and won't forget about toilet paper.

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