


THE ONLY BOOK ABOUT POOP THAT DOESN'T STINK!

FLUSH WEEKLY



POOPS AND FARTS

THE BOTTOM LINE

 albatros



ŠTĚPÁNKA SEKANINOVÁ
ILLUSTRATED BY MIROSLAVA GOMOLČÁKOVÁ
& DANIEL HANDÁK

TABLE OF CONTENTS

EVERYTHING YOU EVER WANTED TO KNOW ABOUT POOP BUT WERE AFRAID TO ASK
2-17

A BRIEF GUIDE TO THE WORLD OF TOILETS
20-25

FOUR PAGES ABOUT TOILET PAPER
26-29

WHEN WE GET THE URGE OUTDOORS, AT THE NORTH POLE, OR IN SPACE
30-35

WHAT YOU NEVER KNEW ABOUT FARTS AND NEVER THOUGHT TO ASK
38-45

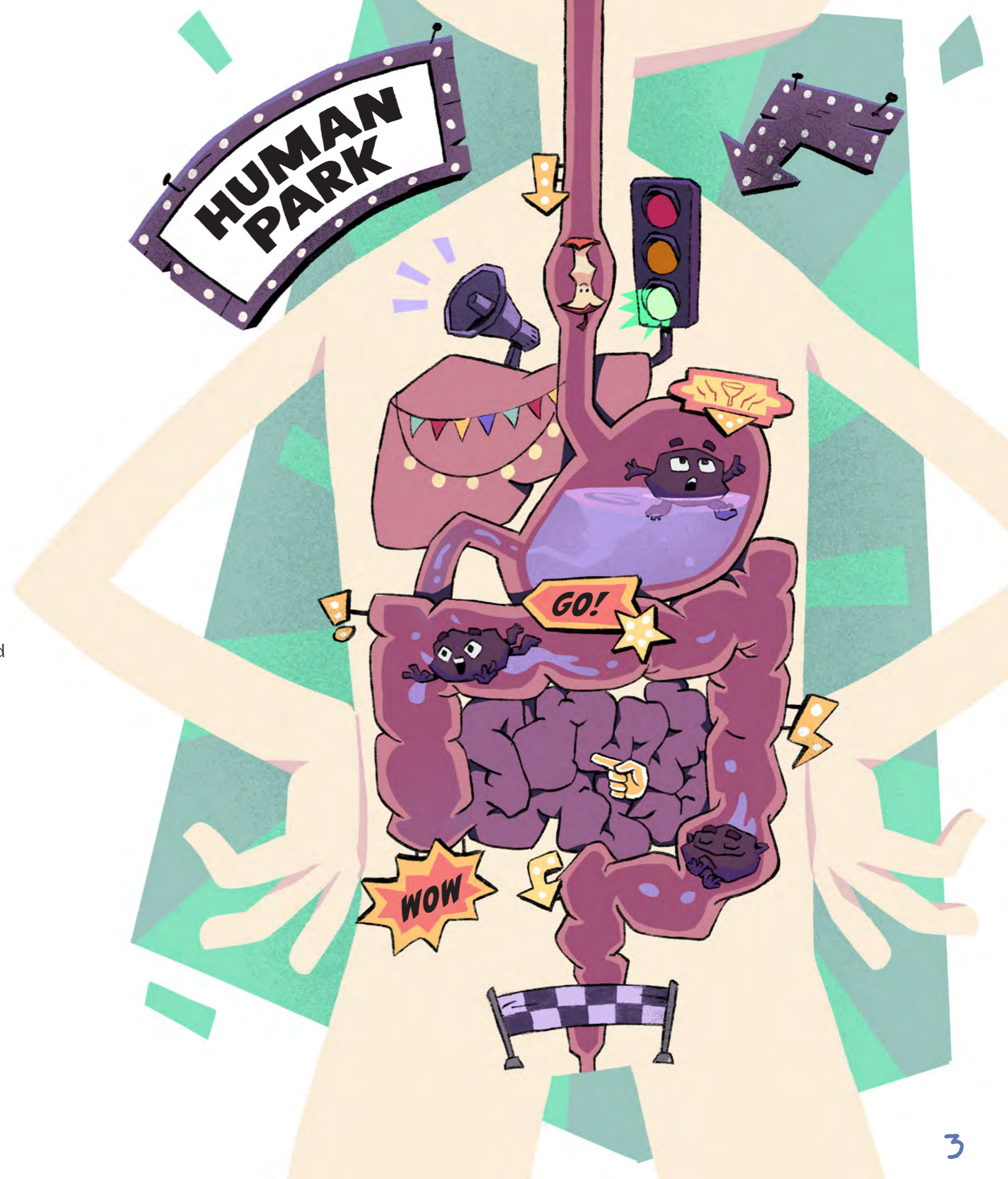
THE BOOK ALSO CONTAINS 12 BONUS FUN FACTS ON THE SUBJECT.

BEFORE IT DROPS OUT OF US

There's quite a long process leading up to the moment when our poop drops out of us. It begins with hunger and some bites of food. The food we take in makes its way down to the stomach, where a chemical called hydrochloric acid swoops in and digests it. The digested food then journeys on down to the duodenum – the first part of the small intestines. There it's broken down further by pancreatic enzymes and bile produced by the liver, after which it can fully enter the small intestine. There proteins, carbohydrates, fats, and other substances are absorbed into the bloodstream. The ones that haven't been absorbed travel into the large intestine. And that's where they're turned into stool, which heads into the rectum and from there SPLAT ... PLOP ...

... into the toilet!

DID YOU KNOW ... ? THE UNDIGESTED REMAINS OF FOOD REPRESENT ONLY 50-80% OF POO. THE REST IS MADE UP OF GUT BACTERIA, WATER, AND BITS OF OUR OWN BODY TISSUE.



HOW MUCH DOES IT WEIGH?

On average we poo out a quarter of a pound to nearly half a pound of stool every day.

DID YOU KNOW ... ?
THE MORE FIBER 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 to and we can go for days before we get the urge. When the muscles in the large intestine contract too slowly, the stool moves more slowly and absorbs more water, making it harder and more difficult to push out.

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



TYPES OF POO

The shape of our poo says a lot about us. So much so that a team of gastroenterologists (gut health experts) from Bristol University in the United Kingdom created the BRISTOL STOOL SCALE, which describes the seven basic types of poo and explains the health reasons for their shape. Experts are able to tell from a person's poo how their digestive and excretory system is working. They can even use stools to work out whether or not food supplements and medicines agree with the human body and how it copes with a lack of movement or, on the contrary, responds to exercise. And to think – we turn our noses up at poo!

BRISTOL STOOL SCALE

1 **HARD LUMPS**
Typical constipation



2 **LUMPY SAUSAGE**
Time to clean those bowels out!



3 **SAUSAGE WITH CRACKS**
Ideal state



4 **SMOOTH, SOFT SAUSAGE**
Bravo! Couldn't be better!



5 **SOFT PIECES**
Uh-oh, mild diarrhea



6 **MUSHY PIECES**
Full-blown diarrhea!



7 **LIQUID**
Really bad diarrhea!



WHAT A GREAT COFFEE!

One of the best coffees is made from the droppings of civets – cat-like creatures that feast on coffee cherries. The beans are then fermented in their stomachs, and when the time comes the civets poop them out. And that’s the moment all those gourmets are waiting for, because the fermented beans give the drink a delectable flavour. Another delicacy is coffee made from beans that have passed through the digestive tract of an elephant. It’s less bitter and tastes like chocolate and cherries.



PANDAS POOPING

Pandas spend their whole lives eating, pooping, and sleeping – and not much else! This is reflected in how often they have bowel movements. They go for a number two as many as 40 times a day.



I'M HUNGRY!

It's normal for baby rabbits to feast on their mother's poo. They get important gut bacteria from it that help them to create their own gut microbiome.



ROME

The Ancient Romans enjoyed comfortable latrines where they could answer the call of nature while holding serious discussions or making important deals. (Talk about mixing business with pleasure!) The products of their digestion dropped into channels with continuous streams of running water, which also flowed through a gutter beside the toilet bench.



THE MIDDLE AGES

Forget sewage systems and state-of-the-art hygiene. The contents of medieval chamber pots were simply dumped in the street. If there was no chamber pot around, people would relieve themselves wherever they were – even in the corner of a room. Basically, our medieval ancestors didn't care, so long as their stomach stopped hurting.



THE PRIVY

The owners of castles enjoyed the luxury of a castle toilet, known as a privy or garderobe. In reality, this was just a small, uncomfortable seat with a hole in it straight above the castle's moat. To cover up the squishy sounds of defecating from the privy alcove – and God forbid someone should fart – there was often live music to accompany the lord as he pooped.



FROM A CHAIR TO A FLUSH TOILET

The Renaissance brought a bit of comfort to bowel movements. People would poop sitting in a chair with a built-in chamber pot. The first flush toilet saw the light of day at the end of the 18th century. At first, this innovation was only for the rich. Ordinary people still had to make do – and make doo – with a chamber pot.



A HISTORY OF TOILET PAPER

1. Toilet paper first began to be used in China around the year 589 AD.

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. The printing press 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 named Joseph C. Gayetty came up with the first industrially produced toilet paper, 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 was said to feel terrible, like sandpaper. Fortunately, Hans Klenk later came up with a fancy new toilet paper – type that didn't scratch but 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 – when life became beautiful!



ALBATROS PRESENTS:

Poops and Farts – The Bottom Line. Starring ... well, Poop and Fart. Because that's what it's all about. They're the smelly sidekicks of our everyday lives, something we welcome but also struggle with. And that means all of us: humans and animals alike! So let's blast our way into their world. Their story plays out on medieval, modern, arctic, and space toilets, as well as in a tram or on the street. Along the way, we'll visit the animal kingdom and taste civet and elephant coffee. We'll stray into anatomy and toilet paper and make sure not to leave any stone unturned – or any toilet unflushed!


ISBN 978-80-00-07440-5



9 788000 074405

5 1795



 albatros

\$17.95
Printed in China
by Leo Paper Group Ltd.
www.albatrosbooks.com