

# Lifestyles

## A Little "Fartisous" Humor

The behavior you display while farting reveals a lot about your personality, says a noted Seattle psychologist and author.

"Everyone flatulates from time to time," said Dr. Stokes, "and the manner in which one flatulates is highly revealing."

Dr. Stokes, author of "Creative Flatulence," explained how the way you fart can reveal your personality.

"Suppose you enjoy an occasional fart while bathing; this is by all means normal and shows that you are adventurous and fun-loving. The more inveterate tub-farters, commonly known as snarfs, are extremely fun-loving and pleasure seeking.

Snarfs relish the pleasurable sensation of tingling fart bubbles darting between their legs," Dr. Stokes said.

"People who fart frequently while walking have a clear sense of direction and save time when possible. In addition, these people are optimists, leaving foul experiences behind them. They are always ready to move on to fresher situations.

"People who retain or attempt to retain all farts until out of the public earshot know well the value of self-discipline. However, they may be secretive, shy, and obviously under a lot of pressure. Fart retainers are generally not very trustworthy.

"Some people fart unintentionally while exerting muscular energy, lifting heavy items,

for instance. This is called the exertion fart. Not premeditated, the exertion fart is totally unplanned and entirely spontaneous. Hence, because of their impromptu nature, exertion farts may be giggled at, but by no means taken seriously.

"Then there are those who exhibit the 180 degree T&S (turn & sniff). After farting, the individual turns his head 180 degrees to the rear, as if looking behind him, and sniffs.

After assessing the nasal quality of the fart, he assumes his normal posture. These individuals are extremely curious and respond best to immediate reinforcement. They also have well developed musculature of the neck."

Dr. Stokes notes that human ingenuity never quits, especially when contriving methods to conceal farts when or after they are expelled. He explained that many people use "flatulence neutralization" when farting in public, especially in church.

"We can experience flatulence in two ways: either by its odor, or by its sound, or by both. If we somehow alter the odor and/or sound of a fart so that it is incomprehensible as such, flatulence neutralization has taken place.

"The sneeze & fart syndrome is an example of flatulence neutralization. Sensing an impending fart, the person feigns a sneeze at the precise

moment, thus squelching the head-turning sound of the fart with the neutral sound of the sneeze.

However, the odor of the fart -- not being neutralized -- quickly pervades the area, thus leading people to believe that the sneezer has a serious case of halitosis.

"Other people attempt to completely neutralize the fart by simultaneously sneezing and lighting a match while farting.

Although effective when done properly, this method may indeed be embarrassing when done incorrectly.

The individual who sneezes, then strikes a match, and then farts loudly in public will undoubtedly turn a few heads."

Dr. Stokes pointed out that before the layman can hope to have a working knowledge of flatulence interpretation, he must have mastered some basic terms. For example:

**SBD** (silent but deadly or devastating) Believed to be a soundless, uncommonly malodorous, quickly permeating fart that has been known to cause confusion, mistrust, and even divorce.

However, since nobody has ever actually admitted to expelling an SBD to another person, their existence cannot be proved, and hence, the SBD may just be another natural phenomenon.

**SCL** (single cheek lift) Takes place when the flatulater subtly elevates either the right or left musculature of the gluteus maximus approximately one to two inches off of the chair seat and proceeds to fart, usually in short bursts of one to one and a half seconds in length. The cheek may be elevated several times during any one session, one lift for each burst.

**DCL** (double cheek lift) Similar to the SCL except that both cheeks are elevated to accommodate a more powerful fart. The DCL may range anywhere from two to sixty seconds, depending of course, on the endurance and diet of the flatulater.

DCL's lasting longer than 45 seconds have been known to shred the underwear and cause second degree burns. The correlation between farts of the DCL variety and forest fires is now under investigation.

**FHB** (the foghorn blast) An extremely powerful, bellowing fart, the FHB has a thunderous decibel level that may be easily mistaken for a small explosion. (Caution: may cause permanent olfactory and auditory damage). FHB farts have long been suspected for causing the cracks in plaster walls.

Dr. Stokes' book, "Creative Flatulence," discusses some creative approaches to farts.

He believes that one day farting will be socially advantageous.

\*Social Equalizer --Flatulence may provide a sense of equality when needed. "Well, so what if he's big and famous now, he farts like everyone else, doesn't he?"

\*Artistic Possibility --Like singing and humming, a farting may become a viable means of self expression.

\*Social lubricant --Party goers who are having a difficult time getting conversation started may break the ice by farting

\*Communication Aid --Those who are grossly inarticulate may be taught to "farticate" or communicate by farting

\*Mood Elevator --For those who are under achievers, the fart may provide a sense of accomplishment

Dr. Stokes claims that the American people suffer from flatophobia, an unsubstantiated fear of farts. He explained that farting is a natural process which shouldn't be socially unacceptable.

"The accumulation of gas in and the expulsion of gas from the intestinal track is as natural as breathing," said Dr. Stokes. People don't complain when you breathe in public, why should they complain when you fart?"



STANLEY TURRENTINE

Good People's Productions, a student organization on campus, will sponsor a jazz concert featuring noted tenor saxophone artist Stanley Turrentine, plus special guest performers, at the Forum in Harrisburg on Fri., Feb. 16 at 8:00 p.m.

Tickets are now on sale at the student activities office, Forum box office, Music Scene and Budget Disco Tape locations.

Tickets cost \$5 for students with I.D.'s, \$6.50 for general public, and \$7.50 at the door the night of the show.

**MUSIC**

## C.C. Pre-School Center

### Offers Free Help

How many three year old children do you know who don't make noise, don't get into Mom and Dad's way and don't mind going to bed early?

This may seem to be an ideal situation to parents whose children write on the walls, and throw tantrums at bedtime, but the Jones' didn't feel that way.

Carla Jones is a healthy three year old child who looks like any other healthy three year old. Her parents became concerned because she didn't talk or play or cry like other three year olds.

Carla was perfectly content to sit alone in her room while her brothers played games or watched television. When she went to the playground with

her family, she'd walk around aimlessly, and usually alone.

The Jones' doctor found nothing wrong with Carla.

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At one time a child whose development seemed far different from that of other youngsters usually has to wait until he or she was enrolled in kindergarten to receive special help.

But, now the federal government demands equal educational opportunity for all Americans, regardless of handicap.

Mrs. Jones heard about the Capitol Area Intermediate Unit's Pre-School Program from a neighbor. Much to her surprise,

she found that this program would evaluate Carla free of charge.

If a child is handicapped or if a parent thinks his or her child might have a problem, call the program at 234-2437.

Carla's progress is noticeable. She is beginning to play with other children and makes a few sounds. She is benefitting from early assistance in the Pre-School Program.

Following Carla's evaluation she was placed with other three and four year olds who also had developmental problems.

The Pre-School Program is looking for children three to five who may be handicapped.



Dr. John Joseph's M-M tech class in the WHP studio.

photo by bob foster

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