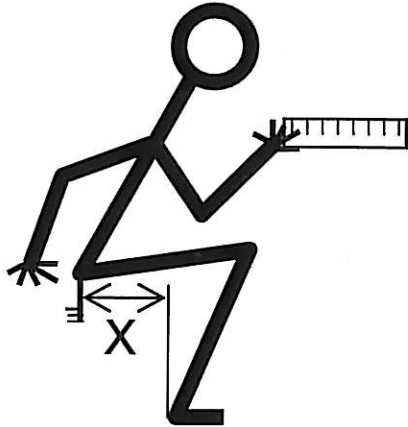


Following some heinous streaking and sliming the special committee for bowel movements have drawn up this instructive pamphlet to assist with use of the shitting grike.

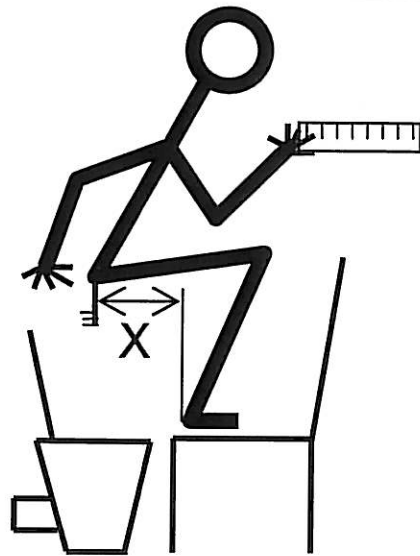
INSTRUCTIONS FOR USE OF THE SHITTING GRIKE

1



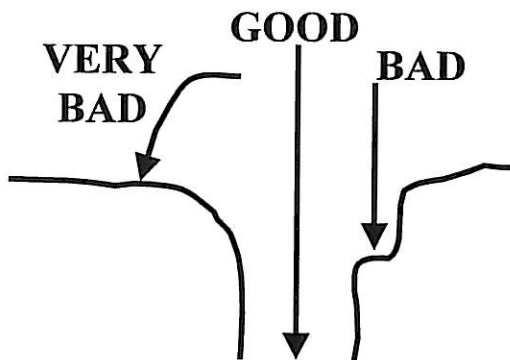
Prior to using the shitting grike it will be necessary to measure the location of your arsehole. Yours or a friend's toothbrush may be useful for location purposes. Note down the measurement and keep it in a safe place.

2



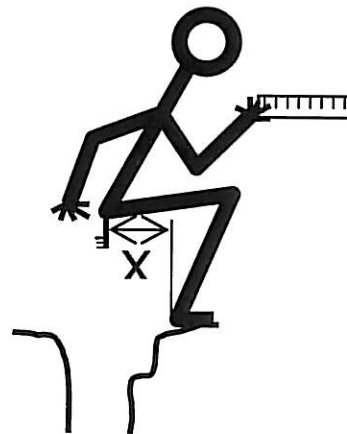
Practise at home. A chair could be used to gain that extra height over the loo.

3



Locate shitting grike and assess possible trajectories. The most simple vertically down trajectory is highly recommended.

4



Partially remove any unnecessary clothing or safety equipment & position arsehole for intended trajectory. If not confident of exact location of arsehole re-measure utilising a toothbrush and ruler as before.

5

GRUNT
n
SQUEEZE

Note:

This is an introductory pamphlet. The advanced instructions will be necessary for those existing solely on a Oatso and Flapjack diet.

Have a nice day & don't fall in.