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Inside Out

Processing Body Waste

- The Human Excretory System






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Crisis on the Football Field



The best football coach in town was a worried man. Mr. Robert D'Cruz, better known as 'D'Cruz Sir', had coached one of the finest under-15 school teams. His team was just inches away from the inter-school trophy, when trouble struck. His best left forward, Rohan Bose, dropped a bombshell. Rohan had lost all confidence on the field. The reason? A rather personal affliction. He had begun sweating profusely while playing and his sweat stank. The body odour was so terrible that even the most loyal among his teammates had begun to tease him. "Rohan manages to take the ball into the goal because he has the most deadly weapon against the goalie—his body odour," went one of the jokes. "Rohan should star in a deodorant before and after ad. In the before bit of course," went another. "I can't play D'Cruz Sir, I just can't," Rohan had wept. D'Cruz Sir really had to hold his breath as he consoled Rohan with a hug. The boy really did smell awful!

Then it was Anjum Khan's turn to rattle D'Cruz Sir with some true confessions. A rash of pimples had visited Anjum, the best under-15 goalie the town had ever seen. No amount of creams had helped, Anjum told D'Cruz Sir. The boy then went on to describe the worst day of his life the day

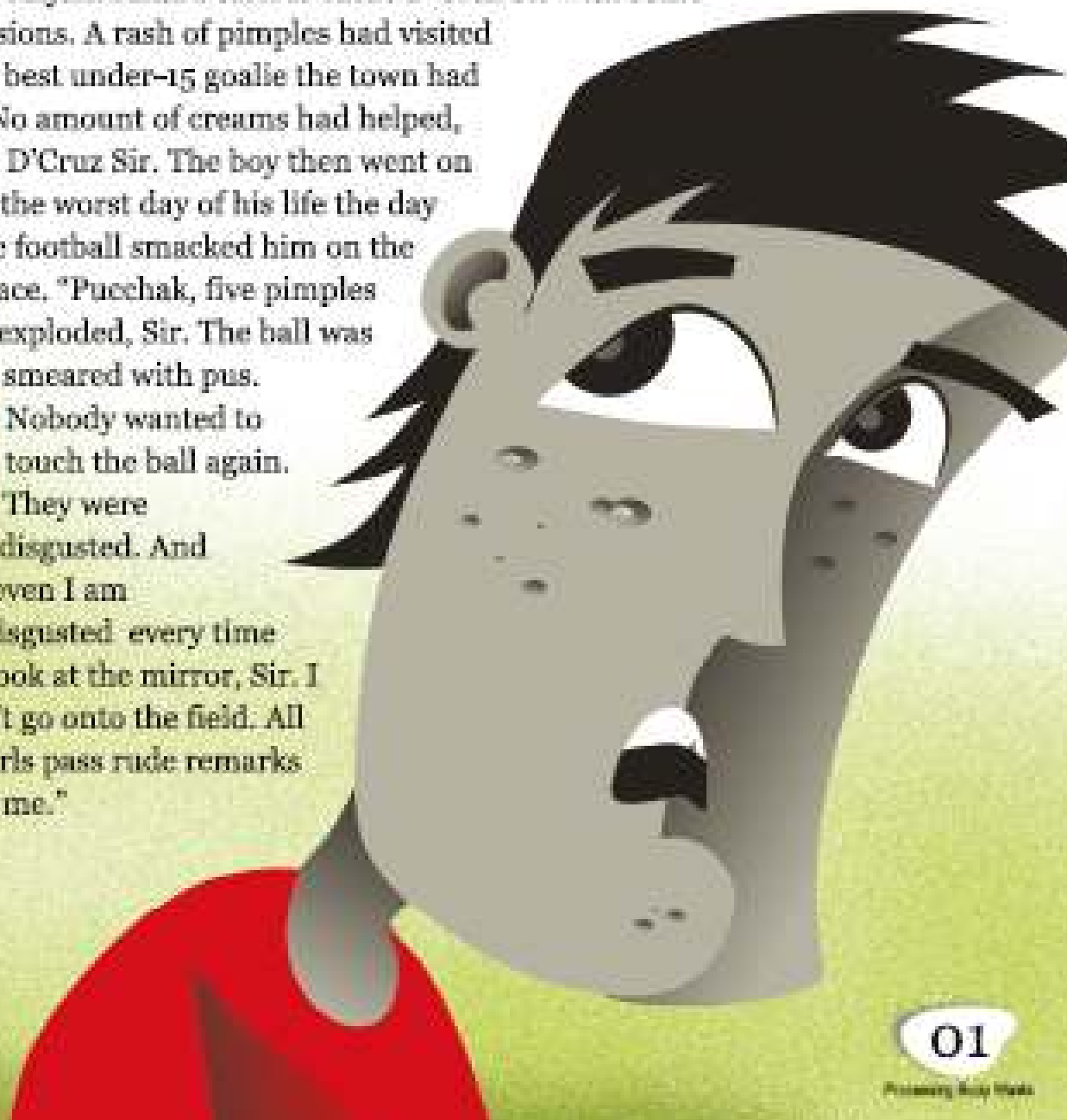
the football smacked him on the face. "Pucchak, five pimples exploded, Sir. The ball was smeared with pus.

Nobody wanted to touch the ball again.

They were disgusted. And

even I am disgusted every time

I look at the mirror, Sir. I can't go onto the field. All the girls pass rude remarks about me."



D'Cruz Sir had become the best, precisely because he took matters like this seriously. No amount of football skill was of any use if a player began to lose his self-esteem. On account of a pimple, the war could be lost!

But what was to be done? Should he call one of those exotic beauty experts to speak to the boys? He discussed the idea with his wife, Sarah, a science teacher. The amiable woman laughed heartily at the suggestion.

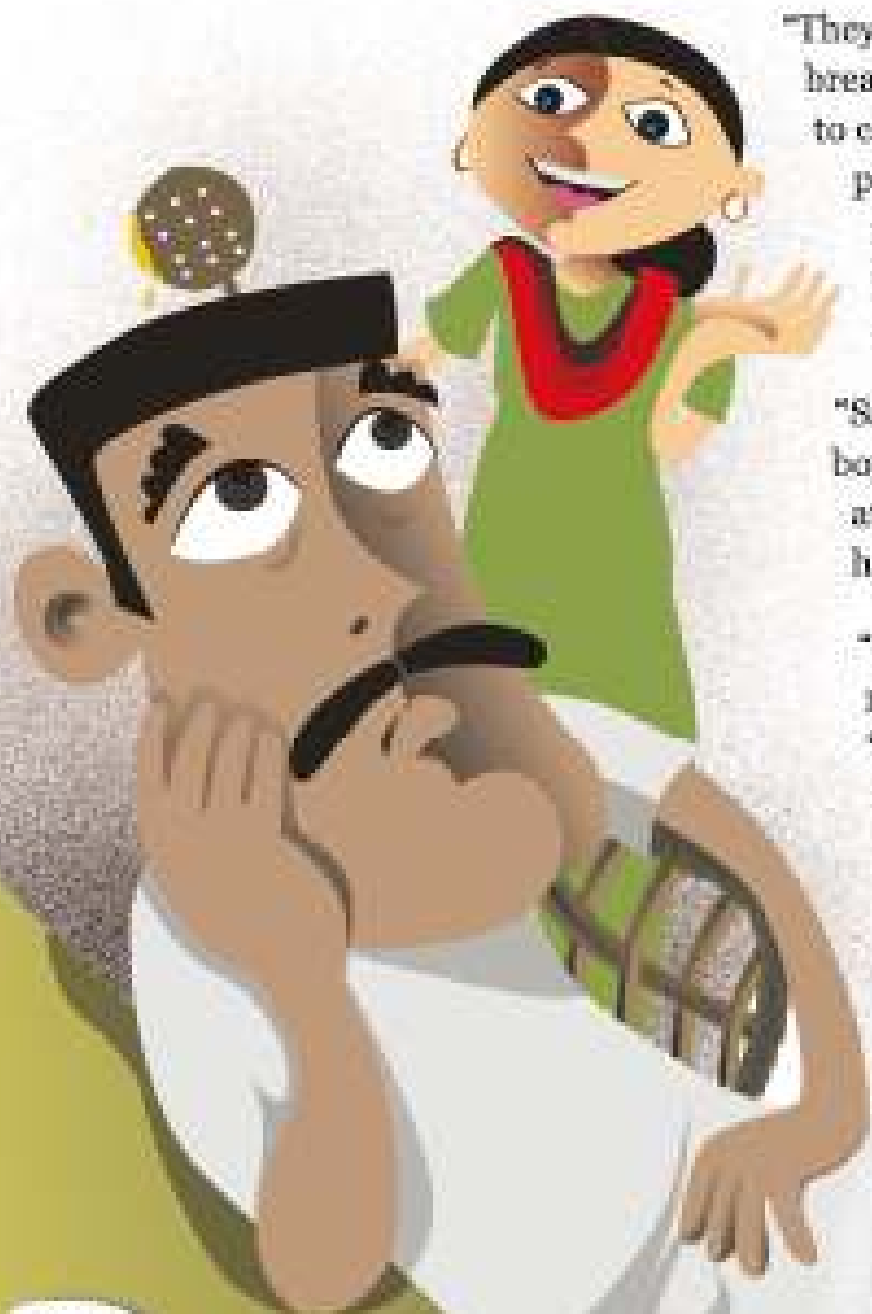
"You know Robert," she said, "what the boys need to fix is not the outside but their insides. And a good place to start is to understand how their body works from inside."

D'Cruz Sir was confused. His wife loved to speak in riddles.

"They have to understand sweat, urine, faeces, breaking wind—the works. In short, they have to come to terms with all the yucky stuff produced by our bodies and accept them as natural, as something good and useful. Only then can they combat body odour and bad breath, pimples and pus."

"Sarah, I think you'll be great at teaching the boys all this," said D'Cruz Sir tactfully in an attempt to get her to undertake the task herself.

"Well, I'll be better than your beauty expert," replied Sarah with a twinkle in her eyes. "After all, as we all know, beauty lies within."



Footballers at a Museum

So the next day, D'Cruz Sir and Sarah Ma'am, set off with 15 boys to a most unusual place — the Museum of Body Wastes. The boys had heard of museums of great paintings, museums of great sculptures, even museums of antique clocks and weapons. But a museum of body wastes! Body wastes were disposed in toilets, not showcased in museums! But the boys were in for an experience of their lives.

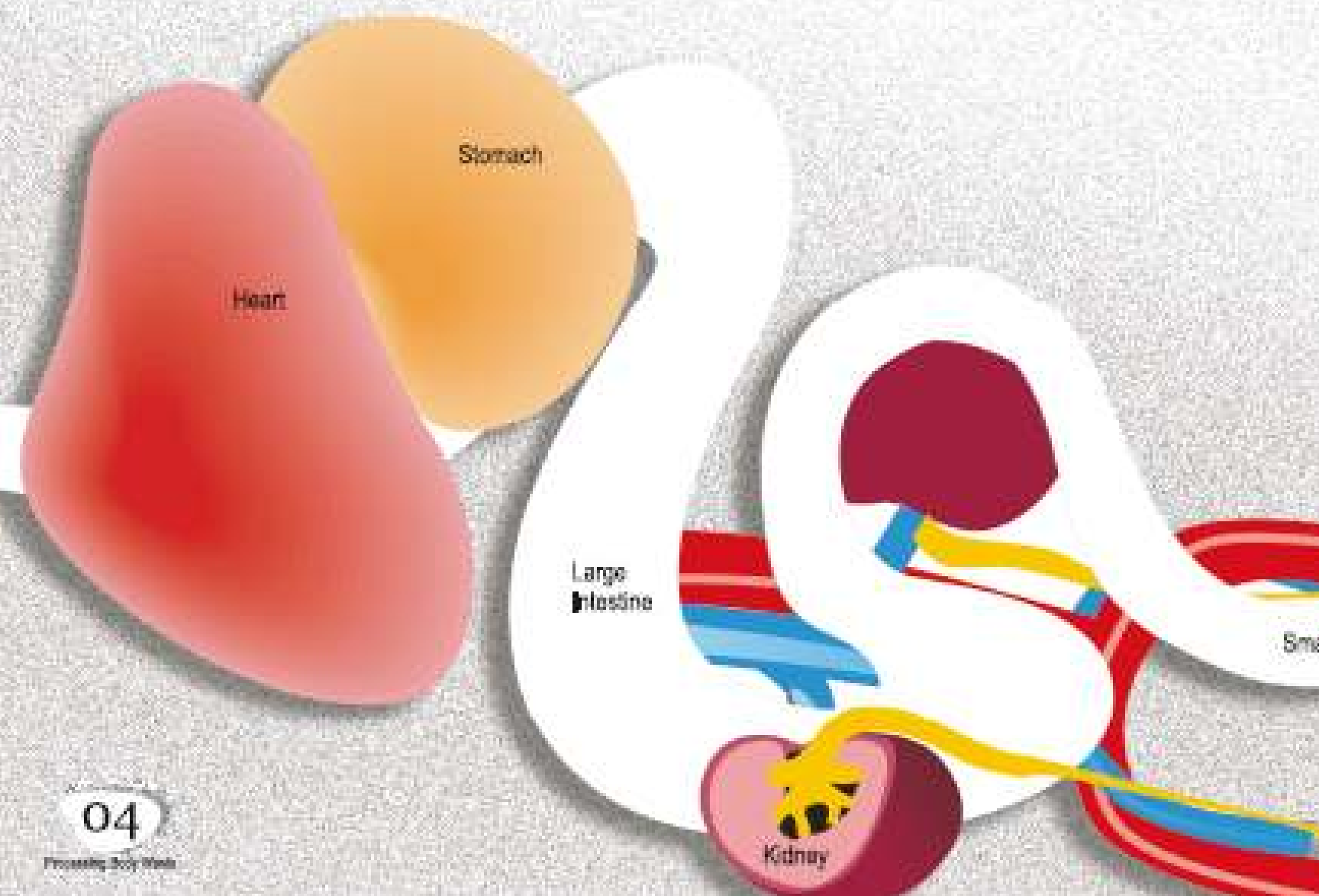


At the entrance to the museum all the boys signed in their names, ages and occupations ('footballers' of course!) and then stepped into a glass elevator that carried them slowly upwards to the topmost floor of the museum. From the elevator they had a bird's eye view of a giant model of the entire excretory system. Whew!

"Boys, the Museum of Body Wastes is actually a museum of the excretory system," said Sarah to the young footballers.

"But what does this excretory system have to do with football?" asked Peter. The poor boy was perplexed. What they were doing here when they should have been on the field practicing.

"Boys, to last the ninety minutes on the football field, you need good health and the excretory system is closely linked to good health. The excretory system plays a vital role in keeping the body fit." said D'Cruz Sir.



The boys still looked a little lost. They wondered where all this was leading up to. Noticing the look of puzzlement on their faces, Sarah decided to explain things further.

