

PHILOSOPHICAL MOMENTS

Thoughts for those moments we all spend on our Thrones.

VOLUME 1

January 2006

We make your toilet clean as a whistle!

"When your toilet's not
hygienic
Call us now and we will clean it!
T-O-I-L-E-T C-L-E-A-N
Put a Smile on your Loo
toiletclean.com.au"

OUR SERVICES

- * Initial Cleaning
of *Unloved*
Toilets & Urinals
... *Anywhere!*
- * Identification of
Odour Sources
- * Removal of
Graffiti
- * Stripping and
Sealing of
Vinyl Floors
- * High Pressure
Cleaning of
Internal &
External areas
- * Supply of
Paper Goods
- * Maintenance
Cleaning
- * Preparation of
Maintenance
Schedules
- * Protection of
Surfaces
for *Easier*
Cleaning
- We have
associated
Plumbers
and other
Maintenance
Trades -
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Symbolically, the toilet — like death — is a great equalizer: even kings must bow, and queens curtsy, before this humble receptacle — this "gleaming white throne".....and even dogs are made to feel embarrassed!

Did you know???

URINE

URINE PRODUCTION

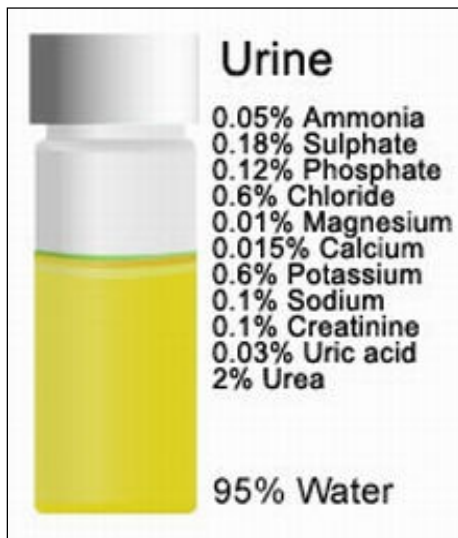
We all produce it. We take it for granted. What is it? -

1. Urine is not, as is the common conception, the excess water from food and liquids that goes through the intestines and is ejected from the body as "waste".
2. When we eat, food is eventually broken down in the stomach and intestines into extremely small molecules.
3. These molecules are absorbed into tiny tubules in the intestinal wall and then pass through these tubes into the blood stream.
4. The blood circulates throughout your body carrying these food molecules and other nutrients, along with critical immune defense and regulating elements such as red and white blood cells, antibodies, plasma, microscopic proteins, hormones, enzymes, etc., which are all manufactured at different locations in the body.
5. As the blood circulates, it passes through the liver where toxins are removed and later excreted from the body in the form of solid waste.
6. Eventually, this now purified "cleaned" blood makes its way to the kidneys. When blood enters the kidneys it is filtered through an immensely complex and intricate system of minute tubules called nephron through which the blood is literally "squeezed" at high pressure.
7. At rest, an estimated 20% of blood being pumped by the heart (1000ml/minute) flows through the kidneys where it is filtered and reconditioned.
8. This complex filtering process removes excess amounts of water, salts and other elements in the blood that our body does not need at the time.
9. These excess elements are collected within the kidney in the form of a purified, sterile, watery solution called urine.
10. Many of the constituents of this filtered watery solution, or urine, are then reabsorbed by the nephron and delivered back into the bloodstream maintaining a constant water and salt balance in the body.
11. Urine collects in the renal pelvis and then flows with the assistance of peristaltic contractions of the ureter to the bladder.
12. When there is 150-300 ml of urine in the bladder, stretch receptors become active and a spinal reflex to empty the bladder begins. Increased filling causes increased pressure and a further increase in the frequency of the reflex.
13. Higher brain centres can override the urgency to urinate for a time or actually facilitate it.
14. Eventually the micturation reflex is initiated and the internal bladder sphincter relaxes and the detrusor muscle of the bladder contracts to expel the urine via the urethra.
15. The female urethra is about 9.5 cm long and the male urethra is some 20 cm long
16. The average amount of urine excreted in 24 hours is 40 to 60 ounces.

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Did you know???

COMPOSITION OF URINE

1. Urine is made up of water, urea, sodium chloride, potassium chloride, phosphates, amino acids, uric acid, and yellow pigments such as urochrome, urobilin and uroerythrin. Urine contains literally thousands of organic and inorganic compounds, hormones and enzymes e.g. Alanine, Arginine, Ascorbic acid, Allantoin, Bicarbonate, Biotin, Calcium, Creatinine, Cystine, DHEA, Dopamine, Epinephrine, Folic acid, Glucose, Glutamic acid, Glycine, Inositol, Iodine, Iron, Lysine, Magnesium, Manganese, Melatonin, Methionine, Nitrogen, Ornithane, Panthothenic acid, Phenylalaline, Phosphorus, Potassium, Proteins, Riboflavin, Tryptophan, Tyrosine, Vitamin B6, Vitamin B12, Zinc, etc. Freshly made urine from the kidney is sterile when it leaves the body.
2. Once it has left the body it is exposed to bacteria present in the surrounding area or on the skin. A bacterial invasion leads to a breakdown on the salts in the urine to give off a foul-smelling odor.
3. If urine smells offensive the minute urination starts then there is already an infection in the urinary tract. Still, an insignificant amount of bacteria may be present in the urine of healthy people.
4. Urea is a toxic end product from protein metabolism. During digestion protein is broken down to amino acids and amino acids contain nitrogen, which is removed as NH_4^+ (ammonium ion). The ammonia is combined with other small molecules to produce urea in the liver. The urea is carried by the blood and heads for the kidney to be eliminated in the urine.

QUANTITY

- a. Average adult urine production is from one to two litres a day.
- b. The bladder, where urine is stored for discharge, holds on average about 16-20 ounces of fluid,
- c. The average discharge is about half that amount.

FREQUENCY

- a. The feeling of the need to urinate is initiated by a spinal reflex but higher brain centres can override this.
- b. It is not a good practice to ignore the need to urinate as it puts stress on the whole body's system.
- c. Anxiety can affect the nerves that control the bladder leading to urinate more frequently.
- d. Pregnant women may experience an increase in urinary frequency and stress incontinence (due to the additional weight on the bladder).
- e. As a man grows older, the prostate gland grows bigger. This enlargement may not pose any problem but when it does, it causes urinary symptoms such as incontinence, difficulty to start urinating, slow and/or interrupted stream, increased need to pass urine frequently and a feeling that the bladder is still full.

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Cats cover their feces with dirt to hide the odour. Once the smell is eliminated, they do not need instinctively, to try to cover it.

Did you know???

CAT TOILET TRAINING STEPS

1. Start gradually moving your cat's litter box nearer to the toilet until finally it should be next to the toilet. Ensure that your cat is always comfortable and sure of its litter box's location.
2. Now start elevating the cat's litter box. Put something non-slippery like newspapers or cardboard underneath the litter box. A normal rate to increase the height of the litter box would be about 5cm a day, but be very attentive to signs that your cat is not comfortable with the current height, and adjust the pace of raising the litter box accordingly. The cat litter box should be raised until it is at a level height with the toilet bowl. Throughout this process it is very important to keep the toilet lid open and the seat down, because your cat will get used to it and might even start climbing on the toilet seat in order to reach its litter box.
3. Move the litter box to rest on the open toilet seat. Keep it there until your cat seems comfortable with this arrangement.
4. Buy a metal bowl or tray that will fit snugly inside the toilet bowl. It would be advisable for the metal bowl to have small draining holes. Fill the bowl with cat litter (preferably the flushable type). Now remove your cat's litter box entirely. If you have reached this step you are very close to having a **toilet trained cat!**
5. While your cat is using the metal bowl inside the toilet, be attentive to where its paws are. The goal is teaching him to squat with all four paws on the toilet seat rim. You can move the cat while it is using the toilet and praise it (or reward it) when it is sitting in the correct position. Normally the cat will first sit entirely inside the metal bowl, then with front paws on the toilet seat, and finally it should sit with all four paws on the toilet.
6. Start using less and less cat litter. At this stage serious cat urine odor can develop, so be sure to clean the bowl every time your cat uses it. Cats scratch in sand or cat litter to cover up the serious cat urine odor (this is a cat instinct), so if the cat urine odor in the bowl becomes too serious, your cat won't be comfortable using it (and you probably wouldn't be comfortable with using your toilet either). Using flushable cat litter makes cleaning the bowl very easy – just throw out the contents in the toilet and flush down, rinse out the bowl, refill with correct amount of cat litter and replace. A handy tip is to place newspaper on the floor around the toilet to help keep the room clean should your cat scratch in the cat litter. Decrease the amount of cat litter in a pace that your cat feels comfortable with.
7. When you basically don't use any cat litter inside the bowl anymore, start gradually filling the bowl with water. The water will also help mask any serious cat urine odors so your cat will be more comfortable using the toilet. Be attentive to your cat's behavior through this whole process – if your cat stops using the bowl inside the toilet, you may be moving on too fast and might need to go back a couple of steps.
8. When the water level in the bowl has reached about 4cm and your cat has no problem using it, it is time to remove the bowl entirely. Your cat should now be toilet trained. Remember to always leave the toilet seat up and flush regularly!

Things to remember when toilet training a cat:

1. The most important thing to remember is that the toilet training should be done gradually.
2. Be very patient and never rush to the next step until you are sure that you cat is completely comfortable with the current setup.
3. Make using the toilet as easy as you can for the cat.
4. Always remember to keep the toilet seat up and the bathroom door open.
5. When you have guests, ensure that they also know about considering your cat.
6. Flush the toilet regularly as cats do not like using smelly toilets



What's included in the Cat Toilet Training Kit?

- CitiKitty Universal Training Seat
- Quick Start Training Guide
- CitiKitty Tips & Tricks

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Did you know???

MONITORING OUR URINE

1. Because the actual composition of urine is unique for each of us, we can use it to give an indication of our state of health.
2. The composition of our urine varies with our genetic makeup, state of health at the moment, the food and the amount of water which we have consumed.
3. Before modern diagnostic testing was devised, urine was inspected by doctors and diseases were identified. This technique is as valuable today as it was then.
4. In Hospitals or Care Facilities, the colour of urine can provide information about whether patients are taking certain medications or are being over-administered.
e.g. Propofol, a common sedative in critical care wards, turns urine pink if given in the right dose but green if patients are getting too much
5. We can use it too as a guide to our state of health. A high-protein diet will generate more urea and that can expose the liver to more toxic from the nitrogenous residues while increasing the workload on the kidneys leading to kidney stones. However plant-based protein which is not linked to stone formation.

ODOUR

1. The acid found in urine gives off that typical urine smell.
2. In diabetics, urine may smell fruity due to the presence of glucose.
3. An offensive odour indicates urinary tract infection

COLOUR

N.B. The colour of urine and what substances discolour it can depend on

- a. Genetic factors
- b. the pH (acid or alkaline)

The following are some common indications. Seek medical advice if unsure. It is good practice to monitor our own excretions.

LIGHT YELLOW and CLEAR

- a. Healthy urine

DARK YELLOW - BROWNISH

- a. Indicates more water is required to be consumed
- b. To reduce risk of kidney stones, infection, constipation and many other problems, drink lots of water daily to dilute the urine and hydrate the body.
- c. Begin with 2 litres every day.
- d. When doing physical work and especially in hot weather this must be increased.
- e. Alcohol and caffeine (Coke and Coffee etc) have a diuretic effect, that is, the body makes more urine than normal and this dehydrates the body.
- f. An extra quantity of water should be drunk to counteract this effect.

RED

- a. This could indicate blood in the urine - It should be immediately checked out except, obviously in the case of women during menstruation
- b. Consumption of beetroot, blackberry, and rhubarb makes urine red due to the presence of anthocyanin, a flavonoid

GREEN

- a. Asparagus can make urine green and smelly as asparagus breaks down into several sulfur-containing compounds.

DARK BROWNISH BLACK

- a. Eating large amounts of rhubarb, fava beans, or aloe can turn urine dark brownish black.

DARK YELLOW - BROWN

- a. Eating quantities of carrots and taking Vitamin B2 (riboflavin), Vitamin C, multivitamins (which contains riboflavin) turns dark yellow to orange.

WHITE

- a. White or cloudy urine is often a result of phosphaturia, the precipitation of phosphate crystals in the urine. Phosphaturia can occur after a meal or after drinking a large quantity of milk
- b. Crystals from uric acid or pus (consisting of white blood cells) from a urinary tract infection can also make urine cloudy.
- c. A bacterial infection can turn urine cloudy as well.
- d. Bacteria growth is encouraged by wearing tight pants and synthetic underwear and using deodorant soaps.
- e. Develop the habit of wiping away from the urethra area rather than towards it. Urine infections are usually caused by E. coli bacteria. This germ is thought to enter the urinary tract through the urethra from the outside because E. coli is a normal inhabitant of the human bowel. Viruses rarely cause urine infections.
- f. Avoid constipation, drinking plenty of fluids and regularly empty the bladder.
- g. If children who are prone to urine infection have a fever, a urine culture should always be performed.

Did you know???

THE YELLOW COLOUR OF URINE was previously thought to come from gold. [Alchemists](#) spent much time trying to extract gold from urine, and this led to some interesting discoveries.

- a. White [phosphorus](#), which was discovered by the German alchemist [Hennig Brand](#) in [1669](#) when he was distilling [fermented](#) urine.
- b. In [1773](#) the French chemist [Hilaire Rouelle](#), discovered the organic compound [urea](#) by boiling urine dry.

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HEALTH &
CHEERS to you!!

Did you know???

URINE THERAPY

1. Medical researchers have discovered that many of the elements of the blood that are found in urine have enormous medicinal value, and when reintroduced to the body, they boost the body's immune defenses and stimulate healing in a way that nothing else does.
2. Urine therapy can be a very effective healing modality. Sometimes when all else fails, urine therapy will turn a person around.

WHAT TO DO

METHOD 1.

- 1) Use your own urine in a homeopathic fashion.

Homeopathy is a therapeutic method, which clinically applies the Law of Similars and uses medically active substances at infinitesimal doses. The smaller the quantity of active ingredient, the greater the potency.

Consider a bridge which can be destroyed, by a group of people crossing it when they march in a rhythm coinciding with a frequency particular to that bridge.

- a. Clean the genital area.
- b. Collect midstream urine in a clean cup or container.
- c. To 1/6 ounce of distilled water in a sterile bottle, add one drop of fresh urine.
- d. Cap and shake 50 times.
- e. Take one drop of this mix and add to another 1/6 ounce of distilled water.
- f. Shake 50 times.
- g. Take one drop of this mix and add to 1/6 oz. of 80 to 90 proof vodka which acts as a preservative.
- h. Place several drops of this mixture under the tongue throughout the day. The area under the tongue allows quick absorption into the bloodstream

METHOD 2.

Allopathic is the principal of more of the active ingredient, the stronger the effect.

- a. Begin with fresh urine drops directly under the tongue..
(Should always use fresh urine immediately upon collection. You should not boil or dilute the urine in any way. You must use it in its natural form)

- b. Start by taking 1-5 drops of morning urine on the first day. On the second day, take 5-10 drops in the morning. On the third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.

- c. Once you feel accustomed to the therapy, gradually increase the amount as needed for obtaining results for your condition.

- d. As you use the therapy, you will learn to adjust the amount you need by observing your reactions to the therapy.

- e. Some people have found amazing benefit from drinking larger quantities (a cup or more) of the midstream of their morning urine.

- f. Even urea, which can be toxic in very high doses, occurs in such minute quantities in the average person's urine that there is very little chance of poisoning from drinking one's own urine

“Open Minds Can Open Doors”

Don't take this therapy lightly. The following are just some of the conditions which are said to have responded favourably using

Urine Therapy.

- | | | |
|--------------------------|-----------------------------|--------------------|
| • Multiple sclerosis | • Pancreatic insufficiency, | • Allergies |
| • Colitis | • Psoriasis | • Morning sickness |
| • Lupus | • Eczema & dry skin | • Hangover |
| • Rheumatoid arthritis | • Diabetes | • Obesity |
| • Cancer | • Herpes | • Flu |
| • Hepatitis | • Mononucleosis | • Common cold |
| • Hyperactivity | • Adrenal failure | • Broken bone |
| • Snake & animal bites . | • Burns | • Toothache |

The initial gag response is very normal due to misconceptions of urine.

Overcome this and try it for yourself.

Unlike most other therapies it costs nothing.

It offers another option when traditional medicines give no hope.

Remember urine is sterile when it leaves the body.

There are numerous reports and double blind studies which go back to the turn of the century supporting the efficacy of using urine for health.

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A tank fertilizer truck trenches urine into the soil for grain crops in Sweden

Did you know???

OTHER USES of URINE

1. There are reports of urine being used as a teeth whitener (supposedly originating in what is now [Spain](#)).
2. [World War I](#), the [Germans](#) experimented with numerous poisonous gasses for use during war. After the first German [chlorine](#) gas attacks, Allied troops were supplied with masks of cotton pads that had been soaked in urine. It was found that the [ammonia](#) in the pad neutralized the chlorine. These pads were held over the face until the soldiers could escape from the poisonous fumes.
3. Urine has also been historically used as an antiseptic. In times of war, when other antiseptics were unavailable, urine, the darker the better, was utilized on open wounds to kill bacteria.
4. Stories have been told of individuals who have both lived and died by being trapped in places without food and water for days. Those that survived did so because they drank their own urine, those that perished did not.
5. Urine is the main component of the amniotic fluid that bathes the human fetus. "Normally the baby 'breathes' this urine-filled amniotic fluid into its lungs. If the urinary tract is blocked, the fetus does not produce the fluid, and, without it, the lungs do not develop."
(G. Kolata, "Surgery on Fetuses Reveals They Heal Without Scars", The New York Times, Medical Section, 16 August 1988)
6. Take the M out of Murine eye drops and what do you have? It's made from carbamide - another name for synthetic urea
7. Many modern Japanese women are said to engage in urine bathing and medical research is on their side!
8. Medical researchers have also proven that urea is one of the best and only medically proven, effective skin moisturisers in the world. In many years of laboratory studies, researchers discovered that, unlike just about all other types of oil-based moisturisers that simply sit on the top layers of the skin and do nothing to improve water retention within skin cells (which gives skin its elasticity and wrinkle-free appearance), urea actually increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding, which then attracts moisture to dry skin cells.

This is a remarkable fact considering that women spend billions of dollars a year on outrageously expensive skin moisturisers whose ingredients, even in tightly controlled double-blind comparison tests, don't even come close to hydrating dry skin as well as simple, inexpensive urea.
9. Enzymes of America markets a major urine product called urokinase, an enzyme that dissolves blood clots and is used to treat victims of heart attacks.
10. Ironically, this enterprise evolved from Porta-John's attempt to get rid of urine proteins - a major source of odour in portable toilets. "Porta-John and Enzymes of America solved that problem. The 14 million gallons flowing annually into Porta-John's privies contain about four-and-a-half pounds of urokinase alone.
That's enough to unclog 260,000 coronary arteries!"

11. Pergonal is a drug which increases the chances of conception. It is made by the world's largest fertility drug producing company, the Ares-Serono Group, based in Geneva.

To make Pergonal, Ares-Serono collects urine samples from 110,000 postmenopausal women volunteers in Italy, Spain, Brazil and Argentina. From 26 collection centres, the urine is sent to Rome where Ares-Serono technicians then isolate the ovulation-enhancing hormone."

12. Ureaphil is a diuretic made from urea
13. Urofollitropin is a urine-extract fertility drug
14. Ureacin is urea cream for skin problems
15. Amino-Cerv: urea cream used for cervical treatments
16. Premarin is a urine-extract oestrogen supplement extracted from pregnant mares' urine, and is a hormone replacement drug for menopausal women.

17. Panafil is a urea/papain (paw paw) ointment for skin ulcers, burns and infected wounds

18. Another urine-related product ingredient is carbamide. Carbamide is the chemical name for synthesised urea. Carbamide is the active ingredient in such products as Murine Ear Drops and Murine Ear Wax Removal System which contain carbamide peroxide, a combination of synthetic urea and hydrogen peroxide.

19. In [Siberia](#), to communicate with the spirits, the [Koryak](#) people drank the urine of another who has consumed [fly agaric](#) (an [entheogenic mushroom](#) that is occasionally fatally poisonous), or of one who has in turn drunk urine of like source. According to Koryak tradition, sometimes the urine of [reindeer](#) that had eaten fly agaric would be ingested -- although there are skeptics who claim that an animal would naturally avoid this mushroom because of its deep red color -- and reindeers are reported to lick the ground where users of fly agaric had urinated. The potency of the mushroom does not decrease significantly until around the seventh drinker, because the [muscimol](#) from fly agaric is essentially unaltered after being secreted from the kidneys. Not only does this conserve the mushrooms, but it also eliminates unpleasant side-effects caused by [muscarine](#), as this does not pass through urine and only the initial ingestor must experience the unpleasant effects. There are theories that link this use of the fly agaric mushroom with the origins of modern [Santa Claus](#), likening the reindeers (and their role in the rites), the colors red and white (as the mushroom is colored), and the ability of flight (a common theme in altered mind states) to the religious ceremonies of the Koryaks.

OTHER USES

1. The ancient [Romans](#) used urine as a bleaching agent for cleaning clothes
2. Whole, untreated sewage, termed [night soil](#), applied to crops along with [crop rotation](#) schemes have been used for thousands of years.
3. Urine itself has applications in gardening and agriculture as a [fertiliser](#). Gardeners often recommend a dilution of 10-15 parts water to one of urine for application to pot plants and flower beds during the growing season. Green leafy vegetables require nitrogen. Pure urine can chemically burn the roots of some species. Citrus thrive in acid soils.
4. Urine typically contains more than 50% of the [nitrogen](#) and [phosphorus](#) and [potassium](#) content of whole [sewage](#).
5. Urine is widely considered as good as or better than commercially-available chemical fertilisers or stabilised sludge from [sewage plants](#).
6. Urine is also used in [composting](#) to increase the nitrogen content of the [mulch](#), accelerating the composting process and increasing its final nutrient values.
7. Some organic farming cooperatives and [eco-villages](#) have special urine-diverting toilets with collecting tanks installed. Many of these also employ concepts such as [greywater](#) irrigation and the [composting of fecal matter](#). Many are the subject on ongoing feasibility studies sanctioned by governments and private organisations as the removal of this waste into waterways is causing damage to the environment on a major scale.
9. Some animals protect themselves from a specific predator by smearing their bodies with the urine or faeces of that predator.
10. According to William Agosta's book "Bombardier Beetles and Fever Trees: a close-up look at chemical warfare and signals in plants and animals", Siberian chipmunks will smear themselves with snake urine or faeces whenever they can because snakes were less likely to attack them.
11. Fox and wolf urine can be used to keep rabbits, rodents, deers and cats away from the lawn or garden.



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OTHER USES of URINE

1. 8. 8.
 12. URINE ACTIVATED PAPER BATTERY
 - a. A drop of urine generates 1.5 volts, the equivalent of one AA battery
 - b. It could provide a disposable power source for electronic diagnostic devices that test urine and other body fluids for diseases like diabetes.
 - c. These currently need lithium batteries or external power source.
 - d. A smaller version could potentially power mobile phones in emergencies.
 - e. The battery is made of a layer of filter paper steeped in copper chloride sandwiched between strips of magnesium and copper, then laminated in plastic.
 - f. It's activated when a drop of urine is placed on the battery. The urine soaks through the paper providing the necessary conditions to generate electricity.
 - g. The magnesium acts as the battery's anode, shedding its electrons, while the copper chloride acts as the cathode, gathering them up.
 - h. This electron flow delivers power greater than 1.5 milliwatts, the researchers say.
 - i. the energy generated by the urine-powered battery would be enough to keep a digital wristwatch or a scientific calculator going, but anything bigger would be impractical.
 - j. Power could possibly be increased by having more of them and loading them up.
- Physicists in Singapore have succeeded in creating the first paper battery that generates electricity from urine. This new battery will be the perfect power source for cheap, disposable health-care test-kits for diseases such as diabetes, and could even be used in emergency situations to power a cell phone.
- Scientists in research groups around the world are trying to design ever smaller "biochips" that can test for a variety of diseases at once, give instant results, and, crucially, can be mass produced cheaply. But until now, no one has been able to solve the problem of finding a power source as small and as cheap to fabricate as the detection technology itself.
- Led by Dr Ki Bang Lee, a research team at Singapore's Institute of Bioengineering and Nanotechnology (IBN) have developed a paper battery that is small, cheap to fabricate, and which ingeniously uses the bio-fluid being tested (e.g. urine) as the power source for the device doing the testing.
- The chemical composition of urine is widely used as a way of testing for tell-tale signs of various diseases and also as an indicator of a person's general state of health. The concentration of glucose in urine is a useful diagnostic tool for diabetics. The lead researcher, Dr Lee, envisions a world where people will easily be able to monitor their health at home using disposable test-kits that don't need lithium batteries or external power sources.

Dr. Lee said: "We are striving to develop cheap, disposable credit card-sized biochips for disease detection. Our battery can be easily integrated into such devices, supplying electricity upon contact with biofluids such as urine."

The battery unit is made from a layer of paper that is steeped in copper chloride (CuCl) and sandwiched between strips of magnesium and copper. This "sandwich" is then held in place by being laminated, which involves passing the battery unit between a pair of transparent plastic films through a heating roller at 120 degrees Celsius. The final product has dimensions of 60 mm x 30 mm, and a thickness of just 1 mm (a little bit smaller than a credit card).

11. Pergonal is a drug which increases the chances of conception. It is made by the world's largest fertility drug producing company, the Ares-Serono Group, based in Geneva.

To make Pergonal, Ares-Serono collects urine samples from 110,000 postmenopausal women volunteers in Italy, Spain, Brazil and Argentina. From 26 collection centres, the urine is sent to Rome where Ares-Serono technicians then isolate the ovulation-enhancing hormone."

12. Ureaphil is a diuretic made from urea
13. Urofollitropin is a urine-extract fertility drug
14. Ureacin is urea cream for skin problems
15. Amino-Cerv: urea cream used for cervical treatments
16. Premarin is a urine-extract oestrogen supplement extracted from pregnant mares' urine, and is a hormone replacement drug for menopausal women.

17. Panafil is a urea/papain (paw paw) ointment for skin ulcers, burns and infected wounds

18. Another urine-related product ingredient is carbamide. Carbamide is the chemical name for synthesised urea. Carbamide is the active ingredient in such products as Murine Ear Drops and Murine Ear Wax Removal System which contain carbamide peroxide, a combination of synthetic urea and hydrogen peroxide.

19. In [Siberia](#), to communicate with the spirits, the [Koryak](#) people drank the urine of another who has consumed [fly agaric](#) (an [entheogenic mushroom](#) that is occasionally fatally poisonous), or of one who has in turn drunk urine of like source. According to Koryak tradition, sometimes the urine of [reindeer](#) that had eaten fly agaric would be ingested -- although there are skeptics who claim that an animal would naturally avoid this mushroom because of its deep red color -- and reindeers are reported to lick the ground where users of fly agaric had urinated. The potency of the mushroom does not decrease significantly until around the seventh drinker, because the [muscimol](#) from fly agaric is essentially unaltered after being secreted from the kidneys. Not only does this conserve the mushrooms, but it also eliminates unpleasant side-effects caused by [muscarine](#), as this does not pass through urine and only the initial ingestor must experience the unpleasant effects. There are theories that link this use of the fly agaric mushroom with the origins of modern [Santa Claus](#), likening the reindeers (and their role in the rites), the colors red and white (as the mushroom is colored), and the ability of flight (a common theme in altered mind states) to the religious ceremonies of the Koryaks.

OTHER USES

1. The ancient [Romans](#) used urine as a bleaching agent for cleaning clothes
2. Whole, untreated sewage, termed [night soil](#), applied to crops along with [crop rotation](#) schemes have been used for thousands of years.
3. Urine itself has applications in gardening and agriculture as a [fertiliser](#). Gardeners often recommend a dilution of 10-15 parts water to one of urine for application to pot plants and flower beds during the growing season. Green leafy vegetables require nitrogen. Pure urine can chemically burn the roots of some species. Citrus thrive in acid soils.
4. Urine typically contains more than 50% of the [nitrogen](#) and [phosphorus](#) and [potassium](#) content of whole [sewage](#).
5. Urine is widely considered as good as or better than commercially-available chemical fertilisers or stabilised sludge from [sewage plants](#).
6. Urine is also used in [composting](#) to increase the nitrogen content of the [mulch](#), accelerating the composting process and increasing its final nutrient values.
7. Some organic farming cooperatives and [eco-villages](#) have special urine-diverting toilets with collecting tanks installed. Many of these also employ concepts such as [greywater](#) irrigation and the [composting of fecal matter](#). Many are the subject on ongoing feasibility studies sanctioned by governments and private organisations as the removal of this waste into waterways is causing damage to the environment on a major scale.
9. Some animals protect themselves from a specific predator by smearing their bodies with the urine or faeces of that predator.
10. According to William Agosta's book "Bombardier Beetles and Fever Trees: a close-up look at chemical warfare and signals in plants and animals", Siberian chipmunks will smear themselves with snake urine or faeces whenever they can because snakes were less likely to attack them.
11. Fox and wolf urine can be used to keep rabbits, rodents, deers and cats away from the lawn or garden.

PHILOSOPHICAL MOMENTS

Thoughts for those moments we all spend on our Thrones.

VOLUME 2

February 2006

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Symbolically, the toilet — like death — is a great equalizer: even kings must bow, and queens curtsy, before this humble receptacle — this "gleaming white throne"dogs try to cover it!

Did you know???

URINE COMPOSITION OF URINE

1. Urine is made up of water, urea, sodium chloride, potassium chloride, phosphates, amino acids, uric acid, and yellow pigments such as urochrome, urobilin and uroerythrin. Urine contains literally thousands of organic and inorganic compounds, hormones and enzymes e.g. Alanine, Arginine, Ascorbic acid, Al-lantoin, Bicarbonate, Biotin, Calcium, Creatinine, Cystine, DHEA, Dopamine, Epinephrine, Folic acid, Glucose, Glutamic acid, Glycine, Inositol, Iodine, Iron, Lysine, Magnesium, Manganese, Melatonin, Methionine, Nitrogen, Ornithane, Pantothenic acid, Phenylalaline, Phosphorus, Potassium, Proteins, Ribofla-
vin, Tryptophan, Tyrosine, Vitamin B6, Vitamin B12, Zinc, etc.
Freshly made urine from the kidney is sterile when it leaves the body.
2. Once it has left the body it is exposed to bacteria present in the surrounding area or on the skin. A bacterial invasion leads to a breakdown on the salts in the urine to give off a foul-smelling odor.
3. If urine smells offensive the minute urination starts then there is already an infection in the urinary tract. Still, an insignificant amount of bacteria may be present in the urine of healthy people.
4. Urea is a toxic end product from protein metabolism. During digestion protein is broken down to amino acids and amino acids contain nitrogen, which is removed as NH_4^+ (ammonium ion). The ammonia is combined with other small molecules to produce urea in the liver. The urea is carried by the blood and heads for the kidney to be eliminated in the urine.

QUANTITY

- a. Average adult urine production is from one to two litres a day.
- b. The bladder, where urine is stored for discharge, holds on average about 16-20 ounces of fluid,
- c. The average discharge is about half that amount.

FREQUENCY

- a. The feeling of the need to urinate is initiated by a spinal reflex but higher brain centres can override this.
- b. It is not a good practice to ignore the need to urinate as it puts stress on the whole body's system.
- c. Anxiety can affect the nerves that control the bladder leading to urinate more frequently.
- d. Pregnant women may experience an increase in urinary frequency and stress incontinence (due to the additional weight on the bladder).
- e. As a man grows older, the prostate gland grows bigger. This enlargement may not pose any problem but when it does, it causes urinary symptoms such as incontinence, difficulty to start urinating, slow and/or interrupted stream, increased need to pass urine frequently and a feeling that the bladder is still full.