

**Covina Bethel English Class**  
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 Tel: (626) 332-8223  
 Studio Classroom  
 Let's Talk in English  
 Saturday, 9:00 am- 11:30 am  
 Oct 6, 2012



**Covina Bethel English Class Newsweek**

**Upcoming Events:**

I have no events because no one has given me any. Today I received my subject from KaiTsu. She read an email article recently that says we need to squat to poop (the big job) instead of sitting on a toilet, to reduce our chances of constipation. So I decided to look it up. It turns out that for most of history humans have



Then, in 1591, the flush toilet was invented. This was a great invention because, in time, it increased hygiene and made for less disease and spread of disease. With the flush toilet came sewers, which made it much healthier to live in cities. But the human body is not made to sit while pooping and so pooping became harder to do, for those with flush toilets. Why is that? When we stand up, the bend between the large intestine and where the poop or feces comes out is about 90 degrees, which helps to keep the poop from coming out. When we sit, the angle is about 100 degrees, which is a little better. But when we squat, Japanese studies have shown that the angle goes to 127 degrees. What does this mean? It means the poop can flow more easily when we squat than when we sit. This means less pushing, less strain on the stomach and anus (where poop comes out, and shorter times to poop. The article KaiTsu read stressed relief of constipation by squatting. But most of the articles that I read mentioned even greater benefits. It seems that sitting can greatly increase your chances of hemorrhoids (blood vessels extending out of your anus) and diverticulitis (little pockets in your intestine that hold food and become infected). If you have hemorrhoids, sitting is very uncomfortable and, if they burst you can have serious bleeding. So sitting while you poop can have very bad results. KaiTsu's article recommends using a small stool to lift you feet while you poop. This is supposed to make it more like squatting. You should try it to see if it is easier to have a bowel movement (poop) and to see if you spend less time and effort on the toilet. Did you know that, by rabbinical law, the Jews are required to say a prayer of thanksgiving after a bowel movement (poop)? Thank the Lord!

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14  
 我要稱謝你，因我受造，奇妙可畏；你的作為奇妙，這是我心深知道的。詩篇 139:14

# Oct 6 Let's Talk English Puzzle

P L U X O D X L P E A F G R Q  
H R F Q P O E Y V N D A E K D  
E A A G B S U I P E U L T G E  
A H S C O A S T I R L L F N T  
L A U L T N P P C G T A I P W  
T I C Y E I E O K Y E A N K P  
H R A P P E C X L L G O K W Z  
Y T X O L U P E J O S D E Z L  
S E B S F J M Y Y A G A E L R  
S O C I E T Y P E Z C I P E P  
W S V T W R A S K L W K Z Y O  
Z A H A I R C U T I B N E E G  
E T K B D R I V E B N N R T Q  
K K B E S W E F F C O U N T S  
L A C K M O U D M H F I E L D

Find these hidden words in the above puzzle:

- |              |             |              |
|--------------|-------------|--------------|
| 1. adult     | 12. get     | 22. pick     |
| 2. apologize | 13. hair    | 23. practice |
| 3. asleep    | 14. haircut | 24. pumpkin  |
| 4. close     | 15. healthy | 25. season   |
| 5. count     | 16. honey   | 26. sleep    |
| 6. drive     | 17. jacket  | 27. sleepy   |
| 7. energy    | 18. keep    | 28. society  |
| 8. expensive | 19. lack    | 29. stay     |
| 9. fall      | 20. leaf    | 30. tired    |
| 10. field    | 21. out     | 31. wake     |
| 11. gain     |             |              |

# Oct 6 Studio Classroom Puzzle

M B T R G I Q F F X S S F W P U  
E M E R G E N C Y E V U O U E N  
R F N W U W G S N B P O R N N T  
E I F O N P G S Y T L L M A E O  
T K Y I I O I D Z E B U A V T U  
S S B T L T I P C K B C T A R C  
A P P L I C A T I O N I I I A H  
S O C V Z T U U N U G D O L T E  
I Q I W E R C Q T E O I N A E D  
D T V N E A V O R I V R I B S E  
Y M T M A R I N E E S N C L E V  
C A P A B I L I T Y L J I E T I  
S O M E T H I N G H A R S H T C  
T R A I L E X P L O R E R F L E  
Y L E V I L K T P E C N O C E Q  
H I K E R S V L Z F E A T U R E

Find these hidden words in the above puzzle:

- |                |               |                 |
|----------------|---------------|-----------------|
| 1. application | 10. formation | 19. ridiculous  |
| 2. capability  | 11. harsh     | 20. sensitivity |
| 3. cliff       | 12. hike      | 21. settler     |
| 4. concept     | 13. invention | 22. situation   |
| 5. device      | 14. lecture   | 23. ski         |
| 6. disaster    | 15. lively    | 24. something   |
| 7. emergency   | 16. marine    | 25. trail       |
| 8. explorer    | 17. patent    | 26. unavailable |
| 9. feature     | 18. penetrate | 27. untouched   |