

# MEL

A DSC PUBLICATION  
**YOUR BATHROOM  
READER**

ISSUE No.6

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# LET'S GET SWEATY



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A former festival cleaner runs down the weirdest, nastiest stuff he's encountered in the aftermath.

**TL;DR: If you're missing your willy-shaped bottle opener, call this guy.**

## P.4: Kingdom of Cool

Sod cucumbers, use these tips to stay as cool as a top-drawer athlete (or even a lowly earthworm) this summer.

**TL;DR: Mud baths work, but maybe not right before a date?**

## P.6: Bit of a Stretch

The world is increasingly coming round to the idea of men in Lycra, but how should we pull it off with British aplomb?

**TL;DR: Robin Hood was a fancy-pants, tights-wearing visionary.**

## P.7: Holy Sit!

Bike seats aren't only a pain in the arse, they're a burden on the balls. So what's really happening down there during those long days in the saddle?

**TL;DR: Getting addicted to long rides can be a vicious cycle for your testes.**

## P.8: Hot Topics

Your burning questions about summer, answered! Unravelling the seasonal riddles they don't bother with at school (but ruddy well should).

**TL;DR: No, a hot drink won't cool you down as well as an ice cream.**

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Unmissable sand-based chicanery as we get your saggy bod last-minute beach-ready.

**TL;DR: Tip 1: Suck in your gut when fanciable types are near.**

## P.11: The King of the (Sand) Castle

It doesn't matter whether you live in a tent in Tooting or a bedsit in Bradford—thanks to this story you really can be the Lord of the beach.

**TL;DR: Start simple. Then make a dolphin.**

## P.12: Plates of Meat

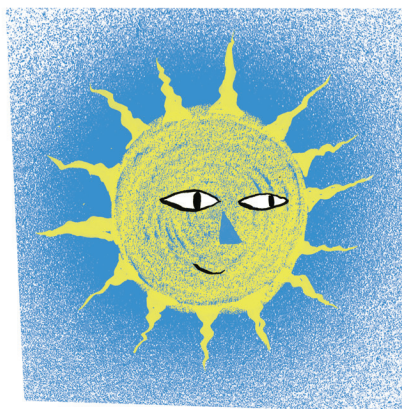
Nothing about barbecuing, rather an FAQ on how to prep your feet for summer. Not sexy, but practical.

**TL;DR: Please change your socks.**

## P.13: "Gimme Some Skin!"

If you were silently uttering this phrase at us, then "Ka-Zam!", your wish is our command.

**TL;DR: When it comes to our skin, we're all superheroes. Ish.**



### VERY VITAL INFO

Facebook: @DollarShaveClubUK Instagram: @DSC\_UK  
Twitter: @DSC\_UK\_ Support@dollarshaveclub.co.uk



# CONFESSIONS OF A FESTIVAL CLEANER

Meet the man who spent years cleaning up after as many as 15 festivals a summer (and who prefers to remain anonymous because of what he found...)



## What kind of stuff do you have to deal with after a festival?

Jewellery, phones, money, drugs, camping gear and alcohol are lost and abandoned in the festering aftermath and it is all found: Hundreds of litter pickers stand shoulder-to-shoulder and walk every inch of the site to remove every single fag butt. The best bit: That bottle of vodka that was busted being smuggled into the arena often just gets left for the waste teams to deal with. Litter pickers party hard!

## What are the worst messes to deal with?

The worst finds are tents that are set up as a communal toilet—they aren't fun at all. But I've also found more sinister things, such as needles and knives.

## Did you ever find anything valuable?

You hear stories of treasure being found, such as abandoned wads of cash left by escaping drug dealers. I never found anything like that, but at the end of each festival I'd load up my van with a few hundred cans of beer that have been dumped by hungover campers. I'd then take them to the next festival and flog them for a few quid a can in the arena, as nobody wanted to spend an hour queuing and staff didn't get searched. On one occasion I found a trolley full of unopened bottles of spirits that I presume a bar had left behind.

## What's your greatest ever find?

A 15-inch carved phallus wooden bottle opener. Essential festival kit!

Follow [@ukfestival](#) for more festival-related menagerie.

# HOW TO STAY COOL THIS SUMMER

Staying cool is the thinking man's priority. But who should we turn to when the heat is on: Sports psychologists, or our learned brethren from the Animal Kingdom? You decide...



## Tips From a Sports Psychologist

### Tip 1: Defeat the Panic

In challenging situations, our bodies go into “fight or flight” mode as stress hormones flood our system—no good when you’re about to do a tricky PowerPoint presentation. “Find ways to stay calm in high-pressure situations,” insists Dr. Leif Smith, author of *Sports Psychology for Dummies*. “Take deep breaths, stretch your muscles to loosen them or listen to music that keeps you centered.”

*Verdict: If you can breathe, you can do this (pro tip: If you’re reading this, you can breathe).*

### Tip 2: Train Your Mind

Tell yourself sweaty palms or a fast heartbeat are not signs you’re gonna fail—they’re just the side effects of someone ready to perform at their best—and use cue words to remind you of focus points. “Repeating words and phrases will remind you to focus on what you need to do,” says Smith. “If your mind is focused on your cue words, your body will follow.”

*Verdict: Practice makes perfect.*

### Tip 3: Focus on the Now

“You have control over yourself and your own actions and attitudes, nothing more,” says Smith. “Keep your focus here. If you focus on outcomes—the things you have no control over—you’re creating unnecessary anxiety. Focus on the process, and you increase the likelihood of positive results happening.”

*Verdict: Live in the moment. Simple.*

### Tip 4: Live a Bit Nicer

Your vagus nerve—which helps calm the pathways of the nervous system—responds kindly to meditation, positive thoughts, physical activity and increased omega 3 consumption.

*Verdict: Eating fish and being happy. Aces.*

**SPORTS PSYCHOLOGIST**



## Tips From Animals

### Tip 1: Pant Noisily

Rapidly exhaling hot air and bringing in new, cool air—aka panting—is a technique employed most frequently by our canine brethren. Dogs sweat through their paws, but sticking their ample tongues right out and having a good pant cools them down much more efficiently.

*Verdict: Doable, if somewhat insane on public transport.*

### Tip 2: Roll Around in Some Wet Mud

Pigs, hippos, boars and buffalo prefer a dip in the less whiffy of the brown stuffs. Why? Because water in mud evaporates slower than water on its own. And what does slower evaporation mean? Staying cooler for longer. Tick.

*Verdict: Might be worth mentioning to your HR officer first.*

### Tip 3: Take a Mega Nap

Estivation is summer's take on hibernation, and various species of snails, toads, frogs, earthworms and ground squirrels are keen ambassadors. Come the muggy weather, these clued-up creatures have the daddy of all slap-up meals (cannily storing food in their bodies) and then slope off underground into a pleasant state of dormancy until the rains come.

*Verdict: Only for the mega-rich or terminally unemployed.*

### Tip 4: Poo on Yourself

When vultures and storks get hot and bothered, they gently defecate on their legs to cool down. Their waste being made up mostly of water, their poop works much the same way as our sweat, by evaporative cooling: As the mucky stuff dries up, heat is expelled, lowering their overall body temperature.

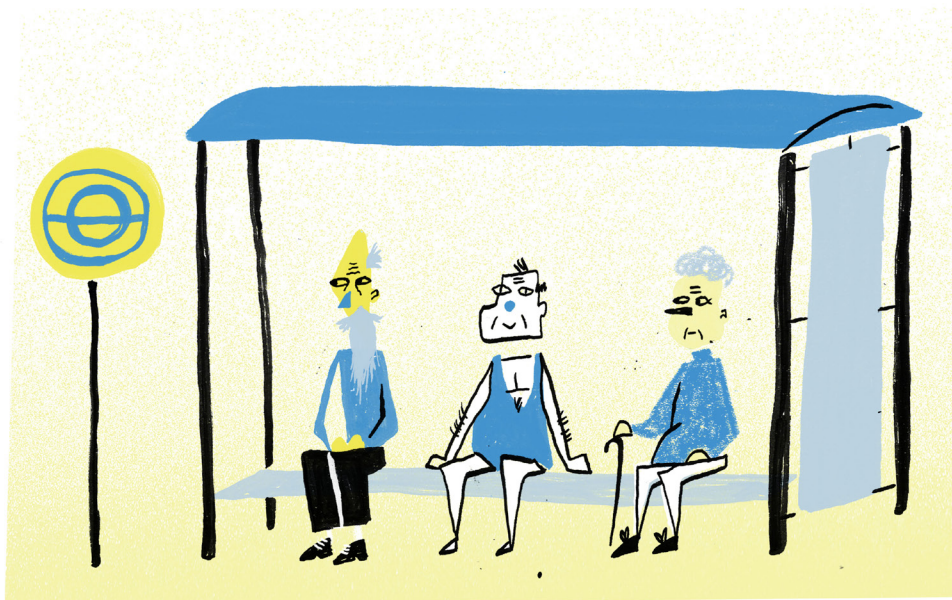
*Verdict: Problematic in the workplace /a barbecue /anywhere where there's anyone else, really.*



# MAN VS. LYCRA

**It used to be, the only men you saw wearing lycra were maniac keep-fit instructors on the telly. But as fashion PR guru Rich Evans points out, it's becoming far less taboo.**

"Guys with decent physiques are utilising lycra and compression leggings down at the gym, which is cool," says Evans. "But when it's worn badly, it can be pretty unforgiving stuff." He's right—lampooning MAMILs (middle-aged men in Lycra) is almost a sport in itself. Hence we present a clued-up list of the Do's and Don'ts of donning this divisive technical material.



**Do size up.** The rest of the spin class doesn't want to see all your pubic hairs or varicose veins.

**Do subtly mix and match your lycra with other materials:** Wear it under shorts or under tees, just at the top or just at the bottom. Top and bottom is way too much, and you can easily end up looking like a stag in a Morph suit.

**Don't hike up your lycra pants so far that you create a ridiculous wedge between your balls and your leg.** There's nothing worse than a brooding gym guy with ridiculous "moose knuckles."

**Do wear the right undergarments.** The correct pair of jock shorts won't show through your skimpies, but will help hold everything in place underneath.

**Don't wear patterned or brightly coloured lycra unless you're a dance instructor.**

**Do the outside world a favour—if you're a bit sweaty, make sure you change before leaving the gym.**

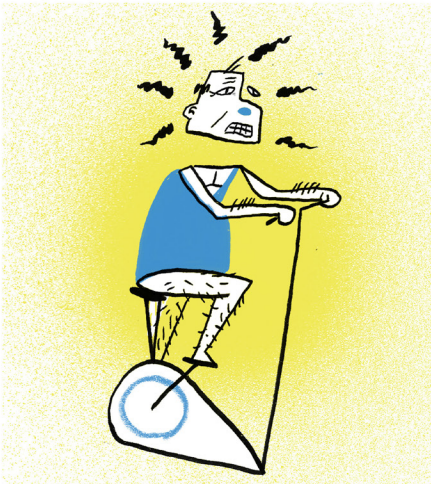
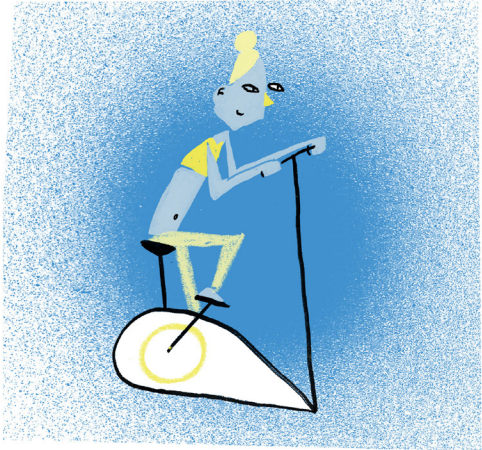


# CYCLING VS. YOUR BALLS

Everything we know about the bumpy relationship between cycling and our gonads—and how best to ensure a smoother ride.

## Ill-Fitting Seats Can Cause Impotence!

Constant pressure on your pudendal nerve—the bit that carries sensation from head office to the depot—can lead to pain, discomfort or numbness. However, according to the brilliantly titled study “Great Balls of Fire and the Vicious Cycle: A Study, of the Effects of Cycling on Male Fertility,” this can be easily avoided. “Accurate set-up of the bicycle with regard to saddle height in relation to handlebar height, and the use of a wider, more padded seat would seem to alleviate the symptoms in most cases,” writes study author Tom Southorn. Phew!



## Remember to Keep Perspective

A recent study of more than 2,500 cyclists by the Journal of Urology argues that cycling doesn't cause long-term damage to sexual or urinary functions and that high-intensity cyclists actually have fewer cases of erectile dysfunction than swimmers and runners. As study author Benjamin Breyer told *The Guardian*. “My sense is that, for many, the cardiovascular benefits of the exercise will actually support and potentially improve their performance, not hurt it.”

## Saddle Sores Are a Thing, and They're Not Pretty

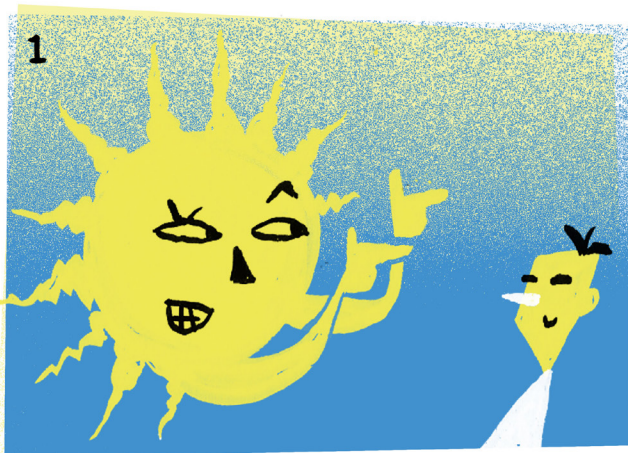
“Saddle sores” refer to infected hair follicles, chafing and ulcerations caused by your bike seat. Here's three ways to help sidestep them...

1. **Invest in Chamois Cream:** This helps reduce friction between your skin and your cycling shorts.
2. **Don't Shave Your Pubes:** Doing so can result in razor bumps, ingrown hairs and infected follicles—all of which will be made worse by constant friction.
3. **Don't Wear Underwear:** Approve or not, bike shorts are designed to be worn kecks-free.



# YOUR BURNING QUESTIONS ABOUT SUMMER

Professor Adam Hart dabs some soothing scientific lotion on five queries surrounding the sunny season.



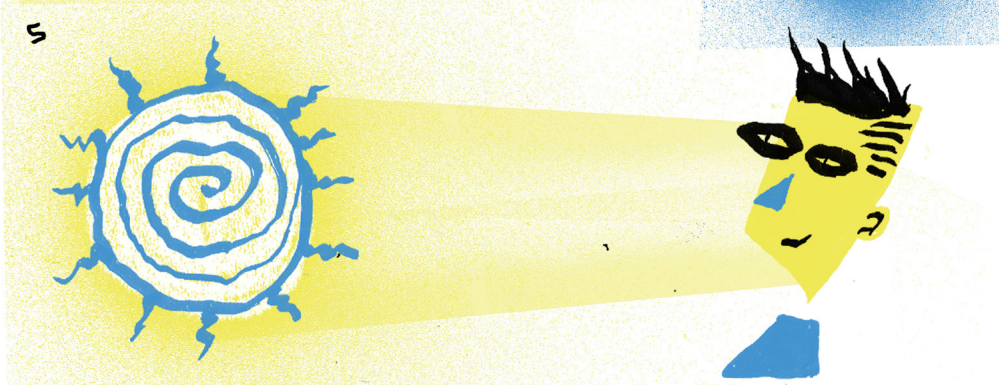
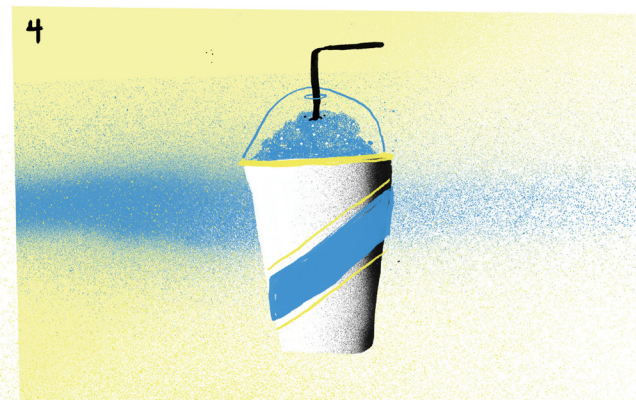
## 1. Let's get this straight: Does the sun actually make you happier?

In a word, yes. Seasonal Affective Disorder (SAD) is a type of depression that's triggered in some people during the autumn and winter and seems to be closely related to a lack of sunlight. Although we're still working out exactly why "no sun = SAD," it seems likely that a lack of sunlight lowers serotonin (the "happy hormone") levels. So if the sun is shining and you feel like dancing, now you'll know why.

## 2. Does a hot drink really help to cool you down better than a cold drink?

Drinking a hot drink causes receptors on our tongue to tell our brain it's getting hot. Our brain responds by making us sweat, which evaporates on our skin and cools us down. The problems with this counter-intuitive setup? Sweating profusely isn't always a desired outcome, especially if you're somewhere humid—in this case, sweat can't evaporate, so you'll just end up hotter and wetter. In most circumstances, then, an ice cream is going to feel a lot more pleasant than a steaming mug of coffee.





### 3. Are cool showers better for you than hot ones?

Cool showers keep our skin and hair in better condition and stimulate fat burning and increased alertness, but if you want to sweat less when dressing, have a room temperature shower instead. If your internal thermostat perceives your body is at the same temperature as the room you dress in, it won't need to sweat to redress the balance—getting ready for work will be that much easier without sweat pouring down your back.

### 4. What the hell is brain freeze and why can't I drink my Slush Puppie in peace?

The curse of sphenopalatine ganglioneuralgia—that awful pain you get when you eat something cold too quickly—is a severe but short-lived headache. It develops when you hurriedly cool the back of your throat, affecting the carotid artery that runs to the brain. The brain does all it can to protect itself from this sudden—and, so your brain thinks, potentially threatening—onslaught, sending you a painful warning signal that prevents you piling on more of the same agony (at least for a couple of minutes).

### 5. What actually happens if I look directly at the sun for too long?

Staring at the sun—I mean, duh!—could cause solar retinopathy, where the UV radiation that causes sunburn does similar damage to your retina, the light-sensitive layer at the back your eye. In serious cases it can cause permanent eye damage and loss of sight. Like winding up a Hell's Angel or opening beer bottles with your teeth, file this idiocy under Important Things to Avoid.



# THE SLACKER'S GUIDE TO LAST-MINUTE BEACH BOD

You spent the winter heroically hitting the boxsets instead of the punchbag. No drama: Here are some tips to look toned when it's time to take your top off.



## Shed Water Weight

Personal trainer and nutritionist Sean Salazar, of AnywhereGym.com, recommends cutting out carbs and sugars for a day or so pre-beach. This helps you lose some water weight and will give you a little more muscle definition.

## Strike the Right Pose

"Unless you're trying to hide your stomach with your legs," says portrait photographer Rob Kristian, "you should sit up straight and keep good posture." Twisting your torso can also stretch out flab, but it's awkward to maintain.

## Suck In Your Gut

A tried-and-tested bloke method that activates your ab muscles and is perfectly safe to do for short periods of time. Salazar urges you to suck it in the right way, though: "Don't hold your breath, just try bringing your belly button to your spine." Simple.

## Pump Some Iron

Last-minute workouts definitely do wonders, so make this a priority. Salazar explains that these exercises provide blood flow to the targeted area because you're activating those muscles. Whatever area you want to show off is the area you should focus on: Push-ups and pull-ups will accentuate your abs and arms respectively. Salazar recommends burpees, too, as they're a great overall workout. He also notes that, if you're lifting, it's more about the amount of weight than the number of reps, so a quick, heavy workout (safely done), will provide you with a more swollen look for the next one to three hours.

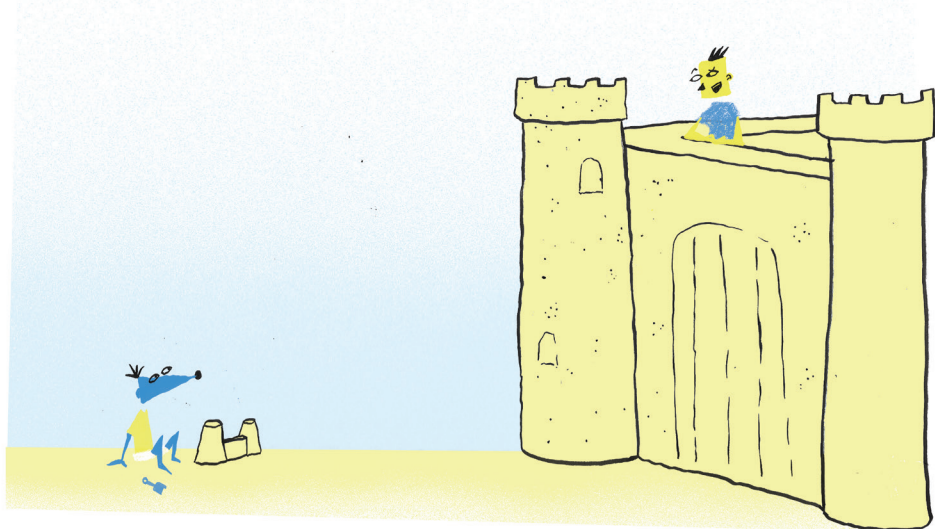
## Refrain From Speedos

You knew that though, right?



# BE A SANDCASTLE SUPERHERO

Didn't pump up your biceps for the beach this summer? Impress the local townsfolk with your sandcastling skills instead. Serial sand sculptor Paul Hoggard explains how...



## What's the craziest sand sculpture you've done?

Four years ago, myself and my wife Remy made a 500-ton sculpture of Sinbad the Sailor and the Elephants' Graveyard in Kuwait, which took more than a month to complete.

## What skills do you need to be a good sand sculptor?

You need to be strong: Shovelling and compacting the sand are physically draining on the body. You also need stacks of patience and the ability to concentrate for hours on end.

## Crikey. So what tips can you offer the average sandcastle builder to up his game?

1. The right tools are essential—a bucket, a spade, a watering can, a rake, trowels, brushes—but the most important one of all is your hands.
2. The secret to making cool beach sculptures is to use lots of water and compact the sand into a solid block at the start and go from there. This can be done by simply patting the sand with both hands.
3. Start simple, with a subject that appeals to you. Don't worry if you think your sculptures suck at first—like everything worthwhile in life, it takes time to learn. Our mantra is have fun and help others have fun.

## What can we craft on a beach to make us look a bit creative and original?

Dolphins swimming in the sea is a very doable sculpture for all ages. The dolphins have a simple shape to replicate which appears to be in motion. It always looks very impressive.

See more of Paul and Remy Hoggard's work at [www.sandartist.com](http://www.sandartist.com).



# HOW DO I PREP MY FEET FOR SUMMER?

There's more of you on show in the hotter months, and the first bit to get an outing is usually your cheesers. Get them flip-flop-ready with foot guru Margaret Dabbs.



**1.** "Even the most grotesque feet can be rescued. A no-nonsense medical pedicure can transform feet in just 45 minutes!"



**2.** "Change your footwear (socks) daily. It's healthier for the skin of your feet as well as your shoes."



**3.** "Always ensure you cut your toenails straight across, and soften the edges if you need to with a nail file."



**4.** "Use a good foot file on any hard skin on the heels of the feet. Follow up with a foot lotion to keep them moisturised."



**5.** This one's from us: If you have any extremely long toe hairs, be proud of them! (Just kidding, please trim them immediately.)



**6.** Bust out the mandals and enjoy all sorts of swoons and sighs from impressed passers-by.



# GET TO KNOW YOUR BODY: THE SKIN

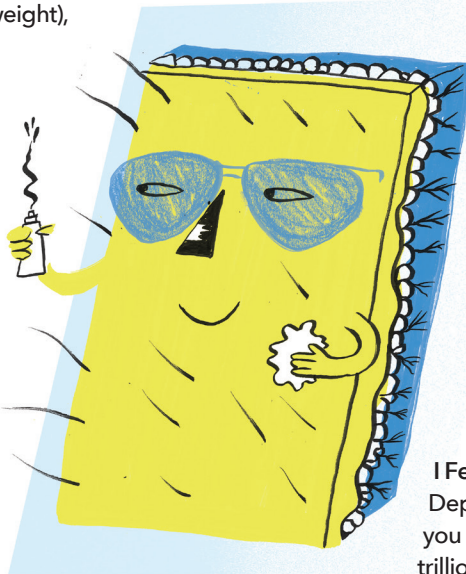
We're all enclosed by a delicate epidermis that carries our innards like a waterproof sack. In medical circles it's known as the "cutaneous membrane," but we call it "skin."

## Man Bag

It's actually classified as an organ, and it's our biggest one. On average it contains more than 11 miles of blood vessels (providing oxygen and blood to the skin cells), weighs nine pounds (15 percent of the total average body weight), spans 21 square feet and would probably fold neatly into a trendy backpack.

## Bespoke Enclosures

Every inch of it is custom-designed: Foot skin is the thickest skin at 1.4 millimetres, with the eyelids the thinnest at 0.02 millimetres.



## Bac in Business

It doesn't matter who you are—covergirl, sewage worker, royalty—every inch of your skin plays host to at least 50 million bacteria, rising to 500 million on extra-oily surfaces, like your face. These are wonderfully diverse communities (more than 1,000 species), and they help immune cells fight disease-causing microbes.

## Magic Touch

There are at least five types of receptors in the skin that respond to pain and touch. The most sensitive areas are the tongue, lips, palms, fingertips, clitoris, penis and nipples: Areas that can respond to a pressure of just 20 milligrams, or the weight of a common housefly.

## I Feel Brand New

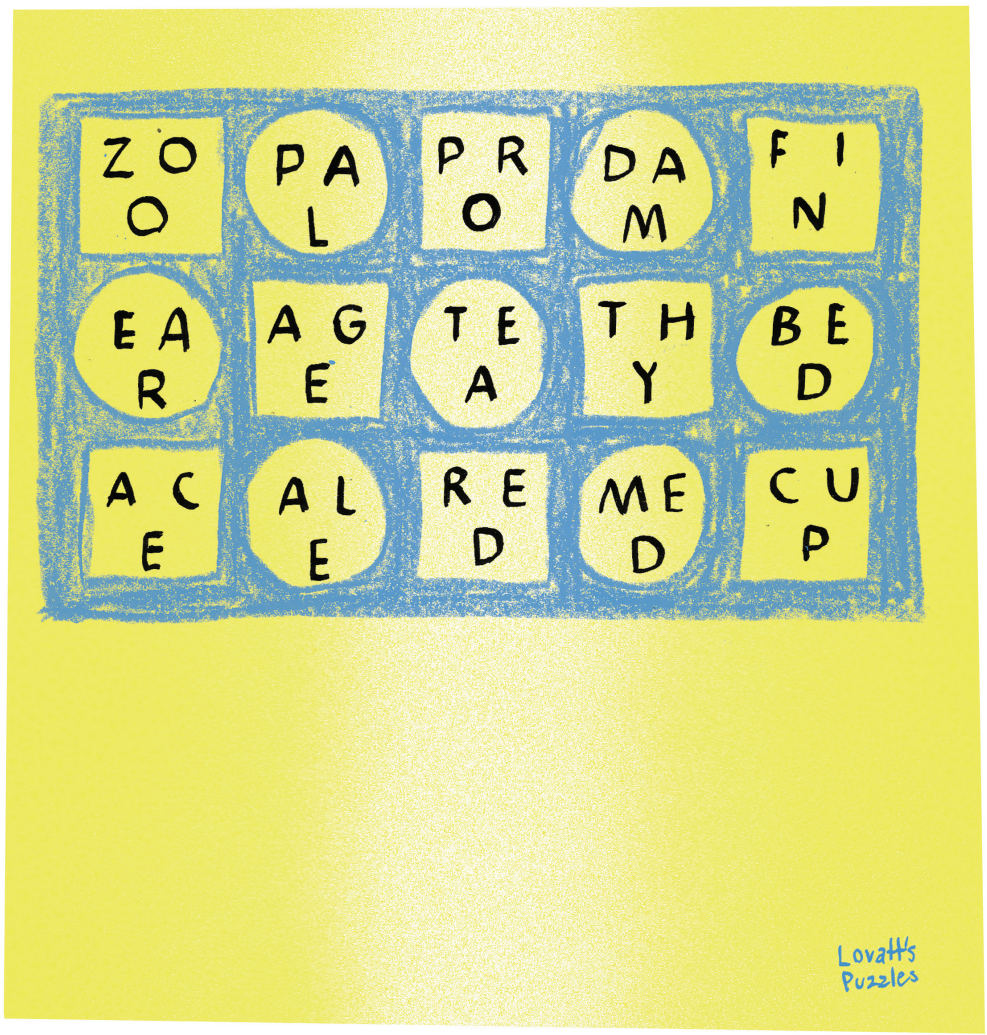
Depending on your size, you can have roughly 1.6 trillion skin cells, each one programmed to systematically destroy itself as it reaches the skin's surface. You will also shed enough skin cells in two minutes to cover a football pitch—nine pounds' worth over a whole year. Oh, and get this, every 28 days our entire skin will be renewed. Yep, the whole lot will be regenerated. That's superhero stuff.





TOILET GENIUS: BRAIN BOTHERER ONE

You must find seven words. Each word is a combination of the letters in one circle plus one square. The letters in each shape are in the right order and either the square or circle can come first. There will be one set of letters leftover, which forms its own mystery word.



**Cheat if you must...**

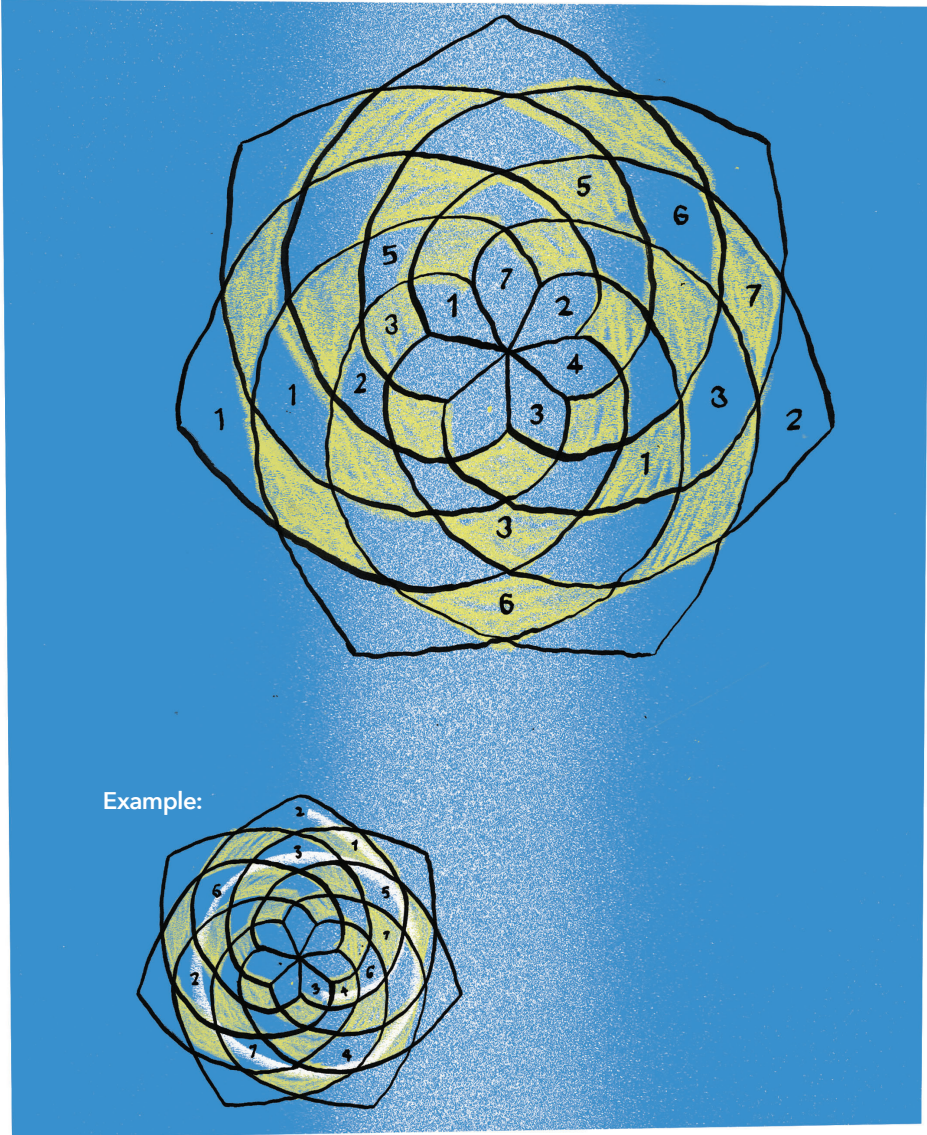
The solution word—the set of letters left over at the end—is something you don't want to be going in the sunny season.





## TOILET GENIUS: BRAIN BOTHERER TWO

To solve this nifty spin on the ever-popular Sudoku, know this: Each "arc" must contain the numbers 1-7; each ring of blue petals must contain the numbers 1-7; each ring of yellow petals must contain the numbers 1-7. No number can be repeated in any arc or ring. Look at the smaller example and it'll all make sense!

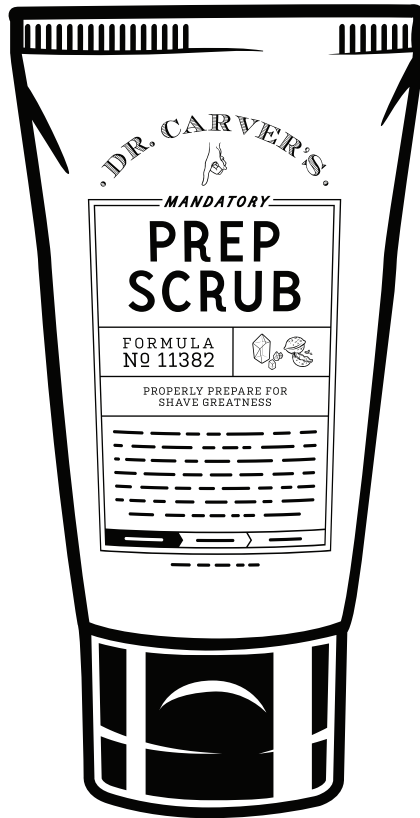


**Cheat if you must...**

Sorry, no cheating on this one—it just requires patience!



# This works wonders on dead stuff.



Dr. Carver's Mandatory Prep Scrub helps remove those pesky dead skin cells. When you exfoliate, the blade can get even closer – for an exceptionally smooth shave. So make Prep Scrub part of your routine, and shed that deadweight.

**Start scrubbing at [DollarShaveClub.com/PrepScrub](http://DollarShaveClub.com/PrepScrub)**