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**SLABBER**

(guidebook)

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## List #1

fats of the sheep and ox  
horse grease  
damaged hogs lard  
kitchen grease  
materials derived from trade refuse such as  
tanning  
bone-boiling and  
glue making greases  
seal and whale oils  
cod and shark liver oils  
fish oils of various kinds and  
such like materials such including  
sewerage grease  
egg yolks and  
materials derived from  
wool-washing  
engine waste cleaning  
etcetera.

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## List #2

Trip while walking and fall in a puddle of mud.  
Play football.  
Slaughter a calf.  
Paint a house.  
Work as a fry cook in a really dirty diner.  
Work as a mechanic.  
Get your period all over yourself.  
Drink a liter of gin, Then 6 beers, then snort 3 or 4 lines of  
cocaine, then pass out on the beer soaked kitchen floor  
Do some gardening.  
Spill the milk down the front of your dress.  
Puke down the front of your dress.  
Install insulation in your attic.  
Work as a garbage collector.  
Chop wood.  
Ride the bus.  
Get beat up.  
Mud wrestling.  
Live without running water.  
Sleep on the sidewalk.  
Change your oil.  
Stick your whole arm in a vat of lard  
Fall off your bicycle into the ditch  
Make dinner.  
Jump into a polluted river.  
Clean your bathroom.  
Get a cocktail, maybe a bloody mary, thrown at you.  
Cut the grass. Etcetera.

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## List #3:

The washing of a baby after birth.  
The washing of a corpse.  
The washing of the feet.  
The washing of the genitals after sex.  
The washing of the mouth (out with soap).  
The washing of the hands.  
The washing of the fingers.  
The washing of the vagina (after giving birth)  
The washing of the hair.  
The washing of the elbow.  
The washing of the toenails.  
The washing of the ears (removal of earwax)  
The washing out of the eyes.  
The washing of the teeth (with toothbrush)  
The washing of the naval.  
The washing of the anus.  
The washing of the ankles.  
The washing of the back (with a back scrubber)  
The washing of the tongue (removal of white filmy stuff).  
The washing of the back of the neck.  
The washing of the armpits.  
The washing of the space between the fingers.  
The washing of the knees (scraped and bruised)  
The washing of the fingernails (with manicure instrument)  
The washing of the bowels (with enema)  
The washing of an open wound.  
The washing of the space between the toes.  
The washing of the face.

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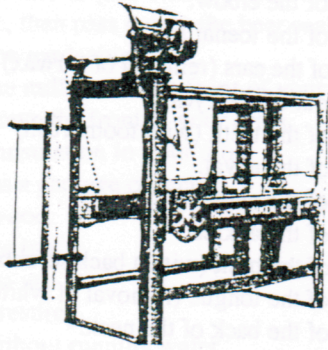


FIGURE 1. *Power Slabber*

List #4

- Clean/Dirty
- War/Peace
- In Here/Out There
- Order/Chaos
- Repel/Attract
- Mother/Child
- Light/Dark
- Oil/Water
- Something/Nothing
- Bacteria/Memory
- Good/Evil
- Monster/Saint
- Night/Day
- Heaven/Earth
- Out Here/In There
- Yes/No
- Nature/Technology
- Love/Hate
- Blood Cell/Longing
- Danger/Safety
- Native/Outcast
- Assembled/Disassembled
- Life/Death



The Advance of Commodity Culture: Shona Women in 1896 and 1926.  
(Zimbabwe National Archives)

From Lifebuoy Men, Lux Women: Commodification, Consumption and Cleanliness in Modern Zimbabwe by Timothy Burke. Durham: Duke University Press, 1996.

## Folk Brazilian Lullaby

Nana nenê  
que a cuca vem pegar  
papai foi na roça  
mamãe foi passear

Sleep little baby  
that the monster will take you away  
daddy went to work in the farm  
and momy for a stroll

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## Private Hand Observation Exercise

1. Look at the palm-side of your hand.
  - a. Does your hand look FAMILIAR?
  - b. Does your hand look UNFAMILIAR?
  - c. Do you notice any UNUSUAL PATTERNS created by the CREASES in you HAND?
  - d. Do you notice (or sense) any MICROSCOPIC ORGANISMS living in the palm of your hand?
  
2. Look at the back side of your hand.
  - a. How are your fingernails? CLEAN? DIRTY? SHORT? LONG?
  - b. How many lines make up your KNUCKLES?
  - c. (Optional) Sniff the back of your hand. What does it SMELL LIKE?

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Soap is not found in nature. In this way it is like bread, cheese and glass, things that early peoples invented more by accident than by design.

(please use this space for your notes.)  
(Thank you )

## Glossary of Terms:

Acid Mantle: Microscopic Film of Acidic Moisture over the skin, a kind of protective Covering.

Antiseptic: A substance that helps stop the growth of bacteria and helps to control infection by inhibiting germs.

Bath Salts: The purpose of bath salts is to detoxify...drawing out toxins from the skin and even the muscles. Soaking in a solution made of Epson salt, baking soda and sea salt can help draw out different things. Don't soak for more than 20 minutes. This is particularly helpful for overstressed people, people with body aches, muscle strain, sprains, etcetera. Also, people undergoing emotional stress or healing can benefit from this kind of soak, because a lot of emotional trauma is stored in our body and needs release.

Collagen: The substance that gives the skin elasticity, the ability to stretch.

Compress: A compress is simply a cloth soaked in a hot herbal extract which is applied to the painful area.

Crook River: The river that runs along the west side of the region formerly known as Sludgeville.

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Dermis: The inner layer of the skin. The dermis is protected by the epidermis and is made up of tissues, muscles, nerves.

Emulsion: An emulsion is the mixture of two liquids that do not normally mix, i.e. oil and water.

Emulsifier: A material that binds two different materials together.

Exfoliation: Removal of dead skin cells and surface dirt, a very important step in proper skin care.

One Penny (Mr.): The trader from a town near Sludgeville who sold the "nectar heaven" soap to the little girl and subsequently started the "nectar heaven" soap craze in Sludgeville.

Organic: A substance that is or once was living.

Passion Fruit: The mysterious, plump purple fruit found by the little girl on the banks of Crook River.

Preservative: A preservative is used to keep something in its original state (keep it from spoiling).

Sludgeville: A town once nestled in a curve in Crook River, now a ghost town.



(end of guidebook)

