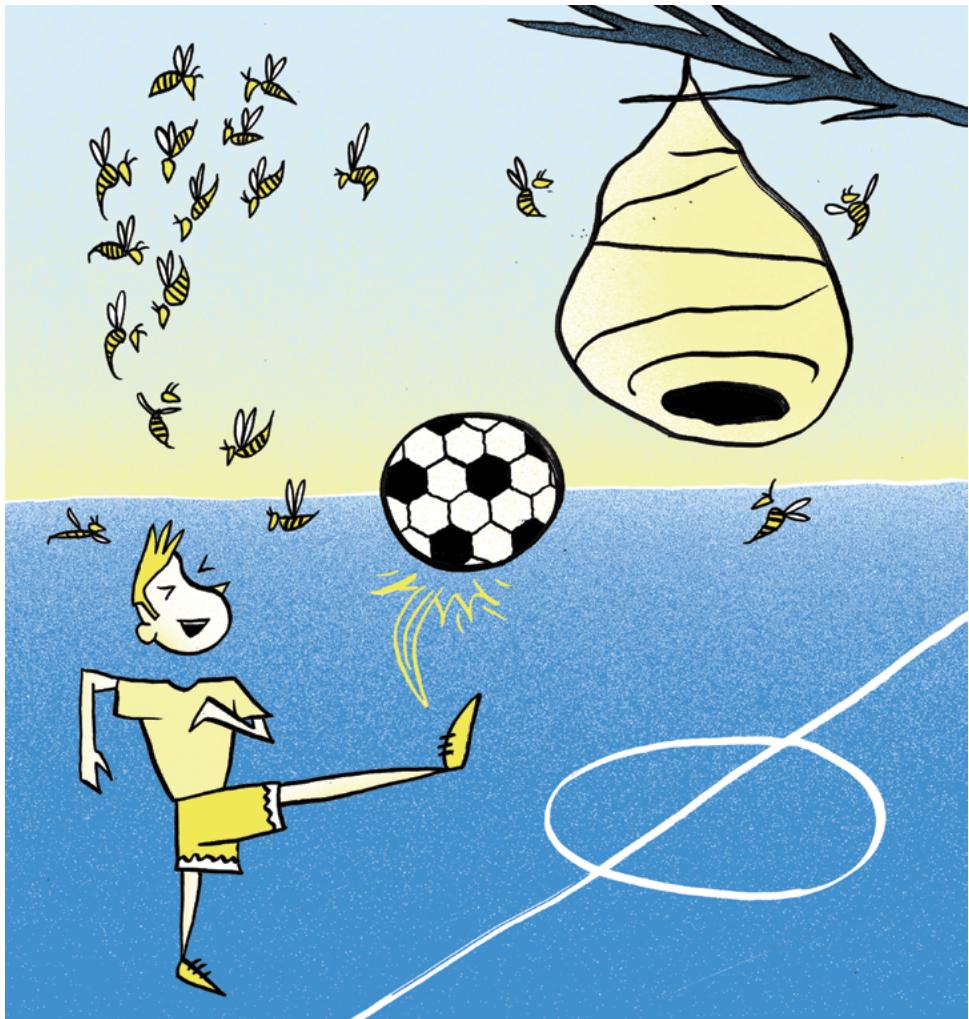


MEL

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SUMMER KICK-OFF

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There's a buzz in the air when summer arrives, and it's heading for a barbecue near you.

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But who gave it a ticket? Is it really welcome in 2018? And did it ever really go away?

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If you want to put sweaty summer bum cracks behind you, read this.

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TL;DR: There's a good reason for the angle of the dangle.



WHY ARE WASPS SUCH BERKS?

They have cool yellow jackets, but every summer they behave like shirtless louts. Professor Adam Hart helps us understand the windmilling whims of the wasp.



Wasps: What's their problem?

"We're just in the way as far as they're concerned; it's nothing personal," Hart explains. "The problem is that while we're 100 percent focused on enjoying the sun, they're 100 percent focused on collecting food that we're trying to eat, which leads to some far from positive human-wasp interactions."

And the whole premeditated buzzing-round-your-barbecue-guests thing and being all intimidating and that?

"To find food and their way back to the nest, wasps fly around landmarks in the environment to get their bearings," says Hart. "Good landmarks include things that stand out from the background, like fence posts, trees and... you! Of course, when a landmark starts moving, the wasps get confused and circle more intently. And when that landmark starts swatting them, they defend themselves the only way they know how."

Is there anything good about them?

Per Hart, "Wasps are top predators, pest controllers and important pollinators. Even their venom may turn out to be useful as an anti-inflammatory. Apart from wanting to share our BBQs and beer, there's nothing bad about wasps!"

What's the best way to ward them off?

"If one finds you," says Hart, "many more will follow, so you have to stop that first wave. Trap the first one under a clear cup and you might just stop her from telling her nest-mates where you are. But once they start appearing in numbers the battle is lost, so head inside for a bit. If you do get stung, apply vinegar—it really does help take the pain away."

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PEOPLE SHOULD JUST DO NOTHING (OCCASIONALLY)

Doing nothing is the new doing something, and your social media profile will love the hashtagable buzzword at its core.

Forget "Hygge"—the Danish ritual of enjoying life's simple pleasures that's, like, so four years ago—2018 is all about "Niksen." It's a Dutch word that literally means "doing nothing at all." Not in the style of an apathetic TV addict or an inebriated ne'er-do-well, mind you: Niksen has a more profound ideology at its core. Here's what we learned about it from Dutch stress and burnout coach Carolien Hamming.



How Niksen works

"No matter where we are—at work, at home, with a friend or at the gym—our inner voice always says: 'Do something useful!' whether it be for yourself, your family or the 'world' in general. Niksen is therefore difficult to do because it encourages the opposite. Niksen permits you to switch off. Power down your mobile. Stroke the cat or the dog. Stare ahead of you. Sit in a chair. Lie on the couch. Do absolutely nothing, even just for five minutes."

Why we should bother doing nothing

"In the wild, most animals do nothing two-thirds of their time. They yawn, look around, sit and wait until a little snack comes by. Lazing around is part of our nature, which we seem to have disregarded. We need it on a daily basis to stay healthy and avoid lifestyle diseases, such as burnout."

Why doing nothing isn't easy

"It's a word with a rather negative connotation: When we ask each other on Monday, 'How was your weekend?' nobody says, 'I tried to do as little as possible'—that's not sexy. In Niksen, you have to believe that doing nothing isn't worthless. In fact, many good ideas arise when you're daydreaming. You just have to get tired of being busy first."

A SUMMER GUIDE TO THE LOST ART OF IDLING

Working overtime when you're not on the clock is a common modern affliction. Allow us to guide you through the ancient art of not lifting a finger.

1. Embrace the contemplative life

Historically, all the world's greatest minds—Plato, Einstein, Rachel Riley—spent tonnes of time just thinking before they became geniuses, so it didn't do them any harm. So don't feel guilty for doing the same: Assume a comfortable position, and let your mind take the scenic route.

2. Stare at stuff

Trees from a bus window. People across an office. Patterns on a ceiling. Given the right application, gazing at clouds from your back garden can pass time with the same precision as a deep-lying Italian midfielder.



3. Draw something

Preferably something outside that's alive. Like a skyline. Or a flower. Or a river. Why? Focusing your attention on small details forces you to unravel the glorious nuances of nature. (Okay, so you do have to lift a couple of fingers, but as your daily agitations ebb away, you'll realise it's worth it.)

4. Go 'Bumbling'

A beautifully-monikered pastime involving wandering somewhere without any real purpose. Slow down your walking pace by half and look around a bit. Take the dog 11 stops on the next bus and bumble back home. Do it your way, and do it leisurely.

5. Have a snooze

Napping is golden, we all know that. And now the sun's getting hotter, you can legitimately do it outside without people thinking you're insane/maudlin. Relish the 'you' moment, shut your eyes on a park bench and think of sod all, it'll be the most fun you've had all day.

HOW TO START YOUR OWN FESTIVAL

The best way to have a good time at a festival is to invent your own—Will Millner, co-creator of Hijacked electronic music festival, shows us how it's done.



First, Be Inspired

"All my favourite festivals (like Secret Garden Party) brought together a community of not only musicians, but dancers, artists, designers, inventors, cooks, poets etc. Our plan was to create our own miniature version, giving anyone creative a stage."

Once Inspired, Get Planning

"Find a good site, get the authorities on side, book the right lineup, consider the whole experience: Book good food; book interesting and local traders; book a good security firm; book a welfare tent; and always over order on booze. Sh*t hits the fan if you run out of alcohol at a festival, trust me!"

Remember: Every Guest is Equally Important

"Main rule: Don't let anyone have fun at the expense of others. Only enforce rules if the main rule is broken. Instead, try and create an atmosphere where people self-regulate. People encouraging others to behave is far better than you having to enforce it. It keeps things friendly and puts the responsibility in their hands."

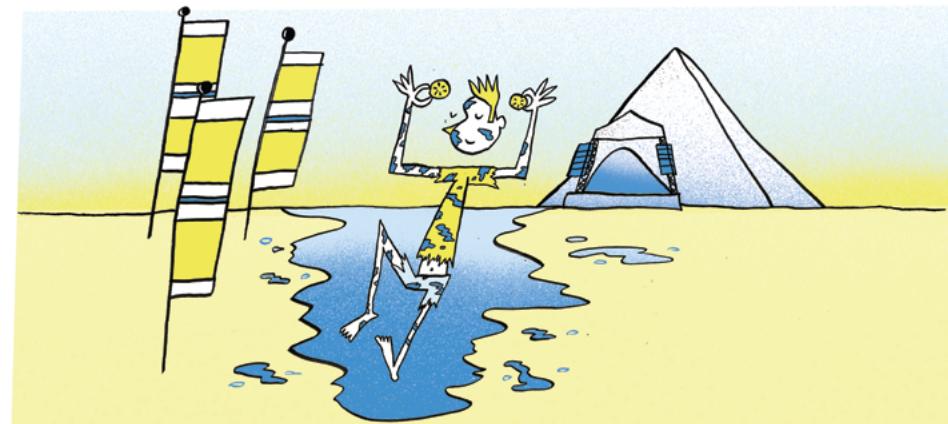
Be Ready For Anything

"Terrifying, exciting, relieving, exhilarating—running a festival runs the whole gamut of emotions. You have to try and strike a balance of working to make sure everything runs as smoothly as possible, but also taking a moment to relax, look around and soak it all in. It makes all the effort worthwhile to see people enjoy it so much."

MUD, GLORIOUS MUD!

It might be the bugbear of ill-prepared festival goers, but there's a lot more to the brown stuff than just soiled tents and trench foot.

Rolling about in that extra-gooey patch behind the dance tent is ill-advised and will have little to no effect on your wellbeing. But the mineral-infused mud, packed with magnesium, sodium, sulphur and volcanic ash? According to the experts, that stuff works wonders.



Slick Skinned

According to the Associated Skin Care Professionals, the wonderfully-named fangotherapy is, "The use of mud, peat and clay to treat a variety of musculoskeletal and skin conditions." Sulfur-rich mineral and mud baths, they say, act as a nutritious treat for your skin cells and are useful in the treatment of fungal infections, scabies, psoriasis, eczema and acne.

Flake Out

"One of the most popular types of sulfur-containing therapeutic mud is obtained from the Dead Sea region in Israel," says the ASCP, "and research supports its use in the treatment of psoriasis and seborrheic dermatitis." Translated: A fairly messy hair treatment might just sort out your dandruff.

Sulfur, So Good

You're basically floating when you're in a mud bath, so there's no pressure on any part of your body, which can potentially make them good for joint pains. "Sulfur baths have been researched as a means of reducing oxidative stress on the body and decreasing inflammation," reports the ASCP.

Animal In-Stinks

We've all seen animal documentaries, and where do our four-legged brethren usually head after a hard day patrolling the swamp? Straight for the brown stuff. It relieves battle scars, settles irritations and generally makes you feel all nice and restored.

Good Clean Fun

Mud is a form of entertainment in its own right: Let's face it, Tough Mudder wouldn't be the same without it.

ALL HAIL THE CANADIAN TUXEDO!

The Canadian Tuxedo is everywhere, from high-class runways to high-street windows, but does that mean we should all be putting out a stonewashed welcome mat?

"Dadcore is in," says personal stylist Sean Somal of The Chapar, a personal styling service for men. "It's an interesting movement championing functional and comfortable outfit choices that look like you don't have the time between changing nappies and doing the school run—and double denim fits neatly into the category. That doesn't mean it's for everyone though." With this in mind, Somal popped his collar to help us compile some double-denim do's and don'ts.



Do choose contrasting denim (i.e., don't match the jeans with the jacket) to break up your outfit and create clear visual guidelines.

Do use a denim refresh spray on the insides of your jeans—they come in handy squirt-y bottles and are designed to revive your denim—as opposed to machine washing. This way they'll stay crisp and clean while holding in the dye and gradually sculpting to your body shape.

Don't opt into acid or bleach-washed denim unless you're going to a 1980s-themed party.

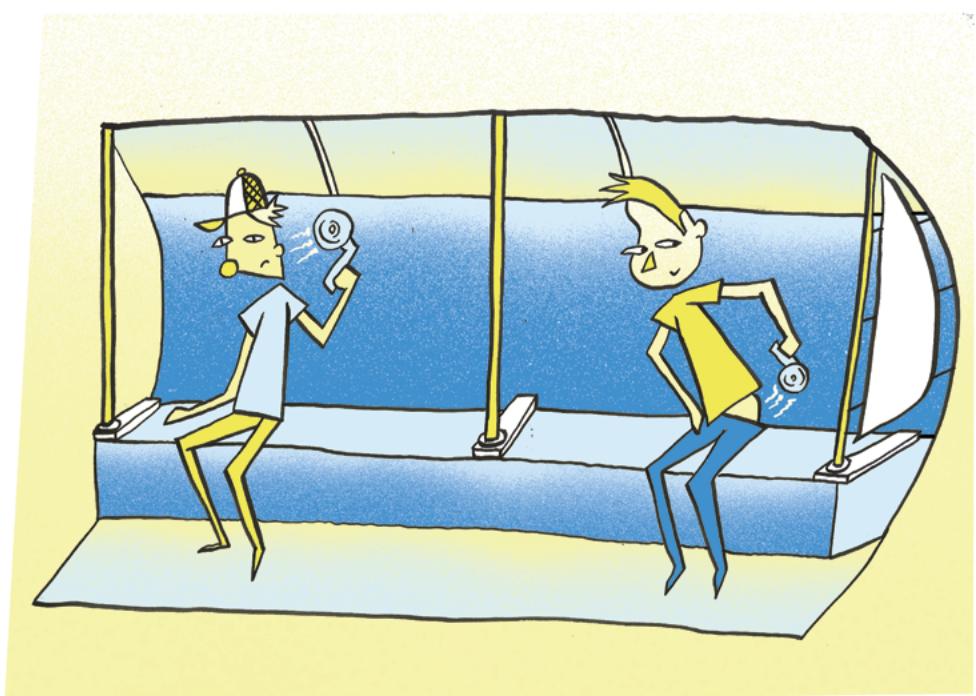
Do go for a denim size that feels a little uncomfortable at first: It'll stretch and mold to your shape to ensure you get your true size and, in turn, the most bang for your buck.

Do keep the denim light in the dog days of summer: 14-ounce selvedge denim looks great, but heavy-duty can mean hard work when the sun's beaming.

Don't ever wear cowboy boots/hats. If the local townsfolk start country dancing around you for no reason in the post office, you're doing something very wrong.

WHY DOES MY BUM SWEAT SO MUCH IN SUMMER?

For the most part, summer is joyous—other times, it's like being trapped in a military sleeping bag in an airing cupboard. Dermatologist Anthony Rossi has the solutions.



Houston, We Have a Problem

"The perineal area is one of those places on the body that sweats more than others," Rossi explains. "Science isn't exactly sure why that is, but there's certainly not much ventilation, and there's a lot of frictional heat caused by your butt cheeks rubbing together." It doesn't help that the sweat glands located in the perineal area, known as apocrine glands, also produce a thicker (and smellier) perspiration.

The Effect

"Sweat trapped between your butt cheeks allows for an overgrowth of bacteria and yeast," Rossi warns. "Which can eventually lead to a bad case of what dermatologists call pruritus ani, or intense anal itching." Eek!

It's Okay, We've Cracked It

Fortunately, the fix is as easy as prepping a baby's nappy. If you're looking rashy, Rossi recommends applying a zinc oxide paste to soothe irritation caused by long exposure to moisture. To stop it happening in the first place, wear underwear made from light, breathable fabrics so you're not building up a tropical climate down there. It also wouldn't hurt to remove any hair in the area, since if you have enough of it, it traps in the sweat and makes for an odor that...well, smells like butt.

THE WORLD CUP OF FATHER'S DAYS

Dads across the world experience wildly different dad stuff on Dad's Day. But which country does it best? Let the tournament begin!



U.K. [Semi-Final]

Brits usually limber up for Dad's Day with some kind of breakfast in bed followed by the presentation of cherisable gifts (kid art, natty jumper, bespoke ale) with arguably the best bit of the celebration—being allowed to do something you actually like on a Sunday totally unimpeded. Surely a victory?



Germany [Semi-Final]

'fraid not. Regionally celebrated as men's day, *Männertag*, or gentlemen's day, *Herrentag*, German men not only get a more inclusive version of Father's Day—you don't actually have to be a dad!—it's also a federal holiday that involves a mandatory day off work. And it involves beer. Lots of beer. Winner!



Germany [Final]

Himmelfahrt is all about celebrating manhood. Its tradition involves groups of males (usually teenagers and over) gathering for a "hiking" tour, pulling one or more *Bollerwagen* (handcarts) stacked with booze and food. They usually escort said loot to the nearest leafy oasis, then generally behave like they were in their own private pub. And for those not into heavy boozing, it's an excellent excuse to go walking, hiking or cycling with good friends. Which is just lovely. Winner!



Nepal [Semi-Final]

Alive or dead, dads get the full doff of the family cap all over Nepal. Alive dads require a sweet tooth as doting children offer whole plates of sweets, as well as cute gifts and little hugs of appreciation. Dead dads receive a much-needed annual cleanse courtesy of some natty religious rituals. Everyone's a winner.



Thailand [Semi-Final]

Thailand [Final]

Occurring every year on 5 December, if Father's Day happens to fall on a Saturday it'll be moved to a Friday and a Sunday to a Monday to MAKE SURE YOU GET THE DAY OFF: This is how determined Thais are to do it right. Dads receive a handsome Canna flower, considered to have a masculine association, and the sky is filled with fireworks. Apart from dogs and people who go to bed too early, who doesn't like fireworks?

In Thailand, Father's Day is even more important, spawning a grandiose nationwide event—and national holiday—where grateful offspring adorn the streets with flags, lights and themselves in yellow (the colour of Monday, the day when the hugely-revered king Bhumibol Adulyadej was born). Respect. Winner!

HOW DO I CHOOSE SUNGLASSES THAT FIT MY FACE?

Looking for some new rims for the sunny season? Sharpen your focus with some sage advice from sunglasses guru and image consultant Kerrie Ellis.



1. To create a balanced look, you should choose a shape that's the opposite to your face shape.



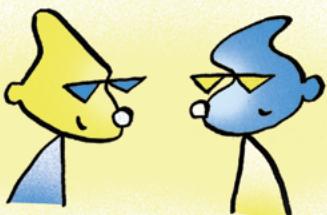
2. If you have a rounder face, choose something that has a slightly more angled appearance, such as rectangular frames.



3. If you have a more angular face, say square or rectangle, then choose shades that have softer lines.



4. If you have a longer than usual face, choose glasses that are slightly wider than your face to add breadth and balance.



5. Choosing lens colour is about your skin tone: Warmer (golden/yellowy) skin suits brown tints. Cooler (pinky/blue-tinged) skin suits grey.



6. Do all the above and you'll have sunglasses that look cool even when you wear them indoors (just kidding—that makes absolutely everyone look like a wally).

GET TO KNOW YOUR BODY: THE TESTICLES

Well, it is Father's Day, innit.

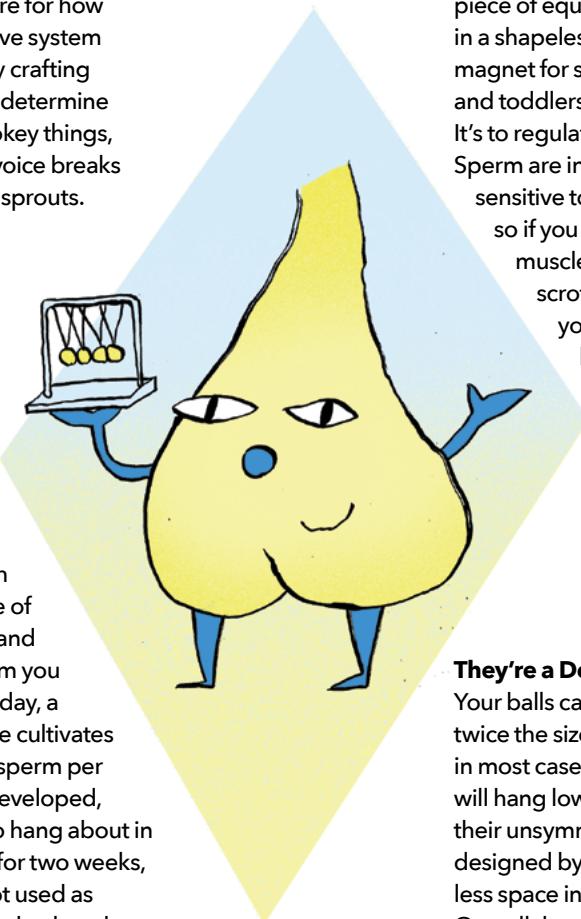
They're The Man hub

Your testicles are essentially the control centre for how your reproductive system grows, hurriedly crafting androgens that determine all the major blokey things, like when your voice breaks and your beard sprouts.



They Run The Bloke Factory

The most important form of androgen is testosterone, which deals with stuff like the size of your manhood and how much sperm you produce. Every day, a perky adult male cultivates about 200,000 sperm per minute: Once developed, they're happy to hang about in the epididymis for two weeks, and if they're not used as ejaculate, they're broken down and reabsorbed by the body.

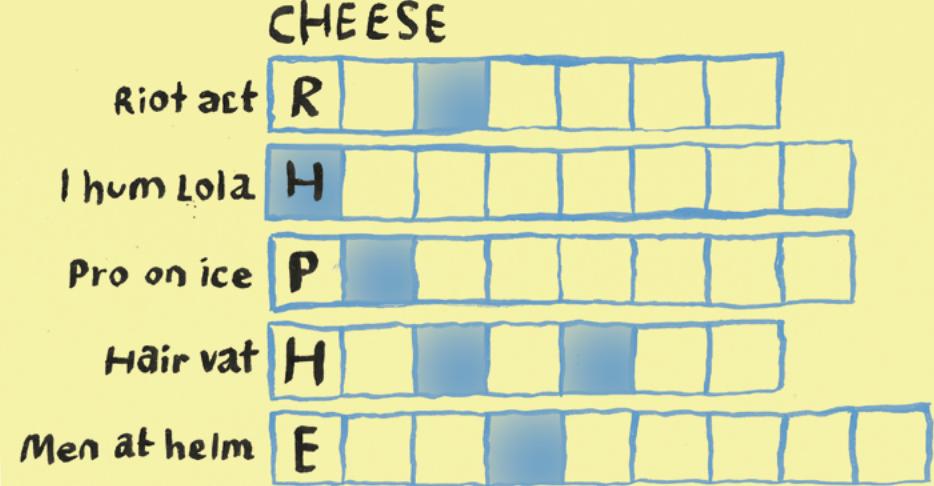


They're a Design Phenomenon

Your balls can grow up to twice the size during sex and in most cases, the left one will hang lower than the right, their unsymmetrical look designed by nature to require less space in your boxer shorts. Overall then: Our balls are fantastic, so well done us.

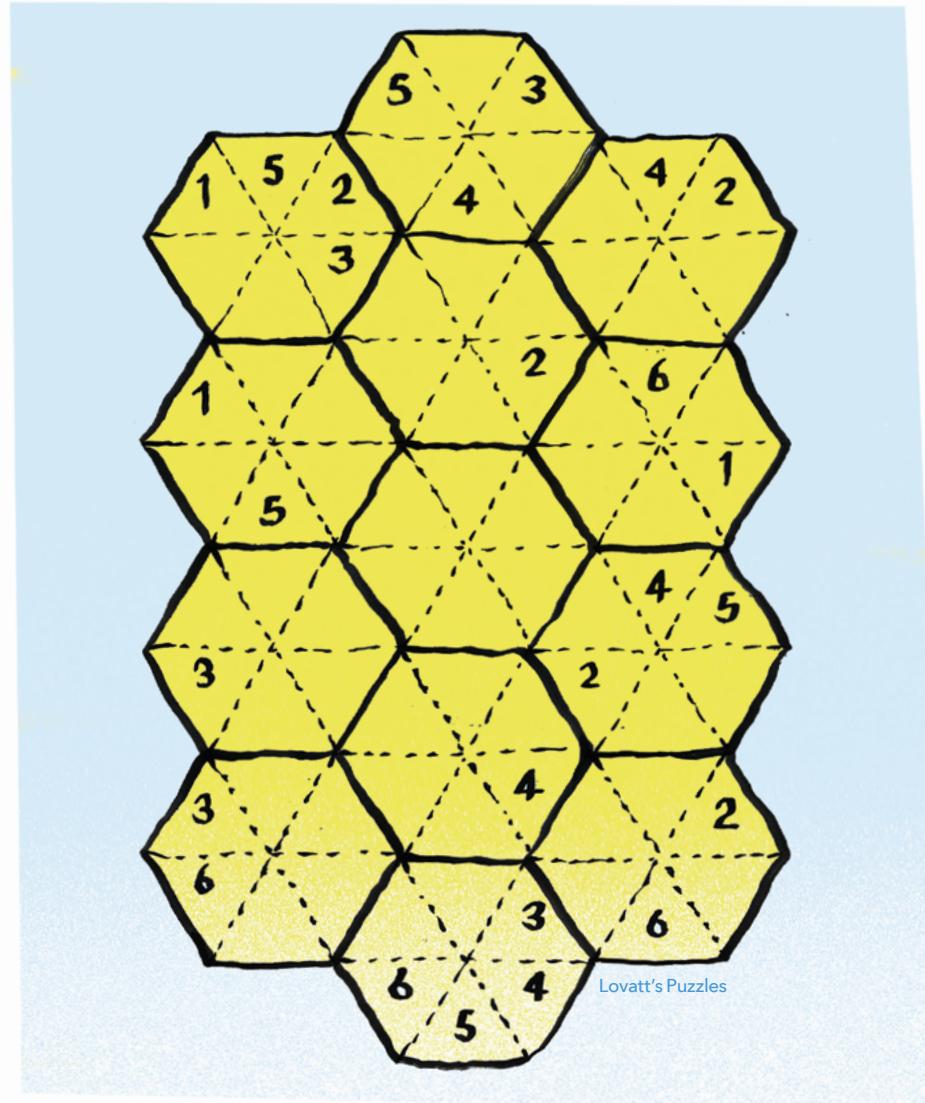
TOILET GENIUS: BRAIN BOTHERER ONE

Here's a cheeseboard that doesn't require a curvy knife or an artisan water biscuit—just figure out the five different types of cheese below in order to uncover the mystery word in the shaded squares. Nom.



TOILET GENIUS: BRAIN BOTHERER TWO

If you like six-sided shapes and unravelling tricky numerical puzzles, you're in the right place. Just pop the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same.



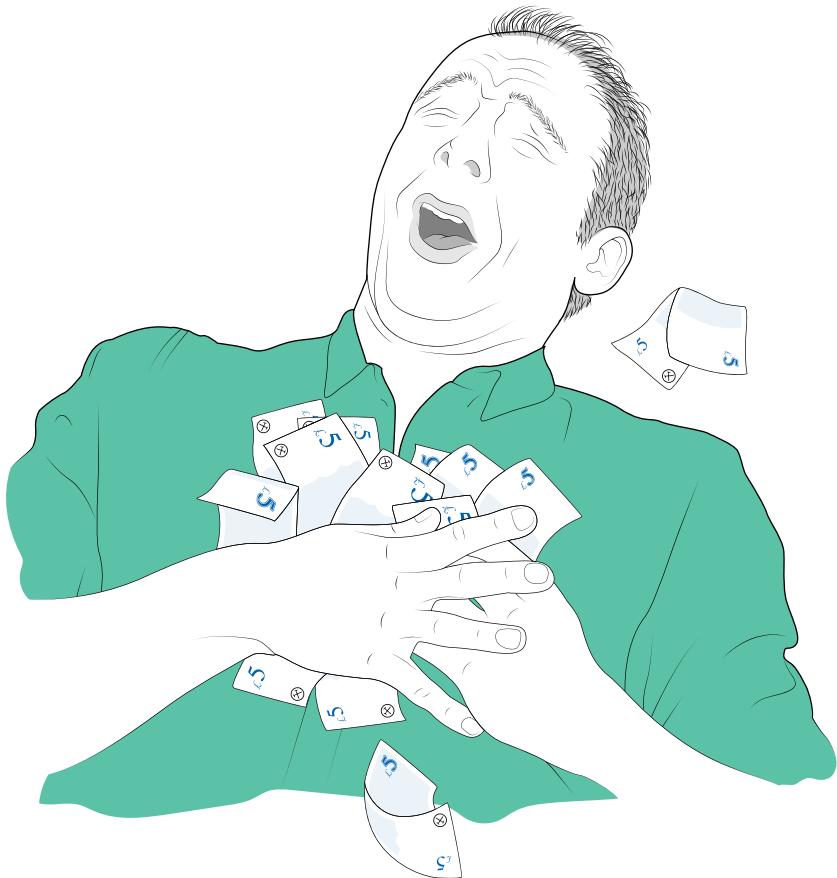
Cheat if you must...

We're feeling extra fancy, so don't expect any supermarket cheddar on this list.

Cheat if you must...

No numbers are repeated inside any one hexagon.

Why is this man deliriously happy?



Answer: He got his mates to pay for his shaves.

You can be this happy when you invite friends to join the Club.
You'll earn £5 in DSC Credits for each friend who signs up
for a razor Membership. Let the referrals begin.

Refer friends at DollarShaveClub.com/DSCinvite