

HOW TO SURVIVE AS A HUMAN—a brief guide

Congratulations! You have been placed by the apathetic cosmos into an uncomfortable meat-based receptacle made of mostly water, which has the morphology and genetic composition of the terrestrial species Homo sapiens. As a newly minted “human,” you may understandably feel confused and upset about your new condition, foisted upon you by forces beyond your control or understanding. This thing they may now call your “body” is inherently awkward and frequently uncomfortable, and will make many demands of you, and will behave as you wish it to only a fraction of the time. Unfortunately, these are common aspects of being a biological organism which may interfere with the function of your “mind” should you fail to proceed with extreme deliberation. For this reason, we have assembled for you a list of things that can be done to enhance your experience as a “human being.”

NUMBER ONE: FEED THE BODY

Humans, like other earth animals¹, produce energy by “eating,” most commonly by inserting “food” into a “mouth.” For humans, food most often consists of plant material or the flesh of other animals², and must be taken several times throughout each diel cycle. Failure to take food several times throughout the cycle may result in irritability, sadness, lethargy, loss of physical mass, and eventually death. Table 1 indicates some examples of things that do and do not qualify as “food.” Inquire among trusted humans for a more exhaustive list.

Frequently asked question: You may wonder, “can I eat the same thing each time?” Unfortunately, the answer is “no.” The body requires a variety of nutrients, and it is recommended that you vary your diet to encompass the food groups represented in table 1.

Frequently asked question: You also may wonder “may I eat my own body in times of need?” Though this would appear to be a wise course of action, this is not a viable option for a number of reasons. Firstly, the body cannot regenerate entire limbs or structures, which means that eating part of your body would result in permanent damage and loss of function. Secondly, the body already “eats” itself under conditions of starvation, as energy is drawn out from muscle and fatty tissue, as alluded to above. This is perhaps the body's way of sustaining itself over longish periods without damaging parts that cannot later be rebuilt. So the answer is “no.”

NUMBER TWO: WATER THE BODY

Your body is, as previously stated, made of mostly water (~75%), and water loss takes place continuously, particularly in arid climates and among humans accustomed to breathing through the mouth. The body must be supplied with clean water-based liquids whenever it begins to dehydrate, or several times each diel cycle. Water can be derived through eating (see section above), but can also be obtained directly in its liquid state. Table 2 lists some locations from which water should NOT be obtained. It goes without saying that urine is not an acceptable water source except in cases of absolute emergency, and even then, should be avoided.

¹ At least some of them.

² Eating other humans is not recommended except under conditions that make it socially acceptable to do so. Avoid the brain.

Table 1: Can eat?

Yes ✓	No X
✓ Grains	X Concrete
✓ Vegetables	X Wood/trees
✓ Fresh meat	X Air
✓ Oranges	X Plastic
✓ Birds with the feathers off	X Inflated puffer fish
✓ Squids	X Red mushrooms
✓ Contents of freezer packages	X New berries
✓ Beans	X Automobiles
✓ Sugar donuts	X Other large pieces of metals and metalloids
	X Sponges
	X Clothes

Table 2: Beware drinking water from....

Sewers
Toilets
Oceans
Puddles
Bongs
Churches
Wells and spigots on Broad Street
Swimming pools
West Virginia municipal supply
Fraternity parties
Canals
Unmarked open containers found in public

NUMBER THREE: THE THING OF SLEEPING

Sleep is a largely tedious-to-observe activity in which humans lay inert with eyes closed³, deliberate mental operations suspended⁴, for an extended period of time. Humans usually need upwards of eight earth hours of sleep, ordinarily taken during the period of darkness in each diel cycle. Failure to adequately sleep may result in regrettable decisions, sluggishness, inadequate immune response, outright stupidity, waking hallucinations, and eventually death. Though it is an essential biological function, sleep may be surprisingly difficult to initiate or sustain. Sleep is best naturally initiated by means of boredom, biofeedback manipulation, or reading. Sleep may moreover be obtained through use of chemical inducements such as pills, serums, or inhalation of smoke produced by burning the bud of the *Cannabis* plant. This committee neither supports nor condemns any particular method, but urges

³ Some humans may also be found sleeping with mouth agape and dribbling, and/or while making potentially bizarre or alarming gurgling and grunting sounds. We hypothesize that such habits are cultural.

⁴ "Dreams," which are hallucinations entertained while sleeping, are fairly common. This committee considers that they should not, on the whole, be considered too seriously, or at any rate that they should not be recounted at length to persons not being generously compensated for their time.

you (a human) to select the easiest and most sustainable method to suit your particular situation, following a period of assiduous research.

Frequently asked question: You may wonder, "is death the same as sleep?" The answer is that people who have found out are not at liberty to say, and that as a human, your biological imperatives should probably make it difficult for you to test out any theories that you may entertain on the subject. Should you persist, we wish you the best, but tactfully remind you that subsequent placement into a new physical form is not guaranteed, and that death could potentially be quite itchy.

Frequently asked question: You may also wonder, "why do we sleep for so damn long?" The answer is that all major organs and tissues require passive periods during which to maintain and restore themselves. Failure to sleep for adequate periods of time may result in characteristics similar to those of the late Margaret Thatcher, which should be answer enough to this particular line of inquiry.

Frequently asked question: You may additionally ask: "I like sleep! Can I do it more?" The answer is that you may, so long as you do not fail to eat and socialize (see Number Four) as a result.

Application box 1: based on your best judgment, consider whether each location or configuration is suitable for sleeping. (Answers can be found at the end of this document)

1) In a bog	2) Among goats
3) In the road	4) With head inverted, on a log
5) Under a bed	6) In a swimming pool, with water
7) Above a bed	8) In a swimming pool, without water
9) On ancestors' grave	10) In a bed
11) Bakeries	12) Sand boxes

NUMBER FOUR: BEWARE OTHER HUMANS

Humans, as you may deduce after reflecting upon your own behavior since the beginning of your stay, are irrational and selfish beings, and should be treated with extreme caution. Humans have shown a tendency to impose their own lifestyles and (usually baffling) beliefs upon other beings, whether or not there is any tangible benefit to themselves. This behavior, meant to enhance the human's sense of its own "power," manifests in a number of ways, but is best illustrated by the tendency to dress babies and/or companion animals in gendered clothing, and by the tendency to engage in long, violent struggles over matters that would seem trifling to the casual observer. In any case, it is best to subject humans with which you interact to a rigorous screening process⁵, of which (this committee opines) they should generally not be made aware. Humans worthy of trust should be kept close, though we tactfully remind you that breaches of such trust may nevertheless occur, and will probably be extremely painful.

In spite of these warnings, we encourage you to spend time with humans whom you deem adequate. *Homo sapiens* is an inherently social beast, and lack of socialization may result in a host of unseemly habits. Excessive socialization may of course result in the same thing; it is recommended that, as a human, you become accustomed to your own company, and engage in periods of solitude as an antidote to the potentially destabilizing influence of others. If other humans seem to want you to continuously sacrifice your own wellbeing for the sake of some kind of issue, consider their requests carefully, but do not hesitate to tell them (with a degree of clarity that may be enhanced by rudeness) to relieve you of their presence, should you feel it necessary. As a human organism with physical and

⁵ Even or perhaps especially members of the biological or assigned family

psychological requirements for well-being and optimal function, it is important that you not allow other humans to prevent you from tending to those requirements.

This committee reminds you that, should you be a "good" person (roughly defined by modern humans as one heavily concerned also with the wellbeing of others), people will try to tax your resources almost continuously, and that strong precautions should be taken against tending to these other humans in an unsustainable or self-effacing manner.

FINAL APPLICATION—

Match the following feelings (1-11) with the appropriate self-care response (a-k):

- 1) stomach hurts, is gurgling, head feels faint
 - 2) UPSET
 - 3) eyes do not focus and frequently close
 - 4) family killed by wasps
 - 5) toe red, swollen, throbbing
 - 6) special part of body red, swollen, throbbing
 - 7) elevated heart rate, flights of fancy
 - 8) bleeding from the nose, mouth, gums, rectum; hair loss, bruising, blistering
 - 9) general malaise, inability to remain present, aversion to eye contact
 - 10) intense hatred of everything
 - 11) inability to eat enough food; always hungry
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- A. Proceed to nearest hospital. If sucking on rock, stop sucking, dig deep hole, and bury rock. Mark location for future disposal.
 - B. Is there another human nearby who might be precipitating this response? Engage said human in conversation. Anticipate the future issue of this publication entitled "Human Recreation".
 - C. Leave locale, and in case of immediate pursuit, seek and wield fire hose.
 - D. Check feces for flat white worm. Seek medical attention.
 - E. See section above, "FEED THE BODY".
 - F. Remove constricting objects that might be affecting appendage; elevate, apply ice (15 mn on, 30 mn off).
 - G. Get out of situation, leave any potential interlocutors, seek trusted persons for support or direction OR retreat to solitude and drink tea.
 - H. Apply poultice and bandages; consult herbalist.
 - I. Seek trusted persons for support or commiseration OR retreat to solitude and drink tea OR slay sheep, if unguarded. (In latter scenario, seek therapy)
 - J. See section above, "THE THING OF SLEEPING".
 - K. Sleep, eat, seek trusted persons for support, retreat to solitude, or take up gardening.

Solutions to application box 1:

- 1) It depends. Sphagnum bogs are cushy, but may be too moist for comfortable sleep.
- 2) Only if the goats are asleep also
- 3) Not suitable
- 4) Only for short periods of time (less than 30 minutes)
- 5) Suitable

- 6) Not suitable unless wearing floatation device
- 7) Suitable
- 8) Not suitable; empty swimming pools are usually at imminent risk of being filled in.
- 9) Recommended
- 10) Suitable, if camping equipment is used, though dreams may not be pleasant
- 11) Suitable, but only with permission of the baker, and in anticipation of an early breakfast
- 12) Not suitable.