

How to Install and Use a Toilet Seat Bidet (and Eugenics!)

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*...in the merciless struggle for survival the unfit were doomed
anyway and the fit destined to prevail.*

Daniel Kevles, *In the Name of Eugenics*, on Karl Pearson

One year before the current COVID-19 pandemic began, very fortuitously we decided on a bidet toilet seat from Home Depot: it was the cheaper and easier way to approach a higher standard of hygiene and consequent evolution compared to the many space and plumbing challenges associated with a separate bidet commode, and far more commodious since it did not involve moving one's *tuchus* from one pot to another. (*Tuches*, *Tochas*, and in the plural, *Tuchii*, are all transliterations, so don't bother writing and criticizing my spelling.)

Our decision was made in November, 2019. It was the less expensive model without water heater: winter temperatures are frigid in northern Arizona at that time of year. The bidet seat's instructions read something like, "T" the seat water line into your toilet's cold water pipe, which I did.

Our water temperature averages about 40 to 45 degrees

(Fahrenheit) during winter. At 8AM having your sphincter blasted by near freezing water is an eye-opening experience surpassing anything Starbucks can offer in stimulants. After the first morning I had cursed myself for being such a cheap bastard and not buying the heater version. (As an aside, one of the appealing design features of the Kohler bidet is the motorcycle throttle that controls the flow of water on the handlebar to the right of the seat, and I'll often make, *Vrooom-Vrooom* sounds while washing, being an old motorcycle enthusiast. If you have explosive gas, it also gives you something to hold on to prevent cracking your head against the ceiling. Overall the bidet seat adds water volume to the toilet bowl facilitating the flushing of "waste" or, if your Donald Trump, classified documents.)

Back at my desk and sphincter constrained, I sat warmly and researched an automatic mixing valve. I found, at Home Depot as well, a thermostatic mixing valve with Shark Bite on all three points, which is exactly the type of plumbing connectors I used to re-plumb the house a few years prior. I ordered it.

...in the merciless struggle for survival the unfit were doomed...
That is, until the intervention of progressive government some few years ago. Now, our President Biden has informed us that we will defeat Cancer "soon" thus allowing our population to continue to spiral out of control, losing the one sure-fire disease for population control, second only to *Hate*. Read, ***What Hitler (and California) Got Right and Wrong: Eugenics and Euthanasia*** below. In that article we mention that (in my lifetime, from 1950 to today) our ***world population has increased from 2 billion to 8 billion – a 400% increase.***

That's why our planet's environment is crumbling: *at the very least a 400% increase* in fossil fuel usage, industrialized food production, durable and non-durable goods manufacture, housing, household energy use, and all other costs to sustain the

extravagances of our world today, far beyond the *per capita* of 72 years ago.

And, as we mention in the above referenced article, in the United States 78% (*ipso facto*, only 22% will appreciate the words that follow...) of us are overweight and a growing number (at this writing more than 44%) are **obese** adding another more than 40% *equivalent* to our population: fat people eat more to sustain their fatness; it requires more fossil fuels to pull their fat asses along the highways (and roadways to the nearest McDonald's); more material to clothe them; more energy to cool them; more... **more everything**.

Our local hospital, *Kingman Regional Medical Center (KRMC)*, spends a great deal of money counseling those who smoke on the dangers of smoking, yet to walk through the halls is an exercise in *fleet-of-footedness* while dodging the vast majority of the obese on staff: it's not a good look for Health Care professionals, yet it is increasingly more acceptable today as the multitude of Americans trod the pathway toward *Fatville*. (Interestingly, directly across the small roadway from KRMC is an **In-n-Out** burger joint: heavily populated with scrub-wearing folks at meal times.)

Likewise, KRMC was overwhelmed during each Covid-19 outbreak. The irony is that in several findings, Covid susceptibility was firmly linked to body fat, allowing the virus an "incubator" to eventually overwhelm our immune systems, while those who smoke were proportionately under-represented. During the fat-involved process apparently your body releases massive amounts of cytokines that destroy tissues and organs. The resulting organ damage - lungs it appears most often, as reported - are **not** destroyed by the Covid virus directly but by your body's response. Here's an interesting article for you to consider "fascinatingly" entitled, ***COVID-19 Severity in Obesity: Leptin and Inflammatory Cytokine Interplay in the Link Between High Morbidity and***

Mortality. Can't wait to read that, eh?

In the article referenced above regarding Eugenics and Hitler, which you will find below (and that covers at least one dimension thoroughly) I used Cohen's book, ***Imbeciles*** as the basis for developing the need to better control our burgeoning population. It's not just those who are fat of body, but an increasing number who are *fat of head*, too. In Kevles' ***Eugenics***, he cites Francis Galton's axiom that, *...if they were left to reproduce without constraint, (they) would ultimately regress toward the mean of the initial population.*

In other words, we, today, appear to be irrevocably doomed: the mean of the initial population is *not an advanced state*. (Consider "Initial" in context of population.) As a society we are failing to *select out* those who skew the mean to a lower level, and conversely, *select in* those who elevate the mean, leaving us moving unalterably toward the center of an ***Evolutionary Black Hole***, evidenced daily in the news.

I plumbed in a red Pex line into one side of the T in the thermostatic fitting, having T'd into the hot water line in the basement bringing it through the floor to the left of the toilet, and a blue pipe into the other, T'd from the water fill line already projected through the floor to the right of the toilet. The third, or *to be blended* line, yielded a mix of hot and cold water which can be adjusted under the cap of the T mixer. The line out fits into the feed of the bidet toilet seat and, *voilà*, as Voltaire probably said a few times in his life, a far more pleasant mix of water is rendered unto your hiney resulting in an equally pleasant cleaning sensation, especially so if you fearlessly grab a bar of nearby soap and render your keister completely klean and kommodius to those nearby your person, and, thus, know that you are ***following a path toward enlightenment and evolutionary progress.***



A well-plumbed bidet

Ian Deary said, *Some people are cleverer than others. I think it would be a good thing if more biologists began with that observation...* I think it would be a good thing if those who legislate our laws regarding abortion and birth control embraced that supposition, too.

And, following along with the above, when the next Pandemic hits, you too can say, *What toilet paper shortage? Do I care about a toilet paper shortage? I don't even need toilet paper* (if you don't mind potentially sullyng your blow dryer).

The failure to re-implement a standard for Eugenics practice today falls on Adolf Hitler. Without his rise to power and subsequent actions, Eugenics laws and practices probably would have remained intact, as they had *before his rise to power* and bastardization of the *ideal*. Today, people like Arthur Dyck illustrate the evils of Eugenics by placing them *on all fours* with Hitler's nasty approach. Dyck, *Harvard Divinity*, is another victim of the maudlin sentimentality that continues to plague resurrection

of the only remedy we have today to circumvent what lies ahead. Our world is filled with confused people with an agenda that is without logic and strives to defeat what Nature had intended.

Read, Adam Cohen's *Imbeciles* for a robust look at the history and evolution of Eugenics.

Don't bother to read Kevles' *In the Name of Eugenics*, unless you wish to completely immerse yourself in the minutia of the practice and theory: it's painful, and *like Jesus, I have suffered for you so you may not.*

Get, a *toilet seat bidet* and plumb it as above, and you will do much to expand your universe of influence and sociability. And if your neighbors dog tries to smell your butt, a look of grave disappointment and confusion will encompass his countenance.