

"They are very common and puzzling, we are fond of them; we do them consciously or unconsciously but they irritate so much"

In the current world we live, dishonesty is the only currency for social acceptance and financial sickness. One must therefore practice some deceit to get along in life. But you must never lie to yourself or you will be left with no one to ever trust. Naturally, people don't like honesty - regardless of the numerous sermons that honesty is the best policy. Well, for the case of this column, it might be different for frankness would be the order of the day and some part of it may be uncomfortable with you. Kenyans have stopped being that they are and are now behaving more else like Mongoloids.

Before you start accusing me of calling you names, allow me to inform you that this is not a non-governmental organization seeking any resources, nor is it a pressure group lobbying for a change. This column is meant for you, your friends and your neighbors. You have seen people commit certain things that you can't understand their motivation of them doing so. Well, here is your chance to help them. This column highlights some of the annoying, self-defeating behaviours and habits we consistently do that go unpunished and above all, nobody talks about. Perhaps, because everyone is a victim.

Here are samples of those habits we do:

**Picking Noses**

If nobody has ever told you that picking noses is one disgusting, mannerless and unhygienic habit, then have it from me. It is one of the most unbecoming behaviour we Kenyans have adopted as a lifestyle. And to say it is very improper and

## The things you commit again and again

### Annoying Habits

By Chaga Paul

immature is excusably polite, and understatement in relation to how we do it.

Hygiene is one of the most fundamental aspect of life we have to take care of, with a lot of caution. But when we find it very normal and quite comfortable going against the hygienic standards, then we are set for doom. And cholera, Ebola and such related diseases that the government keeps reminding us to eradicate one have to start.

Anybody above eighteen is usually assumed to be an adult not an overgrown baby and that's why the government considers it necessary you are issued with an identification card.

The moment one reaches this age he or she is expected to stop toying around and carry him in a mature manner. Picking and pulling noses has gone beyond the boundaries and it is spreading like hell fire. It has captured almost all categories of life. The young and the old, the blonde and the brunette, the beautiful and the ugly have all fallen prey to it. Professional, executives and celebrities have no exception. You have found yourself in a situation where you don't really know what to do. Someone from a distance is approaching you and from a good guess, you figure it as an old good high school friend. It has been very long since you were together and always wondered if you will every meet. Everything about him screams modesty and nobleness but wait a minute. This fellow makes some few stops, bends shallowly as it so pack

something from his document wallet and the next thing you hear is a squawking deafening sound from nobody knows where. Struggling with his nose as if it is a liability to remove unwanted stuff that has inhibited it. He pulls his nose for the second time and with no care where the stuff lands, he then very consciously wipe his nose with the palm of a back of his hand and from the look of his face, everything is very, normal and of course he has relieved himself.

With a big smile, he hurriedly approaches you with hands apart needing for a big hug. You were so happy seeing him, but just by seeing what he has done and how he has done it, you start cursing why it had to be you. Saying hello! Would be a problem; save alone a handshake. So in this case what do you do? Ignore what you have just witnessed and give him that hug and let him get away with it? Or compliment him on his looks and as quickly as possible rush over the conversation and go your way? I think I would tell him outright what he has done is not good. And ought to be stopped because it is unhealthy for him, and more importantly, it is not done not take it freely, then I will let it be but at least I would have helped him. I vividly recall that during our primary school days, a number of pupils could always come with some kind of clothing that resembled a handkerchief, firmly pinned on their shirts such that would need a tie, they could always reach for them. But more often than not, that was never the case because as anybody else

would expect, they hardly remembered they had them. So they would always end up untucking their shirts pull their noses with them, react then keep living.

Am beginning to suspect that it could be these memory syndrome of childhood that has captured and torments us today. For the same things that we do when we were at pre-primary, followed us up to where we are now working. Bad parenting could be blamed on this, but again even those who had to stickiest parents and well known disciplinarians have the same weakness.

The other day I was at a restaurant having dinner. Being end month the place was fully packed with people and so getting a seat was a problem. I don't know why, but perhaps almost everyone have had his or her better half. Having secured a place, some few meters away from me sat a couple that I figured out from my unconnected scraps of evidence to be very close spouses.

The lady who looked gorgeous in her evening dress with a well-made hair and a smooth looking face seemed very comfortable from where she sat. Her partner who was kind of abt shabby, in a blue jeans trousers and black T-Shirt sat opposite her looking so passionately into others eyes, any blind person could not doubt they were in love. But again one thing that really kept disturbing me was the way this man was behaving. For the last thirty five minutes I was there, this fellow's hands were on and off his nose. Picking, looking at the stuff, rolling it in his fingers and then dropping the stuff down. I don't want to bore you with this story. But I must tell you one thing: that even after that inserting and dwindling of fingers into his nose, these fellows left holding hands so affectionately. I

don't know how the lady felt. But from my point of view it was never a good scene.

Picking and pulling nose, is a habit that if not well taken care of, it is better to stay. At one time or the other you will find yourself reaching for your nose. No matter how conscious you are, you will be caught out at one moment. Some people argue that holding or touching noses is a means of communication to show distress, un-comfort or nervousness, but again that shouldn't be used as an excuse for picking it.

We also have to understand that this is a viral caused disease and therefore is never treated completely. It always recurs and spreads so fast. We must always strive to cope with it in a simple clear manner. Just arm yourself with a handkerchief. They don't cost much, the least goes for five shillings and twenty shillings and twenty shillings that us for a normal Kenyan.

We can blame the economy for that, but why do you have to dress in a shirt worth a few hundred and a trouser of skin worth five hundred with no handkerchief of twenty shillings? Sounds funny. Changing habit takes only twenty-one (21) days. And if you think you are into this habit, then it is high time you developed some device of eliminating it. Always try to remember, whenever you have a tingling feeling of sneezing or blowing your nose to do it with a handkerchief.

Nobody would like to see what comes from it and so be keen when doing it. You can also excuse yourself when blowing your nose rather than doing it in front of your audience - only if you can help avoid it.

Lastly I really don't know whether it is just we who feels pissed off with this whole scenario of picking and pulling noses or it bothers you too!!

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