

# 7 You can break that habit after all

In his book *'from the corner of his eyes'* Dean Kootz says that one cannot be strong until he learns how to be calm. Strength and power comes from perfect self-control, and perfect self-control arises only from inner peace. Inner peace is largely a mother of deep slow and rhythmic breathing combined with - not on the past neither to the present but to the future. I can't agree more with Kootz, for whatever we do regardless on how small or big it is, if we have determination and hard work we can always achieve the set goals.

I don't think there is anyone who has a significant self-improvement by setting low standards for him. We usually think of the un-attainable dreams but with a focussed mind, we end up achieving them no matter the obstacles we encounter in the process of doing so.

Well, changing a habit or behaviour requires almost the same principle. Just by identifying a bad habit does

## ANNOYING HABITS

By Ohaga Paul

not eradicate it. It takes more than time, resources and whatever you need to help you come over it. There is this habit you Kenyans do and get away with it without getting punished for it. Even the name sounds weird, but that will not hinder me from saying what it is.

Farting!

Farting, as I would say is sending or releasing of air from the bowels through anus. I wish there was a better way I would use to describe it. But there you are! Fellows from the coast call it 'Kunyamba'.

Just like the name suggests, it is not a good habit. And you and I know that it is bad. But we still go ahead and do it. Children will be excluded, but for an adult, it is against the human morals. What puzzles

me is that even the people you would expect them to do better, more often than not do it more frequently, and yes more loosely.

Man was made to breathe with the nose. But the moment that biological system of breathing changes, then something is seriously wrong with you.

Imagine you are in a business meeting, seated with executives who are worthy of your salt. These executives are very ambitious that it is only the sky that is their limit. Then without warning, a wave of a very faulty smell emerges from within yet no one seems to know where. Let me tell you what such air does. It changes the atmosphere to the extent that it looks like it is sewerage drainage. The stench will persist, until you want to react, but you fear the reaction of your contemporaries. So you sit aloof pretending that all is well. Seconds later, the smell reaches the next person in a row, who will react im-

mediately by touching the nose. You try to keep eye contact, but it is lost. Contemplating of leaving, finally, the smell engulfs the entire group and there goes their reactions as well. No body talks about it. No body even comments. Only the brave manages a smile.

And the most interesting part of this habit is that even the person who did relief himself becomes the most visibly irritated. Kenyans, what could be wrong with us? I have always thought that we are quite a reasonable community.

I do believe that farting does happen to people when they least expect it. I also believe that there are some who make an effort to do it. For example, lifts. There are people who leave offices and relieve themselves in lifts and leave it stinking for God knows who. And because it is a bad habit, and you know that you are one of those culprits, purpose today that you can break it. Forget the cliché, that 'old habits die hard'.