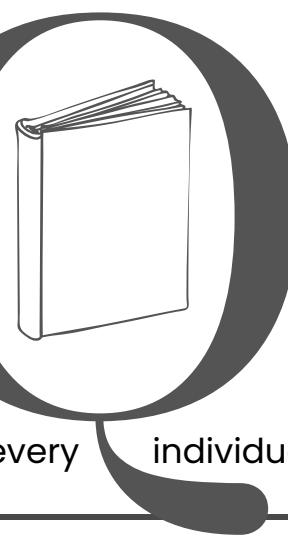


# december Quotes



2025

In fact, a guiding principle upon which the smooth working of our society is based is that the anal sphincters of every individual who is not an infant will indeed hold stool back until the right moment. - pg 171

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 In fact, the successful transmission to a child of the knowledge of how to exert authority over his/her external anal sphincter is one of the great thrills of parenting. - pg 172	2 Functional bowel disease is what Winston Churchill called the Soviet Union in 1939: a riddle wrapped in a mystery inside an enigma. - pg 181	3 The intestinal music of serotonin has turned out to be Wagnerian in nature, filled with leitmotivs, counterpoint, and unexpected depth. - pg 192	4 A renaissance of the gut is underway. To paraphrase President Reagan, it is morning in the abdomen. - pg xv	5 Rediscovery is every bit as good as discovery, if what is rediscovered is important and was forgotten. - pg 3	6 When it comes to cans of tunafish, it is good to have the government on your side. - pg 31
7 The toxicity of cyanide is trivial in comparison to botulinum toxin ... given the familiar and cheery name "Botox." - pg 30	8 It is wonderful to be correct about anything, but it is even better to be right when being so shows that others are wrong. - pg 46	9 I had envisioned the upcoming workshop on the enteric nervous system as a coming-out event, a neuro-scientific debutante ball ... - pg 48	10 I simply swallowed my liver and presented my data. - pg 50	11 Like Jack Wood, Alan [North] was an electrophysiologist who made a living by impaling intestinal nerve cells with glass micropipettes. - pg 54	12 I thought of Alan's menacing eyebrows and I shivered. Tomorrow could be a bad day. - pg 55	13 ... the intestinal kibitzing was bad for my morale. - pg 59
14 The various cells of the anterior nervous system could have been bulls with exotic names whose characteristics were electrical in nature. - pg 59	15 ... a segment of the small intestine of a guinea pig exhibits very little spontaneous activity when it is removed from the animal ... - pg 70	16 ... the serotonin-containing enteric nerve cells have an unerring eye fixed on the anus. - pg 77	17 ... with a strong urge to take care of what I then believed was a severe alcohol deficiency in my bloodstream ... - pg 79	18 Burps bring this air, redolent of gastric perfume, to consciousness and often also to public attention. - pg 92	19 The fresh fish were critical and there was hell to pay if they were not perfect. - pg 97	20 Gastric acid could be eliminated [by] the biological equivalent of Drano, but ... the wall of the duodenum would turn into soup. - pg 117
21 The distinctive color of bile ... comes from molecular detritus resulting from the destruction of dirty old worn-out red blood cells. - pg 119	22 The disease is thus sexist, race-conscious, and discriminatory on the basis of age. It has no sense of decency. - pg 121	23 I think of the [pancreas] as the P-bomb. When its enzymes explode ... a person can be turned into history as readily as Hiroshima was in 1945. - pg 135	24 Life at its best is lived when the colon remains, as the politicians say, in deep background. - pg 149	25 Doctors are much better at diagnosing diseases that they expect to see. - pg 155	26 Human sewage is dumped in the oceans, ... often regarded by people as limitless cesspools provided by the Eternal for their convenience. - pg 156	27 Like an expert in judo, cholera leverages the attack by the enteric nervous system and the bowel and turns it into a suicidal thrust. - pg 158
28 ... a fiber-filled colon is likely to be one that is propelling its contents toward the anus at warp speed. - pg 167	29 The rectum is well endowed anatomically to handle the heft and bulk of the stool it contains. - pg 171	30 "Poems are made by fools like me, but only God can make a sphincter." - Victor Marshall - pg 172	31 Parietal cells react to [histamine] like teenagers react to popular music. It must always be present and, while it does not make them do anything special, they cannot function if it is taken away. - pg 103	quotes from Michael Gershon's book <i>The Second Brain</i>		