

# Contents

Acknowledgements	9
How Did It Come To This?	13
How To . . . Wire A Plug	15
How To . . . Shake Hands Properly	18
How To . . . Buy Flowers	20
How To . . . Carve A Chicken Like A Pro	23
How To . . . Undo A Bra Using Only One Hand	26
How To . . . Start A Fire With Two Sticks	28
How To . . . Beat A Hangover	32
How To . . . Crack Open A Coconut	36
How To . . . Master The Fireman's Lift (And Carry)	37
How To . . . Bleed A Radiator	40
How To . . . Communicate Using Morse Code	42
How To . . . Give A Best Man's Speech	45
How To . . . Hit A Fairground Hammer (And Make The Bell Ring)	49
How To . . . Mow The Lawn	51
How To . . . Change A Baby's Nappy	54
How To . . . Skim A Stone Across Water	57
How To . . . Fight A Raging Fire	59

How To . . . Buy A Suit That Actually Looks Good On You	61
How To . . . Start A Frozen Car In Winter Weather	66
How To . . . Open Champagne (The Sophisticated, Unflustered Way)	68
How To . . . Be The Perfect Gentleman	71
How To . . . Rugby-Tackle A Thief	74
How To . . . Pull Off The Heimlich Manoeuvre	76
How To . . . Catch A Fish With A Piece Of String	78
How To . . . Save A Drowning Person	81
How To . . . Deliver A Baby In An Emergency	83
How To . . . Hold A Baby Properly	86
How To . . . Pass Yourself Off As Some Kind Of Wine Buff	88
How To . . . Break Down A Locked Door	91
How To . . . Unblock The Toilet	93
How To . . . Dive Like Tarzan	95
How To . . . Make A Baby Stop Crying	97
How To . . . Use A Cut-Throat Razor	98
How To . . . Rip A Phone Book In Half With Your Bare Hands	100
How To . . . Jump-Start A Car	102
How To . . . Perform The Kiss Of Life	105
How To . . . Build A Fire	108
How To . . . Stage-Dive	110
How To . . . Win An Arm-Wrestle	111
How To . . . Fend Off A Dangerous Beast	114
How To . . . Tie The Trustiest Knots	120

How To . . . Navigate By The Stars	124
How To . . . Barbecue Like A Man	127
How To . . . Deal With A Rather Nasty Cut	130
How To . . . Gut A Fish	132
How To . . . Pull A Tooth	135
How To . . . Whistle Through Your Fingers	137
How To . . . Mend A Puncture On A Bike	139
How To . . . Fix A Dripping Tap	142
How To . . . Change A Tyre	145
How To . . . Clean The Windows Like A Pro	148
How To . . . Buy Her A Present She Might Actually Like For Once	151
How To . . . Dance	154
How To . . . Dance Properly, Like A Dandy	157
How To . . . Moisturize Effectively	160

# HOW TO ... Wire A Plug

If you don't learn any other skill in the book, make sure you master this one; the most basic requirement of any man. Not only will it ensure your toaster, TV and Corby trouser press are all fully functional, but the combination of colourful wires and sharp tools gives the impression you're attempting something both delicate and dangerous. You're not, as it turns out, but no one else needs to know that.

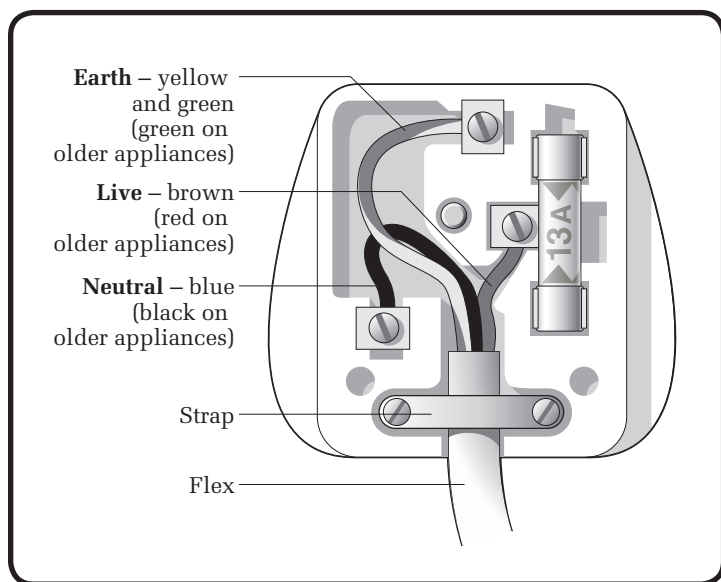
To make life easier, most products these days come with a fully functioning plug already attached. Even so, knowing how to replace a damaged plug – or rewire one from scratch – should stand you in good stead when the need inevitably arises. Luckily, it's embarrassingly easy...

**Step 1.** If you remove the back of a household plug that's already attached to an electrical device you'll find a fuse (that silvery little tube thing, on the right), a strap, and a fat flex running into the bottom of the plug, inside which live three colourful conductors: Earth (coloured green/yellow), Live (brown) and Neutral (blue).

**Step 2.** If starting with a brand new plug, you'll need to measure the flex against the three terminals to determine how far down the outer insulation (its skin, if you will) you'll need to snip to allow the three wires inside to reach their relevant terminals – 4 cm is industry standard. With a sharp knife or wire cutters, very carefully trim away this

outer covering, then use a pair of wire strippers to remove the insulation covering the three wires, leaving around 1 cm of exposed metal core on each. Bend each wire back on itself to ensure a more comfortable fit into its terminal.

**Step 3.** Loosen the three terminal screws, and connect the correct wire into the correct terminal and tighten the screw again to hold the wire in place. The brown wire goes into the terminal with the fuse, the blue wire into the terminal marked N (Neutral) and the green/yellow into the top terminal, which should be the only one left if you've done it right. Finally, screw the strap into place to secure the flex, reattach the cover and tighten the centre screw to secure it. Plug in, switch on and bask in the warm glow of light/noise/crease-free trousers etc.!



# HOW TO ... Shake Hands Properly

The art of shaking hands does appear to be slowly dying out, chased off into the shadows by its more modern equivalent: the knuckle-knocking fist pump. However, because there are some occasions where an old-fashioned stout shake will suffice, you'd do well to master the basics. And despite what you might think, there's more to it than just clamping onto the other bloke's hand and holding on. Admittedly, not *much* more to it than that, but we wouldn't want you to make the wrong first impression and for him to think you're an oddball from the off, so follow the advice closely.

Shake a stranger's hand too firmly and he'll think you're trying to outmuscle him in a test of manhood that may later lead on to a bout of naked wrestling on the hearth. Shake too limply and he'll quite rightly dismiss you as a spineless cretin who's not to be trusted. The art is to find a happy balance, and the unwritten rules are simple ...

## **The perfect handshake**

Make eye contact, smile, or say 'hello', and extend your right hand, held at a slight downward angle.

Your grip should be firm but never fierce – this is not a test of brute force so never *squeeze* his hand.

Shake using only your lower arm, and never bring your shoulder into play – that's when it becomes more physical;