

# practical guides

The Latest in Do-it-yourself Mint Rubbing Technologies

## Welcome

Here at mintrubbing.org we place high value on the practical approach when it comes to rubbing mint. This is most important to our foreign

members, who might have problems with the basics of mint rubbing and assorted techniques. Just follow the instructions presented below and start rubbing!

**Mint Rubbing:** Known to man since the dawn of time. Easiest, most convenient and wide-spread of techniques. No health hazards. Requires a quiet, peaceful location and mint.



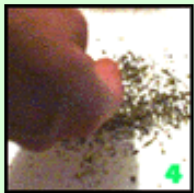
Find location



Get rubbing mint



Rub some mint



Rub more mint



Relax

**Warning!** Mint rubbing causes addiction.

**Gas Burning:** discovered later than mint rubbing, but used on a large scale at present.

Gas burning is a potentially hazardous activity and must only be performed by specialists.

Contact your local firefighting department for further information. Always take the necessary precautions and use a highly ventilated room for burning gas.

Requires gas and an ignition source. Keep out of reach of children.

Example #1- Gas burning for beginners:



Mobile gas burning performed with the aid of hand held ignition devices. Easy, convenient and mobile. Drawback: limited duration.

Example #2 - Large scale gas burning:



Performed by using cooking appliances. Efficient and effective. Drawback: highly dangerous. Under no circumstances try this at home.

## Alternative techniques

Researched and implemented in modern times. Highly effective and complex techniques. Special skills and animals required.

### Cat's Tail Pulling:



Requires cat. Possible health hazards if cat retaliates. Do not dislocate tail from cat.

### Cutting leaves to dogs:



Requires dogs and leaves. Possible health hazards if dogs attack.

Research in progress.

## Cutting-edge techniques:

Recently discovered; still under testing. Should only be performed by authorized personnel.

### Pretending it's raining:



Easy, efficient and convenient. Requires no special equipment or materials. Documentation and implementation in progress.

### Laying with the belly towards the sun:



Similar to pretending it's raining. Requires favorable weather conditions. Prolonged practice can lead to "loose summer" syndrome.

### Charcoal rubbing:



Older, lower-grade mint rubbing technique. Requires charcoal.

No longer used due to sanitary and health issues.