

• Behind the News • Health • UFOs • Future Science •

NEXUS

NEW TIMES • Vol 9, Nº 4

JUNE - JULY 2002

AUSTRALIA (incl. GST) \$5.45

NZ (incl. GST) NZD \$5.95

USA USD \$4.95

CANADA CAN \$6.95

UK STG £2.80

EU €4.06

**Mobile phones and the
risk to children's health**

**An insider's view of
the 'War on Terrorism'**

The Arab-Israeli conflict

Suppression in science

Did Aliens create us?

**The Finnish Bock Saga:
an ancient time capsule**

ISSN 1039-0170



Print Post Approved PP442036/0005

• Urine Therapy • Myths of Vegetarianism Pt 2 •

NEXUS

NEW TIMES MAGAZINE

Volume 9, Number 4 JUNE – JULY 2002

PO Box 30, Mapleton Qld 4560, Australia

Website: www.nexusmagazine.com

CONTENTS

LETTERS TO THE EDITOR.....	4	CREATION BY OUTSIDE INTERVENTION.....	53
GLOBAL NEWS.....	6	<i>By Lloyd Pye. Darwinists, Creationists and Intelligent Design proponents cannot explain the emergence of humans or domesticated plants and animals. Did outside agents, extraterrestrials, play a part in modifying the genetics of life?</i>	
<i>News you may have missed, including a warning about an imminent Earth magnetic pole flip, risks to water integrity and fertility, and legislation designed to control the sale of herbal medicines in Europe.</i>		THE BOCK SAGA: AN ANCIENT TIME CAPSULE.....	61
INSIDER'S VIEW OF THE "WAR ON TERRORISM".....	13	<i>By Les Whale. An ancient Finnish saga, passed down orally through the Bock family, speaks volumes about a common source of language and culture that goes back untold thousands of years.</i>	
<i>By Michael C. Ruppert. The United States and several other governments had foreknowledge of the September 11 terrorist attacks, says Mike Vreeland, a former spy for US Naval Intelligence.</i>		THE TWILIGHT ZONE.....	67
HISTORY OF THE ARAB-ISRAELI CONFLICT.....	19	<i>Paradigm-expanding items, including speculations on an ancient 3D map found in the Urals, evidence for settlements in ice-age Tibet, and validation of Billy Meier's claim via the Pleiadians that Ecuador's Mt Chimborazo is the world's highest mountain.</i>	
<i>By Joel Beinin and Lisa Hajjar. Today's Palestinian-Israeli crisis has its roots in the struggle over land, the deceit of colonial powers and the UN's failure to implement its 1947 partition plan for two states.</i>		REVIEWS—Books.....	71
HEALING WITH URINE THERAPY.....	29	<i>"Darwin's Mistake" by Dr Hans J. Zillmer</i>	
<i>By Natalia Perera. "Shivambu Shastra", the ancient Ayurvedic medicinal practice of using urine for personal health therapy, is gaining acceptance as its myriad benefits are explored by modern science.</i>		<i>"The Afterlife Experiments" by Gary E. Schwartz, PhD</i>	
THE MYTHS OF VEGETARIANISM—Part 2.....	35	<i>"Emissary of Love" by James Twyman</i>	
<i>By Stephen Byrnes. Anthropological studies show that tribal peoples around the globe have never been strict vegetarians but eat animal products from a range of sources to maintain good health.</i>		<i>"The Truth Behind the Christ Myth" by Mark Amaru Pinkham</i>	
THE SUPPRESSION OF DISSENT IN SCIENCE.....	43	<i>"Blast It!: How to Eliminate Diseases, Disorders..." (a Rife manual)</i>	
<i>By Will Hart. Even in these "enlightened" modern times, scientists are denigrated if they propose theories and ideas that are at odds with the establishment-approved view of the world.</i>		<i>"Triumph over Cancer" by Agi Lidle</i>	
SCIENCE NEWS.....	49	<i>"Cellular Telephone Russian Roulette" by Robert C. Kane</i>	
<i>By Don Maisch. The evidence is stacking up that mobile phone radiation emissions are dangerous to health, particularly that of children, and concerned voices are calling for a precautionary approach.</i>		<i>"Netherworld" by Robert Temple</i>	
		<i>"Plague, Pestilence and the Pursuit of Power" by Steven Ransom</i>	
		<i>"Health Wars" by Phillip Day</i>	
		<i>"Atlantis & Power System of the Gods" by Childress and Clendenon</i>	
		<i>"Watt's the Buzz?" by Lyn McLean</i>	
		<i>"Disclosure" by Steven M. Greer, MD</i>	
		<i>"How the Sun God Reached America" by R. de Jonge & J. Wakefield</i>	
		REVIEWS—Videos.....	78
		<i>"Crop Circles: The Research" by B. Janssen & J. Ossebaard</i>	
		<i>"Contact" produced by Bert Janssen and Janet Ossebaard</i>	
		<i>"John of God" by Mark Thomas</i>	
		<i>"Dowsers Down Under" with Alanna Moore</i>	
		REVIEWS—Music.....	79
		<i>"Cello Blue" by David Darling</i>	
		<i>"Big Drum: Small World" by Dhol Foundation</i>	
		<i>"Latin Groove" by various artists</i>	
		<i>"The Afro-Indian Project" by Ravi, Hossam Ramzy and others</i>	
		<i>"Quiet Days" by various artists</i>	
		NEXUS BOOKS, VIDEOS, ADS, SUBS.....	87–96

NEXUS MAGAZINE

Volume 9, Number 4

JUNE – JULY 2002

PUBLISHED BY

NEXUS Magazine Pty Ltd, ABN 80 003 611 434

EDITOR

Duncan M. Roads

CO-EDITOR

Catherine Simons

ASSISTANT EDITOR/SUB-EDITOR

Ruth Parnell

EDITORS' ASSISTANT

Richard Giles

OFFICE ADMINISTRATOR

Jenny Hawke

CONTRIBUTORS THIS ISSUE

Michael C. Ruppert; Joel Beinin, PhD, and

Lisa Hajjar, PhD; Natalia Perera;

Stephen Byrnes, PhD; Will Hart;

Don Maisch; Lloyd Pye; Les Whale

CARTOONS

Phil Somerville

COVER GRAPHIC

John Cook, jscook@ozzinet.net

PRINTING

APN, Queensland, Australia

AUSTRALIAN DISTRIBUTION

Newsagents Direct Distribution

HEAD OFFICE – All Correspondence

PO Box 30, Mapleton, Qld 4560, Australia

Tel: +61 (0)7 5442 9280; Fax: +61 (0)7 5442 9381

Email: editor@nexusmagazine.com

Website: <http://www.nexusmagazine.com>

NEW ZEALAND OFFICE

RD 2, Kaeo, Northland

Tel: +64 (0)9 405 1963; Fax: +64 (0)9 405 1964

Email: nexusnz@xtra.co.nz

USA OFFICE - 2940 E. Colfax, #131,

Denver CO 80206

Tel: +1 (303) 321 5006; Fax: +1 (720) 941 9352

Email: nexususa@earthlink.net

UK OFFICE - 55 Queens Rd, East Grinstead, West

Sussex, RH19 1BG. Tel: +44 (0)1342 322854;

Fax: +44 (0)1342 324574

Email: nexus@ukoffice.u-net.com

EUROPE OFFICE - PO Box 372, 8250 AJ Dronten,

The Netherlands. Tel: +31 (0)321 380558;

Fax: +31 (0)321 318892

STATEMENT OF PURPOSE

NEXUS recognises that humanity is undergoing a massive transformation. With this in mind, NEXUS seeks to provide 'hard-to-get' information so as to assist people through these changes. NEXUS is not linked to any religious, philosophical or political ideology or organisation.

PERMISSION-TO-REPRODUCE POLICY

While reproduction and dissemination of the information in NEXUS is actively encouraged, anyone caught making a buck out of it, without our express permission, will be in trouble when we catch them!

Editorial

Hello again, and welcome to the wide world of NEXUS. One of the topics I've been meaning to mention for some time is the subject of sceptics. I have a stack of unsolicited articles and letters tearing apart or exposing sceptics and their various agendas and activities. So why don't I publish them? Well, apart from dignifying a bunch of opinionated and self-appointed experts, the truth is that you and I are already the *real* sceptics of society!

Think about it. We are the people who are sceptical about the official line that UFOs don't exist; we are sceptical that vaccinations are safe and effective; we are sceptical that there is no cover-up on water-fuelled cars or cold fusion; we are sceptical that corporations do not conspire with governments to milk taxpayers for all they can; we are sceptical that the medical profession has no cures for cancer; we are sceptical of both Creationists' and Darwinists' theories of human origins; we are sceptical of the claims that there is no CIA drug-trafficking; we are sceptical that there is no agenda for global governance via currency control, etc., etc. In fact, we are sceptical about nearly everything the "experts" would have us believe as truth!

Those who call themselves sceptics are really not sceptical at all. They believe there are no UFO cover-ups; they believe governments are honest; they believe there is no cold fusion or free energy cover-up; they believe that humans evolved from some primeval soup; they believe that mainstream medicine is the best and only option, while they ridicule acupuncture, homoeopathy and so on. They are nothing more than society's self-appointed (and self-aggrandising) thought-police, attempting to silence any legitimate questioning of mainstream propaganda. Sceptics are the ones who would have warned Columbus to stay at home, lest he fall off the edge of the world!

But onto other matters at hand. The first part of the article on the "Myths of Vegetarianism" attracted much criticism. Ironically, the article actually helps those who want to stay vegetarian and improve their health, but it seems that many missed this point entirely. Judging by the tone of language of some of the letters we received, we can dispel another myth. Vegetarians can be just as aggressive as meat-eaters—possibly even more so! Blame it on a vitamin B12 deficiency! Be sure to read the second part this issue.

I hope that by the time you read this editorial, peace will have broken out in the Middle East—although, as I write this, it looks nearly impossible. One of my primary concerns regarding the Middle East situation is the appalling ignorance amongst Westerners about why Palestinian Arabs and Israelis are fighting each other. It appears that many people under the age of 30 think it is all a result of religious conflict going back a millennium and more. Most publications are very wary of printing anything on the Middle East for fear of upsetting the immensely powerful Israeli Zionist lobby in their particular country. Since we seem to be upsetting everybody lately, we decided to publish what we think is the most balanced and accurate account of the history of the conflict that we've come across yet.

One article that excites me is "Creation by Outside Intervention". Basically, this addresses the most obvious, logical (but unproved) explanation for how humans came into being. It wasn't evolution from mud to monkey to man. It wasn't God doing it over six days. It was due to outside intervention, i.e., extraterrestrial geneticists! No doubt Creationists and Darwinists will soon be uniting to counter this "threat" to their respective dogmas.

The Bock Saga of Finland is another intriguing subject. I first heard of it many years ago and have come across related bits and pieces ever since. As far as I'm aware, the article this issue is the first time an attempt has been made to describe this vast saga in print, at least in English. The last surviving descendant is passing on a history purportedly going back to the last Ice Age and possibly well beyond, so time is of the essence.

Urine therapy gets another splash this issue (sorry, I couldn't resist that one!). Six years ago we ran the incredible story of an American woman who had been suffering from endometriosis for years. After trying everything mainstream and everything alternative, she tried urine therapy. It cured her within days! Her story inspired many readers to try urine therapy to treat their own ailments. We've since heard of skin cancers that disappeared, AIDS patients who recovered, and a host of other disorders that were alleviated. Urine is *not* a waste product of the body; it is a by-product of blood filtration. It is your own perfect, bio-individualised medicine—on tap, when you need it! Read the article and judge for yourself.

Most readers already know that mobile phones are probably bad for their health, but we hear more and more of the risks that radiation emissions pose for children. If you have a child who uses a mobile phone, you *must* read the (non-technical) article in Science News.

Duncan

WARRANTY AND INDEMNITY

Advertisers upon and by lodging material with the Publisher for publication or authorising or approving of the publication of any material INDEMNIFY the Publisher and its servants and agents against all liability claims or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing to indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names of publication titles, unfair competition or trade practices, royalties or violation of rights or privacy AND WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against or liabilities in the Publisher, its servants or agents and in particular that nothing therein is capable of being misleading or deceptive or otherwise in breach of the Part V of the Trade Practices Act 1974. All expressions of opinion are published on the basis that they are not to be regarded as expressing the opinion of the Publisher or its servants or agents. Editorial advice is not specific and readers are advised to seek professional help for individual problems.

© NEXUS New Times 2002

Letters to the Editor ...

Space-Based Weapons Agenda

Dear Duncan: I heard a report last year on "Starstuff", on ABC Radio National (Australia), concerning laser weapons in space. Apparently, planned for 20 years hence, NASA is to put 48 platforms into orbit, containing several different types of lasers. It will completely cover the globe.

Pretty silly that one country, America, gets to have control over the whole globe. How does one defend against space-based weapons systems, lasers, EM pulses, etc.?

Personally, I don't think tyranny is on the "spiritual agenda" for Earth, but let's wait and see. (It's already got a nice foothold.)

Yours sincerely,

Linda A., Chelsea, Victoria, Australia

[Dear Linda: Personally, I think we all help decide what our "spiritual agenda" is. I, for one, do NOT like the idea of space-based weapons systems, as whoever controls those systems controls the whole planet. I implore all readers to treat this subject with more concern. To that end, I print another letter below, which can help focus efforts. Ed.]

Keep Space for Peace!

Dear Editor: The Global Network Against Weapons and Nuclear Power in Space enters its 10th year of organising in 2002.

For the past two years, the Global Network has organised in October an international day of protest to stop the militarisation of space. In 2001, there were 115 local actions held in 19 countries.

In 2002, the day of protest will be expanded to an entire week of events to be called "Keep Space for Peace Week" and will be held during October 4–11.

The US Space Command predicts that because of "corporate globalisation", the gap between "haves" and "have nots" will widen worldwide in coming years.

With space "control and domination" in place, the Space Command will become the military arm for the multinational corporations, enabling the US to suppress those who protest US global dominance. Control the people of the world by controlling space... With space domination in place, the military will be able to hear

everything, see everything and target everyone on Earth.

Bruce K. Gagnon, Coordinator, Global Network Against Weapons and Nuclear Power in Space, PO Box 90083, Gainesville, Florida 32607, USA, tel (352) 337 9274, globalnet@mindspring.com, website <http://www.space4peace.org>

Raw Foods for Healthy Pets

Hello, Duncan: A growing number of veterinarians state that processed pet food is the main cause of illness and premature death in the modern dog and cat.

In December 1995, the British *Journal of Small Animal Practice* published a paper contending that processed pet food suppresses the immune system and leads to liver, kidney, heart and other disease.

Dr Kollath, of the Karolinska Hospital in Stockholm, headed a study done on animals. When young animals were fed cooked and processed foods, they initially appeared to be healthy. However, as the animals reached adulthood, they began to age more quickly than normal and also developed chronic degenerative disease symptoms. A control group of animals raised on raw foods aged less quickly and were free of degenerative disease.

A growing number of veterinarians and animal nutritionists say that many diseases and much suffering of our pets can be prevented or cured with nutrition. Holistic veterinarians teach that processed pet food (meaning cooked food) is the main cause of illness and premature death in the modern dog and cat.

For a return to health, pets require a diet which strengthens the immune system and most closely resembles that which they would get in the wild (meaning raw food). Grains are *not* part of the natural diet of wild dogs and cats.

Carnivores cannot maintain long-term production of the quantity of amylase enzyme necessary to properly digest and utilise the carbohydrates.

You can find more information about the optimum diet for animals at <http://www.shirleys-wellness-cafe.com/animals.htm>.

Shirley Lipschutz-Robinson, Shirley@shirleys-wellness-cafe.com

UFO Disclosure Down Under

Dear Editor: Overseas governments have not always been open about what they know about the UFO phenomenon. Civilian UFO research organisations in a number of countries have lobbied their governments to release all they know about the subject.

Here in Australia, some people wonder if the Australian Government has "hidden" material and, if so, why it cannot be released to the public.

Are you one of these people? Do you have personal information about the UFO phenomenon that is currently not public knowledge? Then why not get involved with the Australian Disclosure Program?

We invite all Australian UFO groups and organisations, plus any other interested person(s), to work towards the establishment of an Australian Disclosure Program to present a united front on this issue to the Australian Government.

For further information, contact Diane Harrison by telephone on (07) 5544 6888 or by email on auforn@hypermax.net.au.

Diane Harrison, Queensland, Australia

Close to Truth of Finnish Saga

Dear Editor: From the rich folklore of Finland, with its many ancient oral traditions, there is one specific Saga that, until 1984, has been secretly kept by an old noble family that formerly resided at Strömsö Manor, some 70 kilometres west of Helsinki.

Based on the old tradition of memorising and storytelling, the the Bock family Saga gives an incredibly extensive chronological overview of the history of both the Arctic and tropical cultures.

According to the family saga as well as other sources, the castle in Kajaani in northern Finland was the last resort of the old kingdom that ruled Finland during pagan times. In 1248, the last Finnish king laid down his sceptre, to be subsumed under the religious (Catholic) Kingdom of Sweden. However, before the abdication, the king's regalia were sealed in a lead box and sunk into the well in Kajaani courtyard, which was then filled and completely covered.

In October 2000, a renowned geophysicist from the University

of Oulu used two geo-radars to examine the entire area around Kajaani Castle. He found no significant metal objects, *except* for one placed in the deepest plateau of the underlying bedrock. The object was of "massive metal", "about 160 cm long and 50 cm wide, approx. 4 metres under the surface".

Following this discovery, a group of Scandinavians, including a Norwegian professor of archaeology, sought permission to perform a small and simple excavation. The National Board of Antiquities (NBA) refused.

Will the NBA finally allow—or even perform—a small excavation at the courtyard of Kajaani Castle, to let the truth of this matter be discovered?

More information about the family saga of Strömsö Manor may be obtained from the Archives of Folk Culture at the Swedish Society of Literature in Helsinki, or from our website at <http://www.BockSaga.com>.

Information about the ongoing conservation and eventual excavation at Kajaani Castle may be obtained from the archaeological department within Finland's National Board of Antiquities at website <http://www.nba.fi>.

Stuart A. Rice

[Dear Stuart: Thanks for your letter. Hopefully readers will be encouraged to lobby the Government of Finland and the NBA for the excavation to proceed with independent monitoring and for the results to be made public. We'd also like to alert readers to Les Whale's article on the Bock Saga in this issue. Ed.]

Unhinged over Teethgrinding

Dear NEXUS: I have been an enthusiastic NEXUS reader for the past few years, and mostly my interest has been unusual phenomena like UFOs, crop circles and the like.

Over time, a couple of your articles on health issues have caught my eye, and now I'd like to bring up my own health problem. It allegedly affects millions around the world, but hardly any research is done on the condition: bruxism, that is, teethgrinding.

There are only very few people working and publishing on this problem, which has become a very

... more Letters to the Editor

NB: Please keep letters to approx. 150 to 250 words in length. Ed.

destructive influence in my life over the years, as it has for many people I know. Most dentists seem clueless and don't even diagnose it in time, while their patients are unconsciously wearing out their teeth and jaw hinges until it's too late.

If anybody reading NEXUS has heard of a cure or could provide information on the subject, could they please email me at philip.schlegel@berlin.de.

Thanks for the cool magazine!
Philip Schlegel, Germany

US Black Budget Technologies

Dear Editor: The first private experimentation with teleportation was attempted in Germany with an extremely sophisticated device of approximately one metre in length. In the mid-1990s, the "teleporter" successfully transported two photons an extremely short distance. Prior to this, ground-breaking research had determined that light has mass—which gave this first experimental "teleporter" a realistic possibility of success. It also meant that with a big enough memory, buffer bio-mass would eventually be possible.

For many years now there have been credible people coming forward with stories of R&D dealing with advanced field propulsion, cloaking and much more being a reality right now.

But still, every time this sort of information is considered it is in the context of being in our distant future. Are we all being conditioned by sci-fi, pop culture, media, movies, books and the like to believe that such advanced science is still a long way away, simply post-dated by a hundred years or so into our future, when in actual fact it is not that amazing and far-fetched?

The public is largely ignorant of declassified advanced research projects from as far back as the 1960s: like America's *Project Horizon*, which was all about establishing a permanent lunar outpost with only Saturn rocket technology; or, more recently, projects like the USAF's advanced weapon system named *Brilliant Pebbles* as well as handheld, ground- and satellite-based laser and EMF weapons systems.

Try to find out what all of this expensive research has bought the

human race, and you will find plenty of brick walls, D-notices and dead ends.

Beyond this, in 1994 Dick D'Amato, then senior counsel to the US Senate Appropriations Committee, could not penetrate such rogue projects even with subpoena power and a Top Secret clearance. He did discover, however, that somewhere between 40 and 80 US billion dollars per year was going into such unsupervised operations—and that was in 1994 dollars!

There also is hard evidence of upwards of US\$11 billion going to black budget programs in 1997 alone, and upwards of \$100 billion per year being siphoned off into such R&D in more recent times.

The perpetrators are able to avoid detection, work in compartmentalised cells funded by clandestine sources, and evade interception by even skilled investigators in the American Congress, Department of Defense and CIA.

Consider carefully the words of Senator Inouye: "There exists a shadowy Government with its own Air Force, its own Navy, its own fundraising mechanism, and the ability to pursue its own ideas of the national interest, free from all checks and balances and free from the law itself."

Every now and again, we are shown a fleeting glimpse of just how far along all these monies have advanced said research.

Love, knowledge and peace.

Jason K., soulfree73@hotmail.com

Proof of Coconut's Benefits

Dear Sir: The article in NEXUS 9/02–03 on coconut oil brought me back to my early childhood when I was growing up with my family in Jamaica, West Indies.

Ever since I can remember, my parents have been eating coconut oil and kernel, which they fed us and is part of our diet to this day. My mother, 70, is fit as a fiddle. My dad, 71, has never had a toothache in all his life. His teeth are all intact. My brothers and sisters have not been sick with any ailment, apart from an occasional cold.

I have always known that coconut is very good for human health, based on my own

experience, but I could never explain the medical reasons for it.

There is a popular saying of doctors from my part of the island: "Portland people are never sick because of the high consumption of coconut, and if doctors were to depend on Portland people there would be no patients to attend to." Cancer and heart disease is unheard of in my part of the island. The inhabitants generally live to a good old age.

Keep up the good works. I extend my sincere gratitude to you and Dr Mary Enig for this paper you have reproduced over the last two issues of NEXUS Magazine.

Sincerely,

Devon Hall, Surrey, UK

Out-of-Body Travelling

Dear Sir: I am very interested in out-of-body travelling, and I like to compare my experiences with those of others.

What I think people on Earth need to know the most is that they live a "double" life.

When the body sleeps, we are all "out of the body" and travelling various dimensions of the universe including the "spirit" world, visiting "dead" friends and relatives and also communing with our living friends and relatives while they, too, are out of body.

When we wake up, we simply "forget" what we did while the body slept.

Keep up the good work!

Francis L., Ballarat, Victoria, Australia

[Dear Francis: You may be interested to know that a growing number of people are starting to program themselves to "remember" what they experienced while "out of body". Check out The Monroe Institute as one such example. Ed.]

Feedback on Vegetarian Diets

Dear Editor: I was very disappointed in the article by Stephen Byrnes concerning "The Myths of Vegetarianism" [9/03–04]. I don't think he represented or researched the raw food vegetarian diet—for which there are many sources of facts and practical experience that indicate it is truly the most natural and healing, life-enhancing diet by far.

Following is part of an email* I

sent Stephen that I am also forwarding on to you for your own information. Thank you for considering my point of view.

Bruce Tompkins

* Part of my email to Stephen:

"Dr Gabriel Cousins, who is a doctor in the US, has been a vegetarian for 20+ years. He has written several books on vegetarian diet and has helped people move to a more healthy veg diet that has brought them back to greater health and spiritual connection.

"Paul Bragg (<http://www.bragg.com>) pioneered raw food veg diets in the US and worldwide and experienced longevity himself (he lived to 96 years old and died in a swimming accident, but obviously was healthy to the end).

"Dr Herbert Shelton, Ann Wigmore and Dr Norman Walker are a few others I know about that you might research."

[Dear Bruce: Thanks for one of the few non-aggressive letters of objection we've received on the subject. Below is the author's reply to some of your points. Ed.]

Dear Bruce: Thanks for your feedback. I disagree with you about raw food vegan/vegetarian diets being healthier. I encourage you to look at the sites <http://www.chetday.com> and <http://www.beyondveg.com> to see more realistic perspectives on these diets.

Paul Bragg was not a raw-fooder, nor was he a vegetarian. I know older men at my gym who used to exercise with him years ago at Fort DeRussy in Waikiki, Hawaii. While he did mostly follow a raw diet, he had a distinct liking for the deluxe hamburgers served at the Sheraton Moana Surfrider Hotel in Waikiki.

Herbert Shelton, of natural hygiene and fasting fame, spent the last 10 years of his life sickly and in constant pain; he was far from healthy.

Norman Walker frequently recommended goat's milk and raw cheeses.

You may want to read Chet Day's article, "Natural Health Gurus Eat Animals Too", posted at www.chetday.com.

All the best,

Stephen Byrnes, PhD, RNCP, <http://www.powerhealth.net>

WHO DIRECTOR WARNS ON MOBILE PHONES

Dr Gro Harlem Brundtland, the Director-General of the World Health Organization (WHO), favours a precautionary approach to the use of mobile phones and also discourages children from using them, according to an interview published in the Norwegian newspaper *Dagbladet Norge* on March 9.

Dr Brundtland, a former Prime Minister of Norway, is also a physician with a degree in public health. She said that, although she doesn't own a mobile phone, whenever she uses one she gets a headache that takes about half an hour to an hour to abate after the radiation exposure stops.

"It's not the sound, but the waves I react to. My hypersensitivity has gone so far that I even react to mobiles closer to me than about four metres," she said.

She also gets an "instant reaction" if she so much as touches a wireless phone. As for computers: "If I hold a laptop to read what's on the screen, it feels like I get an electric shock through my arms," she said.

[See also Don Maisch's article on mobile phones in *Science News* this issue. Ed.]

(Sources: *Dagbladet Norge*, March 9, 2002, <http://www.dagbladet.no>; *Microwave News*, vol. XXII, no. 2, March/April 2002, <http://www.microwavenews.com>)



TOXIC CHEMICALS EXPOSURE CAUSES BIRTH DEFECTS

Approximately half of all pregnancies in the United States result in prenatal or postnatal death or an otherwise less than healthy baby. And major developmental defects, such as neural tube and heart deformities, occur in approximately 120,000 of the four million babies born in the US each year.

So says a report released by the US National Research Council of the National Academy of Sciences Institute of Medicine in June 2000, but which has had little exposure in the public domain.

According to the report, exposure to toxic chemicals, both manufactured and natural, causes about three per cent of all developmental defects, and at least 25 per cent of defects might be the result of a combination of genetic and environmental factors.

The report advises that new discoveries in developmental biology and genetics should be used when scientists analyse chemicals for their potential to cause birth defects.

Furthermore it states that, given recent advances in understanding how the process of normal development occurs, methods can now be devised to determine how chemicals disrupt it in humans.

"Many manufactured chemicals, as well as chemicals that occur in nature, have not been adequately evaluated for developmental toxicity," said Elaine Faustman, chair of the committee that wrote the report and also Professor of Environmental Health and Director of the Institute for Risk Analysis and Risk Communication at the University of Washington, Seattle.

The committee emphasised that all stages of human development—from conception to puberty—should be examined in toxicity studies, since all developmental periods are potentially susceptible to toxic agents.

(Source: Report, "Scientific Frontiers in Developmental Toxicology and Risk Assessment", from the Committee on Life Sciences, Board on Environmental Studies and Toxicology, National Research Council, USA, available for US\$47.20 via website <http://www4.nationalacademies.org/news.nsf/isbn/0309070864?OpenDocument>, or by phoning +1 [202] 334 3313)

US OMITTED FROM HUMAN RIGHTS REPORT COVERAGE

On its January 16 broadcast, ABC's *World News Tonight* aired this brief item about the annual report released that day by Human Rights Watch:

"The international human rights group Human Rights Watch has released its annual report, and it says that several countries are using the US-led war against terrorism as a justification to ignore human rights.

"Human Rights Watch says that Russia,



... GL $\oplus$ BAL NEWS ...

Egypt, Israel, China, Zimbabwe, Malaysia and Uzbekistan have all cracked down on domestic opponents in the name of terrorism."

That summary is close to what the group warned in the January 16 press release for its annual global survey:

"The anti-terror campaign led by the United States is inspiring opportunistic attacks on civil liberties around the world."

But one country singled out for criticism by Human Rights Watch was conspicuously absent from ABC's report: the United States, whose anti-terrorism measures were described in the group's press release as "threatening long-held human rights principles".

Among Bush administration actions that were identified as demonstrating a "troubling disregard for well-established human rights safeguards" were "new laws permitting the indefinite detention of non-citizens, special military commissions to try suspected terrorists, the detention of over 1,000 people, and the abrogation of the confidentiality of attorney-client communications for certain detainees".

While ABC ignored this criticism of the US in favour of pointing fingers at other countries, the HRW report actually drew a connection between the erosion of human rights standards in the US and overseas.

On January 17, the UK *Guardian* quoted HRW thus: "...dictators need do nothing more than photocopy measures introduced by the Bush administration, whose ability to criticise abuses in other countries was thus deeply compromised, said the New York-based Human Rights Watch in a devastating 660-page report."

(Source: *Fairness & Accuracy in Reporting*, January 18, 2002, <http://www.fair.org>)

DRUG COMPANIES CONTINUE TO INCREASE PROFITS

Pharmaceuticals again ranked as the most profitable sector in the United States in 2001, topping the annual *Fortune* 500 ranking of American corporations.

The pharmaceutical industry topped all three of *Fortune* magazine's measures of profitability for 2001, making this decade the third in which the industry has been at or near the top in all the magazine's measures of profitability.

Overall profits of *Fortune* 500 companies declined by 53 per cent in 2001, while the top 10 US drug makers increased profits by 32 per cent from US\$28 billion to

\$37 billion, according to Public Citizen's analysis of the data. Together, the 10 drug companies on the list had the greatest return on revenues, reporting a profit of 18.5 cents for every dollar of sales—eight times higher than the median for all *Fortune* 500 industries, which was 2.2 cents.

The drugs industry says it needs extraordinary profits to fund risky research and development of new drugs and to absorb the high cost of drug failures in clinical trials. The industry's output of new drugs has risen only modestly in the past two decades, despite a more than sixfold increase, after adjustment for inflation, in spending on research and development to more than \$30 billion a year. In the past few years, output has actually declined. Many industry supporters blame tougher scrutiny by the Food and Drug Administration.

The time spent to develop a drug, not counting the months consumed by government review, has lengthened from about nine years in the 1980s to more than 11 years, according to the Tufts Center for the Study of Drug Development, and the cost has more than doubled, after adjustment for inflation, to \$800 million.

Public Citizen notes that the Tufts Center gets money from drug companies and maintains that the centre's figures are inflated to justify high drug costs.

(Sources: *British Medical Journal*, no. 324, May 4, 2002; Public Citizen report available at <http://www.citizen.org>)

EARTH'S MAGNETIC FIELD PRIMED FOR A FLIP?

Earth's magnetic field could be gearing up for a flip, sending magnetic north to new digs in Antarctica, a study suggests.

Although such a reversal has never been recorded by humans, switches have occurred many times in Earth's past. Little is known about why this happens, but researchers have suspected for years that currents of molten iron circulating in Earth's outer core (creeping at about one metre per hour) set up the opposite magnetic poles at the antipodes. And computer models hint that vortices in the molten flow that swirl in a direction which weakens the magnetic field might begin the pole-flipping process.

Now, satellite observations have turned up evidence that these subterranean vortices do exist. By comparing the strength and orientation of the magnetic field measured by two satellites in 1980 and 2000, researchers at the Physics of the Globe Institute of Paris (IPGP) and the Danish Space Research Institute in Copenhagen were able to plot the currents of molten iron that create the magnetic dipole.

In an April 11 letter to *Nature*, the team describes large whorls off the southern tip of Africa and near the poles—areas where the magnetic field has already flipped.

(Source: *American Association for the Advancement of Science*, April 10, 2002, www.academicpress.com/insight; also see Linda Moulton Howe's website, <http://www.earthfiles.com>)



WATER QUALITY AND FERTILITY THREATENED BY CHEMICALS

Prompted by studies in Europe, the US Geological Survey (USGS) conducted its own study in 1999–2000 on the prevalence of pharmaceutical drugs, hormones and other organic wastewater contaminants (OWCs) in water resources, and has recently published its results.

Using new analytical methods able to detect a total of 95 OWCs, the USGS took samples from a network of 139 streams across 30 states. It focused its attention on watercourses susceptible to contamination, e.g., downstream of intensive livestock production, industry and urbanisation.

In 80 per cent of streams sampled, the USGS found OWCs from agricultural, industrial and residential origins and uses, with 82 of the 95 testable OWCs being detected. There was a median of seven and as many as 38 OWCs in a given water sample.

The most frequently detected compounds were coprostanol (faecal steroid), cholesterol (plant and animal steroid), N,N-diethyltoluamid (insect repellent), caffeine (stimulant), triclosan (antimicrobial disinfectant), tri-(2-chlorethyl)-phosphate (fire retardant) and 4-nonylphenol (nonionic detergent metabolite). In 48 per cent of the streams there were antibiotic residues—14 out of the 22 detectable human and veterinary antibiotics. Other compounds found included analgesics, antiasthmatics, antidepressants, codeine, cotinine (a nicotine by-product), dichlorobenzene, insecticides such as carbaryl, chlorpyrifos and dieldrin, several phthalate plasticisers and a host of hormonal drugs and hormone-mimicking compounds.

Measured concentrations of OWCs rarely exceeded drinking-water health advisories or aquatic-life criteria—but many compounds do not have established guidelines, and wastewater treatment plants are not designed to remove OWCs from sewage.

These findings are also disturbing in view of new studies showing that average sperm counts in men from industrialised countries have dropped over the past 50 years from about 160 million per millilitre of semen to 66 million.

In the UK, the Medical Research Council reports that the fertility of Scottish men born since 1970 is 25 per cent less than those born in the 1950s, with sperm counts continuing to drop by two per cent a year.

Hormone-disrupting chemicals—including contraceptive residues, pesticides, PCBs and phthalates—are increasingly being seen as the culprits in impairing fertility and even in causing male fish in UK rivers to become feminised. One-third of Britain's drinking water comes from rivers, and most of it is taken from below sewerage works.

(Sources: USGS, <http://toxics.usgs.gov/>; *Environmental Science & Technology*, March 13, 2002, <http://pubs.acs.org>; *Independent*, London, March 17, 2002)

UK CRIME RATE RISES DESPITE CCTV SURVEILLANCE

With 1.5 million closed-circuit television systems watching its streets, office buildings, schools, shopping centres and roads, Britain is one of the most closely monitored nations on the planet, and the government is again spending the equivalent of US\$115 million on more.

But instead of crime being reduced by these cameras, it is soaring across the country. In London, a city of eight million people, murder is going on at a record pace. Incidence of street robbery—the very crime that CCTV is supposed to be best at deterring—will reach the 50,000 mark this year.

A three-year study commissioned by the British government and conducted by the Scottish Centre for Criminology suggested that "spy" cameras had little or no effect on crime. It concluded that "reductions were noted in certain categories, but there was no evidence to suggest that the cameras had reduced crime overall".

"The cameras appeared to have little effect on clear-up rates for crimes and offences," the report said.

Jason Dittion, a criminologist and the study's main author, said the findings "have taken the stardust out of our eyes about this new technology".

However, experts are convinced that more advanced technology will make CCTV an even more valuable tool.

The British government is convinced that TV surveillance will remain a major anti-crime weapon, and recently announced that it is financing the installation of more than 200 additional closed-circuit monitoring systems in London as well as provincial cities and towns.

(Source: *United Press International*, March 8, 2002, <http://www.upi.com>)

CAN THE COMMON COLD VIRUS CURE CANCER?

Five years ago, Gary White had a 14-pound tumour in his gut and was given eight months to live. Now he's 49 and sailing and spending time with his kids—

thanks, doctors say, to regular injections of a mild flu virus.

Dozens of dying men and women are now being deliberately infected with viruses as doctors determine if these microscopic bugs can kill the cancers without killing the patients. People desperate to beat their disease have volunteered to catch the flu, a cold or even a modified version of herpes.



Results from animal studies have been astounding. Injected with viruses, human tumours in mice have shrunk and vanished completely without harming the animals. And viruses have worked against not just one cancer but nearly every malignancy medicine knows, whether breast, lung, liver, colon, ovarian or even brain.

Researchers at the University of Calgary, Canada, have completed the first trial designed to test the safety of a reovirus—a bug common to the human gut and nasal passages. Last Christmas, nine cancer patients in Ottawa received infusions with the same virus. Eighteen patients with sarcomas (cancers of the bone and soft tissue) or breast, skin, head or neck cancer suffered no serious side effects over a 14-week trial. Some of their tumours even showed signs of shrinking, and one tumour disappeared completely.

The Alberta group is now conducting a Phase 2 trial, testing 45 prostate cancer patients and, in another experiment, testing patients with brain cancer.

"The results are encouraging, but this is a whole new area that we're exploring," said Dr John Bell, a senior scientist with Cancer Care Ontario, which is involved in the Ottawa trials. Still, he says, in the lab "there hasn't been a cancer that isn't vulnerable to a virus".

California's Onyx Pharmaceuticals Inc. and Stanford University are testing a genetically altered adenovirus—better known as a common cold bug—in patients with head, neck or liver cancer.

Harvard is running trials with a modified herpes virus, and lab research is underway on a weakened polio virus at Duke University and on measles at the Mayo Clinic.

"Tumour cells have already undergone genetic changes to become cancerous," said Dr Bell, who is also a professor of medicine at the University of Ottawa. "They have thrown out genes that inhibit their growth, but at the same time they've thrown out their antiviral programming."

Unlike bacteria that can multiply on a doorknob, a subway seat or a bowl of soup, viruses are parasites that depend on a host cell for their survival. But once a single virus particle busts through a cell wall, it can replicate from 1,000 to 10,000 times within two days.

(Source: *The Globe and Mail*, Canada, April 27, 2002, <http://www.theglobeandmail.com>)

EU'S NEW FOOD DIRECTIVE HAS GLOBAL IMPLICATIONS

The European Union food supplements directive was approved in its second reading in the EU Parliament on March 13, 2002, with only one proposed amendment: the extension of a time limit for submitting dossiers for the approval of vitamin and mineral sources not yet included in the directive's appendix (see http://www.laleva.cc/supplements/c5-0640-01_en.pdf). Vitamin and mineral sources found on the market, but not included in the directive's appendix, number about 300, mainly the more advanced mineral formulations (see http://www.laleva.cc/supplements/forgotten_substances.html).

Two aspects most likely to influence the supplements industry at this point are:

- **Dosages:** The directive mandates that maximum dosages shall be set after consultation by the European Scientific Committee for Foods (SCF). The actual decision, however, is left to administrative action by the European Commission, which is a kind of rudimentary government for the European Union. There is a large margin of discretion in this setting of dosage limits; article 5 of the directive states that dosages should be set with regard to safety, but after considering intake of vitamins from sources other than supplements (i.e., from food) and after taking due account of recommended daily intakes (RDI). So there is really no telling yet where the mood will swing on this; the rules can be interpreted in a variety of ways.

- **Ingredients:** The directive establishes lists of vitamin and mineral sources that may be utilised in the formulation of supplements. The first draft list, which is an annexe to the text of the directive, itemises the most ineffective forms (especially for minerals) from a viewpoint of bioavailability—forms which have for years been used in pharmaceutical drugs and in dietetic products. To add a vitamin or mineral source to the list, a scientific dossier needs to be submitted to the Scientific Committee for Foods. The SCF has laid down strict requirements, including toxicological assays, for these dossiers (see http://www.europa.eu.int/comm/food/fs/sc/scf/out100_en.pdf).

But there is more to be considered. There are at least two legislative proposals already in the works at the EU which are likely to influence supplements negatively:

- The first one is a proposal for the medicinal registration of herbal products. This has been proposed by the EC and it appears to be an attempt to extend to the rest of Europe the restrictive German system, where all herbal products are registered medicines (but not restricted only to sale in pharmacies). European industry seems set to oppose this proposal. The time frame for approval is about two years, if it does advance as planned.

- The second legislative proposal is even more insidious. It is a general revision of the European medicines code, and one of the proposed changes is in the definition of what constitutes a medicinal product—which would seem to incorporate any substance that can be used for the purposes of staying or getting healthy, even if not presented in this way. It would also affirm a new principle: that a product can be considered medicinal if it fits the (very extensive) definition, even if it is already subject to other legislation. In other words, any health product that turns out to become serious competition to a pharmaceutical product could be picked out and reclassified as a medicine, practically without any possibility of legal recourse.

The recent and ongoing EU legislative changes in the field of supplements, herbs, foods and medicines will hit the supplements industry in its most vulnerable area, reducing the critically important capacity to innovate. If the legislative trend continues on its present course, innovation of natural and nutritional products will be extremely difficult, if not impossible, for smaller companies. The costs involved will slow innovation down to the pace of the biggest players, which have been notoriously reluctant to allow any changes in the status quo.

Another ominous development on the horizon is a UN-related Codex Alimentarius guideline very similar to the EU's directive on food supplements. This may, in time, become even more important than the EU directive, which affects commerce only inside the European Union. Use of World Trade Organization mechanisms to force a change in a country's vitamin laws cannot be ruled out.

(Source: from Josef Hasslberger, March 14, 2002, <http://www.hasslberger.com>; see also <http://www.laleva.cc>, Health Sciences Institute, <http://www.hsibaltimore.com>, and Health Confidential, May 2002, <http://www.healthchoice.org.uk>)

Inventor triumphs over political conspiracy to ban ionisers

April MacLeod interviews Joshua Shaw, the inventor and manufacturer of Elanra ionisers.

Regular readers of Nexus will be familiar with negative ion therapy – replacing nature's balance in the air we breathe by generating minute electrically charged particles called negative ions. There are a variety of ionising machines on the market, some making weird and wonderful claims, but only one – the Elanra – actually replicates nature's own ions to benefit the health of living beings. Recently, I was fortunate enough to meet Joshua Shaw, inventor of the Elanra, and to learn how this unique device came about.

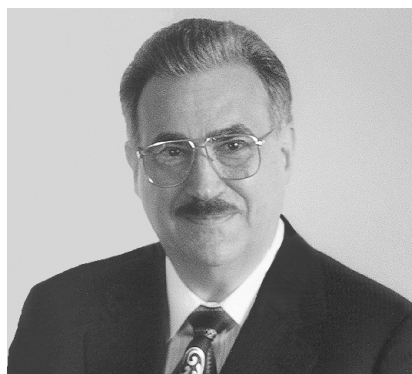
A.M. How did you get started in this rather unusual field?

J.S. In 1967 I had an accident in which I was badly scalded with boiling water. I expected to be scarred for life, but I was amazed when the skin healed quickly without any scars. I mentioned this to a doctor friend who explained that scarring is caused by the action of bacteria during healing. That's when I put two and two together. You see, I had an ioniser in my office where I spent most of my time. The brochure that came with the machine told how negative ions kill 95% of airborne bacteria.

Having seen the evidence for myself, I was intrigued by the potential of ionisation and wanted to learn more. I discovered that ionisers replicate the earth's own ion-producing mechanism, whereby the earth's crust is continually breaking down at an atomic level and releasing negative ions into the atmosphere. These ionisers achieved good results using a radioactive isotope to mimic the natural process. But safety concerns saw this system banned in 1970, so new technology had to be developed. As so often happens, electronics came into being around this time, followed by rapid advances in miniaturisation so that now we have fabulous devices like computers, televisions, satellites and the Elanra ioniser at our disposal.

A.M. But it wasn't all smooth sailing, was it?

J.S. From 1967 onwards I tried to import ionisers from overseas but found I was blocked at every turn.



Above: Joshua Shaw

Importing ionisers into Australia was for some reason prohibited. I came to realise that there existed a political conspiracy – instigated, it seems, by interest groups and corporations who were determined to prevent the widespread acceptance of ionisation as a useful therapy.

A.M. So what did you do?

J.S. I don't give up easily when I truly believe in something. I was fairly political even back then and I managed to have the restrictions of the day overturned. The first imported shipment arrived in September 1978 the Sydney Sun newspaper published several articles on this new phenomenon, creating a huge public interest in negative ion therapy.

A.M. So the public could now try ionisation for themselves?

J.S. Not if certain Australian interests could stop it! The full story is a real eye-opener. One day I'll write a book which will expose the political machinations I uncovered.

A.M. How did they try to stop you?

J.S. Six weeks after the initial publicity, I received a letter from the (then) Department of Consumer Affairs, stating that a certain Mr A. had purchased one of my ionisers and was so dissatisfied he wanted a refund. The Department also demanded to know how the ioniser could claim to help asthma, hay fever and respiratory ailments, clear away cigarette smoke, prevent car sickness and kill 85% of all germs. The letter dated 7/11/78 also advised of their intention to fully investigate these claims and stated "It would be anticipated that our forthcoming investigation into this matter will be necessary".

A.M. What was your reaction?

J.S. I was sure the whole situation was fishy. I've always kept very accurate records and there was no "Mr A.B.A. of Frenchs Forest" in my books. So I turned to the telephone directory and spoke to Mr ABA's wife who had never even heard of an ioniser and agreed to put me in contact with her husband. He, it transpired, was the Secretary of one of Australia's largest Trustee Companies. I made an appointment to see him and during our meeting he supplied me with an affidavit stating that he had never purchased an ioniser or written to the Department of Consumer Affairs regarding such a machine. He added that he'd lived at the same Frenchs Forest address for 13 years.

A.M. That's incredible! What did you do next?

J.S. The following Monday I had a meeting with Consumer Affairs and showed them Mr A's affidavit. They had to concede that the whole affair had been trumped up and that Mr A's name had been chosen at random from the phone directory. The identity of the people behind it will not be revealed here, but suffice to say, they were influential enough to use a Government department to pursue their own agenda.

A.M. Many people would have been put off. You weren't?

J.S. No, although it's a conspiracy that still exists today. I've had to use considerable resources of time and money to overcome supposedly "official" objections to my operations since that first incident.

A.M. You've been researching negative ion therapy for over 30 years. You must have learned a lot in that time.

J.S. From the very first, I was fascinated by ionisation and determined to discover everything I could about it, but I found that the more I learned, the less I knew. After eight years of research, some of it quite obscure, I confirmed the previously discovered scientific fact, that only small negative ions, the same as those found in nature, are biologically active.

You may recall that the 1968 Olympics saw the Eastern bloc countries sweep the gold medal tally. Their "secret weapon" appeared to be training in a negative ion environment, produced at that time by radioactive materials. It was the ban on the use of these materials in ionisers that presented the

real challenge. Without this component, ionisers just couldn't produce the same results. But I was determined to find a way.

A.M. *What other obstacles did you face?*

J.S. During the 1970s ionisation became very controversial. People were getting mixed results and many assumed ion therapy was just another form of snake oil.

A.M. *Why was that?*

J.S. Unable to continue using a radioactive source, science had come up with a new way to generate negative ions called a Cockroft Walton voltage multiplier. This is the circuit still used in every ioniser in the world today. The big problem was that these circuits only served to produce large negative ions. These are useful for clearing the air of pollutants, but have no direct effect on the body's metabolism because they are not small enough to be ingested and pass through the lungs into the bloodstream.

A.M. *So people who were say, sensitive to pollen or mould spores were getting good results while others were disillusioned?*

J.S. There's more to it than that. Asthma, allergies and so on would sometimes be relieved by ionisation but when the person left that environment the symptoms would return. My challenge was to develop an ioniser that would reliably produce ions that gave lasting benefits. I figured that if we could accelerate electrons fast enough, using microprocessors and advanced circuitry, small ingestible ions would be generated. When my theories proved successful, I knew ionisation would one day be reinstated as a safe, natural therapy for a range of ailments.

A.M. *You say you succeeded, what was the problem?*

J.S. In the early '80s we didn't have the advances in miniaturisation that have evolved since. The machine that I developed was too big and cumbersome to really be a marketable item.

A.M. *How long did your research and development program last?*

J.S. It's ongoing. Improvements in design are continuing all the time. By 1992 advances in technology enabled us to contain the three necessary circuit boards within a small housing, and to start marketing the Elanra as a personal therapeutic device for the home and workplace. In 1994 we introduced frequency modulation, as we'd found that the brain will harmonise to the rhythm of the ioniser's frequency outputs - that is, pulsing ions at varying frequencies.

A.M. *How is that beneficial?*

J.S. If the Elanra is set to the frequency of, for example alpha waves, which represent a relaxed, calm state of mind, the brain will harmonise. In other words,

you can change your brain waves and receive therapeutic ions at the same time.

A.M. *Some might think that's a bit far-fetched.*

J.S. Not at all, it's been substantiated by recent scientific research. Work carried out by the Brain Development Research Centre in Japan shows that setting the Elanra to a certain frequency will induce coinciding brainwave patterns. When the Elanra is switched on then off



Above: The Elanra MK II and above right, the Elanra Portable

again at given frequencies, brain activity follows suit. We can actually induce the brain to operate at the Schumann Resonance.

A.M. *I've heard of that, but what is it exactly?*

J.S. The Schumann Resonance refers to the region of extremely low frequencies that exist between the ionosphere above the earth and the earth's surface. A German named Schumann discovered it in the 1950s. The resonance frequency of 7.83Hz lies on the border between alpha waves and theta waves in the human mind. It is the same frequency as light (adjusted), which travels at 7.8 cycles per second around the earth. It is said that all living things on Earth including humans are under the influence of the Schumann Resonance to maintain the basic rhythm of life.

A.M. *I presume a machine that can do these amazing things is patented?*

J.S. Yes, of course. The patent states in part "...this invention relates to improvements in or in relation to negative air ion generation for the production of small biologically active (ingestible) ions." Therefore, anyone claiming that their ioniser produces biologically active ions, or small air ions, or that it invokes any biological activity are infringing our patent, or more likely trying to pass off inferior equipment as comparable to the Elanra.

A.M. *What role do positive ions play?*

J.S. In nature, everything is balanced, even on a sub-atomic level. The sun produces positive ions by a chain reaction in which helium produces hydrogen produces helium, and the fallout is lithium. In this process, positive ions of hydrogen are propelled into the universe and bombard everything, including Earth. So in order to balance this situation, the earth produces negative ions of oxygen. That's the balance of nature.

But we've destroyed that balance by cutting down forests and interfering with all facets of our environment. No-one told the Sun about this, so it's still bombarding us with positive ions every day and our supply of negative ions is depleted. No wonder we're all sick because our immune systems are being compromised and it isn't surprising that cancer, asthma, diabetes etc. are all on the rise.

A.M. *You mean destruction of the environment is the root cause of disease?*

J.S. Obviously there are other factors at work, but I believe that the lack of negative ions is one of the major causes. Everything has to be balanced.

A.M. *So how does one ensure the correct balance of ions?*

J.S. The Elanra has the great advantage of being programmable. Different settings can generate given quantities of ions. Balance is the keyword - it's important not to have too many negative ions nor too few. Nowhere on our planet can you get ion levels of one million per cc of air I've tested a lot of other ionisers with quite sophisticated equipment. One machine claims to generate a million ions per cc and actually produces around 50,000, while another purports a silly figure of 5 million and in fact registers zero ions.

A.M. *How many ions per cc of air can the Elanra produce?*

J.S. The quantity of ions required is an individual matter. For instance, an elderly emphysema sufferer needs a different dose of ions from that required by a healthy young adult. I've gone to extraordinary lengths to ensure the correct levels for each user. Every Elanra is preset before dispatch, although settings can be changed over the telephone if it becomes necessary later.

A.M. *There's still scepticism surrounding natural therapies in some circles. How do you counteract that?*

J.S. Genuine natural therapies are always at risk thanks to charlatans and fly-by-nighters. These people have no real concern for their customers and are only out to make money. That's why we keep an eye on our competitors. It's not simply that one needs to stay ahead, it's a matter of maintaining integrity, not just for our products, but for natural therapies as a whole.

A.M. *For people interested to learn more, your company Bionic Products, has a website, I believe?*

J.S. That's right, at www.negativeions.com you can even view the circuitry inside the Elanra. We are the only ioniser manufacturer to disclose these kind of details because we're not here to bamboozle the public. Both myself and my wife Nina are known to provide a high level of personalised service. We really take an interest in our clients and their well being.

End

AN INSIDER'S VIEW OF THE 'WAR ON TERRORISM'

**Mike Vreeland, a
'discharged' US
Navy Lieutenant
who spied for the
Office of Naval
Intelligence, says
the United States
and several other
governments knew
well in advance
what was planned
for September 11.**

by Michael C. Ruppert
© April 2002

Publisher/Editor
From The Wilderness
Email: mruppert@copvcia.com
Website: <http://www.copvcia.com>

[Note: Just prior to the publication of this article, the From The Wilderness website was hacked for the second time in a month. This hacking—accomplished via sophisticated methods—has been apparently intended to prevent us from publishing the following interview. As a temporary measure only, please direct emergency email correspondence to mikeruppert@earthlink.net. FTW will be back up and running in an even more secure manner in the near future. — Michael C. Ruppert, April 5, 2002]

If all of its dark alleys could be explored, the case of Delmart Edward Joseph "Mike" Vreeland is one which is worthy of a book that would rival *War and Peace*. It is a case that has sparked zealous attacks on *FTW* and me personally, and one which has seriously disturbed many officials in Washington. These attacks are an indication of the threat Vreeland poses to the credibility of the US government.

There is only one question of any relevance. How was this man able to write details that described the events of September 11, 2001, while locked in a jail cell, more than a month before the attacks occurred?

It matters little to a housewife in Kansas if Mike Vreeland has a very confusing criminal arrest record—some of it very contradictory and apparently fabricated—for a variety of petty criminal offences including fraud. But it might be a matter of the gravest importance for the same housewife if this man knew accurate information about the attacks, tried to warn both the US and Canadian governments about them and was ignored. If a crazy man runs up to you on the street and says that a house is on fire with children trapped inside and you smell smoke, who is the crazy one if you decide not to investigate?

The US Navy says that Vreeland—arrested in Canada on December 6, 2000 and currently fighting a US extradition warrant—was discharged for unsatisfactory performance after only four months of service in 1986. But a growing pile of evidence, much of it filed in court records and undisputed by Canadian or US authorities, establishes clearly that Vreeland was exactly what he says he was: a spy.

In three previous stories, *FTW* has described how Vreeland's military records, acknowledged to be in excess of 1,200 pages, have been tampered with. We have described how his lawyers, in open court on a speakerphone, obtained direct confirmation from the Pentagon that he was a US Navy officer. We have also reported that, on March 14, 2002, all Canadian charges against Vreeland were dismissed and he was released on bail. He has been granted temporary refugee status by the Canadian government until his battle to beat the US extradition request is settled.

Something that Canadian authorities have never disputed is that Vreeland wrote his ominous and hastily scribbled warning a full month before the attacks, and that the warning was sealed away by his keepers, beyond his reach, until September 14, 2001—three days after the attacks.

Both Vreeland and his attorneys believe that if he loses his extradition fight, his assassination will occur within days of his return to US soil.

Mike Vreeland is not a saint. Covert operatives are not made from such material, and governments do not recruit or screen candidates for saintly qualities. By his own admission in Canadian court documents and in several conversations with *FTW*, Vreeland says he has done bad things. He has been on probation for petty offences, and he has behaved the way covert operatives behave in the real world, not in Hollywood.

I have been studying, interacting with and talking to covert operatives for more than 25 years. It is for this reason that I avoid some of the questions being raised by dilettantes

and neophyte journalists who take all of the threads of Vreeland's stories and run with them into a wilderness from which no professional journalist could credibly emerge.

Yes, I have listened to him talk about so-called "red mercury", baseball-sized atom bombs and *Star Wars* weapons systems. Yes, I have heard him talk about a great many things, and I believe that what he told me was truthful according to his knowledge of events and the documents he brought back from Moscow in early December 2000.

Even by his own statements, Vreeland, now 35, was a relatively low-ranking officer and intelligence field operative. Never in the history of covert operations has any government entrusted field operatives with total strategic knowledge, because the knowledge held by those who make the plans is compartmentalised and locked away. Perhaps 80 per cent of all intelligence work is disinformation, and governments know that their field operatives risk capture, interrogation and torture. Quite often, field operatives are themselves fed disinformation so that if they talk, they will still spread lies that serve a larger strategic purpose. Quite often, they carry documents that are deliberately inaccurate and their capture is engineered to give those documents credibility.

To the US government, Vreeland is totally expendable. And those who run with every piece of information he has disclosed will themselves be proved fools in a fool's game. But one question remains—and it is a question that now stands vindicated by time and events. He knew something chillingly accurate about the 9-11 attacks before they happened.

And if he knew something, based upon documents given to him by Russian officials indicating US knowledge, and if the US government went to great lengths to discredit him rather than bring him in from the cold, then there is real meat on the plate for journalists, the American government and all of mankind.

I asked him 35 questions, and now you can read Mike Vreeland's answers as he speaks for himself. The first 32 questions were submitted via email to both Vreeland and his attorney, Paul Slansky, for review and were replied to by telephone. The remaining three questions were asked after the most recent hacking of FTW's website, which we believe was perpetrated by the CIA. This made publication of this story an emergency, and also made a statement about the survival of a free press in America. [The final three questions are deleted here, but can be seen on FTW's website. Ed.]

From The Wilderness (FTW): What part of the US government did you work for? Was it the CIA?

Mike Vreeland (MV): I worked for US Naval Intelligence. What the CIA directs us to do is their business, so we have no way of knowing whether we're working for them or not.

FTW: Was your assignment primarily connected to terrorism/oil?

MV: Yes, on both issues, in part.

FTW: Why were you in Moscow and Russia in the latter part of 2000?

MV: I was sent there by the US government and the ONI [Office of Naval Intelligence]. I got my orders between September 4 and September 7, 2000. Marc Bastien [an intelligence asset working under the cover of being a systems analyst] departed for Russia on September 7, 2000. I had orders to meet him. Bastien was going to work at the Canadian embassy regarding diagrams and blueprints of a weapons defence system. The US government had a direct influence on his mission. The name of the defence system is SSST [Stealth Satellite System Terminator]. There are five different individual and unique defensive and strike capabilities of the system.

The only portion that I have publicly spoken on is one frame regarding actual current orbiting satellites which are not at this time owned by the US government. On advice of counsel, I cannot discuss the other components.

This one component is a satellite system. Within the confines of the system there are multiple, deployable, space/orbital EMP [electromagnetic pulse] missiles that are not aimed at the ground. They are targeted at everyone else's satellites. These would kill worldwide communications. The satellites of some countries that are shielded with titanium are protected from these weapons. The protected countries are Russia and China, but US satellites are vulnerable and Putin has told Bush that the US Missile Defense System doesn't work, and that Bush knows it.

The reason why I went to Russia was because I needed to meet with Bastien and another individual from the Russian Ministry of Defence, named Oleg. The purpose was to get the Canadian diplomat who had made contact with Oleg to get the book of designs out of the Ministry's R&D. That was done. We copied the entire

book. Then we took certain documents and we changed serious portions of the defence design so the program wouldn't work. They know this now. Additionally, I was to pick up docs from other agents and bring them back.

FTW: You told Canadian authorities that Bastien was murdered when?

MV: I never told them he was murdered. I wrote a letter to Bastien around June of 2001 from jail. I sent it to CSIS [Canadian Security and Intelligence Service] in Ottawa, to the director, for his eyes only. I had restructured the diagram to put it back in its original state. But I never told anyone exactly how to turn it on and how to build it. CSIS already knew that Bastien was dead. He died six days after I was arrested on December 6 [2000]... He was killed on December 12.

CSIS sent RCMP [Royal Canadian Mounted Police] (Sgt Mabe, Corporal Kispol) to visit me in jail on August 8, 2001, and they advised me that he was dead. They didn't say he was murdered. They told me he was dead. I told them that if Bastien was dead, it was murder and that they should get a toxicology report. And I would tell you how it was done and who did it.

"Within the confines of the system there are multiple, deployable, space/orbital EMP [electromagnetic pulse] missiles that are not aimed at the ground. They are targeted at everyone else's satellites."

FTW: When did they finally admit that Bastien was murdered?

MV: They admitted that I was correct in mid-January [2002].

FTW: When did you first learn details of the attacks that were to happen on September 11 [2001]?

MV: In the first week of December 2000.

FTW: How did you learn of the details?

MV: One document was written in English by a US agent who had picked up a copy of a document that had been sent to V. Putin by K. Hussein, Saddam Hussein's son. This is what the translation of the doc indicates. The Iraqis knew in June 2000 that I was coming. I didn't get my orders until August. The letter said that Bastien and Vreeland would be dealt with "in a manner suitable to us". The letter specifically stated on page two: "Our American official guarantees this."

FTW: Who put the information on the attacks into the pouch, and what would have been their motive for doing so?

MV: I am not allowed to answer that. It would jeopardise the lives of active agents, and it would violate the National Security Act of 1947.

FTW: After having learned of the details of the impending attacks on the WTC and the Pentagon, how long did you wait before trying to notify Canadian and US authorities of the information?

MV: On December 6, 2000, I told Canadian authorities to their face that I needed to contact the Canadian military immediately. I wrote it down. She [the Canadian official] was playing games, so I wrote down that I was a Russian spy and a weapons systems expert, and that I wanted to talk to them *today*. I said I was a Russian because I figured it would get their attention. The name they had on me was Mikhail Cristianov (Michael Christian), because I had ID that used this name.

FTW: What was their reaction?

MV: The Canadians turned blue, walked away, and I never saw them again.

FTW: How did it make you feel?

MV: I was pissed off. It's on video [referring to a standard jail surveillance/ security video].

FTW: Did the US and Canadian response lead you to reach any conclusions? If so, what were they?

MV: I thought I was dealing with idiots who had no clue about what was about to happen. It's been put to me that there were certain officials who wanted the attacks to happen.

No one ever had any intention of building the system I was after because it would have made the defence budget obsolete. One thing that happened after 9-11 was that the Pentagon budgets soared.

FTW: Your written warning contains the statement: "Let one happen, stop the rest." Who was going to "let one happen"? Who was going to "stop the rest"?

MV: I can't comment, on the advice of counsel.

FTW: Does that statement imply that the US or some other intelligence agency had achieved complete penetration of the terrorist cells?

MV: That goes without question. Sometimes certain governments design, create networks like al-Qa'ida, which was really the government in Afghanistan. Those entities create specific problems at the creating government's direction.

FTW: Do you know who had achieved this penetration?

MV: I cannot comment on that.

FTW: Is it possible that the terrorist cells were being "run" without knowing by whom?

MV: Absolutely.

FTW: The most common excuse people use to discredit you is that you have prior arrests on fraud charges, and there are several press stories linking you to alleged criminal activity. How do you explain this?

MV: The American Express charges are b.s., and AmEx has stated on tape that the specific charges in question were approved. They admit that there was no fraud on this card. That card had been issued to Lt Delmart Michael Vreeland. The

AmEx people admitted that the card was a US Navy card.

People have accused me of identity theft. If anybody checked with the police departments in the US, they would find that there is not one police report from any individual in the US who has alleged that I have stolen any identities. There is not a single identified victim anywhere. Three judges in Canada have denied my requests to have discovery and disclosure on these alleged charges.

Portions of the stories alleging fraud and ID theft are lies. I have threatened to sue these papers, and the stories have been pulled.



I was working with ONI. Certain government officials—politicians, brass and high-ranking military—have 11th Amendment privileges and can't be sued. Another government agency has to go investigate activities connected to weapons smuggling, organised crime and drug trafficking. They use their power to break laws, and we're not allowed to investigate them.

Thus certain parts of the US government designed an entity called UIID (Unofficial Intelligence Investigation Division). It was designed by Admiral Jeremy Michael Boorda, who allegedly committed suicide. Boorda put this together prior to becoming CNO [Chief of Naval Operations]. He was not a bad guy.

Intelligence officers are sometimes put into positions where they are given assignments to infiltrate specific organisations that are powerful enough to check out a newcomer's background. Page 335 of the Charter Application in Canadian Court shows a copy of orders from Southern Command. These orders are dated April 18, 2000, concerning an anti-drug operation we were mounting. At approximately the same time, the media released widespread stories that I was a wanted criminal. This was a means of providing cover and credibility for me with the people I was infiltrating.

FTW: How many times have you been arrested on criminal charges?

MV: Maybe three. Some of this I did, like a DUI charge in New York. I had been at the UN, and I had definitely been drinking.

FTW: How many times have you been convicted?

MV: I have never been legally convicted of any criminal felony activity anywhere. The drunk driving charge is still pending, and I have admitted in open court that I did it.

FTW: The Michigan warrant for credit card fraud is based upon the use of your own credit card. How do you explain this?

MV: It is a set-up.

FTW: Were your credit cards authorised or facilitated by the US Navy or any part of the US government?

MV: Yes.

FTW: Could the US government or any of its intelligence agencies have "inserted" the charges through state and local agencies?

MV: Yes.

FTW: You were in custody in New York on the date the alleged Michigan offence took place. What was the charge, and what was the disposition of that case?

MV: That was the DUI charge.

FTW: Was working with organised crime families a part of your duties with the navy?

MV: Yes.

FTW: Were any of the organised crime families in Michigan?

MV: Yes.

FTW: For what reason were you working with organised crime?

MV: I was under orders to do so, 90 per cent of the time. Organised crime supplies the weapons and drugs that go to the

people we investigate.

FTW: Are you afraid you will be killed if you are extradited to the US? Why?

MV: Yes. Because I have spoken out.

FTW: Can you explain why the Canadian courts will not allow your attorneys to introduce evidence that verifies your position with the US Navy?

MV: Yes. The Canadians are totally subservient to US intelligence interests. They're afraid of Uncle Sam. It would also prove that CSIS covered up Marc Bastien's death, and that there was a cover-up involving a member of a major drug organisation that had planned assassinations of prominent Canadians. In fact, one individual was found dead in a vat of acid. He was a hit man.

FTW: What do you want?

MV: I want my uniform back, my back pay at \$4,210.90 a month and my honour. [Vreeland received discharge papers in jail, just days after 9-11. The discharge, faxed via an unnamed source, did not specify "Honorable" or "Dishonorable" conditions, but he was stripped of all benefits. *FTW*]

I want President Bush to give me a full and complete pardon and the amnesty of the US government. I am owed that. I want Bush personally to know everything that I know, and what kind of threats there are against the US. It's never going to happen, so I am now seeking permanent refugee status in Canada and the protection of the United Nations.

FTW: What do you think will happen next in your case?

MV: I don't know. My attorney is in court seeking a postponement of the extradition case because the Canadian government will not allow me to subpoena very important US witnesses from the Pentagon and other places.

FTW: Is the "War on Terrorism" about something other than what the people of the world are being told?

MV: What "War on Terrorism"?

FTW: What do you think will happen next in the war on terror?

MV: Eventually, someone's going to have to tell the truth. Once those people are dealt with according to law, there will be no more false terror spread across the globe. ∞

"The Canadians are totally subservient to US intelligence interests. They're afraid of Uncle Sam. It would also prove that CSIS covered up Marc Bastien's death, and that there was a cover-up involving a member of a major drug organisation that had planned assassinations of prominent Canadians."

Editor's Note:

Michael C. Ruppert, a speaker at the 2002 NEXUS Conference in Sydney, is Publisher/Editor of *From The Wilderness* newsletter. He can be contacted at: *FTW*, PO Box 6061-350, Sherman Oaks, CA 91413, USA, telephone (818) 788 8791, fax (818) 981 2847, email mruppert@copvcia.com, website <http://www.copvcia.com>. *FTW* is published 11 times annually; subscriptions are US\$50 in USA for 12 issues, or US\$60 foreign.

Mike Ruppert advises that as a result of the most recent hackings of their website, *FTW*'s sales and cash flow have been interrupted while they are spending the thousands of dollars necessary to upgrade security and web services. *FTW* supporters who wish to make donations in this emergency may do so by calling (818) 788 8791.

A BRIEF HISTORY OF THE ARAB-ISRAELI CONFLICT

The current crisis in Palestinian-Israeli relations has its roots in the early 20th century struggle for land and the UN's failure to implement its 1947 partition plan for two states.

by Joel Beinin and Lisa Hajjar
© 2001, 2002

From the website of the
**Middle East Research and
Information Project (MERIP)**
Email: merip@nb.net
Website: <http://www.merip.org>

The conflict between Palestinian Arabs and Jews is a modern phenomenon which began around the turn of the 20th century. Although these two groups have different religions (Palestinians include Muslims, Christians and Druze), religious differences are not the cause of the conflict. It is essentially a struggle over land.

Until 1948, the area that both groups claimed was known internationally as Palestine. But following the war of 1948–49, this land was divided into three parts: the state of Israel, the West Bank (of the Jordan River) and the Gaza Strip. This is a small area: approximately 10,000 square miles. The competing claims are not reconcilable if one group exercises exclusive political control over the total territory.

Jewish claims to this land are based on the biblical promise to Abraham and his descendants, on the fact that this was the historical site of the Jewish kingdom of Israel (which was destroyed by the Roman Empire), and on the Jews' need for a haven from European anti-Semitism.

Palestinian Arabs' claims to the land are based on continuous residence in the country for many hundreds of years and the fact that they represented the demographic majority. They reject the notion that a biblical-era kingdom constitutes the basis for a valid modern claim. If Arabs engage the biblical argument at all, they maintain that since Abraham's son Ishmael is the forefather of the Arabs, then God's promise of the land to the children of Abraham includes Arabs as well. They do not believe that they should forfeit their land to compensate Jews for Europe's crimes against them.

THE LAND AND THE PEOPLE

In the 19th century, following a trend that began earlier in Europe, people around the world began to identify themselves as nations and to demand national rights, foremost the right to self-rule in a state of their own (self-determination and sovereignty). Jews and Palestinians both began to develop a national consciousness, and mobilised to achieve national goals. Because Jews were spread across the world (in diaspora), their national movement, Zionism, entailed the identification of a place where Jews could come together through the process of immigration and settlement. Palestine seemed the logical and optimal place, since this was the site of Jewish origin. The Zionist movement began in 1882 with the first wave of European Jewish immigration to Palestine.

At that time, the land of Palestine was part of the Ottoman Empire. However, this area did not constitute a single political unit. The northern districts of Acre and Nablus were part of the province of Beirut. The district of Jerusalem was under the direct authority of the Ottoman capital of Istanbul because of the international significance of the cities of Jerusalem and Bethlehem as religious centres for Muslims, Christians and Jews. According to Ottoman records, in 1878 there were 462,465 subject inhabitants of the Jerusalem, Nablus and Acre districts: 403,795 Muslims (including Druze), 43,659 Christians and 15,011 Jews. In addition, there were perhaps 10,000 Jews with foreign citizenship (recent immigrants to the country), and several thousand Muslim Arab nomads (Bedouin) who were not counted as Ottoman subjects. The great majority of the Arabs (Muslims and Christians) lived in several hundred rural villages. Jaffa and Nablus were the largest and economically most important Arab towns.

Until the beginning of the 20th century, most Jews living in Palestine were concentrated in four cities with religious significance: Jerusalem, Hebron, Safad and Tiberias. Most of them observed traditional, orthodox religious practices. Many spent their time studying religious texts and depended on the charity of world Jewry for survival. Their attachment to

the land was religious rather than national, and they were not involved in—or supportive of—the Zionist movement which began in Europe and was brought to Palestine by immigrants. Most of the Jews who immigrated from Europe lived a more secular lifestyle and were committed to the goals of creating a Jewish nation and building a modern, independent Jewish state.

By the outbreak of World War I (1914), the population of Jews in Palestine had risen to about 60,000, about 33,000 of whom were recent settlers. The Arab population in 1914 was 683,000.

ZIONISM

Zionism, or Jewish nationalism, is a modern political movement. Its core beliefs are that all Jews constitute one nation (not simply a religious or ethnic community) and that the only solution to anti-Semitism was the concentration of as many Jews as possible in Palestine/Israel and the establishment of a Jewish state there. The World Zionist Organization, established by Theodor Herzl in 1897, declared that the aim of Zionism was to establish "a national home for the Jewish people, secured by public law".

Zionism drew on Jewish religious attachment to Jerusalem and the Land of Israel (Eretz Israel). But the politics of Zionism was influenced by nationalist ideology and by colonial ideas about Europeans' rights to claim and settle other parts of the world.

Zionism gained adherents among Jews and support from the West as a consequence of the murderous anti-Jewish riots (known as "pogroms") in the Russian Empire in the late 19th and early 20th centuries. The Nazi genocide (mass murder) of European Jews during World War II killed over six million, and this disaster enhanced international support for the creation of a Jewish state.

There are several different forms of Zionism. From the 1920s until the 1970s, the dominant form was Labor Zionism, which sought to link socialism and nationalism. By the 1920s, Labor Zionists in Palestine had established the kibbutz movement (a kibbutz is a collective commune, usually with an agricultural economy), the Jewish trade union and cooperative movement, the main Zionist militias (the Haganah and Palmah) and the political parties that ultimately coalesced in the Israeli Labor Party in 1968. The top leader of Labor Zionism was David Ben-Gurion, who became the first Prime Minister of Israel.

A second form of Zionism was the Revisionist movement, led by Vladimir Jabotinsky. They earned the name "Revisionist" because they wanted to revise the boundaries of Jewish territorial aspirations and claims beyond Palestine to include areas east of the Jordan River. In the 1920s and 1930s, they differed from Labor Zionists by declaring openly the objective to establish a Jewish state (rather than the vaguer formula of a "national home") in Palestine. And they believed that armed force would be required to establish such a state. Their pre-state organisations that included the Betar youth movement and the ETZEL (National Military Organization) formed the core of what became the Herut (Freedom) Party after Israeli independence. This party subsequently became the central component of the Likud Party, the largest right-wing Israeli party since the 1970s.

Although many Jews became Zionists by the early 20th century, until the rise of Adolf Hitler in Germany and the institution of a "Final Solution" to exterminate world Jewry most Jews were not Zionists. Most orthodox Jews were anti-Zionist. They believed that only God should reunite Jews in the Promised Land, and regarded Zionism as a violation of God's will.

Some Jews in other parts of the world, including the United States, opposed Zionism out of concern that their own position and rights as citizens in their countries would be at risk if Jews were recognised as a distinct national (rather than religious) group. But the horrors of the Holocaust significantly diminished Jewish opposition or antipathy to Zionism, and following World War II most Jews throughout the world came to support the Zionist movement and demand the creation of an independent Jewish state.

Although orthodox Jews continued to oppose the creation of a

Jewish state for several more decades, they supported mass settlement of Jews in Palestine as a means of strengthening and protecting the community. And following the 1967 Arab-Israeli war, most orthodox Jews who previously had resisted Zionism adopted the belief that Israel's overwhelming victory in the war was a sign of God's support and a fulfilment of God's promise to bring about the Messianic era.

The areas captured and occupied in 1967, especially the West Bank, were important to religious Jews because they are the core of the biblical Land of Israel (Judea and Samaria). Consequently, Israel's victory in 1967 gave rise to a more religious variation of Zionism. Some existing political parties representing orthodox Jews came to embrace religious nationalism, and new parties and movements formed to advocate Israel's permanent control and extensive Jewish settlement in the West Bank and Gaza.

The religious-nationalist parties and groups that constitute the far right of the Israeli political spectrum maintain a hard line on matters relating to territory and the Arab-Israeli conflict. They have allied with the Likud Party. Although the Labor Party also has supported Jewish settlement

in the West Bank and Gaza, a key difference is a willingness to consider a territorial compromise with Palestinians as a means of ending the conflict. The Likud and its allies oppose any territorial withdrawal. In 1977, the Likud won the national election, for the first time unseating the Labor Party that had governed Israel since independence. Since then, Likud and Labor have alternated as the governing party, sometimes forming coalition governments when neither could achieve a clear electoral victory.

A minority of Jewish Israelis belongs to left-wing Zionist parties, which formed a political coalition known as Meretz in the 1980s. Meretz often joins Labor-led governments. Leftist Zionists are fully committed to maintaining Israel as a Jewish state, but tend to be more willing than the Labor Party to compromise on territorial issues and have relatively greater sympathy for Palestinians' national aspirations for a state of their own.

A tiny minority of ultra-leftist Jewish Israelis identify themselves as non- or anti-Zionists. Some of them aspire to see all of Israel/Palestine transformed into a single state with citizenship and equal rights for all inhabitants, and others advocate the creation of a Palestinian state in all of the West Bank and Gaza Strip.

The World Zionist Organization, established by Theodor Herzl in 1897, declared that the aim of Zionism was to establish "a national home for the Jewish people, secured by public law".

THE BRITISH MANDATE IN PALESTINE

By the early years of the 20th century, Palestine was becoming a trouble spot of competing territorial claims and political interests. The Ottoman Empire was weakening, and European powers were entrenching their grip on areas in the eastern Mediterranean, including Palestine.

During 1915–16, as World War I was underway, the British High Commissioner in Egypt, Sir Henry McMahon, secretly corresponded with Husayn ibn 'Ali, the patriarch of the Hashemite family and Ottoman Governor of Mecca and Medina. McMahon convinced Husayn to lead an Arab revolt against the Ottoman Empire, which was aligned with Germany against Britain and France in the war. McMahon promised that if the Arabs supported Britain in the war, the British government would support the establishment of an independent Arab state under Hashemite rule in the Arab provinces of the Ottoman Empire, including Palestine. The Arab revolt, led by T. E. Lawrence ("Lawrence of Arabia") and Husayn's son Faysal, was successful in defeating the Ottomans, and Britain took control over much of this area during World War I.

But Britain made other promises during the war, which conflicted with the Husayn-McMahon understandings. In 1917, the British Foreign Minister, Lord Arthur Balfour, issued a declaration (the Balfour Declaration) announcing his government's support for the establishment of "a Jewish national home in Palestine".

A third promise, in the form of a secret agreement, was a deal that Britain and France struck between themselves to carve up the Arab provinces of the Ottoman Empire and divide control of the region.

After the war, Britain and France convinced the new League of Nations (precursor to the United Nations), in which they were the dominant powers, to grant them quasi-colonial authority over former Ottoman territories. The British and French regimes were known as "mandates".

France obtained a mandate over Syria, carving out Lebanon as a separate state with a (slight) Christian majority.

Britain obtained a mandate over the areas which now comprise Israel, the West Bank, the Gaza Strip and Jordan. In 1921, the British divided this region in two: east of the Jordan River became the Emirate of Transjordan, to be ruled by Faysal's brother Abdullah, and west of the Jordan River became the Palestine Mandate. This was the first time in modern history that Palestine became a unified political entity. Throughout the region, Arabs were angered by Britain's failure to fulfill its promise to create an independent Arab state, and many opposed British and French control as a violation of their right to self-determination.

In Palestine, the situation was more complicated because of the British promise to support the creation of a Jewish national home. The rising tide of European Jewish immigration, land purchases and settlement in Palestine generated increasing resistance by Palestinian Arab peasants, journalists and political figures. They feared that this would lead eventually to the establishment of a Jewish state in Palestine. Palestinian Arabs opposed the British Mandate because it thwarted their aspirations for self-rule, and they opposed massive Jewish immigration because it threatened their position in the country. In 1920 and 1921, clashes broke out between Arabs and Jews, in which roughly equal numbers of both groups were killed.

In the 1920s, when the Jewish National Fund purchased large tracts of land from absentee Arab landowners, the Arabs living in these areas were evicted. These displacements led to increasing tensions and violent confrontations between Jewish settlers and Arab peasant tenants.

In 1928, Muslims and Jews in Jerusalem began to clash over their respective communal religious rights at the Wailing Wall (al-Buraq in the Muslim tradition). The Wailing Wall, the sole remnant of the second Jewish Temple, is one of the holiest sites for the Jewish people. But this site is also holy to Muslims, since the Wailing Wall is adjacent to the Temple Mount (the Noble Sanctuary in the Muslim tradition). On the mount is the site of the al-Aqsa Mosque and the Dome of the Rock, believed to mark the spot from which the Prophet Muhammad ascended to Heaven on a winged horse.

On August 15, 1929, members of the Betar youth movement (a pre-state organisation of the Revisionist Zionists) demonstrated and raised a Zionist flag over the Wailing Wall. Fearing that the Noble

Sanctuary was in danger, Arabs responded by attacking Jews throughout the country. During the clashes, 64 Jews were killed in Hebron. Their Muslim neighbours saved others. The Jewish community of Hebron ceased to exist when its surviving members left for Jerusalem. During a week of communal violence, 133 Jews and 115 Arabs were killed and many wounded.

European Jewish immigration to Palestine increased dramatically after Hitler's rise to power in 1933, leading to new land purchases and Jewish settlements. Palestinian resistance to

British control and Zionist settlement climaxed with the Arab revolt of 1936–39, which Britain suppressed with the help of Zionist militias and the complicity of neighbouring Arab regimes.

After crushing the Arab revolt, the British reconsidered their governing policies in an effort to maintain order in an increasingly tense environment. They issued a White Paper, a statement of political policy, limiting future Jewish immigration and land purchases.

The Zionists regarded this as a betrayal of the Balfour Declaration and a particularly egregious act in light of the desperate situation of the Jews in Europe, who were facing extermination. The 1939 White Paper marked the end of the British-Zionist alliance.

At the same time, the defeat of the Arab revolt and the exile of the Palestinian political leadership meant that the Palestinian Arabs were politically disorganised during the crucial decade in which the future of Palestine was decided.

THE UNITED NATIONS PARTITION PLAN

Following World War II, escalating hostilities between Arabs and Jews over the fate of Palestine and between the Zionist militias and the British Army compelled Britain to relinquish its mandate over Palestine. The British government requested that the recently established United Nations determine the future of Palestine, but its hope was that the UN would be unable to arrive at a workable solution and would turn Palestine back to them as a UN trusteeship.

A UN-appointed committee of representatives from various countries went to Palestine to investigate the situation. Although members of this committee disagreed on the form that a political resolution should take, there was general agreement that the

In the 1920s, when the Jewish National Fund purchased large tracts of land from absentee Arab landowners, the Arabs living in these areas were evicted.

country would have to be divided in order to satisfy the needs and demands of both Jews and Palestinian Arabs.

At the end of 1946, 1,269,000 Arabs and 608,000 Jews resided within the borders of Mandate Palestine. Jews had acquired by purchase six to eight per cent of the total land area of Palestine, amounting to about 20 per cent of the arable land.

On November 29, 1947, the UN General Assembly voted to partition Palestine into two states, one Jewish and the other Arab. The UN partition plan divided the country in such a way that each state would have a majority of its own population, although some Jewish settlements would fall within the proposed Palestinian state and many Palestinians would become part of the proposed Jewish state. The territory designated to the Jewish state would be slightly larger than the Palestinian state (56 per cent and 43 per cent of Palestine, respectively) on the assumption that increasing numbers of Jews would immigrate there. According to the UN partition plan, the area of Jerusalem and Bethlehem was to become an international zone.

Publicly, the Zionist leadership accepted the UN partition plan, although they hoped somehow to expand the borders allotted to the Jewish state.

The Palestinian Arabs and the surrounding Arab states rejected the UN plan and regarded the General Assembly vote as an international betrayal. Some argued that the UN plan allotted too much territory to the Jews.

Most Arabs regarded the proposed Jewish state as a settler colony and argued that it was only because the British had permitted extensive Zionist settlement in Palestine against the wishes of the Arab majority that the question of Jewish statehood was on the international agenda at all.

Fighting began between the Arab and Jewish residents of Palestine days after the adoption of the UN partition plan. The Arab military forces were poorly organised, trained and armed. In contrast, Zionist military forces, although numerically smaller, were well organised, trained and armed. By the spring of 1948, the Zionist forces had secured control over most of the territory allotted to the Jewish state in the UN plan.

On May 15, 1948, the British evacuated Palestine, and Zionist leaders proclaimed the State of Israel. Neighbouring Arab states (Egypt, Syria, Jordan and Iraq) then invaded Israel, claiming that they sought to "save" Palestine from the Zionists. In fact, the Arab rulers had territorial designs on Palestine and were no more anxious to see a Palestinian Arab state emerge than were the Zionists.

During May and June 1948, when the fighting was most intense, the outcome of this first Arab-Israeli war was in doubt. But after arms shipments from Czechoslovakia reached Israel, Israel's armed forces established superiority and conquered territories beyond the UN partition plan borders of the Jewish state.

In 1949, the war between Israel and the Arab states ended with the signing of armistice agreements. The country once known as Palestine was now divided into three parts, each under separate political control. The State of Israel encompassed over 77 per cent of the territory. Jordan occupied East Jerusalem and the hill country of central Palestine (the West Bank). Egypt took control of the coastal plain around the city of Gaza (the Gaza Strip). The Palestinian Arab state envisioned by the UN partition plan was never established.

THE PALESTINIAN ARAB REFUGEES

As a consequence of the fighting in Palestine/Israel between 1947 and 1949, over 700,000 Palestinian Arabs became refugees. The precise number of refugees and questions of responsibility for their exodus are sharply disputed. Many Palestinians have claimed that most were expelled in accordance with a Zionist plan to rid the country of its non-Jewish inhabitants.

The official Israeli position holds that the refugees fled on orders from Arab political and military leaders. One Israeli military intelligence document indicates that at least 75 per cent of the refugees left due to Zionist or Israeli military actions, psychological campaigns aimed at frightening Arabs into leaving, and direct expulsions. Only about five per cent left on orders from Arab authorities.

There are several well-documented cases of mass expulsions during and after the military operations of 1948–49 and the massacres and atrocities that led to large-scale Arab flight. The best-known instance of mass expulsion is that of the 50,000 Arabs of the towns of Lydda and Ramle. The most infamous atrocity occurred at Deir Yasin, a village near Jerusalem, where estimates of the number of Arab residents killed in cold blood by Israeli fighters range from about 125 to over 250.

**On November 29, 1947,
the UN General Assembly
voted to partition Palestine
into two states, one Jewish
and the other Arab.**

THE PALESTINIANS

Today, the term "Palestinians" refers to the Arabs—Christian, Muslim and Druze—whose historical roots can be traced to the territory of Palestine as defined by the British mandate borders.

About three million Palestinians now live within this area, which is divided between the state of Israel and the West Bank and Gaza (these latter areas were captured and occupied by Israel in 1967). Today, over 700,000 Palestinians are citizens of Israel, living inside the country's

1949 armistice borders. About 1.2 million live in the West Bank (including 200,000 in East Jerusalem) and about one million in the Gaza Strip. The remainder of the Palestinian people, perhaps another three million, lives in diaspora, outside the country they claim as their national homeland.

The largest Palestinian diaspora community, approximately 1.3 million, is in Jordan. Many of them still live in the refugee camps that were established in 1949, although others live in cities and towns. Lebanon and Syria also have large Palestinian populations, many of whom still live in refugee camps. Many Palestinians have moved to Saudi Arabia and other Arab Gulf countries to work, and some have moved to other parts of the Middle East or other parts of the world. Jordan is the only Arab state to grant citizenship to the Palestinians who live there. Palestinians in Arab states generally do not enjoy the same rights as the citizens of those states.

The situation of the refugees in Lebanon is especially dire; many Lebanese blame Palestinians for the civil war that wracked that country from 1975–91, and demand that they be resettled elsewhere in order for the Lebanese to maintain peace in their country. The Christian population of Lebanon is particularly anxious to rid the country of the mainly Muslim Palestinians because of a fear that they threaten the delicate balance among the country's religious groups. Although many Palestinians still live in refugee camps and slums, others have become economically successful. Palestinians now have the highest per capita rate of university graduates in the Arab world. Their diaspora experience has contributed to a high level of politicisation of all sectors of the Palestinian people.

THE PALESTINIAN ARAB CITIZENS OF ISRAEL

In 1948, only about 150,000 Palestinian Arabs remained in the area that became the State of Israel. They were granted Israeli citizenship and the right to vote. But in many respects they were, and remain, second-class citizens, since Israel defines itself as the state of the Jewish people and Palestinians are non-Jews.

Until 1966, most of the Palestinian Arabs were subject to a military government that restricted their movement and other rights (to speech, association and so on). Arabs were not permitted to become full members of the Israeli trade union federation, the Histadrut, until 1965. About 40 per cent of their lands were confiscated by the state and used for development projects that benefited Jews primarily or exclusively.

All of Israel's governments have discriminated against the Arab population by allocating far fewer resources for education, health care, public works, municipal government and economic development to the Arab sector.

Palestinian Arab citizens of Israel have had a difficult struggle to maintain their cultural and political identity in a state that officially regards expression of Palestinian or Arab national sentiment as subversive. Until 1967, they were entirely isolated from the Arab world and were often regarded by other Arabs as traitors for living in Israel. Since 1967, many have become more aware of their identity as Palestinians.

One important expression of this identity was the organisation of a general strike on March 30, 1976, designated as Land Day, to protest the continuing confiscation of Arab lands. The Israeli security forces killed six Arab citizens on that day. All Palestinians now commemorate it as a national day.

Many Palestinian Arabs have also come to understand that their political status as Israeli citizens and their protracted contact with Israeli society has differentiated them from other Palestinians. Although most of them support the establishment of a Palestinian state in the West Bank and the Gaza Strip, few would pursue the possibility of relocating there if such a state were to come into existence.

THE JUNE 1967 WAR

After 1949, although there was an armistice between Israel and the Arab states, the conflict continued and the region remained imperilled by the prospect of another war. This was fuelled by an escalating arms race, as countries built up their military caches and prepared their forces (and their populations) for a future showdown.

In 1956, Israel joined with Britain and France to attack Egypt, ostensibly to reverse the Egyptian government's nationalisation of the Suez Canal (then under French and British control). Israeli forces captured Gaza and the Sinai Peninsula, but were forced to evacuate back to the armistice lines as a result of UN pressure—the lead being taken by the United States and the Soviet Union, in an uncharacteristic show of cooperation to avert further conflict in the Middle East. By the early 1960s, however, the region was becoming a hot spot of Cold War rivalry as the US and the Soviet Union were competing with one another for global power and influence.

In the spring of 1967, the Soviet Union misinformed the Syrian government that Israeli forces were massing in northern Israel to attack Syria. There was no such Israeli mobilisation. But clashes between Israel and Syria had been escalating for about a year, and Israeli leaders had publicly declared that it might be necessary to bring down the Syrian regime if it failed to end Palestinian commando attacks against Israel from Syrian territory.

Responding to a Syrian request for assistance, in May 1967 Egyptian troops entered the Sinai Peninsula bordering Israel. A few days later, Egyptian President Gamal Abdel-Nasser asked the UN observer forces stationed between Israel and Egypt to evacuate their positions. The Egyptians then occupied Sharm al-Shaykh at the southern tip of the Sinai Peninsula and proclaimed a blockade of the Israeli port of Eilat on the Gulf of Aqaba, arguing that access to Eilat was through Egyptian territorial waters. These measures shocked and frightened the Israeli public, which believed it was in danger of annihilation.

As the military and diplomatic crisis continued, on June 5, 1967 Israel pre-emptively attacked Egypt and Syria, destroying their air forces on the ground within a few hours. Jordan joined in the fighting belatedly, and consequently was attacked by Israel as well. The Egyptian, Syrian and Jordanian armies were decisively defeated, and Israel captured the West Bank from Jordan, the Gaza Strip and the Sinai Peninsula from Egypt, and the Golan Heights from Syria.

The 1967 war, which lasted only six days, established Israel as the dominant regional military power. The speed and thoroughness of Israel's victory discredited the Arab regimes. In contrast, the Palestinian national movement emerged as a major actor after 1967 in the form of the political and military groups that made up the Palestine Liberation Organization (PLO).

THE OCCUPIED TERRITORIES

The West Bank and the Gaza Strip became distinct geographical units as a result of the 1949 armistice that divided the new Jewish state of Israel from other parts of Mandate Palestine.

From 1948 to 1967, the West Bank, including East Jerusalem, was ruled by Jordan, which annexed the area in 1950 and extended citizenship to Palestinians living there. During this period, the Gaza Strip was under Egyptian military administration. In the 1967 war, Israel captured and occupied these areas along with the Sinai Peninsula (which it took from Egypt) and the Golan Heights (which it captured from Syria).

Israel established a military administration to govern the Palestinian residents of the occupied West Bank and Gaza. Under this arrangement, Palestinians were denied many basic political rights and civil liberties, including freedom of expression, freedom of the press and freedom of political association. Palestinian nationalism was criminalised as a threat to Israeli security, which meant that even displaying the Palestinian national colours was a punishable act. All aspects of Palestinian life were regulated and often severely restricted by the Israeli military administration. For example, Israel forbade the gathering of wild thyme (*za'tar*), a basic element of Palestinian cuisine.

In 1956, Israel joined with Britain and France to attack Egypt, ostensibly to reverse the Egyptian government's nationalisation of the Suez Canal (then under French and British control).

Israeli policies and practices in the West Bank and Gaza have included extensive use of collective punishments such as curfews, house demolitions and closure of roads, schools and community institutions.

Hundreds of Palestinian political activists have been deported to Jordan or Lebanon, tens of thousands of acres of Palestinian land have been confiscated, and thousands of trees have been uprooted. Since 1967, over 300,000 Palestinians have been imprisoned without trial, and over half a million have been tried in the Israeli military court system. Torture of Palestinian prisoners has been a common practice since at least 1971, and dozens of people have died in detention from abuse or neglect. Israeli officials have claimed that harsh measures and high rates of imprisonment are necessary to thwart terrorism. According to Israel, Palestinian terrorism includes all forms of opposition to the occupation (including non-violence).

Israel has built hundreds of settlements and permitted hundreds of thousands of its own Jewish citizens to move to the West Bank and Gaza, despite the fact that this constitutes a breach of international law.

Israel has justified the violation of the Fourth Geneva Convention and other international laws governing military occupation of foreign territory on the grounds that the West Bank and the Gaza Strip are not technically "occupied" because they were never part of the sovereign territory of any state. Therefore, according to this interpretation, Israel is not a foreign "occupier" but a legal "administrator" of territory whose status remains to be determined.

The international community has rejected the Israeli official position that the West Bank and Gaza are not occupied and has maintained that international law should apply there. But little effort has been mounted to enforce international law or hold Israel accountable for the numerous violations it has engaged in since 1967.

JERUSALEM

The UN partition plan advocated that Jerusalem become an international zone, independent of both the proposed Jewish and Palestinian Arab states.

In the 1948 Arab-Israeli war, Israel took control of the western part of Jerusalem, while Jordan took the eastern part including the old walled city containing important Jewish, Muslim and Christian religious sites. The 1949 armistice line cut the city in two. In June 1967, Israel captured East Jerusalem from Jordan and almost immediately annexed it. It reaffirmed its annexation in 1981.

Israel regards Jerusalem as its "eternal capital". Arabs consider East Jerusalem part of the occupied West Bank and want it to be the capital of a Palestinian state.

THE PALESTINE LIBERATION ORGANIZATION (PLO)

The Arab League established the Palestinian Liberation Organization in 1964 as an effort to control Palestinian nationalism while appearing to champion the cause. The Arab defeat in the 1967 War enabled younger, more militant Palestinians to take over the PLO and gain some independence from the Arab regimes.

The PLO includes different political and armed groups with varying ideological orientations. Yasir Arafat is the leader of

Fatah, the largest group, and has been PLO Chairman since 1968. The other major groups are the Popular Front for the Liberation of Palestine (PFLP), the Democratic Front for the Liberation of Palestine (DFLP) and, in the occupied territories, the Palestine People's Party (PPP, formerly the Communist Party).

Despite factional differences, the majority of Palestinians regard the PLO as their representative.

In the 1960s, the PLO's primary base of operations was Jordan. In 1970–71, fighting with the Jordanian Army drove the PLO leadership out of the country, forcing it to relocate to Lebanon. When the Lebanese civil war started in 1975, the PLO became a party in the conflict. After the Israeli invasion of Lebanon in 1982, the PLO leadership was expelled from the country, this time relocating to Tunisia.

Until 1993, Israel did not acknowledge Palestinian national rights or recognise the Palestinians as an independent party to the conflict. Israel refused to negotiate with the PLO, arguing that it was nothing but a terrorist organisation, and insisted on dealing only with Jordan or other Arab states. It rejected the establishment of a

Palestinian state, insisting that Palestinians should be incorporated into the existing Arab states.

This intransigence ended when Israeli representatives entered into secret negotiations with the PLO, which led to the Oslo Declaration of Principles.

UN SECURITY COUNCIL RESOLUTION 242

After the 1967 War, the United Nations Security Council adopted Resolution 242, which notes the "inadmissibility of the acquisition of territory by force" and calls for Israeli withdrawal from lands seized in the war and the right of all states in the area to peaceful existence within secure and recognised boundaries.

The grammatical construction of the French version of Resolution 242 says Israel should withdraw from "the territories", whereas the English version of the text calls for withdrawal from "territories". (Both English and French are official languages of the United Nations.) Israel and the United States use the English version to argue that Israeli withdrawal from some, but not all, the territory occupied in the 1967 war satisfies the requirements of this resolution.

For many years, the Palestinians rejected Resolution 242 because it does not acknowledge their right to national self-determination or to return to their homeland. It calls only for a just settlement of the refugee problem.

By calling for recognition of every state in the area, Resolution 242 entailed unilateral Palestinian recognition of Israel without recognition of Palestinian national rights.

THE OCTOBER 1973 WAR

After coming to power in Egypt in late 1970, President Anwar Sadat indicated to UN envoy Gunnar Jarring that he was willing to sign a peace agreement with Israel in exchange for the return of Egyptian territory (the Sinai Peninsula) lost in 1967. When this overture was ignored by Israel and the United States, Egypt and Syria decided to act to break the political stalemate. They attacked Israeli forces in the Sinai Peninsula and the Golan Heights in

**Since 1967, over 300,000
Palestinians have been
imprisoned without trial, and
over half a million have been
tried in the Israeli military
court system. Torture of
Palestinian prisoners has been
a common practice since
at least 1971...**

October 1973, on the Jewish holy day of Yom Kippur. The surprise attack caught Israel off guard, and the Arabs achieved some early military victories. This prompted American political intervention, along with sharply increased military aid to Israel.

After the war, US Secretary of State Henry Kissinger pursued a diplomatic strategy of limited bilateral agreements to secure partial Israeli withdrawals from the Sinai Peninsula and the Golan Heights, while avoiding negotiations on more difficult issues including the fate of the West Bank and Gaza. By late 1975, these efforts had exhausted their potential and there was no prospect of achieving a comprehensive Arab-Israeli peace settlement.

In late 1977, Sadat decided to initiate a separate overture to Israel. His visit to Jerusalem on November 19, 1977, led to the Camp David accords and the signing of an Egyptian-Israeli peace treaty in 1979.

CAMP DAVID I

In September 1978, US President Jimmy Carter invited Sadat and Israeli Prime Minister Menachem Begin to Camp David, a presidential retreat in Maryland. They worked out two agreements: a framework for peace between Egypt and Israel, and a general framework for resolution of the Middle East crisis, i.e., the Palestinian question.

The first agreement formed the basis of the Egyptian-Israeli peace treaty signed in 1979. The second agreement proposed to grant autonomy to the Palestinians in the West Bank and the Gaza Strip and to install a local administration for a five-year interim period, after which the final status of the territories would be negotiated.

Only the Egyptian-Israeli part of the Camp David accords was implemented. The Palestinians and other Arab states rejected the autonomy concept because it did not guarantee full Israeli withdrawal from areas captured in 1967 or the establishment of an independent Palestinian state.

In any case, Israel sabotaged negotiations by continuing to confiscate Palestinian lands and build new settlements in violation of the commitments Menachem Begin made to Jimmy Carter at Camp David.

THE INTIFADA

In December 1987, the Palestinian population in the West Bank and Gaza started a mass uprising against the Israeli occupation. This uprising, or *intifada* (which means "shaking off" in Arabic), was not started or orchestrated by the PLO leadership in Tunis. Rather, it was a popular mobilisation that drew on the organisations and institutions that had developed under occupation.

The *intifada* involved hundreds of thousands of people, many with no previous resistance experience, including children, teenagers and women. For the first few years it involved many forms of civil disobedience, including massive demonstrations, general strikes, refusal to pay taxes, boycotts of Israeli products, political graffiti and the establishment of underground schools (since regular schools were closed by the military as reprisals for the uprising). It also included the throwing of stones and Molotov cocktails and the erection of barricades to impede the movement of Israeli military forces.

Intifada activism was organised through popular committees under the umbrella of the United National Leadership of the Uprising. The UNLU was a coalition of the four PLO parties

active in the occupied territories: Fatah, the PFLP, the DFLP and the PPP. This broad-based resistance drew unprecedented international attention to the situation facing Palestinians in the West Bank and Gaza, and challenged the occupation as never before.

Under the leadership of Minister of Defence Yitzhak Rabin, Israel tried to smash the *intifada* with "force, power and blows". Army commanders instructed troops to break the bones of demonstrators. From 1987 to 1991, Israeli forces killed over 1,000 Palestinians, including over 200 under the age of sixteen.

By 1990, most of the UNLU leaders had been arrested and the *intifada* had lost its cohesive force, although it continued for several more years. Political divisions and violence within the Palestinian community escalated, especially the growing rivalry between the various PLO factions and Islamist organisations such as Hamas (Islamic Resistance Movement) and Islamic Jihad. Palestinian militants killed over 250 Palestinians suspected of collaborating with the occupation authorities and about 100 Israelis during this period.

Although the *intifada* did not bring an end to the occupation, it made it clear that the status quo was untenable. The *intifada* shifted the centre of gravity of Palestinian political initiative from the PLO leadership in Tunis to the occupied territories.

Palestinian activists in the occupied territories demanded that the PLO adopt a clear political program to guide the struggle for independence. In response, the Palestine National Council (a Palestinian government-in-exile), convened in Algeria in November 1988, recognised the state of Israel, proclaimed an independent Palestinian state in the West Bank and the Gaza Strip, and renounced terrorism.

The Israeli government did not respond to these gestures, claiming that nothing had changed and that the PLO was a terrorist organisation with which

In December 1987, the Palestinian population in the West Bank and Gaza started a mass uprising against the Israeli occupation. This uprising, or *intifada*, was not started or orchestrated by the PLO leadership in Tunis.

it would never negotiate.

The United States did acknowledge that the PLO's policies had changed, but it did little to encourage Israel to abandon its intransigent stand.

THE MADRID CONFERENCE

American and Israeli failure to respond meaningfully to PLO moderation resulted in the PLO's opposition to the US-led attack on Iraq during the 1991 Gulf War. The PLO did not endorse Iraq's annexation of Kuwait, but it saw Saddam Hussein's challenge to the US and the Gulf oil-exporting states as a way to alter the regional status quo and focus attention on the question of Palestine.

After the Gulf War, the PLO was diplomatically isolated. Kuwait and Saudi Arabia cut off the financial support they had been providing, bringing the PLO to the brink of crisis. The United States sought to stabilise its position in the Middle East by promoting a resolution of the Arab-Israeli conflict. Despite their turn against the PLO, Kuwait and Saudi Arabia were anxious to resolve the Arab-Israeli conflict and remove the potential for regional instability that it created.

The administration of President Bush felt obliged to its Arab allies, and pressed a reluctant Israeli Prime Minister Yitzhak Shamir to open negotiations with the Palestinians and the Arab states at a multilateral conference convened in Madrid, Spain, in October 1991. Shamir's conditions, which the US accepted, were that the PLO be excluded from the talks and that the Palestinian desires for independence and statehood not be directly addressed.

In subsequent negotiating sessions held in Washington, DC, Palestinians were represented by a delegation from the occupied territories. Participants in this delegation were subject to Israeli approval, and residents of East Jerusalem were barred on the grounds that the city is part of Israel. Although the PLO was formally excluded from these talks, its leaders regularly consulted with and advised the Palestinian delegation.

Although Israeli and Palestinian delegations met many times, little progress was achieved. Prime Minister Shamir announced after he left office that his strategy was to drag out the Washington negotiations for 10 years, by which time the annexation of the West Bank would be an accomplished fact.

A new Israeli Labor Party government, led by Yitzhak Rabin, assumed office in June 1992 and promised rapid conclusion of an Israeli-Palestinian agreement. Instead, the Washington negotiations became stalemated after December 1992, when Israel expelled over 400 Palestinian residents of the occupied territories who were accused (but not tried or convicted) of being radical Islamist activists. Human rights conditions in the West Bank and the Gaza Strip deteriorated dramatically after Rabin assumed office. This undermined the legitimacy of the Palestinian delegation to the Washington talks and prompted the resignation of several delegates.

Lack of progress in the Washington talks and deterioration of the economic and human rights conditions in the West Bank and the Gaza Strip accelerated the growth of a radical Islamist challenge to the PLO. Violent attacks against Israeli targets by Hamas and Islamic Jihad further exacerbated tensions.

Ironically, before the intifada, Israeli authorities had enabled the development of Islamist organisations as a way to divide Palestinians in the occupied territories. But as the popularity of Islamists grew and challenged the moderation of the PLO, they came to regret their policy of encouraging political Islam as an alternative to the PLO's secular nationalism. Eventually, Yitzhak Rabin came to believe that Hamas, Jihad and the broader Islamist movements, of which they were a part, posed more of a threat to Israel than did the PLO.

THE OSLO ACCORDS

The weakness of the PLO after the Gulf War, the stalemate in the Washington talks and fear of radical Islam brought the Rabin government to reverse the longstanding Israeli refusal to negotiate with the PLO. Consequently, Israel initiated secret negotiations in Oslo, Norway, directly with PLO representatives who had been excluded from the Madrid and Washington talks. These negotiations produced the Israel-PLO Declaration of Principles, which was signed in Washington in September 1993.

The Declaration of Principles was based on mutual recognition of Israel and the PLO. It established that Israel would withdraw from the Gaza Strip and Jericho, and make additional withdrawals from further unspecified areas of the West Bank during a five-year interim period.

During this period, the PLO formed the Palestinian Authority (PA), with "self-governing" (i.e., municipal) powers in the areas from which Israeli forces were redeployed. In January 1996, elections were held for a Palestinian Legislative Council and for the presidency of the PA, which was won handily by Yasir Arafat. The

key issues such as the extent of the territories to be ceded by Israel, the nature of the Palestinian entity to be established, the future of the Israeli settlements and settlers, water rights, the resolution of the refugee problem and the status of Jerusalem were set aside to be discussed in final status talks.

The PLO accepted this deeply flawed agreement with Israel because it was weak and had little diplomatic support in the Arab world. Both Islamist radicals and local leaders in the West Bank and the Gaza Strip challenged Arafat's leadership. Yet only Arafat had the prestige and national legitimacy to conclude a negotiated agreement with Israel.

The Oslo accords set up a negotiating process without specifying an outcome. The process was supposed to have been completed by May 1999. There were many delays due to Israel's reluctance to relinquish control over the occupied territories, unwillingness to make the kinds of concessions necessary to reach a final status agreement, and periodic outbursts of violence by Palestinian opponents of the Oslo process, especially Hamas and Jihad. During the

Likud's return to power in 1996–99, Prime Minister Benjamin Netanyahu avoided engaging seriously in the Oslo process, which he distrusted and fundamentally opposed.

A Labor-led coalition government led by Prime Minister Ehud Barak came to power in 1999. Barak at first concentrated on reaching a peace agreement with Syria. When he failed to convince the Syrians to sign an agreement that would restore to them less than all the area of the Golan Heights occupied by Israel in 1967, Barak turned his attention to the Palestinian track.

During the protracted interim period of the Oslo process, Israel's Labor and

Likud governments built new settlements in the occupied territories, expanded existing settlements and constructed a network of bypass roads to enable Israeli settlers to travel from their settlements to Israel proper without passing through Palestinian-inhabited areas. These projects were understood by most Palestinians as marking out territory that Israel sought to annex in the final settlement. The Oslo accords contained no mechanism to block these unilateral actions or Israel's violations of Palestinian human and civil rights in areas under its control.

Final status negotiations between Israel and the Palestinians were to have begun in mid-1996, but only got underway in earnest in mid-2000. By then, a series of painfully negotiated Israeli interim withdrawals left the Palestinian Authority with direct or partial control of some 40 per cent of the West Bank and 65 per cent of the Gaza Strip. The Palestinian areas were surrounded by Israeli-controlled territory with entry and exit controlled by Israel.

The Palestinians' expectations were not accommodated by the Oslo accords. The Oslo process required the Palestinians to make their principal compromises at the beginning, whereas Israel's principal compromises beyond recognition of the PLO were to be made in the final status talks.

CAMP DAVID II

In July 2000, US President Clinton invited Prime Minister Barak and President Arafat to Camp David to conclude negotiations on the long-overdue final status agreement.

Ironically, before the intifada, Israeli authorities had enabled the development of Islamist organisations (such as Hamas and Jihad) as a way to divide Palestinians in the occupied territories.

Continued on page 82

Shivambu Shastra

HEALING WITH URINE THERAPY

The ancient Ayurvedic practice of urine therapy is undergoing a resurgence, as its myriad health benefits are being explored by scientists, health practitioners and the general public.

AWAKENING THE HEALER WITHIN

We are in a very magical era: all around us, on all levels, we are witnessing the connection between the East and the West, the ancient and the modern, spiritual heritage and science. We are so truly fortunate to be living in such an exciting time, and to be able to watch in awe the way life unfolds before our very eyes. Modern scientific research is discovering today that ancient spiritual ideas come very close to today's most recent discoveries in the field of quantum physics and vibrational healing methods.

One such powerful practice for healing that is continuing to flourish today is *Shivambu Shastra*, respected for thousands of years as the "Mother of Ayurvedic Medicine" and commonly known as "Self-Urine Therapy". *Shivambu* means literally "Water of Shiva", referring to the auspiciousness of the practice. Its "method of drinking urine for rejuvenation" is outlined in the *Shivambu Kalpa Vidhi*, part of a 5,000-year-old document called the *Damar Tantra*, linking this practice back to the *Vedas*, the sacred Hindu texts. Self-urine therapy has been seen as one of the divine manifestations of cosmic intelligence, and has been used as such by Indian yogis to unleash kundalini up to their third eye.

There is something esoteric about urine. It is considered to be a supernatural, living food because it is a by-product of the blood and contains "life force" or *prana*. Using urine as a therapeutic tool mirrors to us the "healer within" who works on a mechanistic level as well as on an energetic level. This implies that urine, as a holographic substance, has the ability to affect all levels of being—from the physical, through the electromagnetic fields of the emotions and the mind, up to the subtler vibrations of the soul.

Urine is considered to be an invaluable source of nourishment and healing that perhaps has been too controversial or not financially rewarding enough for it to be talked about and encouraged as a potent medicine. One's own urine, a living food, contains elements that are specific to one's body alone. The body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control its functions and combat imbalances that one may not be aware of.

Clinical studies have proved that the thousands of critical body chemicals and nutrients that end up in urine reflect the individual body's functions. When re-utilised, these chemicals and nutrients act as natural vaccines, antibacterial, antiviral and anticarcinogenic agents as well as hormone balancers and allergy relievers. The information that urine contains therefore cannot be duplicated or derived from any other source. Just as nature produces no two people who are exactly the same, there are no two urine samples in the world that contain exactly the same components.

A STERILE BY-PRODUCT OF BLOOD FILTRATION

Urine is not a dirty and toxic substance rejected by the body. Urine is a by-product of blood filtration, not waste filtration. Medically it is referred to as "plasma ultrafiltrate". It is a purified derivative of the blood itself, made by the kidneys—whose principal function is not excretion but regulation of all the elements and their concentrations in the blood. Urine can be compared to leftovers from a meal, and this metaphor may help us understand why our bodies excrete elements that are valuable to our health and well-being.

Nutrient-filled blood passes through the liver where toxins are removed to be excreted as solid waste. Eventually, this purified "clean" blood undergoes a filtering process in the kidneys, where excess water, salts, vitamins, minerals, enzymes, antibodies, urea, uric acid and other elements not usable at that time by the body are collected in the form of a

by Natalia Perera © 2002

Saffronrose
49 Ocean Street
Woollahra, NSW 2025
Australia

Telephone: +61 (0)2 9362 8838
Email: nataliaperera@saffronrose.com

purified, sterile, watery solution that is urine. The function of the kidneys is to keep the various elements in the blood balanced. The important elements in the blood are not filtered out because they are toxic and harmful to the body, but simply because the body does not need a particular concentration of an element at that specific point in time. It is this very regulating process of the kidneys that allows us to eat and drink more than our bodies need at any one time.

BIOCHEMICAL COMPONENTS

Urine is estimated to have thousands of biochemical compounds, but only 200 or so have been studied. It contains an incredible array of critically important nutrients, enzymes, hormones, natural antibodies and immune defence agents.

Dr A. H. Free published in his book, *Urinalysis in Clinical Laboratory Practice*, a list of constituents which in 1975 was by no means exhaustive:

• Alanine	38 mg/day
• Arginine	32 mg/day
• Ascorbic acid	30 mg/day
• Allantoin	12 mg/day
• Amino acids	2.1 g/day
• Bicarbonate	140 mg/day
• Biotin	35 mg/day
• Calcium	23 mg/day
• Creatinine	1.4 mg/day
• Cystine	120 mg/day
• Dopamine	0.40 mg/day
• Epinephrine	0.01 mg/day
• Folic acid	4 mg/day
• Glucose	100 mg/day
• Glutamic acid	308 mg/day
• Glycine	455 mg/day
• Inositol	14 mg/day
• Iodine	0.25 mg/day
• Iron	0.5 mg/day
• Lysine	56 mg/day
• Magnesium	100 mg/day
• Manganese	0.5 mg/day
• Methionine	10 mg/day
• Nitrogen	15 g/day
• Ornithine	10 mg/day
• Pantothenic acid	3 mg/day
• Phenylalanine	21mg/day
• Phosphorus, organic	9 mg/day
• Potassium	2.5 mg/day
• Proteins, total	5 mg/day
• Riboflavin	0.9 mg/day
• Tryptophan	28 mg/day
• Tyrosine	50 mg/day
• Urea	24.5 mg/day
• Vitamin B6	100 mg/day
• Vitamin B12	0.03 mg/day
• Zinc	1.4 mg/day

Some of these components are well worth further consideration—such as allantoin (also found in comfrey, known as "bone-knit", and in aloe vera, which guards against sunburn); the amino acid creatinine (popular with body-builders); DHEA hormone (proven by research to have anti-ageing, anticancer and anti-obesity properties); melatonin (known for its calming effect while strengthening the physical body and immunity); and sex hormones such as testosterone, androgen and oestrogen.

In view of such an array of ingredients, it is easier to understand urine's antibacterial, antifungal, antiviral, antineoplastic, anticonvulsive and antispasmodic effects.

ACTIONS, BENEFITS AND APPLICATIONS

Anything that was in the blood cannot be harmful to the person that it came from. Besides, when taken internally, the urine does not go straight into the bloodstream but travels through the digestive system, where its constituents are sorted out. The useful ones are used up again, while others are rejected as solid waste. When the level of toxins in the blood increases, this stimulates the intestines and the lymphatic system into flushing themselves out to eliminate any stagnated excrements accumulated in the colon. The amount of toxins found in the urine of each person is related to the amount of stagnated excrement in the colon. So the toxins, in such minute amounts in urine, stimulate a cleansing reaction in each individual and vaccinate and protect the body from illnesses.

Studies on urea, considered the poisonous organic solid in urine, have shown it is converted into an essential amino acid once it is recycled by ingestion, helping our bodies use protein more efficiently. Urea has also been proven to be an extraordinarily effective antibacterial and antiviral agent, one of the best natural diuretics and one of the most effective skin moisturisers ever discovered. Urea actually increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding and thus attracting moisture to dry skin cells. As a natural diuretic, it is unparalleled and is also widely prescribed in cases of oedema or swelling, glaucoma, epilepsy and meningitis and to reduce excess cerebral and spinal pressure. Urea is an FDA-approved medicinal agent, and its remarkable and comprehensive antineoplastic properties are well utilised in anticancer drugs and treatments.

Even uric acid, normally thought of as a waste product that can cause gout, has tremendous medicinal implications, such as acting as a defence against cancer and ageing by actively destroying free radicals.

Urokinase, an enzyme also found in urine, is used in drug form to dissolve blood clots and is widely used for unblocking coronary arteries in victims of heart attacks.

One of the world's largest fertility drug-producing companies makes use of the ovulation-enhancing hormone in human urine to make Pergonal, reported to have had US\$855 million in sales in 1992 (a figure that has continued to increase since then).

More examples of commercial medical applications of urine and urea in use today include: Murine Ear Drops and Murine Ear Wax Removal System; Ureaphil, a diuretic made from urea; Urofollotropin, a urine-extract fertility drug; Ureacin, a urea cream for skin problems; Amino-Cerv, a urea cream used for cervical treatments; Premarin, a urine-extract oestrogen for skin ulcers, burns, infected wounds, and other purposes.

A SUBTLE SCIENCE

Most urine therapists have never sought a scientific explanation for why or how it works; their own experiences have proven to be more than sufficient. However, as modern medicine's interest in

the powerful healing aspects of Shivambu Shastra grows, more research is being undertaken and a lot is being revealed to substantiate scientifically the therapy's very rich history in healing.

Ayurveda considers disease to be caused by a shift in the internal metabolic balance, manifested as the five elements of ether, air, fire, water and earth in that individual. To create health involves rebalancing that unique metabolism to attain elemental equilibrium.

In scientific terms, one can consider self-urine therapy as an extension of the methods of Jenner and Pasteur, as auto-inoculation or self-vaccination. Certain bodily substances which have been removed from the body, some of which may have been produced as a result of an imbalance, are re-introduced into the body in small amounts and re-absorbed into the blood through either the intestines or the skin. This gives the immune system all the information that it needs and the chance to react appropriately to achieve homeostasis.

Coen van der Kroon, in his book *The Golden Fountain*, proposes what he calls the "transmutation theory" for the underlying mechanics of Shivambu Shastra. His proposal is coherent in terms of the visible shift in recent times from reductionism to holism in scientific research. The theory implies

that the body is capable, through energy exchange, to "short-circuit" the system by ingesting its own secreted body fluids to stimulate the transmutational forces within and challenge the body to transform unusable substances into usable ones. Van der Kroon proposes that self-urine therapy could possibly restructure disturbed DNA, especially if one is fasting on urine.

The medical doctor and urine therapist Dr Johann Abele puts it as such:

...the question rises as to whether urine could possibly be considered to be a sort of liquid hologram. Once the body is made conscious of urine in an unconventional way (such as it being reintroduced into the body by intramuscular injection or by ingesting it), the whole organism evaluates it and subsequently updates its own regulating mechanisms...

An important aspect of this theory is the concept of "structured water". Both the body and urine are mainly made up of water, in varying degrees of molecular organisation. The more water molecules are organised, the more efficiently enzymes responsible for digestion, absorption and transmutation can do their job.

It has been proven that water molecules in biological systems become more organised through exposure to sunlight and through close contact with crystals. The body is a receptor of sunlight and contains a high amount of solid and liquid crystalline-like substances; indeed, body fluids themselves form fluid crystals.

Urine itself is a crystalline-like substance containing a high amount of structured water, and when retaken it promotes a better enzymatic functioning and higher solubility for minerals, thus improving health and increasing energy reserves. Seeing urine as a liquid crystal implies that it contains vibrations completely in tune with the vibrational condition of the body it comes from. Re-ingestion might give the body valuable vibrational information needed for two things: first, for maintaining the existing healthy body resonance, and second, for counteracting disease or stress vibrations and any unhealthy resonance in the body. By way of

example, disharmonious sounds can be counteracted by employing the same sounds.

The vibratory patterns of the body, both in the bones (solid crystals) and in the tissues and fluids (liquid crystals), play an important role in the process of transmutation. The resonance field of a crystal can make a protein, for example, change its form into one that is more useful for the body or more easily adaptable by it. This can be described as "modern alchemy", and it resonates with the principles of homoeopathy.

Homoeopathy refers to a therapeutic method which clinically applies the "law of similars" and uses medically active substances at infinitesimal doses and never at full strength, where the original substance has undergone a dilution process. When the body is given a homoeopathic remedy, it is stimulated into action not because of the physical or chemical nature of the substance but because of the energetic nature that is received through new vibratory information.

Isopathy is another valid hypothesis worth considering. Once microbes have evolved in the blood to a pathogenic level, then de-evolving them back to a stage where they are less harmful would facilitate recovery. The primary way to do this is through diet to rebalance the pH in the blood. But in severe cases, the process

can be accelerated biologically, as demonstrated by Professor Enderlein's results from his research on the development life cycle of the internal parasite. A rather evolved pathogenic microbe causing disease in the body can be mated with the same type of microbe at an earlier developmental stage to breed a form that is less strong and non-pathogenic. This process is probable since the colloids or somatids are in fact so small that they are unfilterable by the kidneys; therefore, once urine is consumed, one can receive a dose of these pure somatids which biologically proceed to support

the immune function and possibly lead to taking the pathogenic microbes in the blood back down to apathogenic states. This is the basis of isopathic remedies; they promote gentle yet effective self-healing through biological means.

Allergy treatment illustrates this method quite well. By using the same substance that is causing the allergy and reintroducing it to the body, the immune system is allowed to develop antibodies to the antigen receptors found in the urine to stop the allergic response.

HEALTH POINTERS FOR SELF-THERAPY

To begin with, Dr Beatrice Barnett (author of *Urine Therapy – It May Save Your Life*) suggests making a prayer, thanking our bodies for providing us with this divine elixir, and drinking the urine slowly, willingly and with cheerfulness! This is all very well, considering that most people who start drinking urine find the taste much too sour, bitter or pungent and the odour way too strong. Even if the urine is diluted, they may experience nausea, headaches and other strong reactions before they get used to it and start seeing results.

Martha Christy (author of *Your Own Perfect Medicine*) suggests *not* taking copious amounts of water to flush out the kidneys, as this dilutes the healing properties of the urine.

It is good to remember that urine is a mere sample of what is flowing through the body's veins, and any repulsion should be

In scientific terms, one can consider self-urine therapy as an extension of the methods of Jenner and Pasteur, as auto-inoculation or self-vaccination.

used as a motivation to improve the internal conditions rather than as an excuse for not using this miraculous therapy for creating health.

Urine is actually less toxic and more alive than much of the food and drink that we take into our bodies, which somehow manage to digest the junk foods and devitalised liquids and still produce a valuable, medicinal drink. However, how much more valuable for medicinal and cleansing purposes if the urine is the product of a body fed healthy, natural, organic and raw foods?

Drinking urine makes us think seriously about what we eat. Since it is a by-product of the blood, it makes sense that the cleaner the blood is, the healthier the urine will be. But even urine from relatively unhealthy blood contains valuable immunological factors that can improve health if recycled. Urine drinking's cleansing effect on the blood can be observed by the change in taste and the colour of the urine: as it is more and more recycled, it becomes purer and clearer. If one has difficulty urinating—and it has been said that a weak flow is a sign of a weak life-force—then this practice actually strengthens the flow of urine, consequently increasing the vital life-force.

Ingesting more toxic substances in the body, however, may neutralise the good effects of self-urine therapy. So it is recommended that anyone embarking on the therapy give up tobacco in all forms and restrict consumption of cold drinks, spices, fried foods, junk foods, refined foods and sugars as much as possible. Above all, it is best to avoid alcohol, meat and coffee as well as recreational drugs. It is also advisable to follow a low-salt, low-protein diet.

Like all other natural therapies, this is not a treatment that needs to be stopped after the relief of certain symptoms, but can be incorporated into one's health regime. More subtle, yet very real effects of this therapy as a lifestyle choice include feeling stronger, more relaxed, more self-confident, invigorated and generally happier and lighter emotionally and physically.

SELF-THERAPY METHODS

The middle stream of fresh, warm, morning urine is the most potent, and drinking it mixed with freshly squeezed orange juice is probably the fastest way to accomplish this task, although it is best not to mix urine with other foods or drinks or to take it within an hour before or after eating.

Oral drops of fresh urine can be placed directly under the tongue. Urine therapists suggest their patients start with 1–5 drops of fresh morning urine on the first day, increase to 5–10 drops on the second day, and take 5–10 drops on the morning of the third day and the same amount that evening before going to bed. Once patients feel comfortable with this therapy, they can gradually increase the amount as they see fit to obtain the results required for their body's condition. Over time, they can learn to adjust the amount that is needed by observing their reactions to the therapy; their dosage may become as much as one full cup at a time!

Self-urine may be used as eye drops and ear drops, in foot baths and even as effective enemas. Nose drops can help loosen mucus and clear up blocked nasal passages. Gargling with it is helpful for a sore throat, and inhaling it relieves sinus and respiratory

congestion. Taken internally, it has a laxative and diuretic effect, as it cleanses the digestive tract.

Dr John Armstrong (author of *The Water of Life*) emphasises the need to massage with urine. He insists that cures work faster and more effectively in those who are bathed, massaged, rubbed and soaked in their own urine. He highly recommends it for more serious illnesses, since urine is absorbed through the skin and the hormonal and protein-based contents are slowly reabsorbed into the system, bypassing digestive juices that otherwise may have neutralised their potency. In this way, it also works as an excellent cosmetic for moisturising and healing skin blemishes, burns and scar tissue. However, for this usage, it is preferable to use urine that is 4–8 days old. The smell of ammonia in the old urine is not toxic but actually beneficial if used topically only, and not taken internally.

FREQUENTLY ASKED QUESTIONS

Can a woman drink her urine during her menses?

Yes, and although the urethra and the vagina are two separate organs, there is nothing in the menstrual fluid that can harm a person if it is accidentally mixed with urine.

Can a person drink their urine while on medications?

The short answer is no, because of the remote possibility of overdosing on any particular medication by recycling the portion of what is discharged in urine. However, hormone, vitamin and mineral supplements can be taken while drinking urine, as long as the intake is frequently monitored and the amounts reduced accordingly as the imbalance improves.

In what cases can Shivambu Shastra be used?

Regarded truly as a "panacea", Shivambu Shastra is said to be effective in over 175 health conditions. Diagnosis plays no practical part in the therapy,

since the urine sample reflects so perfectly the individual's most intimate details about the state of their health. In fact, it works brilliantly on the more subtle health imbalances that are very real, yet often too evasive to label medically.

Urine can be massaged topically for the most chronic and stubborn skin problems, such as acne, eczema, psoriasis, ringworm, sores, fungal infections, insect bites, wounds, burns and even gangrene.

Internally, the therapy is said to be effective in treating AIDS (since the AIDS antibodies are found in urine) as well as cancer, chronic fatigue syndrome, anaemia, all sorts of urinary diseases, weight loss, colds and flus, candida, diabetes, digestive problems, jaundice and more. It has been medically proven to work against polio and tuberculosis, and doctors have injected it intramuscularly to treat immunological illnesses such as psoriasis, basal cell carcinoma and asthma, to name a few.

Why does urine therapy seem ineffective in some cases?

There are times when there is a chronic deficiency of one or several minerals, and in such cases there is none of that mineral in the urine; therefore, although the general health and other metabolic imbalances in that person improve, that particular

It is recommended that anyone embarking on urine therapy give up tobacco in all forms and restrict consumption of cold drinks, spices, fried foods, junk foods, refined foods and sugars as much as possible.

Continued on page 84

THE MYTHS OF VEGETARIANISM

Anthropological studies showing that no tribal peoples are strictly vegetarian suggest we need to include animal foods in our diets to maintain good health.

Part 2 of 2

by Stephen Byrnes, PhD, RNCP
© 2000, 2002

Email: drbyrnes1@hotmail.com

Website: <http://www.PowerHealth.net>

MYTH #7: Vegetarians live longer and have more energy and endurance than meat-eaters.

A vegetarian guidebook published in Great Britain made the following claim:

*You and your children don't need to eat meat to stay healthy. In fact, vegetarians claim they are among the healthiest people around, and they can expect to live nine years longer than meat-eaters (this is often because heart and circulatory diseases are rarer). These days almost half the population in Britain is trying to avoid meat, according to a survey by the Food Research Association in January 1990.*⁷⁷

In commenting on this claim of extended lifespan, author Craig Fitzroy astutely points out that:

*The "nine-year advantage" is an oft-repeated but invariably unsourced piece of anecdotal evidence for vegetarianism. But anyone who believes that by snubbing mum's Sunday roast they will be adding a decade to their years on the planet is almost certainly indulging in a bit of wishful thinking.*⁷⁸

And that is what most of the claims for increased longevity in vegetarians are: anecdotal. There is no proof that a healthy vegetarian diet, when compared to a healthy omnivorous diet, will result in a longer life. Additionally, people who choose a vegetarian lifestyle typically also choose not to smoke; they choose to exercise; in short, they choose to live a healthier lifestyle. These things also are factors in one's longevity.

In the scientific literature, there are surprisingly few studies done on vegetarian longevity. Russell Smith, PhD, in his massive review study on heart disease, showed that as animal product consumption increased among some study groups, death rates actually decreased!⁷⁹ Such results were not obtained among vegetarian subjects. For example, in a study published by Burr and Sweetnam in 1982, analysis of mortality data revealed that, although vegetarians had a slightly (0.11%) lower rate of heart disease than non-vegetarians, the all-cause death rate was much higher for vegetarians.⁸⁰

Despite claims that studies have shown that meat consumption increased the risk for heart disease and shortened lives, the authors of those studies actually found the opposite. For example, in a 1984 analysis of a 1978 study of vegetarian Seventh Day Adventists, H. A. Kahn concluded:

*Although our results add some substantial facts to the diet-disease question, we recognize how remote they are from establishing, for example, that men who frequently eat meat or women who rarely eat salad are thereby shortening their lives.*⁸¹

A similar conclusion was reached by D. A. Snowden.⁸² Despite these startling admissions, the studies nevertheless concluded the exact opposite and urged people to reduce animal food intake in their diets. Further, both of these studies threw out certain dietary data that clearly showed no connection between eggs, cheese, whole milk and fat attached to meat (all high-fat, high-cholesterol foods) and heart disease. Dr Smith commented:

*In effect, the Kahn [and Snowden] study is yet another example of negative results which are massaged and misinterpreted to support the politically correct assertions that vegetarians live longer lives.*⁸³

It is usually claimed that meat-eating peoples have a short lifespan, but the Aborigines of Australia, who traditionally eat a diet rich in animal products, are known for their

longevity (at least before colonisation by Europeans). Within Aboriginal society there is a special caste of the elderly.⁸⁴ Obviously, if no old people existed, no such group would have existed.

In his book *Nutrition and Physical Degeneration*, Dr Price has numerous photographs of elderly native peoples from around the world. Explorers such as Vilhjalmur Stefansson reported great longevity among the Innu (again, before colonisation).⁸⁵ Similarly, the people of the Caucasus Mountains live to great ages on a diet of fatty pork and whole raw milk products. The Hunzas, also known for their robust health and longevity, drink substantial portions of goat's milk, which has a higher saturated fat content than cow's milk.⁸⁶ In contrast, the largely vegetarian Hindus of southern India have the shortest lifespans in the world, partly because of a lack of food but also because of a distinct lack of animal protein in their diets.⁸⁷

H. Leon Abrams's comments are instructive here:

*Vegetarians often maintain that a diet of meat and animal fat leads to a premature death. Anthropological data from primitive societies do not support such contentions.*⁸⁸

Dr Price travelled around the world in the 1920s and 1930s, investigating native diets with regard to endurance and energy levels. Without exception, he found a strong correlation between diets rich in animal fats and robust health and athletic ability. Special foods for Swiss athletes, for example, included bowls of fresh, raw cream. In Africa, Dr Price discovered that groups whose diets were rich in fatty meats and fish, and organ meats like liver, consistently carried off the prizes in athletic contests, and that meat-eating tribes always dominated tribes whose diets were largely vegetarian.⁸⁹

It is popular in sports nutrition to recommend "carb-loading" for athletes to increase their endurance levels. But recent studies done in New York and South Africa show that the opposite is true: athletes who "carb-loaded" had significantly less endurance than those who "fat-loaded" before athletic events.⁹⁰

MYTH #8: The "cave man" diet was low-fat and/or vegetarian. Humans evolved as vegetarians.

Our Palaeolithic ancestors were hunter-gatherers, and three schools of thought have developed as to what their diet was like. One group argues for a high-fat and animal-based diet supplemented with seasonal fruits, berries, nuts, root vegetables and wild grasses. The second argues that primitive peoples consumed assorted lean meats and large amounts of plant foods. The third argues that our human ancestors evolved as vegetarians.

The "lean" Palaeolithic diet approach has been argued for quite voraciously by Drs Loren Cordain and Boyd Eaton in a number of popular and professional publications.⁹¹ Cordain and Eaton are believers in the "lipid hypothesis" of heart disease—the belief (debunked in Myth #6; see part one) that saturated fat and dietary cholesterol contribute to heart disease. Because of this, and the fact that Palaeolithic peoples or their modern equivalents did/do not suffer from heart disease, Cordain and Eaton espouse the theory that Palaeolithic peoples consumed most of their fat calories from mono-unsaturated and polyunsaturated sources and

not saturated fats. Believing that saturated fats are dangerous to our arteries, Cordain and Eaton stay in step with current establishment nutritional thought and encourage modern peoples to eat a diet like our ancestors. This diet, they believe, was rich in lean meats and a variety of vegetables but was low in saturated fat.

However, the evidence they produce to support this theory is very selective and misleading.⁹² Saturated fats do not cause heart disease, as was shown above, and our Palaeolithic ancestors ate quite a bit of saturated fat from a variety of plant and animal sources.

We learn from authoritative sources that prehistoric humans of the North American continent ate such animals as mammoth, camel, sloth, bison, mountain sheep, pronghorn antelope, beaver, elk, mule deer and llama.⁹³

Mammoth, sloth, mountain sheep, bison and beaver are fatty animals in the modern sense, in that they have a thick layer

*of subcutaneous fat, as do the many species of bear and wild pig whose remains have been found at Paleolithic sites throughout the world.*⁹⁴

Explorers such as Vilhjalmur Stefansson reported great longevity among the Innu (before colonisation). Similarly, the people of the Caucasus Mountains live to great ages on a diet of fatty pork and whole raw milk products.

Analysis of many types of fat in game animals like antelope, bison, caribou, dog, elk, moose, seal and mountain sheep shows that they are rich in saturates and mono-unsaturates but relatively low in polyunsaturates.⁹⁵ Further, while buffalo and game animals may have lean, non-marbled muscle meats, it is a mistake to assume that only these parts were eaten by hunter-gatherer groups like the Native Americans,

who often hunted animals selectively for their fat and fatty organs, as the following section will show.

Anthropologists/explorers such as Vilhjalmur Stefansson reported that the Innu and North American Indian tribes would worry when their catches of caribou were too lean: they knew sickness would follow if they did not consume enough fat.⁹⁶ In other words, these primitive peoples did not like having to eat lean meat.

Northern Canadian Indians would also deliberately hunt older male caribou and elk, for these animals carried a 50-pound slab of back fat on them which the Indians would eat with relish. This "back fat" is highly saturated. Native Americans would also refrain from hunting bison in the springtime (when the animals' fat stores were low, due to scarce food supply during the winter), preferring to hunt, kill and consume them in the fall when they were fattened up.⁹⁷

Explorer Samuel Hearne, writing in 1768, described how the Native American tribes he came into contact with would selectively hunt caribou just for the fatty parts:

*On the twenty-second of July, we met several strangers, whom we joined in pursuit of the caribou, which were at this time so plentiful that we got everyday a sufficient number for our support, and indeed too frequently killed several merely for the tongues, marrow and fat.*⁹⁸

While Cordain and Eaton are certainly correct in saying that our ancestors ate meat, their contentions about fat intake, as well as the type of fat consumed, are simply incorrect.

While various vegetarian and vegan authorities like to think that we evolved as a species on a vegan or vegetarian diet, there exists little from the realm of nutritional anthropology to support these ideas.

To begin with, in his journeys Dr Price never once found a totally vegetarian culture. It should be remembered that Dr Price visited and investigated several population groups who were, for all intents and purposes, the 20th-century equivalents of our hunter-gatherer ancestors. Dr Price was on the lookout for a vegetarian culture, but he came up empty. Price stated:

*As yet I have not found a single group of primitive racial stock which was building and maintaining excellent bodies by living entirely on plant foods.*⁹⁹

Anthropological data support this. Throughout the globe, all societies show a preference for animal foods and fats, and it seems that our ancestors only turned to large-scale farming when they had to, due to increased population pressures.¹⁰⁰ Abrams and other authorities have shown that prehistoric man's quest for more animal foods was what spurred his expansion over the Earth, and that he apparently hunted certain species to extinction.¹⁰¹

Price also found that those peoples who out of necessity consumed more grains and legumes, had higher rates of dental decay than those who consumed more animal products. In his papers on vegetarianism, Abrams presents archaeological evidence that supports this finding: skulls of ancient peoples who were largely vegetarian have teeth containing caries and abscesses and show evidence of tuberculosis and other infectious diseases.¹⁰² The appearance of farming and the increased dependence on plant foods for our subsistence was clearly harmful to our health.

Finally, it is simply not possible for our prehistoric ancestors to have been vegetarian because they would not have been able to get enough calories or nutrients to survive on the plant foods that were available. The reason for this is that humans did not know how to cook or control fire at that time, and the great majority of plant foods, especially grains and legumes, must be cooked in order to render them edible to humans.¹⁰³ Most people do not know that many of the plant foods we consume today are poisonous in their raw states.¹⁰⁴

Based on all of this evidence, it is certain that our ancestors, the progenitors of humanity, ate a very non-vegetarian diet that was rich in saturated fatty acids.

MYTH #9: Meat and saturated fat consumption have increased in the 20th century, with a corresponding increase in heart disease and cancer.

Statistics do not bear out such fancies. Butter consumption has plummeted from 18 lb (8.165 kg) per person a year in 1900 to less than 5 lb (2.27 kg) per person a year today.¹⁰⁵ Additionally, Westerners, urged on by government health agencies, have reduced their intake of eggs, cream, lard and pork. Chicken consumption has risen in the past few decades, but chicken is lower in saturated fat than either beef or pork.

Furthermore, a survey of cookbooks published in America in the 19th and early 20th centuries shows that people of earlier times ate plenty of animal foods and saturated fats. For example, in the *Baptist Ladies Cook Book* (Monmouth, Illinois, 1895), virtually every recipe calls for butter, cream or lard. Recipes for creamed vegetables are numerous as well. A scan of the *Searchlight Recipe Book* (Capper Publications, 1931) also has similar recipes: creamed liver, creamed cucumbers, hearts braised in buttermilk, etc. British Jews, as shown by the *Jewish Housewives Cookbook* (London, 1846), also had diets rich in cream, butter, eggs, and lamb and beef tallows. One recipe for German waffles, for example, calls for a dozen egg yolks and an entire pound of butter. A recipe for oyster pie from the Baptist cookbook calls for a quart of cream and a dozen eggs, and so forth and so on.

It does not appear, then, that people ate leaner diets in the last century. It is true that beef consumption has risen in the last few decades, but what has also risen precipitously, however, is consumption of margarine and other food products containing *trans*-fatty acids,¹⁰⁶ lifeless, packaged "foods", processed vegetable oils,¹⁰⁷ carbohydrates¹⁰⁸ and refined sugar.¹⁰⁹

Since one does not see chronic diseases like cancer and heart disease in beef-eating native peoples like the Masai and Samburu, it is not possible for beef to be the culprit behind these modern epidemics. This, of course, points the finger squarely at the other dietary factors as the most likely causes.

While the traditionally fermented soy foods of miso, tamari, tempeh and natto are definitely healthful in measured amounts, the hyper-processed soy "foods" that most vegetarians consume are not.

MYTH #10: Soy products are adequate substitutes for meat and dairy products.

It is typical for vegans and vegetarians in the Western world to rely on various soy products for their protein needs. There is little doubt the billion-dollar soy industry has profited immensely from the anti-cholesterol, anti-meat gospel of current nutritional thought. Whereas, not so long ago, soy was an Asian food primarily used as a condiment, now a variety of processed soy products proliferate in the marketplace.

While the traditionally fermented soy foods of miso, tamari, tempeh and natto are definitely healthful in measured amounts, the hyper-processed soy "foods" that most vegetarians consume are not.

Non-fermented soybeans and foods made with them are high in phytic acid,¹¹⁰ an anti-nutrient that binds to minerals in the digestive tract and carries them out of the body. Vegetarians are known for their tendencies towards mineral deficiencies, especially of zinc,¹¹¹ and it is the high phytate content of grain- and legume-based diets that is to blame.¹¹² Though several traditional food-preparation techniques such as soaking, sprouting and fermenting can significantly reduce the phytate content of grains and legumes,¹¹³ such methods are not commonly known about or used by modern peoples, including vegetarians. This places them (and others who eat a diet rich in whole grains) at a greater risk for mineral deficiencies.

Processed soy foods are also rich in trypsin inhibitors, which hinder protein digestion. Textured vegetable protein (TVP), soy

"milk" and soy protein powders, and popular vegetarian meat and milk substitutes are entirely fragmented foods, made by treating soybeans with high heat and various alkaline washes to extract the beans' fat content or to neutralise their potent enzyme inhibitors.¹¹⁴ These practices completely denature the beans' protein content, rendering it very hard to digest. MSG, a neurotoxin, is routinely added to TVP to make it taste like the various foods it imitates.¹¹⁵

On a purely nutritional level, soybeans, like all legumes, are deficient in cysteine and methionine, vital sulphur-containing amino acids, as well as tryptophan, another essential amino acid. Furthermore, soybeans contain no vitamins A or D, required by the body to assimilate and utilise the beans' proteins.¹¹⁶ It is probably for this reason that Asian cultures that do consume soybeans usually combine them with fish or fish broths (abundant in fat-soluble vitamins) or other fatty foods.

Parents who feed their children soy-based formula should be aware of its extremely high phytoestrogen content. Some scientists have estimated a child being fed soy formula is ingesting the hormonal equivalent of five birth control pills a day.¹¹⁷ Such a high intake could have disastrous results. Also, soy formula contains no cholesterol, which is vital for brain and nervous system development.

Though research is still ongoing, some recent studies have indicated that soy's phytoestrogens could be causative factors in some forms of breast cancer,¹¹⁸ penile birth defects¹¹⁹ and infantile leukaemia.¹²⁰ Soy's phytoestrogens, or isoflavones, have been definitely shown to depress thyroid function¹²¹ and to cause infertility in every animal species studied so far.¹²²

Clearly, modern soy products and isolated isoflavone supplements are not healthy foods for vegetarians, vegans or anyone else, yet these are the very ones that are most consumed.

MYTH #11: The human body is not designed for meat consumption.

Some vegetarian groups claim that since humans possess grinding teeth, like herbivorous animals, and longer intestines than carnivorous animals, this proves the human body is better suited for vegetarianism.¹²³ This argument fails to note several human physiological features which clearly indicate a design for animal product consumption.

First and foremost is our stomach's production of hydrochloric acid, something not found in herbivores. Hydrochloric acid activates protein-splitting enzymes. Further, the human pancreas manufactures a full range of digestive enzymes to handle a wide variety of foods, both animal and vegetable.

Dr Walter Voegtlin's in-depth comparison of the human digestive system with that of the dog (a carnivore) and the sheep (a herbivore) clearly shows that we are closer in anatomy to the carnivorous dog than the herbivorous sheep.¹²⁴ While humans may have longer intestines than animal carnivores, they are not as long as herbivores; nor do we possess multiple stomachs like many herbivores; nor do we chew cud. Our physiology definitely indicates a mixed feeder or an omnivore—much the same as our relatives the mountain gorilla and chimpanzee, who have all been observed eating small animals and in some cases other primates.¹²⁵

MYTH #12: Eating animal flesh causes violent, aggressive behaviour in humans.

Some authorities on vegetarian diets, such as Dr Ralph Ballantine,¹²⁶ claim that the fear and terror (if any; see Myth #15) an animal experiences at death is somehow "transferred" into its flesh and organs and "becomes" a part of the person who eats it.

These thinkers would do well to note that no scientific studies exist to support such a theory, and also remember the fact that a tendency towards irrational anger is a symptom of low vitamin B12 levels—which, as we have seen, are common in vegans and vegetarians.

In his travels, Dr Price always noted the extreme happiness and ingratiating natures of the peoples he encountered, all of whom were meat-eaters.

MYTH #13: Animal products contain numerous harmful toxins.

A recent vegetarian newsletter claimed the following:

Clearly, modern soy products and isolated isoflavone supplements are not healthy foods for vegetarians, vegans or anyone else, yet these are the very ones that are most consumed.

*Most people don't realize that meat products are loaded with poisons and toxins! Meat, fish and eggs all decompose and putrefy extremely rapidly. As soon as an animal is killed, self-destruct enzymes are released, causing the formation of denatured substances called ptyloamines, which cause cancer.*¹²⁷

If meat, fish and eggs do indeed generate cancerous "ptyloamines", it is very strange that people have not been dying in droves from cancer for the past million years. Such sensationalistic and nonsensical claims cannot be supported by

historical facts.

This article then went on to mention "mad cow disease" (BSE), parasites, salmonella, hormones, nitrates and pesticides as toxins in animal products. Hormones, nitrates and pesticides are present in commercially raised animal products (as well as commercially raised fruits, grains and vegetables) and are definitely things to be concerned about. However, one can avoid these chemicals by taking care to consume range-fed, organic meats, eggs and dairy products which do not contain harmful man-made toxins.

Parasites are easily avoided by taking normal precautions in food preparations. Pickling or fermenting meats, as is custom in traditional societies, protects against parasites. In his travels, Dr Price always found healthy, disease-free, parasite-free peoples eating raw meat and dairy products as part of their diets.

Similarly, Dr Francis Pottenger, in his experiments with cats, demonstrated that the healthiest, happiest cats were the ones on the all-raw-food diet. The cats eating cooked meats and pasteurised milk sickened and died and had numerous parasites.¹²⁸ Salmonella can be transmitted by plant products as well as animal.

It is often claimed by vegetarians that meat is harmful to our bodies because ammonia is released from the breakdown of its proteins. Although it is true that ammonia production does result from meat digestion, our bodies quickly convert this substance into harmless urea. The alleged toxicity of meat is greatly exaggerated by vegetarians.

"Mad cow disease", or bovine spongiform encephalopathy (BSE), is most likely not caused by cows eating animal parts with their food—a feeding practice that goes back over 100 years. British organic farmer Mark Purdey has argued convincingly that cows that get mad cow disease are the very ones that have had a particular organophosphate insecticide applied to their backs, or have grazed on soils which lack magnesium but contain high levels of aluminium.¹²⁹

Small outbreaks of "mad cow disease" have also occurred among people who reside near cement works and chemical factories and in some areas with a particular type of volcanic soil.¹³⁰

Purdey theorises that the organophosphate pesticides got into the cows' fat through a spraying program, and then were ingested by the cows again with the animal parts feeding. Seen this way, it is the insecticides, via the parts feeding (and not the parts themselves or their associated "prions"), that has caused this outbreak. As noted before, cows have been eating ground-up animal parts in their feeds for over 100 years. It was never a problem before the introduction of these particular insecticides.

Recently, Purdey has gained support from Dr Donald Brown, a British biochemist who has also argued for a non-infectious cause of BSE. Brown attributes BSE to environmental toxins, specifically manganese overload.¹³¹

MYTH #14: Eating meat or animal products is less "spiritual" than eating only plant foods.

It is often claimed that those who eat meat or animal products are somehow less "spiritually evolved" than those who do not. Though this is not a nutritional or academic issue, those who do include animal products in their diet are often made to feel inferior in some way. This issue, therefore, is worth addressing.

Several world religions place no restrictions on animal consumption, and nor did their founders. The Jews eat lamb at their most holy festival, the Passover. Muslims also celebrate Ramadan with lamb before entering into their fast. Jesus Christ, like other Jews, partook of meat at the Last Supper (according to the canonical Gospels). It is true that some forms of Buddhism do place strictures on meat consumption, but dairy products are always allowed. Similar tenets are found in Hinduism. As part of the Samhain celebration, Celtic pagans would slaughter the weaker animals of the herds and cure their meat for the oncoming winter. It is not true, therefore, that eating animal foods is always connected with "spiritual inferiority".

Nevertheless, it is often claimed that since eating meat involves the taking of a life, it is somehow tantamount to murder. Leaving aside the religious philosophies that often permeate this issue, what appears to be at hand is a misunderstanding of the life force and how it works.

Modern peoples (vegetarian and non-vegetarian) have lost touch with what it takes to survive in our world—something native peoples never lose sight of. We do not necessarily hunt or clean our meats: we purchase steaks and chops at the supermarket. We

do not necessarily toil in rice paddies: we buy bags of brown rice. And so forth, and so on.

When Native Americans killed a game animal for food, they would routinely offer a prayer of thanks to the animal's spirit for giving its life so they could live. In our world, life feeds off life. Destruction is always balanced with generation. This is a good thing. Unchecked, the life force becomes cancerous. If animal food consumption is viewed in this manner, it is hardly murder but sacrifice. Modern peoples would do well to remember this.

MYTH #15: Eating animal foods is inhumane.

Without question, some commercially raised livestock live in deplorable conditions where sickness and suffering are common. In countries like Korea, food animals such as dogs are sometimes killed in horrific ways, e.g., beaten to death with a club. Our recommendations for animal foods consumption most definitely do not endorse such practices.

As noted in our discussion of Myth #1, commercial farming of livestock results in an unhealthy food product, whether that product be meat, milk, butter, cream or eggs. Our ancestors did not consume such sub-standard foodstuffs, and neither should we.

It is possible to raise animals humanely. This is why organic, preferably biodynamic, farming is to be encouraged: it is cleaner and more efficient, and produces healthier animals and foodstuffs from those animals.

Each person should make every effort, then, to purchase organically raised livestock (and plant foods). Not only does this better support our bodies—as organic foods are more nutrient-dense¹³² and are free from hormone and pesticide residues—but this also supports smaller farms and is therefore better for the economy.¹³³

Nevertheless, many people have philosophical problems with eating animal flesh, and these sentiments must be respected. Dairy products and eggs, though, are not the result of an animal's death and are fine alternatives

Many people have philosophical problems with eating animal flesh, and these sentiments must be respected.

Dairy products and eggs, though, are not the result of an animal's death and are fine alternatives for these people.

for these people.

It should also not be forgotten that agriculture, which involves both the clearance of land to plant crops and the protection and maintenance of those crops, results in many animal deaths.¹³⁴ Therefore, the belief that "becoming vegetarian" will somehow spare animals from dying is one with no foundation in fact.

BIOCHEMICAL AND GENETIC INDIVIDUALITY

As a cleansing diet, vegetarianism is sometimes a good choice. Several health conditions (e.g., gout) can often be ameliorated by a temporary reduction in intake of animal products and an increase of plant foods. But such measures must not be continuous throughout life: there are vital nutrients found only in animal foods that we must ingest for optimal health.

Furthermore, there is no one diet that will work for every person. Some vegetarians and vegans, in their zeal to get converts, are blind to this biochemical fact.

"Biochemical individuality" is a subject worth clarifying. Coined by nutritional biochemist Roger Williams, PhD, the term

refers to the fact that different people require different nutrients based on their unique genetic make-up. Ethnic and racial backgrounds figure in this concept as well. A diet that works for one may not work as well for someone else.

As a practitioner, I've seen several clients following a vegetarian diet and having severe health problems: obesity, candidiasis, hypothyroidism, cancer, diabetes, leaky gut syndrome, anaemia and chronic fatigue. Because of the widespread rhetoric that a vegetarian diet is "always healthier" than a diet that includes meat or animal products, these people saw no reason to change their diet, even though that was the cause of their problems. What these people actually needed for optimal health was more animal foods and fats and fewer carbohydrates.

Further, due to peculiarities in genetics and individual biochemistry, some people simply cannot have a vegetarian diet because of such things as lectin intolerance and desaturase enzyme deficiencies. Lectins present in legumes, a prominent feature of vegetarian diets, are not tolerated by many people. Others have grain sensitivities, especially to gluten, or to grain proteins in general. Again, since grains are a major feature of vegetarian diets, such people cannot thrive on them.¹³⁵

Desaturase enzyme deficiencies are usually present in those people of Inuit, Scandinavian, Northern European and sea coast ancestry. They lack the ability to convert alpha-linolenic acid into EPA and DHA, two omega-3 fatty acids intimately involved in the function of the immune and nervous systems. The reason for this is because these people's ancestors got an abundance of EPA and DHA from the large amounts of cold-water fish they ate. Over time, because of non-use, they lost the ability to manufacture the necessary enzymes to create EPA and DHA in their bodies. For these people, vegetarianism is simply not possible. They *must* get their EPA and DHA from food, and EPA is only found in animal foods. DHA is present in some algae, but the amounts are much lower than in fish oils.¹³⁶

It is also apparent that vegan diets are not suitable for all people due to inadequate cholesterol production in the liver, and cholesterol is only found in animal foods. It is often said that the body makes enough cholesterol to get by and that there is no reason to consume foods that contain it (i.e., animal foods). However, recent research has shown otherwise. Singer's work at the University of California, Berkeley, has shown that the cholesterol in eggs improves memory in older people.¹³⁷ In other words, these elderly people's own cholesterol was insufficient to improve their memory, but added dietary cholesterol from eggs was.

Though it appears that some people do well on little or no meat and remain healthy as lacto-vegetarians or lacto-ovo-vegetarians, the reason for this is because these diets are healthier for those people, not because they're healthier in general. However, a total absence of animal products, whether meat, fish, insects, eggs, butter or dairy, is to be avoided. Though it may take years, problems will eventually ensue under such dietary regimes and they will certainly show in future generations. Dr Price's seminal research unequivocally demonstrated this.

The reason for this is simple evolution: humanity evolved eating animal foods and fats as part of its diet, and our bodies are

suiting and accustomed to them. One cannot change evolution in a few years.

Dr Abrams said it well when he wrote this:

*Humans have always been meat-eaters. The fact that no human society is entirely vegetarian, and those that are almost entirely vegetarian suffer from debilitated conditions of health, seems unequivocally to prove that a plant diet must be supplemented with at least a minimum amount of animal protein to sustain health. Humans are meat-eaters and always have been. Humans are also vegetable-eaters and always have been, but plant foods must be supplemented by an ample amount of animal protein to maintain optimal health.*¹³⁸

∞

Further, due to peculiarities in genetics and individual biochemistry, some people simply cannot have a vegetarian diet because of such things as lectin intolerance and desaturase enzyme deficiencies.

Author's Notes:

- Thanks to Sally Fallon, MA, Lee Clifford, MS, CCN, and Dr H. Leon Abrams, Jr, for their gracious assistance in preparing and reviewing this paper.
- This paper was not sponsored or paid for by the meat or dairy industries.

Editor's Notes:

- Due to space limitations, we are not able to publish the endnotes accompanying Dr Stephen Byrnes's article. Instead, we have posted these on our website, <http://www.nexusmagazine.com>, but we can also email and snail-mail them upon request.
- The full text of the article, including endnotes, is also available on the author's website at http://www.powerhealth.net/selected_articles.htm.

Dr Stephen Byrnes's article was originally published in the *Townsend Letter for Doctors & Patients*, July 2000, and was revised in January 2002.

Recommended Reading/Research

- The Weston A. Price Foundation:
<http://www.westonaprice.org>
- Why I am Not a Vegetarian:
<http://www.acsh.org/publications/priorities/0902/vegetarian.html>
- Beyond Vegetarianism:
<http://www.beyondveg.com>
- The Cholesterol Myths:
<http://www.ravnskov.nu/cholesterol.htm>
- The Paleolithic Diet Page:
<http://www.panix.com/~paleodiet/>
- The Great Fallacies of Vegetarianism:
<http://www.vanguardonline.f9.co.uk/00509.htm>
- National Animal Interest Alliance:
<http://www.naiaonline.org/>
- PETA Sucks:
<http://www.petasucks.cc>
- Animal Rights.net:
<http://www.animalrights.net>

About the Author:

Stephen Byrnes, PhD, RNCP, enjoys robust health on a diet that includes butter, cream, eggs, meat, whole milk, cheese and liver. He is the author of *Diet & Heart Disease: It's NOT What You Think* and *Digestion Made Simple* (Whitman Books, 2001), and *The Lazy Person's Whole Foods Cookbook* (Ecclesia Life Mana, 2001). He is based in the USA. Visit his website at <http://www.PowerHealth.net>.

THE SUPPRESSION OF DISSENT IN SCIENCE

*The science
establishment tends
to react to
conflicting and
inconvenient
theories by
denigrating,
harassing, rejecting,
or ignoring the
scientists who
propose them.*

by Will Hart © 2002

Email: Wrtsearch1@aol.com

In the "Archaeological Cover-ups" article last issue, we examined some of the ways in which science is suppressing anomalies, "heretical" researchers and dissent. Here we continue the investigations while opening up some new areas. Brian Martin of the University of Wollongong, NSW, Australia, has done extensive research into the way science as an institution actually operates, separating the facts of how it works from the myths of how it is supposed to work.

If there are strong interests behind a particular position or theory, then the task of challengers is difficult. This difficulty is aggravated if challengers are outsiders who don't "play the game". If you are a talented scientist with a good track record, working at an elite institution, and write a conventional-looking paper—but with challenging ideas—there may be difficulties enough. For anyone else, it is much tougher.

(Habitat Australia, no. 7, 1992)

We can picture the way science works as a complicated filtering process. The walls and halls of academia and science go hand in hand. No matter how brilliant you are, if you lack a degree in science you are not going to get to the next filter. It helps to have the right degree from the right (meaning prestigious) institution. If you have these qualifications, you will find that writing papers is part of the territory of being a successful scholar or researcher. You will know how to "play the game" at this point.

The next filter is the peer review process. Your papers will be examined by a jury of peers and probably be published if they conform to the accepted theories, and probably wind up rejected if not. However, just because you have all the right stuff is no guarantee that any novel, challenging, boat-rocking theory hurled at the ivory towers of the establishment, regardless of how brilliant, is going to be accepted—as we shall soon see.

HERETICS AND TABOO RESEARCH

In 1994, the BBC ran a series called *Heretics*, which documented how the scientific community has responded to ideas considered unacceptable. The "unacceptable" ideas ranged from the efficacy of high doses of vitamin C to the existence of antigravity and psychokinesis (PK). Some of the scientists who proffered these "wild" ideas had solid credentials—scientists like Linus Pauling and Robert Jahn. In each case, a familiar pattern unfolded. The claims were dismissed out of hand and branded as "nonsense" or "impossible", without any serious attempt being made to look at the evidence or to listen to their proponents' arguments. The series went much deeper by exposing the high degree of insularity and the strong sense of self-superiority that exists within the scientific community.

The case of Robert Jahn, an expert in rocket engineering, was presented. At the time, Jahn was Dean of the Faculty of Engineering at Princeton University. In addition to carrying out his normal responsibilities and areas of research, he became interested in PK after a student asked if he could study the possible effects of the mind on electronic circuits. Jahn thought the experiment harmless and did not anticipate any positive results. However, the test *did* produce positive findings. Jahn set up another experiment to see if those results could be duplicated—and, to his surprise, they were. The university forbade him to talk about these experiments. However, Jahn went on with this line of investigation—as we'd expect of a real scientist driven by curiosity. He eventually published some of his findings, which upset a number of colleagues.

Jahn was criticised in an article written by Nobel Laureate Philip Anderson that

appeared in *Physics Today* (no. 12, 1990). This brought on a firestorm of controversy that had more to do with the "taboo" nature of Jahn's work than with any discussion of the validity of his methods. Another Nobel Prize winner, Steve Weinberg, weighed in during an interview on the *Heretics* program. Weinberg seemed more concerned with the impact Jahn's experiments would have on the accepted theories of physics than with any facts that the PK research had turned up, and the subject alone was enough to condemn the work in Weinberg's estimation.

This fiasco earned Jahn, a respected scientist holding down a prestigious post at a leading American university, the badge of "heretic". We saw a similar knee-jerk reaction when dissidents brought the hallowed "theory of evolution" under close scrutiny.

The public has to start becoming more aware that scientists are human beings with egos and self-interest at stake—two realities that can and do interfere with the prosecution of "pure" science. This can produce an arrogant attitude in scientists who suddenly think they know what is best and what is true by virtue of the fact that they are scientists, and because of that status they would never deviate from practising good science. The logic is obviously circular and is also found among church ministers when it comes to morality. Our scientists often act like ministers of objective reality.

WHISTLEBLOWERS AND RENEGADES

In 1999, Arpad Pusztai was fired from the Rowett Institute in Aberdeen, Scotland, for calling public attention to the conclusions of a research report critical of genetically modified food, which the government had quietly quashed. Pusztai had previously been suspended over his research findings that showed rats fed GM potatoes had suffered immune system damage. That was not the conclusion that the British government was then looking for. His "incorrect" science and honesty cost him his job on the project.

As we saw with the case of science journalist Richard Milton, the science establishment plays hardball. Not only was Pusztai fired, but his reputation was tarnished when the press reported that "his conclusions and the research were later said to be unfounded". The beleaguered scientist closed his side of a case that was prosecuted entirely in the court of public media disclosure, arguing:

I am not against genetic engineering; I only ask for proper tests to be carried out before and not after GM food is released.

(*Guardian Weekly*, February 12, 1999)

Whistleblowing is often the only way the public is ever informed of wrongdoing in the field of science.

Whistleblowing is often the only way the public is ever informed of wrongdoing in the field of science. It is clearly the right thing to do; however, it can lead to many personal trials, the loss of friends and rejection by colleagues.

History is full of examples of scientists and independent researchers who have been harassed, badgered, ridiculed, threatened and called every name in the book for delving into or proposing radical new ideas.

Immanuel Velikovsky was a well-educated, licensed medical doctor who became fascinated with the

information he found in ancient myths that seemed to agree there had once been a great catastrophe that had a devastating impact on early civilisations. He had a hard time finding a publisher for his first book, *Worlds in Collision*. When Macmillan finally decided to publish it, outraged scholars and scientists contacted the publisher, demanding that the book be dropped immediately. Macmillan caved in and transferred it to Doubleday because the aggrieved parties were the very people who bought their textbooks. This happened in 1950 and it was a sign of things to come, for it would not be the last time that scientists sought to ban a book.

Velikovsky's theory was a source of bitter contention in academic circles for decades, until—lo and behold!—Alvarez announced in the 1980s that an asteroid had killed off most life on the planet 65 million years ago. (And that announcement, too, was steeped in controversy, as we will learn.) Today the asteroid theory is widely accepted, although still debated.

But not all independent scientists are the focal point of scorn and derision; some are simply labelled "mavericks" and their work is either ignored or regarded with the same suspicious furrowed brows as a noted crank's would be. However, a few of these individuals simply cannot be shoved into obscurity because their unconventional theories have been proven correct.

The late Scotty MacNeish was a renegade archaeologist who always marched to the beat of his own drum. His career spanned six decades and most of it was steeped in controversy and heated debate. MacNeish is known for tracking down the origin of



corn to central Mexico and he wrote and/or co-authored 50 books and over 200 papers. He was the first archaeologist to bring an interdisciplinary approach to this field. But he is also famous for proposing theories that make other archaeologists and anthropologists shudder.

MacNeish claimed to have solid evidence that the earliest human presence in North America can be dated back 60,000 years, instead of the generally accepted 12,000–20,000 years. He was also critical of what he called "the new archaeology" being practised by investigators who seem to believe they are operating "on a higher plane, dealing with social problems", MacNeish once said in an interview, pointing out that you cannot tell what ancient people thought or believed by looking at potsherds and bones (*Archaeology Today*, no. 5, 1999). It is troubling to read the research papers and reports from many of today's archaeologists who will jump at the chance to explain the "spiritual consciousness" and belief systems of the ancients and ridicule any unorthodox theories that attempt to explain enigmatic artifacts.

Thomas Gold (who died in 2001) was another "maverick" often held just beyond arm's length because of his unconventional research into exotic ideas that no one else has thought of, yet his assertions have usually been proven to be true. He did pioneering work on radar during World War II; came out of the war and published a new

theory on mammalian hearing that was ignored for 30 years; was the first to propose that the Moon's surface was not frozen lava but dust; and discovered the pulsar. One of Gold's controversial theories is based on the idea that most of Earth's biological life is actually beneath the surface and not above it. He also believed that petroleum is not a by-product of biological decay but is a result of geochemical processes within the planet's core. Some biologists and geologists have been deeply offended by these concepts; some actually hate the man.

Gold wrote an article, "New Ideas in Science", that appeared in the *Journal of Scientific Exploration* in 1989 (vol. 3, no. 2). After framing the correct scientific attitude and expressing his concern that science was heading down the wrong path towards a system that stifled discovery, he stated:

I want to discuss this danger and the various tendencies that seem to me to create it, or augment it. I can draw on my own personal experience of 40 years of work on various branches of science and also on many of the great controversies that have occurred over that same period.

Gold went on to cite the virtues of scientific ideals and idealism, and then balanced those against the real world that real scientists (who, in the end, are just people with degrees) live in—a world often characterised by less than idealistic motivations and behaviours. He recited some of his own unfortunate experiences which reveal that merit has little to do with the way modern science is run. This article is well worth reading, and it corroborates Martin's findings about the dangers of the peer review process.

Returning to the issue and points brought up by Brian Martin, sociologist Michael J. Mahoney of Pennsylvania State University, USA, was one of the first to examine how well (or poorly) the peer review process works in evaluating scientific papers. Mahoney sent out copies of one paper to 75 reviewers, but

doctored the results so that in a number of cases the research appeared to support mainstream theories while in other cases it went against them. The results will surprise mainstream scientific apologists, but not those who have proposed "unconventional" ideas. Mahoney found that "when the results ran contrary to the reviewer's theoretical beliefs, the procedures were berated and the manuscript rejected". The opposite scenario occurred when the papers conformed to the reviewer's belief system.

Several extremely important theories have nearly slipped through the cracks because of this bias in the peer review process.

Edwin Krebs, the scientist who discovered what eventually was dubbed the "Krebs cycle", had his papers rejected initially.

Biologist Lyn Margulis, co-author (with James Lovelock) of *The Gaia Hypothesis*, also had her seminal work in endosymbiosis coldly brushed aside. Her theory, which is now completely accepted and part of biology textbooks, initially could not get a hearing by the National Science Foundation. "I was flatly turned down," Margulis says, "and the grants officers added that I should never apply again." (*Boston Globe*, June 22, 1987)

This brings up the issue of funding and how the established system further maintains the status quo. Both MacNeish and Gold made reference to the fact that they had extreme difficulties getting their new theories or projects funded because they were so

controversial. This is not some cloak-and-dagger conspiracy. It is a much subtler and more insidious kind—a silent, invisible, complex system that tries to maintain itself by guaranteeing certain outcomes and filtering out everything else. It is a system that can choke off research into novel ideas and fields, simply by shutting off the funding valve.

SCIENTISTS PLAY HARDBALL

That is the passive side of how new ideas are often suppressed, but, as we have seen, there is a very active, aggressive side that seeks to throttle open intellectual discourse.

Brian Martin wrote an article titled "Intellectual Suppression: why environmental scientists are afraid to speak out", which was published in *Habitat Australia* (no. 7, 1992). He began the piece by posing several scenarios that involved public risk that put the scientist in a dilemma. Should he speak up and inform people and risk his career, or keep quiet? Martin presented the ways in which the voice of truth could be stifled:

But what if the "responsible authorities" have different priorities—or even are responsible for the problem? In these cases, outsiders, such as politicians, the media or environmental organisations, must be alerted... Unfortunately, this scenario is the exception rather than the rule. Most environmental scientists are afraid to take a public stand if it means appearing to challenge powerful corporations, governments or professions...aware of legislation which prohibits them from speaking to the media without permission...and afraid that they might be blocked from promotion.

We may well wonder if this is any way to run the enterprise of science. Martin notes that the suppression of intellectual dissent is most effective when the potential dissenter is left to ponder the possible consequences alone and therefore is likely to keep quiet.

Several extremely important theories have nearly slipped through the cracks because of this bias in the peer review process.

Obviously, under these circumstances, we cannot know how many cases of suppression actually occur or how many potential whistleblowers never step forward. Martin calls it a "conspiracy of silence".

In the case of Dewey McLean, we see how scientists with competing ideas are ridiculed, threatened and shunned by the proponents of the "winning" theory. McLean's work involved the KT extinctions that wiped out the dinosaurs 65 million years ago. Two theories competed for acceptance in the 1980s. McLean originated one of them, which posited that a series of volcanic eruptions caused a massive greenhouse effect that radically changed the Earth's climate. Nobel physicist Luis Alvarez, who claimed that an asteroid had slammed into the Earth, causing the major climatic change, put forth the other theory. This turned into a fiercely competitive battle when the opposing theories were first presented at a conference in Canada in 1981. It is clear from reading McLean's accounts of the bitter debates that he was taken aback because Alvarez was a Nobel Prize-winning physicist and not a geologist. He wrote:

Unfortunately, brutal politics at that meeting cast the theoreticians into a white-hot crucible of scientific debate in which compromise seemed impossible, in which one theory must die...

McLean has publicly stated that Alvarez took him aside during a coffee break and threatened to destroy his career. This claim seems borne out by this extract from an intimidating letter that Alvarez sent to the National Academy of Sciences in 1984:

So Dewey is now a forgotten person in the field, or when he is remembered it is only for a few good laughs at the cocktail party at the end of the Deweyless meeting... I'm sorry to see you going down the Dewey McLean lane.

Do these tactics sound like science or the machinations of Tony, the mob boss in *The Sopranos*? Luis Alvarez has also been quoted as saying:

There is no democracy in physics. We can't say that some second-rate guy has as much right to an opinion as Fermi.

(Daniel S. Greenberg, *The Politics of Pure Science*, University of Chicago Press, 1967; Dewey McLean's webpage link, "Dinosaur Volcano Greenhouse Extinction")

Really! And these are supposed to be the good guys in the white hats who are going to save us!

We saw how quickly and without conscience evolutionist Richard Dawkins moved to stop the publication of Milton's anti-Darwin article. Being a journalist is how Milton puts bread on the table—but too bad, because science is going to muscle its way forward under the banner of a bizarre kind of self-appointed autocracy, and the "kings" and "queens" sitting on the thrones of national institutes and foundations and their "nobility" (Nobel winners), supported by their professorial minions in the universities, shall hear neither of dissent nor of contrary theory.

Is this too strong a metaphor? Perhaps it is not strong enough.

It is at least deserved, and, in fact, the evidence is much more condemnatory than that. Society does not condone blackballing, threats, intimidation tactics, slander or attempts to abridge free speech. We have seen them all. It is distasteful to admit that Alvarez was correct: science is *not* a truly democratic institution. There is no open, free access or public forum, and it only partially functions on the principle of merit. That is the unvarnished truth. You have to "play the game", and that is a long, involved process of jumping through the right hoops in the right way and keeping your doubts to yourself.

British biologist Warwick Collins went flying headlong into the meat grinder of scientific politics, naïvely proposing that sexual selection was an anomaly of Darwinian theory. He studied under the prestigious Darwinist professor, John Maynard Smith. Collins was invited by eminent geneticist John Thoday to give an expanded version of his paper to an international conference on population genetics. He unwittingly accepted and let Professor Smith review the paper prior to his addressing the conference. In a moment that drips with Shakespearean drama, Professor Smith pulled the rug out from under his *protégé* by taking the floor as Collins was about to deliver his paper. Smith thoroughly denounced the contents of the presentation Collins was about to deliver.

This happened in 1976. Thereafter, the humiliated Collins found it impossible to get a paper published. His last attempt was in 1994; that paper was rejected without any justification. Collins has since dropped out of biology. (See Richard Milton's website, <http://www.alternativescience.com>.)

THE BRAVE NEW WORLD OF BIG SCIENCE

Halton Arp, a scientist with the Max Planck Institute in Germany, captured the confusion and angst of the emerging situation in the title of an essay published in the *Journal of Scientific Exploration* (vol. 14, no. 3, p. 447): "What Has Science Come To?" He

does not mince words:

...what most people accept today as fundamental scientific knowledge is barely distinguishable from what organised religion became some centuries ago. The most damaging aspect of science today is widely promulgated theories that are contradicted by observation and experiment. In both cases, a story is mandated by authority and then defended by educational, economic and sociopolitical agencies.

The obvious point is that science is no longer the impartial, apolitical institution it once was. Big Science is now a bloated, intensely political institution that employs the same strategies and public relations gimmicks as Big Business and Big Government.

Halton Arp sees a more insidious side to it:

...although religion may have borrowed some of the jargon of science, science, more importantly, has adopted the methods of religion.

Big Science is now a bloated, intensely political institution that employs the same strategies and public relations gimmicks as Big Business and Big Government.

Continued on page 52

CHILDREN AND MOBILE PHONE USE: Is there a Health Risk?

by Don Maisch © 2002

The paper, "Mobile Phone Use: it's time to take precautions", published in the April 2001 issue of the *Journal of the Australasian College of Nutritional & Environmental Medicine*, examines what is currently known about the possible hazards of mobile phone use.

At first, this subject may not seem relevant to children's lives until it is realised that, today, the fastest growing group of mobile phone users are children and young people. This growth is actively encouraged by professional advertising campaigns from the mobile phone industry, extolling how indispensable the phones are to their lifestyles.

Concerns about this were even voiced by the managing director of the Australian Telecommunications Users Group (ATUG), Allan Horsley, who expressed concerns about mobile phone companies deliberately targeting youth. "They have really gone out after the young people with prepaid cards and coloured handsets," he said.

With this advertising blitz, produced by the same transnational public relations corporations that previously gave us such delightful cartoon characters as "Joe Camel" for the tobacco industry, no words of warning are heard. However, within the scientific community, there is a growing chorus of expert voices that are urging caution because, if there are adverse health effects from mobile phone use, it will be the children who will be in the front line and who may pay the highest price. For the sake of the future of our children's health, we need to heed these voices seriously and limit children's unnecessary use of mobile phones.

The voices of reason

1) In 1999, as a result of public concerns about possible health hazards from mobile phone technology, the UK Government formed the Independent Expert Group on

Mobile Phones (IEGMP) to examine possible effects of mobile phones and transmitter base stations. This group was headed by Sir William Stewart, the famous British biochemist and President of the British Association for the Advancement of Science.

What made the Stewart Inquiry unique was that it was made up almost entirely of biomedical specialists who were able to focus many man-years of acquired specialist knowledge on the problem. Their report, "Mobile Phones and Health", was released in April 2000. In regard to the use of mobile phones by children, the IEGMP stated:

For the sake of the future of our children's health, we need to heed these voices seriously and limit children's unnecessary use of mobile phones.

"If there are currently unrecognised adverse health effects from the use of mobile phones, children may be more vulnerable because of their developing nervous system, the greater absorption of energy in the tissues of the head and a longer lifetime of exposure. In line with our precautionary approach, we believe that the widespread use of mobile phones by children for non-essential calls should be discouraged. We also recommend that the mobile phone industry should refrain from promoting the use of mobile phones by children."

Sir William said at a science conference at Glasgow University in September 2001 that mobile phone makers often present their products in adverts as essential "back to school" items for children. Such adverts are irresponsible, said Sir William. He added:

"They are irresponsible because children's skulls are not fully developed. They will be using mobile phones for longer, and their effects won't be known for some time to come. Mobile phone technology has been led by the physical sciences. My own view is we ought to be doing more work on the potential biological effects."

Sir William also said he would not allow his grandchildren to use mobile phones.

2) On December 8, 2000, the German Academy of Pediatrics issued a statement advising parents to restrict their children's use of mobile phones. They advised that all mobile phone users should keep conversations as brief as possible, but that additional precautions are appropriate for children in view of "special health risks" associated with their growing bodies.

3) On July 31, 2001, Wolfram Koenig, the new head of the Bundesamt für Strahlenschutz, which is the federal authority for radiation protection in Germany, stated in an interview in the *Berliner Morgenpost* that "Parents should take their children away from that technology [mobile phones]". Mr Koenig, also a member of Germany's Greens party, said that "Some people are very sensitive to radiation" and urged companies not to target children in their advertising campaigns.

4) In a statement delivered at an Australian Senate Inquiry meeting in 2001, CSIRO Telecommunications and Industrial Physics chief Gerry Haddad warned that the new telecommunications exposure standards do not require a high enough level of protection, particularly in relation to children. Mr Haddad advised: "Restrict use of mobile phones to children for essential purposes."

5) Olle Johansson, Associate Professor at the Experimental Dermatology Unit in the Department of Neuroscience at Karolinska Institute in Stockholm, Sweden, made this statement in an email to this

author in September 2001:

"Already in 1996, I started to warn in public of the effects of microwave irradiation on children through their use of mobile telephones. The debate has also very much focussed on the responsibility regarding ads and products directly aimed for children, and here in Sweden great alarm has been raised around the propositions to develop and sell cellphones even for the ages up to five years."

6) Professor Sianette Kwee of the Department of Medical Biochemistry at the University of Aarhus, Denmark, emailed the following statement to the author in September 2001. Prof. Kwee is on the editorial board of *Bioelectrochemistry* and a Danish expert representative in the European Union's COST 281 project, "Potential Health Effects from Emerging Wireless Communication Systems", basic research group, whose fields of research are bioelectrochemistry (electroporation/electrochemistry of biological systems) and bioelectromagnetics (biological effects of environmental electromagnetic fields—extremely low frequency [ELF] and microwave [MW]—on cell growth in human amnion cells). She stated:

"Our studies showed that there was a significant change in cell growth in these cells after being exposed to EMF fields from both power lines (ELF) and from mobile phones (MW). These biological effects were greatest in young and vigorously growing cells, but much less in old cells.

These results tell us that, e.g., microwave fields from mobile phones can be expected to affect children to a much higher degree than adults."

7) This statement from Dr Gerard Hyland at the Department of Physics, University of Warwick, Coventry, England, is excerpted from his Report for the STOA Committee of the EU, specifically dealing with children and mobile phone use:

"The Increased Vulnerability of Pre-adolescent Children:

"Pre-adolescent children can be expected to be (potentially) more at risk than are adults—as recognised in the recently published Report of the UK Independent Expert Group on Mobile Phones—for the following reasons:

- Absorption of microwaves of the frequency used in mobile telephony is greatest in an object about the size of a child's head, the so-called head resonance, whilst, in consequence of the thinner skull of a child, the penetration of the radiation into the brain is greater than in an adult.

- The still-developing nervous system and associated brain-wave activity in a child (and particularly one that is epileptic) are more vulnerable to aggression by the pulses of microwaves used in GSM than is the case with a mature adult. This is because the multi-frame repetition frequency of 8.34 Hz and the 2 Hz pulsing that characterises the signal from a phone equipped with discontinuous transmission (DTX) lie in the range of the alpha and

delta brain-wave activities, respectively. The fact that these two particular electrical activities are constantly changing in a child until the age of about 12 years, when the delta waves disappear and the alpha rhythm is finally stabilised, means that they must both be anticipated to be particularly vulnerable to interference from the GSM pulsing.

- The increased mitotic activity in the cells of developing children makes them more susceptible to genetic damage.

- A child's immune system, whose efficiency is, in any case, degraded by radiation of the kind used in mobile telephony, is generally less robust than that of an adult, so that the child is less able to cope with any adverse health effect provoked by (chronic) exposure to such radiation."

8) An article in the UK *Sunday Mirror* of December 27, 2001, headed "The Child Scrambler: What a mobile can do to a youngster's brain in 2 mins", said:

"These are the first images that show the shocking effect that using a mobile phone has on a child's brain.

"Scientists have discovered that a call lasting just two minutes can alter the natural electrical activity of a child's brain for up to an hour afterwards. And they also found for the first time how radio waves from mobile phones penetrate deep into the brain and not just around the ear.

"The study by Spanish scientists has prompted leading medical experts to question whether it is safe for children to use mobile phones at all.

"Doctors fear that disturbed brain activity in children could lead to psychiatric and behavioural problems or impair learning ability.

"It was the first time that human guinea pigs were used to measure the effects of mobile phone radiation on children. The tests were carried out on an 11-year-old boy and a 13-year-old girl called Jennifer.

"Using a CATEEN scanner, linked to a machine measuring brain wave activity, researchers were able to create the images above.

"The yellow-coloured part of the scan on the right shows how radiation spreads through the centre of the brain and out to the ear on the other side of the skull. The scans found that disturbed brain-wave activity lasted for up to an hour after the phone call ended.

"Dr Gerald Hyland—a Government adviser on mobiles—says he finds the



results 'extremely disturbing'.

"It makes one wonder whether children, whose brains are still developing, should be using mobile phones,' he adds.

"The results show that children's brains are affected for long periods even after very short term use. Their brain wave patterns are abnormal and stay like that for a long period. This could affect their mood and ability to learn in the classroom if they have been using a phone during break time, for instance.

"We don't know all the answers yet, but the alteration in brain waves could lead to things like a lack of concentration, memory loss, inability to learn and aggressive behaviour.'

"Previously it had been thought that interference with brain waves and brain chemistry stopped when a call ended.

"The results of the study by the Spanish Neuro Diagnostic Research Institute in Marbella coincide with a new survey that shows 87 per cent of 11- to 16-year-olds own mobile phones and 40 per cent of them spend 15 minutes or more talking each day on them. And disturbingly, 70 per cent said they would not change the use of their phone even if advised to by the Government.

"Dr Hyland plans to publish the latest findings in medical journal *The Lancet* next year. He said: 'This information shows there really isn't a safe amount of mobile phone use. We don't know what lasting damage is being done by this exposure. If I were a parent, I would now be extremely wary about allowing my children to use a mobile even for a very short period. My advice would be to avoid mobiles.'

"Dr Michael Klieseisen, who conducted the study, said: 'We were able to see in minute detail what was going on in the brain. We never expected to see this continuing activity in the brain. We are worried that delicate balances that exist—such as the immunity to infection and disease—could be altered by interference with chemical balances in the brain.'

"A Department of Health spokesman said: 'In children, mobile phone use should be restricted to very short periods of time.'"

9) Channel News Asia's Southeast Asia News ran this item, titled "Thai minister mulls cellphone ban for youngsters", on April 5, 2002 (see <http://www.channel-newsasia.com>):

"Thailand's interior minister is considering banning the use of cellphones by teenagers.

"Purachai Piemsomboon, whose campaign against vice has barred teenagers from pubs and night spots, cited a Japanese study which he said concluded that mobile phones emitted radiation harmful to brain cells and nerves, especially of young people. He said that if teenagers continued to ignore the warning, a law might become necessary to prevent them from using cellphones. He didn't elaborate."

10) This item, reporting the views of the WHO Director-General on children and mobile phone use, is sourced from

Unfortunately, the Australian Communications Authority, as a promoter of telecommunications technology, is closely allied with the mobile phone industry and, in fact, uses the same PR firms.

Microwave News (vol. XXII, no. 2, March/April 2002, <http://www.microwave-news.com>):

"Dr Gro Harlem Brundtland, the Director-General of the World Health Organization (WHO), favours a precautionary approach to the use of mobile phones, according to press reports from Scandinavia.

"In an interview with *Dagbladet Norge* (March 9, 2002), a major Norwegian newspaper, Brundtland discouraged children from using mobile phones. A physician with a degree in public health, Brundtland is a former Prime Minister of Norway.

"Jon Liden, a communications advisor in Brundtland's office in Geneva, confirmed the accuracy of the Norwegian article to *Microwave News*.

"Brundtland's outlook appears to put her at odds with the WHO International EMF Project.

"Precautionary policies should not be applied to EMFs,' Dr Michael Repacholi, who oversees the project, stated recently (see *MN*, Sept/Oct 2001). He could not be reached for comment.

"Brundtland advises everyone to limit the amount of time on the phone, but she does not think there is enough scientific evidence to issue a formal warning.

"For herself, Brundtland says that she gets a headache whenever she uses a mobile phone.

"In the beginning I felt warmth around my ear. But the discomfort got worse and turned into a headache every time I used a mobile phone,' Brundtland said in the interview. 'Making shorter calls does not help,' she added."

"The interview was featured on the front page of *Dagbladet Norge* and was later picked up by the Swedish press."

11) The French Government, on March 1, 2002, reiterated an advisory to users of mobile phones, reminding them, on a precautionary basis, that: parents should tell their children to limit the use of wireless phones; that when using an earpiece, pregnant women should keep the phone away from their bellies; and that teenagers should keep their mobile phone away from their developing sex organs. (*Microwave News*, vol. XXII, no. 2, March/April 2002)

The Australian authority's view

The Australian Communications Authority (ACA) has recently sent out to every school in the nation a pamphlet titled "Mobile phones: your health and regulation of radiofrequency electromagnetic radiation". In relation to possible health effects, the ACA pamphlet states only that "The weight of national and international scientific opinion is that there is no substantiated evidence that using a mobile phone causes harmful health effects".

This pamphlet was not written by scientists or medical experts but public relations (PR) professionals employed to promote the technology. They have identified children and young people as a major growth area for taking up mobile phone use and view evidence of health hazards as a risk to profits that needs to be "managed". They call it "environmental crisis management".

Unfortunately, the Australian Communications Authority, as a promoter of telecommunications technology, is closely allied with the mobile phone industry and, in fact, uses the same PR firms. Interestingly, most of the PR firms now working for telecommunications previously worked (or still do) for the tobacco industry

and created what is now known as "tobacco science".

When the ACA pamphlet refers to "The weight of national and international scientific opinion", it is basically referring to the opinion of and radiofrequency exposure guidelines set by the International Commission on Non-Ionizing Radiation Protection (ICNIRP).

What is not said, however, is that the ICNIRP guidelines are only based on high-level, short-term animal exposure studies, conducted to determine exposure limits set to avoid immediate hazards to health (such as heating of body tissue, called a "thermal effect") from high-level exposures.

Most importantly, ICNIRP does not examine the possibility of other non-thermal health effects arising from long-term, low-level radiofrequency/microwave exposure, such as from using a mobile phone for years.

As such, it is scientifically irrelevant to the issue. From a PR viewpoint, however, statements like "The weight of national and international scientific opinion" do sound impressive.

In 1995, Dr Ross Adey, one of the world's most respected and senior research scientists, in an email reply to this author commented on "The weight of national and international scientific opinion" by stating:

"The laboratory evidence for non-thermal effects of both ELF [power frequency] and RF/microwave fields now constitutes a major body of scientific literature in peer-reviewed journals. It is my personal view that to continue to ignore this work in the course of standard-setting is irresponsible to the point of being a public scandal." (D. Maisch, "Mobile Phones and their Transmitter Base Stations: the evidence for health hazards" [Senate submission], EMFacts Consultancy, April 1996, page 5)

A precautionary approach

So what we have is an ideological battle between a few voices of reason calling for a precautionary approach to safeguard our children's health, based on sound science, versus the might of the mobile phone industry and their supporters, based on maximising corporate profits.

The outcome of this conflict may not be known for many years, until today's young mobile phone users are well into their adulthood. By then, if the warnings of health hazards prove to be true, irreversible damage to the health and wellbeing of many of these people will have been done.

For every parent who is tempted to allow unrestricted mobile phone use by their children, they need to ask themselves: is it worth the risk? ∞

About the Author:

Don Maisch is director of EMFacts Consultancy and has produced 24 publications and papers on a variety of health issues related to EM radiation exposure. See NEXUS 7/03 and 2/26 for his articles on RF/MW and EMR exposure standards.

Don can be contacted at: EMFacts Consultancy, PO Box 96, North Hobart, Tasmania, 7002, Australia; telephone +61 (0)3 6243 0195, fax +61 (0)3 6243 0340, email emfacts@trump.net.au, website <http://www.tassie.net.au/emfacts/>.

Continued from page 46

Richard Dawkins could just have easily been a cardinal in the pre-Enlightenment Church, and Milton a heretic. There is that lingering smell of dogma and belief in the air that permeates much of the cant of the 21st century scientific priesthood: the moves to censor "unacceptable" doctrines or teachings smack of traditional Church-style politics.

Unfortunately, the so-called watchdog, the mass media, is a lapdog in the case of science. Most reporters seem too overawed by the institution and its more famous players ever to ask any hard questions or conduct any serious investigative reporting.

No documentary exposing the weaknesses of the theory of evolution has ever been aired on British television. Doesn't that seem a bit odd?

For anyone truly serious about what is going on with science, Arp's essay is must-reading. His underlying contention is that science today is "impossibly authoritarian".

In an interview with Thomas Gold, published in the *Washington Post* in November 1999, the reporter noted:

Eight years ago, when Gold was developing his theory, some geologists were so incensed that they petitioned to have the government remove all mention of it from the nation's libraries.

And in our virginal naïvety, we thought scientists were against book-burning and were champions of free, independent thought and expression...

The article continued by pointing out that Gold took it in his stride:

...the scientific world allegedly searching for truth is little more hospitable to it than when Galileo ran afoul of the Inquisition, he says.

Gold was also critical of the peer review process that rose to ascendancy in the latter half of the 20th century.

Journalist Richard Milton, in his rebuttal letter to Auriol Stevens (the London *Times* Higher Education Supplement editor who had spiked his anti-Darwin article), wrote:

I believe that the great strength of science and the scientific method is its openness to debate... Science does not need vigilante scientists to guard the gates against heretics... If this article were about any other subject—finance, politics, the economy—I know that it would be welcome as well-written and thought-provoking, even if its claims were controversial.

But it was not about other subjects; it concerned the "sacred cow" of Darwinism. Milton may have been naïve at that point, but his "education" was just starting. There are many other "taboo" subjects that would not have been published.

The point of this series has not been to tar all scientists with the same brush. There are unquestionably many good, honest, hard-working scientists who are appalled by some of the unsavoury things going on in the name of science. But so many scientists seem to delight in attacking alternative science theory and its practitioners by branding the proceedings "pseudoscience", as if they were White Knights on a Divine Mission to preserve the integrity of science. What integrity? It is time they dropped all their debunking and cleaned up the institution before we get the scientific version of the Inquisition. ∞

About the Author:

Will Hart is a freelance journalist, book author, nature photographer and documentary filmmaker. He lives and does much of his research in the Lake Tahoe area in the USA, and writes a column titled "The Tahoe Naturalist" for a regional publication. He has produced and directed films about wolves and wild horses.

EVIDENCE FOR CREATION BY OUTSIDE INTERVENTION

*Darwinists,
Creationists and
Intelligent Design
proponents are
unable to explain
anomalies in the
emergence of
domesticated
plants, animals and
humans.*

by Lloyd Pye © 2002

Email: lloyd@lloydpye.com

Website: <http://www.lloydpye.com>

THE ABSURDITIES OF DOGMA

In 1905, a 25-year-old patent clerk named Albert Einstein demolished the 200-year-old certainty that Isaac Newton knew all there was to know about basic physics. In a technical paper only a few pages long, Einstein sent a huge part of his current "reality" to history's dustbin, where it found good company with thousands of other discards large and small. In 1905, though, Newton's discard was about as large as the bin would hold.

Now another grand old "certainty" hovers over history's dustbin, and it seems only a matter of time before some new Einstein writes the few (or many) pages that will bring it down and relegate it to history. And, as was the case in 1905, every "expert" in the world laughs heartily at any suggestion that their certainty could be struck down. Yet if facts are any yardstick—which should always be the case, but frequently isn't—Charles Darwin's theory of evolution by natural selection is moving towards extinction.

Please note this: not everyone who challenges evolution is automatically a Creationist. Darwinists love to tar all opponents with that brush because so much of Creationist dogma is absurd. Creationists mulishly exclude themselves from serious consideration by refusing to give up fatally flawed parts of their argument, such as the literal interpretation of "six days of creation". Of course, some have tried to take a more reasonable stance, but those few can't be heard over the ranting of the many who refuse.

Recently a new group has entered the fray, much better educated than typical Creationists. This group has devised a theory called "Intelligent Design", which has a wealth of scientifically established facts on its side. The ID-ers, though, give away their Creationist roots by insisting that because life at its most basic level is so incredibly and irreducibly complex, it could never have simply "come into being" as Darwinists insist.

Actually, the "life somehow assembled itself out of organic molecules" dogma is every bit as absurd as the "everything was created in six days" dogma, which the ID-ers understand and exploit. But they also suggest that everything came into existence at the hands of God (by whatever name) or "by means of outside intervention", which makes clear how they're betting. "Outside intervention" is a transparent euphemism for "You Know What" (with apologies to J. K. Rowling). [In Rowling's "Harry Potter" books, the arch villain is so despicable and dreadful, his name should not even be uttered; thus he is referred to as "You Know Who". Similarly, the very idea that humans might have been created by extraterrestrials is so despicable and dreadful to mainstream science and religion that no mention of it should be uttered; thus the author refers to it as "You Know What". Ed.] To Darwinists, Creationists and ID-ers alike, creation at the hands of You Know What is the most absurd suggestion of all. Yet it can be shown that You Know What has the widest array of facts on its side and has the best chance of being proved correct in the end.

Virtually every scientist worth their doctorate will insist that somehow, some way, a form of evolution is at the heart of all life forms and processes on Earth. By "evolution", they mean the entire panoply of possible interpretations that might explain how, over vast stretches of time, simple organisms can and do transform themselves into more complex organisms. That broad definition gives science as a whole a great deal of room to bob and weave its way towards the truth about evolution, which ostensibly is its goal. However, among individual scientists that same broadness of coverage means nobody has a "lock" on the truth, which opens them up to a withering array of internecine squabbles.

In Darwin's case, those squabbles were initially muted. Rightly or wrongly, his theory

served a much higher purpose than merely challenging the way science thought about life's processes. It provided something every scientist desperately needed: a strong counter to the intellectual nonsense pouring from pulpits in every church, synagogue and mosque in the world.

Since well before Charles Darwin was born, men of science knew full well that God did not create the Earth or anything else in the universe in six literal days. But to assert that publicly invited the same kind of censure that erupts today onto anyone who dares to challenge evolution openly. Dogma is dogma in any generation.

Darwin's honeymoon with his scientific peers was relatively brief. It lasted only as long as they needed to understand that all he had really provided was the outline of a forest of an idea, one that only in broad terms seemed to account for life's stunningly wide array. His forest lacked enough verifiable trees. Even so, once the overarching concept was crystallised as "natural selection", the term "survival of the fittest" was coined to explain it to laymen. When the majority of the public became convinced that evolution was a legitimate alternative to Creationism, the scientific gloves came off. In-fighting became widespread regarding the trees that made up Darwin's forest.

Over time, scientists parsed Darwin's original forest into more different trees than he could ever have imagined. That parsing has been wide and deep, and it has taken down countless trees at the hands of scientists themselves. But despite such thinning, the forest remains upright and intact. Somehow, some way, there is a completely natural force at work governing all aspects of the flow and change of life on Earth. That is the scientific mantra, which is chanted religiously to counter every Creationist—and now Intelligent Design—challenge to one or more of the rotten trees that frequently become obvious.

Even Darwin realised the data of his era did not provide clear-cut evidence that his theory was correct. Especially troubling was the absence of "transitional species" in the fossil record. Those were needed to prove that, over vast amounts of time, species did in fact gradually transform into other, "higher" species.

So right out of the chute, the theory of evolution was on the defensive regarding one of its cornerstones, and more than 140 years later there are still no clear-cut transitional species apparent in the fossil record.

Because this is the most vulnerable part of Darwin's theory, Creationists attack it relentlessly, which has forced scientists periodically to put forth a series of candidates to try to take the heat off. Unfortunately for them, in every case those "missing links" have been shown to be outright fakes and frauds. An excellent account is found in *Icons of Evolution* by Jonathan Wells (Regnery, 2000). But scientists are not deterred by such exposure of their shenanigans. They feel justified because, they insist, not enough time has passed for them to find what they need in a grossly incomplete fossil record.

The truth is that some lengthy fossil timelines are missing, but many more are well accounted for. Those have been thoroughly examined in the past 140-plus years, to no avail. In any other occupation, a 140-year-long trek up a blind alley would indicate a wrong approach has been taken. But not to scientists. They blithely continue forward, convinced of the absolute rightness of

their mission and confident their fabled missing link will be found beneath the next overturned rock. Sooner or later, they believe, one of their members will uncover it, so they all work in harmonious concert towards that common goal. Individually, though, it's every man and woman for themselves.

TWEEDLEDUM AND TWEEDLEDEE

Plants and animals evolve, eh? Alright, how do they evolve?

By gradual but constant changes, influenced by adaptive pressures in their environment that cause physical modifications to persist if they are advantageous.

Can you specify the kind of gradual change you're referring to?

In any population of plants or animals, over time, random genetic mutations will occur. Most will be detrimental, some will have a neutral effect and some will confer a selective advantage, however small or seemingly inconsequential it might appear.

Really? But wouldn't the overall population have a gene pool deep enough to absorb and dilute even a large change? Wouldn't a small change rapidly disappear?

Well, yes, it probably would. But not in an isolated segment of the overall population. An isolated group would have a much shallower gene pool, so positive mutations would stand a much better chance of establishing a permanent place in it.

Really? What if that positive mutation gets established in the isolated group, then somehow the isolated group gets back together with the main population? Poof! The mutation will be absorbed and disappear.

Well, maybe. So let's make sure the isolated population can't get back with the main group until crossbreeding is no longer possible.

How would you do that?

Put a mountain range between them, something impossible to cross.

If it's impossible to cross, how did the isolated group get there in the first place?

If you're asking me just how isolated is isolated, let me ask you one. What kind of mutations were you talking about being absorbed?

Small, absolutely random changes in base pairs at the gene level.

Really? Why not at the chromosome level? Wouldn't change at the base pair level be entirely too small to create any significant change? Wouldn't a mutation almost have to be at the chromosome level to be noticeable?

Who says? Change at that level would probably be too much, something the organism couldn't tolerate.

Maybe we're putting too much emphasis on mutations.

Right! What about environmental pressures? What if a species suddenly found itself having to survive in a significantly changed environment?

One where its members must adapt to the new circumstances or die out?

Exactly! How would they adapt? Could they just will themselves to grow thicker fur or stronger muscles or larger size?

That sounds like mutations have to play a part.

Mutations, eh? All right, how do they play a part?

This game of intellectual thrust and parry goes on constantly at levels of minutiae that boggle an average mind. Traditional

**Especially troubling was
[and is] the absence of
"transitional species" in
the fossil record.**

Darwinists are one-upped by neo-Darwinists at every turn. Quantum evolutionists refashion the work of those who support the theory of peripheral isolates. Mathematicians model mutation rates and selective forces, which biologists do not trust. Geneticists have little use for palaeontologists, who return the favour in spades (pun intended). Cytogenetics labours to find a niche alongside genetics proper. Population geneticists utilise mathematical models that challenge palaeontologists and systematists. Sociobiologists and evolutionary psychologists struggle to make room for their ideas. All perform a cerebral dance of elegant form and exquisite symmetry.

Their dance is, ironically, evolution writ large throughout science as a process. New bits of data are put forth to a peer group. The new data are discussed, written about, criticised, written about again, criticised some more. This is gradualism at work, shaping, reshaping and reshaping again if necessary until the new data can comfortably fit into the current paradigm in any field, whatever it is. This is necessary to make it conform as closely as possible to every concerned scientist's current way of thinking. To do it any other way is to invite prompt rejection under a fusillade of withering criticism.

This system of excruciating "peer review" is how independent thinkers among scientists have always been kept in line. Darwin was an outsider until he barged into the club by sheer, overpowering brilliance. Patent clerk Einstein did the same. On the other hand, Alfred Wegener was the German meteorologist who figured out plate tectonics in 1915. Because he dared to bruise the egos of "authorities" outside his own field, he saw his brilliant discovery buried under spiteful criticism that held it down for 50 years. Every scientist in the game knows how it is played...and very few dare to challenge its rules.

The restrictions on scientists are severe, but for a very good reason. They work at the leading edges of knowledge, from where the view can be anything from confusing to downright terrifying. Among those who study the processes of life on Earth, they must cope with the knowledge that a surprising number of species have no business being here. In some cases, they can't even be here. Yet they are, for better or worse, and those worst-case examples must be hidden or at least obscured from the general public. But no matter how often facts are twisted, data are concealed or reality is denied, the truth is out there.

THE EMERGENCE OF DOMESTICATED PLANTS

There are two basic forms of plants and animals: wild and domesticated. The wild ones far outnumber the domesticated ones, which may explain why vastly more research is done on the wild forms. But it could just as easily be that scientists shy away from the domesticated ones because the things they find when examining them are so far outside the accepted evolutionary paradigm.

Nearly all domesticated plants are believed to have appeared between 10,000 and 5,000 years ago, with different groups coming

to different parts of the world at different times. Initially, in the so-called Fertile Crescent of modern Iraq, Syria and Lebanon, came wheat, barley and legumes, among other varieties. Later on, in the Far East, came wheat, millet, rice and yams. Later still, in the New World, came maize (corn), peppers, beans, squash, tomatoes and potatoes.

Many have "wild" predecessors that were apparently a starting point for the domesticated variety, but others—like many common vegetables—have no obvious precursors. But for those that do, such as wild grasses, grains and cereals, how they turned into wheat, barley, millet, rice, etc. is a profound mystery.

No botanist can conclusively explain how wild plants gave rise to domesticated ones. The emphasis here is on "conclusively". Botanists have no trouble hypothesising elaborate scenarios in which Neolithic (New Stone Age) farmers somehow figured out how to hybridise wild grasses, grains and cereals, not unlike

Gregor Mendel when he cross-bred pea plants to figure out the mechanics of genetic inheritance. It all sounds so simple and so logical, almost no one outside scientific circles ever examines it closely.

Gregor Mendel never bred his pea plants to be anything other than pea plants. He created short ones, tall ones and different-coloured ones, but they were always pea plants that produced peas. (Pea plants are a domesticated species, too, but that is irrelevant to the point to be made here.) On the other hand, those New Stone Age farmers who were fresh out of their caves and only just beginning to turn soil for the first time (as the "official" scenario goes), somehow managed to transform the wild grasses, grains and cereals growing around them into their domesticated "cousins". Is that possible? Only through a course in miracles!

Actually, it requires countless miracles within two large categories of miracles. The first was that the wild grasses and grains and cereals were useless to humans. The seeds and grains were maddeningly small, like pepper flakes or salt crystals, which put them beyond the grasping and handling capacity of human fingers. They were

also hard, like tiny nutshells, making it impossible to convert them to anything edible. Lastly, their chemistry was suited to nourishing animals, not humans.

So wild varieties were entirely too small, entirely too tough and nutritionally inappropriate for humans. They needed to be greatly expanded in size, greatly softened in texture and overhauled at the molecular level—which would be an imposing challenge for modern botanists, much less Neolithic farmers.

Despite the seeming impossibility of meeting those daunting objectives, modern botanists are confident the first sodbusters had all they needed to do it: time and patience. Over hundreds of generations of selective crossbreeding, they consciously directed the genetic transformation of the few dozen that would turn out to be most useful to humans. And how did they do it? By the astounding feat of doubling, tripling and quadrupling the number of chromosomes in the wild varieties! In a few cases, they did better than that. Domestic wheat and oats were elevated from an

There are two basic forms of plants and animals: wild and domesticated.

No botanist can conclusively explain how wild plants gave rise to domesticated ones.

ancestor with seven chromosomes to their current 42—an expansion by a factor of six. Sugar cane was expanded from a 10-chromosome ancestor to the 80-chromosome monster it is today—a factor of eight. The chromosomes of others, like bananas and apples, were only multiplied by factors of two or three, while peanuts, potatoes, tobacco and cotton, among others, were expanded by factors of four. This is not as astounding as it sounds, because many wild flowering plants and trees have multiple chromosome sets.

But that brings up what Charles Darwin himself called the "abominable mystery" of flowering plants. The first ones appear in the fossil record between 150 and 130 million years ago, primed to multiply into over 200,000 known species. But no one can explain their presence because there is no connective link to any form of plants that preceded them. It is as if...dare I say it?...they were brought to Earth by something akin to You Know What. If so, then it could well be that they were delivered with a built-in capacity to develop multiple chromosome sets, and somehow our Neolithic forebears cracked the codes for the ones most advantageous to humans.

However the codes were cracked, the great expansion of genetic material in each cell of the domestic varieties caused them to grow much larger than their wild ancestors. As they grew, their seeds and grains became large enough to be easily seen and picked up and manipulated by human fingers. Simultaneously, the seeds and grains softened to a degree where they could be milled, cooked and consumed. And at the same time, their cellular chemistry was altered enough to begin providing nourishment to humans who ate them. The only word that remotely equates with that achievement is: miracle.

Of course, "miracle" implies that there was actually a chance that such complex manipulations of nature could be carried out by primitive yeomen in eight geographical areas over 5,000 years. This strains credulity because, in each case, in each area, someone actually had to look at a wild progenitor and imagine what it could become, or should become, or would become. Then they somehow had to ensure that their vision would be carried forward through countless generations that had to remain committed to planting, harvesting, culling and crossbreeding wild plants that put no food on their tables during their lifetimes, but which might feed their descendants in some remotely distant future.

It is difficult to try to concoct a more unlikely, more absurd, scenario, yet to modern-day botanists it is a gospel they believe with a fervour that puts many "six day" Creationists to shame. Why? Because to confront its towering absurdity would force them to turn to You Know What for a more logical and plausible explanation.

To domesticate a wild plant without using artificial (i.e., genetic) manipulation, it must be modified by directed crossbreeding, which is only possible through the efforts of humans. So the equation is simple. Firstly, wild ancestors for many (but not all) domestic plants do seem apparent. Secondly, most domesticated versions did appear from 10,000 to 5,000 years ago. Thirdly, the humans alive at that time were primitive barbarians. Fourthly, in the past 5,000 years, no plants have been domesticated that are nearly as valuable as the dozens that were

"created" by the earliest farmers all around the world. Put an equal sign after those four factors and it definitely does not add up to any kind of Darwinian model.

Botanists know they have a serious problem here, but all they can suggest is that it simply had to have occurred by natural means because no other intervention—by God or You Know What—can be considered under any circumstances. That unwavering stance is maintained by all scientists, not just botanists, to exclude overwhelming evidence such as the fact that in 1837 the Botanical Garden in St Petersburg, Russia, began concerted attempts to cultivate wild rye into a new form of domestication. They are still trying, because their rye has lost none of its wild traits, especially the fragility of its stalk and its small grain. Therein lies the most embarrassing conundrum botanists face.

To domesticate a wild grass like rye or any wild grain or cereal (which was done time and again by our Neolithic forebears), two imposing hurdles must be cleared. These are the problems of "rachises" and "glumes", which I discuss in my book, *Everything You Know Is Wrong – Book One: Human Origins* (pp. 283–285) (Adamu Press, 1998). Glumes are botany's name for husks, the thin covers of seeds and grains that must be removed before

humans can digest them. Rachises are the tiny stems that attach seeds and grains to their stalks.

While growing, glumes and rachises are strong and durable, so rain won't knock the seeds and grains off their stalks. At maturity, they become so brittle that a breeze will shatter them and release their cargo to propagate. Such a high degree of brittleness makes it impossible to harvest wild plants because every grain or seed would be knocked loose during the harvesting process.

So, in addition to enlarging, softening and nutritionally altering the seeds and grains of dozens of wild plants, the earliest farmers also had to figure out how to finely adjust the brittleness of every plant's glumes and rachises.

That adjustment was of extremely daunting complexity, perhaps more complex than the transformational process itself. The rachises had to be toughened enough to hold seeds and grains to their stalks during harvesting, yet remain brittle enough to be collected easily by human effort during what has come to be known as "threshing". Likewise, the glumes had to be made tough enough to withstand harvesting after full ripeness was achieved, yet still be brittle enough to shatter during the threshing process. And—here's the kicker—each wild plant's glumes and rachises required completely different degrees of adjustment, and the final amount of each adjustment had to be perfectly precise! In short, there is not a snowball's chance that this happened as botanists claim it did.

THE EMERGENCE OF DOMESTICATED ANIMALS

As with plants, animal domestication followed a pattern of development that extended 10,000 to 5,000 years ago. It also started in the Fertile Crescent, with the "big four" of cattle, sheep, goats and pigs, among other animals. Later, in the Far East, came ducks, chickens and water buffalo, among others. Later still, in the New World, came llamas and vicuna. This process was not simplified by expanding the number of chromosomes. All animals—wild and domesticated—are diploid, which means they

**But that brings up what
Charles Darwin himself called
the "abominable mystery"
of flowering plants.**

have two sets of chromosomes, one from each parent. The number of chromosomes varies as widely as in plants (humans have 46), but there are always only two sets (humans have 23 in each).

The only "tools" available to Neolithic herdsman were those available to farming kinsmen: time and patience. By the same crossbreeding techniques apparently utilised by farmers, wild animals were selectively bred for generation after generation until enough gradual modifications accumulated to create domesticated versions of wild ancestors. As with plants, this process required anywhere from hundreds to thousands of years in each case, and was also accomplished dozens of times in widely separated areas around the globe.

Once again, we face the problem of trying to imagine those first herdsman with enough vision to imagine a "final model", to start the breeding process during their own lifetimes and to have it carried out over centuries until the final model was achieved. This was much trickier than simply figuring out which animals had a strong pack or herding instinct that would eventually allow humans to take over as "leaders" of the herd or pack. For example, it took unbridled courage to decide to bring a wolf cub into a campsite with the intention of teaching it to kill and eat selectively and to earn its keep by barking at intruders (adult wolves rarely bark). And who could look at the massive, fearsome, ill-tempered aurochs and visualise a much smaller, much more amiable cow? Even if somebody could have visualised it, how could they have hoped to accomplish it? An aurochs calf (or a wolf cub, for that matter), carefully and lovingly raised by human "parents", would still grow up to be a full-bodied adult with hardwired adult instincts.

However it was done, it wasn't by crossbreeding. Entire suites of genes must be modified to change the physical characteristics of animals. (In an interesting counterpoint to wild and domesticated plants, domesticated animals are usually smaller than their wild progenitors.) But with animals, something more...something ineffable... must be changed to alter their basic natures from wild to docile. To accomplish it remains beyond modern abilities, so attributing such capacity to Neolithic humans is an insult to our intelligence.

All examples of plant and animal "domestication" are incredible in their own right, but perhaps the most incredible is the cheetah. There is no question it was one of the first tamed animals, with a history stretching back to early Egypt, India and China. As with all such examples, it could only have been created through selective breeding by Neolithic hunters, gatherers or early farmers. One of those three must get the credit.

The cheetah is the most easily tamed and trained of all the big cats. No reports are on record of a cheetah killing a human. It seems specifically created for high speeds, with an aerodynamically designed head and body. Its skeleton is lighter than other big cats; its legs are long and slim, like the legs of a greyhound. Its heart, lungs, kidneys and nasal passages are enlarged, allowing its breathing rate to jump from 60 per minute

at rest to 150 bpm during a chase. Its top speed is 70 miles per hour, while a thoroughbred tops out at around 38 mph. Nothing on a savanna can outrun it. It can be outlasted, but not outrun.

Cheetahs are unique because they combine physical traits of two distinctly different animal families: dogs and cats. They belong to the family of cats, but they look like long-legged dogs. They sit and hunt like dogs. They can only partially retract their claws, like dogs instead of cats. Their paw pads are thick and hard like a dog's, but to climb trees they use the first claw on their front paws in the same way a cat does. The light-coloured fur on their body is like the fur of a short-haired dog, but the black spots on their bodies are inexplicably the texture of cat's fur. They contract diseases that only dogs suffer from, but they also get "cat only" diseases.

There is something even more inexplicable about cheetahs. Genetic tests have been done on them, and the surprising result was that in the 50 specimens tested they were all, every one, genetically identical with each other! This means the skin or internal organs of any of the thousands of cheetahs in the world could be switched with the organs of any other cheetah and not be rejected. The only other place such physical homogeneity is seen is in rats and other animals that have been genetically altered in laboratories.

(Cue the music from *The Twilight Zone*...)

Cheetahs stand apart, of course, but all domesticated animals have traits that are not explainable in terms that stand up to rigorous scientific scrutiny. Rather than deal with the embarrassment of confronting such issues, scientists studiously ignore them and, as with the mysteries of domesticated plants, explain them away as best they can. For the cheetah, they insist it simply cannot be some kind of weird genetic hybrid between cats and dogs, even though the evidence points squarely in that direction. And why? Because that, too, would move cheetahs into the forbidden zone occupied by You Know What.

The problem of the cheetahs' genetic uniformity is explained by something now known as the "bottleneck effect". What it presumes is that the wild cheetah population—which must have been

as genetically diverse as its long history indicates—at some recent point in time went into a very steep population decline that left only a few breeding pairs alive. From that decimation until now, they have all shared the same restricted gene pool.

Unfortunately, there is no record of any extinction events that would selectively remove cheetahs and leave every other big cat to develop its expected genetic variation. So, as unlikely as it seems, the "bottleneck" theory is accepted as another scientific gospel.

Here it is appropriate to remind scientists of Carl Sagan's famous riposte when dealing with their reviled pseudoscience: "Extraordinary claims require extraordinary evidence." It seems apparent that Sagan learned that process in-house.

It also leads us, finally, to a discussion of humans, who are so genetically recent that we, too, have been forced into one of those "bottleneck effects" that attempt to explain away the cheetah.

All examples of plant and animal "domestication" are incredible in their own right, but perhaps the most incredible is the cheetah.

Genetic tests have been done on them, and the surprising result was that in the 50 specimens tested they were all, every one, genetically identical with each other!

THE ARRIVAL OF HUMANS

Like all plants and animals whether wild or domesticated, humans are supposed to be the products of slight, gradual improvements to countless generations spawned by vastly more primitive forebears. This was firmly believed by most scientists in the 1980s, when a group of geneticists decided to try to establish a more accurate date for when humans and chimpanzees split from their presumed common ancestor.

Palaeontologists used fossilised bones to establish a timeline that indicated the split came between five and eight million years ago. That wide bracket could be narrowed, geneticists believed, by charting mutations in human mitochondrial DNA—small bits of DNA floating outside the nuclei of our cells. So they went to work collecting samples from all over the world.

When the results were in, none of the geneticists could believe it. They had to run their samples through again and again to be certain. Even then, there was hesitancy about announcing it. Everyone knew there would be a firestorm of controversy, starting with the palaeontologists—who would be given the intellectual equivalent of a black eye and a bloody nose and their heads dunked into a toilet for good measure! This would publicly embarrass them in a way that had not happened since the Piltdown hoax was exposed.

Despite the usual scientific practice of keeping a lid on data that radically differs from a current paradigm, the importance of this new evidence finally outweighed concern for the image and feelings of palaeontologists. The geneticists gathered their courage and stepped into the line of fire, announcing that humans were not anywhere near the official age range of eight to five million years old. Humans were only about 200,000 years old. As expected, the howls of protest were deafening.

Time and much more testing of mitochondrial DNA and male Y-chromosomes now make it beyond doubt that the geneticists were correct. And the palaeontologists have come to accept it because geneticists were able to squeeze humans through the same kind of "bottleneck effect" they used to try to ameliorate the mystery of cheetahs.

By doing so, they left palaeontologists still able to insist that humans evolved from primitive forebears walking upright on the savannas of Africa as long ago as five million years, but that between 100,000 and 200,000 years ago "something" happened to destroy nearly all humans alive at the time, forcing them to reproduce from a small population of survivors.

That this "something" remains wholly unknown is a given, although Creationists wildly wave their hands like know-it-alls at the back of a classroom, desperate to suggest it was the Great Flood. But because they refuse to move away from the biblical timeline of the event (in the range of 6,000 years ago), nobody can take them seriously. Still, it seems the two sides might work together productively on this crucial issue. If only...

Apart from disputes about the date and circumstances of our origin as a species, there are plenty of other problems with humans. Like domesticated plants and animals, humans stand

well outside the classic Darwinian paradigm. Darwin himself made the observation that humans were surprisingly like domesticated animals. In fact, we are so unusual relative to other primates that it can be solidly argued that we do not belong on Earth at all...that we are not even *from* Earth, because we do not seem to have developed here.

We are taught that, by every scientific measure, humans are primates very closely related to all other primates, especially chimpanzees and gorillas. This is so ingrained in our psyches that it seems futile even to examine it, much less to challenge it. But we will.

Bones. Human bones are much lighter than comparable primate bones. For that matter, our bones are much lighter than the bones of every "pre-human" ancestor through to Neanderthal. The ancestor bones look like primate bones; modern human bones do not.

Muscle. Human muscles are significantly weaker than comparable muscles in primates. Pound for pound, we are five to ten times weaker than any other primate. Any pet monkey is evidence of that. Somehow, getting "better" made us much, much weaker.

Skin. Human skin is not well adapted to the amount of sunlight striking Earth. It can be modified to survive extended exposure by greatly increasing melanin (its dark pigment) at its surface, which only the black race has achieved. All others must cover themselves with clothing or frequent shade or both, or sicken from radiation poisoning.

Body Hair. Primates need not worry about direct exposure to sunlight because they are covered from head to toe in a distinctive pattern of long body-hair. Because they are quadrupeds (move on all fours), the thickest hair is on their back, the thinnest on the chest and abdomen. Humans have lost the all-over pelt, and we have completely switched our area of thickness to the chest and abdomen while wearing the thin part on our back.

Fat. Humans have ten times as many fat cells attached to the underside of their skin as primates. If a primate is wounded by a gash or tear in the skin, when the bleeding stops the

wound's edges lie flat near each other and can quickly close the wound by a process called "contracture". In humans, the fat layer is so thick that it pushes up through wounds and makes contracture difficult if not impossible. Also, contrary to the propaganda to try to explain this oddity, the fat under human skin does not compensate for the body hair we have lost. Only in water is its insulating capacity useful; in air, it is minimal at best.

Head Hair. All primates have head hair that grows to a certain length and then stops. Human head hair grows to such lengths that it could be dangerous in a primitive situation. Thus, we have been forced to cut our head hair since we became a species, which may account for some of the sharp flakes of stones that are considered primitive hominid "tools".

Fingernails and Toenails. All primates have fingernails and toenails that grow to a certain length and then stop, never needing paring. Human fingernails and toenails have always needed

**We are taught that,
by every scientific
measure, humans are
primates very closely
related to all other
primates, especially
chimpanzees and
gorillas.**

**This is so ingrained
in our psyches that it
seems futile even to
examine it, much less
to challenge it.**

paring. Again, maybe those stone "tools" were not only for butchering animals.

Skulls. The human skull is nothing like the primate skull. There is hardly any fair morphological comparison to be made, apart from the general parts being the same. Their design and assembly are so radically different as to make attempts at comparison useless.

Brains. The comparison here is even more radical because human brains are so vastly different. (To say "improved" or "superior" is unfair and not germane, because primate brains work perfectly well for what primates have to do to live and reproduce.)

Locomotion. The comparison here is easily as wide as the comparison of brains and skulls. Humans are bipedal; primates are quadrupeds. That says more than enough.

Speech. Human throats are completely redesigned relative to primate throats. The larynx has dropped to a much lower position, so humans can break typical primate sounds into the tiny pieces of sound (by modulation) that have come to be human speech.

Sex. Primate females have oestrous cycles and are sexually receptive only at special times. Human females have no oestrous cycle in the primate sense. They are continually receptive to sex. (Unless, of course, they have the proverbial headache!)

Chromosomes. This is the most inexplicable difference of all. Primates have 48 chromosomes. Humans are considered vastly superior to them in a wide array of areas, yet somehow we have only 46 chromosomes! This begs the question of how we could lose two full chromosomes—which represents a lot of DNA—in the first place, and in the process become so much better. Nothing about it makes logical sense.

Genetic Disorders. As with all wild animals (plants, too), primates have relatively few genetic disorders spread throughout their gene pools. Albinism is one that is common to many animal groups as well as humans. But albinism does not stop an animal with it from growing up and passing the gene for it into the gene pool. Mostly, though, serious defects are quickly weeded out in the wild. Often, parents or others in a group will do the job swiftly and surely, so wild gene pools stay relatively clear. In contrast, humans have over 4,000 genetic disorders, and several of those will absolutely kill every victim before reproduction is possible. This begs the question of how such defects could possibly get into the human gene pool in the first place, much less how they remain so widespread.

Genetic Relatedness. A favourite Darwinist statistic is that the total genome (all the DNA) of humans differs from chimpanzees by only 1% and from gorillas by 2%. This makes it seem as if evolution is indeed correct and that humans and primates are virtually kissing cousins. However, what they don't stress is that 1% of the human genome's three billion base pairs is 30 million base pairs—and to any You Know What that can adroitly manipulate genes, 30 million base pairs can easily add up to a tremendous amount of difference.

Everything Else. The above are the larger categories at issue in the discrepancies between primates and humans. There are dozens more listed as sub-categories below one or more of these.

To delve deeper into these fascinating mysteries, check *The Scars of Evolution* by Elaine Morgan (Oxford University Press,

1990). Her work is remarkable. And for a more in-depth discussion of the mysteries within our genes and those of domesticated plants and animals, see *Everything You Know Is Wrong*.

BREAKING RANKS

When all of the above is taken together—the inexplicable puzzles presented by domesticated plants, domesticated animals and humans—it is clear that Darwin cannot explain it, modern scientists cannot explain it, not Creationists nor Intelligent Design proponents. None of them can explain it, because it is not explainable in only Earthbound terms.

We will not answer these questions with any degree of satisfaction until our scientists open their minds and squelch their egos enough to acknowledge that they do not, in fact, know much about their own backyard. Until that happens, the truth will remain obscured.

My personal opinion, which is based on a great deal of independent research in a wide range of disciplines relating to human origins, is that ultimately Charles Darwin will be best known for his observation that humans are essentially like domesticated animals.

I believe that what Darwin observed with his own eyes and research is the truth, and that modern scientists would see it as

clearly as he did if only they had the motivation or the courage to seek it out. But for now, they don't...so, until then, we can only poke and prod at them in the hope of some day getting them to notice our complaints and address them. In order to poke and prod successfully, more people have to be alerted to the fact that another scientific fraud is being perpetrated.

Future editions of *Icons of Evolution* will discuss the current era when scientists ridiculed, ignored or simply refused to deal with a small mountain of direct, compelling evidence that outside intervention has

clearly been at work in the genes of domesticated plants, animals and humans. You Know What has left traces of their handiwork all over our bodies, all through our gene pools. All that will be required for the truth to come out is for a few "insiders" to break ranks with their brainwashed peers.

Look to the younger generation. Without mortgages to pay, families to raise and retirements to prepare for, they can find the courage to act on strong convictions. Don't expect it of anyone over forty, possibly even thirty. But somewhere in the world, the men and women have been born who will take Darwinism down and replace it with the truth.

The fat lady is nowhere in sight, but that doesn't mean she's not suiting up. ∞

About the Author:

Lloyd Pye, born in 1946 in Louisiana, USA, is a researcher, author, novelist and scriptwriter. His independent studies over more than three decades into all aspects of evolution have convinced him that humans did not evolve on Earth, or at least are the product of extraterrestrial intervention. His book, *Everything You Know Is Wrong – Book One: Human Origins*, is available by ordering through <http://www.iUniverse.com> or Barnes & Noble at <http://www.bn.com>. Visit Lloyd Pye's website at <http://www.lloydpye.com>.

**Primates have 48
chromosomes.
Humans are considered
vastly superior to them in
a wide array of areas,
yet somehow we have
only 46 chromosomes!**

THE BOCK SAGA

AN ANCIENT TIME CAPSULE

The oral tradition of the Bock Saga, said to have been passed down over countless thousands of years, suggests that the original inhabitants of Finland were the first people.

by Les Whale © 2002

PO Box 5055
Sunshine Coast Mail Centre
Nambour Qld 4560
Australia

Email: lesw@austarnet.com.au

Website:

<http://www.sshoesmith.fsnet.co.uk/>

One of humanity's greatest challenges lies in the effort it takes to adopt new perspectives while utilising old belief systems in order to steer a course towards the best possible future. This challenge is constantly in conflict with established belief systems relating to our past, present and future, for these belief systems are the central wheels of the academic hierarchy, involving all aspects of humanity including religion.

Many of us are only just coming around to the realisation that civilisation was indeed thriving and highly evolved in our ancient past. With each day that passes and each new discovery that comes to light, the truth of this is more and more difficult to ignore or deny.

Consider for a moment that our ancestors knew that their civilisation was facing natural disasters and cataclysmic changes. Would they have had the foresight into our future to create a mandate and provide future descendants with time capsules containing their knowledge and experiences? Absolutely! We can say that with certainty, for we are really no different today in that respect.

There is now a strong and growing body of evidence indicating that the Bock Saga is such a time capsule, containing knowledge allegedly dating back more than 50 million years. According to the Saga, it was decreed over 10,000 years ago that the surviving Bock family would release the information in 1984, and not before. It was perceived that by this date, human genetics would once more have the capacity for wholeness, enabling people to understand how to live in harmony with nature and each other and therefore properly utilise the information.

Is the information contained in the Bock Saga true and, more to the point, is it accurate? Time will tell. This article is merely an introduction to the astounding wealth of rare knowledge that is being presented by Ior Bock, who, as the last surviving descendant of the Bock family, is entrusted with the keys to its resurrection.

In the 1980s, a group called The Positive Foundation came together to begin excavation in an area near Helsinki in Finland, which is believed to be the location of Lemminkäinen Temple. According to the Bock Saga, within the Temple's hidden halls there is to be found a repository of human knowledge and existence on our planet dating back millions of years.

THE ROLE OF IOR BOCK IN THE SAGA

Ior (pronounced *ee-or*) Bock was born on 17 January 1942. His father, Knut Victor Bockström, died on 11 May 1942. At that time, only three members of the Bock family remained: Ior, his mother Rhea and his sister Rachel.

After his father died, Ior was adopted by a man named Bror Gustaf Bertil Svedlin and his name was changed to Bror Holger Bertil Svedlin. Svedlin died in 1950 when Ior was eight years old. In March 1968, Ior reclaimed his original family name.

From the age of seven, Ior sat with Rhea and Rachel every day to listen to and learn the family tradition of the Bock Saga. He was not allowed to ask questions through these sessions, as it is considered that one learns more by listening than by talking.

According to Ior, the Saga is based largely on the teaching of sounds, which must be heard and experienced, and therefore it has been passed down orally from generation to generation in this way. Each descendent was taught from the age of seven to the age of 27, for it took 20 years to comprehend and master this knowledge. Thus the Saga was transmitted to Ior through the years 1949 to 1969.

As a young man, Ior gained employment as the head guide of the Museum Fortress of Viapori (Sveaborg) in Finland. Each year he spent time in Goa, India, putting together the historic theme for the following season at the museum. In the summer of 1968, Ior made his first academic presentation at the museum. In the years that followed, he became a very well known and respected historian and was involved in the development and production of a number of television documentaries.

In 1984, Ior began to relate his family history and the details of the Bock Saga. When the information was first released by Ior, it caused a controversy. It was met with a great deal of disbelief and there were accusations that the Saga was just a set of stories. Many of the detractors are now reconsidering their position due to astounding and significant discoveries made over the past few years—discoveries which seem to confirm that the Saga is indeed based on fact, not fiction.

In June 1999, Ior was attacked by a man at his sister's apartment in Helsinki. He was stabbed in the back a number of times and his heart stopped for 10 minutes. Paramedics managed to revive him, but the attack left him a quadriplegic.

Nearly three years later, Ior can now drink tea with very little assistance, yet he manages to continue his daily talks and release of the Bock Saga material. His mind is still very clear and he smiles, even though nearly all that he had been taken from him.

SOUND CODES OF THE SAGA

Science has now come to the understanding that we originate from light and sound. According to the Bock Saga, our civilisation has only just re-evolved to the level of this basic understanding. It is therefore understandable that the Saga should come to light at this time.

The Saga deals with a sound system that was utilised and understood in complete detail many millennia ago—a technology based on light and sound that also incorporated a spiritual understanding of how to work with "nature orally", i.e., "naturally". But somewhere in the darkened mists of our past, that knowledge was lost and therefore so was our ability to utilise it.

The Saga, given as an oral transmission, conveyed and maintained in correct form, via the Ring, the *alphernas beten* or alphabet, the *kela* of sound. The alphabet is in the original Rot (pronounced *root*) language and the Van (Finnish) language. The teachings reveal a natural sound code within the language, which contains and retains keys of information. The sound system creates an internal logic within the Saga. It is understood that this system creates an encoding within the brain that triggers genetic memory. In this way, the narrator of the Saga transmits the information, thus enabling the listener, after 20 years of learning, to take the Saga forward. (In fact, contained within the word *saga* itself—*sa* meaning "receiving" and *ga* meaning "giving" in both Rot and Van languages—is an understanding that one must first receive before being able to give.)

So the Bock Saga is chiefly an oral tradition based on the teaching of sounds. It is not a written tradition, as it must be heard and experienced. Therefore, most of this information to date has been obtained from a series of audiotapes, particularly as there is very

little reference material available. This article is based upon my understanding of these tapes.

The use of English-language spellings to convey the original sounds is a challenge. For instance, the name Oden is pronounced as *oo-den*. Other words may have similar sounds but quite different meanings in English. For example, the English word "heathen" comes from *hi-den* (pronounced *hee-den*), meaning "whole" and "worthy", and is not meant to have a derogatory connotation.

The Holy Grail of languages is but one small fragment of the knowledge contained within the *kela* of sound. Human history, philosophy, health, well-being and, most importantly, the understanding that we are all one are critical parts of these teachings. In antiquity, at a time when this knowledge was common, there existed a communal philosophy: one breeding, information system, one giving system, one Ring which created health and well-being.

Our ancestors understood that this generation would be ready to receive its birthright: the knowledge of our origins, contained within the Saga. The question remains: are we indeed ready?

The Saga is a history and mystery so huge that it defies description. To date, Ior Bock has released information about four major periods in Earth's history: Paradise time, Atlantis, the time following Atlantis, and the New Times.

THE ORIGINS OF HUMANITY

The Saga is a history and mystery so huge that it defies description. To date, Ior Bock has released information about four major periods in Earth's history: Paradise time, Atlantis, the time following Atlantis, and the New Times. All of this knowledge is known as the Väänämöinen mythology.

According to the Saga's history of evolution, which dates back to the first seeds of life on this Earth, the seeds grew and evolved to a point where eels formed. Eels then gave rise to frogs, which eventually evolved into monkeys. At some point, the genetics of the monkey and the goat (the bock, also the symbol of

the Bock family) were combined to create the first two humans, Frej and Freja. The Saga does not say who was responsible for these genetic manipulations.

This creation occurred around the North Pole, where the Sun circled and never set. Surrounding the Pole was a land that became the Motherland. It was known as Odenma or Uudenmaa. At its centre was Hel, meaning "clear", "home" and "complete". The humans were known as *pi-pol* (pronounced *pee-pol*, meaning "people"). All knowledge could be understood within the Pole and the Ring. (It is significant to note that binary mathematics is based on 0 and 1, a ring and a pole.)

Uudenmaa, the garden of Oden—which later became known as Eden—was located in what is now southern Finland. It was a tropical paradise and the home of the first people, known as the Aser. Ringlands were created outside of Uudenmaa, and within each Ringland the breeding system was put in place. The people who lived outside of Uudenmaa were known as the Vaner people, and their language was Van, meaning "One".

Within the *kela* of sounds which make up the Rot language was the knowledge of how to be one with nature and our *plan-et*, *plan* meaning "plan" and *et* meaning "family"—a family plan to create wholeness. Men and women were equal. The man had *his-story* ("history") and the female had *miss-story* ("mystery"). Both understood the knowledge of how the light of the Sun, known as

Oden, enables all things to grow and is everything.

Oden also represented the knowledge of the Court of Aser. One Ring, whole and complete, one giving, breeding system, Yehova ("give to the Court of Aser") was in Uudenmaa, with Hel at its centre. With this knowledge and its proper utilisation, the Aser was considered healthy, whole and complete. (The name Yehova was eventually changed to Jehovah, and "God [good] within" became "God in Heaven".)

From the beginning of Christian times, the heathen system (and all it represented) was hunted down and removed or destroyed. Women were excluded from this new system because much of the *miss-story*, the female mystery, had become *taboo* ("taboo"), *ta* meaning "to give" (to germinate the seed, which is feminine), *b* standing for *borg* (meaning *cast-el* or "castle"), the breeding system, and *oo* representing Oden the Sun and knowledge to make things grow healthy.

Under the heathen system, Shiva represented the energy of the Sun reflected by the Full Moon once a month; the knowledge of the Moon and monthly cycles. The male and female essences—*sperma* and *sav*—were regarded as *whol-i* ("holy"), and when respected and shared correctly they created a healthy and whole *i-moo-en* ("immune", meaning "in the mouth") system.

It was the woman's right to choose when to be a mother, by way of the dream of Lucia. This happened on 13 December, Lucia Day. 24 December was *Fest-i-val* (Festival) Day, when the Disas (the "Stem Mothers") were impregnated by the Lemminkäinen (the Bock) inside Odenma. Also on this day, the prospective Vaner fathers stood on *ped-i-stals* ("pedestals") naked, with erect penises, so that the self-chosen mothers could look their "heart's desire" in the eye and choose the one they liked. 25 December was Jule Tide, the birthday of the Sun (not the Son of God). On 26 December, the men chosen on Festival Day had to pass physical tests to prove their fitness to be a father. This day was known as *Bock-sing* Day—now Boxing Day.

But with the arrival of Christian times, the original importance and meanings of the language were changed, lost or corrupted. Under the Christian system, respect for and sharing of *sperma* and *sav* became taboo—in other words, restricted and forbidden. Consequently, the woman was denied her natural worth and equality. Instead of *sperma* and *sav* being honoured, they became ill-used and wasted. Men and women could no longer understand the history and mystery to assimilate the seed of knowledge, and did not follow the breeding system and create wholeness with Oden.

THE CONTINUUM OF LIFE Paradise Time

In the heathen system, certain trees were regarded as sacred. Among these were the ash tree and the oak tree. Ancient records would seem to show that people had a lifespan of nearly a thousand years.

In Paradise time, one's lifespan could have been very long indeed. When a person died, they were cremated and their ashes

were scattered around the base of the ash tree. The soul was then able to be absorbed by the roots and ascend through the tree trunk, branches and leaves, to *leave* this *plan-et* whole. This may explain why so few remains of the people of that time have been found. In Christian times, these family trees were systematically destroyed.

According to the heathen system of knowledge, Frej was the first Bock ("goat") and Freja was the first "nanny goat", called the Svan ("swan"). They understood the alphabet, the *kela* of sound. This then enabled them to understand the system of procreation they were to initiate to ensure that all humans born would be *god* (pronounced "good").

Frej and Freja had at least 12 sons and seven daughters. This first family became the Piruet family. At its head were Per ("Allfather") and Ella ("Earthmother"). The 12th son became the new Bock who mated with Svan to create a further 12 sons and seven daughters.

The first son of Frej and Freja was named Ra, and the first daughter was Maya. Ra and Maya became the teachers—the King and Queen—at the age of 27 years old, and their task was to maintain the hidden heathen knowledge. But as teachers, Ra and Maya were not permitted to have children. (It is interesting to note that in some Scandinavian countries, even into the 20th century, teachers were not allowed to have children; if they did, they were no longer allowed to teach.)

Through the descent of the family line, three more breeding-group tiers were formed: the Jarlet, Karlet and Trelet lines. These became the Vaner people who lived outside of Uudenmaa. From this point, the original Bock then mated with a Svan from the Vaner people. In this way, a second-tier breeding group was created within Uudenmaa.

There were then two groups within Uudenmaa: the Piruet and the Roset Aser people. From the Roset family, the 12th son was the Rabis, who became the breeder for each Ringland and was also known as the Allfather.

The Time of Atlantis

According to the Saga, over 50 million years ago the ancient ones saw that there was a change taking place on our planet. Some scientific studies indicate that the first Ice Age began 65 million years ago, but this time-line is based on techniques that may be flawed.

The Saga says that the first major changes occurred just over 50 million years ago, resulting in a shifting of the pole, causing all the lands to become ice. This was known as the time of "All the lands ice"—Altlandis, otherwise known as Atlantis. Atlantis was not so much a location as it was a time in history.

Anticipating this major change, the Aser set up 10 locations around the world so that the Vaner people could survive the ice time. Afterwards, there were 10 breeding systems that became 10 different races of people with 10 different languages, all based on the original Rot/Van languages. When the ice came, the Aser were cut off from the Vaner people. Largely due to a warm gulf-stream current flowing into the Gulf of Finland, the region of Uudenmaa remained ice-free.

**According to the Saga,
over 50 million years ago
the ancient ones saw
that there was a change
taking place on our
planet.**

**Anticipating this major
change, the Aser set up
10 locations around
the world so that the
Vaner people could
survive the ice time.**

The Time after the Ice

According to the Saga, the Second Ragnarök, or the Second Destruction, occurred just over 10,000 years ago when the ice began to melt rapidly. Foreseeing what was to come, the Aser built boats to accommodate their people, animals, food and other supplies and sailed to islands that were high above sea level. This small group of near-Arctic human beings called their hideout in Gotland *Noa-tun* ("new yard"). This was the origin of the Noah's Ark story.

At this time, the Temple was closed and Hel was covered in ice. The surviving Aser people were able to return to Hel just over 9,000 years ago when the waters receded. Hel became known as Hel-sing-ki (now Helsinki) and the original sound/breeding system was re-established.

The Third Destruction

In AD 1050, a papal army surrounded Uudenmaa and slaughtered most of the remaining Aser. All things associated with heathen times were either removed or destroyed. This period is known as the Third Ragnarök, or the Third Destruction. Two families escaped this slaughter: the Bockström (Bock) and Raström (Ra) families.

The extermination of the bloodlines was in fact the very purpose behind the Crusades and the search for the Holy Grail. The Holy Grail was the bloodline of the King and Queen and of all the heathen people. The Crusades conducted by the ruling Church continued for hundreds of years. Part of this extermination—the removal of the Roset family lines—took place with the War of the Roses.

In 1248, an agreement was made between the Bockström family and the Christian King of Sweden, Birger Jarl. It allowed the family to return to Uudenmaa, but in exchange for their silence and absolute non-involvement in politics—until the time came for the Bock Saga to be released to the public in 1984.

THE ASER TEACHERS

Through history, the intent of the great teachers has been to elevate the human spirit and goodness (God-ness) within the human condition. However, in many cases, their teachings have been significantly altered over the course of time by certain vested interests set on wielding power and dominion over others.

The names of various Aser teachers are recorded in the Bock Saga. These teachers were sent out to reconnect the Vaner people to their heritage and to Oden, and many of them were sent all over the world. In a number of ancient locations, records, carvings and other monuments attest to the arrival of a Caucasian people who were very tall and had blond or red hair, the men among them having beards. These people came in boats without oars or paddles, and were regarded as gods among men. It was also recorded that these people came from the north, from the seat of power, and that their knowledge of all things was complete.

Some of these Aser teachers are well recorded in history. They were male and female, as the people needed both to create the *his-story* (history) and *miss-story* (mystery). Within the Saga, some

well-known names of the family of Aser include Buddha, Jesus, Krishna, Mohamed and Moses (Muses, a feminine reference).

Over 10,000 years ago, according to the Saga, it became apparent that human genetics was changing. Even though efforts were made to reconnect the Vaner people, it was foreseen that not until the latter part of the 20th century would the human condition be evolved enough to assimilate once more the information contained in the Saga. Thus it was determined that the Saga should not be brought to light until 1984, for at this time there would finally exist the possibility that man and woman could conceive a child that was both inwardly and outwardly whole.

It is relevant to note that in the last 15 or so years, children have been born who reportedly have three strands of DNA. These children are highly gifted and have abilities far beyond what is considered normal for most people. Their psychic powers enable them even to be aware of and communicate telepathically with other children around the world who are likewise gifted.

In AD 1050, a papal army surrounded Uudenmaa and slaughtered most of the remaining Aser. All things associated with heathen times were either removed or destroyed.

Two families escaped this slaughter: the Bockström (Bock) and Raström (Ra) families.

THE SEARCH FOR LEMMINKÄINEN TEMPLE AND FAMILY FORTUNES

In Paradise time, in every generation the people came together to reconnect to the Ring of sounds and knowledge to further their love and understanding. With them they brought their finest arts and crafts, much of which was in the form of gold. Gold was honoured because the fire of the Sun is within and it lasts forever. This was a giving to Yehova.

Lemminkäinen was the name given to Bock, the breeder. Lemminkäinen Temple was created in honour of the Bock in an area known as Tuna, located inside Uudenmaa. The arts and crafts were *for-tuna* ("fortune") and were put on display for all to see; they were known as the *art-i-facts* ("artefacts").

Proof of the Bock Saga is to be found in Lemminkäinen Temple and the Bock family treasure chambers. According to the Saga, the entrance to the Temple lies deep beneath the earth, 30 kilometres east of Helsinki (Hel). The Temple was created within a hill, and the domed area at the top was used for ceremonies.

Below this is an area 250 kilometres in diameter. Within this area there is a golden spiralled stairway leading to halls housing the artefacts. Each hall represents the lifetime of a Lemminkäinen (Bock). In front of each hall stands a life-sized golden statue representing the Bock at the age of twenty-seven. The Temple became the *mu-see-them* ("museum"), said to contain artefacts dating back to the beginning of human knowledge.

Lemminkäinen Temple was closed in AD 987 because the heathen people could foresee that Christian armies would invade in the future. It was at that time that permission was given to the remaining Bock to re-open the Temple one thousand years later in 1987.

Prior to 1987, a group of people came together in a partnership known as The Positive Foundation and began excavations to reach the Temple. In the Foundation's booklet, they report:

...we had information that the entrance was sealed with big stone blocks. Indeed, we found three perfectly cut stone plates piled one on the other. The plates were about 5 metres

long, 4 metres wide and 1.5 metres thick. After removal, at the bottom of the monolith we found two more stones of about 4 metres x 2.5 metres x 1 metre. These stones fit the former entrance exactly. Behind these stones, we expected to find a big room, the so-called water lock. However, this room was filled with a cement-like mass.

The team had excavated a tunnel over 40 metres deep, 6 metres wide and 3 metres high, which descended with an approximate 15-degree gradient. According to information provided by Ior Bock, the hall should end in a room from which three corridors are accessed, with the middle corridor leading to the upper dome of the Temple. Unfortunately, the cost of further excavation exceeded the Foundation's budget, and the Finnish Government and the National Board of Antiquities (Museovirasto) were unwilling to provide funding, help or support.

In 1991, the Foundation's last sponsor stopped supporting the project. Later that same year, a geophysical analysis of the location was conducted using a sub-surface imaging radar (SIR) system. At 25 metres below the ground, at a coordinate designated by Ior Bock, it picked up a dome-shaped hollow space with a roof, potentially made of metal. A picture of the ground condition at the excavation site indicates that only a few more metres of excavation had to be carried out for a breakthrough to be achieved. As at May 2002, this breakthrough has not yet been achieved.

GOLDEN BOCKS, CRYSTAL BALLS AND REGALIA

According to Ior Bock, there are other artefacts of the heathen culture buried in various locations across Finland. Specifically, there are three golden bock statues (as stated previously, the Bock family's symbol is the goat) as well as three crystal balls and the regalia of the last King of the Aser.

Ior says that two golden bocks and two crystal balls are buried in Snappertuna, about 70 kilometres west of Helsinki. This land is now the property of the Church and is also a nature reserve. The third golden bock, the third crystal ball and the regalia are buried in the courtyard of Kajaani Castle, about 600 kilometres north of Helsinki. This is the oldest and most northerly royal castle known in the world. Ior explains that the Kajaani Castle site served as an old breeding centre thousands of years ago.

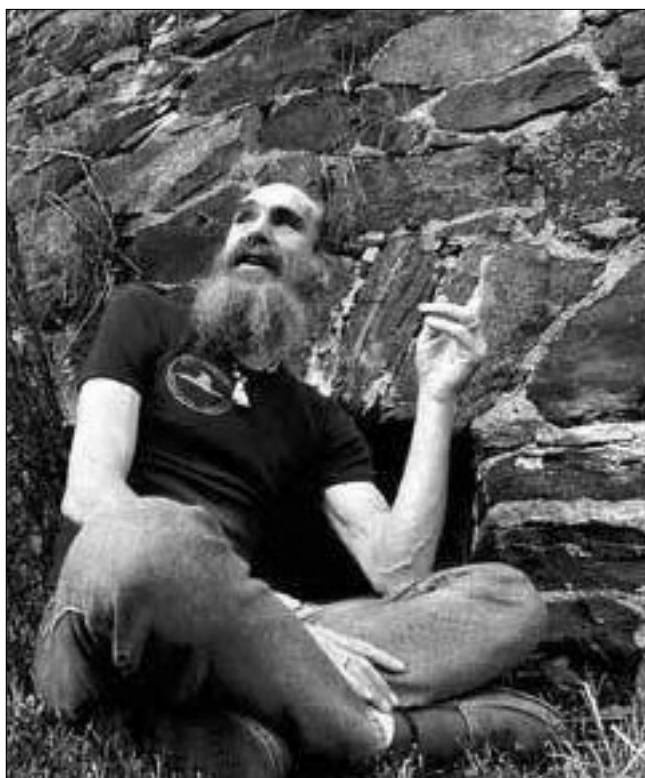
On 12 October 2000, the SIR was used in the courtyard at Kajaani Castle. The radar system detected at five metres below the ground, at the exact spot where Ior Bock had indicated, a large metal box fitting the description and dimensions which Ior had provided.

Kajaani Castle is now the property of the Finnish state. So far, the Government of Finland, the National Board of Antiquities (Museovirasto) and the Church have refused permission for the castle's courtyard or any other of these sites to be excavated.

THE KELA OF SOUND

We are now moving towards the latter end of the 20-year period since this information was first released in 1984. Much has been revealed, yet much is still to be revealed.

According to Ior Bock, the Rot/Van languages are the basis of all languages on our planet. The Finnish language today is very complex. Each word can be used in one of at least 165,252 forms, cases or tenses. The English language is close to the original Rot sound system. However, the unique capacity of the Rot/Van languages to contain so much variety is in stark contrast to the English language, which uses only relatively few tenses such as past, present and future. Further, each sound (letter) within the Rot/Van language has unique meaning and each word can be assimilated from front to back, from back to front and from the middle out.



Ior Bock

The *kela* of sound, the alphabet, the Ring, is made up of 29 sounds and combinations thereof. There are 23 sounds in one Ring and seven outside of the Ring. There are 10 clear vocal sounds (vowels), with the remainder being combination sounds. The sound *i* (pronounced *ee*) is repeated, so altogether there are 29 different sounds. Within the alphabet, the first *i* represents the Bock; the *i* stem represents the penis of the Bock and the dot represents the sperm. The second *i* represents the Allfather and is also pronounced *ee* (as in *I Ching*, pronounced *ee-ching*).

Ta is "to give" ("to germinate the seed knowledge") and *rot* means "the sounds". Therefore, to *ta-rot* ("tarot") is to "create the knowledge of sounds". The ancient learning system of the Tarot appears to have changed and now only contains the 23 main sounds, which are represented in the Major Arcana of

Tarot cards. The Major Arcana has 22 cards; however, the first card, The Fool, designated "0", is also represented at the end, making 23 paths.

NEW ARCHAEOLOGICAL DISCOVERIES

In the last couple of years there have been a number of findings that support the Bock Saga and Väinämöinen mythology.

Archaeologists involved with the PECHORA Project have recently found 40,000-year-old settlements northeast of Finland in the White Sea region. The finds were reported in the 6 September 2001 issue (vol. 413) of the British scientific journal *Nature*.

There was also the discovery of the *susihiuola* ("wolf cave") outside the city of Kristinestad on the west coast of Finland. By the summer of 2001, Museovirasto had proved that communities lived there for at least 300,000 years. The head of Museovirasto has stated publicly that no one lived in Finland prior to 10,050 years ago, yet is now privately revealing evidence that people

Continued on page 85



ANCIENT RELIEF MAP FOUND ON STONE SLAB IN THE URALS

According to the Russian news agency Pravda, scientists at Bashkir State University in the southern Ural Mountains are discussing their findings concerning a mysterious stone slab which has a detailed relief map etched into it. They have been studying the slab since they carted it away from the village of Chandar, near Ufa, in July 1999.

Prof. Alexandr Chuvyrov, who heads the specialist team of cartographers, geologists, physicists and chemists, believes they have found proof of the existence of an ancient, highly developed civilisation—evidence that defies conventional notions of human history.

For a start, the relief map was not made manually by an ancient stonecutting tool; as X-ray analysis revealed, it was machined with precision tools. It also shows a view that could only have been plotted by aerial survey.

The dimensions of the slab were determined once it was dug out of the backyard of a village house: 148 cm x 106 cm x 16 cm. Once they cleaned it back at the lab, the scientists realised they had uncovered a 3D relief map (or plan) of the Ufa region on a scale of 1:1.1 kilometres.

Apart from showing identifiable features such as rivers and canyons, it also depicts

civil engineering and irrigation works including two 500-metre-wide channel systems, with a total length of about 12,000 kilometres, and 12 dams, each 300–500 metres wide, approx. 10 km long and 3 km deep, which would have required the shift-

**The slab also contains
inscriptions written in an
unknown hieroglyphic-
syllabic language.**

ing of over a quadrillion cubic metres of earth to construct. The slab consists of three layers: a 14-cm-thick base made of hard dolomite, a second layer of diopside glass of a composition unknown to modern science, and a 2-mm-thick top layer of calcium porcelain to protect the map from impact.

To try to determine the age of the map, the scientists carried out radiocarbon analysis and scanned the layers with a uranium chronometer, but the results were inconclusive. At first the scientists thought the find

might be about 3,000 years old, but then they discovered two shells embedded in the slab, from shellfish species that existed 500 and 120 million years ago—though this is no confirmation that the map is actually that ancient.

The slab also contains inscriptions written in an unknown hieroglyphic-syllabic language. The scientists originally thought the script might be some form of Old Chinese, because in 1995 Prof. Chuvyrov was investigating the writings left by ancient Chinese people during possible migrations to Siberia and the Urals, but their archival searches disproved this notion and the script remains undeciphered.

The scientists are speculating that the slab is only a fragment of a much larger map that they estimate to have been 340 x 340 metres in size and that might possibly have depicted the entire planet's surface. They hypothesise that it was most likely situated in the Sokolinaya Mountain gorge but was broken up in the last glacial epoch, the slabs eventually being deposited in Chandar and elsewhere in the Ufa region. The scientists are continuing their search for more slabs and fragments, which could well number in their hundreds.

(Source: Pravda website, April 30, 2002, <http://english.pravda.ru/main/2002/04/30/28149.html>)

THE TWILIGHT ZONE

A CYCLOPEAN SKULL OR A CASE OF CHEMICAL WEATHERING?

Ancient skulls allegedly bearing a single eyeball socket have been found in limestone caves in the hinterlands of Bohol, Bukidnon, at Mt Palaupau in Sumilao and in some parts of Agusan in the southern Philippines.

The existence of the skulls, which resemble those of the cyclops—a race of giants in Greek mythology with a single eye in the middle of the forehead—has triggered speculations that one-eyed ancient settlers once lived in the country's southern islands.

Tribal folklore has it that giants once roamed the plains of central and northern Mindanao, the most popular of whom, according to Bukidnon legend, was "Agyo", who fought against the first Spanish conquistadors. Bukidnon's tribal people are reportedly keeping skeletal remains, which they believe to be Agyo's, in a sacred cave as an object of worship.

Reports about the strange skulls had prompted archaeologists of the National Museum to launch an excavation in Bohol, and they managed to find one such skull.

Archaeologist Rey Santiago said that intensive study of the skull showed it belonged to an "ancient settler". However, he theorises that limestone in caves where the "cyclops skulls" were discovered could have triggered a chemical reaction, creating a new eyeball socket in the skull.

"Human bones and limestone have similar [composition]," he said.

Despite Santiago's explanation, though, tribal folklore maintains there were two races of giants in ancient times: the *kapre*, who were associated with evil, and the one-eyed giants, whom early settlers regarded as their heroes.

(Source: by Perseus Echeminada, *The Philippine Star*, February 24, 2002)

EVIDENCE FOR HUMAN SETTLEMENT IN ICE-AGE TIBET

Handprints and footprints 20,000 years old reveal that people lived on the Tibetan Plateau at the height of the Ice Age, 16,000 years earlier than scientists had thought. The newly found signs of life cast doubt on the idea that a kilometre-thick glacier covered the plateau at that time.

David Zhang and S. H. Li of the University of Hong Kong found the marks

of at least six individuals, including two children, in marble-like rocks that were once soft mud, on a mountain slope 85 kilometres from the Tibetan capital, Lhasa.¹

They also found a fireplace nearby with the remains of a primitive stove, suggesting that the site was a camp, perhaps even a settlement.

Until now, the oldest known settlements on the Tibetan Plateau dated from late Neolithic times, around 4,000 years ago. This had led some researchers to conclude that humans first migrated into Tibet around this time.

Until now, the oldest known settlements on the Tibetan Plateau dated from late Neolithic times, around 4,000 years ago.

The encampment is also a nail in the coffin for the "ice-covered plateau" hypothesis. It indicates that at least part of the plateau, which today is 4,000 metres high on average, was free of ice even during this frigid period of Earth's history.

The very hot spring that probably attracted the Ice Age settlers also preserved their marks for posterity. The spring water is rich in dissolved minerals and gases. As carbon dioxide gas bubbles out of the water, minerals such as calcite precipitate out, forming a soft mineral mud. As the mud dries, it turns into a hard, durable limestone called *travertine*.

So, thanks to the hot spring, the mountainside made plaster casts of the Ice Age people who lived on it. Nineteen handprints and footprints are clearly visible in the stone surface.

Zhang and Li date the travertine deposit by the tiny grains of quartz that became trapped within it while the mud solidified.

Quartz acts as a mineral clock. When heated, it emits light in proportion to the time that has elapsed since it was last warmed or exposed to sunlight. This technique is called *thermoluminescence dating*.

Energy builds up in trapped quartz because it is exposed to radiation from natural radioactive elements such as uranium and thorium in surrounding minerals. It emits this energy as light: the longer the exposure time, the higher the energy and so the brighter the light. Because heat or sunlight releases the trapped energy, the quartz grain clock would have been set to zero when the grains became embedded in the warm mud from the spring.

Endnote

1. Zhang, D. D. and Li, S. H., "Optical dating of Tibetan human hand- and footprints: an implication for the palaeoenvironment of the last glaciation of the Tibetan Plateau", *Geophysical Research Letters* 29, 2002.

(Source: Reported in *Nature*, March 27, 2002, <http://www.nature.com>)

CURIOUS ARTEFACTS FOUND IN NEW HAMPSHIRE CAVE

The following article is reprinted from the Ohio, USA, *Zanesville Gazette* of May 18, 1852:

"A correspondent of the *Boston Herald*, who signs himself Charles G. Proctor, states that he is engaged with

a party of surveyors in locating a railroad through New Hampshire, and that the party discovered a curious cave at a place called Nester Gap, on 27th ult [ultimo, of the past month]. The writer says:

"After descending seven steps, the aperture winding all the way, we found ourselves in a spacious cave, with the roof ascending until it reached a height of nearly 40 feet. The size of the cave was, by actual measurement, 94 feet long and 64 feet in its widest part; beyond this, another flight of steps seemingly deeper than the first extended to another chamber, but we have not explored it. What lay beyond the first room, to what extent the cave reaches or what it contains, remains to be seen; but judging from what we have already discovered, the investigations that are to be made will possess the most overpowering interest.

"When we had been in the cave long enough to accommodate our eyes to the dim light furnished by the opening we had made, we began to make observations. We were filled with astonishment at what lay before us. The cave or grotto had evidently been used as a hiding place for treasure and

a place of concealment for those who had used it. Implements of defence lay in groups on one side. They were of an exceedingly antique form. Hoar antiquity rested on every article before us. The dust of ages had settled down upon all things in the cave.

"In one corner we found three earthen vessels of singular construction and shape. These were filled with coins of silver, brass and iron but mostly of brass of various shapes. The coins bore no image, were coarsely but most curiously wrought, and Captain Edwards, the leader of the party, who boasts some knowledge of coins, declares them to be unlike anything he had ever seen or read of and of a very ancient date.

"The most singular and interesting discovery of all consists in our having found, in a niche, several rolls and packages composed of a material entirely unknown to us, upon which were inscribed figures and characters, the meaning of which, as yet, we have not been able to determine upon or to make out the nation or date to which they may have belonged.

"The party has returned to the cave, prepared to explore it to its utmost extent.

"The coins and the scrolls are supposed to have a date prior to the Christian era, and have been sent to Boston to be submitted to the investigation of learned men."

(Source: *The Zanesville Gazette*, Ohio, USA, May 18, 1852, posted at <http://greatserpentmound.org>)

"NATIONAL GEOGRAPHIC" VALIDATES BILLY MEIER CLAIM

Finally, proof has emerged that validates Eduard (Billy) Meier's claim that he was contacted by extraterrestrials from the Pleiades in the 1970s!

The January 2002 issue of *National Geographic* magazine printed an interesting confirmation of the validity of Meier's claims. In that issue, I found a newsbrief which acknowledges that, just as Meier claimed back in the 1970s, Mt Everest is not the highest mountain on Earth.

Meier, in his writings, stated the Pleiadians told him that Mt Chimborazo in Ecuador was higher than Mt Everest by 2,150 metres because the Earth is not perfectly round but, rather, bulges in the middle—thus, measuring mountains from sea level is not an accurate way of assessing the true height of a mountain.

National Geographic states that

scientists have now determined that the Earth bulges around the middle because of the spinning action of the Earth's rotation, and thus, when measured from the centre of the planet, Mt Chimborazo is actually higher than Mt Everest by 2,200 metres. Measured from sea level, Mt Everest is 2,540 metres higher than Mt Chimborazo. The newsbrief states that when measured from the centre of the Earth, Mt Chimborazo is 6,384,450 metres high and Mt Everest is 6,382,250 metres high.

For a poor Swiss farmer who never graduated from high school to pick that particular mountain and declare it to be the highest mountain on Earth, higher than Mt Everest—and to come within 50 metres of its height, measured from the centre of the planet, years before scientists recognised this fact—is quite an extraordinary feat, I think anyone would have to agree.

In 1997 I wrote *Star Wisdom*, a book about the essential spiritual message of the Pleiadians (based on Billy Meier's Semjase contact notes), which mentioned the Mt Chimborazo claim.

In the February 2002 issue of the UK-based *UFO Magazine* (vol. 21, no. 3), my book was reviewed by Kate Miller, who stated:

...the question that became uppermost in my mind on reading Star Wisdom was whether a supposedly poor Swiss farmer (who never graduated from high school) could conjure up the kind of beautiful and inspiring words that are manifest in the book. Could he have possibly invented the seven basic principles of

the Pleiadians that cover Oneness, Eternal Spiritual Evolution, Self-Responsibility, Love, Balance, Truth and Equality?

I can't explain it [the accurate naming of Mt Chimborazo as the highest mountain on this planet] and I seriously doubt whether sceptics would even venture to try, but please, be my guest! The same is true for anyone who feels it would be a worthwhile exercise to revisit Billy Meier and the teachings of the Pleiadians. You just may find it a truly rewarding experience.

Today there is a great public interest in the UFO phenomenon as well as in spirituality. *Star Wisdom* offers a rational, logical and eminently effective way of practising spirituality in one's daily life.

The Pleiadians presented to Meier a clear and liberating message which, to me, is not only welcome but necessary in the chaotic realm of modern spirituality where the hardened dogmas of fundamentalism are competing with the allure of New Age "pop" philosophies. In light of the current events on our planet, I believe it is time for us to take seriously their wise directives in this regard.

If you want to read *Star Wisdom*, please write to me, Gene Andrade, at PO Box 223743, Carmel, CA 93922, USA, for information on how to order a copy of the book directly from me; alternatively, you can order it from Amazon.com.

(Source: Gene Andrade press release, April 28, 2002, via email starwisdom@pacbell.net)



REVIEWS



BOOKS

Reviewed by Ruth Parnell

DARWIN'S MISTAKE

by Dr Hans J. Zillmer

Frontier Publishing, Netherlands, AUP, USA, 2002 (first published in German as *Darwin's Irrtum*, Müller/Herbig, 1998) ISBN 1-93188-207-X (292pp tpb) Price: A\$38.00; NZ\$47.00; £16.50; Euro 25.90; US\$19.95 + s&h Availability: **Aust/NZ/UK/Europe**—NEXUS offices; **USA**—AUP, website <http://www.adventuresunlimitedpress.com>

In *Darwin's Mistake*, Dr Hans Zillmer, a German engineer who has been investigating contentious scientific knowledge for over 30 years and participated in many excavations, presents anomalous evidence that would seem to overturn Lyell's uniformitarianism principles and Darwin's theory of evolution. But he goes further and suggests what could only be heresy to anyone other than a Creationist: that the Earth's crust is much, much younger than we think: in the region of tens of thousands of years, if that, rather than hundreds of millions of years! In other words, apart from evolution being a myth and catastrophism being the rule, our geological dating system is completely out of whack. Yet he accepts that the Earth's interior is truly ancient!

One of Dr Zillmer's claims is that because footprints of three-toed dinosaurs, higher-order mammals and very tall humans have been found in the same rock strata in and around the Paluxy River near Glen Rose in Texas, USA, this is compelling evidence for the coexistence of these species. But rather than conclude that man is as old as the

dinosaurs, Zillmer proposes that dinosaurs did not die out 64 million years ago but lived until quite recently—at least the three-toed ones did, otherwise those footprints would have long ago eroded away.

Dr Zillmer presents other anomalous finds, discusses catastrophic events such as meteorite impacts and a Great Flood, and considers the possibility of creation by outside influences. But it's easier to accept that Darwin was wrong than Zillmer's contention that the crust is so young. Readers will have to work out the logic for themselves!

THE AFTERLIFE EXPERIMENTS

by Gary E. Schwartz, PhD with William L. Simon

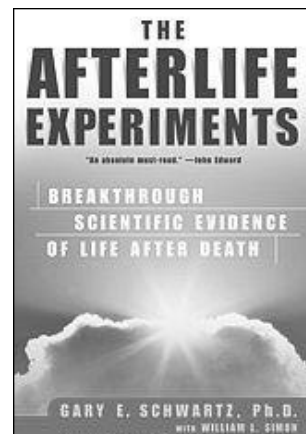
Pocket Books, USA, 2002 ISBN 0-7434-3658-X (374pp hc) Price: A\$49.95; NZ\$65.00; Euro 31.90; US\$25.00; C\$38.00 Availability: **Aust/USA/Canada**—Simon & Schuster, <http://www.simonandschuster.com>; **NZ**—Macmillan; **Europe**—NEXUS Office

The answer to the timeless question, "Is there life after death?", may be a little closer with the release of this book. It's actually the follow-up to a video documentary, also called *The Afterlife Experiments*, which was first screened on US cable TV in 1999. The book is as much a record of the personal journey of an initially sceptical scientist who changed his views—Dr Gary Schwartz, a professor of psychology, medicine, neurology, psychiatry and surgery—as it is a revelation of the reality of the afterlife.

At his Arizona lab Dr Schwartz, with the assistance of his research partner Dr Linda Russek, set up what was to be a three-year research project with a series of controlled experiments involving some of America's

most "tried and tested" mediums, including George Anderson, John Edward and Suzane Northrup. Some very moving exchanges between "sitters" and their close relatives via these mediums are reproduced here. The research team was very careful to ensure that hoaxing was impossible. The sitters were masked from view, and the mediums were given no details or clues about the sitters but came up with details which were later confirmed to be accurate and predictions which eventually were fulfilled.

While Dr Schwartz applied strict scientific protocols and analysed the statistical probabilities, he arrived at the unexpected conclusions that soul science and the love-health connection cannot be divorced from the equation. Most of the contact experiments were attempts by ordinary people, the sitters, to contact their departed loved ones. This led him to deduce that the soul/love connection is an energetic bond that does indeed survive beyond death. Quite a change of heart and mind for a sceptical scientist.





REVIEWS

EMISSARY OF LOVE

by James Twyman

Hampton Roads, USA, 2002

ISBN 1-57174-323-5 (145pp tpb)

Price: A\$41.95; NZ\$53.95; Euro 20.90; US\$15.95

Availability: **Aust**—Gemcraft, tel (03) 9761 5535; **NZ**—Peaceful Living, tel (07) 571 8105; **Europe**—NEXUS Office; **USA**—Hampton Roads, <http://www.hrpub.com>

Neale Donald Walsch (*Conversations with God*), in the introduction to this book, questions whether author James Twyman has made it all up, whether it is just a figment of the imagination of a "master storyteller". And I, too, have to wonder, but ask if this really matters when the message serves as a powerful reminder for us to return to the core of ourselves.

Twyman is a New Age "peace troubador" of sorts, who in the last eight years has "ministered" and performed in many troubled places of the world. He's the author of *Emissary of Light*, about his travels through the Bosnian mountains where he claims he learned the secrets of an ancient society of spiritual masters. The event that sparked him on this pilgrimage came in late January 2001 when he was contacted psychically by a 10-year-old Bulgarian boy who transmitted "the Gift" to him and compelled Twyman to travel to Bulgaria in search of a group of psychically talented children, "the Children of Oz". He found them in an isolated monastery, or so he writes. (If he'd used "the Gift", he'd have avoided the attentions of Bulgarian government agents along the way—but much intrigue as well!)

The question in common that these children all ask us is: what if you acted as if you were an Emissary of Love? Well, it

means asking whether we're ready to act as if we're loved by God, and what would happen if we really did believe this to be true. These are simple but profound insights, and they also show how love and imagination can change the world. Twyman's is also a cautionary tale about the dangers of ego and pride, but it also speaks truth through all the dichotomies presented, such as the case of the mysterious young Tibetan Tulku.

THE TRUTH BEHIND THE CHRIST MYTH

by Mark Amaru Pinkham

Adventures Unlimited Press, USA, 2002

ISBN 0-931882-02-9 (157pp tpb)

Price: A\$33.00; NZ\$45.00; £14.00; Euro 18.90; US\$14.95 + s&h

Availability: **Aust/NZ/UK/Europe**—NEXUS offices; **USA**—Adventure Unlimited, tel (815) 253 6390, website <http://www.adventuresunlimitedpress.com>

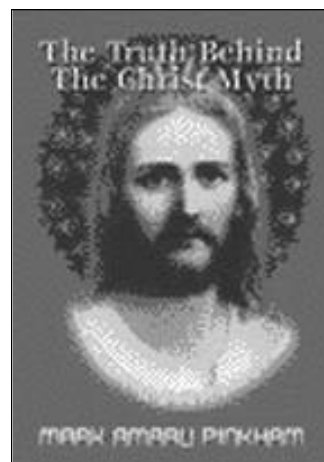
The peacock is not only a spectacularly beautiful bird; it also has ancient symbolic connotations. According to Mark Amaru Pinkham (author of *The Return of the Serpents of Wisdom*; see 4/05), the Jesus Christ story has all the elements of a much earlier Son of God myth from India: the legend of Murrugan, the Peacock Angel, who was worshipped in many faiths in Asia and Asia Minor as "the King of the World". The ancient British goddess Murruga is believed to be a female counterpart.

Interestingly, the Catholic Church includes the peacock among its official symbols, and Pinkham contends that St Paul's influence was responsible for this. Before his famous vision and "conversion", St Paul was a follower of the Persian Mithras tradition which

emerged around 600 BC; indeed, he was born into it as a native of Tarsus—the home of Mithra worship in Asia Minor. St Paul was an exponent of dualism—an idea Pinkham says was borrowed from the Persian religion—and may have been at least an honorary Magi priest.

The Mithras idea, says Pinkham, was an evolution of the Murrugan concept of Indian tradition. But not only that, certain Mithraic ideas were taken up by the Jews during their exile in Babylonia, thus Judaism became a relative of Mithraism. Even the Essenes were influenced by this philosophy: while they were awaiting the anticipated incarnation of the Archangel Michael, so the saviour of Mithraism, Ahura Mazda, was expected to incarnate physically as Mithras. The legendary Magi who searched for the newborn Christ apparently believed that Jesus was a reincarnation of Mithras.

All this and more is covered in this surprising alternative view of ancient religions.



REVIEWS



BLAST IT! How to Eliminate Diseases, Disorders and Other Pesky Troubles

KeelyNet, 2001 (Third Edition)

ISBN n/a (746pp spiral bound)

Price: US\$99.95 + US\$15.05 s&h in USA, US\$25.05 to Canada, US\$40.05 int. s&h

Availability: **USA**—KeelyNet, PO Box 111786, Carrollton, TX 75011-1786, website <http://www.keelynet.com>

This is a must-have handbook for Rife therapy practitioners and energy healers (though, weighing in at 5 lb [2.3 kg], it's not exactly something you can even lift in one hand!). *Blast It!* is the third, more user-friendly edition of material originally compiled by John Crane for the 1,000-page *Polarity Research Manual*, which covered Dr Royal R. Rife's life's work spanning 60 years. Crane was Dr Rife's associate for 21 of those years. For readers unfamiliar with the name, Rife was the celebrated and persecuted doctor who developed his Universal super-microscope in the 1930s and successfully used his resonant frequency ray beam to blast the micro-organisms he saw as responsible for cancer (see article, 9/02).

In this compilation there's a wealth of up-to-date technical research data on energy applications for eliminating a variety of health disorders and diseases and helping the body recover. The first part looks at the "electronic antibiotic system" and how to use it; it includes notes on polarity and the meridian systems and on using the frequency chart as well as pads and electrodes. Part two explores the research into several Rife technologies, with reference to an understanding of magnetism, colour frequency, cosmic energy, nutrition and other basics; it also sets down the protocols for preparing the patient for therapy. Specific disorders

and diseases, and how to treat them, are highlighted in part three, while the electronics of the Rife equipment are discussed in part four. The edition wouldn't be complete without some background on the inventor; part five covers Rife's history from 1920 to 1950 and, from there, his partnership with John Crane. There's an extensive bibliography and index to top off this ultimate manual for energy-frequency workers.

TRIUMPH OVER CANCER

by Agi Lidle

A Better Life Publications, AZ, USA, 2001

ISBN 0-9671693-1-3 (192pp tpb)

Price: US\$12.95 + US\$4.95 s&h in USA

or US\$5.95 foreign s&h; C\$19.95

Availability: **USA**—A Better Life Publications, tel +1 (480) 948 3386, 1-866 990 5433, email ablhealth@aol.com, website <http://www.abetterlife.info>

In 1997, at the age of 38, Agi Lidle was diagnosed with breast cancer and was about to go through the usually prescribed route of mastectomy and chemotherapy, but instead decided to embark on a rigorous healing journey that would see her free of that cancer and other undiagnosed tumours within six months. Nearly five years later she is still free of the disease, is a picture of vibrant good health, and is dedicated to spreading her life-enhancing message.

Agi's powerful natural healing regime included changing her bad eating habits and eating live foods—mostly fresh, raw, organic fruits and vegetables, juices and broths—as well as healthy oils, nuts and seeds in order to detoxify her system. A stint at the CedarBrook natural health clinic in northern California provided a suitable setting for jump-starting her healing regime, which also

included the Incurables Program developed by Dr Richard Schulze and the Mucusless Diet created by herbalist Dr John Christopher. Crucially, back at home Agi had the love and support of her husband and friends, who helped her through the rigorous processes including the "cold sheet treatment" to stimulate her immune system.

Agi has since gone on to become a certified herbalist through the School of Natural Healing, and now teaches natural health principles through her "Fresh Start Program". In her book, she provides practical information on cleansing routines, nourishing diets, herbal concoctions including the Native American black salve (an anti-cancer compound), as well as on what to avoid. The final section is her own "Lidle Café Cookbook" of nutritious recipes.

It takes time, courage and willpower to follow Agi's approach. But because every cancer case is different, her advice should be weighed up alongside medical opinion.





REVIEWS

CELLULAR TELEPHONE RUSSIAN ROULETTE

by Robert C. Kane

Vantage Press, USA, 2001

ISBN 0-533-13673-3 (235pp tpb)

Price: A\$36.00 inc. p&h in Aust; A\$39.00 to NZ, A\$42.00 to UK, A\$47.00 to Europe; US\$10.00 inc. s&h in US/Canada

Availability: **Aust/NZ/UK/Europe—**

EMFacts Consultancy, PO Box 96, North Hobart, Tas 7002, Australia, tel (03) 6243 0195, <http://www.tassie.net.au/emfacts/>;

USA—Council on Wireless Technology Impacts, tel (415) 892 1863, website <http://www.energyfields.org/resources.html>

There is a large body of scientific evidence that has built up since the 1950s on the health effects of exposure to EM fields and radiofrequency radiation. But you wouldn't know it from the way new research is reported and discussed, says industry expert Robert Kane in his eye-opening book.

In the case of cellular telephones in particular, the usual practice is for a new study to be reported as something that should be further investigated, and for industry to "treat each such study as if it were isolated in the scientific universe" and then have its PR minions to dismiss the findings or arrange for them to be buried. But there are hundreds of studies with alarming findings of EMR/ RF exposure effects—such as DNA and chromosome damage, tissue damage, cataract and tumour formation, memory loss and motor skills degradation—and Kane refers to a substantial number of them here. There is so much evidence that it beggars belief that the telecommunications industry can be so gung-ho about promoting products so hostile to the human biological system.

Kane divides his book into chapters dealing with the foundations of radiation research, "hot spot" radiation absorption in the body, biological effects of RF energy, the smokescreen over emissions safety standards, and the "good, bad and ugly" of research labs. He also looks at how the public has been deceived by standards-setting, radiation-protection and health authorities as well as the industry/PR/media machine.

Think again before you make that next mobile phone call! (And read Don Maisch's article in Science News this issue.)

NETHERWORLD

by Robert Temple

Century, UK, 2002

ISBN 0-7126-8404-2 (476pp hc)

Price: A\$49.95; NZ\$64.95; £17.99;

Euro 31.90

Availability: **Aust/NZ/UK—** Random House; **Europe—**NEXUS Office

Divination and prophecy have always been part of humanity's relationship with the universe, but in these "rational" times they have been relegated to fringe or lunatic status, their important role in the history of cultures underplayed or ignored, as Robert Temple so eloquently explains with reference to the classical Greek and Roman traditions and contrasting Chinese systems.

Temple (*The Sirius Mystery* and *The Crystal Sun*; 5/04, 7/06), sets the scene in *Netherworld* with his own descent into the Oracle of the Dead, a little-explored pre-Roman complex at Baia in southern Italy, its tunnels and chambers all still intact. It was used for demonstrating aspects of ancient mysteries concerning fate and the afterlife and for contacting the spirits of the dead. Temple's foray, in the company of Michael

Baigent (*The Holy Blood and The Holy Grail* co-author), was brave indeed (as the colour photos attest). This replica of Hades had smaller counterparts in other parts of the classical world, where various mysteries associated with the Greek oracles, particularly at Delphi and Cuma, were "stage-managed" for seekers of divine truth. Prophecy became institutionalised, and important decisions would be made according to the oracle's reading of signs and portents. But the leading form of divination for thousands of years was extispicy: divination by entrails! Temple devotes a chapter to this curiosity, which is still practised today.

The focus in part two is on the Chinese traditions of bone oracles and the *I Ching* (Book of Changes). Temple suggests modern science is just starting to appreciate the higher-order mathematical structure and geometric framework which are implicit in the *I Ching* and make it such an interesting system for our times. A fascinating insight into the prophetic underside of history and notions of fate, fortune and probability.



REVIEWS



PLAGUE, PESTILENCE AND THE PURSUIT OF POWER

by Steven Ransom

Credence Publications, UK, 2001

ISBN 0-9535012-8-0 (209pp tpb)

Price: A\$32.95; A\$36.95 to NZ; £15.00; US\$22.00; C\$37.50

Availability: **Aust/NZ/UK/USA—**

Credence Publications



Last issue we ran an extract from Steven Ransom's book, but it didn't cover his key argument: that many outbreaks of "highly infectious" or "deadly" human and animal diseases are "politically manufactured" epidemics or "psycho plagues", deliberately imposed by Big Business and/or Big Government with help from the Big Media.

One obvious case is the 2001 foot and mouth disease (FMD) "outbreak" in the UK—a disease which affected animals can recover from if given enough time. Ransom points out many of the inconsistencies and deceptions concerning official diagnosis, science, testing, media statements and methods of dealing with FMD and the farmers—so many that he concludes there were other, more subversive agendas afoot. Such as to force Britain to conform to the EU's agricultural plan by breaking up small-holder live-stock farming. And to swell the coffers of the pharmaceutical drug companies who are never short of a "disease" requiring a drug or a vaccine to treat something that very likely has an environmental cause.

Ransom has a small chapter on vaccination, which is increasingly seen as the preferred medical intervention to control these supposed "killer" epidemics. He exposes the flaws in the science and its logic, and urges us to return to basics and common sense. Some of the other "epidemics" and "antidotes" he covers are swine flu, BSE (and its link to organophosphate pesticides),

Hong Kong chicken flu, TB and measles.

He also slams the government/corporate biotech push to grow GE crops in the UK for its denial of public concerns over safety.

It's chilling to know how far governments, corporations and the media will go to suppress human and animal rights—as well as the truth—for the sake of power and profit.

HEALTH WARS

by Phillip Day

Credence Publications, UK, 2001

ISBN 0-9535012-7-2 (331pp tpb)

Price: A\$32.95; A\$36.95 to NZ; £15.00; US\$22.00; C\$37.50

Availability: **Aust/NZ—**Credence Publications Australia, tel (03) 5767 2247, website <http://www.credence.com.au>;

UK—Credence Publications, tel 01622 832386, <http://www.credence.org>; **USA—**Credence USA, tel (208) 524 1571, <http://www.credence.org/USA>

Around 90–95% of all the diseases and health problems killing people in the industrialised world tend to be metabolic, toxin- or healthcare-related, says UK-based health researcher/journalist Phillip Day, so solve those problems and you solve most of what could kill us prematurely. The top two killers are cancer and heart disease, while the third is the system itself, which is responsible for hundreds of thousands dying every year due to incorrectly prescribed pharmaceuticals or their side-effects, hospital infections, botched medical procedures, lack of care and so on. But the system also plays a part in today's epidemic of metabolic and toxic diseases, for it has a vested interest in promoting poor dietary choices and denying the problems caused by all-pervasive toxins in the environment and our food.

"The system", as Day defines it, includes vested interests at corporate and government level that sanction harmful modes of treatment and questionable health choices for the sake of profit and power, as well as in the media, where editors and publishers regularly block publication of life-saving health information if it's perceived to conflict with establishment views or advertisers.

In *Health Wars*, Day exposes many shockers that our readers would be familiar with, including the dangers of vaccines, aspartame products, fluoride, animal antibiotics, genetic engineering and environmental toxins as well as pharmaceutical drugs that can cause the very diseases they are supposed to prevent. He reminds us that we are part of the *solution* to these problems with the choices we make. Reducing our exposure to toxins, eating organic foods and applying correct food-combining principles are some of the changes we can make if we want to take control of our own health and power.

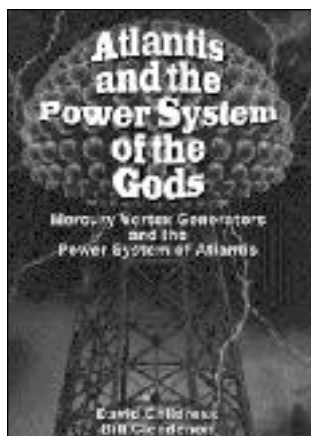


REVIEWS

ATLANTIS AND THE POWER SYSTEM OF THE GODS

by David Hatcher Childress and Bill Clendenon

Adventures Unlimited Press, USA, 2002
ISBN 0-932813-96-8 (286pp tpb)
Price: A\$37.00; NZ\$47.00; £14.50;
Euro 20.90; US\$15.95 + s&h
Availability: **Aust/NZ/UK/Europe—**
NEXUS offices; **USA—**AUP, website
<http://www.adventuresunlimitedpress.com>



This is a two-books-in-one release. The first part is a reprint of most of the veteran UFO researcher Bill Clendenon's decade-old book, *Mercury: UFO Messenger of the Gods*. Clendenon spent 40-odd years investigating the UFO phenomenon and even had his own sighting. He was an ardent lobbyist for full disclosure by the government.

Clendenon contacted David Childress shortly after his own book on ancient Indian *vimana* aircraft came out in 1991, to compare notes on possible UFO propulsion systems. He had decoded specifications for mercury vortex engines described in the Indian *Vimanika Shastra* texts, and applied these to explain how craft like the one photographed by George Adamski in 1952 might propel themselves through space. Clendenon died in the mid-1990s, and so for this edition Childress has added his own commentary on their overlapping research into principles of counter-rotating plasma vortices and mercury drives.

In the second part of the book, Childress examines Dr Nikola Tesla's power broadcast towers in light of evidence for the use of "crystal power towers" in long-lost civilisations on the African and American continents and elsewhere. But how reliable, really, are the readings of famous psychic Edgar Cayce, who insisted not only that the lost city of Atlantis existed but it had giant towers for broadcasting power—perhaps energised by what he called the "Terrible

Crystal"? Childress argues that the erection of obelisks and the housing of alleged harmonic resonators above the King's Chamber in the Great Pyramid suggest the ancient Egyptians had a special understanding of energy dynamics and power generation—and a natural successor in Tesla.

An energetic mix of lost, secret and future sci/tech, packed with diagrams and pics.

WATT'S THE BUZZ?

by Lyn McLean

Scribe Publications, Australia, 2002
ISBN 0-908011-66-0 (262pp tpb)
Price: A\$30.00; NZ\$34.95; US\$19.95
Availability: **Aust—**Scribe Publications,
tel (03) 9349 5955, <http://www.scribepub.com.au>; **NZ—**Addenda, tel (09) 836 7471;
USA—Independent Publishers Group, tel
(312) 337 0747; Amazon.com

If you're at all confused about electromagnetic radiation (EMR) and its effects on health, then Lyn McLean's *Watt's the Buzz?* is a practical primer for guiding the layperson through this highly technical field.

McLean has been researching the subject since 1996 when, as director of Sutherland Shire Environment Centre in Sydney, she inherited the EMR role by default. Her mission took on added impetus when she became ill due to massive EMR exposure, forcing her to make major changes in her life. Since then, she's been publishing a newsletter and maintaining a lobby group and website (<http://ssec.org.au/emraa>).

In her book, she sets the tone with some disturbing EMR exposure stories involving real people. Next she explains energy basics for beginners and describes the workings of the power and telecommunications networks, including how mobile phones and phone tower antennas work.

Then it's on to the "Great Health Debate". Within the text she refers to scientific and medical studies from around the world that offer sufficient evidence for us to adopt a precautionary approach to emissions. So McLean includes pointers on how we can reduce EMR exposure at home, at work and in the built environment. She also looks at designing, building and wiring houses and offices for minimal adverse impact.

McLean has included an extensive appendix that lists relevant published papers (cross-referenced to chapters) under headings such as brain tumours, leukaemia, breast cancer, heart problems, birth defects, nervous and endocrine system changes, sleep disorders and genetic effects. The resources list is far too slim, considering the number of researchers, doctors and groups active in Australia and overseas. Still, this is a down-to-earth book that gets the word out about EMR hazard prevention.

REVIEWS



DISCLOSURE

by **Steven M. Greer, MD**

Crossing Point, Inc., USA, 2001

ISBN 0-9673238-1-9 (573pp tpb)

Price: US\$25.00 + \$8 airmail in US, \$9 to Canada, \$16 overseas; Euro 31.90

Availability: **USA**—Crossing Point, Inc., PO Box 265, Crozet, VA 22932, tel +1 (540) 456 8302, fax +1 (540) 456 8303, website <http://www.DisclosureProject.org>;
Europe—NEXUS, tel +31 (0)321 380558



It's hard to ignore so many credible witnesses attesting to the reality of UFOs and extraterrestrials at great personal risk. Dr Steven Greer, who heads The Disclosure Project, dedicated to lobbying governments and their agencies to come clean on what they know, has edited down his vast selection of documentation and testimony to just under 600 pages for the *Disclosure* book. It's designed to complement the video and Briefing Document CD-ROM (see 9/01).

Section I gives an overview of "The Big Picture" and its implications, and considers how and why secrecy over UFOs and highly classified technology is maintained by our governments—particularly in the United States, where billions of dollars are diverted to and hidden in "black budget" projects.

The second section focuses on testimony from military and civilian air traffic controllers and pilots who have tracked craft moving at thousands of miles per hour. Next, there are statements from Strategic Air Command and nuclear energy/weapons officials on UFO events around nuclear sites that seem to suggest ETs are interested in, if not concerned about, nuclear weapons arsenals and the weaponisation of space.

Section IV features government and "deep" agency and military insiders, some of whom claim they were involved in retrievals of crashed UFOs and their occupants, have witnessed the downing of an alien craft or have had close contact with a living EBE. There's testimony revealing a secret agenda

behind the Strategic Defense Initiative, and in section five a number of scientists discuss antigravity and non-polluting new energy technologies that are already operational yet deliberately kept from the public.

A landmark book and a courageous project that one day may force the disclosure issue.

HOW THE SUN GOD REACHED AMERICA c. 2500 BC

by **Dr Reinoud M. de Jonge and Jay Stuart Wakefield**

MCS Inc., USA, 2002

ISBN 0-917054-19-9 (384pp l/f tpb)

Price: US\$24.95 + US\$5.00 US priority mail, US\$9.00 global priority mail

Availability: **USA**—MCS Inc., Box 3392, Kirkland, WA 98083-3392, tel 1-877 513 0219, email jayswakefield@yahoo.com

Authors Reinoud de Jonge, a Dutch physical chemist, and Jay Wakefield, an American biologist, share a passion for megalithic culture and ancient seafaring history. For this collaboration, four years in the making, they visited and/or analysed over a dozen archaeological sites in Europe and North America containing megalithic stones bearing inscriptions, purposefully positioned menhirs and astronomically aligned shafts, mounds and circles.

The authors are convinced that many of the inscriptions, or petroglyphs, are geographic maps showing discoveries of islands and continents across the oceans, as well as being navigational charts with information about latitude and longitude, sailing directions, currents and winds. The earliest of these, found near the Mediterranean between southern Italy and Gibraltar, are dated to the beginning of Neolithic times, c. 6000 BC.

Applying the "de Jonge rules of decipherment", they deduce that it took about 4,000 years for the world to be explored and charted. The discovery of the Cape Verde islands they see recorded in the tumulus of Kercado in Brittany, circa 4500 BC; of Madeira, on a tablet in Galicia, c. 4100 BC; and of Iceland and Greenland, in petroglyphs at a cairn in Loughcrew, Ireland, c. 3200 BC.

They believe the discovery of America and Australia is shown in a map at Dissignac, Brittany, c. 2600 BC; and that America is part of the Stonehenge code, c. 2000 BC (and even had its own Stonehenge nautical centre in North Salem, c. 2200 BC). The most recent petroglyph, inscribed in a tablet on Long Island and dated to 850 BC, shows an Egyptian expedition to America.

These astounding decodings may well help solve many unexplained aspects of late prehistory—from the prevalence of a Sun God religion and the origin of the Olmecs, to the identity of the New England stone chamber builders and the first mappers of Antarctica.

CoEvolution

*The true story of a man
taken for ten days to an
extraterrestrial
civilisation*

by Alec Newald

\$22.00
(includes GST + postage)

One Monday in mid-February 1989, Alec Newald set off on what should have been a three-hour drive from Rotorua to Auckland in New Zealand. He arrived in Auckland to learn that Monday was now Thursday ten days later, and that he had no idea of what had happened in the meantime! When Alec did retrieve his memories of those missing ten days, he realised his life had changed forever, for early on in that fateful trip, while driving through a foggy mountain pass, Alec was whisked from the road by beings from an extraterrestrial civilisation. A true story!

mail, phone or fax your order to:
NEXUS Magazine, PO Box 30,
Mapleton Qld 4560 Australia.
Ph: 07 5442 9280; Fax: 07 5442 9381
or use the coupon on page 95



REVIEWS

VIDEOS

Reviewed by Duncan Roads

CROP CIRCLES: THE RESEARCH with Bert Janssen & Janet Ossebaard

Bert Janssen Productions (website
<http://www.bertjanssen.nl>), Netherlands,
2001 (58mins, PAL/VHS, NTSC/VHS)
Price: A\$40.00; NZ\$49; £17.00;
Euro 20.90; US\$19.95 + s&h
Availability: **Australia/NZ/UK/Europe—**
NEXUS offices; **USA—AUP**, website
<http://www.adventuresunlimitedpress.com>

One of the most baffling mysteries of today is crop circles—or should we say "formations"—yet there are relatively few videos that have been made on this intriguing subject. This video, however, is an excellent documentary about the crop formations and is produced by two experienced researchers in the field (pardon the pun).

As well as stunning aerial shots of the formations (accompanied by rather nice music, I might add), there is a wealth of fascinating scientific detail. There is also good reporting on the anomalies associated with many of these formations, e.g., snow melting the next season in the same pattern as the formation that had been there in summer; thousands of dead insects stuck to plants inside some formations; equipment that fails to work only inside formations; changes in the plants; and some very interesting geometric links amongst the formations considered not hoaxed. My only lament is that the producers were unable to include the grand finale crop formations found at Chilbolton in late summer 2001. Still, a must-have video!

CONTACT

with Bert Janssen & Janet Ossebaard

Bert Janssen Productions (website
<http://www.bertjanssen.nl>), Netherlands,
2001 (45mins, PAL/VHS, NTSC/VHS)
Price: A\$40.00; NZ\$47.00; £17.00;
Euro 20.90; US\$19.95
Availability: **Australia/NZ/UK/Europe—**
NEXUS offices; **USA—AUP** website,
<http://www.adventuresunlimitedpress.com>

This is another excellent video documentary, which recaps a tiny bit of *Crop Circles: the Research* and launches into the most mysterious part of the phenomenon of late: those floating balls of light seen and videotaped by more and more people. Even I had no idea that so many people over the last couple of years have witnessed and filmed these strange balls of light.

This documentary also has stunning visuals of the formations, plus good music and narration and lots of interesting interviews with witnesses and fellow researchers. This is another must-have video!

JOHN OF GOD

a film by Mark Thomas

Vision Thang Pty Ltd, Australia, 2002
(59mins, PAL/VHS, NTSC/VHS)
Price: A\$40.00; overseas, add A\$10 p&h
Availability: **Aust/NZ/UK/Europe/USA—**
Vision Thang Pty Ltd, PO Box 2007,
Clovelly NSW 2031, Australia, website
<http://www.visionthang.tv>

Every now and then I get an email asking for an update on the "Miracle Man of Brazil". His real name is João Teixeira da Faria, but the people of Brazil call him João de Deus (John of God).

For those who missed our feature article in NEXUS 5/02, thousands of people from across the globe have received healing through John of God and many claim to have had miraculous surgery performed on them. From Wednesday to Friday, in two sessions a day, the Casa de Dom Inácio (House of Saint Ignatius Loyola) at Abadiânia in Goiás state, Brazil, is open to anyone who comes seeking healing—for free. The video is filmed on location and you basically get to see what goes on, what you can expect if you turn up, and get a real "feel" for the place. There are some pretty good close-ups of João's surgical work, too!

Overall, I really enjoyed the video.

DOWSERS DOWN UNDER

with Alanna Moore

Geomantica Productions, 2002
(100mins, PAL/VHS)
Price: A\$45.00; overseas, add A\$10 p&h
Availability: **Aust/NZ/UK/Europe—**
Geomantica Productions, PO Box 929,
Castlemaine, Vic. 3450, Australia, website
<http://www.geomantica.com>

Thank goodness someone is continuing research and promoting interest in the fascinating practice of dowsing. Two and a half decades ago, while I was growing up on one of Tasmania's first "organic" farms, we had one of Australia's most respected dowsers, Rafe Thomas, visit for a few days. This certainly opened my eyes to a few more mysteries of the world, and I've kept a healthy respect for dowsing ever since.

This video, made by Alanna Moore, is really great. You get to see seven of Australia's respected dowsers, including Keith Levy, Sandy Griffin, Ross Henderson, Bill Raines and Dave Kennett. As you will see, dowsing is not just confined to finding water. It is being used to determine soil mineral/pH balances; to find precious ores and stones; to detect and remedy "Earth radiation" and geopathic stress; to select locations for planting; and even to locate graves! If you are interested in dowsing, then may I strongly suggest you get hold of this video; it is very informative.

REVIEWS



MUSIC

Reviewed by Richard Giles

CELLO BLUE

by David Darling

Hearts of Space, USA, 2001 (60mins)

Distributors: **USA**—Valley

Entertainment, tel (212) 974 9400; web-

site <http://www.hos.com>; **Australia**—

MRA Entertainment, tel (07) 3849 6020

David Darling is a renowned classically trained cello player. On *Cello Blue* he's used five-string electric cello to produce contemplative, atmospheric sounds of elegant musical harmony. There are beautifully layered tracks of tonal feasting interwoven with bird sounds from dawn sunscapes. The album carries the listener along on folds of sound, providing an enriching, healing quality that doesn't come our way often.

BIG DRUM: SMALL WORLD

by Dhol Foundation

Shakti Records, USA, 2001 (64mins)

Distributors: **USA**—Real World, tel

(414) 961 8350; Shakti Records, website

www.shaktirecords.com; **UK**—Virgin,

tel 02089 646000; **Aust**—MRA

Entertainment, tel (07) 3849 6020

The dhol is a wooden two-headed drum that's held horizontally and played with beating sticks. It's one of the loudest drums imaginable, except for the huge Japanese taiko drums. Johnny Kalsi is the father of the Dhol Foundation in Britain, establishing the School for Dhol in 1991. He is also known for his ongoing work with Trans Global Underground and Afro-Celt Sound System. The music from *Big Drum: Small World* is a second-generation Asian drumming mix. It's exciting, mutable and organic music that's loud and enticing.

LATIN GROOVE

by various artists

Putumayo, USA, 2002 (43mins)

Distributors: **USA**—Putumayo World

Music, tel 1888 788 8629, website

<http://www.putumayo.com>; **UK**—

Pinnacle Imports, tel 01689 870622;

Aust—MRA, tel (07) 3849 6020

Another release from Putumayo, this is cutting-edge Latin with electronica, funk and hip hop mixed with salsa, Cuban son music and cumbia. Bands include Los Aterciopelados from Colombia, Barrio Cubano from Martinique, Los Mocosos from San Francisco, El Conjunto Massalai from France, Ozomatli from Los Angeles, and Si*Se from New York. DJs include Sidestepper and Funkanzazenji. There's also music from Cuban collective Sin Palabras,

blending electronica with Cuban and Afro-Cuban dance styles. Crazy and exciting salsa-till-you-drop sounds.

THE AFRO-INDIAN PROJECT

by Ravi, Hossam Ramzy and Danny Thompson

ARC Music, UK, 2001 (63mins)

Distributors: **UK**—ARC Music, tel +44

(0)1342 328567, website [http://www.](http://www.arcmusic.co.uk)

[arcmusic.co.uk](http://www.arcmusic.co.uk); **USA**—ARC Music

Ravi has been a force in fusion world music for almost 20 years. He's travelled the world, giving concerts with the greats in many traditions. The Afro-Indian Project is the result of bringing together respected African and Indian musical talent. Among the excellent players here are: Bikram Ghosh, Ravi Shankar's tabla player; Danny Thompson, double bass genius; Tarun Bhattacharya, on santoor (hundred-stringed zither); Hossam Ramzy, noted percussionist; and Chandru Sheker, South Indian-style violinist. A musical treat.

QUIET DAYS

by various artists

Real Music, USA, 2001 (57mins)

Distributors: **USA**—Real Music, tel

(415) 331 8273, website [http://www.](http://www.realmusic.com)

[realmusic.com](http://www.realmusic.com); **Aust**—New World

Music, tel (02) 9565 4522

Many people today realise that good health and relaxation go hand in hand. The growth of the relaxation music industry in the last 10 years has been remarkable. Healing of the body and mind can be facilitated by a calm environment, ritual, movement and music. Real Music has assembled a selection of healing tracks from their "best of" healing sounds. Musicians include pianist Kevin Kern, keyboardist Michael Hoppé, flautist Tim Wheater and the duo 2002. There are several tracks from harpist Hilary Stagg, including the all-favourite Pachelbel's *Canon*. Excellent collection.



A Brief History of the Arab-Israeli Conflict

Continued from page 26

Barak proclaimed his "red lines": Israel would not return to its pre-1967 borders; East Jerusalem with its 175,000 Jewish settlers would remain under Israeli sovereignty; Israel would annex settlement blocs in the West Bank containing some 80 per cent of the 180,000 Jewish settlers; and Israel would accept no legal or moral responsibility for the creation of the Palestinian refugee problem.

The Palestinians, in accord with UN Security Council Resolution 242 and their understanding of the spirit of the Oslo Declaration of Principles, sought Israeli withdrawal from the vast majority of the West Bank and the Gaza Strip, including East Jerusalem, and recognition of an independent state in those territories.

The distance between the two parties, especially on the issues of Jerusalem and refugees, made it impossible to reach an agreement at the Camp David summit meeting in July 2000. Although Barak offered a far more extensive Israeli withdrawal from the West Bank than any other Israeli leader had publicly considered, he insisted on maintaining Israeli sovereignty over East Jerusalem. This was unacceptable to the Palestinians and to most of the Muslim world.

Arafat left Camp David with enhanced stature among his constituents because he did not yield to American and Israeli pressure. Barak returned home to face political crisis within his own government, including the abandonment of coalition partners who felt he had offered the Palestinians too much. However, the Israeli taboo on discussing the future of Jerusalem was broken. Many Israelis began to realise for the first time that they might never achieve peace if they insisted on imposing their terms on the Palestinians.

THE SECOND INTIFADA

The deeply flawed "peace process" initiated at Oslo, combined with the daily frustrations and humiliations inflicted upon Palestinians in the occupied territories, converged to ignite a second intifada beginning in late September 2000.

On September 28, Likud leader Ariel Sharon visited the Noble Sanctuary (Temple Mount) in the company of 1,000 armed guards. In the context of July's tense negotiations over Jerusalem's holy places and Sharon's well-known call for Israeli annexation of East Jerusalem, this move provoked large Palestinian protests in Jerusalem. Israeli soldiers killed six unarmed protesters. These killings inaugurated over a month of demonstrations and clashes across

the West Bank and the Gaza Strip. For a brief period, these demonstrations spread into Palestinian towns inside Israel.

In relative terms, the second intifada is already bloodier than the first. As in the previous intifada, Palestinians threw stones and Molotov cocktails at Israeli soldiers, who responded with rubber-coated steel bullets and live ammunition. But both sides have employed greater force than in 1987-1991.

The militant wing of Fatah, which has coordinated many street actions, now has a substantial cache of small arms and has fired often on Israeli troops. The Israeli military response escalated dramatically after two soldiers, allegedly "lost" in the PA-controlled West Bank town of Ramallah, were killed on October 12 by a Palestinian mob returning from the funeral of an unarmed young man whom soldiers had shot dead the day before. The IDF attacked PA installations in Ramallah, Gaza and elsewhere with helicopter gunships and missiles. Subsequently, the IDF has not always waited for Israelis to die before answering Palestinian small arms fire with tank shells and artillery, including the shelling of civilian neighbourhoods in the West Bank and Gaza.

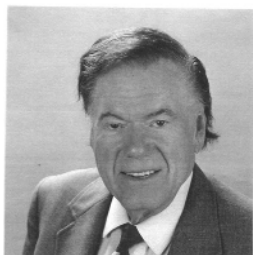
For these actions and the use of live ammunition to control demonstrations of

Electricity for Health

Check The Beck Protocol ...
A First-aid Kit for the Future

A four-part protocol that enables you to help yourself using gentle micro-currents of electricity, Magnetic Pulsing, Ionic-Colloidal Silver and Ozonated Water.

The Silver Pulser and Magnetic Pulser are licensed in Canada as Class II medical devices available to the public.



Robert (Bob) C. Beck, D.Sc.

Tel: 1-250-814-0046

Fax: 1-250-814-0047

www.sotainstruments.com

anybody@sotainstruments.com



PO Box 1269, Revelstoke, BC
Canada V0E 2S0

CANSEMA

International
SKIN CANCER Treatment
Sunspots? Warts? Moles?

*Your satisfaction assured by a
cheerful money back guarantee*

Cansema topical Ointment	7ml	\$39.00
Cansema topical Ointment	15ml	\$75.00
Bloodroot Paste (warts & moles)	15ml	\$18.00

Cansema capsules & tonic also available

Contact your Australian distributor (since 1991)

Alpha Omega Labs
Locked Bag 67
Drake NSW 2469

Orders & Inquiries: 02 6737 6767

A Brief History of the Arab-Israeli Conflict

Continued from page 82

unarmed Palestinians, several international human rights organisations have condemned Israel for use of excessive force. The UN Security Council passed a similar condemnation, from which the US abstained, and on October 20 the UN General Assembly approved a resolution condemning Israel. Israel, the United States and four Polynesian island nations voted no, and a third of the assembly abstained.

Despite a truce agreement at Sharm al-Sheikh, a later agreement to quell violence between Arafat and Shimon Peres, and Bill Clinton's attempts to restart negotiations for January 2001, the second intifada did not look like it would end soon. In December 2000, Barak called early elections for Prime Minister, to forestall a likely vote of no confidence in the Knesset.

On February 6, 2001, Likud leader Ariel Sharon defeated Ehud Barak and became Israel's Prime Minister. He proceeded to assemble the most right-wing government in Israel's history. The Labor Party joined the coalition as junior partner, providing a fig leaf for intensified military efforts to repress the Palestinian uprising. These efforts failed. A rash of suicide bombings undermined the personal security of Israelis. Sharon aligned himself with the "War on

Terrorism" proclaimed by President Bush following the September 11, 2001 attacks on the United States by al-Qa'ida, and proclaimed that Yasir Arafat was equivalent to Usama bin Laden.

On March 29, 2002, Israeli forces reoccupied several West Bank cities and villages under the control of the Palestinian Authority, effectively bringing an end to the Oslo process and the institutions it created. This military operation wreaked massive devastation on the governmental structure and civil society institutions. The total number of casualties is unknown as of this writing.

At least 1,600 Palestinians and 450 Israelis have been killed since the outbreak of the second intifada, with no end of the conflict in sight. ∞

Editor's Note:

This article is reprinted with permission from MERIP, the Middle East Research and Information Project, and includes an update from co-author Joel Beinin as of late April 2002. MERIP is an independent, non-profit organisation based in Washington, DC, USA. Visit MERIP's website, <http://www.merip.org>, for related stories including the "Primer on the Palestinian Uprising", which provides additional background on the conflict and poses questions about mainstream media coverage of the uprising.

About the Authors:

• **Joel Beinin**, PhD, has taught Middle East history at Stanford University, USA, since 1983. His research deals primarily with the social history of the modern Middle East, with a focus on workers, peasants and minorities. He has also written and lectured extensively on Israel, Palestine and the Arab-Israeli conflict. His recent books include *Political Islam: Essays from 'Middle East Report'* (University of California Press, 1998, co-edited with Joe Stork) and *Workers and Peasants in the Modern Middle East* (Cambridge University Press, 2001). He is currently serving as the President of the Middle East Studies Association of North America. He also serves as a contributing editor of MERIP's quarterly journal, *Middle East Report*.

• **Lisa Hajjar**, PhD, a sociologist, teaches in the Law and Society Program at University of California, Santa Barbara. She is completing a book, *Authority, Resistance and the Law: A Study of the Israeli Military Court System in the West Bank and Gaza*, to be published by University of California Press. Her work focuses on Israel/Palestine, human rights, international law and socio-legal issues. She is an editorial board member of *Middle East Report*.

GRANDER WATER

Invented by
AWARD WINNER



For anyone who is serious about improving the quality of their water.

Silbernen Medalist Johann Grander

SCIENTIFICALLY PROVEN

through The Russian Academy of Natural Science by
WORLD HEALTH ORGANISATION
Expert Professor Yuri Rachmanin

BEWARE OF CHEAP IMITATIONS



FREE CALL 1800 675 771
www.grander.com.au

Dr Joel Wallach

author of
"Dead Doctors Don't Lie"



is starting Australian Longevity

There are exciting opportunities for distributors across Australia

Further information and Application forms available from:-

Colin & Betty Huf,
PO Box 26, Tarrington, Vic. 3301
Phone or fax: 03 5572 4959
Email: cpeehhh@h140.aone.net.au

Shivambu Shastra: Healing with Urine Therapy

Continued from page 32

problem may remain the same. For instance, a diabetic person may need to take chromium for the cells to use blood sugar and vanadium to produce insulin. These supplements may be necessary to eradicate diabetes or any other blood sugar problem that is not correctable with self-urine therapy.

A GOLDEN FUTURE

Although much attention has been focused on many elements in urine and their potential for medical use, comprehensive research has not yet been conducted on urine as a total entity that is therapeutically applied.

Still to be proven are the theories regarding how and why urine therapy works—so let us welcome and support the scientific community that is interested in undertaking studies using urine as a total entity.

More than 600 scientists—many of whom believe that human urine can treat everything from baldness to cancer and AIDS—gathered in Goa, India, for the First World Conference on Auto-Urine Therapy in February 1996. The Second World

Conference on Auto-Urine Therapy was held in Germany in 1998.

These are certainly signs that Shivambu Shastra is flourishing all over the world, and that people are ready to take responsibility for their own health and well-being and are ready to overcome their prejudices and open their minds to embrace such an ancient spiritual and magical practice.

It is certainly crucial in these times, when we ache for deeper healing, that Shivambu Shastra be acknowledged and adopted as a valid and profoundly effective method of creating health in body, mind and spirit. ∞

Author's Note:

The material in this paper is not intended to replace medical treatments. It is an attempt to broaden the awareness of Shivambu Shastra. Readers interested in Self-Urine Therapy are encouraged to discuss it with their health practitioner.

References

- Armstrong, John (Dr), *The Water of Life*, Health Science Press, Rupa and Co., 1990.
- Barnett, Beatrice (Dr), *Urine Therapy – It May Save Your Life*, Lifestyle Institute, 1994.
- Christy, Martha M., *Your Own Perfect Medicine*, Futured, 1996.
- Desai, Morarji, *Miracles of Urine Therapy*, Pankaj Books, 1998.
- Free, A. H. (Dr), *Urinalysis in Clinical Laboratory*

Practice, CRC Press, Cleveland, 1975.

• Van der Kroon, Coen, *The Golden Fountain: The Complete Guide to Urine Therapy*, Amethyst Books, 1996.

About the Author:

Natalia Perera has a BA in Psychology and an MA in International Relations from the University of New South Wales in Sydney. She studied mind-body medicine and natural therapies at Nature Care College, Sydney, focusing on Ayurvedic medicine and bodywork and also undertook three years of practical training in gestalt therapy. She is passionate about integrating the sciences of Ayurveda and yoga with the arts of holistic counselling and bodywork to facilitate deep healing and create health on the foundations of a higher consciousness.

Upon completion of her studies, Natalia worked in India as a duty doctor at a prominent Ayurvedic hospital in Kerala for some months. She returned to Australia in 2001 and set up her clinic, Saffronrose, in Woollahra, Sydney. Natalia takes clients through an in-depth consultation to determine their natural constitution and identify the imbalances underlying their health symptoms. She designs individualised lifestyle regimes and therapeutic programs that can involve nutritional advice, food and herbal home remedies, appropriate exercise routines, yoga postures, meditation and breathing techniques, personal counselling sessions, Ayurvedic cooking recipes and Ayurvedic massage treatments.

Natalia Perera can be contacted at: Saffronrose, 49 Ocean Street, Woollahra, NSW 2025, Australia; telephone +61 (0)2 9362 8838, email natalia-perera@saffronrose.com.

www.doctorsaredangerous.com

TO FIGHT BACK, READ

TAKE CONTROL OF YOUR HEALTH AND ESCAPE THE SICKNESS INDUSTRY
by Elaine Hollingsworth, Director, Hippocrates Health Centre of Australia

Strongly recommended by the Editor of NEXUS, Duncan Roads

"This is the best health book I have ever read," Ron Bass N.D., D.R.T., D.C.H., A.N.T.A.

Orders, for immediate delivery, may be made through our secure website. Or, by phone (07) 5530 2939, fax (07) 5569 0884, or by post to Hippocrates Health Centre, 6 Julie Way, Mudgeeraba 4213, Gold Coast, Queensland

\$29.00, including P & H - Credit cards, money orders, cheques. E-Book available for \$16 (computers only)

Gods' Paintings

"The Illumination of Christ"



"The Eye of Horus"



Order your poster
now!

\$12.95each
(+\$5- p&h)

Yellow Flower
Publications

PO Box 172
Montville Qld 4560
Tel: 07 5478 6244

email: yellowflower@linkt.com.au

www.yellowflowerpublications.com.au

HOLY HEAVENLY HEALING CLOTHS

Heal any complaint

Ring for info

Ph: 07 4060 7135

Contact: Barb Holdsworth, Portland Roads,
CMB 52, Mail Centre, Cairns 4871

(stamped self addressed envelope appreciated)

The Bock Saga: An Ancient Time Capsule

Continued from page 65

lived in Finland long before any other civilisation was known to exist on the planet.

Renowned archaeologist and researcher Thor Heyerdahl, who passed away just as this article was going to press, was involved with excavations around the Sea of Asov near the Black Sea, focusing on a city known as As-Hov—As as in "Aser" and Hov as in "Court", the Court of Aser. In this new book, *The Search for Ooden*, co-written with Per Lillieström (and soon to be released in English), Heyerdahl makes a number of references to the Aser and Vaner people.

In the past, many so-called scientific experts in Finland and other places denied that the Aser and Vaner people ever existed. Nowadays, this knowledge is becoming more and more indisputable.

These findings also place a considerable degree of doubt on the theory that Africa was the cradle of humanity.

CREATING A NEW RING

In Paradise time, the people had a system based on giving—one Ring of knowledge, well-being and wholeness that brought all together, even in the darkness, and bound them. It was a system of stable health and

communal wealth where sickness was relatively unknown because a balance was maintained between the people and their environment.

In the New Times, a new Ring was created—a system based on taking—and at its hub was the money wheel. It is apparent from our civilisation's growing socio-economic problems that this latter system has created a lack of balance, with an ever-decreasing spiral bound by greed. This system has created a serious imbalance on our Earth, as more and more is taken from nature and very little replenished. This in turn has created and continues to create more greed, and so the vicious cycle continues. This system has resulted in a mere two per cent of the population controlling 90 per cent of the wealth. If allowed to continue, this system will eventually destroy all life on our planet.

Our greatest challenge at the beginning of this new century is to disassemble the illogical Ring of power that represents the taking system and create a New Ring based on love, goodness and wholeness, a giving system in harmony with nature and based on true logic, to honour all peoples and our planet. This then will become our new paradigm (Paradise time). To enable us to understand and achieve this goal, we need

only embrace what is good—God within—for this is truly our birthright.

Through the grace and foresight of the Bock family and its sole surviving descendant, Ior Bock, we have been given a chance to redeem what has been lost: to assimilate the language, the Key of the Elves, the understanding of how life can continue naturally, in harmony with Oden, with everything. We must not allow the conflicts within established belief systems to inhibit this new paradigm, which is a gift to our children and for the future of our planet and all who live upon it. ∞

About the Author:

Les Whale is a teacher and psychic who runs classes and workshops on auric diagnosis and spiritual/psychic development. He is based on the Sunshine Coast, Queensland, where he does readings for people all over Australia and internationally. Les uses his ability to see and diagnose the auric fields in his readings and often works with just a picture of a person present. He can be contacted by email at lesw@austarnet.com.au and by post at PO Box 5055, Sunshine Coast Mail Centre, Nambour, Qld 4560, Australia.

For more background information on the Bock Saga, visit Les Whale's website at <http://www.sshoesmith.fsnet.co.uk/>. Also see <http://www.BockSaga.com>.