

NEXUS

NEW TIMES MAGAZINE

Volume 6, Number 5 AUGUST - SEPTEMBER 1999

PO Box 30, Mapleton Qld 4560, Australia

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NEXUS MAGAZINE

Volume 6, Number 5
AUGUST – SEPTEMBER 1999

PUBLISHED BY
NEXUS Magazine Pty Ltd, ACN #003 611 434

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Newsagents Direct Distribution

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STATEMENT OF PURPOSE

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Editorial

Welcome once again to the pages of NEXUS. As I sit here (late at night) editorialising, I note that "millennium fever" is starting to take its grip on more and more people, with the subject of prophecy and prediction being at the forefront.

The famous Nostradamus prophecy, Century 10, Quatrain 72, is interpreted by most as pertaining to July 1999. In this quatrain, Nostradamus is translated as saying, "In the year 1999, the seventh month". However, it has been pointed out that in Nostradamus' day, both the Gregorian and Julian calendars were in use, hence the seventh month might just be September, not July. Anyway I digress. We have an item this issue linking the discovery of the new Comet Lee with a number of Nostradamus prophecies. Will the "great King of terror from the sky" be a comet, a massive solar flare, the Cassini spacecraft on its slingshot Earth flyby with its 72 pounds of plutonium, the Martian moon Phobos dislodged, or a galactic core explosion (of the type proposed by Dr Paul LaViolette in *Earth Under Fire*)?

I glanced recently through many previously popular books on various prophecies and predictions and noted that very few prophecies have come to pass within the dates specified. The consensus opinion was that, by now, California and Japan should have slipped into their respective oceans, WWII should be in full swing with large-scale invasions going on, and aliens should have landed on the White House lawn in full view of TV news crews. Maybe the function of prophecy is to negate the arrival of the forecast event by stimulating change amongst segments of society...

Enough of possible futures! This issue of NEXUS has plenty to occupy your minds. I'm pleased to be able to publish a well-researched article on the ECHELON global spying network and its relationship to the secret UKUSA pact. As you will see, this is *the* information-gathering network that we need to be aware of when talking, faxing, e-mailing or computer-networking with anyone outside home or office.

This issue has more evidence that the mainstream ignores on why HIV doesn't cause AIDS. We were going to run this article in two parts, but it was just too long and contained too much good info to chop, so we'll run the third and final part next issue.

On another topic, the recent wave of school shootings in the US has triggered many researchers to focus on the pharmaceutical drugs routinely given to children. In his article this issue, independent journalist Jon Rappoport reveals horrifying links between the two, and a wall of silence from the mainstream media and school authorities.

In case you were just starting to feel a tad powerless in the face of all this gloom, we have an article by Dr Paul Ameisen that should help an enormous number of people, especially asthma sufferers. It turns out that many people over-breathe, thus ending up with less carbon dioxide in the blood than is healthy. The Buteyko method corrects over-breathing, using no drugs and no surgery, and you'll also be amazed at how many health problems are related to over-breathing. Why do we over-breathe in the first place? Read the article!

In Australia, they're called Yowies; in the USA, they're called Bigfoot or Sasquatch. They are found on nearly every continent and are the subject of much speculation, as you will read in the article by Gary Opit.

Finally, we present another series of articles from the ever-popular Sir Laurence Gardner. This three-part Ring Lords series is actually the basis of the talk Sir Laurence gave at the 1999 NEXUS Conference, so if you like his research and want to get ahead, we now have his Conference videos and audiotapes available.

That reminds me: we had another memorable Conference this year, with a great cast of speakers and 300 people turning up each day. Feedback from participants, including some of the speakers, has been so good that—assuming we survive killer comets, tidal waves, Nostradamus prophecies, spaceships (local and alien), galactic core explosions, massive solar flares, Y2K, ET landings, earthquakes, World War III, the Hall of Records opening, environmental problems, the Ascension, and maybe even a pole shift in early May—we'll do it again in Sydney in late May 2000, so bookmark it in your diary now!

See you in two months!

Duncan

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Letters to the Editor ...

Truth behind the Transistor

Dear Duncan: The Jack Shulman article in NEXUS June-July 1999 [6/03] must have been a revelation to many people.

We have grown up with the reliable little transistor, and it has been a hidden friend to humanity. This is especially true for those of us who remember the days of vacuum-tube radios and televisions. When the transistor came on the scene, it meant instant access with no warm-up time.

Little did we know then that transistors came from the sad demise of those unfortunate aliens at Roswell. From their death cries emerged a giant leap for humanity. Now from the very same crash, the transcapacitor is waiting on the horizon. These "transcaps" will make our expensive computers obsolete and only fit to be thrown out with the garbage.

I cannot help but wonder, what else will eventually come about from that July night at Roswell in 1947? The desert sands of New Mexico could have provided us with an abundance of knowledge. Hopefully, this will not turn out to be a Pandora's box that will release the seeds of our own destruction. Could this be why we are being fed tidbits of technical delights from those who fear an avalanche of technology?

All the best,

Peter Froude, Bournemouth
England, UK, pete@froude.
freeserve.co.uk

Taking Personal Responsibility

Dear Ed: As we move into the Age of Aquarius, one of the major issues to come to terms with is personal responsibility—that we are personally responsible, to a greater or lesser degree, for creating, maintaining and/or changing every single event, experience and phenomenon in our own personal reality.

Admittedly, that can appear pretty daunting when our greater humankind has habitually run for the cover of their familiar blanket of victimhood whenever anything untoward happens. But...please!

The "HRT Harassment" letter in NEXUS April-May 1999 [6/03] makes reference to doctors bullying patients into taking HRT against what these women's heart of hearts is telling them.

Absolutely nobody can make any of you ladies do what you do not choose to! Your doctor is not an authority at all, other than a system-appointed one that you have been convinced to endorse and thus empower by your own belief in and feeling of helplessness.

Nobody is required to bow to any authority except that of their own heart, regardless of circumstances. You don't have to take your doctor's advice. You don't have to go back to the doctor at all! Stop complaining about the "bullying tactics employed by many doctors" and, instead, start investing your energy in the abundance of alternative health care options available.

Such circumstances are glaringly obvious opportunities to realise and exercise your own power of free will in your lives—huge opportunities to command more and more personal Mastery, not excuses to wallow in the same victimhood. They are also blatant examples of your own inner truth screaming at you, not whispering! Otherwise you wouldn't feel so strongly about it! It's making itself clearly heard, and what are you doing? Questioning it and undermining it by persisting in giving power to some authority other than it!

As far as I am concerned, conventional medical practice in its entirety has become the "flat Earth society of health care" (see my own book, *From Atoms to Angels*, Oracle Press, Queensland, e-mail <oracle@coastnet.net.au>), demonstrating in myriad ways what I can only describe as tunnel vision, not to mention professional and commercially motivated bigotry and/or ignorance towards truly healing dis-ease in human beings.

You are not victims (though you can choose to empower that aspect of yourself if you want). You are Masters, emerging into the knowledge of it (which you can equally choose to empower if you want). It's time to stop seeing yourself as being at the mercy of such outside influences. Listen to them if you wish, but be discerning; don't for one minute think you must do what they say.

Take your power back and run with it by exercising your free will—with confidence, not apologetically or half-heartedly; work

with it honestly, courageously and wholeheartedly, and your inner authority will get clearer and stronger.

Paul D. Walsh-Roberts,
lovenlight@ibm.net

Gene-Modified Food Flaws

Dear Duncan: It is interesting to note the current topical issue of genetically modified food (GMF) rearing its head down here in New Zealand. Perhaps not such an issue in the US or Europe, but in the South Pacific where there is a clean, green, untouched image and perception, GMF is thought by some people to be a somewhat abhorrent attempt to interfere with nature.

I would have thought that the perfect mechanism for food crop generation over millennia was one called "natural selection". As soon as scientists start tinkering with the laws of nature, such food crop products thus become tainted and flawed with the implementation of applied scientific knowledge—flawed to the degree that GMF is reasonably new, and there is no guarantee that the results are safe. Also, at this point in time, we can be assured that the scientific community involved in these modifications cannot know everything, or predict how these things will impact on mankind in the future.

They will tell you otherwise, but I am sure that, like myself, many other NEXUS readers already know that ego and peer pressure go hand in hand with many parts of the scientific community.

I was also disturbed to hear that the US Ambassador to New Zealand, Josiah Beeman, made remarks in the media saying that those New Zealand companies who branded their products as non-GMF would not be looked upon favourably in marketing their product to the US.

Now, I ask you, is this a future worth looking forward to?

Sincerely,

George Thatcher, Auckland,
New Zealand; monty@pl.net,
monty@ak.planet.gen.nz

Activated Ash & ORMEs

Dear NEXUS Editor: I write concerning your Activated Ash article in NEXUS 6/04.

Serendipitously, Phil Thomas's

work seems to have encapsulated much of my search for esoteric truths in healing ever since around 1984.

His investigations into cancer, tissue regeneration and his healing ashes directly mirror my investigations into burnt herbs (ashes), electronic frequency outputs (his mercury lamp radiations), radionics (vibrations) and gas chambers (his partial-vacuum chambers).

Over the past 15 years, in an effort to understand and systematise, esoteric healing has taken us into the varied fields of Vedic astrology, a study of the noble gases, Reich's orgone, the Aethers, Rife's technologies and sacred geometry. May we heartily recommend Phil Thomas to research same.

However, what has pulled all of these diverse systems of thought into focus has been David Hudson's orbitally rearranged monatomic elements (ORMEs, white powder gold). His major work and Steiner's and Keely's Aethers have tied all these together. Let me explain.

a. We suggest Cayce's bamboo has ORME mercury present in it, which mirrors the effect of oxygen in the body via the warmth aether. O₂ is also of the warmth aether.

b. Burning ORME metals to high temperatures activates them into their high-spin state (which we suggest should not be orally taken by "non-Kundalini-risen" beings).

c. Burning ORMEs in air will expose them to nitrogen and oxygen compounds that are also lethal to the high-spin state which, Hudson alludes, will further degrade the ORMEs. Therefore, Phil should burn the bamboo in a noble gas atmosphere only (Phil notes he used a Neon Transformer in his vacuum tube contraption).

d. To create new life or tissue (tissue regeneration), etc., we all understand that timing is critical. For example, a new life created for pregnancy only occurs at the timing of the egg and sperm meeting. Here, the astrological influences now come into play (study the effects of the planets, etc.), both when making the "ash" and exposing human tissue to the "rays", so astrological patterns for tissue regeneration need to be understood (this is a newer, investigative branch of healing I am studying).

... more Letters to the Editor

NB: Please keep letters to approx. 100-150 words in length. Ed.

While Phil has plumbed the depths of Cayce's work, we have enlisted the help of Steiner and Keely in their understanding of the aethers to help bring some system of thought to creation.

Further, whilst researching Rife's frequency work and using kinesiology, we came to find that killing bugs was one thing (e.g., Rife's cancer virus); but we found that the viruses were not the cause of the disease but rather the result of disease, therefore our focus changed from *killing* things to *understanding* things.

In closing, may I say to Phil to keep his mind and eyes open and not rule out any reasonable thought or field of endeavour until he can disprove its involvement. More strength to his arm.

If anyone would like more info, please visit my website at <www.highertruthhealth.com.au>, which will help explain some of the above.

Sincerely yours,

Glen Rees, hth@sympac.com.au

Chemtrails over NZ?

About 10 o'clock this morning [9 May] I went outside to feed the chickens and felt lots of cobwebs in my hair. As I came back inside, I noticed many more "cobwebs" falling from the sky. Three-quarters of an hour later, they are still falling. They look very much like twisted threads from a very fine piece of white silk, except they generally disintegrate when touched. The average length is about 30 centimetres.

I have now come inside and dosed myself with vitamins and minerals and drunk large quantities of water, but I still have a bitter taste in my mouth.

Are NZ citizens also being targeted with "chemtrails"? [See 6/03.] It is a cloudy day, so I am unable to distinguish any lingering contrails.

Mary Brydone, Manukau City, New Zealand

WingMakers & the Future

Dear Duncan: Just had to write and let you know how much I enjoyed reading the WingMakers article and the amazing revelations of "Dr Anderson" in the April/May issue [6/03]. If true, what a terrifying prospect awaits us all! I salute you, sir, for having

the "balls" to publish Dr Anderson's compelling story.

One thing worries me and may be worrying others, too: the implication that history is being (and has been) planned by an external, unelected and apparently unaccountable force. If so, and observational evidence even by a casual observer points to that unfortunate conclusion, one is forced to accept that historical interference (whether benevolent or malevolent) by so-called "time travellers", be they "WingMakers" or not, is something which everyone should be made fully aware of.

Messengers come in a variety of colours with a vast variety of differing if occasionally seemingly muddled messages, but no matter how compelling or how instructive they appear to be, humans being what they are, many will choose to ignore the "message"! This essential information, then, is destined to become much like yesterday's newspapers—forgotten by the majority. Mankind is on the crest of enlightenment; trouble is, that much-needed enlightenment is refused entry to the greater proportion of the populace of Planet Earth. Hopefully, in the fullness of time, this will change. But don't just sit back whilst others challenge the reality of the future: these brave few may not be able to orchestrate a successful outcome alone.

Yours sincerely,

Ray J. Howes, Weymouth, Dorset, United Kingdom

WingMakers Musical Scales

Dear Duncan: A very fascinating story, the WingMakers. The philosophy, poetry and painting are of a similar standard; however, the music is not in the same arena.

Speaking as a musician, perhaps the scales and system that the ACIO used were not quite as they should be. In other words, why use the Western system of tempered scale that has only been used for less than 300 years and not others like Arab or Persian or Indian or Mongolian or Chinese, etc., which are derived from the ratio of harmonics. It would seem, then, that the music would take on quite a new significance. Perhaps it would be worth trying to get this idea to Dr Anderson.

Thanks for such a thought-

provoking article. There are some real nuggets of information. The poetry seemed very Sufi as well.

Keep up the amazing work.

Best wishes,

Paul Cheneour, Red Gold Music, East Grinstead, West Sussex, UK

Shape-Shifting Views

Dear Duncan: Regarding your remarks in your latest editorial [6/04] about reptilian shape-shifters, you are entitled to your views—I respect that—but what I didn't like was your seeming contempt for those who take it seriously, implying they are foolish and gullible. These ideas may seem rather wacky and way out, but no more so than dozens of ideas that have been aired in NEXUS over the years.

As for checking it out, just how does the average reader go about doing that? This problem is well highlighted by Barry McDonagh in his letter about your recent WingMakers article [6/03]. He realises that there are always stories and theories that the reader simply can't research or confirm.

You don't mention that the source of this reptilian stuff is David Icke's new book, *The Biggest Secret*, which suggests to me that you haven't read it. I personally believe that the book is well-researched and contains a great deal more evidence than that of "one or two ritual abuse victims". If you haven't read it, I respectfully suggest you do so. It may not convince you, but perhaps you may no longer regard those of us who have taken it seriously as being a bunch of idiots!

Yours sincerely,

Richard Greaves, Brynmelyn, Cusop, Herefordshire, UK

[Dear Richard: You raise several points that I need to address. Firstly, I did not intend to imply contempt for believers in the "all the Illuminati are shape-shifting reptilian aliens from the 4th dimension" theory. Secondly, I have read David Icke's book, and it was this which primarily prompted the editorial mention, as most readers no doubt gleaned. I am disappointed with this book, and I am disappointed to hear of his repeating dubious allegations that people like Sir Laurence Gardner, Zecharia Sitchin and England's Queen Mother are such reptiles. Unlike yourself, I think

his book is poorly researched and space doesn't permit my listing the numerous examples. The references at the end of each chapter look impressive, but they contain many very dubious sources. Don't take my word for it; don't take David Icke's word for it: check for yourself. Good luck! Ed.]

Encouraging People Power

Dear Duncan: I'm a New Zealander currently working at the BBC in London, and have been an avid reader of NEXUS for six or so years. Recently I've been making use of the Internet to do my bit to increase awareness of health issues, after reading a recent pro-aspartame article in *Time* magazine that mocked the people who were against its use.

I sent an e-mail to the writer, Christine Gorman, explaining my own experiences and asking her how she could write such an article if she truly cared about the health of the public in general. I asked her very nicely to send a quick reply to let me know her views. No reply a month later, but I'm sure she's had plenty of others e-mailing her, too.

Also, I noticed last January there was a mention in a few London papers of chemtrails and sightings of odd-looking planes in the skies, so I e-mailed the BBC News, asking for any info they had on chemtrails, and once again asking very nicely if they could e-mail me—even if they found nothing.

Surprise, surprise: one month and no reply. Anyway, I will continue to write to these people, and I encourage others to write, too, regardless of whether they acknowledge your e-mail or not, as it is still quite satisfying to have your say—and in this day of instant e-mails, you can.

Jason, www.angelfire.com/ct/catweasel barnett.jason@mailcity.com

[Dear Jason: I'd like to add my own encouragement to all consumers to be active in giving voice to concerns, whether it be responding to the media, to government officials, or especially to business. At the end of the day, they all need your support, especially in terms of where you direct your spending in your daily life. Keep up the letter-writing, and, now that e-mailing is so easy, keep up the e-mailing, too. Ed.]

AUSTRALIA'S DSD CONFIRMS 'UKUSA' PACT AND 'ECHELON' SPYING

On 23 May, on Channel 9 TV's *Sunday* program, Australia became the first country to admit participation in a global electronic surveillance system that intercepts the private and commercial international communications of citizens and companies from its own and other countries.

The disclosure was made by Martin Brady, director of the Defence Signals Directorate (DSD) in Canberra, who acknowledged the existence of the UKUSA agreement in a letter to Channel 9, stating that the DSD "does cooperate with counterpart signals intelligence organisations overseas under the UKUSA relationship".

The DSD's main contribution is a base at Kojarena, near Geraldton in Western Australia, built in the early 1990s, where four satellite tracking dishes intercept Indian Ocean and Pacific Ocean communications satellites. Reportedly, 80 per cent of intercepts are sent automatically to the CIA or the NSA. Although it is under Australian command, the station—like its controversial counterpart at Pine Gap, central Australia—employs American and British staff in key posts.

In return, Australia can ask for information collected at other UKUSA stations via



the ECHELON system [see feature article this issue]. A second and larger, although not so technologically sophisticated, DSD satellite station has been built at Shoal Bay, near Darwin, Northern Territory, where nine dishes listen to regional communications satellites, including systems covering Indonesia and southwest Asia.

On 6 May, in Strasbourg, the Science and Technology Options Assessment Panel (STOA) of the European Parliament approved as a working document the "Interception Capabilities 2000" (IC2000) report on communications interception and

the ECHELON system. The report is therefore available for public distribution from the European Parliament office in Luxembourg, and a web version is available at website <www.gn.apc.org/duncan/stoa_cover.htm>.

(Source: Intelligence, 31 May 1999)

MOUNTAIN GLACIERS IN RAPID RETREAT

New data collected by scientists at Jawaharlal Nehru University in Delhi, India, show that glaciers in the Himalayas are retreating faster than anywhere else on Earth. Together with those on the neighbouring Tibetan mountain plateau, the Himalayan glaciers make up the largest body of ice outside the polar caps. Now there are fears that as the glaciers retreat, the meltwater

will produce catastrophic flooding as mountain lakes overflow.

"The moraine is unstable," said Syed Hasnain, the principal author of the new report. "Occasionally these lakes burst, releasing enormous amounts of water."

"All the glaciers in the middle Himalayas are retreating," said Professor Hasnain, who warns that glaciers could disappear from the central and eastern Himalayas by 2035.

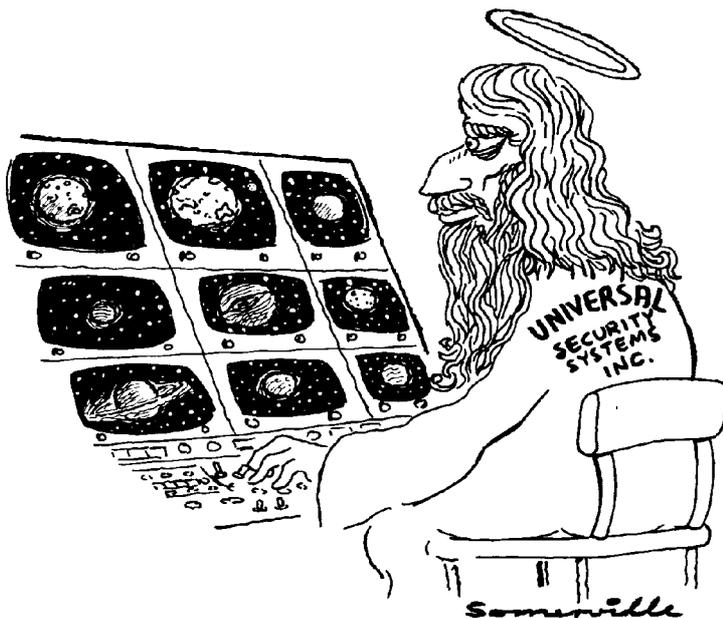
Last year, research by a team at the University of Colorado, in Boulder, revealed that mountain glaciers everywhere are in retreat. The Alps have lost about 50% of their ice in the past century, while 14 of 27 glaciers that existed in Spain in 1980 have disappeared. The largest glacier on Mt Kenya has shrunk by 8% in the last 100 years, while those on Mt Kilimanjaro are only 25% as big.

(Source: From an article by Charles Arthur, *The Independent, UK*, 8 June 1999; website <www.independent.co.uk>)

US COURT CLEARS "LOCKERBIE TRAIL" AGENT

Former US intelligence officer Lester Coleman, convicted of perjury after alleging United States complicity in the Lockerbie bombing, has been cleared by a court of appeal. Coleman, co-author of *Trail of the Octopus*, has now launched an action for US\$10 million against the US Government.

Three judges issued a sealed ruling—an unusual step—which means that not even



Coleman and his lawyers can read why they quashed his conviction. Reporting restrictions also ensured the case received little attention in the United States.

Coleman's research purports that an American intelligence-controlled drug-running operation had facilitated the loading of a bomb on Pan Am flight 103.

Coleman was ostracised by his bosses and found himself facing charges of applying for a passport in a false name and committing perjury in an action heard some years before. The passport application, he said, had been made under orders from his bosses at the Defense Intelligence Agency (DIA). When he found he could not reach his superiors, he decided to flee the country. He and his family were granted political asylum in Sweden in 1990. In 1994 they moved to Spain.

The American authorities went to great lengths and huge expense to discover his whereabouts and to seek his extradition. Eventually Coleman decided in 1996 to return to the United States of his own volition to face charges. After months of imprisonment, he was released last year after a guilty plea and a fine of \$30,000.

(Source: The Times, UK, 13 June 1999; <www.the-times.co.uk/news/pages/sti/99/06/13/stiscocon01001.html?1124027>)

MONSANTO PLANS TO CONTROL WATER RESOURCES

Transnational giant Monsanto has identified a new business opportunity because of the emerging water crisis and the funding available to make this vital resource available to people.

As it states in its strategy paper: "First, we believe that discontinuities (either major policy changes or major trendline breaks in resource quality or quantity) are likely, particularly in the area of water, and we will be well-positioned via these businesses [owned by Monsanto and mentioned earlier in the paper] to profit even more significantly when these discontinuities occur.

"Second, we are exploring the potential of non-conventional financing (NGOs, World Bank, USDA, etc.) that may lower our investment or provide local country business-building resources."

Thus, the crisis of pollution and depletion of water resources is viewed by Monsanto as a business opportunity. For Monsanto, "sustainable development" means the conversion of an ecological

crisis into a market of scarce resources...

(Source: From an article by physicist Vandana Shiva, published in The Hindu, New Delhi, India, 1 May 1999; posted at <www.greenbuilder.com>)

INDUSTRY-FUNDED ASPARTAME STUDIES FLAWED

Serious questions have been raised about the reliability of industry-sponsored studies of the safety of synthetic chemicals. Aspartame in particular has been the focus of significant ongoing controversy.

Studies of aspartame in the peer-reviewed medical literature were surveyed for funding source and study outcome. Of the 166 studies felt to have relevance for questions of human safety, 74 had Nutrasweet®-industry-related funding and 92 were independently funded.

One hundred per cent of the industry-funded research attested to aspartame's safety, whereas 92 per cent of the independently funded research identified problems with aspartame.

A bibliography supplied by the Nutrasweet® Company included many studies of questionable validity and relevance, with multiple instances of the same study being cited up to six times.

(Source: Dr Ralph G. Walton, The Center for Behavioral Medicine, Northside Medical Center, 500 Gypsy Lane, Youngstown, Ohio 44501, USA, e-mail <RWalton193@aol.com>)

FORMER IRS AGENT SAYS INCOME TAX IS ILLEGAL

The US Internal Revenue Service (IRS) is everything the so-called tax protesters say it is: non-responsive, unable to withstand scrutiny, tyrannical, and oblivious to the rule of law and the Constitution.

That's how Joseph Banister—a certified public accountant who, until last month,

was an investigator and gunslinger for the Criminal Investigation Division of the IRS—now regards his former employer.

His conclusion is based in part on a personal two-year investigation into the agency's history and purpose—an investigation he began somewhat reluctantly, never expecting he'd reach the conclusion he did. His research led him to question the very legality and constitutionality of the IRS.

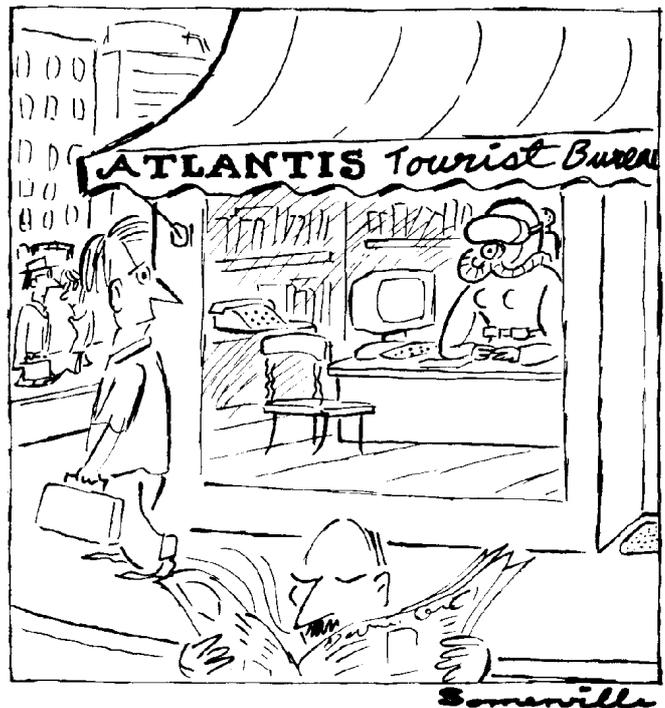
Deeply disturbed by his discoveries, he summarised these in a report which, in February, he sent to his supervisors, asking them to respond to three allegations:

1. That the filing of federal income tax returns is voluntary, and the filing of federal income tax returns is not required;
2. That the 16th Amendment to the US Constitution was never ratified;
3. That income taxes are not used to pay for daily government operations, but to pay the interest on the national debt.

"All the time I was doing my research, I looked for snags—looked for things that would prove that everything I was reading and finding out was wrong," Banister told WorldNetDaily.

"I had taken this job thinking I'd be wearing the white hat, and I slowly found out I was not wearing the white hat. So something had to change."

The change came quickly last month [February] when the IRS accepted



Banister's offer of resignation rather than respond to the questions raised. He is believed to be the first IRS-CID special agent who—having determined to his satisfaction that certain allegations about income tax were true—confronted the hierarchy at the IRS about his findings. But he has paid dearly for this.

"It's the end of my dream of a career in law enforcement," he said, recalling in a telephone interview the series of events that propelled him from the ranks of armed federal agents to the camp of those reviled by the government as tax protesters. The action also cost him his \$80,000-a-year job. (Source: From an article by Sarah Foster, *WorldNetDaily*, 26 March 1999; website <www.worldnetdaily.com>)

SPANISH PILOT CONFIRMS NATO DELIBERATELY BOMBED YUGOSLAV CIVILIANS

Captain Adolfo Luis Martin de la Hoz, who returned to Spain at the end of May after participating in the NATO bombings against Yugoslavia, says that NATO's repeated bombing of civilian and non-military targets were not the result of war "errors".

"Once there was a coded order from the North American [US] military that we should drop anti-personnel bombs over the localities of Prishtina and Nish. Our colonel refused it altogether, and a couple of days later his transfer orders came.

"The Spanish military denounces that the Spanish government not only does *not* try to inform themselves but they also accept

the false reports that are edited for them in Aviano, where there is a sort of military Press cabinet in the hands of North American generals and functionaries.

"Here they say that several operations were directed by Spanish commanders and pilots. Lies over lies. All the missions that we flew, all and each one, were planned by US high military authorities. They were all planned in great detail, including attacking planes, targets and type of ammunition that we had to use. We [the Spanish] never directed anything, and our missions were limited to flying over the borders of Macedonia, Albania, Bosnia and Slovakia.

"No journalist has the slightest idea about what is happening in Yugoslavia. They [NATO] are destroying the country, bombing it with new weapons, toxic nerve gases, surface mines dropped by parachute, bombs containing uranium, black napalm, sterilisation chemicals, sprayings to poison the crops, and weapons of which even we still do not know anything.

"The North Americans are committing one of the biggest barbarities that can be committed against humanity. A lot of very bad things will be told in the future about what was happening there, because, by the way, judging by what we talked about with the British and German officers, it was designed in order to divide the Europeans and keep us subjected for many decades." (Source: Translated from Spanish by Jelena Karovic, from the *Spanish weekly*, *Articulo 20*, no. 30, 14 June 1999; posted 17 June by John Whitley, *New World Order Intelligence Update*, <jwhitley@inforamp.net>)

PHARMACEUTICAL RESIDUES IN EUROPE'S WATER

While studying lake water for pesticide contamination, chemists at a Swiss agricultural research laboratory found an unexpected pollutant: clofibric acid, a drug for lowering cholesterol. Clofibric acid is not manufactured in Switzerland, so industrial spillage was ruled out as a cause. The chemists checked other bodies of water, including rural mountain lakes and rivers that run through cities, and found very low concentrations of the drug everywhere.

Berlin researchers also found clofibric acid in local waters: "It laced some groundwater at concentrations of up to 4 milligrams per litre, or 4 parts per billion (ppb)... It also turned up in all the Berlin tap water they sampled—at up to 0.2 ppb."

Once they started looking, European researchers found lipid-lowering drugs, analgesics (including ibuprofen and diclofenac), beta-blocker heart drugs, chemotherapy drugs, antibiotics, and hormones in water bodies that supply drinking water. Higher concentrations were found in more populated areas. Having ruled out industrial spillage, researchers realised that the drugs had come from human body wastes.

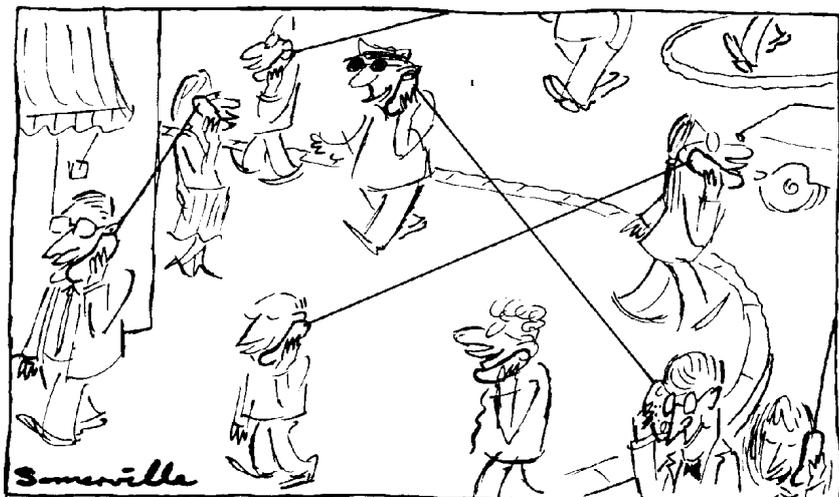
How much of a drug gets broken down by the body varies depending on the drug and on the individual. As much as 50% to 90% of a medicine, in its original form, may be excreted from the body. Sometimes, chemical reactions with the environment turn partly degraded drugs back into an active form.

No one knows what the concentrations are in US waters, because no one is looking. The FDA does not require that water supplies be monitored to see if pharmaceutical concentrations match manufacturers' estimates.

Stuart Levy, who directs the Center for Adaptation Genetics and Drug Resistance at Tufts University (Boston, Mass.), has said that antibiotics at a parts-per-trillion concentration can affect *Escherichia coli* and other bacteria.

Meanwhile, Swiss researchers have found 0.5 micrograms per litre of fluoroquinolone antibiotics in sewage-treatment-plant water—1,000 times higher than the parts-per-trillion figure to which Levy refers.

(Source: Extract from "Drugged Waters" by Janet Raloff, published in *Townsend Letter for Doctors & Patients*, no. 192, July 1999)



No-Frills™ THE CUT-RATE MOBILE PHONE NETWORK

CORPORATE SOLDIERS

— Privatising the Use of Force —

After having privatised in whole or part nearly all other government functions, the US Government is now outsourcing the use of force. The latest stage in the privatisation of military functions is the contracting-out of training of Third World armies.

The Department of State has turned to Military Professional Resources, Inc. (MPRI), of Arlington, Virginia—a self-described "corporation of former military professionals...ranging from commanders to tank gunners"—to carry out its African Crisis Responsive Initiative (ACRI). At State Department prodding, seven nations spanning the African continent have already signed up for the program.

The ostensible purpose of ACRI is to create an indigenous peacekeeping force in Africa. Military forces from nearly all of the seven nations currently participating—Benin, Ghana, Malawi, Mali, Senegal, Uganda and, most recently, the Ivory Coast—have already received some training from the 3rd Special Forces based at Fort Bragg, North Carolina.

Why use a private corporation to conduct military training? Government officials say privatisation can save taxpayers money. In the case of ACRI, the State Department says MPRI and LOGICON (a huge Arlington-based electronics company) can do the advanced training more cheaply, and more effectively, than the Army.

But whatever the cost savings, the privatisation of military and quasi-military functions raises huge questions of accountability and the misuse of force that are sure to loom large as MPRI and other military service companies like South Africa's Executive Outcomes and the United States' DynCorp grow.

PRIVATISED PEACEKEEPING

Some of the potential dangers even in a privatised peacekeeping training operation are foreseeable in the still-in-its-infancy ACRI program and in MPRI's former operations.

The State Department is quick to emphasise that the ACRI program does not transfer lethal equipment, but quality training by definition builds a residual lethal force—soldiers—and can alter regional balances of power. MPRI, whose motto is "The Greatest Corporate Military Expertise in the World", has provided clear illustration of the value of good teachers.

Within months of receiving expert tutelage from MPRI, Croatia launched a series of intense, well-planned and successful offensives against ethnic Serbs. Military experts noted that the Croatian military machine was vastly improved in just a few short months—an upgrade that likely contributed to its decision to go on the offensive.

Before MPRI entered the picture, ACRI had already begun compiling a similar record. Uganda and Senegal, each of which received Special Forces trainers as part of ACRI's initial deployment in July 1996, have become deeply involved in wars with bordering nations.

ACRI equipment has been found on Ugandan soldiers fighting against Kabila in the Congo. Human rights groups, such as Human Rights Watch and Amnesty International, have also linked ACRI-trained battalions to murders, rapes and beatings committed against Ugandan civilians in areas of the country contested by rebels. Senegal is supporting Guinea-Bissau rebels against the authoritarian General Asumaric Mane.

COURTING PRIVATE WAR-MAKERS

The foil to MPRI has been Executive Outcomes (EO), a Pretoria-based firm founded in 1989. EO's speciality was mobilising highly trained veterans of South Africa's counterinsurgency wars to reverse the odds in deadly engagements elsewhere on the continent. Its public relations strategy was to portray the company as a convenient shot-in-the-arm for besieged democracies. In reality, the firm's activities largely consisted of propping up governments amenable to the continued outbound flow of Africa's rich mineral wealth.

Heritage-Branch, the oil and mining combine of British investor Tony Buckingham, had an intentionally obscured interlocking directorate with EO. Heritage-Branch has mining interests in countries such as Angola and Sierra Leone—two countries in which EO has spent violent time.

On 1 January 1999, Executive Outcomes disbanded. Nico Palm, EO's owner, put a clean face on the demise of the firm, commenting in a press statement that "African countries are busy working out solutions in Africa". Another EO statement cites "the consolidation of law and order across the African continent" as a reason for the company's purported obsolescence.

But given the mind-numbing quantity of blood being spilled across the continent,

these explanations ring hollow. Almost all serious commentators agree that Executive Outcomes is simply breaking itself into less identifiable parts, and will continue its dark work, using other countries as bases.

At a December 1998 seminar in Johannesburg, on the privatisation of security services in Africa, Princeton University Professor Jeff Herbst described EO as a "virtual firm" set to "mutate" into a less visible, but still potent, organisation.

Professor Herbst's contention appears well-grounded. At least two organisations developed by EO are still alive: Saracen, in Uganda (part-owned by President Museveni's half-brother, defence minister Sahni Saleh), and Lifeguard Security, in Sierra Leone.

PEACEKEEPING/WAR-MAKING BLUR

There is clearly a growing market for corporate logistics and quasi-peacekeeping services. The largest firms filling this market niche are DynCorp, based in Reston, Virginia, and Betac, of Alexandria, Virginia. They both construct physical and electronic infrastructures and, in most cases, offer personnel to fill them.

DynCorp, with 17,500-plus employees, over 550 operating facilities around the world and annual revenues of more than US\$1.3 billion, is particularly massive and is one of the Pentagon's largest contractors. DynCorp's services are also integrated into the Drug Enforcement Agency, the Department of Justice, the Environmental Protection Agency, the Federal Communications Commission, the Internal Revenue Service and the Treasury Department.

AVOIDING ACCOUNTABILITY

For the United States, the crucial benefits of privatised military services are lessened scrutiny of its foreign activities and a level of disassociation from activities it deems unpleasant necessities. With the US populace particularly averse to having nationals fight and die in foreign quagmires, the idea of outsourcing peacekeeping activities is especially attractive to the US military establishment. The State Department and the Department of Defense both gain because the capture or murder of contractors carries almost no political fallout.

Look for MPRI, DynCorp and friends to do well in future years.

(Source: From an article by Daniel Burton-Rose and Wayne Madsen, published in *Multinational Monitor*, March 1999; website <www.essential.org/monitor/monitor.html>)

COMET C/1999 H1 (LEE) THE NOSTRADAMUS COMET?

*If a Grand Cross
and total solar
eclipse weren't
enough in August,
a wild-card comet
has now appeared,
perhaps just as
Nostradamus
prophesied.*

Contributions from
• EcoNews Service
&
• Colonel James B. Ervin
The Millennium Group © 1999
Website: www.millenniumgroup.com

Remember those dramatic photos of 20 fragments of Comet Shoemaker-Levy 9 crashing into Jupiter during 16–22 July 1994? Well, scientists at the Millennium Group are worried that Comet Lee, a wild-card (non-periodic) comet first discovered by Australian Steven Lee on 16 April 1999, may pass uncomfortably close to Earth, some time starting in mid-August 1999 and continuing through early 2000.

At the very least, they say, Comet Lee may cause solar explosions (coronal mass ejections or CMEs) in our solar system and earthquakes and hurricane-like weather on Earth. At the worst, well, Shoemaker-Levy's comet fragments crashing into Jupiter could be a pictorial warning for Earth if Comet Lee is captured in Earth-Moon orbit.

What has Millennium Group scientists and researchers James B. Ervin, Jim McCanney, Alexey Dmitriev, Gary D. Goodwin, Ray Ward, Hal Blondell, Don Carros and Wayne Moody worried is that Comet Lee's behaviour is defying all predictive models by NASA and other supercomputers.

Independent researcher Colonel James B. Ervin says: "The truth of the matter about [Comet Lee] is that nobody can project its path.. I believe there is ample evidence to suggest that it will pass much closer to Earth than originally anticipated...especially if Comet Lee is hit by a [solar explosion] during its perihelion passage."

Earl L. Crockett, another Millennium Group scientist, says we may already be experiencing the effects of Comet Lee. "I would personally add that it may in fact already be responsible for the very weird actions we have been seeing from the Sun over the last several months; i.e., the appearance that something has been 'pulling' energetic charges away from the Sun in the opposite direction of Earth, producing large CMEs/[solar]flares that for the most part have had little electromagnetic effect here on Earth."

Scientist Jim McCanney adds: "[Comet Lee] is truly a lawless comet, and with the erratic brightening happening it is certain to be far off course every day. This could be a doozy! August is now looking like a time for the first possible trouble."

Disturbingly, scientist Ray Ward says tight military security has been mounted around official tracking of Comet Lee, impeding public knowledge and scientific study.

"The word is ultra-tight security on Comet Lee. The military side of NASA is running this show now, so forget any type of cooperation." Ward adds: "Too bad NASA has destroyed the [Comet] Hale-Bopp data that we could really use to help provide the correction factors needed on Comet Lee."

Comet Hale-Bopp's closest Earth approach was on 22 March 1997.

According to McCanney, planetary alignments in mid-August and September 1999 may make Comet Lee particularly hazardous.

"The big key here is the upcoming planetary alignments, and that it will be the electrical plasma alignments, not gravity, that will be the potential harm-givers. Most critical is the September 6, 1999 alignment of Venus and Earth with the new Moon. I have even considered that if the comet orbit is 'hooked' enough, we could see a close enough encounter that the Earth and Moon could capture this thing as a permanent new member of the Earth-Moon system—or worse: that it would flip out into a future collision course with us again and again, like Venus did to Mars some 4,000 years ago."

Researchers have raised concern about the potentially catastrophic effects of two other space events in mid-August 1999, which may be compounded by Comet Lee. One is the solar eclipse of 11 August 1999. The other is the 18 August Earth flyby of the Cassini spacecraft, carrying 72 pounds of plutonium—equivalent to over 50 per cent of all the radiation released since the beginning of nuclear testing. (Source: EcoNews Service)

C/1999 H1 (LEE): THE NOSTRADAMUS COMET?

by Colonel James B. Ervin, The Millennium Group

Roughly seven months ago, I embarked on a personal journey of discovery and investigative research to determine whether or not there might be any real substance to a new interpretation of Nostradamus' prophecies by author Stefan Paulus.

Paulus's book, *Nostradamus 1999: Who Will Survive?*, very credibly explores the possibility that an Earth-threatening comet will be discovered during the total solar eclipse of 11 August 1999. Consequently, this possibility so deeply disturbed me that I began systematically to investigate the obvious question: Is there a comet which correlates to the criteria specified in Paulus's new interpretation of the Nostradamus prophecies?

My first three months of research had me firmly convinced that there was not a comet capable of fulfilling the Nostradamus prophecies. Then, in mid-April, came the advent of Comet C/1999 H1 (Lee). Here is some of what I have learned concerning the possibility that this comet might be capable of fulfilling Nostradamus' only specifically dated prophecy: Century 10, Quatrain 72:

The year 1999, the seventh month, From the sky will come a great King of Terror. Resuscitating the great King of the Mongols. Before and after Mars to reign happily.

The above quatrain is now being interpreted by Paulus and a host of Nostradamus scholars as meaning that a monstrous comet will pass near the Earth some time between July and September

1999, awakening a Genghis Khan-type warrior. Both before and after the comet passes, war will reign happily.

Is the seventh month July or September? During Nostradamus' day, both the Gregorian and Julian calendars were in use. Therefore, it seems reasonable to conclude that the seventh month referred to could be July or September. However, it should be noted the word "seventh" used in the above prophecy does read *sept* in the original French. Consequently, most Nostradamus scholars now conclude that "the seventh month" must refer to September.

So, what might happen when Comet Lee passes by the Earth?

***The year 1999, the seventh month,
From the sky will come a great
King of Terror. Resuscitating the
great King of the Mongols. Before
and after Mars to reign happily.***

— Nostradamus, Century 10, Quatrain 72

According to various interpretations of the Nostradamus prophecies, the tail of this comet contains a hidden fragment from a comet, asteroid or meteor. When the comet passes by the Earth in September, the fragment will fall out of the comet's tail and slam into the Mid-Atlantic Rise, creating a massive 2,000/3,000-foot tidal wave. This tsunami will inundate all the coastal areas of North America and Europe, as well as the Pacific Rim area and sub-continents.

For reference links, visit:

- <http://www1.tpgi.com.au/users/tps-seti/spacegd7.html>
- <http://impact.arc.nasa.gov/>
- <http://sherpa.sandia.gov/planet-impact/asteroid/>

Total Solar Eclipse

When will the comet's close approach be noticed? Note this Nostradamus prophecy from Century 3, Quatrain 34:

When the eclipse of the Sun will then be, In broad daylight the monster will be seen: Everyone will differ on the interpretation, High price unguarded, none will have prepared.

There will be a total solar eclipse on 11 August 1999. The line of totality of this eclipse begins at dawn at a point located about 700 kilometres to the east of New York City, then follows the North Atlantic until briefly touching land in the south of England and directing itself soon towards France (Nostradamus' homeland).

It crosses at Normandy, passing by just 30 kilometres to the north of Paris at 10.23 UT, leaving France via Strasbourg. Next, it crosses the south of Belgium, Luxembourg and the south of Germany (Stuttgart, Munich); moves through Austria (Salzburg and Graz are in the line of totality), Hungary and then Romania, where the eclipse arrives at its maximum duration of 2 minutes and 23 seconds at 11.03 UT, shortly before reaching Bucharest.

It leaves European land at Bulgaria, entering into the Black Sea. It touches the northwest coast of Turkey at the city



Comet C/1999 H1 (Lee). Photograph copyright © 1999 Gordon Garradd, 3 June 1999. Image taken with a 45-cm Newtonian (and AP7 CCD from the Planetary Society Gene Shoemaker NEO observing grant) from Loomberah, New South Wales, Australia.

of Cide, and continues by way of Asia, crossing the deserts of Iraq, Iran and Pakistan to finish at local dusk in India.

Comet Lee's Ephemeris

When a comet's ephemeris (orbital trajectory) takes it behind the Sun, occultation (as it is known) by the Sun's coronal disc and solar glare will hide it from view. Thus, when a comet is travelling behind the Sun, it cannot be seen from the Earth (or a satellite) until it has fully completed its perihelion, its closest approach to the Sun, and then emerges from the solar glare.

When a comet which has exited occultation but is still hidden from Earth view by solar glare, some satellites and ground-based telescopes, such as SOHO LASCO, may be able to observe the comet, especially, during a total solar eclipse.

The newly discovered long-period comet C/1999 H1 (Lee) has many Nostradamus scholars worried because its orbital ephemeris closely matches several key prophecies.

The following is a posting of the C/1999 H1 (Lee) ephemeris, courtesy of <<http://encke.jpl.nasa.gov/RecentObs.html>>:

"C/1999 H1 (Lee): IAU Circular 7144 (April 16, 1999) reports the visual discovery of a comet by Steven Lee on April 16.5 UT. The comet was discovered at a star party near Mudgee, New South Wales. The comet is described as 9th magnitude, diffuse and no tail. Gordon Garrard (Loomberah, Australia) gives $m_2=13.9-14.2$. He states that the comet has a 3' coma and is slightly elongated towards the north.

"Orbital elements and an ephemeris published in MPEC H06 and IAU C7147 (both April 19, 1999) indicate that this is a long-period comet with a perihelion date of July 11.4 at a distance of 0.71 AU. Unfortunately, the comet will be on the other side of the Sun and solar conjunction (thus, not visible) around perihelion. The comet will move rapidly north in May and it will brighten to $m_1=7.0-7.5$ before being lost in solar glare. The comet should be visible from both hemispheres in the evening sky by mid-May. (Currently, the comet is only visible from the southern hemisphere.)

"After perihelion, the comet will emerge from the solar glare in mid-August at $m_1\sim 7.5-8.0$ to become a northern hemisphere circumpolar object in September (dec reaching nearly +60). The comet will slowly fade."

If you visit the Astroarts website at <<http://www.astroarts.com/>>, go to the 1999 Comets page and find C/1998 H1 (Lee) (the comet is mislabelled). Then run the orbital simulator from 11 August through 7 November 1999 from a variety of declination angles and aspects.

As you do so, you will note that this comet's simulated ephemeris has it in a high solar (northern) passage over the Earth around 6-7 November.

This, of course, begs several questions, not the least of which are:

1. Why isn't this comet's close passage being reported in the media?
2. What happens if the comet's orbital ephemeris is altered by an unanticipated solar event?

The Cancer Zodiacal Connection

Comet C/1999 H1 (Lee) was discovered coming from the direction of Cancer. Again, just as prophesied by Nostradamus, this time in Century 6, Quatrain 6:

*There will appear towards the North, Not far from Cancer
the bearded star: Susa, Siena, Bæotia, Eretria, The great
one of Rome will die, the night over.*

Comet Lee began its passage through Cancer on 14 June 1999. For more information, refer to the following link pages:

- <http://www.drdaile.com/comets/> (The Dr Dale site has an excellent illustration of the Cancer zodiacal connection.)
- <http://encke.jpl.nasa.gov/>
- <http://encke.jpl.nasa.gov/images/99H1/1999H1finder.gif>

Solar Maximum

There are other factors which might influence the orbit of C/1999 H1 (Lee) and bring it much closer to Earth. Our Sun is now entering into "solar max". During this time, there are numerous solar flares and coronal mass ejections (CMEs). Since these events can and do alter the orbit of comets, C/1999 H1 (Lee) could receive an aft (direct) hit by a CME, solar flare or cometary fragment. Such an ephemeral alteration could very easily bring this comet significantly closer to Earth.



Nostradamus (Michel de Nostredame)
1503-1566

For more on how solar flares and CMEs alter a comet's orbit, visit <www.nasm.edu/ceps/ETP/COMETS/comet_orbits.html>. See "A Sample Calculation for the Circularization of an Orbit" for another viewpoint of orbital dynamics predictions.

Comets travel in highly elliptical orbits around the Sun with an average period (time between returns) of 40,000 years. Some comets, called "short-period comets", return near the Sun every few years, and travel no further from the Sun than the orbit of Jupiter. Other comets have periods of several millions of years, with orbits that take them far beyond the orbit of Pluto.

Comets, like the planets, travel in regular orbits. However, some comets occasionally speed up or slow down in their orbits. Solar radiation causes ice to evaporate on the sunward side of the nucleus. Molecules released by the evaporation stream away from the comet and generate a jet-type reaction that pushes the comet away from the Sun and slows it down. If the nucleus is rotating, the force may be in another direction and cause it to speed up.

More Nostradamus Prophecies

Other Nostradamus prophecies are relevant to this scenario, such as these ones, extracted from Paulus' book:

• Century 5, Quatrain 32:

Where all good is, everything right with the Sun and the Moon, Is abundant, its ruin approaches: From the sky it advances to vary your fortune, In the same state as the seventh rock.



Comet C/1999 H1 (Lee). Photographed by Gerald Rhemann and Franz Kersche using a 6-inch f/8.3 Astrophysics Refractor on 18 May 1999.

Two other space events in mid-August 1999 may be compounded by Comet Lee: the solar eclipse of 11 August 1999, and the 18 August Earth flyby of the Cassini spacecraft, carrying 72 pounds of plutonium ...

• Century 2, Quatrain 46:

After great trouble for mankind a greater one prepared, The grand mover the centuries renews: Rain, blood, milk, famine, iron and pestilence, In the sky fire seen, a long spark running.

• Century 2, Quatrain 41:

The great star for seven days will burn, The cloud will cause two suns to appear: The big mastiff all night will howl, When the pontiff changes countries.

• Century 2, Quatrain 43:

During the bearded star's appearance, Three great princes will be made enemies: Hit from the sky, peace earth trembling, Pau, Tiber over - flowing, serpent on the bank placed.

• Century 1, Quatrain 69:

The great mountain round of seven stadia, Afterwards peace [the comet's hidden object?], war, famine, flood: It will roll far away, sinking great countries, Even antiquities, and great foundation.

So, there you have it. The Nostradamus scenario does look quite plausible.

As far as I know, the Nostradamus prophecies say absolutely nothing about the actual proximity of "the Comet" to Earth during its passage. This fact alone warrants that C/1999 H1 (Lee) must be monitored as a viable "Nostradamus Comet candidate" until such time as it can be demonstrably proved that this comet is *not* a threat. Why? Because this is the only *current* comet whose orbital elements present a close northern passage over the Earth. And a close northern ecliptic track does seem required of the "Nostradamus Comet" if it is to be seen in France and the European hemisphere on 11 August 1999. Not to mention the fact that it seems highly unlikely that a southern ecliptic comet could eject a cometary fragment, meteor or asteroid from its tail onto the Mid-Atlantic Rise in late September or early October, as any discharged element would be prone towards remaining in the southern ecliptic orbital plane.

The Nostradamus prophecies seem to indicate that the comet in question must originate from the southern ecliptic plane, and then take a northwestern track around the Sun during its perihelion, where its orbit will be invisible due to occultation and solar glare until early August 1999. Comet C/1999 H1 (Lee), it seems, does just exactly that.

(Source: The Millennium Group, an independent group of scientists and researchers organised "to create an unbiased outlet for scientific research and critical thinking". The group's research and discussions on Comet Lee can be found at website <www.millennnngroup.com>)

ECHELON

The NSA's Global Spying Network

Using a system of satellites and supercomputers that recognise code-words, the US National Security Agency and its UKUSA partners keep governments, corporations and citizens under constant surveillance.

Part 1 of 2

by Patrick S. Poole © 1998/99

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In the greatest surveillance effort ever established, the US National Security Agency (NSA) has created a global spy system, code-named ECHELON, which captures and analyses virtually every phone call, fax, e-mail and telex message sent anywhere in the world. ECHELON is controlled by the NSA and is operated in conjunction with the General Communications Headquarters (GCHQ) of the UK, the Communications Security Establishment (CSE) of Canada, the Australian Defence Security Directorate (DSD), and the General Communications Security Bureau (GCSB) of New Zealand. These organisations are bound together under a secret agreement, the UKUSA Security Agreement of 1948, whose terms and text remain under wraps even today.

The ECHELON system is fairly simple in design: position intercept stations all over the world to capture all satellite, microwave, cellular and fibre-optic communications traffic, and then process this information through the NSA's massive computer capabilities—including advanced voice recognition and optical character recognition (OCR) programs—and look for code-words or code-phrases (using what's known as the ECHELON Dictionary) that will prompt the computers to flag the message for recording and transcribing for future analysis. Intelligence analysts at each of the respective "listening stations" maintain separate keyword lists for them to analyse any conversation or document flagged by the system, which is then forwarded to the respective intelligence agency headquarters that requested the intercept.

But apart from directing their ears towards terrorists and rogue states, ECHELON is also being used for purposes well outside its original mission. The regular discovery of domestic surveillance targeted at American civilians for reasons of "unpopular" political affiliation or for no probable cause at all—in violation of the First, Fourth and Fifth Amendments of the US Constitution—is consistently impeded by very elaborate and complex legal arguments and privilege claims by the intelligence agencies and the US Government. The guardians and caretakers of our liberties, our duly elected political representatives, give scarce attention to these activities, let alone to the abuses that occur under their watch.

Among the activities that the ECHELON targets are:

- **Political spying:** Since the close of World War II, the US intelligence agencies have developed a consistent record of trampling the rights and liberties of the American people. Even after the investigations into the domestic and political surveillance activities of the agencies that followed in the wake of the Watergate fiasco, the NSA continues to target the political activity of "unpopular" political groups and our duly elected representatives.

One whistleblower charged, in a 1988 Cleveland *Plain Dealer* interview, that while she was stationed at the Menwith Hill facility in the 1980s she heard real-time intercepts of South Carolina Senator Strom Thurmond. A former Maryland Congressman, Michael Barnes, claimed in a 1995 Baltimore *Sun* article that under the Reagan Administration his phone calls were regularly intercepted—something he discovered only after reporters had been passed transcripts of his conversations by the White House. One of the most shocking revelations came to light after several GCHQ officials became concerned about the targeting of peaceful political groups, and told the London *Observer* in 1992 that the ECHELON Dictionaries targeted Amnesty International, Greenpeace and even Christian ministries.

- **Commercial espionage:** Since the demise of communism in Eastern Europe, the intelligence agencies have searched for a new justification for their surveillance capability in order to protect their prominence and their bloated budgets. Their solution was to

redefine the notion of "national security" to include economic, commercial and corporate concerns. The Office of Intelligence Liaison was created within the US Department of Commerce to forward intercepted materials to major US corporations. In many cases, the beneficiaries of this commercial espionage effort are the very companies that helped the NSA develop the systems that power the ECHELON network. This incestuous relationship is so strong, that sometimes this intelligence information is used to push other American manufacturers out of deals in favour of these mammoth US defence and intelligence contractors who frequently are the source of major cash contributions to both political parties.

While signals intelligence technology was helpful in containing and eventually defeating the Soviet empire during the Cold War, what was once designed to target a select list of communist countries and terrorist states is now indiscriminately directed against virtually every citizen in the world. The European Parliament is now asking whether the ECHELON communications interceptions violate the sovereignty and privacy of citizens in other countries. In some cases, such as at the NSA's Menwith Hill station in England, surveillance is conducted against citizens on their own soil and with the full knowledge and cooperation of their government.

This report suggests that Congress pick up its long-neglected role as watchdog of the constitutional rights and liberties of the American people, instead of play its current role as lap dog to the US intelligence agencies. Congressional hearings, similar to the Church and Rockefeller Committee hearings held in the mid-1970s, ought to be held to find out to what extent ECHELON targets the personal, political, religious and commercial communications of US citizens.

The late US Senator Frank Church warned that the technology and capability embodied in the ECHELON system represent a direct threat to the liberties of the American people. Left unchecked, ECHELON could be used by either the political elite or the intelligence agencies themselves as a tool to subvert the civil protections of the Constitution and to destroy representative government in the United States.

ECHELON AND THE UKUSA AGREEMENT

The culmination of the Cold War conflict brought home hard realities for many military and intelligence agencies who were dependent upon the confrontation for massive budgets and little civilian oversight. World War II Allied political and military alliances had quickly become intelligence alliances in the shadow of the Iron Curtain that descended upon Eastern Europe after the war.

But for some intelligence agencies, the end of the Cold War just meant a shift in mission and focus, not a loss of manpower or financial resources. One such US governmental organisation is the National Security Agency. Despite the disintegration of communism in the former Soviet Union and throughout Eastern Europe, the secretive NSA continues to grow at an exponential rate in terms of budget, manpower and spying abilities. Other countries have noticed the rapid growth of NSA resources and facilities around the world, and have decried the extensive spying upon their citizens by the United States.

A preliminary report, released by the European Parliament in

January 1998, detailed research conducted by independent researchers that uncovered a massive US spy technology network that routinely monitors telephone, fax and e-mail information on citizens all over the world, but particularly in the European Union (EU) and Japan. Titled "An Appraisal of Technologies of Political Control",¹ this report, issued by the Scientific and Technological Options Assessment (STOA) Committee of the European Parliament, caused a tremendous stir in the establishment Press in Europe. At least one major US media outlet, the *New York Times*,² also covered the issuance of the report.

The STOA report also exposed a festering sore-spot between the US and its EU allies. The widespread surveillance of citizens in EU countries by the NSA has been known and discussed by European journalists since 1981. The name of the system in question is ECHELON, and it is one of the most secretive spy systems in existence.

ECHELON is actually a vast network of electronic spy stations located around the world and maintained by five countries: the USA, the UK, Canada, Australia and New Zealand. These countries, bound together in a still-secret agreement, UKUSA [pronounced "you-koo-za"], spy on each other's citizens by intercepting and gathering electronic signals of almost every telephone call, fax and e-mail message transmitted around the world daily. These signals are fed through the NSA's massive supercomputers

that look for certain keywords called the ECHELON Dictionaries.

Most of the details of this mammoth spy system—and the UKUSA agreement that supports it—remain a mystery. What is known of ECHELON is the result of the efforts of journalists and researchers around the world, who have laboured for decades to uncover the operations of our governments' most secret systems. The 1996 publication of New Zealand journalist Nicky Hager's book, *Secret Power: New Zealand's Role in the International Spy Network*,³ provided the most detailed

look at the system and inflamed interest in ECHELON as well as the debate regarding its propriety.

This paper examines the expanse of the ECHELON system, along with the intelligence agreements and exchanges that support it. The operation of ECHELON serves the NSA's goal of spying on the citizens of other countries, while also allowing them to circumvent the prohibition on spying on US citizens. ECHELON is not only a gross violation of the US Constitution, but it violates the goodwill of the United States' allies and threatens the privacy of innocent civilians around the world. The existence and expansion of ECHELON is a foreboding omen regarding the future of constitutional liberties. If a US Government agency can willingly violate the most basic components of the Bill of Rights without so much as congressional oversight and approval, we have reverted from a republican form of government to tyranny.

THE UKUSA PARTIES

The success of the Allied military effort in World War II was due in no small part to successes in gathering enemy intelligence information and cracking those military and diplomatic messages. In addition, the Allied forces were able to create codes and encryption devices that effectively concealed sensitive information from prying Axis-power eyes. These coordinated signal

Despite the disintegration of communism in the former Soviet Union and throughout Eastern Europe, the secretive NSA continues to grow at an exponential rate in terms of budget, manpower and spying abilities.

intelligence (SIGINT) programs kept Allied information secure and left the enemies vulnerable.

But at the close of the conflict, a new, threatening power—the Soviet Union—was beginning to provoke the Cold War by enslaving Eastern Europe. These signal intelligence agencies now had a new enemy towards which to turn their electronic eyes and ears to ensure that the balance of power could be maintained. The volleys of electronic hardware and espionage that would follow for 40 years would be the breeding ground of the ECHELON spy system.

The diplomatic foundation that was the genesis of ECHELON is the UKUSA agreement. The agreement has its roots in the BRUSA COMINT (communications intelligence) alliance formed in the early days of World War II and ratified on 17 May 1943 by the United Kingdom and the United States of America.⁴ The Commonwealth SIGINT Organisation, formed in 1946–47, brought together the postwar intelligence agencies of the UK, Canada, Australia and New Zealand.⁵ Forged in 1947 between the US and UK, the still-secret UKUSA agreement defined the relations between the SIGINT departments of those various governments. Direct agreements between the US and these agencies also define the intricate relationships of these organisations.

Foremost among those agencies is the US National Security Agency (NSA) which represents the American interest. The NSA is designated as the "First Party to the [UKUSA] Treaty". The UK Government Communications Headquarters (GCHQ) signed the UKUSA agreement on behalf of the UK and its Commonwealth SIGINT partners. This brought Australia's Defence Signals Directorate (DSD),

Canada's Communications Security Establishment (CSE) and New Zealand's Government Communications Security Bureau (GCSB) into the arrangement. While these agencies are bound by additional direct agreements with the US and each other, these four countries are considered the "Second Parties to the Treaty". Third Party members include Germany, Japan, Norway, South Korea and Turkey. There are sources that indicate China may also be included in this group, on a limited basis.⁶

THE NATIONAL SECURITY AGENCY

The prime mover in the UKUSA arrangement is undeniably the US National Security Agency. The majority of funds for joint projects and facilities (discussed below) as well as the directions for intelligence-gathering operations are issued primarily through the NSA. The participating agencies frequently exchange personnel, divide up intelligence collection tasks and establish common guidelines for classifying and protecting shared information. However, the NSA utilises its role as the largest spy agency in the world to have its international intelligence partners do its bidding.

President Harry Truman established the NSA in 1952 with a presidential directive that remains classified to this day. The US Government did not acknowledge the existence of the NSA until 1957. Its original mission was to conduct the signal intelligence (SIGINT) and communications security (COMSEC) for the United States. President Ronald Reagan added the tasks of information systems security and operations security training in 1984 and 1988 respectively. A 1986 law charged the NSA with sup-

porting combat operations for the Department of Defense.⁷

Headquartered at Fort George Meade, located between Washington, DC, and Baltimore, Maryland, the NSA boasts the most enviable array of intelligence equipment and personnel in the world. The NSA is the largest global employer of mathematicians, featuring the best teams of codemakers and codebreakers ever assembled. The codebreakers' job is to crack the encryption codes of foreign and domestic electronic communications, forwarding the revealed messages to their enormous team of skilled linguists who can review and analyse messages in over 100 languages. The NSA is also responsible for creating the encryption codes that protect the US Government's communications.

In its role as gang leader for UKUSA, the NSA is primarily involved with creating new surveillance and codebreaking technology, directing the other cooperating agencies to their targets and providing them with training and tools to intercept, process and analyse enormous amounts of signals intelligence. By possessing what is arguably the most technologically advanced communications, computer and codebreaking equipment of any government agency in the world, the NSA serves as a competent and capable taskmaster for UKUSA.

Forged in 1947 between the US and UK, the diplomatic foundation that was the genesis of ECHELON is the still-secret UKUSA agreement.

THE ECHELON NETWORK

The vast network created by the UKUSA community stretches across the globe and into the reaches of space. Land-based intercept stations, intelligence ships sailing the seven seas and top-secret satellites whirling 20,000 miles overhead all combine to empower the NSA and its UKUSA allies with access to the entire global communications network. Very few signals escape its electronic grasp.

Having divided up the world among the UKUSA parties, each agency directs its electronic "vacuum-cleaner" equipment towards the heavens and the ground to search for the most minute communications signals that traverse the system's immense path. The NSA facilities in the US cover the communications signals of both American continents; the GCHQ in Britain is responsible for Europe, Africa and Russia (west of the Ural Mountains); the DSD in Australia assists in SIGINT collection in Southeast Asia, the southwest Pacific Ocean and eastern Indian Ocean areas; the GSCB in New Zealand is responsible for southern Pacific Ocean collections, particularly the South Pacific island nations group; and the CSE in Canada handles interception of additional northern Russian, northern European and American communications.⁸

The backbone of the ECHELON network are the massive listening and reception stations directed at the Intelsat and Inmarsat satellites that are responsible for the vast majority of phone and fax communications traffic within and between countries and continents. The 20 Intelsat satellites follow a geostationary orbit locked onto a particular point on the equator.⁹ These satellites carry primarily civilian traffic, but they do additionally carry diplomatic and governmental communications that are of particular interest to the UKUSA parties.

Originally, only two stations were responsible for Intelsat intercepts: Morwenstow in England, and Yakima in the US state of Washington. However, when the Intelsat 5 series was replaced with the Intelsat 701 and 703 satellites—which had much more precise transmission beams that prohibited reception of southern hemisphere signals from the Yakima base in the northern

hemisphere—additional facilities were constructed in Australia and New Zealand.¹⁰

Today, the Morwenstow station directs its ears towards the Intelsats traversing the atmosphere above the Atlantic and Indian oceans and transmitting to Europe, Africa and western parts of Asia. The Yakima station, located in the grounds of the Yakima Firing Station, targets the Far East and Pacific Ocean communications in the northern hemisphere. Another NSA facility at Sugar Grove, West Virginia, covers traffic for the whole of North and South America. A DSD station at Geraldton, WA, Australia, and the GCSB facility at Waihopai, New Zealand, cover Asia, the South Pacific countries and the Pacific Ocean. An additional station on Ascension Island in the Atlantic Ocean between Brazil and Angola is suspected of covering the Atlantic Intelsat's southern hemisphere communications.¹¹

Non-Intelsat satellites are monitored from these same stations, as well as from bases in: Menwith Hill, England; Shoal Bay, near Darwin, Australia; Leitrim, Canada; Bad Aibling, Germany; and Misawa, Japan. These satellites typically carry Russian and regional communications.¹² It is known that the Shoal Bay facility targets a series of Indonesian satellites, and that the Leitrim station intercepts communications from Latin American satellites, including the Mexican telephone company's Morelos satellite.¹³

Several dozen other radio listening posts operated by the UKUSA allies dot the globe as well, located at military bases on foreign soil and in remote locations. These stations played a critical role in the time prior to the development of satellite communications because much of the world's communications traffic was transmitted on radio-frequency bands.

Particularly in the high-frequency (HF) range, radio communications continue to serve an important purpose, despite the widespread use of satellite technology, because their signals can be transmitted to military ships and aircraft across the globe. Shorter range, very high frequencies (VHF) and ultra high frequencies (UHF) are also used for tactical military communications within

national borders. Major radio facilities in the UKUSA network include: Tangimoana, New Zealand; Bamaga, Cape York, Australia; and the joint NSA/GCHQ facility at the Indian Ocean atoll, Diego Garcia.¹⁴ A separate high-frequency direction-finding (HFDF) network intercepts communications signals for the unique purpose of locating the position of ships and aircraft. While these stations are not actually involved in the analysis of messages, they play a critical role in monitoring the movements of mobile military targets.

The Canadian CSE figures prominently in the UKUSA HFDF network, code-named CLASSIC BULLSEYE, hosting a major portion of the Atlantic and Pacific stations that monitored Soviet ship and submarine movements during the Cold War. Stations

from Kingston and Leitrim in Ontario, to Gander, Newfoundland, on the Atlantic side, from Alert in the Northwest Territories (located at the northernmost tip of Canada on the Arctic Ocean, and able to listen to the Russian submarine bases at Petropavlovsk and Vladivostok) and finally to Masset, British Columbia, in the Pacific, monitor shipping and flight lanes under the direction of the NSA.¹⁵ The CSE also maintains a small contingent at Lackland Air Force Base in San Antonio, Texas, which probably monitors Latin American communications targets.

Another major support for the ECHELON system is the US spy satellite network and its corresponding reception bases scattered about the UKUSA empire. These space-based electronic communications "vacuum cleaners" pick up radio, microwave and cellphone traffic on the ground. They were launched by the NSA in cooperation with its sister spy agencies, the National Reconnaissance Office (NRO) and the Central Intelligence Agency (CIA). The Ferret series of satellites in the 1960s, the Canyon, Rhyolite and Aquacade satellites in the 1970s, and the Chalet, Vortex, Magnum, Orion and Jumpseat series of satellites in the 1980s have given way to the new and improved Mercury, Mentor and Trumpet satellites during the 1990s (see table 1).

These surveillance satellites act as giant scoops, picking up electronic communications, cellphone conversations and various

Another major support for the ECHELON system is the US spy satellite network and its corresponding reception bases scattered about the UKUSA empire.

Table I. US Spy Satellites in Current Use

Satellite	No.	Orbit	Manufacturer	Purpose
Advanced KH-11	3	200 miles	Lockheed Martin	5-inch-resolution spy photographs
LaCrosse Radar Imaging	2	200–400 miles	Lockheed Martin	3-10-foot-resolution spy photographs
Orion/Vortex	3	22,300 miles	TRW	Telecom surveillance
Trumpet	2	200–22,300 miles	Boeing	Surveillance of cellular phones
Parsae	3	600 miles	TRW	Ocean surveillance
Satellite Data Systems	2	200–22,300 miles	Hughes	Data relay
Defence Support Program	4+	22,300 miles	TRW/Aerojet	Missile early warning
Defence Meteorological Support Program	2	500 miles	Lockheed Martin	Meteorology, nuclear blast detection

(Source: MSNBC¹⁶)

radio transmissions. The downlink stations that control the operations and targeting of these satellites are under the exclusive control of the United States, despite their location on foreign military bases. The two primary downlink facilities are at Menwith Hill, England, and Pine Gap, central Australia.

THE MENWITH HILL FACILITY

The Menwith Hill facility is located in North Yorkshire, England, near Harrogate. The important role that Menwith Hill plays in the ECHELON system was recognised by the recent European Parliament STOA report:

*Within Europe, all e-mail, telephone and fax communications are routinely intercepted by the United States National Security Agency, transferring all target information from the European mainland via the strategic hub of London, then by satellite to Fort Meade in Maryland via the crucial hub at Menwith Hill in the North Yorks Moors of the UK.*¹⁷

The existence and importance of the facility was first brought to light by British journalist/researcher Duncan Campbell in 1980.¹⁸ Today, it is the largest spy station in the world, with over 25 satellite receiving stations and 1,400 American NSA personnel working with 350 UK Ministry of Defence staff on site.

After revelations that the facility coordinates surveillance for the vast majority of the European continent, the base has become a target for regular protests organised by local peace activists. It has also become the target of intense criticism by European government officials who are concerned about the vast network of civilian surveillance and economic espionage conducted from the station by the United States.¹⁹

The beginnings of Menwith Hill go back to December 1951, when the US Air Force and British War Office signed a lease for land that had been purchased by the British Government. The NSA took over the lease of the base in 1966 and has continued to build up the facility ever since.

Up until the mid-1970s, Menwith Hill was used for intercepting international leased carrier (ILC) communications and non-diplomatic communications (NDC). Having received one of the first sophisticated IBM computers in the early 1960s, Menwith Hill was also used to sort through the voluminous unenciphered telex communications, which consisted of international messages, telegrams and telephone calls from the government, business and civilian sectors, in the search for anything of political, military or economic value.²⁰

The addition of the first satellite intercept station at Menwith Hill in 1974 raised the base's prominence in intelligence-gathering. Eight large satellite communications dishes were installed during that phase of construction. Several satellite gathering systems now dot the facility:²¹

STEEPLEBUSH – Completed in 1984, this \$160 million system expanded the satellite surveillance capability and mission of the spy station beyond the bounds of the installation that began in 1974.

RUNWAY – Running east and west across the facility, this system receives signals from the second-generation geosynchronous Vortex satellites and gathers miscellaneous communications traffic from Europe, Asia and the former Soviet Union. The

information is then forwarded to the Menwith Hill computer systems for processing. RUNWAY may have recently been replaced or complemented by another system, RUTLEY.

PUSHER – This is an HFDF system that covers the HF frequency range between 3 MHz and 30 MHz—radio transmissions from CB radios, walkie-talkies and other radio devices. Military, embassy, maritime and air flight communications are the main targets of PUSHER.

MOONPENNY – Uncovered by British journalist Duncan Campbell in the 1980s, this system is targeted at the communication relay satellites belonging to other countries, as well as the satellites over the Atlantic and Indian oceans.

KNOBSTICKS I and II – The purpose of these antennae arrays is unknown, but they probably target military and diplomatic traffic throughout Europe.

GT-6 – A new system installed at the end of 1996, GT-6 is believed to be the receiver for the third generation of geosynchronous satellites termed Advanced Orion or Advanced Vortex. A new polar orbit satellite called Advanced Jumpseat may be monitored from here as well.

STEEPLEBUSH II – An expansion of the 1984 STEEPLBUSH system, this computer system processes information collected from the RUNWAY receivers that gather traffic from the Vortex satellites.

SILKWORTH – Constructed by Lockheed Corporation, the main computer system for Menwith Hill processes most of the information received by the various reception systems.

One shocking revelation about Menwith Hill came to light in 1997 during the trial of two women peace campaigners appealing their convictions for trespassing at the facility. In documents and testimony submitted by British Telecom in the case, Mr R.G. Morris, BT's head of

... at least three major DOMESTIC fibre-optic telephone trunk lines—each capable of carrying 100,000 calls simultaneously—were wired through Menwith Hill, allowing the NSA to tap into the very heart of the British Telecom network.

Emergency Planning, revealed that at least three major domestic fibre-optic telephone trunk lines—each capable of carrying 100,000 calls simultaneously—were wired through Menwith Hill,²² allowing the NSA to tap into the very heart of the British Telecom network. Judge Jonathan Crabtree rebuked British Telecom over his revelations and prohibited Mr Morris from giving any further testimony in the case for "national security" reasons.

According to Duncan Campbell, the secret spying alliance between Menwith Hill and British Telecom began in 1975 with a coaxial connection to the British Telecom microwave facility at Hunter's Stone, four miles away from Menwith Hill—a connection maintained even today.²³

Additional systems—TROUTMAN, ULTRAPURE, TOTALISER, SILVERWEED, RUCKUS et al.—complete the monumental SIGINT collection efforts at Menwith Hill.

Directing its electronic vacuum-cleaners towards unsuspecting communications satellites in the skies, receiving signals gathered by satellites that scoop up the most minute signals on the ground, listening in on the radio communications throughout the air or plugging into the ground-based telecommunications network, Menwith Hill—alongside its sister stations at Pine Gap, Australia, and Bad Aibling, Germany—represents the comprehensive effort of the NSA, with its UKUSA allies, to make sure that no communications signal escapes its electronic net.

THE ECHELON DICTIONARIES

The extraordinary ability of ECHELON to intercept most of the communications traffic in the world is breathtaking in its scope. And yet the power of ECHELON resides in its ability to decrypt, filter, examine and codify these messages into selective categories for further analysis by intelligence agents from the various UKUSA agencies.

As the electronic signals are brought into the station, they are fed through the massive computer systems, such as Menwith Hill's SILKWORTH, where voice recognition, optical character recognition (OCR) and data information engines get to work on the messages. These programs and computers transcend state-of-the-art; in many cases, they are well into the future.

MAGISTRAND is part of the Menwith Hill SILKWORTH supercomputer system that drives the powerful keyword search programs.²⁴ One tool used to sort through the text of messages, PATHFINDER (manufactured by the UK company, Memex),²⁵ sifts through large databases of text-based documents and messages looking for keywords and key phrases based on complex algorithmic criteria. Voice recognition programs convert conversations into text messages for further analysis. One highly advanced system, VOICECAST, can target an individual's voice pattern so that every call that person makes is transcribed for future analysis.

Processing millions of messages every hour, the ECHELON systems churn away 24 hours a day, seven days a week, looking for targeted keyword series, phone and fax numbers, and specified voice-prints. It is important to note that very few messages and phone calls are actually transcribed and recorded by the system. The vast majority are filtered out after they are read or listened to by the system. Only those messages that produce keyword "hits" are tagged for future analysis. Again, it is not just the ability to collect the electronic signals that gives ECHELON its power; it is the tools and technology that are able to whittle down the messages to only those that are important to the intelligence agencies.

Each station maintains a list of keywords (the Dictionary) designated by each of the participating intelligence agencies. A Dictionary Manager from each of the respective agencies is responsible for adding, deleting or changing the keyword search criteria for their Dictionaries at each of the stations.²⁶ Each station Dictionary is given a code-word, such as COWBOY for the Yakima facility and FLINTLOCK for the Waihopai facility.²⁷ These code-words play a crucial identification role for the analysts who eventually look at the intercepted messages.

Each message flagged by the ECHELON Dictionaries as meeting the specified criteria is sorted by a four-digit code representing the source or subject of the message (such as 5535 for Japanese diplomatic traffic, or 8182 for communications about distribution of encryption technology)²⁸ as well as the date, time and station code-word. Also included in the message headers are the code-names for the intended agency: ALPHA-ALPHA (GCHQ), ECHO-ECHO (DSD), INDIA-INDIA (GCSB), UNIFORM-UNIFORM (CSE), and OSCAR-OSCAR (NSA). These messages are then transmitted to each agency's headquarters via a global computer system, PLATFORM,²⁹ that acts as the information nervous system for the UKUSA stations and agencies.

Every day, analysts located at the various intelligence agencies review the previous day's product. As it is analysed, decrypted

and translated, it can be compiled into the different types of analysis: reports, which are direct and complete translations of intercepted messages; "gists", which give basic information on a series of messages within a given category; and summaries, which are compilations from both reports and gists.³⁰ These are then given classifications: MORAY (secret), SPOKE (more secret than MORAY), UMBRA (top secret), GAMMA (Russian intercepts), and DRUID (intelligence forwarded to non-UKUSA parties). This analysis product is the *raison d'être* of the entire ECHELON system. It is also the lifeblood of the UKUSA alliance.

NATIONAL SECURITY & SURVEILLANCE OF CITIZENS

The ECHELON system is the product of the Cold War conflict—an extended battle replete with heightened tensions that teetered on the brink of annihilation, and the diminished hostilities of *détente* and *glasnost*. Vicious cycles of mistrust and paranoia between the United States and the Soviet empire fed the intelligence agencies to the point that, with the fall of communism throughout Eastern Europe, the intelligence establishment began to grasp for a mission that justified its bloated existence.

But the rise of post-modern warfare—terrorism—gave the

establishment all the justification it needed to develop an even greater ability to spy on its enemies, its allies and its own citizens. ECHELON is the result of those efforts. The satellites that fly thousands of miles overhead and yet can spy out the most minute details on the ground; the secret submarines that troll the ocean floors and tap into undersea communications cables³¹—all power the efficient UKUSA signals intelligence machine.

In the United States there is a concerted effort by intelligence agency heads, federal

law enforcement officials and congressional representatives to defend the capabilities of ECHELON. Their persuasive arguments point to the tragedies seen in the bombings in Oklahoma City and the World Trade Center in New York City. The vulnerability of Americans abroad, as recently seen in the bombing of the American Embassy in Dar es Salaam, Tanzania, and in Nairobi, Kenya, emphasises the necessity of monitoring those forces around the world that would use senseless violence and terror as political weapons against the US and its allies.

Intelligence victories add credibility to the arguments that defend such a pervasive surveillance system. The discovery of missile sites in Cuba in 1962, the capture of the *Achille Lauro* terrorists in 1995, the discovery of alleged Libyan involvement in the bombing of a Berlin discotheque that killed one American (resulting in the 1996 bombing of Tripoli), and countless other incidents that have been averted (which are now covered by the silence of indoctrination vows and top-secret classifications), all point to the need for comprehensive signals intelligence gathering for the national security of the United States.

But despite the real threats and dangers to the peace and protection of American citizens at home and abroad, the US Constitution is quite explicit in limiting the scope and powers of government.

Editor's Note:

In our next issue, part 2 of this article exposes how the ECHELON network is being used for political and commercial spying.

In the US there is a concerted effort by intelligence agency heads, federal law enforcement officials and congressional representatives to defend the capabilities of ECHELON.

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SCHOOL VIOLENCE

The Psychiatric Drugs Connection

Psychiatric drugs like Prozac and Ritalin are implicated in recent US school shootings, but the link has largely been overlooked by the media.

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The massacre at Columbine High School in Littleton, Colorado, took place on April 20, 1999. Astonishingly, for eight days after the tragedy, during thousands of hours of prime-time television coverage, virtually no one mentioned the word "drugs". Then the issue was opened. Eric Harris, one of the shooters at Columbine, was on at least one prescription drug.

The *New York Times* of April 29, 1999, and other papers reported that Harris was rejected from enlisting in the Marines for medical reasons. A friend of the family told the *Times* that Harris was being treated by a psychiatrist. And then, several sources told the *Washington Post* that the drug prescribed as treatment was Luvox, manufactured by Solvay. Two days later, the "drug issue" was gone.

Luvox is of the same class as Paxil, Prozac and Zoloft. They are labelled SSRIs (selective serotonin reuptake inhibitors). They attempt to alleviate depression by changing the brain levels of the natural substance, serotonin. Luvox has a slightly different chemical configuration from Paxil, Prozac and Zoloft, and it was approved by the FDA for obsessive-compulsive disorder, although many doctors apparently prescribe it for depression.

Prozac is the wildly popular Eli Lilly antidepressant which has been linked to suicidal and homicidal actions. It is now given to children. Again, its chemical composition is very close to Luvox, the drug that Harris took.

Dr Peter Breggin, the eminent psychiatrist and author (*Toxic Psychiatry, Talking Back to Prozac, Talking Back to Ritalin*), told me: "With Luvox, there is some evidence of a four per cent rate for mania in adolescents. Mania, for certain individuals, could be a component in grandiose plans to destroy large numbers of other people. Mania can go over the hill to psychosis."

Dr Joseph Tarantolo is a psychiatrist in private practice in Washington, DC. He is the president of the Washington chapter of the American Society of Psychoanalytic Physicians. Tarantolo states: "...all the SSRIs [including Prozac and Luvox] relieve the patient of feeling. He becomes less empathic, as in 'I don't care as much', which means, 'It's easier for me to harm you'. If a doctor treats someone who needs a great deal of strength just to think straight and gives him one of these drugs, that could push him over the edge into violent behavior."

In Arianna Huffington's syndicated newspaper column of July 9, 1998, Dr Breggin states: "I have no doubt that Prozac can cause or contribute to violence and suicide. I've seen many cases. In a recent clinical trial, six per cent of the children became psychotic on Prozac. And manic psychosis can lead to violence."

Huffington follows up on this: "In addition to the case of Kip Kinkel, who had been a user of Prozac [Kinkel was the shooter in the May 21, 1998, school massacre in Springfield, Oregon], there are much less publicized instances where teenagers on Prozac or similar antidepressants have exploded into murderous rages: teenagers like Julie Marie Meade, from Maryland, who was shot to death by the police when they found her waving a gun at them; or Ben Garris, a 16-year-old in Baltimore who stabbed his counselor to death; or Kristina Fetters, a 14-year-old from Des Moines, Iowa, who stabbed her favorite great aunt in a rage that landed her a life sentence."

Dr Tarantolo also has written about Julie Marie Meade. In a column for the *ICSPP* (International Center for the Study of Psychiatry and Psychology) *News*, headed "Children and Prozac: First Do No Harm", Tarantolo describes how Julie Meade, in November 1996, called 911, "...begging the cops to come and shoot her. And if they didn't do it quickly, she would do it to herself. There was also the threat that she would shoot them as

well." Within a few minutes, the police came—"five of them to be exact, pumping at least ten bullets into her head and torso".

Tarantolo remarks that a friend of Julie said that Julie "...had plans to make the honor roll and go to college. He [the friend] had also observed her taking all those pills." What pills? Tarantolo called the Baltimore medical examiner and spoke with Dr Martin Bullock who was on a fellowship at that office. Dr Bullock said: "She had been taking Prozac for four years."

The November 23, 1996, Washington *Post* reported the Julie Meade death-by-shooting. The paper mentioned nothing about Prozac. This was left to a more penetrating newspaper, the local *PG County Journal* from the Maryland county in which the shooting took place.

Why did the *Post* never mention Prozac or interview any of a growing number of psychiatrists who have realised the danger of giving these drugs to children (and adults)? Is it because major media outlets enjoy considerable advertising revenue support from pharmaceutical drug companies? Is it because these companies have been running successful PR campaigns to keep their drugs' names quiet when suicides and murders are reported?

Another small paper, the *Vigo Examiner* (Terra Haute, Indiana), looked into the May 21, 1998, murders in Springfield, Oregon. The shooter, Kip Kinkel, was a 15-year-old freshman who had been on Prozac. First he killed his parents, then he walked into his school cafeteria and gunned down his fellow students. He killed two and wounded twenty-two. He is currently awaiting trial.

Vigo Examiner reporter Maureen Sielaff covered this story, showing straightforward independence where many big-time reporters just don't. Sielaff researched the book, *Prozac and Other Psychiatric Drugs*, by Lewis A. Opler, MD. She writes: "The following side effects are listed for Prozac: apathy, halluci-

nations, hostility, irrational ideas, paranoid reactions, antisocial behavior, hysteria, and suicidal thoughts." An explosive cocktail of symptoms.

The Jonesboro, Arkansas, school shooting took place on March 24, 1998. Mitchell Johnson, 13, and Andrew Golden, 11, apparently faked a fire alarm at Westside Middle School. Then when everyone came outside, the boys fired from the nearby woods, killing four students and a teacher and wounding 11 other people. Charged as juveniles, the boys were convicted of capital murder and battery. They can be held in jail until they are 21 years old.

Dr Alan Lipman of Georgetown University, who was one of the

experts interviewed on network television after the Littleton shootings, remarked that at least one of the boys who committed murder in Jonesboro had been "treated", before the incident, for violent behaviour. Treated how? With Prozac, with Zoloft, with a combination of antidepressants?

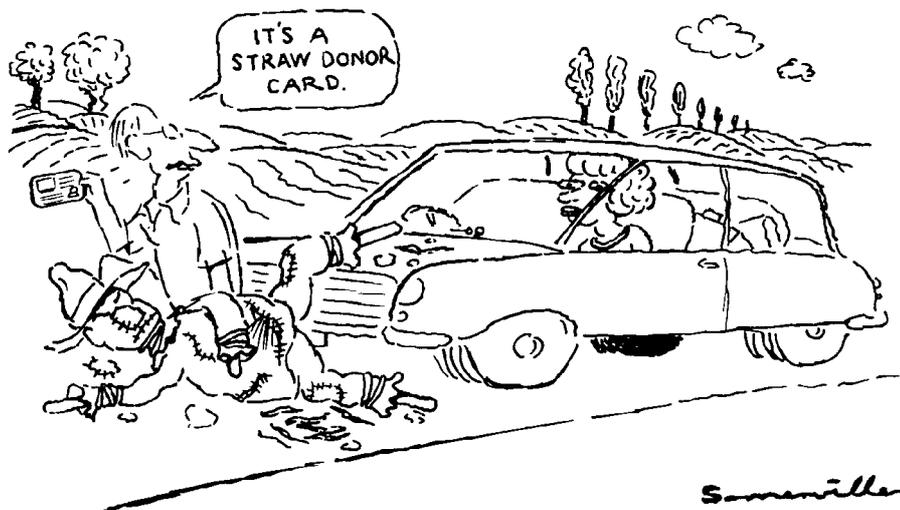
The action of these drugs—altering the supply of the brain neurotransmitter, serotonin—is touted by some people as a potential cure for violence. The only problem is, there is no acknowledged proof within the broad psychiatric profession that serotonin is a causative factor in vio-

lence. That is an unproven theory.

"The following side effects are listed for Prozac: apathy, hallucinations, hostility, irrational ideas, paranoid reactions, antisocial behavior, hysteria, and suicidal thoughts."

MORE EPISODES OF US SCHOOL VIOLENCE

- May 1, 1992: Eric Houston, 20, killed four people and wounded 10 at his former high school in Olivehurst, California. Houston was sentenced to death.
- January 18, 1993: In Grayhurst, Kentucky, Scott Pennington, 17, entered Deanna McDavid's English class at East Carter High School and shot her in the head. He also shot Marvin Hicks, the school janitor, in the stomach. Pennington was sentenced to life, without the possibility of parole for 25 years.
- October 30, 1995: Edward Earl Spellman, 18, shot and wounded four students outside their high school in Richmond, Virginia.
 - February 2, 1996: In an algebra class at Frontier Junior High School in Mose Lake, Washington, Barry Loukaitas, 14, killed his teacher and two teenage boys with an assault rifle, and wounded a girl. Loukaitas was sentenced to two mandatory life terms.
 - February 29, 1996: In St Louis, Missouri, Mark Boyd, 30, fired into a school bus when its doors opened, killing a pregnant 15-year-old girl and wounding the driver.
 - July 26, 1996: Yohao Albert, a high-school junior, shot and wounded two classmates in a stairwell at his Los Angeles school.
 - February 19, 1997: In Bethel, Alaska, Evan Ramsey, 16, shot and killed his high school principal, Ron Edwards, and one of his classmates, Josh Palacios, and wounded two other students. Ramsey was sentenced to two 99-year terms. Authorities later accused two students of knowing that



the shootings were going to happen.

- October 1, 1997: Luke Woodham, 16, started shooting in his school cafeteria in Pearl, Mississippi. He killed two students, including his ex-girlfriend, and wounded seven others. He also killed his mother. Woodham was sentenced to life. Authorities later accused six friends of conspiracy.

- December 1, 1997: At Heath High School in West Paducah, Kentucky, Michael Carneal, 14, found students coming out of a prayer meeting. Using a stolen pistol, he shot eight of these students, killing three. One of the wounded girls is paralysed.

- December 15, 1997: Joseph Todd, 14, was arrested in the shooting of two students outside their high school in Stamps, Arkansas. The students recovered from their wounds. Todd faces trial.

- April 24, 1998: Andrew Wurst, 14, allegedly shot and killed his science teacher, John Gillette, at an 8th-grade dance at the J.W. Parker Middle School in Edinboro, Pennsylvania. Two students and another teacher were wounded. Wurst is awaiting trial.

- May 19, 1998: Several days before graduation, honors student Jacob Davis, 18, allegedly shot and killed Robert Creson, a classmate at Lincoln County High School in Fayetteville, Tennessee. Creson was dating Davis's ex-girlfriend. Davis awaits trial.

A CNN story, dated May 21, 1998, authored by its Justice Department correspondent, Pierre Thomas, offered the following statistics: "Ten per cent of the nation's schools reported one or more violent crimes in the 1996-1997 school year, including murder, suicide, rape, robbery and fights involving weapons." Even if these CNN figures are self-serving and overblown, they point to a chilling landscape.

PROZAC LINKED TO AGGRESSIVE BEHAVIOUR

The bulk of the American media appears afraid to go after psychiatric drugs as a cause of violent crime. This fear stems in part from the sure knowledge that expert attack-dogs are waiting in the wings, funded by big-time pharmaceutical companies. There are doctors and researchers who have seen a dark truth about these drugs in the journals, but are afraid to stand up and speak out. After all, the medical culture punishes no one as severely as its own defectors, when defection from the party line threatens profits, careers and reputations, and when defection alerts the public that deadly effects could be emanating from corporate boardrooms.

And what of the Federal Government itself? The US Food and Drug Administration (FDA) licenses each drug released for public use and certifies it as being safe and effective. If a real tornado started at the public level, if the parents of the young killers and young victims began to see a terrible knowledge swim into view—a knowledge they hadn't imagined—and they joined forces, the Earth would shake.

Commenting on some of the adverse effects of the antidepressant drug Prozac, psychiatrist Peter Breggin notes: "From the initial studies, it was also apparent that a small percentage of Prozac patients became psychotic."

Prozac, in fact, endured a rocky road in the press for a time. Stories on it rarely appear now. The major media have backed off. But on February 7, 1991, Amy Marcus's *Wall Street Journal* article on the drug carried the headline, "Murder Trials Introduce Prozac Defense". Marcus wrote: "A spate of murder trials in which defendants claim they became violent when they took the antidepressant Prozac are imposing new problems for the drug's maker, Eli Lilly and Co."

Also on February 7, 1991, the *New York Times* ran a Prozac piece headlined: "Suicidal Behavior Tied Again To Drug: Does Antidepressant Prompt Violence?"

In his landmark book, *Toxic Psychiatry*, Dr Breggin mentions that *The Donahue Show* (Feb. 28, 1991) "put together a group of individuals who had become compulsively self-destructive and murderous after taking Prozac, and the clamorous telephone and audience response confirmed the problem".

Breggin also cites a troubling study by Teicher et al., from the

February 1990 *American Journal of Psychiatry* (147:207-210), which reports on "...six depressed patients, previously free of recent suicidal ideation, who developed 'intense, violent, suicidal preoccupations after 2-7 weeks of fluoxetine [Prozac] treatment'. The suicidal preoccupations lasted from three days to three months after termination of the treatment. The report estimates that 3.5 per cent of Prozac users were at risk. While denying the validity of the study, Dista Products, a division of Eli Lilly, put out a brochure for doctors, dated August 31, 1990, stating that it was adding 'suicidal ideation' to the adverse events section of its Prozac product information."

An earlier study, by Joseph Lipiniski in the September 1989 *Journal of Clinical Psychiatry*, indicates that in five examined cases, people on Prozac developed what is called *akathisia*. Symptoms include intense anxiety, inability to sleep, the "jerking of extremities", and "bicycling in bed or just turning around and around". Breggin comments that *akathisia* "...may also contribute to the drug's tendency to cause self-destructive or violent tendencies...

Akathisia can become the equivalent of biochemical torture and could possibly tip someone over the edge into self-destructive or violent behavior... The June 1990 *Health Newsletter*, produced by the Public Citizen Research Group, reports: 'Akathisia, or symptoms of restlessness, constant pacing, and purposeless movements of the feet and legs, may occur in 10-25 per cent of patients on Prozac.'

The well-known publication, *California Lawyer*, in a December 1998 article titled "Protecting Prozac", details some of the suspect manoeuvres of Eli Lilly in its handling of suits against Prozac. *California Lawyer* also mentions other highly qualified critics of the drug: "David Healy, MD, an internationally renowned psychopharmacologist, has stated in sworn deposition that 'contrary to Lilly's view, there is a plausible cause-and-effect relationship between Prozac' and suicidal-homicidal events. An epidemiological study published in 1995 by the *British Medical Journal* also links Prozac to increased suicide risk."

"... six depressed patients, previously free of recent suicidal ideation ... developed 'intense, violent, suicidal preoccupations after 2-7 weeks of fluoxetine [Prozac] treatment'."

American Journal of Psychiatry
(147:207-210, February 1990)

When pressed, proponents of these SSRI drugs sometimes say, "Well, the benefits for the general population far outweigh the risk", or "Maybe in one or two tragic cases the dosage prescribed was too high". But the problem will not go away on that basis.

A shocking review-study, "Antidepressants for Children", written by Rhoda L. Fisher and Seymour Fisher and published in the *Journal of Nervous and Mental Diseases* (184[2], 1996), concludes: "Despite unanimous literature of double-blind studies indicating that antidepressants are no more effective than placebos in treating depression in children and adolescents, such medications continue to be in wide use."

There are other studies:

- In the *Journal of the American Academy of Child and Adolescent Psychiatry* (vol. 30, 1991), an article, "Emergence of self-destructive phenomena in children and adolescents during fluoxetine treatment", written by R.A. King, R.A. Riddle et al., reports self-destructive phenomena in 14 per cent (6 out of 42) of children and adolescents (10 to 17 years old) who had treatment with fluoxetine (Prozac) for obsessive-compulsive disorder.

- In the *Journal of Child and Adolescent Psychiatry*, July 1991, Hisako Koizumi, MD, describes a 13-year-old boy who was on Prozac as "full of energy", "hyperactive" and "clown-like", but who devolved into sudden violent actions which were "totally unlike him".

- In the *Journal of the American Academy of Child and Adolescent Psychiatry*, September 1991, author Laurence Jerome reports the case of a 10-year-old who moved with his family to a new location. Becoming depressed, the boy was put on Prozac by a doctor. The boy was then "hyperactive, agitated...irritable" and made a "somewhat grandiose assessment of his own abilities". He called a stranger on the phone and said he was going to kill him. The Prozac was stopped, and the symptoms disappeared.

RITALIN: AMPHETAMINES FOR HYPERACTIVITY

A December 1, 1996 Cox News Service newswire story by Gary Kane states: "Scores of young men and women across the country are learning that the Ritalin they took as teenagers is stopping them from serving their country or starting a military career."

Kane continues: "All branches of the armed forces reject potential enlistees who use Ritalin or similar behavior-modifying medications... And people who took Ritalin as teenagers to treat ADD, an inhibitor of academic skills, are rejected from military service, even if they no longer take the medication."

Ritalin, manufactured by Novartis, is the close cousin to "speed" and is given to perhaps two million American school-children for a condition called Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). ADD and ADHD, for which no organic causes have ever been found, are touted as disease conditions that afflict the young, causing hyperactivity, unmanageability and learning problems. Of course, when you name a disorder or a syndrome and yet can find no single, provable organic cause for it, you have nothing more than a loose collection of behaviours with an arbitrary title.

Correction: you also have a pharmaceutical bonanza.

Even Ritalin's manufacturer warns that "frank psychotic

episodes can occur" with abusive use (*Physicians Desk Reference*, Medical Economics Company, Inc., NJ, USA, 1998).

Dr Breggin, referring to an official directory of psychiatric disorders, the *DSM-III-R*, writes that withdrawal from amphetamine-type drugs, including Ritalin, can cause "depression, anxiety and irritability as well as sleep problems, fatigue and agitation". Breggin then remarks: "The individual may become suicidal in response to the depression."

The well-known Goodman and Gilman's *Pharmacological Basis of Therapeutics* reveals a strange fact. It states that Ritalin is "...structurally related to amphetamines... Its pharmacological properties are essentially the same as those of the amphetamines."

DRUG COMBINATIONS & ADVERSE SIDE-EFFECTS

In *Toxic Psychiatry*, Dr Breggin discusses the subject of drug combinations: "Combining antidepressants [e.g., Prozac, Luvox] and psychostimulants [e.g., Ritalin] increases the risk of cardiovascular catastrophe, seizures, sedation, euphoria and psychosis. Withdrawal from the combination can cause a severe reaction that includes confusion, emotional instability, agitation and aggression."

Children are frequently medicated with this combination, and when we highlight such effects as aggression, psychosis and emotional instability, it is obvious that the result is pointing towards the very real possibility of violence.

In 1986, the *International Journal of the Addictions* (21[7]:837-

841) published a most important literature review by Richard Scarnati, titled "An Outline of Hazardous Side Effects of Ritalin (Methylphenidate)". Scarnati listed over a hundred adverse effects of Ritalin, and indexed published journal articles for each of these symptoms.

For every one of the following (selected and quoted verbatim) Ritalin side-effects, then, there is at least one confirming source in the medical literature:

- Paranoid delusions
- Paranoid psychosis
- Hypomanic and manic symptoms, amphetamine-like psychosis
- Activation of psychotic symptoms
- Toxic psychosis
- Visual hallucinations
- Auditory hallucinations
- Can surpass LSD in producing bizarre experiences
- Affects pathological thought processes
- Extreme withdrawal
- Terrified effect
- Started screaming
- Aggressiveness
- Insomnia
- Since Ritalin is considered an amphetamine-type drug, expect amphetamine-like effects
- Psychic dependence
- High-abuse potential, DEA Schedule II Drug
- Decreased REM sleep
- When used with antidepressants, one may see dangerous reactions including hypertension, seizures and hypothermia
- Convulsions
- Brain damage may be seen with amphetamine abuse.

"Despite unanimous literature of double-blind studies indicating that antidepressants are no more effective than placebos in treating depression in children and adolescents, such medications continue to be in wide use."

Journal of Nervous and Mental Diseases
(184[2], 1996)

ATTENTION DEFICIT DISORDER: DOES IT EXIST?

Many parents around the country have discovered that Ritalin-taking has become a condition for their children continuing in school. There are even reports by parents of threats from social agencies: "If you don't allow us to prescribe Ritalin for your ADD child, we may decide that you are an unfit parent. We may decide to take your child away."

This mind-boggling state of affairs is fuelled by teachers, principals and school counsellors, who do not have medical training.

Yet the very definition of the "illnesses" for which Ritalin would be prescribed is in doubt, especially at the highest levels of the medical profession. This doubt, however, has not filtered down to most public schools.

Commenting on Dr Lawrence Diller's book, *Running on Ritalin*, Dr William Carey, Director of Behavioral Pediatrics at the Children's Hospital of Philadelphia, has written: "Dr Diller has correctly described...the disturbing trend of blaming children's social, behavioral and academic performance problems entirely on an unproven brain deficit..."

On November 16-18, 1998, the US National Institute of Mental Health held the prestigious NIH Consensus Development Conference on Diagnosis and Treatment of Attention Deficit Hyperactivity Disorder. The conference was explicitly aimed at ending all debate about the diagnoses of ADD and ADHD, and about the prescription of Ritalin. It was hoped that at the highest levels of medical research and bureaucracy, a clear position would be taken: this is what ADHD is, this is where it comes from, and these are the drugs it should be treated with. That didn't happen, amazingly. Instead, the official panel responsible for drawing conclusions from the conference threw cold water on the whole attempt to reach a comfortable consensus.

Panel member Mark Vonnegut, a Massachusetts paediatrician, said: "The diagnosis [of ADHD] is a mess."

The panel essentially said it was not sure ADHD was even a "valid" diagnosis. In other words, ADD and ADHD might be nothing more than attempts to categorise certain children's behaviours—with no organic cause, no clear-cut biological basis, no provable reason for even using the ADD or ADHD labels. The panel found "no data to indicate that ADHD is due to a brain malfunction [which malfunction had been the whole psychiatric assumption in the first place]".

The panel also found that Ritalin has not been shown to have long-term benefits. In fact, it stated that Ritalin has resulted in "little improvement on academic achievement or social skills".

Panel chairman David Kupfer, Professor of Psychiatry at the University of Pittsburgh, said: "There is no current validated diagnostic test [for ADHD]."

Yet at every level of public education in America, there remains what can only be called a voracious desire to give children Ritalin (or other similar drugs) for ADD or ADHD.

Nullifying the warnings, assurances and prescriptions that doctors routinely give to parents of children who have been diagnosed with ADD or ADHD should be a national goal.

The 1994 *Textbook of Psychiatry*, published by the American Psychiatric Press, contains this review by Popper and Steingard. The pronouncement makes a number of things clear. "Stimulants [such as Ritalin] do not produce lasting improvements in aggressivity, conduct disorder, criminality, education achievement, job functioning, marital relationships or long-term adjustment."

Parents should also wake up to the fact that, in the aftermath of the Littleton, Colorado, tragedy, pundits and doctors are urging more extensive "mental health" services for children. Fine, except whether you have noticed it or not, for the most part this no longer means therapy with a caring professional. It means drugs. It means the drugs I am discussing in this inquiry.

In December 1996, the US Drug Enforcement Administration (DEA) held a conference on ADHD and Ritalin. Surprisingly, it issued a sensible statement about drugs being a bad substitute for the presence of caring parents: "...the use of stimulants [such as Ritalin] for the short-term improvement of behavior and underachievement may be thwarting efforts to address the children's real issues, both on an individual and societal level. The lack of long-term positive results with the use of stimulants and the specter of previous and potential stimulant abuse epidemics give cause to worry about the future. The dramatic increase in the use of methylphenidate [Ritalin] in the 1990s should be viewed as a marker or warning to society about the problems children are having and how we view and address them."

The Brookhaven National Laboratory has studied Ritalin through PET brain scans. Lab researchers have found that the drug decreased the flow of blood to all parts of the brain by 20 to 30 per cent. That is, of course, a very negative finding. It is a signal of danger. But parents, teachers, counsellors, principals, school psychologists know nothing about this. Nor do they know that cocaine produces the same blood-flow effect.

In his book, *Talking Back to Ritalin*, Peter Breggin expands on the drug's effects: "Stimulants such as Ritalin and amphetamine...have grossly harmful impacts on the brain—reducing overall blood flow, disturbing glucose metabolism and possibly causing permanent shrinkage or atrophy of the brain."

UNSETTLED OUT OF COURT

In the wake of the Littleton shooting, we find that "the American people" and lawyers, pundits and child psychologists are pointing the finger at Hollywood, at video games like *Doom*,

at inattentive parents, and at the availability of guns. We have to wonder why almost no one is calling out these drugs. Is it possible that the work of PR people is shaping the national response?

An instructive article, "Protecting Prozac", by Michael Grinfeld in the December 1998 *California Lawyer*, opens several doors. Grinfeld notes that "in the past year, nearly a dozen cases involving Prozac have disappeared from the court record". He is talking about lawsuits against the manufacturer, Eli Lilly, and he is saying that these cases have apparently been settled, without trial, in such a quiet and final way, with such strict confidentiality, that it is almost as if they never happened.

This smoothness, this invisibility, keeps the Press away and

... nearly a dozen cases involving Prozac have disappeared from the court record.

... lawsuits against the manufacturer, Eli Lilly, have apparently been settled, without trial, in such a quiet and final way, with such strict confidentiality, that it is almost as if they never happened.

also, most importantly, does not encourage other people to come out of the woodwork with lawyers and Prozac horror-stories of their own, because they are not reading about \$2 million or \$10 million or \$50 million settlements paid out by Lilly.

Grinfeld details a set of manoeuvres involving attorney Paul Smith who, in the early 1990s, became the lead plaintiff's counsel in the famous Fentress case against Eli Lilly. The case made the accusation that Prozac had induced murder. This was the first action involving Prozac to reach a trial and jury, so it would establish a major precedent for a large number of other pending suits against the manufacturer. After what many people thought was a very weak attack on Lilly by Smith, the jury came back in five hours with an easy verdict favouring Lilly and Prozac.

Grinfeld writes: "Lilly's defense attorneys predicted the verdict would be the death knell for [anti-]Prozac litigation."

But that wasn't the end of the Fentress case, even though Smith, to the surprise of many, didn't appeal.

"Rumors began to circulate that Smith had made several [prior] oral agreements with Lilly concerning the evidence that would be presented [in Fentress], the structure of a postverdict settlement, and the potential resolution of Smith's other [anti-Prozac] cases."

In other words, the rumours said: This lawyer made a deal with Lilly to present a weak attack, to omit evidence damaging to Prozac, so that the jury would find Lilly innocent of all charges. In return for this, the case would be settled secretly, with Lilly paying out monies to Smith's client. In this way, Lilly would avoid the exposure of a public settlement, and through the innocent verdict would discourage other potential plaintiffs from suing it over Prozac.

The rumours congealed. The Fentress case Judge, John Potter, asked lawyers on both sides if "money had changed hands". He wanted to know if the fix was in. The lawyers said no money had been paid, "without acknowledging that an agreement was in place".

Judge Potter didn't stop there. In April 1995, Grinfeld noted: "In court papers, Potter wrote that he was surprised that the plaintiff's attorneys [Smith] hadn't introduced evidence that

Lilly had been charged criminally for failing to report deaths from another of its drugs to the Food and Drug Administration. Smith had fought hard [during the Fentress trial] to convince Potter to admit that evidence, and then unaccountably withheld it."

In Judge Potter's motion, he alleged that "Lilly [in the Fentress case] sought to buy not just the verdict, but the court's judgment as well".

In 1996, the Kentucky Supreme Court issued an opinion on all this: "...there was a serious lack of candor with the trial court [during Fentress] and there may have been deception, bad faith conduct, abuse of the judicial process or perhaps even fraud."

After the Supreme Court remanded the Fentress case back to the state Attorney-General's office, the whole matter dribbled away, and then resurfaced in a different form in another venue. At the time of the *California Lawyer* article, a new action against Smith was unresolved.

If Eli Lilly went to extreme lengths to control suits against Prozac, it stands to reason that drug companies could also try to deflect legal actions by influencing how the Press, lawyers and public view these school shootings. For example, accusing video games is acceptable, accusing guns is acceptable, accusing bad parents is acceptable. In fact, these causes, as I stated above, are legitimate.

INDUSTRY-FUNDED GROUPS PUSH DRUGS

In 1996, the PBS television series, *The Merrow Report*, produced a program called "Attention Deficit Disorder: A Dubious Diagnosis?" The Educational Writers Association awarded the program first prize for investigative reporting in that year. I can recall no other piece of television journalism since the Vietnam War which has managed to capture, on film, government officials in the act of realising that they have made serious mistakes.

John Merrow, the series host, explains that, unknown to the public, there has been "a long-term, unpublicised financial relationship between the company that makes the most widely known ADD medication [Ritalin] and the nation's largest ADD support group". The group is CHADD, based in Florida.

CHADD stands for Children and Adults with ADD. Its 650 local chapters sponsor regional conferences and monthly meetings, often held at schools. It educates thousands of families about ADD and ADHD and gives out free medical advice. This advice features the drug Ritalin.

Since 1988, when CHADD and Ciba-Geigy (now Novartis), the manufacturer of Ritalin, began their financial relationship, Ciba-Geigy has given almost a million dollars to CHADD, helping it to expand its membership from 800 to 35,000 people.

Merrow interviews several parents whose children are on Ritalin—parents who have been relying on CHADD for information. They are clearly taken aback when they learn that CHADD obtains a significant amount of its funding from the drug company that makes Ritalin.

CHADD has used Ciba-Geigy money to promote its pharmaceutical

message through a public service announcement produced for television. Nineteen million people have seen it. As Merrow says: "CHADD's name is on it, but Ciba-Geigy paid for it."

It turns out that in all of CHADD's considerable literature written for the public, there is rare mention of Ciba-Geigy. In fact, the only instance of the connection Merrow could find on the record was a small-print citation on an announcement of a single CHADD conference.

In recounting CHADD's promotion of drug "therapy" for ADD, Merrow says: "CHADD's literature also says psychostimulant medications [like Ritalin] are not addictive."

Merrow brings this up with Gene Haslip, a DEA official in Washington. Haslip is visibly annoyed. "Well," he says, "I think that's very misleading. It's [Ritalin's] certainly a drug that can

... unknown to the public, there has been "a long-term, unpublicised financial relationship between the company that makes the most widely known ADD medication [Ritalin] and the nation's largest ADD support group".

Continued on page 86

THE BUTEYKO METHOD

An Effective Treatment for Asthma

Russian physician Professor Buteyko developed this simple, drug-free treatment for asthma and other diseases after he noticed that over-breathing disturbs the metabolism and makes the body more prone to illness.

by Paul J. Ameisen, MBBS, ND,
DipAc, FACNEM © 1997/99

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I have been a medical practitioner for twenty-three years, with both city and country practices and overseas postings, and in that time I have treated thousands of asthma patients. Like every conscientious medical doctor, I have kept up to date with the latest research and with advances in techniques and medication in order to help my patients to the best of my ability. This has been especially important to me, as I take a keen interest in respiratory diseases. In addition, much of my work has been in Australia, where a major respiratory disease has a strong hold.

Australia and New Zealand have more asthma sufferers per capita than any other countries in the world. More than one million people (some estimate nearly two million) have asthma in Australia; that is, 25% of children, 15% of teenagers and 10% of adults. In New Zealand, 700,000 people, or 20% of the population, have asthma. In 1995, one New Zealand child in five had asthma; for Maori children, the figure was one in three.

Asthma is on the increase in the industrialised countries of the world. In the USA, 16 million people suffer from it, as do three million in the United Kingdom. Boys have asthma more commonly than girls, and about one child in four has asthma at some stage of development. About half the children with mild asthma will improve and "grow out of" the condition through their teenage years. The others have to continue with a disease that can interfere with their pleasure in life, their education, their sporting interests, their well-being and even their relationships with family and friends. Adult or "late onset" asthma also occurs, more frequently in women than in men. These unlucky people not only suffer acute discomfort, disruption of every aspect of their lives and often sheer misery from their condition, but they may also be facing a threat to their life. Not only is asthma itself on the increase, but so are deaths from asthma attacks. It is a frightening fact that in Australia in 1996, for instance, asthma attacks caused more than 800 deaths.

Medicine in the 20th century has not coped well with asthma. The number and availability of drugs to treat the disease have been sharply increasing since the beginning of the century, but so has the incidence of asthma. The Asthma Foundation of Australia reported that the incidence of asthma in children in Australia doubled between 1982 and 1992. As a doctor, I could not help wishing that there was another way of helping a child control his or her asthma, instead of having to fall back on an increase in the drugs I prescribed.

Then, in the early 1990s, I first became aware of the work and methods of a certain Professor Konstantin Pavlovich Buteyko, a diagnostic respiratory physician whose techniques, developed in the 1950s, were considered a breakthrough in Russia and still are, after decades of research and treatment of asthma patients. It was two of my patients who told me about it—a mother and daughter who had attended a clinic in Sydney and had both derived extraordinary benefit from the simple breathing technique that they were taught by the Buteyko practitioner.

I became interested, and I observed the technique over a long period. Doctors are always cautious about any new research or treatments they observe, and I was no exception. But there is nothing more convincing to a scientific mind than genuine, sustained and verifiable results, and I eventually became convinced, from the objective evidence, that I was looking at a dramatically effective treatment for asthma. I began referring patients to the clinic and became supervising medical officer, so this enabled me to monitor and help my patients and others even more effectively. Consequently I have also been able to make a study of the 8,000 patients treated so far in Australia, and when invited I have spoken on radio and television about the far-reaching, beneficial effects of this natural, benign method. My book, *Every Breath You Take*, was the result of six years of

research into the method and the results it has achieved for asthma sufferers. The results are astonishing and suggest a direct link between our breathing patterns and our level of health.

THE THEORY BEHIND THE BUTEYKO METHOD

The Buteyko theory is that the basic cause of asthma is habitual, hidden over-breathing (literally, taking in too much air when breathing). The treatment is based on bringing the breathing to normal levels and thus eradicating over-breathing (hyperventilation) and reversing the need for the body's defence mechanisms. These defence mechanisms, according to the theory, include spasm of the airways, mucus production (in the chest, nose, throat and ears), and inflammation (swelling) of the bronchial walls.

The Buteyko method's message is that when asthma sufferers learn to alter the volume of air they habitually inhale, their asthma attacks can be significantly reduced and the use of asthma drugs and apparatus can be reduced or entirely eliminated.

It is possible that the economies of the industrialised countries worldwide could save billions of dollars spent annually on asthma drug subsidies and hospitalisation, if their health administrators took notice of the advances in asthma treatment pioneered by Professor Buteyko.

The method is on record as having benefited 100,000 patients in Russia, and it is officially recognised by the Russian Government. Professor Buteyko's experimentation and his documented clinical trials on patients in Russia indicate that the great majority of asthma sufferers over four years old can be significantly relieved by the method (younger children may find it more difficult to learn), and any individual on asthma drug treatment can reduce that drug intake by 90% or more in the majority of cases.

Outside Russia, the first Buteyko clinical trials on asthma sufferers were completed in 1995 in Australia by Associate Professor Charles Mitchell of the Queensland University Medical School, Dr Simon Bowler of the Mater Hospital and Ms Tess Graham of the Buteyko Group. The results of the first half of the trial, which were presented to a conference of the Thoracic Society in Hobart on 30 March 1995, supported the findings of Professor Buteyko, and a press release at the time made the general findings public.

The Buteyko method is taught in all capital cities and many country areas of Australia, as well as in New Zealand, Europe and the United States [see contact details at the end of this article].

With more than 10,000 people having learnt the method in Australia as at mid-1999, the success rate continues to be very high. Asthma sufferers attending the clinics have found that, after learning and practising the method, they can reduce their use of relievers and preventers to varying significant degrees.

It is impossible to overestimate the importance of the Buteyko

method for asthma sufferers and their families. I believe it is the great medical breakthrough of the 20th century, and I am proud to be author of the first-ever book on this subject outside Russia.

The book was the result of my own investigation of the theory and practice of the method, and relied on my close experience with the clinics and the patients who have benefited from the method. That experience is ongoing and growing. I have the sanction of Professor Buteyko and of the Buteyko clinics to reveal the method, its scientific bases and its results.

THE IMPORTANCE OF CARBON DIOXIDE

You may have thought that in a discussion about the lungs we would talk about oxygen first and foremost. But the first thing I want to bring up here is how important carbon dioxide is in the body. In fact, we know that each human cell needs a specific concentration of carbon dioxide—about 7%—to sustain normal life.

When human life first began on the planet, the composition of the atmosphere was different from what it is today, for there was more than 20% of carbon dioxide in the air that living beings breathed. But the percentage has fallen greatly, and now our air contains only 0.03% of carbon dioxide. Our bodies have had to compensate gradually for this, and they have done so by creating an internal air environment in the small air sacs inside the lungs. With the action of normal, healthy breathing, these air sacs, or alveoli, contain around 6.5% of carbon dioxide. So, as we breathe in and out normally, that 6.5% of carbon dioxide exists inside the lungs, in balance

with the oxygen that we also need to stay alive.

An important factor that seriously affects that level of necessary carbon dioxide in the lungs is *over-breathing*, also known as *hyperventilation*. If we breathe in too great a volume of air for our body's needs, we breathe off carbon dioxide too rapidly and the lungs are unable to maintain the right level in the air sacs. When carbon dioxide is low due to over-breathing, this causes a chemical reaction which makes it hard for oxygen to be released from the bloodstream into the tissues of the body. The tissues of the body then become starved of oxygen, despite the blood being rich in oxygen.

Tissues starved of oxygen cannot be healthy: they become irritable; and smooth muscles react by going into spasm. Smooth muscle is found around our air tubes and around blood vessels, arteries and veins, and forms part of the wall of the intestines.

Oxygen starvation of vital organs (such as the brain) excites the breathing centre in the brain, thereby creating a state of *breathing stimulation*. This increases the breathing even further, creating a "shortness of breath" sensation in the already deep-breathing person, which further deepens the breath and creates a vicious circle because even more carbon dioxide is breathed off.

BREATHING LEVELS		
Table 1.		
Normal breathing	3 to 5 litres per minute	Healthy level of 6.5% carbon dioxide in air sacs.
Hidden over-breathing	5 to 10 litres per minute	Results in very gradual sickness not easily noticed, and illness develops over many years.
Over-breathing	10 to 20 litres per minute	This is known as an "attack", where the adult asthma sufferer, or a person with a related condition, hyperventilates rapidly.
Severe over-breathing	20 to 30 litres per minute	At this maximum level, the person suffers a sudden anxiety attack.

THE RESULTS OF OVER-BREATHING

Professor Buteyko came up with the theory that a majority of the human population actually over-breathes, some more severely than others. Because people are unaware of this factor, he called it *hidden hyperventilation*—long-term over-breathing not clearly visible to the individual.

He noticed that the result of obvious over-breathing has the equivalent effect of an acute and serious anxiety attack: shaking hands, anxiety, chest pain, air hunger, finger tingles and spasm (tetany), cramps and racing pulse. He went on to find that the effect of less serious over-breathing, which is not noticed immediately, has equally dire consequences for a person's health over time.

The amount of air we breathe is measured in litres. Table 1 shows the effects of normal breathing and over-breathing.

In general, the person's system becomes ill through over-breathing, and is then more prone to viral illness and allergies. The shift in the rate of body activity disturbs the normal flow of chemical reactions in the body and results in further illness.

If over-breathing disturbs our basic total metabolism, as the Professor believes, we can start to understand how it might cause a diverse set of symptoms: bronchospasm (spasming of the air tubes), heart blood- vessel spasm and increased blood pressure. These symptoms are recognised and help us define certain diseases: asthma, angina and hypertension. Professor Buteyko concluded that if breathing is not corrected, this in turn leads to further deterioration of asthma, sclerosis (hardening) of blood vessels and lungs, myocardial infarction (heart attack) and strokes. In fact, he claims over-breathing to be directly linked to at least 150 diseases. The Buteyko theory states that these diseases are the body's defence mechanism against the excessive loss of carbon dioxide through over-breathing.

It is important to remember that the human organism tries at all times to keep carbon dioxide at the normal, beneficial level in the lungs. Buteyko theory explains that when we over-breathe, the body adopts a defence mechanism to retain carbon dioxide. These are the signs of this at work:

1. Spasm of the airways and air sacs. These close up to make openings narrower in an effort to keep the carbon dioxide in the lungs.

2. Mucus and phlegm development. This is another way for the body to narrow the airways in an attempt to trap the carbon dioxide.

3. Swelling of the mucus lining and the bronchial tubes. This is a further way for the body to narrow the airways.

Asthma sufferers will instantly recognise the above symptoms. There is another that is not obvious to those who over-breathe:

4. Increased production of cholesterol in the liver. This causes a thickening of the cell walls of the blood vessels, which in turn prevents transfer of carbon dioxide from the blood vessels back to the small air sacs in the lungs.

Professor Buteyko concluded that to avoid making the body ill through over-breathing, and also to avoid the uncomfortable and unpleasant effects of the defence mechanism at work, the solution was to educate the over-breathers so that they could learn to

breathe in a shallower way, so that their lungs could return to normality—that is, with the carbon dioxide level at around 6.5 per cent. To achieve this re-education, it was important for people to see what factors were making them over-breathe in the first place.

TRIGGERS THAT MAY CAUSE OVER-BREATHING

According to Professor Buteyko's research, the majority of people over-breathes or hyperventilates. Some people seem to over-breathe more than others, so they may be more susceptible to certain external factors.

There are a number of triggers which seem to make this situation a special problem for those who have a tendency towards asthma:

1. The belief that deep breathing is helpful and improves health. This is received wisdom in the Western world, though not in Eastern cultures, where shallow breathing is practised for bodily and mental health. We breathe in more air when we exercise, it is true, but it does not follow that regular deep-breathing is beneficial. In fact, try to make the barbecue fire catch by breathing in deeply and blowing out hard, and you will rapidly become faint. Observe top athletes and swimmers: these super-fit people have the slowest pulse and shallowest breathing in the population. A fit, healthy body breathes slowly and more shallowly. Swimming is the best sport for asthma sufferers because swimmers hold their breath while exercising; they practise the Buteyko method without realising it.

2. Stress from both positive and negative emotions. Both excitement and depression cause stress, and research shows that people under stress over-breathe.

3. Over-eating. When we eat too much, the system has to work harder to process the food, and this can cause over-breathing. To avoid this, one should not over-eat. It is also a fact that animal protein makes the body work harder. Many asthma sufferers will have noticed that red meat and cheese (animal protein), for example, sharply increase hyperventilation. To avoid over-breathing caused by the food we eat, it is better to eat more plant products than animal products. You should also eat raw

food more than cooked food, as raw food causes less over-breathing.

4. Lack of regular exercise. Physical activity, on the other hand, encourages the release of carbon dioxide from the body cells, increasing its level in the lungs. In vigorous exercise (except for swimming), of course, we breathe deeply, which results in a short-term drop in the carbon dioxide level, but the long-term result of fitness is a higher level of carbon dioxide in the lungs and better nourishment of all the cells in the body.

5. Prolonged, excessive sleep. Professor Buteyko's research demonstrates that lying down for a long time, especially on the back, while asleep or while bed-ridden, causes severe over-breathing. Techniques to avoid over-breathing in horizontal positions are described later. Patients should sleep only 6 to 7 hours if possible, on the left side, and breathe through the nose with the mouth firmly shut.

6. Hot and stuffy environments. We over-breathe when our body detects that the air we are breathing does not contain what we need. On the other hand, mild or cold temperatures all assist

In general, the person's system becomes ill through over-breathing, and is then more prone to viral illness and allergies.

The shift in the rate of body activity disturbs the normal flow of chemical reactions in the body and results in further illness.

shallow breathing—a conclusion reached after 10 years of research and measurement. We soon realise this when we sit in a sauna: sweating may detoxify the body, but it also creates extra work, causing hyperventilation. When we move from a cooler climate to a hot one, a similar reaction can occur.

7. Bronchodilators. These are standard medication for asthmatics. Bronchodilators give quick relief at first, but Professor Buteyko argues that they in fact cause further over-breathing because they are designed to open the air passages and keep them open maximally for 4 to 12 hours, allowing the sufferer to continue what he or she thinks of as "normal" breathing. Based on Professor Buteyko's research, a person who suffers from asthma is an over-breather, so after 2 to 12 hours the low carbon dioxide level means that their airways will go into spasm again, and the bronchodilator will be needed once more. This is a vicious circle.

8. Excessive sexual activity. The hyperventilation in sexual activity is obvious—and normal. It is only when this activity becomes excessive because of a sex addiction that hyperventilation becomes a problem, because it lowers the level of carbon dioxide in the lungs.

9. Smoking and pollution. When we walk into a smoke-filled room we may cough; this is because we are entering a situation that is allergic and toxic. We also get the signal, "not enough air", so we over-breathe. Some people, asthmatics included, react more sensitively to such situations than others and have the same reaction to pollution: over-breathing.

10. Alcohol and recreational drugs. These put a stress on the body due to their toxicity and overstimulation, and Professor Buteyko's studies give evidence that they lead to over-breathing.

THE PHYSIOLOGY OF BREATHING

We all know that breathing plays a vital role in the human organism. Nutrition is of major importance to us, yet we can survive without food for weeks and without water for days. But if the average individual is without air for three to five minutes, he or she cannot survive. We normally breathe 20,000 to 30,000 times every 24 hours.

The optimal level of carbon dioxide (CO₂) in the alveoli, or small air sacs in the lungs, is around 6.5%. If for any reason (such as over-breathing) it falls below this, there is a gradual alkaline reaction, called *respiratory alkalosis*, in the lungs. At the extreme, if the carbon dioxide level falls to below 3%, shifting the pH (the acidity level) to 8 (more alkaline), the organism dies. When the carbon dioxide level is lowered, the gradual alkaline reaction in the lungs carries through to the blood, and total blood CO₂ will also be low. The kidneys further try to "buffer" or correct this imbalance. This partially makes up for the CO₂ deficiency, but it sets up a course of events which changes for the worse the rate and efficiency of activity of all the vitamin and enzyme

systems in the body—and it is these systems that run our energy and vitality.

While air is held in the lungs, the molecules it contains pass through the walls of the alveoli and into the blood, to be carried around the system to nourish the body tissues. Oxygen is carried in the blood by means of a haemoglobin (Hb) molecule (which is part of a red cell). When the carbon dioxide level is low due to over-breathing, the oxygen is held tighter than normal to the Hb molecule, due to a chemical bond, and cannot readily separate itself from the haemoglobin. Not enough oxygen is getting into the tissues, so they become starved of oxygen. This oxygen starvation of the tissues is called *hypoxia*.

The tissues of the human body include muscles, of which there are three types:

- Striated muscle, e.g., the biceps and triceps muscles;
- Smooth muscle, found around bronchi and bronchioles or air tubes, around blood vessels, arteries and veins, and as part of the

wall of the intestines. You can guess that smooth muscle is of importance in asthma.

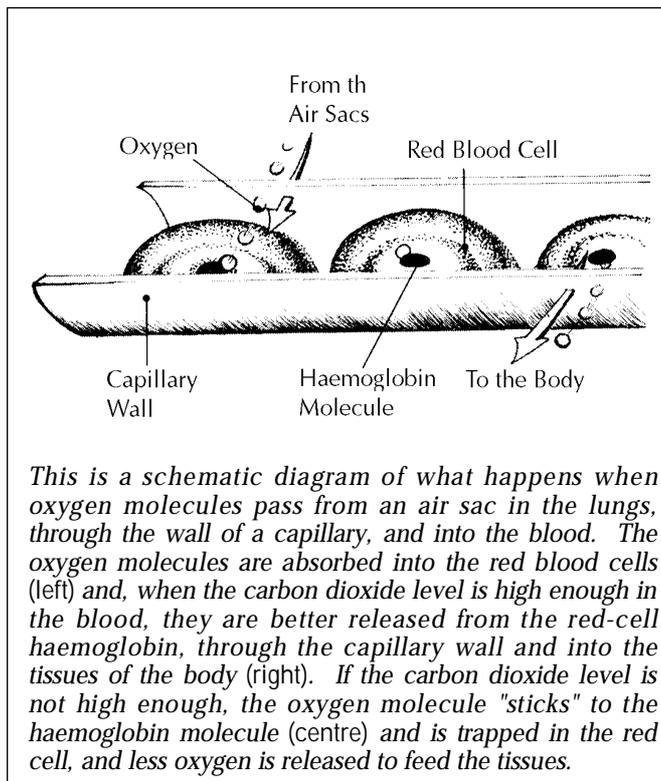
- Cardiac muscle, i.e., specialised muscle cells, each cell able to contract by itself.

As stated before, tissues starved of oxygen cannot be healthy—they become irritable; and the way smooth muscle reacts in distress is to contract or spasm. Thus, we start to understand that if carbon dioxide is not at its proper or normal level (6.5%) in the air sacs and falls too low through over-breathing, the oxygen becomes more bound to the haemoglobin molecule and is less able to separate and feed the tissues.

Now, children in the Western world are generally taught that the deeper they breathe, the more oxygen they get "inside". Most adults believe this, as well as in the efficacy of all sorts of "deep breathing" exercises. It is true that we take in more oxygen

when we breathe deeply, but how much oxygen is then available from the blood to the tissues? This availability is governed by something known as the Verigo-Bohr effect, where lowered levels of CO₂ strengthen the bond between haemoglobin and oxygen, thus lowering the oxygenation of the tissues. The stated purpose of the Buteyko method is to reverse the Verigo-Bohr effect.

To summarise, oxygen enters the lungs, goes into the blood and is trapped by the haemoglobin molecule. How easily it is released to feed the body cells depends on the level of carbon dioxide. The oxygen is properly released when carbon dioxide is at a high level in the lungs. If it is low, the tissues suffer oxygen starvation. Oxygen starvation affects all the vital organs, and it has a particular effect in one of them, the brain: it excites the breathing centre located there, setting off a state of *breathing stimulation*. This increases the breathing even further, creating a "shortness of breath" sensation in the already over-breathing person, which further deepens the breath. So then there is a further progressive decrease (breathing off) of carbon dioxide from the lungs.



The way to reverse this process is to breathe more shallowly, to trap more carbon dioxide in the lungs and return its level to normal. If the carbon dioxide rises again to normal levels, oxygen is more readily released from the haemoglobin molecules and can then nourish the tissues and cells.

It is interesting to note that few medical experts in the Western world have taken very much account of the idea of shallow breathing. Eastern ideologies, on the other hand, have proposed for centuries that there is value in stopping over-breathing, and have made breath control part of a wide range of exercises for the body and mind, examples being the practice of meditation, yoga (*pranayama* breathing), Tai Chi, Chi Gong, and Judd-Shi from Tibet.

THE AIM OF THE BUTEYKO METHOD

Over-breathing, then, is an increase in the function of the lungs above what is normal. It is also called *hyperventilation*. The significance of Buteyko's discoveries hinges on the diagnosis of what he termed *hidden hyperventilation*. This is long-term over-breathing that we are basically not aware of.

Professor Buteyko became interested in breathing levels in general. What happens, he asked, at all the levels between the extreme hyperventilation we have described, and the normal human breathing rate?

Professor Buteyko could clearly see, as can anyone else, the effects of over-breathing to a level of 30 litres of air per minute. Anyone who breathes like this (don't try it!) will suffer the equivalent effect of an acute and serious anxiety attack, i.e., shaking hands, anxiety, chest pain, air hunger, finger tingles and spasm (tetany), cramps and a racing pulse.

An adult who suffers from asthma usually breathes 5 to 10 litres of air a minute when he or she is "well". During an attack, the rate increases to 10 to 20 litres per minute. The simple—and achievable—aim of the Buteyko method is to get the volume of air breathed down to normal, i.e., 3 to 4 litres per minute.

A series of regulated breathing exercises is used to teach the person who over-breathes to breathe a normal volume of air for the rest of his or her life. It can be done—thousands of relieved patients have proved it—and the technique is so simple that a child can follow the method and even have fun while learning.

THE BUTEYKO BREATHING EXERCISES

The Buteyko course consists of five to ten sessions of tuition, varying from one to two hours each. Usually five to seven sessions of one hour are enough for the patient to witness improvement and have confidence in the technique. However, the most severe cases, such as those who need regular hospital admittance, may require up to nine months of practice to achieve the desired level of health. In the Buteyko technique, patients are taught to normalise their breathing. They are asked to:

1. Breathe in and out, both through the nose only, to reduce over-breathing.

2. Tape the mouth up while sleeping, unless there is some severe nasal condition. Adults can easily adapt to this, but it often frightens parents initially. However, I have seen no child come to any harm over seven years of recommending the practice. Partial taping can be practised until children and parents become more confident. A very light, easily removable micropore tape is used.

3. Sleep on the left side and avoid sleeping on the back. Sleeping on the back causes the most hyperventilation. Professor Buteyko's research has shown that sleeping on the left side causes least hyperventilation.

4. Increase the control pause and the maximum pause (which are defined next).

The Control Pause

The way to reverse this process is to breathe more shallowly, to trap more carbon dioxide in the lungs and return its level to normal.

If the carbon dioxide rises again to normal levels, oxygen is more readily released ... and can then nourish the tissues and cells.

The control pause is described as the time it takes someone to breathe out normally, then hold his or her breath in the out position until the very first signs of discomfort occur. That measurement is recorded, then the person continues to breathe through the nose in a shallow pattern. Most people can achieve 10 to 20 seconds, at rest. Some cannot achieve even one second, while others can do 40 seconds plus, quite naturally. The idea is to succeed in holding the breath in the out position for up to 50 to 60 seconds, until first difficulty is reached, to achieve the desired improvement. This is the measure of success.

If a person has a control pause of 15 seconds, he or she is breathing a volume of air per minute that is enough for four people. A control pause of 30 seconds indicates the person is breathing for two people. A control pause of 60 seconds means breathing is under control and he or she is breathing for one person.

The Maximum Pause

The maximum pause is the time it takes a person to breathe out normally, hold his or her breath in the out position and, through specially taught exercises and distractions, prolong this pause to the maximum time. With exercise, repetition and perseverance, some people surprise themselves with times of up to two minutes and even longer.

Patients are asked to come to classes for education and encouragement in these breathing exercises and to discuss problems and incidentals such as coincidental viruses, personal problems and so on. Often, family members are invited to attend, free of charge, to encourage the patients further.

Between the classes, patients are urged to follow the four rules set out above (only nasal breathing, sleeping on left side, etc.), and to follow a rigid regime of breathing exercises. Twice daily exercises for 20 minutes are required.

Some people with mild illness stop their exercises after some two months and find their breathing has changed to a more shallow pattern, where they take in less air or take smaller breaths. They can then stop their exercises altogether, as they no longer hyperventilate. So, in order to prolong the maximum pause, first-ly the patient, under supervision, breathes out to the maximum,

holds the nose and firmly closes the mouth while seated upright. Then, he/she holds the breath in expiration (that is, with "empty" lungs) until he/she feels uncomfortable.

The person then continues in expiration while utilising one or more distractions:

1. Body gyrations. These involve moving the torso about while holding the nose—flinging the body from side to side, bringing the head towards the knees, rocking from side to side,

Table 2. A typical session of Buteyko breathing exercises

1. Take the pulse
2. Control pause
3. Three minutes' shallow breathing
4. Maximum pause
5. Three minutes' shallow breathing
6. Control pause
7. Three minutes' shallow breathing
8. Control pause
9. Three minutes' shallow breathing
10. Maximum pause
11. Three minutes' shallow breathing
12. Control pause
13. Three minutes' shallow breathing
14. Take the pulse again

and rocking forwards and backwards.

2. Mobile exercises. Finally, the sitting gyrations don't distract the person enough and he/she stands up while holding the nose and begins to walk around the room in circles. He/she may walk outside the room, keeping on the move until he/she can really no longer hold the breath. In our clinic, this is often called "the Groucho Marx walk".

3. Nose-breathing. The person then tries to prevent over-breathing by breathing strictly through the nose. He/she sits down again and deliberately tries to achieve a shallow breathing equilibrium. After a rest of two to three minutes of shallow nose-breathing, another control pause is carried out.

4. Fun & Games. Children usually make a game of the exercises. When they start to have difficulty holding the breath, and really want to breathe in while they are sitting down and holding the nose, they pace out steps around the room and count up the number of steps in their heads. Some do squats; some jump up and down on the spot. Afterwards, they compare their results with others. Both children and adults can be fiercely competitive over their achievements!

Adult asthma sufferers are usually accustomed to using peak-flow meters. But rather than using the meters (which can be used if desired, however), Buteyko practitioners prefer to use a single instrument: the stopwatch. Success is measured as each person's increase in control pause is accurately timed.

Maximum pause can be stretched to surprising lengths, but it is the control pause which is the final measure of success. If the feeling of first difficulty does not arise until 40 to 60 seconds have passed, a patient can feel confident that his/her respiratory problems are improving rapidly, that the hyperventilation is being corrected and that the oxygen and carbon dioxide ratio has been normalised. However, if the person feels an attack coming on, he/she can do one maximum pause, then three minutes' shallow breath-

ing, then one more maximum pause. If no relief is felt, the patient can take one puff of the bronchodilator and, if necessary, one puff five minutes later.

A typical session of Buteyko breathing exercises is described here in table 2.

Practice Time for the Buteyko Exercises

• **Mild cases** of asthma tend to be episodic, and may be triggered by types of exercise or by viral infections. Once the Buteyko method has been learned and practised correctly, mild cases tend to need only episodic treatment with bronchodilators and episodic breathing exercises.

• **Moderate cases** are those who suffer from frequent asthma or mild continuous asthma, and those who make regular use of a bronchodilator with usually a steroid preventive inhaler. The exercise requirements for these people are 2 to 4 times per day for 20 minutes.

• **Severe cases** are usually on medication of two different types of bronchodilator inhalers plus steroid inhaler, with or without oral steroids and with or without other agents like methotrexate. They tend to need frequent hospital visits. The breathing exercise requirements for people who suffer serious attacks, with protracted stays in hospital, are 3 to 5 times per day for 20 to 30 minutes initially, later easing to two sessions. To achieve best results, these sufferers may need 3 to 12 months of practice.

A Final Note of Caution

The purpose of this article is to familiarise the reader with the Buteyko theory and method, not to serve as an instruction manual. The Buteyko method should not be learned without expert supervision. Consult a Buteyko teacher and medical/health practitioner before proceeding with any exercises or treatments.

About the Author:

Paul J. Ameisen, MBBS, ND, DipAc, FACNEM, has been a Medical Practitioner for 21 years. His first appointment was as Resident at St Vincents Hospital, Sydney. He has since practised at Liverpool Hospital, Sydney; Framingham Union Hospital in Boston, USA; Baragwanath Hospital, South Africa; and Mudgee District Hospital, NSW, Australia. He has a Diploma of Naturopathy, a Diploma of Acupuncture from *Medicina Alternativa*, and is a Fellow of the Australian College of Nutritional and Environmental Medicine. Dr Ameisen is currently in private practice. He is the author of *Every Breath You Take* (Lansdowne Publishing, Sydney, 1997, ISBN 1-86302-567-7).

Editor's Notes:

- Dr Paul Ameisen was a speaker at the 1999 NEXUS Conference in Sydney. Videotapes of his talk, "Secrets of Correct Breathing" are now available; see Video Reviews this issue for details.
- This article is edited from Dr Ameisen's book, *Every Breath You Take* (reviewed in NEXUS 5/02, Feb-Mar 1998). Copies of the book are available from NEXUS offices.

Buteyko Information:

For more details about the Buteyko method and practitioners:

- in Australia, contact Clare Benton at the Vita Centre, Sydney, tel (02) 9328 1066, 1800 658 818 (free call), website <www.vitacentre.com.au>;
- in New Zealand, contact Russell Stark, tel (06) 878 0101;
- in the USA, contact Roger Young or Susan Neves, tel (317) 845 4296, fax (317) 328 0428, e-mail <wheezefree@aol.com>;
- in other countries, contact Aaron Lumsdaine, tel +61 8 9330 8081, website <www.buteyko.com.au>.

The Yin & Yang of HIV

When put to the test, conventional HIV/AIDS theory is at odds with the clinical evidence. Is "purified HIV" no more than a tangle of cellular debris?

Part 2 of 3

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The real purpose of scientific method is to make sure Nature hasn't misled you into thinking something you don't actually know... One logical slip and an entire scientific edifice comes tumbling down. One false deduction about the machine and you can get hung up indefinitely.

— Robert Pirsig, *Zen and the Art of Motorcycle Maintenance*

SOME SCIENTIFIC PROBLEMS WITH THE HIV THEORY

• The theory vs the definition

The central premise of the HIV theory of AIDS is that there exists a unique retrovirus, transmissible via blood and sexual secretions, which induces specific antibodies and kills T4 cells whose relative absence then causes the appearance of approximately 30 diseases which constitute the clinical syndrome. The theory, however, is rendered completely contradictory by the official AIDS definition used clinically.

In Australia, an individual is diagnosed as having AIDS if he or she fulfills the criteria set out in the latest (1993) revision of the US "CDC surveillance case definition for AIDS".¹⁰⁷ (Other definitions in use around the world make scientific comparisons almost impossible. In Africa, AIDS is diagnosed on symptoms and without blood tests.¹⁰⁸) Since from 1985 the Centers for Disease Control "accepts" HIV as the cause of AIDS, it should not be possible to diagnose AIDS by any means inconsistent with the HIV theory. However, even a cursory reading of the 1993 definition reveals AIDS can be diagnosed—with the imprimatur of the CDC—with Kaposi's sarcoma (which even Gallo⁵⁴ accepts is not caused by HIV), in the absence of immune deficiency, "without laboratory evidence of HIV infection" and, extraordinarily, "*in the presence of negative results for HIV infection*"¹⁰⁹ (italics ours).

• Sexual transmission

HIV/AIDS is claimed to be bidirectionally sexually transmitted. Data to support this claim are based not upon microbial isolation and contact tracing, as is the orthodox practice for proving diseases are infectious and sexually transmitted, but on mostly retrospective studies of highly selected groups of individuals—including homosexual and bisexual men, heterosexual men and women including prostitutes—for antibodies in blood which react with certain proteins deemed "HIV-specific". Included in these studies are estimations of risk factors for the specific sexual practices of penile-insertive, vaginal, anal-receptive and oral-receptive intercourse.

• Homosexual men

In 1984, Gallo and his colleagues showed that "Of eight different sexual acts, a positive HIV antibody test correlated only with receptive anal intercourse".¹¹⁰ They also found that the more often a homosexual man had insertive anal intercourse, the less likely he was to become HIV-positive. This is incompatible with an infectious cause. In 1986, Gallo and his colleagues reported they "found no evidence that other forms of sexual activity contribute to the risk" of HIV seroconversion in homosexual men.¹¹¹

In an extensive review of 25 studies of homosexual men reported in 1994 by Caceres and van Griensven, the authors concluded that "no or no consistent risk of the acquisition of HIV-1 infection has been reported regarding insertive intercourse".¹¹²

In the West, the largest and most judiciously conducted prospective epidemiological

studies, such as the Multicenter AIDS Cohort Study (MACS) of 4,954 gay men,¹¹³ have proven beyond all reasonable doubt that in homosexual men the only significant sexual act related to becoming HIV-antibody-positive is receptive anal intercourse. Thus, in gay men, AIDS may be likened to the non-infectious condition, pregnancy. It is acquired by the passive partner but is not transmitted to the active partner.

Significantly, the MACS also showed that once a homosexual man becomes HIV-positive, progression to AIDS is further determined by the amount of passive anal intercourse sustained after "infection". This is contrary to all that is known about infectious diseases. Infection, not repeated infections, causes disease. Indeed, the Royal Australasian College of Surgeons (RACS) considers HIV-positive surgeons to be "infectious" and that they "should not perform invasive procedures or operations", but "they may provide these services to patients who have the same infection".¹¹⁴

• Heterosexuals

The largest and best-conducted studies in heterosexuals, including the European Study Group,¹¹⁵ showed that, for women, the only sexual practice leading to an increased risk of becoming HIV-antibody-positive is anal intercourse. The unidirectional transmission of "HIV" observed in OECD countries is supported by Nancy Padian's 10-year study of heterosexual couples (1986–1996). There were two parts to this study: one cross-sectional, the other prospective.

In the cross-sectional study, "The constant per-contact infectivity for male-to-female transmission was estimated to be 0.0009 [1 in 1,111]". The risk factors for the women were: (i) anal intercourse; (ii) having partners who acquired this infection through drug use (Padian says this means the women may also be IV drug users); (iii) the presence of STDs (antibodies to their causative agents may react in an "HIV" antibody test)^{15,20} Of the HIV-negative male partners of 82 HIV-positive female cases, only two became HIV-positive—but under circumstances that Padian considered ambiguous.

In the prospective study, starting in 1990, 175 HIV-discordant couples were followed for approximately 282 couple-years. At entry to the study, one third used condoms consistently and, in the six months prior to their last follow-up visit, 26 per cent of couples consistently failed to use condoms. There were no seroconversions after entry, including the 47 couples not using condoms consistently. Based on the 2 in 86 men who became HIV-positive in the early study, the risk to a non-infected male from his HIV-positive female partner was reported to be in the order of 1 in 9,000 per contact. From this statistic one can calculate that, on average, a male would need to have 6,000 sexual contacts with an infected female to achieve a 50 per cent chance of becoming HIV-positive. If sexual intercourse were to commence at age 20 and average three times weekly, this would occupy a lifetime.^{57,116}

• Female Prostitutes

The notion that HIV is a virus which "does not discriminate" is also markedly inconsistent with the data obtained from studies of female prostitutes. Even if by some unknown means a sexually

transmitted infectious agent found its way into the promiscuous portion of the gay male population in certain large cities in the United States in the late 1970s (as is widely accepted), and given the facts that prostitutes are frequented by bisexual men and that, at the very earliest, "safe" sexual practices date from 1985, one would have expected HIV/AIDS to have spread rapidly through prostitutes and thence to the general community. However, the prevalence of "HIV" antibodies amongst prostitutes is almost entirely confined to those who are drug users. Virtually all other prostitutes have not been, and are not becoming, HIV-positive.

In September 1985, 56 non-intravenous drug using (IVDU) prostitutes were tested "...in the rue Saint-Denis, the most notorious street in Paris for prostitution. More than a thousand prostitutes work in this area... These women, aged 18–60, have sexual intercourse 15–25 times daily and do not routinely use protection." None was positive.¹¹⁸

In Copenhagen, 101 non-IVDU prostitutes, a quarter of whom "suspected that up to one fifth of their clients were homosexual or bisexual", were tested during August–October 1985. The median numbers of sexual encounters per week was twenty. None was positive.¹¹⁸

In 1985, 132 prostitutes (and 55 non-prostitutes) who attended a Sydney STD clinic were tested for HIV antibodies. The average number of sexual partners (clients and lovers) in the previous month was 24.5. When an estimate was made to separate clients and lovers, the median number of sexual contacts per year rose from 175 to 450. The partners of only 14 prostitutes (11%) used condoms at all, and 49% of their partners used condoms in fewer than 20% of encounters. No women were HIV-positive.¹¹⁹

The same Australian clinic repeatedly tested an additional 491 prostitutes who attended between 1986 and 1988. Of 231 out of the 491 prostitutes surveyed, 19% "had bisexual

non-paying partners and 21% had partners who injected drugs. Sixty-nine per cent always used condoms for vaginal intercourse with paying clients, but they were rarely used with non-paying partners. Condoms were rarely used by those clients and/or partners for the 18% of prostitutes practising anal intercourse." No women were HIV-positive.

At the time of this report, a decade into the AIDS era, the authors commented that "*there has been no documented case of a female prostitute in Australia becoming infected with HIV through sexual intercourse*" (italics ours). Yet, these investigators from the Sydney Sexual Health Centre concluded that "there are still many women working as prostitutes in Sydney who remain seriously at risk of HIV infection".¹²⁰

In Spain, of 519 non-IVDU prostitutes tested between May 1989 and December 1990, only 12 (2.3%) had a positive test, which was "only slightly higher than that reported five years ago in similar surveys". Some prostitutes had as many as 600 partners a month, and the development of a positive antibody test was directly related to the practice of anal intercourse. The authors also noted that "a more striking and disappointing finding was the low proportion of prostitutes who used condoms at all times, despite the several mass-media AIDS prevention campaigns that have been carried out in Spain".¹²¹

Similar data from two Scottish studies,¹²² the 1993 European

The "overwhelming" evidence from studies both in homosexual men and heterosexuals is that HIV/AIDS is not bidirectionally sexually transmitted. In the whole history of medicine there has never been such a phenomenon.

Working Group on HIV Infection in Female Prostitutes study,¹²³ and a 1994 report on 53,903 prostitutes working in the Philippines and tested between 1985 to 1992, confirm that non-IVDU prostitutes remain virtually devoid of HIV infection. For example, in the latter study, only 72 women (0.01%) were found to be HIV-positive.

In studies where there appears to be a high incidence of HIV amongst prostitutes, there are uncertainties that defy explanation. For example, although "HIV has been present in the commercial sex work networks in the Philippines and Indonesia for almost as long as it has been in Thailand and Cambodia", the prevalence of HIV in the former is 0.13% and 0.02% respectively and 18.8% and 40% in the latter.¹²⁴

If these are accurate data, the discrepancy defies epidemiological explanation and has indeed baffled the experts, although the latter postulate "behavioural factors", such as one country's prostitutes and clients being considerably more or less sexually active than another. However, one could also pose another question. What are the "HIV" antibody tests actually measuring? Be that as it may, since 5,674 (44%) and 4,360 (34%) of the 12,785 Cambodian "HIV and AIDS Case Reports" till 31 December 1997 are listed as "Unknown" in gender and age respectively,¹²⁵ data collection, at least by the World Health Organization in Cambodia, must be regarded as problematic.

• Contradictions

Why should HIV avoid non-drug-using prostitutes? If female prostitutes who do not use drugs do not become HIV-infected despite being "seriously at risk of HIV infection", what is the risk of infection to the majority of Australian women who are neither drug users nor prostitutes? According to data from the National Centre in HIV Epidemiology and Clinical Research, vanishingly little. A 1989 study testing 10,217 blood samples of newborn babies (unambiguous evidence of unprotected heterosexual intercourse) found no babies and thus, presumably, no mothers HIV-positive.¹²⁶ If such women remain non-infected, how do their non-drug-using, male heterosexual partners become infected with HIV?

According to Simon Wain-Hobson, a leading HIV expert from the Pasteur Institute, "a virus's job" is to spread. "If you don't spread, you're dead". The "overwhelming" evidence from studies both in homosexual men and heterosexuals is that

HIV/AIDS is not bidirectionally sexually transmitted. In the whole history of medicine there has never been such a phenomenon. Since microbes rely on person-to-person spread for their survival, it is impossible to claim from epidemiological data that HIV/AIDS is an infectious, sexually transmitted disease. Indeed, Professor Stuart Brody, from the University of Tübingen, has argued that physicians ignore the actual heterosexual data and instead promote the politically correct idea that everyone is at risk. "Ideological knowledge about AIDS is far more likely to filter through society than scientific knowledge."¹²⁷

THE DIAGNOSIS OF "HIV" INFECTION

• The HIV antibody tests

There are two "HIV" antibody tests in common use: the ELISA and Western blot (WB). The ELISA causes a colour change when a mixture of "HIV" proteins reacts with antibodies in serum from a patient. In the WB, the "HIV" proteins are first separated along

THE HIV WESTERN BLOT TEST

The HIV Western blot test consists of a thin nitrocellulose strip in which are embedded proteins claimed to be unique to HIV. Each protein is labelled with a "p" followed by its molecular weight in thousands. Serum is added to the strip and, if there are antibodies to a particular protein, this band will "light up". The HIV Western blot is not standardised, and thus, around the world, different combinations of bands are considered positive. Hence a positive test in one country is not positive in another. An African would not be positive in Australia. A person from the MACS would not be positive anywhere in the world, including Africa. Yet the HIV Western blot is considered to be highly specific and is considered synonymous with HIV infection.

HIV WESTERN BLOT STRIP*		AFR	AUS	FDA	RCX	CDC 1	CDC 2	CON	GER	UK	FRA	MAC
ENV	p160	ANY 2	ANY 1	ANY 1	ANY 1	p160/ p120 AND p41	p160/ p120 OR p41	p160/ p120 OR p41	ANY 1	ANY 1	ALL 3	3 WEAK BANDS OR ANY STRONG BAND
	p41											
	p68											
POL	p53	ANY 3 GAG OR POL	p32	ANY 1			p32	ANY 1 GAG OR POL	p32	ANY 1		
	p32											
	p55											
GAG	p40	ANY 3 GAG OR POL	AND	AND		AND	OR	ANY 1 GAG OR POL	AND	OR		
	p24											
	p18											

Key: AFR = Africa;¹ AUS = Australia;² FDA = US Food and Drug Administration;³ RCX = US Red Cross;³ CDC = US Centers for Disease Control;³ CON = US Consortium for Retrovirus Serology Standardization;³ GER = Germany; UK = United Kingdom; FRA = France; MAC = US Multicenter AIDS Cohort Study 1983-1992. According to data presented in Lundberg et al.,³ when the US FDA criteria are used to interpret the HIV Western blot, less than 50% of US AIDS patients are HIV-positive, whereas 10% of persons not at risk of AIDS are also HIV-positive by the same criteria.

Note: In February 1993, the US FDA relaxed its stringent criteria in order to "reduce the number of HIV-1 seroindeterminate Western blot interpretations"; that is, to increase the number of HIV-positive individuals.⁴

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the length of a nitrocellulose strip. This enables individual reactions to the 10 or so "HIV" proteins to be visualised as a series of darkened "bands". The Western blot test is used to "confirm" repeatedly positive ELISAs because experts agree that the ELISA "overreacts"; that is, it is insufficiently specific.

Prior to 1987, one "HIV-specific" WB band was considered proof of HIV infection. However, since 15%–25% of healthy, no-risk individuals have "HIV-specific" WB bands,^{127, 128} it became necessary to redefine a positive WB by adding extra and selecting particular bands, otherwise at least one in every seven people would be diagnosed as infected with HIV. (Notwithstanding, in the MACS, one band remained proof of HIV infection in homosexual men until 1990.¹²⁹) On the other hand, although AIDS in Europe and the US began to decline in 1987,^{130, 131} this trend was countered by the addition of more and more diseases and, most recently, mere laboratory abnormalities¹³² to each revision (1985, 1987, 1993) of the first, 1982 CDC definition.

The net effect of these changes was to maintain a correlation between "HIV" antibodies and "AIDS" amongst the "risk" groups, while the risk of an HIV/AIDS diagnosis outside these groups remained slight. This was further accentuated by avoiding testing outside the risk groups. However, when such studies were performed amongst 89,547 anonymously tested blood specimens from 26 US hospital patients meticulously chosen to be at no risk of AIDS, 0.7%–21.7% of men and 0.0%–7.8% of women aged 25 to 44 years were found to be HIV-WB-positive.¹³³ (It is estimated that approximately 1% of men are homosexual. Also, at the five hospitals with the highest rates of HIV antibodies, one third of positive tests were in women. Yet men vastly outnumber women as AIDS patients.)

In addition, the US Consortium for Retrovirus Serology Standardization reported that 127 (10%) of 1,306 individuals at "low risk" for AIDS, including "specimens from blood donor centers", had a positive HIV antibody test by the "most stringent" US WB criteria.¹²⁷

Thus the correlation of "HIV" antibodies with AIDS—which experts accept as the only *in vivo* proof that HIV causes AIDS—is not a statistic related to the natural, unbridled activity of a virus but is instead a contrivance generated by mankind.

Thus the correlation of "HIV" antibodies with AIDS—which experts accept as the only *in vivo* proof that HIV causes AIDS—is not a statistic related to the natural, unbridled activity of a virus, but is instead a contrivance generated by mankind. Not only does correlation never prove causation, the artificiality of this particular "correlation" severely compromises its scientific analysis.

One of the most bizarre aspects of the HIV/AIDS theory is that different laboratories, institutions and countries define different sets of WB bands as a positive test (see chart on previous page). The global variation in interpretive criteria means that in Australia, for example, a positive test requires particular sets of four bands. In the USA, different sets of two or three suffice, which may or may not include the bands required in Australia. In Africa, only one designated set of two is required. Put simply, this means that the same person tested in three cities on the same day may or may not be HIV-infected.

If the diagnosis of HIV infection were a game of poker, a flush would require five cards the same suit in one country, but only one or two elsewhere. A virus cannot behave in this manner, but according to the HIV test, which is claimed to have a specificity of 99.999%,¹³⁴ it does. As incomprehensible as this appears, further difficulties remain. For example, an Australian tested in Australia with one or two "HIV-specific" bands would not be reported

as HIV-infected.¹⁰⁹ Clearly, however, there must be a reason why an uninfected individual, such as a healthy blood donor or military recruit, can possess any, even one, "HIV-specific" band. According to the experts, these bands are caused by cross-reacting, that is, "false", "non-HIV" antibodies which react with the "HIV" proteins. Thus it is axiomatic that an antibody which reacts with a particular protein is not necessarily an antibody which the immune system has generated specifically in response to that protein.

The Australian National HIV Reference Laboratory (NRL) concedes that "False reactivity may be to one or more [HIV] protein bands and is common (20%–25% of anti-HIV-negative blood

Endnotes

In most countries, including Australia, individuals with two positive ELISAs have HIV infection "confirmed" by performing a Western blot test. However, this testing algorithm selects individuals who have a higher rate of cross-reacting antibodies and are therefore more likely to react in the Western blot test. (This is analogous to determining the number of heart attacks in the community by performing ECGs only on patients with chest pain—an experiment which grossly underestimates the real number because many heart attacks are "silent".) On the other hand, England and Wales do not use the HIV WB to "confirm" reactive HIV ELISAs because Dr Philip Mortimer, Director of the UK Public Health Laboratory Service, claims that "truly positive" antibodies are "easily" detected "because these are reactive in all [methodologically different machine-read] ELISA assays".¹⁶¹ (This reasoning is analogous to performing a chest X-ray with several machines and claiming a suspicious abnormality is lung cancer because the appear-

ances are repeatedly the same.) Asked at the 1998 Geneva AIDS Conference to comment on the UK dropping the Western blot test, Gallo remarked: "Well, the bulk of the world uses it. If some technology comes across better, I'd be the first to say 'do it'. I mean, obviously, the Western blot's a valuable test as defining the proteins that you have antibodies to. Everybody uses it experimentally and most people use it around the world... Britain doesn't use it. Maybe there are two countries that have found a better way. God bless them. Okay?"

In 1997, the Perth group attempted a second time to engage the Royal Australasian College of Surgeons (RACS) in debating the HIV/AIDS controversy by submitting a paper entitled "A critical analysis of the evidence for the isolation of HIV" (see website <www.virusmyth.com/aids/data/epappraisal.htm>). It is RACS editorial policy to "welcome personal views of surgeons on a variety of topics" and to publish papers on "current and controversial issues". Although both review-

ers accepted the bulk of the scientific arguments and found the paper "interesting reading", they advised against publication because, in their view, an analysis of evidence for the isolation of HIV was of "no real relevance...to a surgical audience" or "would be of little interest or use to the majority of readers of the *Australian and New Zealand Journal of Surgery*".

Of the cumulative 7,766 Australian AIDS cases to date, 387 (5%) are reported in the "Heterosexual contact" exposure category. However, 22 of these qualify on the basis of "Sex with injecting drug user", "Sex with bisexual male", "From high prevalence country" (where heterosexual spread is deemed dominant), "Sex with HIV-infected person, exposure not specified", or "Not further specified".¹⁷⁷ Thus, injecting drug use, anal intercourse in women, the presumption of any form of sexual intercourse, and lack of sufficient data, question the mode of acquiring HIV infection in at least 330 (85%) individuals listed in this exposure category.

donors [will] exhibit one or more bands on a WB)".¹²⁸ However, Eleopulos argues that if "non-HIV" antibodies cause "one or more protein bands", then why are they not able to cause four or five? Or all ten? On what basis do experts assert which antibodies are "false" and which are "true"? Or, how do the same three bands, caused by "false", non-"HIV" antibodies, become "true" when accompanied by one extra? On what basis do experts assert there are any "true" HIV antibodies? If the Australian traveller were to be tested in the USA, where two or three bands are sufficient to diagnose HIV infection, are his antibodies "false" in Australia but "true" as his aeroplane touches down in Los Angeles?

In 1994, one of us (VFT) wrote to the *Medical Journal of Australia*, seeking justification of both the Australian criteria for a positive Western blot test and the global variability.²⁸ The response by Dr Elizabeth Dax of the NRL¹³⁵ did not answer either question, and subsequent correspondence failed to pass the editorial staff at the same journal. When the same questions were later put via the offices of Senator Chris Ellison, the first question was again unanswered, and the widely different criteria between Australia and Africa were justified on the basis that, in Africa, "comparatively false reactivity is far less common [than in Australia] so that interpretation criteria to define [true] positivity may be less strict".¹²⁸ However, no scientist can make such a claim without data.

All antibody tests are subject to the vagaries of cross-reactions, and the only way to calculate the incidences of "true" and "false" antibodies is to scrutinise reactions against what the test is purportedly meant to measure, that is, against HIV itself.

HIV isolation is the only "gold standard" by which the specificity of the antibodies can be determined, and this must be evalu-

ated before the test is introduced into clinical practice.

However, despite the WB test being in widespread use and "a stalwart"¹³⁵ of HIV testing, these data have never been reported by the NRL or any other laboratory. Even without such evidence—since (a) the NRL concedes that cross-reacting antibodies cause misleading reactions in the WB in one quarter of healthy Australians, and (b) unlike Australians, Africans (similar to the AIDS risk groups) are exposed to a multitude of infectious agents producing myriad antibodies, each capable of cross-reactions—"false reactivity" will be much higher in Africa where the WB criteria should be the most stringent. If "HIV" antibodies indeed prove that one third of heterosexual adults in certain central and

eastern African countries are infected with HIV, "life in these countries must be one endless orgy".³⁹

If the proteins used in the HIV ELISA and WB tests are unique constituents of an exogenous retrovirus, and if such a virus induces specific antibodies, we would never expect to find such antibodies in the absence of HIV. Yet, in addition to the circumstances above, there are numerous others where antibodies which react with the "HIV-specific" proteins arise where HIV/AIDS experts concede there is no HIV. These include healthy mice injected with

lymphocytes of similar mice¹³⁶ or bacterial extracts (V. Colizzi et al., personal communication); following the transfusions of HIV-free blood¹³⁷ or a person's own irradiated blood¹³⁸; and 72 out of 144 dogs tested at a veterinary clinic in Davis, California, USA.¹³⁹ In addition, antibodies to the microbes which cause the fungal and mycobacterial diseases affecting 90% of AIDS patients react with the "HIV-specific" proteins.^{20,140}

This year it was reported that 35% of patients with primary biliary cirrhosis, 39% of patients with other biliary disorders, 29% of

If "HIV" antibodies indeed prove that one third of heterosexual adults in certain central and eastern African countries are infected with HIV, "life in these countries must be one endless orgy".

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those with lupus, 60% of patients with hepatitis B, 35% with hepatitis C—all non-HIV, non-AIDS diseases—have antibodies to the "HIV" p24 "core" protein.¹⁴¹ Until 1990, an unknown number of the 4,954 homosexual men in the MACS were diagnosed HIV-infected on the basis of an antibody to the "HIV-specific" p24 protein, that is, with one WB band. Why do not all similar tests prove infection with HIV? Why are gay men with a single p24 band infected with a deadly virus, while biliary and liver disease patients with the same band are not? Why were the criteria for diagnosing HIV infection set less rigorously for homosexual men and Africans? And if HIV antibodies are specific and HIV infection is "for life", why do reformed drug addicts, leading healthy lives, lose their HIV antibodies?¹⁴²

Although all HIV experts accept cross-reactivity in HIV antibody testing, in 1993 the New South Wales Department of Health interpreted the discovery of "HIV" antibodies in four women as "compelling evidence" for transmission of HIV from a homosexual man during the course of minor, office surgery in 1989.¹⁴³ However, there was no proof that the man was HIV-infected at the time of surgery, or that any of the four women were operated on after the man.

This report remains the only one of its kind in the world, and it immediately led to the establishment of a special committee of the Royal Australasian College of Surgeons which wrote to all College Fellows, inviting submissions upon the matter. But, rather than seizing upon the rarity of the event and following advice urging a formal scientific enquiry into whether "HIV" antibodies are caused by infection with a retrovirus,¹⁴⁴ the College accepted these data as proof of cross-infection but concluded, "The mode of transmission is unknown".¹⁴⁴

Unlike HIV/AIDS experts, who claim the specificity of the HIV antibody test is 99.999%, one manufacturer of HIV antibody tests states in the package insert: "At present there is no recognized standard for establishing the presence or absence of HIV-1 antibody in human blood. Therefore sensitivity was computed on the clinical diagnosis of AIDS, and specificity based on random [healthy blood] donors..."¹⁴⁵ The latter were chosen as *de facto* non-HIV-infected for the purposes of determining how many tests are false positives. However, by this "reasoning", since the majority of HIV-positive individuals are healthy, they cannot be infected. Thus the WHO¹⁴⁶ predictions of a global pandemic are patently untrue.

One manufacturer of HIV antibody tests states in the package insert: "At present there is no recognized standard for establishing the presence or absence of HIV-1 antibody in human blood..."

Editor's Notes:

- In Part 3, concluding this series (NEXUS 6/06, Oct-Nov 1999), the authors continue their "HIV" exposé, questioning the scientific "proof" at the heart of mainstream AIDS research and discussing the "dissident" viewpoint in terms of politics and public health policy.
- Some of the endnote references in Part 2 of this article are to be found in Part 1, published last issue (NEXUS 6/03, June-July 1999).

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FROM WATER MEMORY TO DIGITAL BIOLOGY

by Dr Jacques Benveniste
DigiBio, Paris, France © 1998/99

Our principal mission is to bring a clear and irrefutable answer to the controversy over our observations of what has come to be known as "the memory of water" phenomenon, that is:

- that water is capable of carrying molecular information (biological messages); and
- that it is possible to transmit and amplify this information, as can be done for sounds and music.

We consider the indicators and the stakes to be such that it would be irresponsible not to bring forth the earliest possible explanation.

History of Digital Biology Research

Dr Jacques Benveniste is at the origin of this work. Doctor of Medicine, former Resident of the Paris hospital system, Research Director at the French National Institute for Medical Research, and known worldwide as a specialist in the mechanisms of allergy and inflammation, he distinguished himself in 1971 by his discovery of PAF (platelet activating factor), a mediator implicated in the mechanisms involved in these pathologies (for example, asthma).

In 1984, while working on hypersensitive (allergic) systems, by chance he brought to light the so-called high-dilution phenomenon, which was picked up by the media and labelled "the memory of water".

The phenomenon referred to involves diluting a substance in water to a degree where the final solution contains only water molecules. With the hypersensitive systems he was using, however, he observed that this highly diluted solution initiated a reaction as if the initial molecules were still present in the water. Water kept a trace of the molecules present at the beginning of the dilutions.

International scientific reaction was undoubtedly a match for the implications of this discovery: incredulity, even rumours of fraud, though an investigation made by experts came to the conclusion

that it might be an artifact, but it was under no circumstances fraudulent.

From a scientific standpoint, we dismiss all of this, for the history of science has already shown us that the more a discovery runs counter to intuition and "good" common sense, the more its acceptance is long and difficult.

From the first high-dilution experiments in 1984 to the present, thousands of experiments have been done, enriching and considerably consolidating our initial knowledge. Up to now, we must observe that not a single flaw has been discovered in these experiments and that no valid counter-

In biology, the words "molecular signal" are used very often; yet, if you ask even the most eminent biologists what the physical nature of this signal is, they seem not even to understand the question and stare at you wide-eyed.

experiments have ever been proposed.

Furthermore, these experimental observations, far from opposing currently accepted biological theories, can be integrated as an extension to them.

Finally, the probability that we are in the presence of an artifact and that our work has been erroneous for the past 15 years is diminishing day by day, and we are more and more convinced that we have brought to light a phenomenon essential to biology and to life.

On this basis, DigiBio's object is to become the essential actor in the scientific and industrial developments which will emerge from this research.

Understanding Digital Biology

Explaining digital biology is impossible without explaining its principle. The purpose of this text is not to report experimental results; rather, to try to explain to laymen, in the simplest terms, this radically

new approach to biology. We hope it will be useful to all, scientists or not, who find it hard to "make the leap". Indeed, is it possible to believe that the specific activity of biologically active molecules (e.g., histamine, caffeine, nicotine, adrenalin), not to mention the immunological signature of a virus or bacterium, can be recorded and digitised using a computer sound card, just like an ordinary sound? Imagine the perplexity of Archimedes confronted with a telephone and being told that by using it he could be heard on the other side of the world, were we not to explain the nature of sound waves or their translation into electromagnetism.

Life depends on signals exchanged among molecules. For example, when you get angry, adrenalin "tells" its receptor, and it alone (as a faithful molecule, it talks to no other), to make your heart beat faster, to contract superficial blood vessels, etc.

In biology, the words "molecular signal" are used very often; yet, if you ask even the most eminent biologists what the physical nature of this signal is, they seem not even to understand the question and stare at you wide-eyed. In fact, they've cooked up a rigorously Cartesian physics all their own—as far removed as possible from the realities of contemporary physics—according to which simple contact (Descartes' laws of impact, quickly disproved by Huygens) between two coalescent structures creates energy, thus constituting an exchange of information. For many years, I believed and recited this catechism without realising its absurdity, just as mankind did not realise the absurdity of the belief that the Sun circles the Earth.

The truth, based on facts, is very simple. It does not require any "collapse of the physical or chemical worlds". That molecules vibrate, we have known for decades. Every atom of every molecule and every intermolecular bond—the bridge that links the atoms—emits a group of specific frequencies. Specific frequencies of simple or complex molecules are detected at distances of billions of light-years, thanks to radio-telescopes.

Biophysicists describe these frequencies

as an essential physical characteristic of matter, but biologists do not consider that electromagnetic waves can play a role in molecular functions themselves. We cannot find the words *frequency* or *signal* (in the physical sense of the term) in any treatise on molecular interactions in biology, not to speak of the term *electromagnetic*—use of which, at least in France, would be cause for excommunication of any offending biologist by the scientific papal office.

Like Archimedes, I would have liked to have had a brilliant idea in my bathtub: "Eureka, the vibrations of molecules don't exist for them to dance the salsa at a Saturday night ball; vibrations are the tools of their trade, which allow them to send instructions to the next molecule down the line in the cascade of events which govern biological functions and probably, to a large extent, chemical ones as well." Unfortunately, this was not the case. I followed a purely experimental approach.

Molecular Signalling

Around 1991, after eight years of research, my experiments showed that we could transfer specific molecular signals by using an amplifier and electromagnetic coils. In July 1995, I recorded and replayed these signals using a multimedia computer. A computer sound card only records frequencies up to about 20,000 Hz.

In the course of several thousand experiments, we have led receptors (specific to simple or complex molecules) to "believe" that they are in the presence of their favourite molecules by playing the recorded frequencies of those molecules.

In order to arrive at this result, two operations are necessary: (a) to record the activity of the substance on a computer; and (b) to "replay" it to a biological system sensitive to the same substance. Therefore, there is every reason to think that when a molecule itself is in the presence of its receptor, it does the same thing: it emits frequencies which the receptor is capable of recognising. This means that:

1. A molecular signal can be efficiently represented by a spectrum of frequencies between 20Hz and 20,000 Hz—the same range as the human voice or music.

For several hundred thousand years, human beings have been relating sound frequencies to a biological mechanism: the emotions. The signal to start a love affair

is not given by a resounding rendition of the *Marseillaise* under our new flame's balcony. Neither was Brahms' lullaby played for soldiers charging out of the trenches. Composers of background music for supermarkets or elevators are practising neuropsychology without knowing it.

High-pitched, rapid sounds engender lightness of spirit; high-pitched, slow sounds engender sweetness. Sounds both deep and rapid awaken the fighting spirit; while deep, slow sounds invoke serious emotions, sadness and mourning. These are fundamentally cerebral physico-chemical phenomena, triggered by defined frequencies. We do nothing more than this when we transmit pre-recorded molecular activities to biological systems.

2. Biological systems function like radio

We have recently completed very simple experiments showing that a molecule at a normally active concentration does not work in a medium devoid of water.

Adding water is not enough to restore activity: it must be "informed".

sets: by co-resonance. If you tune a receiver to 92.6 MHz, you tune in Radio-This, because the receiver and the transmitter vibrate at the same frequency. If we change the setting a little to, say, 92.7, we no longer receive Radio-This, but Radio-That instead.

3. These advances in understanding the inmost mechanism of molecular recognition and signalling do not overturn the science of biology and, even less, physics and chemistry. We have taken nothing away from classic descriptions, but only taken a step forward by adding to the present body of knowledge. This is the normal course of scientific progress, and there is no reason for it to provoke imprecations and anathema.

We can now understand how millions of biological molecules can communicate (at the speed of light), each with its *own* corresponding molecule and *it alone*, the basic requirement for the functioning of biological systems, and why minute chemical

modifications produce considerable functional consequences—something "structural" biologists are at a loss to explain.

In deciding that only structures can have an action, biologists find themselves in a pre-Newtonian world where the movement of celestial bodies is described by Ptolemy in terms of epicycles. Hence the inability of contemporary biology to provide answers to the major pathologies of the end of this century (refer to my article in *Le Monde*, 22 May 1996, which has not been challenged to date).

The passage from the rigid biology of structures to one of information travelling at the speed of light can be accomplished without a "revolution". Contrary to what is stupidly claimed by scientific gossips, recording the activity of molecules no more implies denying their existence (after all, molecule-specific electromagnetic messages must come from specific molecules) than it implies denying the law of mass action, according to which the effect is directly proportional to the number of molecules. One might as well expect a singer to disappear by recording his voice! In other words, we eliminate neither the light switch nor the light bulb; we only say that a wire with a current of electrons connects the two.

We are not in another electromagnetic world which we are substituting for the old molecular world. We capture, copy, transfer—and soon will modify—electromagnetic signals emitted by molecules in the course of their normal functioning.

The Memory of Water

What about water in all this? It is the vehicle for information. This cannot be avoided, since there are 10,000 water molecules in the human body for every molecule of protein. There is no problem with this either: a submarine communicates with its base via low-frequency electromagnetic waves, not with megahertz frequencies which do not penetrate water.

We have recently completed very simple experiments showing that a molecule at a normally active concentration does not work in a medium devoid of water. Adding water is not enough to restore activity: it must be "informed". In other words, when molecules trigger a biological effect, they are not directly transmitting the signal. The final job is done by perimolecular water which relays and possibly

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amplifies the signal. Sound is not directly created by a compact disc: the latter carries data which are audible only after being amplified by an electronic system.

The "memory of water"? It is more mysterious, but no more so than the fact that a compound formed from two gases should be liquid at normal temperature and pressure but show dilation as it cools. Coherent domains with laser-like properties have been described in water (E. del Giudice, G. Preparata, G. Vitiello [1988], "Water as a free electric dipole laser", *Phys. Rev. Lett.* 61:1085-1088). More recently, a unique type of stable (non-melting) ice crystal that maintains an electrical field has been identified and characterised in water (Shui-Yin Lo, Angela Lo, Li Wen Chong et al. [1996], "Physical properties of water with IE structures", *Modern Physics Letters B*, 10[19]:921-930). Truly, unemployment should not be a worry for physicists! Nonetheless, water has not been our subject of investigation for a long time.

Transmission of Molecular Signals

What interests us now is not the nature of the magnetic medium and how it functions, but the message recorded in it, which can be copied and transmitted. In the light of our experimental results, we are confident in our belief that we have elucidated the physical nature of the molecular signal. The principle is as simple as exploding a mixture of air and gasoline, but the consequences are enormous. We present them in detail elsewhere. Here is a summary...

At the present time, the only way to identify a molecule is to carry a sample, most often obtained invasively or even destructively, to a laboratory. With the digital method, we dispose of a signal which can be instantly transmitted and analysed at the other end of the world by classic means of telecommunication. Using this method, the detection of toxic substances, proteins (antigens, antibodies, prions) or molecular complexes (parasites, bacteria, viruses, abnormal cells) should become possible.

It is noteworthy that no *in vivo* methods of prion detection presently exist—with well-known epidemiological and economic consequences. The detection of antigens and antibodies, just to mention this field, represents a considerable share of the activity of clinical biology laboratories. Moreover, some results seem to indicate that these methods should be applicable to the chemical industry and to environmental

surveillance, e.g., for detecting, at a distance, micro-organisms or products from genetically modified plants.

Completion of these projects would have immense consequences on medical diagnostic procedures and the agro-food industry, with huge technological and commercial impact.

Scientific Mental Blocks

A final question: why are scientists so opposed to the evolution of science? Is it to defend their piece of turf? Why, in the name of intangible dogmas—which the history of science has shown to be so often ephemeral—do they reject advances which represent progress for their discipline? Do these advances appear to threaten their all-too-fragile certitudes? Such questions are not just philosophical, because these people are respected counsellors, advisers to political and industrial decision-makers. They orient—most often by hampering—new applications flowing from scientific progress.

I don't know where these mental blocks come from, but they are, in theory at least, irreconcilable with a scientist's function. Here is a quote (translated from the French edition of *Encyclopaedia Universalis*, taken from the article on "Mechanism") which shows, alas, that those blocks are eternal:

"We have a good example of the dilemma of 'mechanism' in the Cartesians' opposition to the Newtonian world-view, which they felt completely called into question the new science and pushed scientific thinking back to a level beneath what 'mechanism' had already achieved. The problem is, for Descartes, that movement is only possible if there is contact and impulsive force; action at a distance—attraction, as Fontenelle was to say—can only mean a return to a physics of sympathetic motion and occult attributes... In this way, they

do not engage Newton in a scientific controversy; they disqualify him for obscurantism. Thus the French scientific community resisted Newtonian theory for a long time, or would prefer to ignore it... But 'mechanism', which is an obstacle to scientific progress, remains blocked. No doubt, Newton is less an opponent of 'mechanism' than he is the proposer, by provoking a total break of another model of physical mechanics in which movements other than those produced by impulsion become possible."

Four centuries later, we hear the same words, "There must be molecules" (François Jacob)—that is, contact, forceful impulsion—according to our sages of science, still frozen in the Cartesian mechanistic dogma; the same denial of action at a distance; and the same accusations of a return to obscurantism.

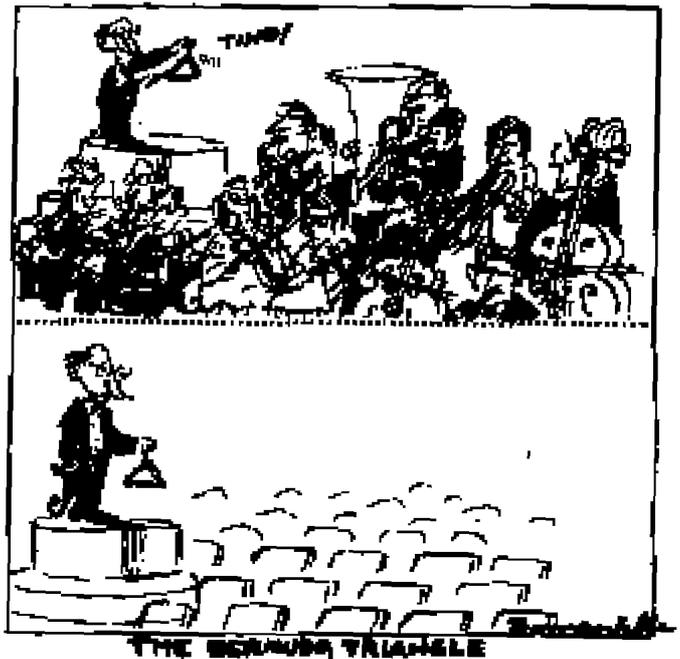
Descartes versus Newton: we're in good company...

— J. Benveniste

8 January 1998 (modified 14 June 1998)

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IN THE REALM OF THE RING LORDS

To maintain its persecution of the Grail dynasts and heretics, the Church made sure it subverted the stories that would keep the true Grail legacy alive among the people.

Part 1 of 2

by Sir Laurence Gardner,
Kt St Gm, KCD, KT St A

From a lecture presented at the
1999 NEXUS Conference, Sydney

Transcript © Sir Laurence Gardner 1999

It seems like hardly any time since I was here. It's only ten months ago, I guess, but in the past few months *Genesis of the Grail Kings* has been completed, published and is already making a significant impact in Britain, with launches now taking place further afield.

Duncan has asked me to begin by giving some background about myself once again. I am involved with a number of organisations—the Celtic Church being one in particular, for which I'm the Grand Prior in Britain [that is, the Celtic Church of the Sacred Kindred of St Columba]. Not necessarily that the established Church organisations like the Celtic movement very much, but that's the way of it. I am also appointed as a Presidential Attaché to an organisation called The European Council of Princes.

The Council was founded in 1946, directly after the War, and the object was fairly straightforward. (In fact, some of the financing actually came from this country [Australia], and a lot from America as well). It was at a time when there was a tremendous fear about the build-up of further extremist right-wing factions, and there was also the fear that the communist left-wing might take a hold in Europe. It was decided, therefore, to set up a watchdog committee called The International Council of Government, whose brief was to keep an eye on the extreme political factions. As it transpired, it didn't have very much to keep an eye on and, once the European Common Market came into being, it became much more involved with that from the 1960s. The Council quite liked the idea of the trading agreements and the general mutuality, although it doesn't like things too much in the way they have now developed within the European Union.

About ten years ago, the Council changed its name to become The European Council of Princes. With the eventual establishment of the European Parliament, there could hardly be a Council of Government as well. In fact, the Council was not a government at all: it was simply an advisory body consisting of thirty-three European royal houses. These might be reigning houses, dispossessed houses or deposed houses but, whatever the case, various princes and princesses of these families formed the Council. For the longest time now, their objective has been a fairly simple one, and that is to look after the constitutional clauses within the various nation states (European countries, with the exception of Britain, have Written Constitutions). And so, when the European Parliament decides to enact this new law or impose that new dictate, the Council of Princes is able to say, "Look, you can't actually do that because it contravenes, say, clause 7 in subsection (b) of the Constitution of this or that country".

The Council of Princes is not especially political—it is more of a social Council in practice; and I am appointed as an Attaché by virtue of the fact that its President since 1992 has been HRH Prince Michael of Albany, the current heir to the Royal House of Stuart—the House that was deposed in Britain from 1688.

The House of Stuart, having taken over the presidency of the Council from the House of Habsburg-Austria, related it to its one-time Royal Academy, which was a very scientific establishment. In fact, in the 1700s in particular, it was highly Rosicrucian—very scientific and alchemical. From the time of Robert the Bruce, the Chancellor of that organisation was given the title Prince Saint Germain. This title had little to do with the 5th-century saint himself (except indirectly), but it had to do ultimately with the Stuart Royal Court in France, at the Palace of Saint Germain.

The Chancellor title was changed in the 1700s to Count Saint Germain, and in the 1890s it was changed again to become Chevalier Saint Germain. My present title is that of Chevalier Saint Germain—which is where the knighthood comes from. As distinct

from an English knighthood, mine is a Franco-Scot distinction attached to the Stuart Royal Court of France [as ratified by King Louis XIV in 1692], in the key Noble Order of the Royal Palace of Saint Germain-en-Laye, near Paris.

Being a Stuart supporter, I am not really a great fan of the House of Hanover, as you know. However, I have now become attached to a particular Hanoverian establishment. The oldest antiquarian society in the world, constituted by the House of Hanover [by charter of King George III of Britain] in the middle 1700s, is an association called the Society of Antiquaries which, in Scotland, forms an adjunct to Historic Scotland—a Government department. Well, as a non-fan of the House of Hanover, I was privileged and delighted a few months ago to be made a Fellow of the Society of Antiquaries of Scotland—so it rather looks as if I've been blessed to have a little bit of a foot in the establishment's academic camp.

Now, back to where we are today. I have to begin of course by thanking Duncan and the NEXUS team for affording me the opportunity to link my first Australian visit for the new book, *Genesis of the Grail Kings*, with the NEXUS Conference. And I would like to thank those of you who, since I was last here, have written to me. Some of you may have had a reply by now; my correspondence was more or less up to date around Christmas, but it has fallen behind again. So, if you're still waiting, please bear with me; I will respond.

I first began to talk publicly about the subject matter of *Genesis of the Grail Kings* back in October 1997 and, indeed, we covered a good deal of related ground at the NEXUS Conference last July. So, with the book now completed and published, I guess the time has come to move on to other things in preparation for future works.

Originally, and beginning with *Bloodline of the Holy Grail*, I had planned for a series of three books on the Grail theme, covering some 6,000 years of Messianic inheritance from the time of Adam, through King David and Jesus, down to the present day. However, in the course of compiling this genealogical descent and its fascinating history, the concept for another book has arisen. This has come about more by popular demand than by strategic planning, and I have become so enthused with the idea that there will now be four books in this particular series. It is, in fact, about this fourth book (rather than the immediate *Genesis* successor) that I would like to speak today.

Bloodline of the Holy Grail covers a historical period from the time of Jesus through the past 2,000 years. Subsequently, *Genesis of the Grail Kings* was written to answer the most asked of all resultant readers' questions: Why was the Grail Bloodline so important in the first place? Why was the kingly line which descended to Jesus and beyond so unique from the outset in old Mesopotamian times?

This was the subject which we discussed here last year, and we saw how the Messianic succession of Grail dynasts (or Dragon Kings) was alchemically conceived and purpose-bred for the role of earthly leadership. We looked at the records of ancient Sumer, which talked of the Anunnaki gods and their "creation chamber". We saw how the great vulcans of the era produced the enigmatic Highward Fire-stone (the white powder of monatomic gold) that

was used to feed the Light-bodies of the Babylonian Kings and Egyptian Pharaohs. And we saw how this substance, when ingested, had stunning effects on the body's endocrinal system. Ultimately, we followed the senior line of royal descent (a line that was genetically determined by the mitochondrial DNA of the Dragon Queens) down to the time of Moses. And we visited the Temple, discovered in 1904, high on the Bible's Mount Horeb, where the monatomic fire-stone was made.

Now we shall take a look at the wider scheme of things, in terms of the folklore and fable which have emanated from the alchemical realm of the Pendragons. And we shall consider, in particular, the longstanding disputes which have prevailed between the sacred Bloodline and the Church establishment. These stories and their historical roots (whether portrayed in fairy tale, nursery rhyme or Gothic romance) will form the basis of a forthcoming book, entitled *Ring Lords of the Dragon: Beyond the Portal of the Twilight Realm*.

So, today, we shall be looking at the world of enchantment, with a little myth, a little magic and a good deal of historical fact, as some of the characters of popular legend take their place on the stage of reality. And, at the conclusion of this talk, we shall open the door to one of the most intriguing, but suppressed, secrets of our heritage.

On the face of it, the Grail-related stories (whether of Cinderella, Robin Hood, Sleeping Beauty or Count Dracula) each

hold their separate mysteries and enchantments, but it is not generally understood that they all stem from a common historical base which is rooted in the culture of the Grail Kings. Even though some of the themes have their origins in very old lore, the majority of tales (as we know them) were newly slanted from the Dark Ages onwards, and especially from mediaeval times when the Church's persecution of Grail heretics was in full swing, leading to the Catholic Inquisitions.

Among the best known of these heterodox Christians (or "heretics") in the Middle Ages were the Cathars, the Pure Ones of the Languedoc region in southern France. And they, in line with the Dragon tradition of the Ouroboros Ring Lords, referred to the Messianic Bloodline as the Elven Race. As we shall see, the terms "elf", "fairy", "pixie" and the like were all representative of various castes within the kingly succession.

The Ouroboros (as detailed in *Genesis of the Grail Kings*) was a symbol of wholeness, unity and eternity, usually identified by a serpent (in the form of a ring) clutching its own tail. With a cross positioned beneath the ring, the emblem becomes the familiar device of the female—the Venus symbol (as portrayed on the cover of *Genesis of the Grail Kings*). Alternatively, with a cross positioned above the ring, it becomes the masculine Orb of sovereign regalia. And with the cross positioned within the ring, it becomes emblematic of the Holy Grail itself—identified as the Dew Cup, or the *Rosi-crucis*.

In the Cathar language of old Provence, a female elf was an *albi* (*elbe* or *ylbi*), and Albi was the name given to the main Cathar centre in Languedoc. This was in deference to the matrilinear heritage of the Grail dynasty, for the Cathars were supporters of the original *Albi-gens*—the Elven Bloodline which had descended through the Dragon Queens of yore, such as Lilith, Miriam,

... the Cathars, the Pure Ones of the Languedoc region in southern France ... referred to the Messianic Bloodline as the Elven Race.

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Bathsheba and Mary Magdalene. It was for this reason that, when Simon de Montfort and the armies of Pope Innocent III descended upon the region in 1209, it was called the Albigensian Crusade. Through some 35 years, tens of thousands of innocent people were slaughtered in this brutal campaign—all because the inhabitants of the region were champions of the original concept of Grail kingship, as against the pseudo-style of monarchy which had been implemented by the papal machine.

In practical terms, Church kingship prevailed from the 8th century and it has continued through the ages to the present day. But the fact is that, under the strict terms of sovereign practice, all such monarchies and their affiliated governments have been illegitimate.

So, what is Church kingship? It is precisely that with which we have become so familiar. It applies to all monarchs who achieve their regnal positions as a result of Church coronation—by the Pope, or, in Britain, by the Archbishop of Canterbury. In terms of true kingship, there is no necessity for coronation because kingly and queenly inheritance are, and always were, "in the blood"—to be precise, in the mitochondrial DNA of the *Sangréal*.

In the old scheme of things, kingship was automatic because it was an alchemical inheritance which, in practice, had nothing to do with ruling over anyone or anywhere. By virtue of an illegal dictate, however, monarchies were brought under Church control and the magical Realm of the Ring Lords was supplanted by the material and territorial reigns of the papal kings.

One might ask why this was allowed to happen. Why did no one stand up for the legacy of the Holy Grail? Well, the fact is, they did; the Cathars did, the Knights Templars did, the Rosicrucians did. Indeed, any number of gnostic groups and fraternities did, and it was this open support which led to the hideous tortures and executions of the papal Inquisitions and witch-hunts that persisted through so many generations.

By the Middle Ages, the Church controlled the majority of European monarchies (with Scotland a notable exception, as a result of which King Robert the Bruce and the whole Scottish nation were excommunicated). The Church, therefore, influenced governments, parliaments and educational establishments (as it still does today). And, by implication if not by direct instruction, the military forces of the pseudo-kings operated at Church command.

The Church held such enormous financial, political and military power that the Grail adherents became an "underground stream", living in fear of their lives at every turn. They were not only heretics: they were singled out for punishment as sorcerers and necromancers. And since they did not conform to papal dictates, they were clearly Satanists! The women, of course, were all whores, but this was nothing new; the Roman Church had forged this dogmatic classification at the time of its earliest constitution!

Before looking at some aspects of the Ring legacy, it is important to consider the original document which made Church kingship possible in the first place. In this context, I do not use the word "important" lightly, because the implementation of this particular document some 1,248 years ago led to just about every social injustice that has since been experienced in the Christian world. The document to which I refer is called "The

Donation of Constantine". All monarchical and governmental practice has, for centuries, been based upon the initial precept of this charter but, as we shall see, the precept is wholly invalid.

There are those in our midst today who, under the dynastic rule of Grail entitlement, are rightful kings and queens. But many of the dynasties which have actually reigned have done so with little or no sovereign heritage. They have gained their positions simply because it suited the Church to crown them as its puppet representatives.

Moving forwards in history from the Pharaohs of Egypt, the Davidic Kings of Judah and the Dragon Kings of Scythia, we arrive in the Dark Ages with the Celtic kingdoms of Europe and, essentially for the purposes of this story, with the Fisher Kings in Gaul (which later became France).

It is because of this continuing period of Grail sovereignty in the Celtic realms that conventional history now refers to the "Dark Ages"—about which, we are told, there is so little documentary record. There is, however, any amount of surviving material from the era. The period is only "dark" because the Church and the imperial overlords decided to veil it from scrutiny, removing documentary evidence from the educational environment in order to

perpetuate the myth that everyone and everything outside the Roman establishment was ignorant and barbaric.

As detailed in *Bloodline of the Holy Grail*, the Church of Rome (founded by Emperor Constantine the Great in the 4th century) had little to do with the Nazarene style of Christianity which it officially superseded and had hitherto persecuted. It was an entirely new, hybrid form of male-dominated "churchianity" based upon a contrived apostolic succession of popes.

The separate Nazarene movement (often called the Celtic Church) continued in opposition under the direction of Grail dynasts from the family of Jesus, and they were styled the *Desposyni*, meaning Heirs of the Lord.

At that time, the Bloodline houses of the *Desposyni* held the reins of Dragon kingship in Europe. But the bishops of the Roman Church sought to undermine this tradition, and eventually managed this in the 8th century when they deposed the Merovingian Fisher Kings of the Franks after some 300 years of regnal succession.

With the sudden, contrived demise of this Grail dynasty in 751, a new style of kingship was introduced in the West—kingship not by any right of succession, but by individual decree of the Pope—and it was this which led to much of the fairy tale and folklore which is so familiar today. The new style of papal kingship was made possible by the so-called "Donation of Constantine" which, although now known to have been forged, was not open to debate at the time.

When the Donation made its first appearance in the middle 8th century, it was alleged to have been written by Emperor Constantine 400 years earlier (although, strangely, never produced in the interim). It was even dated and carried his supposed signature. What the document proclaimed was that the Pope was Christ's elected representative on Earth, with the power to "create" kings as his subordinates. The provisions were put into operation by the Vatican in 751, whereupon the longstanding Merovingians

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They were not only heretics: they were singled out for punishment as sorcerers and necromancers.

were deposed and a whole new dynasty was supplemented by way of a family who had hitherto been mayors of the Royal Palace (the equivalent of prime ministers). They were dubbed "Carolingians", and their only king of any consequence (through some 236 years) was the legendary Charlemagne.

As a result of this strategy, the whole nature of monarchy changed from being an office of "guardianship" to one of "rule". Henceforth, the papal monarchs were territorial governors rather than patriarchs of the people. By virtue of this monumental change, the longstanding Grail Code of princely service was forsaken and European kings became servants of the Church—which had the power to make them or break them.

How do we know today that the Donation is a forgery? Well, there are many reasons, but the most obvious is that its New Testament references relate to the Latin Vulgate version of the Bible. This edition was translated and compiled by St Jerome who was not born until the year 340, some 26 years after Constantine (who died, anyway, in 337) supposedly signed the document! Indeed, there was more than half a century between Constantine's alleged signing and the appearance of the particular Latin Bible that was used in its content. Notwithstanding this, the language of the Donation was, in any event, that of the 8th century and bore no relation to the writing style of Constantine's day.

The truly ridiculous aspect of all this is that the Donation was proved to be a forgery some 550 years ago, during the Renaissance, but its overwhelming dictate, which cemented the Pope as the supreme spiritual and temporal head of Christendom, has prevailed regardless.

As explained in *Genesis of the Grail Kings*, the monarchs of the Grail succession were called Messiahs (Anointed Ones) because, in the early days in Mesopotamia and Egypt, they were anointed with the fat of the sacred *Messeh* (the holy dragon or crocodile). By virtue of this, they were also

called Dragons. The Dragon, emblematic of wisdom, was the epitome of the Holy Spirit which, according to the Book of Genesis, moved upon the waters of time, while the Grail was the perpetual Blood Royal—the *Sangréal*. Originally, in old Mesopotamia, it was called the *Gra-al*—the Sacred Blood of the Dragon Queens—and it was said to be the "nectar of supreme excellence". The ancient Greeks called it *ambrosia*.

The concept of fairies (the fair folk) was born directly from this base, being a derivative of "fey" and relating especially to "fate". In the Celtic world, certain royal families (especially those of the Pendragons, or Head Dragons) were said to carry the Fairy Blood—that is to say, the fate or destiny of the Grail Bloodline—while the Elf Maidens of the *Albi-gens* were the designated guardians of the Earth, starlight and forest.

But how was it that the dragons, fairies and elves of history became enveloped within a shroud of supernatural enigma? Why was it that their stories were moved from the world of reality into a domain of romance and nursery tale? What had all this to do with the Donation of Constantine?

To answer these questions, we must now step through the Portal of Enchantment into the Twilight Realm of the Shining Ones, for theirs is the enlightened Realm of the Ring Lords.

*Three Rings for the Elven Kings under the sky.
Seven for the Dwarf Lords in their halls of stone.
Nine for Mortal Men doomed to die.
One for the Dark Lord on his dark throne,
In the Land of Mordor where the shadows lie.
One Ring to rule them all.
One Ring to find them.
One Ring to bring them all
And in the darkness bind them,
In the Land of Mordor where the shadows lie.*

So it is cited by Gandalf the Wizard in Tolkien's *The Lord of the Rings*, one of the most popular tales of all time.

In essence, the contested ownership of the One Ring is little different to the enduring quest for the Holy Grail. Although presented from quite opposite standpoints, both are quests for the maintenance of sovereignty, but each has been misapplied at various stages of history by those who perceived the Ring and the Grail as power weapons. Hence, it was imperative (in the respective stories) that access to the Grail was protected by severe questions, just as it was essential to keep the One Ring from the evil Sauron of Mordor, who eventually lost his power when the Ring was destroyed in the fires of the Mount of Doom.

There is, however, an essential difference between Tolkien's One Ring, which is portrayed as dark and divisive, and the

Golden Ring of Grail romance, which is a ring of love and enlightenment. The latter was further symbolised by the ring of iron-clad knights who sat at the Round Table—a ring that was broken (leading the land into chaos and waste) when Arthur forsook the Celtic Code in favour of the Roman persuasion (or, as the later Christianised version of the story differently explains, when Guinevere was unfaithful to Arthur with Lancelot).

It has been said on occasions that the great genius of 19th-century composer Richard Wagner was that he recognised the Ring saga as a version of the Grail Quest. However, if anything, the reverse

is true. What he recognised was that the popular Holy Grail legends were, in fact, stylised retellings of the more traditional Ring Quest.

Both Richard Wagner and Alfred, Lord Tennyson (in his Arthurian writings) understood that the Grail Quest was a spiritual aspect of the Ring Quest, but that in essence they were alike, if not the same. What they also recognised was the fact that both the Ring and the Grail could bring disaster, though by different means. The power of the Ring had to be withstood, otherwise it would enslave its master, whereas the power of the Grail would retaliate with vengeance if misused. Either way, the moral is the same in that, ultimately, power is self-destructive when achieved through selling one's soul. Hence, the Ouroboros Ring can be a halo or a crown, but it can equally become a noose.

Adolf Hitler's fanatical obsession with finding the Hallows of Grail Castle was a prime example of this misconceived notion of power. In his search for the Hallows, he obtained an ancient lance (said to have been used by Charlemagne) which he insisted was the Longinus spear that pierced the side of Jesus at the Crucifixion. This, he reckoned, was the sacred Spear of Destiny, so revered in Grail lore. With this in his possession, Hitler was confident that his empire would be as strong as that of

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Charlemagne. But legend had it that, after many great victories, Charlemagne was doomed to defeat from the moment he lost the magical weapon. And so it was that on 30 April 1945—the very day when the American 7th Army, under General Patton, seized the lance from Nuremberg Castle—Adolf Hitler accepted his defeat and [apparently] shot himself.

Whether applied in fact or fantasy, the concept of the Ring and the Grail was such that it inspired hope for the social and natural environments. The Grail Hallows (the Sword, Chalice, Ouroboros and Spear) were traditionally regarded as tools of princely service but, when presumed to be weapons of power, they would always, one way or another, destroy the wielder from within. These Hallows were represented in the four suits of the Tarot's Minor Arcana as the Swords, Cups, Pentacles and Wands—subsequently to become the Spades, Hearts, Diamonds and Clubs that we know today.

Throughout the best part of this millennium, no organisation has misused the Grail Chalice symbolism to greater effect than the Christian Church establishment. From the earliest times, the *Rosi-crucis* (the chalice and wine of the Grail sacrament) was a prerogative of the *Albi-gens*, being emblematic of the Blood Royal in the womb of the Dragon Queen. However, the Church has long misappropriated this aspect of the Hallows ceremony to become its Eucharistic power-weapon, supposedly to bind its followers into communion with ecclesiastical dogma. But, as time goes by, this very power is being seen to subside as the congregations diminish in the quest for greater truths and more substantial enlightenment from legitimate sources.

In William Shakespeare's *A Midsummer Night's Dream*, the Queen of the Fairies is Titania, whose name represents the pre-Olympian god-race of the Titans. In particular, she is the Moon Goddess Diana. Their king, Oberon, however, had an historical base, being inspired by an ancestor of Shakespeare's colleague Edward de Vere, 17th Earl of Oxford. He was a founding member of Elizabeth Tudor's 16th-century Court Poetry and Magic Syndicate—along with Francis Bacon, John Dee, Edmund Spenser and others of the Rosicrucian "underground stream" who aided and guided much of Shakespeare's work.

Edward de Vere was, at that time, Lord Chancellor of England—as had been many generations of his forebears, including Albrey, the 12th-century Prince of Anjou and Guisnes, whose titular name, *Albe-Righ*, meant Elf King. What the Syndicate knew full well, despite their loyalty to Elizabeth, was that the House of Tudor had no prior right to the English throne, having simply taken it, by might of the sword, from the preceding House of Plantagenet.

That apart, the Plantagenets themselves were a junior branch of the House of Anjou, whose senior branch was the House of Vere. Indeed, in 1861, the noted royal historian Baron Thomas Babington Macaulay described the Veres as "the longest and most illustrious line of nobles that England has ever seen". Their ancestry was jointly Pictish and Merovingian, descending from the ancient Grail House of Scythia. Here was a true kingly line of the Elven Race, and it was for this reason that Oberon (a variant of Aubrey/Albrey, the historical Elf King) became Shakespeare's

King of the Fairies. Such was the translatory nature of all Rosicrucian symbology, whether portrayed in stories, artwork, watermarks or the Tarot.

Some time earlier, in 1408, Edward de Vere's ancestor, Richard (Lord Chamberlain and 11th Earl of Oxford), had been invested as a Knight of the Garter by King Henry IV at Windsor Castle. Also invested at the same time was King Sigismund of Hungary, who had revived the ancient Egyptian Order of the Dragon—within which Richard de Vere held the hereditary distinction of Lord Draconis.

One way or another, the nursery tales which emanated from the "underground stream" were stories of lost brides and usurped kingship—based upon the subjugation of the Grail Bloodline by the Church of Rome and, in later times, by the sectarian Puritans of the Protestant movement. The Catholics had their Dominican Grand Inquisitor, Tomàs de Torquemada, and the Puritans had their equivalent in Matthew Hopkins, the Witchfinder-General. Favoured executions, in each case, were hanging, drowning or burning at the stake, and the common command was: "Kill them all—God will know his own!"

The fairy tale concept was essentially geared to stories relating

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to these persecutions: allegorical accounts of the predicament of the true Royal Family—the Ring Lords of the *Sangréal*, whose fairies and elves (having been manoeuvred from the mortal plane of orthodoxy and status quo) were confined to a seemingly Otherworld existence.

They were tales of Grail Princes who were turned into frogs, of Swan Knights who roamed the wasteland, and of Dragon Princesses locked in towers or put to sleep for hundreds of years. In the course of their persecution, the Elf Maidens were pricked with bodkins, fed with poisoned

apples or condemned to servitude—while their champions swam great lakes, battled through thickets and scaled mighty towers to secure and protect the matrilinear heritage of the *Albi-gens*. They include such well-known stories as *Sleeping Beauty*, *Cinderella*, *Snow White* and *Rapunzel*.

In all cases, the underlying theme is the same, with the Bloodline Princess kept (through drugging, imprisonment or some form of restraint) out of reach of the Grail Prince who has to find and release her in order to preserve the dynasty and perpetuate the line. For the most part, the establishment of the "Mother Church" was symbolised by a malevolent stepmother, an evil witch or some other jealous female with an opposing vested interest. Always, the stories are reminiscent of the Lost Bride of the King in the Old Testament's Song of Solomon. Their content also embodies the forlorn aspect of Mary Magdalene, the bride of Jesus, whose royal heritage and maternal legacy were so thoroughly undermined by the Christian bishops.

An interesting feature of many classic fairy tales is that they truly are very old stories. Take *Cinderella*, for example. If asked who wrote *Cinderella*, many people would answer that it was the Brothers Grimm, while others would say it was Charles Perrault. However, these men were not actually writers of fairy tales, as is commonly thought. They were collectors, compilers and interpreters of the tales. The story of *Cinderella* can be traced back to the Carolingian era, with its first known version appearing in the year 850. Perrault published his well-known edition in 1697 in

France, while Jacob and Wilhelm Grimm produced their German version in 1812.

Over the years, many people have likened Tolkien's wizard, Gandalf, to Merlin of the Arthurian tales. At the same time, Tolkien's Aragorn has been likened to King Arthur but, as Tolkien himself pointed out, there is really a closer similarity between Aragorn and the historical Charlemagne.

The challenge which faced Charlemagne, who had been charged by the Church to establish a viable Empire from various disunited kingdoms, was not unlike that which confronted Aragorn, who reunited the divided kingdoms of Middle Earth. But there was a marked difference in practice, for Aragorn was far more like Arthur in having an advisory wizard, whereas Charlemagne did not because the Church would not consent to counsellors outside its own appointees.

Aragorn's was therefore more of a Celtic-style environment, with the enemy being the evil Sauron. Charlemagne, on the other hand, was a champion of the Roman Church whose adversaries were the supporters of the unlawfully ousted Merovingian establishment—an establishment to which Aragorn would personally have been well suited.

In the event, it became essential for the Church to settle some form of Ring entitlement upon Charlemagne so that he was perceived to conform to the Dragon tradition. And so a suitable tale was invented to the effect that a serpent appeared at his court with a golden ring in its mouth—an enchanted ring that compelled him to love whoever's finger it was on.

At this stage, it is of interest to note that a newly proposed three-film series of Tolkien's *The Lord of the Rings* is currently in its early stages of development. After some 18 months of negotiation with the American film company Newline Cinema, the \$260-million contract has been acquired by New Zealand film-maker Peter Jackson.

Various parts of New Zealand will apparently make ideal Middle Earth locations for the project, and it is hoped that the first film (based upon Book I of Tolkien's 1950s trilogy) will be released within the next couple of years. This film, *The Fellowship of the Ring*, will subsequently be followed by *The Two Towers* and *The Return of the King*.

With a speaking cast of about sixty and many thousands of extras, it has recently been rumoured that one of the key roles, that of Gandalf, is hotly tipped for Sean Connery. Given that *The Lord of the Rings* has been voted "the most popular book of the century", and with stars of this calibre, we could well be looking at one of the first mammoth box-office attractions of the new millennium.

The composer Richard Wagner's personal association with Grail lore and, of course, his own famous *Ring Cycle* are well known. It is therefore very appropriate that one of the present hopeful contenders for *The Lord of the Rings* film score is Richard Wagner's own descendant, Adrian Wagner, who is now in touch with the film company in this regard.

When *Bloodline of the Holy Grail* was released, I was heartened to learn that the Wagner Grail tradition of Lohengrin and Parsifal was still very much to the fore. At that time, in parallel with my book, Adrian Wagner released an album called *The Holy Spirit and the Holy Grail*. Now, as a companion to my latest

work, he has composed the compelling musical suite, *Genesis of the Grail Kings*. [See Audio Reviews, this issue. Ed.]

One apparent fact about Tolkien's elven folk is that, unlike the cute little elves of many children's tales, these characters are actually larger and more powerful than average mortals. They are also endowed with greater powers of wisdom, they ride magical horses and closely resemble the ancient Irish king-tribe of the *Tuatha Dé Danann*. In this regard, Tolkien was quite accurate with his assessment of the original Ring Lords of the *Albi-gens* who, in the far distant years BC, were called the Lords of the *Sidhé* (pronounced "shee").

The *Sidhé* was a transcendent intellect, known to the Druids as the Web of the Wise, while "druid" (*druidhe*) was itself a Celtic word for "witch"—an English form of the Saxon verb *wicca*, meaning "to bend" or "to yield" (as indeed do willow and wicker).

The *Tuatha Dé Danann* (or Dragon Lords of *Anu*) were masters of the transcendent *Sidhé*, and were duly classified as "fates" or "fairies". Before settling in Ireland (from about 800 BC), they were the world's most noble race, alongside the early Kings of Egypt, being the Black Sea Princes of Scythia (now Ukraine). Like the original dynastic Pharaohs, they traced their descent from the great Pendragons of Mesopotamia; and from them sprang the kingly lines of the Irish *Bruithnigh* and the Picts of Scotland's Caledonia. In Wales they founded the Royal House of Gwynedd, while in Cornwall in the southwest of England, they were the sacred gentry known as the *Pict-sidhé*—from which derives the term "pixie".

So, from a single caste of the original Blood Royal—whether known as the *Sangréal*, the *Albi-gens* or the Ring Lords—we discover many of the descriptive terms which sit at the very heart of popular folklore. For here, in this one noble race, we have the "elves", "fairies" and "pixies"—not beguiling little folk, but distinguished Kings and Queens of the Dragon

succession.

One of the most important Scythian words was *uper*, which meant "over" or "above"—a word that we still use in today's English in such definitions as "superintendent" or "supervisor". In titular form, a Scythian *Uper* was an Overseer or, more importantly, an Overlord—the equivalent of a Pendragon. Later, in the Hungarian and Romanian regions, the word gained the variant form, *Oupire*.

Until the mediaeval fabrications of the Christian Church, there was nothing remotely sinister or supernatural about the definition of *Oupire*, but this was eventually destined to change when the witch-hunts began, for the priestly/kingly *Oupires* were, in the eyes of Rome, the equivalent of Magian Druids. They were therefore witches, and the *Sidhé* definition (Web of the Wise) became newly dubbed as "the Web of the Weird".

In the main, outside the Celtic regions of Britain, the traditional *Oupires* had been apparent in the Balkan and Carpathian regions of Europe, having prevailed from Transylvania to the Black Sea in ancient times. They were therefore not only associated with witches but with Gypsies. The Church bishops and Inquisitional friars suspected them of being the ultimate rulers of the Land of

For here, in this one noble race, we have the "elves", "fairies" and "pixies"—not beguiling little folk, but distinguished kings and queens of the Dragon succession.

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WORLD WAR II VETERAN SPEAKS OUT ON FOO FIGHTERS

They remain one of the great unsolved mysteries of the Second World War. Foo fighters—often described as highly manoeuvrable glowing balls of light—were seen and reported by pilots in all the theatres of war.

Both Allied and Axis fliers saw them. The Allies thought foo fighters were a secret Nazi weapon, but after the war ended it was learned that the Nazis suspected they were an Allied creation.

Various conventional theories were put forth to explain them, including ball lightning and electrostatic discharges from the planes themselves. But, whatever they were, the foo fighters didn't act like weapons. They acted like observers, sometimes running harmlessly alongside a warplane for miles before suddenly departing at high speed. And, for many of the pilots who saw the strange, glowing objects, it did not seem possible that the foo fighters were a human creation.

Most accounts of foo fighters date from the period during and just after the war. CNI News recently presented a new account from Italian researcher Fabio Di Rado at <contact@ufobserver.com>.

Di Rado interviewed an elderly man in Sicily who, though Italian, worked against Mussolini's Fascist government as a counterespionage agent for the British. In that

capacity, he had occasion to learn about the foo fighters, as recounted in the following text:

During the Spring of 1998 I went with another person to an inland village of Sicily to meet an 80-year-old man who claimed to have some unknown documents about foo fighters.

When we arrived at a farmhouse in the heart of the countryside, our witness showed us into a room which seemed to be his private study... We were ordered not to take pictures; we could only make notes. To our disappointment, we had to accept this. I was given a copy on high resolution CD-ROM of the pictures and documents that I saw there in the original version, with some censored parts.

A synopsis of the interview follows.

Di Rado: Why do you want to remain anonymous? Do you know that you risk not being believed? Sometimes a witness who speaks openly can be more reliable than one hundred pictures.

Witness: You should know that people who have some secret information—and there are not more than four or five of us [in Italy]—risk their lives even if they change their identity. I've always boasted of having lived through two World Wars without once being shot, and I wouldn't want that to happen to me right now. I

know perfectly that anonymity could undermine the credibility of the information I am about to reveal, but I have no choice, and, as a consequence of this, neither have you.

Di Rado: Okay. You say that you have pictures and documents which are extra evidence of the foo fighters' existence. Is this right?

Witness: Of course! To be more precise, the documents bear witness to the fact that I was directly involved in some operations of the British intelligence service, while the pictures have been taken out from some filming photograms shot both from inside military aeroplanes and at some Italian Allied bases.

Di Rado: How did you manage to take part actively in the operations of the British intelligence service, although you are not British?

Witness: I was a convinced antifascist. Towards the end of 1943, I was in Bari [a town in southern Italy] and got to know that the only way to get some money and a warm meal was to be taken on at the PWB [Psychological Warfare Branch of British intelligence]. The PWB, which was the organ for the propaganda of the war, was the political-cultural mind of the Allied authorities. It had under its control all the newspapers and transmitting stations; it printed its own newspapers for its soldiers; it sent out films to the cinemas; it acted as a

THE TWILIGHT ZONE

Press agency which gathered and selected the news and then passed it to other agencies. At the end of 1943, the town of Bari was the real capital of the south, and the PWB was its heart. All the most important people were there: Badoglio, Prince Umberto, Togliatti and Aldo Moro (at that time, a poor nobody). I worked together with Morpugno, Pontecorvo and Mario Soldati as well as with the famous Colonel Stivens of the BBC. The antifascist Italy was all concentrated at the PWB.

Di Rado: How did you get to know about foo fighters?

Witness: Once I was sent to Termoli, where I met James Cameron, a captain in the SAS at that time. [The SAS (Special Air Service) was mainly used for military operations deep behind enemy lines.] We were close friends until he died in 1988. I worked together with him until February 1945.

During this period, I took part in some dangerous missions in Marche and in the north of Italy. It was then that I got to know about the [experiences] of some SAS pilots. Honestly, I couldn't believe some stories...

In 1945, I went back to the PWB as an editor in the news department. There I got to know that during [some filming for propaganda purposes], the famous foo fighters were filmed many times. But they were censored in the final version [of the film] which was put into circulation. I was very curious to see those films; and thanks to the help of Captain Cameron, I managed to learn where the negatives were. So I went

to Rome to the UNN [United Nations News] which was in Via del Muretto.

The UNN was an agency which gathered and sent out news under PWB control. I got to the person who kept the negative 35mm films, thanks to Cameron. I managed to see them, but I could take away only the copies of some photograms that you can see here. The quality of the films was so excellent that I could perfectly see the movement of the objects beside the bomber formations. It was so amazing that I jumped in the seat of the projection room many times.

Di Rado: Where do you think the films could be today?

Witness: Of course, the films are in the hands of the SAS in England. British intelligence has always known of the foo fighter phenomenon and, according to what Cameron said, it came into possession of extraordinary material [starting from] the beginning of the war. You can be sure that it won't ever lose its importance...

Di Rado: Could foo fighters be a Nazi manufacture?

Witness: Those machines, if we can call them that, could perform such quick and agile movements that they were unlikely to have been built by human beings. You can believe me: foo-fighters couldn't be Nazi—otherwise [the Germans] could have won the war easily... The more likely hypothesis is...an air force coming from other worlds was among us.

Di Rado: Last question. Why did you decide to talk about it?

Witness: I've appreciated the courage of

many former soldiers who recently have decided to talk about such a burning matter. So I decided to give my contribution, too.

(Source: Written by Fabio Di Rado, <www.ufobserver.com/files.html>, published in *CNI News*, vol. 5, no. 8, part 3, 16 June 1999, website <CNINews1@aol.com>)

ONLINE SURVEY OF OUT-OF-BODY EXPERIENCES

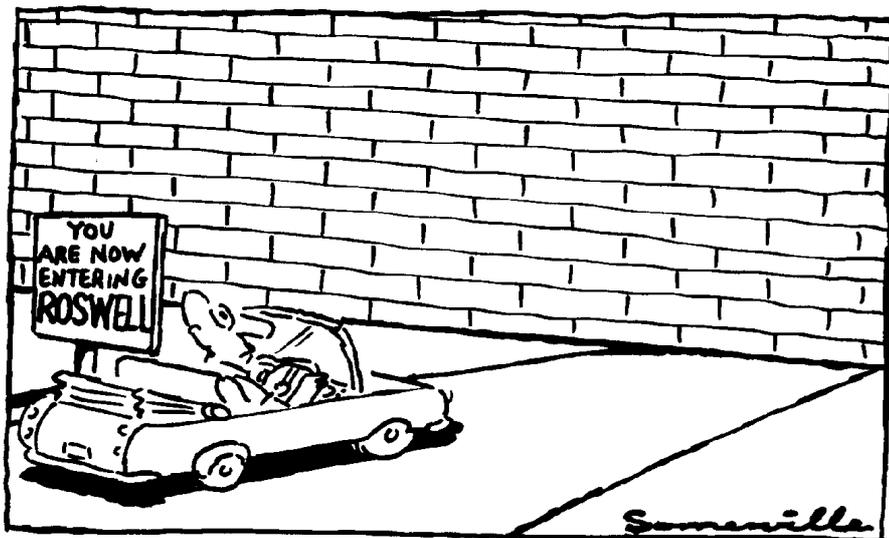
The International Institute of Projectiology and Conscientiology (IIPC) has announced its online research regarding the out-of-body experience (OOBE), a phenomenon also known as astral travel. The Institute is a non-profit organisation, founded by Waldo Vieira, MD, in 1988 with the purpose of promoting serious research on the nature of consciousness and the wide range of its psychical phenomena. The IIPC has lectured on OOBE to over 120,000 individuals.

According to an IIPC press release dated 11 June 1999, the aforementioned OOBE research is based on a public survey designed to help elucidate many of the aspects related to such phenomena. It states that the survey is motivated by the highest scientific spirit for an unbiased analysis of the phenomenon.

In answering the survey questions, the interviewee will realise that many of the sensations and situations that occur during the sleep state may possibly be related to out-of-body experiences. When submitting the questionnaire, one can see the updated results of the survey, showing the percentage of those who had specific experiences and sensations.

The OOBE survey comprises seven sections, aimed at verifying points such as: the level of lucidity during OOBEs; the frequency in which they occur; the sensations that may be related to the OOBE; the types of OOBEs experienced; whether individuals confuse dreams with OOBEs; the related phenomena experienced during OOBEs; the level of control possible in OOBEs; the personal, educational or cultural factors that may influence the OOBE; and the most efficient procedures for generating an OOBE.

Through the analysis of 98 topics, the OOBE survey should contribute to confirming the veracity and characteristics of the claimed extracorporeal experiences during sleep or waking state, allowing statistical tabulation of data. According to the



IIPC, the acquired data will be examined in the subsequent months.

Those who participate will be mostly individuals who visit the IIPC website—those who have some degree of interest in or curiosity about psychical studies. The survey can be accessed at Internet address <www.iipc.org>. In order to ensure a wide-ranging sample of individuals from different areas, the IIPC calls for wide dissemination of this survey, which is available in English, Spanish and Portuguese.

Partial results of this OOB survey will be presented at the 1st Forum of Consciousness Research and the 2nd International Congress of Projectology, which will be held from 21–24 October 1999 in Barcelona, Spain. The complete results and conclusions will be published in the *Journal of Conscientiology*.

For more information on the survey, contact Wagner Alegretti or Nanci Trivellato at the IIPC UK Office, 45 Great Cumberland Place, Marble Arch, London, W1H 7LH, UK; tel +44 (0)171 723 0544, e-mail <London@iipc.org>.

UFOs, THE BRITISH OFFICIAL SECRETS ACT & THE JOINT INTELLIGENCE COMMITTEE by Nick Redfern

Has the British Government ever employed the use of the Official Secrets Act (OSA) to silence those implicated in the UFO subject? To those armchair researchers who proclaim that such an idea is absurd, I say "Think again".

In my first book, *A Covert Agenda*, I presented clear evidence via officially released documents now available at the Public Record Office (PRO) at Kew, that in both 1953 and 1956 orders were circulated throughout the RAF, warning personnel not to talk about the UFO issue outside of official channels. However, the records which had been declassified at the time I wrote the book did not directly reference the OSA or its potential use from a ufological perspective.

Nevertheless, I was also able to present the testimony of a number of individuals (some with media ties) who asserted that the OSA had been used to keep the truth surrounding UFOs under wraps.

Via a file that I secured only days ago from the PRO, however, I am now able to prove conclusively that UFOs and the

Official Secrets Act go hand in hand.

Exactly why the Government has chosen to release this file is a mystery in itself, given that it sharply contradicts past assertions. The file in question (titled "UFO Policy") covers the period 1958 to 1963 and revolves around UFO investigations undertaken by various Air Ministry departments during that time frame.

Contained within the file is a six-page document dating from December 1960 and circulated at "Secret" level throughout the Royal Air Force. Like earlier papers, it details the procedures to be followed in the event that military radar operators, RAF pilots, civil aviation pilots or members of the public should report a UFO.

Interestingly, however, the paper in question contains two eye-opening revelations. Firstly, it states that in situations where UFOs were tracked on radar, any military aircraft in the vicinity were to be diverted from their normal flight to "investigate the phenomena". Secondly, and far more significant, is the Air Ministry's overwhelming desire to prevent the media and the public from learning about such intrusions, trackings and interceptions.

I quote from the paper in question: "The Press are never to be given information about unusual radar sightings. Unauthorised disclosures of this type will be viewed as offences under the Official Secrets Act."

Although brief in nature, this document—which remained in use until the formation of the Ministry of Defence on 1 April 1964 (how appropriate)—makes it abundantly clear that the UFO issue was indeed covered by the OSA.

On another—but equally important—matter, the file in question also makes a very brief reference to a pre-1959 study of the UFO mystery carried out by none other than the British Government's Joint Intelligence Committee (JIC)!

Certainly, it has long been recognised that, at various times since the late 1940s,

investigations into UFO encounters have been undertaken by the Royal Air Force, the Air Ministry and the Ministry of Defence (MoD). However, the revelation that the JIC also carried out an investigation more than 40 years ago is of great significance. Why so?

Firstly, the membership of the JIC includes not just elite personnel from the MoD, the Treasury and the Foreign and Commonwealth Offices, but also the heads of MI5, MI6 and the Government Communications Headquarters (GCHQ) at Cheltenham!

Secondly, the fact that (to my knowledge) no rumours have ever circulated to the effect that the JIC undertook its own UFO investigation program in the late 1940s or 1950s, is an indication of the level of secrecy that surrounded the project.

The files at the Public Record Office concerning the JIC make no reference to a 1940s/50s UFO investigation. However, I am now actively looking to resolve this issue via several methods and hope ultimately to reveal further findings at a later date.

At this stage, the extent to which any of these findings may have a bearing on the allegations of direct UFO studies undertaken by the GCHQ, MI5 and MI6, both decades ago and in the present day, can only be guessed at.

(Source: News release, 16 May 1999, from Nick Redfern, UK, tel +44 [0]1922 691490)



UNDERSTANDING THE YOWIE PHENOMENON

Indigenous legends and eyewitness reports suggest that two types of bipedal primates, the larger Yowie and the smaller Junjadee, inhabit densely forested country in Australia.

by Gary Opit © 1999

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I have a regular talkback radio program on 2NR regional ABC in northeastern New South Wales, where I talk about the seasonal behaviour of local wildlife and identify fauna species for listeners from their descriptions of physical features or calls. On 11 February 1997, I received a call from John Morrison of Coffs Harbour, which made the local news service.

On 15 January 1997, whilst on a family picnic between Station Creek and Dundurrabin in the Guy Fawkes National Park, Morrison's daughter found a trail of footprints. Each print was 60 centimetres long. He described them as something similar to a human footprint, with obvious left and right prints, 1 to 1.5 metres apart. The big toe was distinct from a group of other toes that impressed together so they couldn't really be counted. The heel made the deepest depression: about two centimetres.

The prints were in a dry creek-bed in sandy alluvial soil covered with some scattered shrubs. John and his family followed the prints for about a kilometre up a long, narrow gully until it reached a rocky outcrop. There were no fallen leaves or other debris within the prints, so they were fresh. It appeared to the family that a large, heavy, bipedal animal had recently walked up the gully. John had heard stories about an unknown animal called a Yowie, and wanted to know if the creature was generally regarded as real, because, until then, he was under the impression that they were just fanciful stories.

I told John and the listeners that I had never really believed in the reports in newspapers about giant furry bipedal primates lurking within our bushland, until I was fortunate enough to hear at close quarters three different sets of calls that proved to me that there really was something unknown out there. I gave forth with approximations of the calls that I had heard, and I would imagine that those calls were the first Yowie territorial calls ever uttered over the airways.

In 1973–74, I was studying the fauna of the Papua New Guinean rainforest with biologists at the Wau Ecology Institute, a field station of the Bishop Museum of Hawaii. Over a one-year period I recorded fauna species (primarily birds) and their behaviour with an ornithologist on the slopes of Mount Missim in undisturbed *Castanopsis* oak rainforest at Poverty Creek at an elevation of 1,500 metres.

On 6, 14 and 19 December 1973 and on 16 and 25 October 1974, during daylight hours, we heard very loud and powerful mammal calls consisting of a series of deep, base notes, repeated without variation over a period of five seconds, that produced a bellowing roar clearly audible through the rainforest from perhaps a kilometre away. At one instance I was standing on a rock outcrop above the trees and clearly heard the calls emanating from a forest valley approximately two kilometres below me. We had particularly specialised in the identification of fauna from their calls, so were surprised to hear powerful calls that sounded to my ears as primate-like.

Having spent some time listening to the vocalising of chimpanzees, gibbon and other primates at Taronga Zoological Gardens in Sydney, I was forced to the conclusion that I was listening to the calls of a very large and powerful primate. As Papua New Guinea has an Australian faunal assemblage with no primates, I found it hard to believe that such a creature as I was hearing could exist.

On 25 November 1973 at Vickery Creek, Mount Missim, at 1,200 metres elevation, whilst walking along an old logging track towards a bird hide in which an ecologist was observing nesting superb fruit dove, I observed a dark, bipedal figure crossing the track 200 metres in front of me. I took it to be a native Melanesian, but was surprised to see no sign of clothing at this high altitude and no weapons, and that, unusually, the figure did

not walk or even glance along the track but instead moved through dense vegetation while travelling down the slope. The ecologist had not observed the figure, even though it was moving towards the hide.

It was a great mystery to me as to the identification of a human-like figure, swinging its arms and paying no attention to the track that it was crossing, especially as we never encountered anyone else. Even after hearing the subsequent calls, it did not occur to me at the time that the figure I had observed may have been responsible for the calls. I had read newspaper articles of Yetis and Bigfoot in the northern hemisphere, but had never heard of unknown primate bipeds in this part of the world.

It was not until I returned to Australia that I first read about Yowies, and I was particularly interested in a close encounter in early 1978 in Springbrook, southeastern Queensland, by a National Parks and Wildlife Services ranger. The witness was a work colleague of a naturalist friend of mine who was able to relate to me a detailed description.

A bipedal, gorilla-like primate, standing 2.5 metres high, with a distinctive odour, a grunting voice, a body covered in long black hair, a flat and shiny black face, large yellow eyes, a sagittal crest, and huge hand, was clearly observed in Antarctic beech rainforest at 2 pm in good light from a distance of four metres. Several other previous sightings on the same mountain and in surrounding districts were reported in local newspapers.

I found these reports extremely difficult to believe because I had spent years studying the flora and fauna in the forests of southeast Queensland, I had read widely on historical and natural history subjects, and had neither suspected nor found any trace that would lead me to conclude that such a remarkable animal could be inhabiting the district. Even more difficult

to explain was the fact that an unknown primate was definitely not an expected member of the Australian faunal assemblage. A deep channel of open ocean, known as the Wallace Line, has always divided the fauna of Southeast Asia and Australia. This explains why Asian monkeys, apes, squirrels, cats, deers, rhinos and elephants, to name just a few, were never able to cross over to this continent. Only humans and their pet dingoes in water craft were successful in undertaking such a hazardous journey.

Then, on 21 June 1978 at 3 am, on a very quiet night with a full moon, I was awakened by a very powerful, continuously repeated roaring, bellowing call emanating from lowland subtropical rainforest in Joalah National Park on Tamborine Mountain, 300 metres from our house, at an altitude of 500 metres. The call was similar to those that I'd heard in Papua New Guinea, though the animal was much closer and the call was therefore even more powerful. It was a deep-throated, booming "yee-yee-yee-yee" that continued without a break for five minutes, and so was much longer than the calls that I had heard in Papua New Guinea. I could clearly hear the calls being pumped out of a massive chest, and they sounded more like the call of a big primate than anything else. It was much more powerful than the roaring-grunting of a koala or even the bellowing of cattle.

After approximately two minutes, three dingoes broke into their characteristic howling, as they regularly did whenever the noctur-

nal silence was broken by the occasional backfire of a car travelling down the mountainside, a tree falling in the rainforest or the mail plane travelling overhead. Two of the dingoes were approximately 80 metres to one side of the mysterious animal and the third was howling at a similar distance on the opposite side. The sound of these four animals in full cry was the most remarkable natural sound I have ever heard. Even more important, though, was that I was able to judge accurately the call of the unknown animal over the calls of the dingoes that I regularly heard.

The call of the Yowie—if that's what it was, for I could equally refer to it as a Bunyip—was at least twice as loud and much more powerful than the dingoes', and after their howling finished the Yowie continued its repetitive bellowing for perhaps another minute. Then only the sound of Curtis Falls, Cedar Creek and the chirping of the crickets remained.

That experience proved to me that there was indeed a very large and powerful animal dwelling in the locality—no matter how implausible it seemed. It also provided an answer to a couple of the mysteries that I had pondered for some time.

The first was a local mystery surrounding an unknown carnivore that was preying on rednecked pademelons (small wallabies) that had always been common on the mountain, where they fed on

lawns adjacent to rainforest. Our neighbour at the time, Frank Field, is a retired jackeroo, drover, tracker, naturalist and farmer. On several occasions in 1976 he had encountered kill sites on an adjacent property where pademelons had been attacked. He would find traces of fur and scuff marks on the ground and then several metres away the entrails of the wallaby, torn from the body and left on the grass and leaf litter. The intestines would trail back towards the forest, as if the animal had been gutted while being carried away.

"It definitely wasn't a dingo, which I spent years hunting when on the

land. It was as if the predator had simply lifted the wallaby off the ground each time, and carried its prey instead of dragging it off and leaving traces on the ground as a dingo always does. I have no idea what animal would be powerful enough to carry a wallaby away and rip its intestines out as it went," he told me.

Having spent years searching for physical traces of wildlife behaviour so as to identify what species were in a locality, I knew that an unknown herbivore would have left traces of vegetation disturbance while feeding, and large, distinctive faeces. However, if the Yowie were a nocturnal carnivore that remained hidden during the day and carried larger prey items to secluded locations where it would feed and defecate, it would be unlikely for evidence of its activities to be noticed.

The second mystery occurred in 1971 when I was working as a National Parks ranger at Green Mountains in Lamington National Park. One Saturday night, the officer at the ranger's office and residence was startled to hear a series of heavy thumps on the outside wall. When he got to a window and yelled out to whoever was outside to identify themselves, another noisy commotion began beneath the house. He was amazed to see large numbers of heavy working tools, shovels, hoes, rakes, axes and brush-hooks, used in the maintenance of the walking tracks and stored under the house, flung with great force onto the back lawn. The sound of heavy grunts amongst the crash of tools terrified him and,

I could clearly hear the calls being pumped out of a massive chest, and they sounded more like the call of a big primate than anything else.

believing that a madman was attacking the cabin, he ran for his life up to O'Reilly's Guest House for help.

Campers also arrived at the guest house, informing the staff of the terrible noises coming from the ranger's cabin, and so a group walked back to see what was going on. No one had seen people or vehicles near the house, so rampaging louts were discounted, and, although dozens of tools now lay on the grass in the dark, no sign of the madman was found and no explanation for the incident could be determined.

I arrived on the Sunday night to hear about the incident, and the next morning we picked up all the tools and stored them away as before. Then I walked into the rainforest immediately below the backyard and was surprised to find that our enormous woodstack had also been attacked. Approximately 7 metres in length, 1.5 metres wide and 2 metres high, and composed of very heavy pieces of timber held in place by strong timber stakes that had been sledgehammered into the ground, it now lay completely scattered and most of the stakes had been pulled out of the ground.

It took us the rest of the day to rebuild the woodstack, and we had absolutely no idea what was responsible for its dismantling. No human had the power to move so much timber. The regrowth of the rainforest above and surrounding it was undisturbed, the weather had been fine, and we knew of no life-form that could perform such a task. But the call and the reports of a powerful nocturnal primate at large in the locality now provided an answer: the ranger's cabin had been attacked by a Yowie.

Yowie sightings have since been recorded occasionally throughout the locality but, for my own part, years of bushwalking and flora and fauna surveys have yielded not the slightest trace of their existence.

Another Tamborine resident, Larry Edwards, heard similar calls from Guanaba Gorge just after dark on 7 September 1992. They reminded him of the loud, resonating, shrill, roaring calls that he regularly heard as a youngster at Blunder Creek, southwest of Brisbane, between 1961 and 1972. His family always heard the calls at the beginning of spring each year, at about 9 pm on full-moon nights. The call would last for about two minutes, increasing in volume as the animal ran down a dry creek-bed in the gully below the house, with the sound of its feet making huge, leaping steps; then the call would decrease in volume as the creature continued on its way.

He told me that the man who was in charge of the nearby Blunder Repeater Station tape-recorded the calls and made plaster casts of the footprints which were three metres apart when it was running. The prints were humanlike but 30 cm long and 10 cm wide, with circular clawmarks 5 mm wide that were 4 cm deep into the soil. With the commencement of suburban development in the area, the calls were no longer heard.

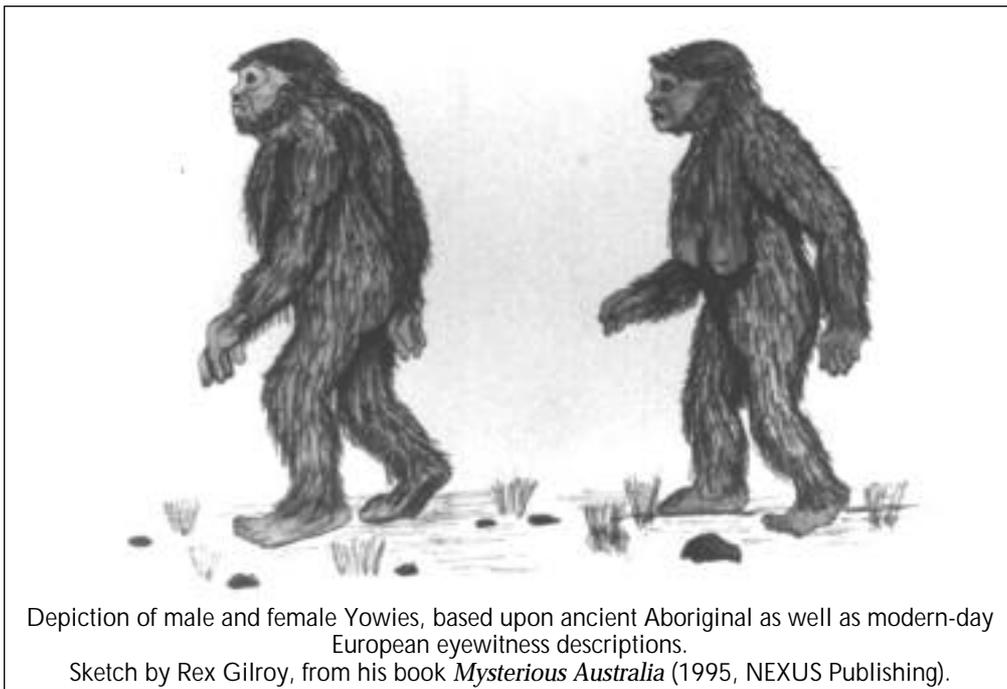
The first person I ever talked to who had actually observed a Yowie was a Victorian Government surveyor. John Macey and workmate Sid

Griffith were surveying a road in bushland at Murderer's Hill, near Walballa in Gippsland, Victoria, one misty day in September 1979 when at 11 am they saw, five metres away, an ape-like animal, 1.2 metres high, standing on its hind legs with its back to them. They noticed that it was a powerful animal with wide hips and buttocks that were visible as it threw its long arms over a 1.3-metre-high fallen log and then clambered over to disappear into thick vegetation. They noticed a patch of pale skin on the back of the neck beneath the black hair that covered all of its body. It did not appear to be a chimpanzee, gorilla or orang-utan, which they had seen in zoos, but was definitely another species of ape that had no tail.

Then, at 3.30 am on 1 June 1996, in bushland behind a house that we were renting on the slopes of the Koonyum Range at Main Arm in northeastern NSW, I was again fortunate enough to hear the calls of this undescribed animal. There was a full moon illuminating a crystal-clear night and there was no air movement—so sounds, such as a rooster crowing, could be heard for some kilometres. Approximately 200 metres away, near a dry creek-bed in eucalypt forest at 200 metres elevation, a series of some 90 loud, bark-like calls rent the air.

The calls were mostly in a series of three, making a sound like "aroo-ARRO-aroo". The first was a start-up call, which was not as loud as the middle call, which was climactic and was followed by a softer call. The beginning of each of the three barks, "arr", was sudden and intense, while the final "oo" portion was cut short as it fell off in volume. Between the sets of three barks, at a time of about five or six seconds, a disturbingly strange, soft, gurgling call, "gu-gu-gu-gu", could be heard. It continued with very little variation for about five minutes, with the last couple of series of calls appearing less loud, as if the creature had begun to move off. They were quite unlike the calls of foxes or barking deer that I had heard in Southeast Asia and, once again, had more of a primate feel to them.

The next day I found three toeprints in an earth creek-bank where the creature had climbed up the slope. Each toe was about the same size as a human big toe, but each slightly smaller in size towards the right, as if from a right foot. Nearby, on a ridgetop



Depiction of male and female Yowies, based upon ancient Aboriginal as well as modern-day European eyewitness descriptions.
Sketch by Rex Gilroy, from his book *Mysterious Australia* (1995, NEXUS Publishing).

covered in dry eucalypt forest, five square metres of native grass had been disturbed, in that each clump of grass had been pulled up with the roots and then placed back exactly where it had grown. Two weeks later, a distinctive brown patch of dead grass was evident.

The calls of this animal were similar in some respects to the call of the first animal I'd heard in 1978, in that they were a series of unvarying or repeated calls which were quite powerful and occurred continuously for about five minutes. The first call, though, was even more powerful, with a very bass note as if uttered by a very large animal. This second call was higher-pitched and sounded as if it came from a smaller animal. Strangely enough, this accorded with the sighting of an unusual animal some months before by some friends.

Lyn Clark and her 12-year-old son Joshua were on their way to our house in the late afternoon to attend the birthday party of one of our daughters on 23 March 1996. Because they were concerned that their old car might not be able to climb the steep, kilometre-long hill up to the house, they decided to walk up the driveway.

Joshua was in front, and halfway up he was surprised to see what appeared to be one of the children from the party, dressed in dark clothing and running headlong down the steep slope. He was amazed that a child could run downhill at such a pace, and found it even more remarkable that the child was not running down the concrete driveway but was running down a slope thickly covered in large clumps of kangaroo grass, grass-trees and scattered shrubs beneath a eucalypt canopy. He was sure it was a child because of its posture—it was bent slightly forward, as is normal for a person running down a hill—and he expected to see the child trip and fall at any moment. But the child ran down towards him without any difficulty until it saw him and then turned and stopped about 30 metres away.

Joshua was even more surprised now because, although it was shaped very like a child and was 1.25 metres tall, about the same height as a 10-to-12-year-old, it was covered in thick, black hair with only its dark face visible. Joshua rushed back to get his mother and pointed the creature out to her, as it was still standing in the same position.

Lyn found it difficult to see because the creature was very well camouflaged until it began to move. From a bipedal position, it dropped down to move off slowly downhill, knuckle-walking as a quadruped. Then, as it gathered speed, it stood erect and ran off down the hill.

Afterwards, Lyn described to me what she had observed: a dark-furred animal with a round head and no tail, running on two legs like a person. I was naturally extremely sceptical, as I had seen nothing unusual in my explorations of the area, and told her that it could only have been a swamp wallaby, often seen on the slope—though she insisted that it didn't hop but ran on two legs.

It wasn't until I heard the unexpected calls at close range that I was able to believe that Lyn and Joshua had seen a very remarkable animal.

The calls that I heard can be used to provide a provisional identity for these unknown animals. The calls were typical of a territorial call, being loud, powerful and repetitive, and uttered on quiet, windless nights so that the calls were far-carrying and could reach the ears of other territory-holding adults.

The small bipedal primate observed and heard in 1996 is unlikely to be an immature or half-grown specimen of the much larger bipedal primate observed and heard in 1978. This is because immature animals do not hold territories or give territorial calls. If they did, it would be an immediate invitation for a fully grown animal to locate the brash young usurper and drive it off.

Because both territorial calls were similar in their make-up (a series of loud, repetitive calls) and were made under similar conditions (still, moonlit nights in June), it can be inferred that both animals are closely related. This also agrees with sightings descriptions of unknown bipedal primates. However, it can also be inferred from both territorial calls that two different species are involved.

The 1978 call was a continuous series of extremely powerful, bellowing roars, as would be expected from a large bipedal primate, 2.5 metres tall and inhabiting the rainforest. The 1996 call was a continuous series of powerful, high-pitched barks in series of three, with a softer gurgling call included. These latter calls were associated with the sighting of a small bipedal primate, 1.25 metres tall, inhabiting mountainous, dry sclerophyll forest.

It is a common occurrence within closely related animal species inhabiting a similar ecological niche and utilising a similar food resource that a major size difference evolves so that one species is half the size and weight of the other, so as to reduce competition amongst them. This is perfectly shown in the observed size difference in these two undescribed bipedal primates. Different territorial calls also evolve in closely related species and further reduce competition between them.

Both species were known to the Aboriginal people and European settlers, particularly those working in the bush. Aboriginal people throughout eastern NSW knew the larger species as Doolagarl, Doolagard, Gooligah, Thoolagal, Moomega and Yaromah, depending on their language group. Aboriginal people—from Sydney, inland to the Blue Mountains and Bathurst, and down to Batemans Bay and Bega—appear to have used the word Yowie, or Yourie, for ghosts and evil spirits. This name, along with the name Yahoo, then appears to have been applied to the large bipedal primate by early European settlers. After the settlers arrived, both the terms Yowie and Yahoo were also used by Aboriginal people, though Europeans also used the terms Hairy Man and Australian gorilla. However, Yowie has become the accepted name in recent years.¹

Cryptozoologists researching reports of similar large bipedal primates (usually known as Wild Men) across Africa, Eurasia, Southeast Asia and the Americas agree that the animal appears to be *Gigantopithecus*, known only from half-a-million-year-old fossils from China. Descriptions of the physical appearance and behaviour of the Yeti of the Himalayas, the Yeren of China, the

Afterwards, Lyn described to me what she had observed: a dark-furred animal with a round head and no tail, running on two legs like a person. I was naturally extremely sceptical ...

Sasquatch or Bigfoot of North America, and Doolagarl or the Yowie of Australia are all so similar that it would appear they are all members of the same species, or are at least closely related.² All appear to be extremely cryptic, solitary, nocturnal hunters that have adapted to a wide range of different habitats, have naturally low population numbers and very large territories, as is typical of many large carnivorous mammal species. Competition with another similar-sized bipedal hunting primate (humans) may have been partly responsible for humans existing in large, diurnal, social populations, and *Gigantopithecus* existing as scattered, solitary, nocturnal, cryptic populations, so reducing competition.

The small bipedal primate was known to the Aboriginal people as Junjadee, Junjuddis, Dinderi, Winambuu, Waaki and Nimbunj, depending on their language group, and as Brown Jacks since European settlement. This smaller species made newspaper headlines in March 1979 when individuals were observed on Tower Hill at Charters Towers in Queensland. There have been many reports of small bipedal primates from Africa, Asia and Sumatra, where they are known as *Orang Pendek*.³

So how did these originally Asian animals get to Australia? The answer is evident in the documentation of sightings of these and similar animals elsewhere.

In Australia, the large bipedal primate has been observed swimming in rivers and lagoons, and in such situations has been called a Bunyip. Sightings of seals far upstream in freshwater rivers and billabongs, perhaps along with the last surviving aquatic megafauna, were probably responsible for most Bunyip reports.

The Aboriginal people of the lower Murray River know of an ape-like creature that swims in the river, and have named it Mooluwonk. On 18 July 1848, the *Argus* reported the sighting of a huge humanoid swimming in the Eumeralla River, Victoria. The Melbourne *Herald* of 29 October 1849 reported the observation of a Bunyip beside a lake on Phillip Island, Victoria. It was described as being half-man and half-baboon, and it dived into the lake when it was shot at. The *Sydney Morning Herald* of 24 August 1872 reported that a party of surveyors observed a Bunyip swimming at Cowal Lake, NSW. It resembled a human but was covered with long dark hair, and it rose out of the water—so they were able to see its shoulders—and then dived as if in chase of fish.⁴ A Yowie was observed wading ashore from Lake Dulverton in Tasmania in 1987; Sasquatch have been observed wading in Lake Winnipegosis and the Klamath River in North America.⁵

These reports show that the Yowie is an excellent swimmer in small bodies of water. Investigations by Bob Titmus, one of the very early Bigfoot investigators who operated from a boat among the islands and inlets of British Columbia over several years, proved that the Sasquatch was capable of swimming through stormy seas. Fresh sets of tracks coming out of the water and into the woods on small islands show that the Yowie is perfectly capable of swimming across open seas to reach distant hunting grounds or to colonise new territory.⁶ Yowies therefore appear to have entered the Australasian region from Asia by swimming from island to island.

Accidental rafting could also explain this Asian animal's pres-

ence in Australia. It is believed that Asian mice reached Australian shores in this way over millions of years and, once on land, diversified into endemic species.⁷ Larger mammals would have enormous difficulties surviving such a voyage, adapting to the new environment and arriving in large enough numbers to begin a genetically diverse population. However, an adaptable, semi-aquatic, carnivorous primate—humans—made the journey, so perhaps a similar, though fur-covered, species could do likewise. Before human domination of Southeast Asia, the islands were thickly vegetated and richly populated with a diverse fauna. Riverside rainforest torn loose near a river-mouth during cyclonic weather to form rafts of trees that floated to Australia with a complement of animals preyed upon by a family of Yowie castaways, could just be possible.

Many researchers of undescribed cryptic animals are not biologists, and they often conclude that these animals must be paranormal because they are so elusive and impossible to capture. They state that the existence of the animal can only be understood by looking for explanations beyond the understanding of modern physics. These statements are absolutely preposterous and show little understanding of physics, biology,

ecology or animal behaviour. It is most unlikely that the entire understanding of physical reality falls apart whenever an undescribed animal is reported. It is also unlikely that the only evidence of other dimensions intruding into our own is represented by a cryptic animal and by no other aspect of natural phenomena.

It is to be expected that the general public would have little knowledge of, or belief in, undescribed fauna. Most people's experience with wildlife comes from museums, zoos and the picnic areas of national parks, so it is only natural that they would believe that if an animal has

not been regularly observed then it could not possibly exist.

Field biologists, however, know from years of experience that it is incredibly difficult to observe, trap, photograph or obtain any evidence for the existence of many species—at least until they come up with an innovative method to do so. This particularly applies to solitary nocturnal carnivores.

The Eastern puma or mountain lion (*Puma [Felis] concolor cougar*), which ranged from New Brunswick in Canada to the Carolinas in the USA, has been considered extinct by all American state wildlife agencies and the US Fish & Wildlife Service for most of the 20th century. Despite numerous fauna surveys, no evidence for its existence had been found in almost 100 years, and yet dozens of eyewitness reports are made in almost all eastern states every year.

A Canadian wildlife biologist, Bruce Wright, director of the Northeastern Wildlife Station of the University of New Brunswick, was convinced from sightings reports from the late 1930s that the Eastern puma had survived in cryptic, remnant populations, but he was never able to convince his fellow zoologists or provincial officials. After over 50 years of investigations of Eastern puma sightings by biologists, fresh tracks in snow and

The small bipedal primate was known to the Aboriginal people as Junjadee, Junjuddis, Dinderi, Winambuu, Waaki and Nimbunj, depending on their language group, and as Brown Jack since European settlement.

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REVIEWS

BOOKS

Reviewed by Ruth Parnell

NET SPIES: Who's Watching You on the Web?

by Andrew Gauntlett

Publisher: Vision Paperbacks, UK, 1999

ISBN: 1-901250-25-3 (204pp tpb)

Price: £9.99 + p&h

Available: **UK**—Satin Publications, tel

+44 (0)171 3239757, fax (0)171 3239749,

e-mail <sheenadewan@compuserve.

com>; TBS Ltd, tel +44 01206 255637

The Internet has revolutionised the way we communicate in the 1990s, but this newfound freedom comes with a price.

With the inexorable advance of communications technology comes an unprecedented threat to privacy, not just to individuals but to governments and corporations, from both "official" and "unofficial" hackers.

Net Spies, the first book by British author/journalist Andrew Gauntlett, a computer scientist and consultant, will make you think twice next time you log on or divulge any personal details. Indeed, you don't have to have a computer for your privacy to be at risk, for your data are fair game in cyberspace. Either way, it helps to be cyber-smart and Gauntlett navigates the minefields of data surveillance, encryption devices, processor ID chips, credit card fraud, spam e-mail, net porn, even retrieval of deleted files from hard drives, in the hope of striking home how safety on the information superhighway cannot be guaranteed.

Gauntlett's chapter on the ECHELON global spying system (see feature article and Global News this issue), is timely, and

recent revelations about the US National Security Agency's industrial spying against German companies, on behalf of American corporations, show it's not just individuals whose privacy is being compromised.

It used to be just phone, fax and telex that were monitored; now, supercomputers check code-words against e-mails. If you value your Internet and telephone privacy, then all the more reason to heed Gauntlett's advice to take precautions and exercise caution.

THE ATLANTIS ENIGMA

by Herbie Brennan

Publisher: Piatkus Books, UK, 1999

ISBN: 0-7499-1965-5 (202pp hc)

Price: AUD\$45.00; NZD\$79.95; £16.99;

USD\$/CAD\$/n/a

Available: **Aust**—Hodder Headline, tel

(02) 9841 2800; **NZ**—David Bateman Ltd,

tel (09) 415 7664; **UK**—Piatkus Books, tel

0171 631 0710; **USA/Canada**—General

Publishing, tel (416) 445 5967

The age-old question of whether Atlantis really existed is again analysed, this time by bestselling author Herbie Brennan (*Time Travel, Martian Genesis*) in his latest book, *The Atlantis Enigma*. It's a synthesis of orthodox and alternative ideas about the legendary lost continent and its final demise.

While Brennan refers to evidence for humans living on Earth much earlier than conventionally thought, the evidence he offers to support the existence of an advanced civilisation in pre-Deluvian times is either anecdotal (Plato's accounts), circumstantial, or still under investigation and awaiting release of findings. He gives succinct summaries of research into the diverse locations claimed for Atlantis—from Bimini and off the coast of Cornwall, to Africa and

the Antarctic—but he can be no more definitive than other investigators.

Brennan argues that, according to the archaeological evidence, any advanced civilisation that existed around 12,000 years ago would have been disastrously affected by a catastrophe of cosmic proportions—most likely the result of a supernova fragment passing close to Earth, as geologists Allan and Delair propose in *When the Earth Nearly Died*. Humanity may have survived in pockets around the planet, but civilisation did not, getting buried under piles of rubble or submerged beneath the ocean.

While the jury is out until more evidence can be retrieved, the enigma of Atlantis continues to capture the public imagination. Brennan's pacy, accessible book should serve well in bringing some obscure theories about our past into the limelight.



REVIEWS



BOOKS

OLD SOULS

by Tom Shroder

Publisher: Simon & Schuster, USA, 1999
ISBN: 0-684-85192-X (256pp hc)
Price: AUD\$36.95; NZD\$45.00; £16.99;
USD\$24.00

Available (Sept/Oct): **Aust/UK/USA—**
Simon & Schuster; **NZ—**Macmillan

The most compelling evidence for reincarnation comes from children who can remember details of their most immediate past life—details which can be confirmed by relatives and friends still living.

In his quest to understand the phenomenon, Thomas Shroder, a respected journalist and editor formerly at the *Miami Herald* and now at the *Washington Post*, persuaded psychiatrist Dr Ian Stevenson to let him accompany him on field trips to follow up case histories in Lebanon, India and the USA.

Dr Stevenson, a spritely 80-year-old, has been investigating children with past-life memories since 1957, when he became head of psychiatry at the University of Virginia Health Sciences Center. Since then, he has amassed more than 2,500 case files, written numerous scientific papers and been praised by reincarnation researchers over the years for the integrity of his approach. His studies cross diverse cultures, such as the Druse in Lebanon and Hindus in India where, because reincarnation is considered a fact, people are more accepting and thus willing to speak of their experiences and chase up immediate past-life connections themselves.

In *Old Souls*, Shroder describes his travels with Dr Stevenson, his meetings with the children (now adults), and interviews with

relatives who confirm their stories and often establish close bonds with their "newfound" family member. Even though Shroder is still coming to grips with reincarnation and a scientific explanation for the soul, what he discovered has utterly changed his life and confirmed that life beyond death *is* a reality.

YOUR HEALTH AT RISK

by Toni Jeffreys, PhD

Publisher: Howling At The Moon Publishing Ltd, New Zealand, 1999
ISBN: 0-9583717-6-8 (267pp tpb)
Price: AUD\$29.95; NZD\$29.95; £11.99
USD\$16.00 (exchange rates may vary)
Available: **Australia—**Mind Motivations, tel (07) 3368 0848; **New Zealand—**Howling At The Moon Publishing Ltd, PO Box 302-188, North Harbour, Auckland 1310, tel +64 9 373 3676, fax +64 9 373 3667, www.howlingatthemoon.com

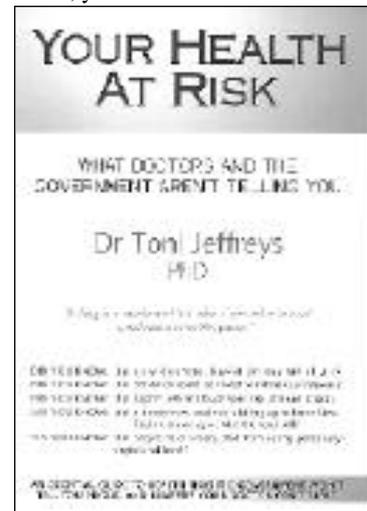
We can't be healthy today without first having considerable knowledge of the hazards around us, says Toni Jeffreys, PhD. She's spent the last 20 years researching orthodox and alternative medical/health literature and treatments, and managed to survive childhood TB and, later, ME. In 1977 she founded the Australian and New Zealand ME Society to help sufferers of so-called 20th century syndrome. Her fourth book, *Your Health at Risk*, is her forum for speaking out about what doctors and governments aren't telling us, the public.

Jeffreys chose to examine 35 "health myths", and the subjects will be familiar to regular NEXUS readers: cholesterol, electromagnetic fields, fluoride, genetically modified foods, immunisation, margarine, milk, neurotoxins MSG and aspartame, plas-

tics, prescription drugs, Prozac, unleaded petrol...the list goes on. She makes it patently clear how the public has been misled on health matters by lies, misinformation or no information at all.

In each chapter, Jeffreys highlights the key research, much of it recent and US-sourced, that slams "conventional wisdom" on its head and that also suggests a better way. She censures the global medical/pharmaceutical establishment over the millions of lives lost when ignorance, greed, corruption and pride overshadow concerns for health.

Unexpectedly, one of the myths Jeffreys confronts is the ideology of positive thinking, explaining that we only grow by being realistic, by confronting the negatives that go hand in hand with the human condition, and by keeping a sense of humour and proportion. Her advice could change, perhaps even save, your life.





REVIEWS

BOOKS

ALIEN INVESTIGATOR

by Tony Dodd

Publisher: Headline, UK, 1999

ISBN: 0-7472-2285-1 (246pp hc)

Price: AUD\$55.00 (hc), AUD\$24.95 (tpb,

0-7472-7534-3); NZD\$24.95 (tpb,

0-7472-6141-5; £16.99; USD\$/CAD\$/n/a

Available: **Aust**—Hodder Headline, (02)

9841 2800; **NZ**—Hodder Moa Beckett, tel

(09) 478 1000 (available November);

UK—Headline Book Publishing, tel 0171

873 6000; **USA/Canada**—General

Publishing, tel 1800 387 0141

It was Tony Dodd's own close-up sighting of a UFO in 1978, as a police sergeant in North Yorkshire, England, that piqued his curiosity about the phenomenon—a curiosity that has become a "career" since his retirement from the force in 1988.

In *Alien Investigator*, Dodd presents gripping case studies of strange sightings, close encounters and alien abductions, plus mysterious animal and even human mutilations.

What makes Dodd a respected UFO researcher—and makes other high-profile investigators like Armen Victorian want to work with him on cases—no doubt stems from the methodical approach he developed as a detective. This gives him a credibility that has prompted many anonymous military personnel to spill details to him of highly classified incidents; for example, the transport of two dead "grey" aliens to Porton Downs from a UFO that crashed in Wales in 1974; the sighting of UFOs flying over and under a nuclear submarine suspended in dry dock at a facility in Scotland in 1989; the

existence of an underwater alien base to the east of Iceland, and the disappearance of a US military warship in the area in 1993; and the presence of secret US military underground bases in England; and more.

Tony Dodd's research has brought him to the attention of certain agencies who have intimidated him and threatened his life, but this has only strengthened his resolve to piece together the big picture. His mission now has a spiritual aspect since he's made telepathic contact with alien intelligences. Secrecy laws may keep the truth from Dodd for now, but his book is well worth reading.

THE KEY TO GABRIEL

by Coby Zvikler

Publisher: Gabriel Publications Ltd, UK, 1999

ISBN: 0-9535115-0-2 (202pp hc)

Price: £9.99 + £1.50 p&h in UK

Available: **UK**—Gabriel Publications Ltd,

PO Box 134, Leeds LS15 9XT, tel +44

(0)113 260 0010, fax (0)113 232 6536,

e-mail <karinastanford@hotmail.com>

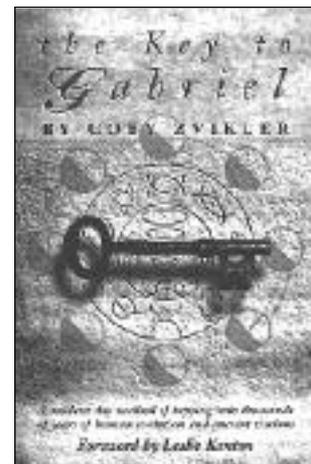
Coby Zvikler was aware of his special healing powers as a very young child.

Years later, once he'd learnt to integrate his abilities, he found that the healing energy he tapped into and transmitted could also be magnetised. His video and audio tapes had the effect of producing spontaneous healings of intractable physical and emotional problems, even with the sound turned down.

Zvikler set about to find ways to store this energy charge, and experimented with magnetic strip cards before he discovered aluminium to be the best medium. And so the "Em-Power Disc" was born, and from the testimonials in *The Key to Gabriel* it seems Zvikler has achieved his dream. Scores of

people attest to the disc's healing power when it is worn or placed within their energy field. Not having used one of these discs, I can't comment on its efficacy, but in view of Zvikler's explanations, I'd support his call for scientific validation tests.

To explain how the device works, Zvikler introduces the Interactive Mind Model which combines the physical body, the conscious and subconscious minds, the central control system, instinctive programming and the Higher Self—the latter having access to the blueprint of every aspect of our being. So, by accessing and communicating with the Higher Self, we can bring about healings—from turning negative imagination into positive, to aligning spines and removing pain. Zvikler claims the disc facilitates this conscious Higher Self connection and is a truly remarkable tool for the evolution of consciousness. Em-Power Disc or not, this information is empowering in its own right.



REVIEWS



BOOKS

INSIDE THE GEMSTONE FILE

by **Kenn Thomas & David H. Childress**

Publisher: Adventures Unlimited, 1999

ISBN: 0-932813-66-6 (250pp tpb)

Price: AUD\$28.00; NZD\$14.95 + p&h; NLG\$16.00; USD\$16.00 + p&h

Available: **Aust/NZ/UK/Europe**—NEXUS offices; **USA**—Adventures Unlimited, tel (815) 253 6390, fax (815) 253 6300, e-mail <auphq@frontiernet.net>

In mid-1975, a document called "The Skeleton Key to the Gemstone File" went into circulation, and it has gained much notoriety in the last quarter-century. Only 24 pages long, it is purportedly a summary of hundreds of pages of notes by Bruce Roberts (the supposed inventor of synthetic rubies used in lasers) that tied the Kennedys, Aristotle Onassis, Howard Hughes and the Mafia into a web of domestic and international intrigue. But how much of it is true?

In *Inside the Gemstone File*, authors Kenn Thomas and David Childress analyse the Gemstone File's background and context and include commentaries from noted conspiracy researchers like the late Mae Brussell, Robin Ramsay, Jim Hougan and Jonathan Vankin, all of whom have questioned the soundness of Roberts' thesis—that it may ring true in parts, but it hardly describes the Really Big Picture.

There are some dazzlers here, including Thomas's essay on the Hughes/Onassis link-up, and Childress's musings on author/spook Ian Fleming whose plots would seem to mirror the real-life machinations of Onassis as "Mr Big". There's a verbatim reprint of the anonymous "Kiwi Gemstone File" which lists alleged shady dealings amongst big business, the CIA and organised crime in New Zealand and Australia in 1967–1987; and a copy of the "COM-12 Briefing" document which sheds light on journalist Danny Casolaro's "Octopus" findings. This is a compilation that feeds the controversy, and is a must-read for conspiracy researchers.

HEALING DISEASE WITH REBIRTHING

by **Pauline Avis & David McNab**

Publisher: Mrtenjai Press, NZ, 1999

ISBN: 0-473-06043-4 (270pp tpb)

Price: AUD\$30.95; NZD\$29.95 + \$3.00 p&h; £14.95; EURO22.45; USD\$25.95

Available: **New Zealand**—Pauline Avis and David McNab, PO Box 11491, Wellington, tel +64 (0)4 380 0430, fax 380 0436; e-mail <RebirthingNZ@hotmail.com>, website <<http://rebirthing.virtualave.net>>; Pinnacle Books, tel (04) 384

4563; Pathfinder Books, tel 0800 554455

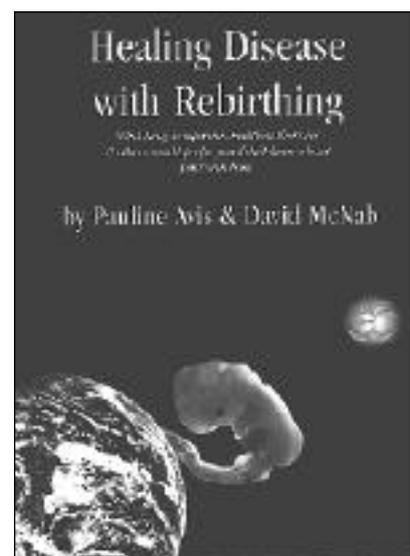
It's a rare person who doesn't carry around emotional baggage. And not only does it weigh heavily, it causes disease, according to rebirthing therapists Pauline Avis and David McNab. In *Healing Disease with Rebirthing*, they explain that illness is the result of negative emotions and beliefs that imprint themselves on the subconscious mind and cellular structure. Of all the modalities, from mainstream psychotherapy to alternative treatments, Avis and McNab see rebirthing as the most effective way to transform energy blockages that cause disease and inhibit personal potential.

Recent shameful intrusions by the New Zealand "medical/media mafia" against a family seeking alternative cancer therapies got Avis and McNab fired up to write their book.

In it, they bare intimate details of their own healing journeys and tell of their often frustrating experiences with the medical establishment and media. They relate the amazing stories of clients who have rid themselves of cancer, congenital disease and childhood trauma through this simple but powerful breathing technique.

Rebirthing therapy has only been in existence for 25 years, but myths have already grown up around it. Here, the authors dispel those myths and explain the technique and how it works. Dealing with unresolved birth trauma is just one of its healing potentials, for it allows all kinds of deeply suppressed pain to be brought into conscious awareness, confronted and then dissolved.

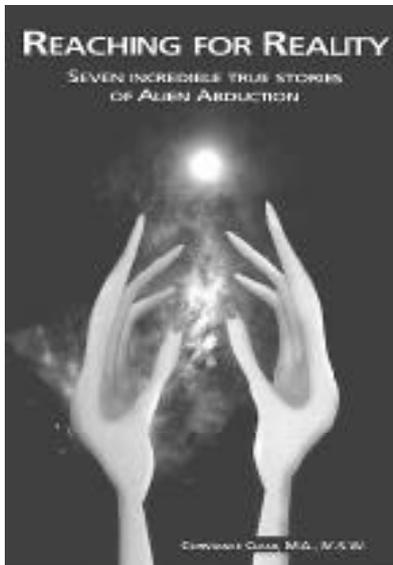
Avis and McNab are passionate about rebirthing's powers for self-healing and transformation. Their book will make you see the technique in a new light.





REVIEWS

BOOKS



REACHING FOR REALITY: Seven Incredible True Stories of Alien Abduction

by **Constance Clear, MA, MSW**

Publisher: Consciousness Now, 1999

ISBN: 0-9667053-1-9 (228pp tpb)

Price: AUD\$33.95; NZD\$49.95; £n/a; USD\$16.95

Available: **Aust**—Banyan Tree Book Distributors, tel (08) 08 8363 4244; **NZ**—Nationwide Book Distributors, tel (03) 366 9559; **UK**—Gazelle Book Service, tel 01524 68765; **USA**—Access Publishers Network, tel 1800 345 0096

A psychotherapist in private practice since 1976, Constance Clear did not have her first client present with symptoms of alien abduction until early 1995. Within another 14 months, six others with similar symptoms consulted her at her clinic in San Antonio, Texas. Five of the seven requested hypnosis sessions to help them recover repressed memories of their experiences, but one of them did not respond to the technique for long enough to achieve results.

These largely professional people were sufficiently traumatised to seek treatment, but Clear notes that none had psychotic traits, personality disorders or history of childhood abuse. As part of her therapy she asked each of the seven to write about and illustrate their often bizarre, horrifying and painful abduction experiences so they could work through their emotions. These writings and drawings form the backbone of Clear's book, *Reaching for Reality*, and through them she and her patients hope that others who have had similar abduction expe-

periences will gain some validation and also relief that their stories are not uncommon. By mid-1996, the seven agreed to participate in group discussion therapy, and found this of great benefit in coping with the isolation they feel forced to endure in life.

With only seven such clients, this doesn't make Clear an "expert" on the abduction phenomenon—yet. The main thing is, she takes it seriously, and can apply techniques that really seem to help her clients come to terms with their experiences.

THE PLAGUE MAKERS: The Secret World of Biological Warfare

by **Wendy Barnaby**

Publisher: Vision Paperbacks, UK, 1999

ISBN: 1-901250-32-6 (214pp tpb)

Price: £9.99 + p&h

Available: **UK**—Satin Publications, tel +44 (0)171 3239757, fax (0)171 3239749, e-mail <sheenadewan@compuserve.com>; TBS Ltd, tel +44 01206 255637

The Biological Weapons Convention that came into force in 1975 has done nothing to stop nations with a scientific support base from seeking a BW capability. Jane's reported in 1993 that 16 nations were probably developing bioweapons (a figure which must have risen in the meantime), but that list didn't include the UK, USA and Canada who were biowarfare "brothers in arms" in World War II, as science journalist Wendy Barnaby explains in *The Plague Makers*.

Barnaby examines what the bioweapons are, why there is a growing threat from them, and what effects they would have if used—which they have been, in fact, and against American and British civilians in peacetime. Next, she considers the threat of biological terrorism (but not the role of covert agencies in promoting it); attempts by UNSCOM to uncover Iraq's BW program; and past BW developments in Germany, the former USSR, Japan and South Africa—but all too little on recent progress in top-secret labs in Israel, the UK and USA.

Advances in genetic engineering have revolutionised the way biowarfare research is conducted. Scientists can now extract toxins from biological substances much more efficiently and engineer bacteria to be immune to antibiotics. Thus Barnaby also questions the role of scientists in the creation and proliferation of biological and chemical weapons and the vaccines against them—Gulf War syndrome being a tragic case in point. She urges that the BWC be amended to prohibit research into bioagents and toxins in peacetime, but realises that even revised treaties may have no effect against nations hellbent on having a cheap, but deadly, biological arsenal on hand.

REVIEWS



BOOKS

THE MOTHER LINK

by Cassandra Eason

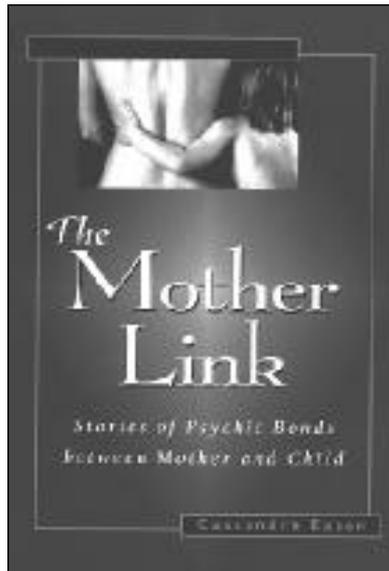
Publisher: Seastone, USA, 1999 (first published as *Mother Love*, Robinson Publishers, UK, 1998)

ISBN: 1-56975-167-6 (192pp tpb)

Price: USD\$12.95; £16.99 (494pp hc, ISBN 1-85487-954-5)

Available: **USA**—Seastone/Ulysses Press, PO Box 3440, Berkeley, CA 94703-3440, tel (510) 601 8301, fax (510) 601 8307, e-mail <ulysses@ulyssespress.com>; **UK**—Robinson Publishers, tel 0171 938 3830

The purest, most enduring form of love is a mother's love, being at once both mystical and mundane. It's at the heart of human existence and has nurtured—and outlasted—civilisations. This is the basis of UK author Cassandra Eason's book, *The Mother Link* (originally titled *Mother Love*), the result of her desire to celebrate motherhood. Eason appealed for contributions and was overwhelmingly rewarded with



responses, though these have been considerably edited down for this US edition.

The stories speak of the power of maternal intuition, of the emotional, psychic and spiritual bonds between mother and child, and of the patience and care which mothers selflessly give to their offspring. Mothers tell of averting sure-death situations by acting upon niggling feelings, of loving links and two-way communications with their unborn children, and of premonitions that allowed them a chance to farewell their babies who were about to die suddenly.

Eason covers special links, including adoptive mothers and grandmothers (this world

and beyond), single mothers and stepmothers, and mothers who establish a psychic connection with beings not yet conceived.

To paraphrase Eason, the mother link can transcend time, space and biology, and confound scientific attempts to quantify it. I'm still nonplussed over the study she cites that showed newborns responded attentively to the theme from *Neighbours*, which had been played to them while in the womb. Other sorts of music had no such effect!

These moving, sometimes spooky, stories are testament to the power of motherhood—about which there can be no argument!

THE RHYTHMS OF NATURE Volume I by Brian David Andersen

Publisher: Harmonic Spiral, USA, 1999

ISBN: 0-9671850-0-9 (178pp sp/b)

Price: USD\$/n/a; contact publisher

Available: **USA**—Harmonic Spiral, 861 Sixth Ave #403, San Diego, CA 92101, tel (619) 884 1455, fax (619) 233 3441, e-mail <painrelief@quantumdisk.com>, website <www.quantumdisk.com>

Brian David Andersen has some truly paradigm-changing findings to share in *The Rhythms of Nature*. However, they're hidden within a stream-of-consciousness rave that's big on rhetoric and requires patience to follow. Okay, so it's his rave, but his thesis really deserves some judicious editing.

At the centre of Anderson's argument is his hypothesis that all the chemical elements consist of condensed chirals or light particles, so formed by harmonic tones generated by the Sun, the Earth and the other planets of the solar system. Moreover, the chemical elements (96 in total, according to his model) manifest in multiples of seven. Andersen illustrates this by superimposing these 96 elements on a 360-degree circle, showing that they were formed not in a linear manner but in a wave that repeats every 26.25 degrees around the circle. For anyone interested in sacred geometry, this creates myriad beautiful, recursive mandala designs, the more one moves into the mathematics.

With due acknowledgement to occult chemists Besant and Leadbeater, who spent 35 years from the late 1890s psychically mapping the elements, Andersen describes the 96-strong Harmonic Table of the Elements, wherein oxygen supports the structure of condensed light and provides coherent movement to the other 95 elements, and phosphorus—the third element formed in the first multiple-seven wave—transforms chirals into physical matter. He's really onto something important here.

From the colour spectrum to the chakra system, Andersen's interconnections could well turn your world-view inside out.



REVIEWS

BOOKS

MILABS: Military Mind Control and Alien Abduction

by Dr Helmut Lammer and Marion Lammer

Publisher: IllumiNet Press, USA, 1999

ISBN: 1-881532-18-6 (168pp tpb)

Price: AUD\$27.00 (includes postage);

£10.95; USD\$14.95 + p&h

Available: **Aust**—NEXUS office, tel (07)

5442 9280; **UK**—Counter Productions, tel

0171 274 9009; **USA**—Adventures

Unlimited, tel (815) 253 6390, e-mail

<auphq@frontiernet.net>

If secret military/intelligence groups have an interest in UFO technology, extraterrestrial biology, alien abductions, mind-control and PSI-power, is it that much a stretch of the imagination to think they might take a special interest in alien abductees themselves? According to Dr Helmut Lammer and Marion Lammer in *MILABS*, a small proportion of people claiming to have been abducted by aliens also claim to have been kidnapped and experimented on by all-too-human military/medical personnel (see Dr Lammer's article in NEXUS 6/04).



These MILABS, or military abductions, sometimes had aliens (Greys, reptoids) present with humans, and most involved drugging, transport to a secret underground base and medical tests, both genetic and gynaecological. In some cases, abductees reported seeing people in a similar plight to themselves; in others, they reported undergoing medical procedures to remove alleged alien implants, and traumatic mind-control programming with electrodes and drugs.

The Lammers, who are based in Austria, were inundated with reports from mostly US-based MILABS victims as a result of articles they had published in 1996.

MILABS evidence, the Lammers suggest, is being ignored by the majority of American UFO researchers who cannot accept the idea that covert US military/intelligence agents could be involved in such dark activities.

The Lammers provide as much documentation as can be expected in view of the top-secret and subjective nature of MILABS, and suggest there are several covert agendas involved on the part of the military.

HEALING: DOORWAY TO THE SPIRITUAL WORLD

by Donald A. McDowell, DC

Publisher: Cosmos P/L, Australia, 1999

ISBN: 0-9585-797-0-9 (262pp hc lim/ed)

Price: AUD\$85.00 inc. p&h in Australia;

AUD\$95.00 overseas airmail

Available: **Australia**—Macquarie

Chiropractic Clinic, 4 Weedon Close,

Belconnen, ACT 2617, tel +61(0)2 6251

5477, fax +61 (0)2 6253 1773, e-mail

<cosmos@dynamite.com.au, website

<www.chiroclinic.com.au

In 1991, Canberra-based chiropractor Donald McDowell made the first of many visits over the next few years to The Philippines, first and foremost to accompany a dying friend in search of alternative treatment for terminal cancer. Prompted by stories of friends who had been successfully healed by "faith healers", McDowell was also on a mission to find out more about the underlying spiritual principles. *Healing: Doorway to the Spiritual World* records his journeys and discoveries along the way.

Most of the healers he met, such as the renowned Jun Labo, utilise what McDowell calls "magnetic healing", and it can involve removal of tissue without obvious incision, though it doesn't have to: patients tend to request visible signs of a treatment being effected. McDowell videotaped many sessions, and includes 150 colour photographs here (some are grisly sights indeed!).

But these healings don't always result in success: the patient may not be prepared to change his/her ways to enable the treatment to take its proper course; and some terminal cases may not survive, though McDowell suggests that as a result of the treatment they are better prepared to confront death, as in the case of his friend in 1991.

McDowell has had special access to witness, even participate in, surgical procedures first-hand, and is deeply impressed by what he saw and experienced (his own healing included). He has also seen the curious healing powers of the Santo Niño statue, transmitted through medium Martin Herrera.

His accounts are compelling, and take us as close as he can get to scientific verification of spiritual manifestation.

REVIEWS



VIDEOS

Reviewed by Duncan Roads

THE 1999 NEXUS CONFERENCE

Producer: E. & E. Productions, South Australia, tel/fax (08) 8298 8499
Price per tape, inc. postage & handling/
Availability (videos are PAL/VHS, 90mins
duration; audiotapes also available):

Australia—AUD\$35.00 (video), \$17.00
(audio); NEXUS Magazine, tel (07) 5442
9280; **NZ**—prices n/a; NEXUS Magazine,
tel (09) 403 8193; **UK**—£16.00 (video),
£30.00 (2-video set), £8.00 (audio);
NEXUS Magazine, tel 01342 322854;
Europe—prices n/a; NEXUS Magazine, tel
+31 (0)321 380558; **USA/Canada**—
USD\$25.00 airmail (video, NTSC/VHS not
available), \$15.00 (audio); NEXUS
Magazine, tel (815) 253 6454

• DR PAUL AMEISEN

Secrets of Correct Breathing

If you've never heard of the Buteyko method, I suggest you see this video of Dr Ameisen's talk and read his article in this issue. His fascinating presentation gave very empowering information on how to improve health simply by breathing correctly.

• PROFESSOR JOHN FRODSHAM

Occult Literature in Early Twentieth-Century Europe

This "Reappraisal of the Literature of Materialisation from Crookes to W. B. Yeats and Geley" sounds like a mouthful, but if you're a researcher into the paranormal you'll find this very interesting. Professor Frodsham's presentation is mainly a discussion of ectoplasmic materialisation, and includes visual evidence.

• SIR LAURENCE GARDNER

Realm of the Ring Lords

Another fascinating presentation, this time largely detailing the history of the Church's "demonisation" of unpopular historical truths and legends. Continuing the Grail Bloodline research, Sir Laurence also covers the Wood Lords, the Dark Ages, the origin of the terms "elf", "fairy" and "pixie", and much more. Sir Laurence expanded on his 90-minute presentation in a separate post-Conference talk; the 3-hour PAL/VHS videotape and audiotape are available.

• CHRIS GILBEY

How to Survive the Y2K Crisis

Chris Gilbey's informative overview of where we are at in terms of Y2K preparation includes suggestions as to what we can do to minimise Millennium Bug effects. A timely talk to open the Conference!

• BARRY HILTON

Suppressed Science & Scientists

Author/inventor Barry Hilton's interesting Around-up includes the "greats" of suppressed science and technology, such as Bessler, Keely and Schauburger, the Swiss ML Converter, the existence of the aether and zero point energy, an update on the "Joe Cell", and his own incredible "Hilton Centrifical Magnetodynamic ZPE Engine".

• DR JAMES H. HURTAK

The Opening of the Time Doors in India, Asia and the Pacific

In this fascinating, very visual presentation, Dr Hurtak outlines his current archaeological research, including Giza Plateau excavations, underwater ruins, crop circles and the fulfilment of prophecy. Dr Hurtak emphasises that we are living in a period of great importance in history, and it's no accident we are uncovering our mysterious, ancient heritage at this point.

• JOHANNA LAMBERT

Earth Under Fire

As the host of Dr Paul LaViolette's documentary, *Earth Under Fire*, Johanna Lambert was at the Conference both to present the video documentary and to answer various questions relating to his research.

As Johanna's presentation was only 45 minutes long, you'll need to watch the *Earth Under Fire* video (available separately from most NEXUS offices) to appreciate this presentation fully. If you purchase the *Earth Under Fire* video and mention this review, we'll throw in this video for free! (Offer applicable only in Australia!)

• BRUCE MOEN

Exploring Non-Physical Reality

A very interesting exploration of the Adimensions of non-physical reality by Monroe Institute graduate Bruce Moen. He is not alone in this exploration, as many people, from both physical and non-physical existences, share these fascinating realms. Bruce also did an extended 3-hour version of his 90-minute Conference talk; PAL/VHS video and audiotape available on request.

• GRAHAM STRACHAN

Globalisation & the New World Order

Graham Strachan is an entertaining and very informative speaker, shining clear light on the shady subject of globalisation and how it is being used to usher in an integrated world economy and accompanying political structures.



REVIEWS

AUDIO

Reviewed by Richard Giles

NEW ANCIENT STRINGS

by Toumani Diabate & Ballake Sissoko

Producer: Lucy Duran for Rykodisc, France, 1999 (54mins)

Distributors: **Aust**—Festival, tel (02) 9955 8000; **UK**—Rykodisc, tel 0181 746 1234; **USA**—Rykodisc, tel (508) 744 7678

The kora is one of Africa's great musical instruments, and Toumani Diabate from Mali is regarded as one of the most brilliant exponents of kora. He is joined by Ballake Sissoko, also on kora, and together they create an extraordinarily fresh interpretation of classics from the Malian tradition. The album was recorded in a single evening, straight through with no retakes, and it truly shows in the pure and brilliant intensity of flowing kora-playing. This is a classic of great African music, well worth possessing.

REMEMBER SHAKTI—Live in Concert

Producer: John McLaughlin for PolyGram Records, France 1999 (2CDs, 132mins)

Distributor: **Aust/NZ/UK/Europe/USA**—Verve, PolyGram

Do you remember Shakti, the great 1970s Eastern/Western musical combination of John McLaughlin, Zakir Hussain, "Vikku" Vinayakram and others? My early album collection included their classic *Birds of Fire*. McLaughlin, Hussain and Vinayakram, with Hariprasad Chaurasia (bansuri master) and Uma Metha (tanpura), were brought together by the Contemporary Music Network for a UK tour in 1997, to celebrate the 20th century achievements of Indian/western musical collaboration. Over two hours of superlative, cooperative, spiritual musical connections. Superb album.

BIRTH OF A RIVER

by Paul Reisler and Bobby Read

Producers: Bobby Read & Paul Reisler for EarthSea Records, USA, 1998 (46mins)

Distributor: **USA**—Platinum Distrib., tel 1800 945 3059 x2262, fax (770) 663 1009

EarthSea Records was established to promote global music and the environment. This latest release, *Birth of a River*, is an exciting composition involving Paul Reisler (guitars, dulcimer), Bobby Read (sax, flute, clarinet), a range of artists from the Turtle Island String Quartet (violin, cello, bass and drums), and guest Krishna Das, a master of southern Indian percussion. The album traces the birth of a river from the mountains to its final merging in the ocean. The remarkable energetics of water are captured on this special treat of an album.

A MEDITERRANEAN ODYSSEY

by various artists

Producer: Dan Storper for Putumayo World Music, USA, 1999 (45mins)

Distributors: **Australia**—MRA Entertainment, tel (07) 3849 6020; **USA**—Putumayo Records, tel (212) 625 1400

This magical record company has done it again. Its dedication to world music has manifested a Mediterranean musical feast. Luscious rhythms from Spain, Italy, Sardinia, Greece and France, with Gypsy, flamenco and Arab styles, pour out of the CD. Highlights are Tekameli, Gypsy brothers from the Pyrénées; Luis Delgado, with traditional Moorish music; Lo'Jo, who blend Gypsy with North African; and Novalia, an Italian folk group who fuse electronic with bagpipe, accordion and darbouka (Arab drum). A fascinating and splendid mix.

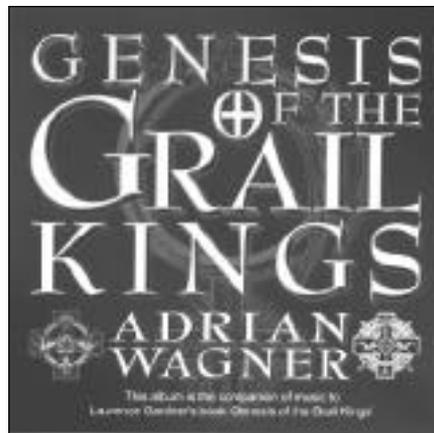
GENESIS OF THE GRAIL KINGS

by Adrian Wagner

Producers: A. Wagner & L. Gardner for MediaQuest, UK, 1999 (55mins)

Available: **Aust/NZ**—NEXUS offices; **UK**—MediaQuest, tel 01239 710594, e-mail <enquiries@mediaquest.co.uk>

Adrian Wagner, descendant of composer Richard Wagner, created a musical interpretation of Sir Laurence Gardner's *Bloodline of the Holy Grail* (NEXUS 5/03). This time, while Gardner was writing his second book, *Genesis of the Grail Kings*, Wagner and he collaborated step by step on this new album. In early times, music was totally integrated in royal and religious cultures. Wagner researched these ancient tunings and harmonics and included them on *Genesis*. Some aspects of that music were so powerful, they were banned by the Church in the Middle Ages. We hear them re-created on this album, along with the levitation toning rituals used in construction by Tibetan monks and the Knights Templars.



ECHELON: The NSA's Global Spying Network

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About the Author:

Patrick S. Poole is a lecturer in government and economics at Bannockburn College in Franklin, Tennessee, USA, having previously served as Deputy Director of the Center for Technology Policy in Washington, DC. He contributes frequently to several publications on the topics of privacy and civil liberties.

School Violence: The Psychiatric Drugs Connection

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cause a very high degree of dependency, like all of the very potent stimulants."

Merrow reveals that CHADD received a \$750,000 grant from the US Department of Education in 1996 to produce a video, *Facing the Challenge of ADD*. The video doesn't just mention the generic name methylphenidate: it announces the drug by its brand name, Ritalin. This, at government (taxpayer) expense.

In the case of the school shootings, has an attempt been made to mould media response, to highlight various causes and omit others?

When the national press is completely silent on medical drugs, we have to question the background on that. We *have* to. We have to ask: Why should *this* horrendous factor be eliminated altogether from reporting to the nation?

Real action is going to have to come from the public. Parents in Littleton and Springfield and West Paducah and Jonesboro are going to have to ask the hard questions and become relentless about getting real answers. They are going to have to learn about these drugs. They'll have to learn which violent children in the school shootings were on these drugs. They are

going to have to throw off robotic obedience to authorities in white coats. And they are going to have to join together. If they do, many people will end up standing with them.

Some sources of information:

- ADHD Action Group, telephone +1 (212) 769 2457.
- Dr Peter Breggin, psychiatrist, author and former full-time consultant with the National Institute of Mental Health, website <www.breggin.com>.
- *ICSPP News*, telephone +1 (301) 652 5580, website <www.icspp.org>. Note: *ICSPP News* publishes the following warning in bold letters: "Do Not Try to Abruptly Stop Taking Psychiatric Drugs. When trying to withdraw from many psychiatric drugs, patients can develop serious and even life-threatening emotional and physical reactions... Therefore, withdrawal from psychiatric drugs should be done under clinical supervision..."
- Dr Joseph Tarantolo, psychiatrist, president of the Washington chapter of the American Society of Psychoanalytic Physicians, telephone +1 (301) 652 5580.
- *The Merrow Report*: to order transcript or videotape, telephone +1 (212) 941 8060.
- The Truth Seeker Foundation, PO Box 28550, San Diego, California 92198, USA,

telephone +1 (619) 676 0430, fax (619) 676 0433, e-mail <tsnradio@aol.com>, website <http://truthseeker.com>. The Foundation sponsors investigations into vital matters that have not risen to the level of open public debate. It believes that in order to solve serious human problems, we must commit ourselves to uncovering deeper strata of truth that underlie public events, news and political discourse. Only in this way can we all create a more just future.

About the Author:

Jon Rappoport has worked as an investigative reporter for 15 years. He has written articles on politics, medicine and health for *Spin*, *Stern*, *Village Voice*, *In These Times* and a number of other magazines and newspapers in the United States and Europe. In 1982, the *LA Weekly* placed his name in nomination for the Pulitzer Prize for his coverage of the military takeover at the University of El Salvador. Mr Rappoport is the author of *Oklahoma City Bombing*, *Madalyn Murray O'Hair*, and *AIDS Inc.*, a widely praised critique of the original research behind HIV.

Editor's Note:

Space constraints mean that we are unable to include additional book/journal references here; these can be obtained from the author on request (see details on opening page).

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Elphane—the twilight realm of fairy gold, magic springs and the abiding lore of the Greenwood, all of which were anathema to the Church. They were said to be wandering people of the night, who consorted with evil spirits. At that stage, a new word was born into the language of Christian Europe. The word, a straightforward corruption of *Oupire*, was "vampire".

In addition to vampires, another classification was soon to enter the Inquisitional vocabulary as the Dominican Black Friars and the Franciscan Grey Friars compiled their lists of undesirables. They had now moved beyond the realm of ordinary heretics and pagans, for alongside their fabricated vampire myth they conjured another form of shapeshifting phenomenon: the werewolf.

Quite suddenly, there appeared to be no end to the fantastic creatures that were reckoned to stalk the streets and forests in search of unsuspecting victims. But the beauty of all this was that it had the effect of making people lean more heavily upon the Church—the only perceived route to salvation. These vampires and were-

wolves, it was said, could not be killed by conventional means. Even God was out of the picture, for only the power of Jesus Christ (the Saviour of humankind) could defeat these diabolical beings. They were portrayed as devils, demons and emissaries of Satan, who had to be exorcised and destroyed by the monks and clerics. And so the Church was in business with a whole new genre of scary folklore to counter the Grail Quest legends and esoteric artwork of the "underground stream".

On the one hand, there were the Albigenian tales of Swan Princes, Dragon Queens and Elf Maidens, comprising the lore of the forgotten Bloodline and the Lost Bride, wherein knights and chivalric champions battled against all odds to preserve the sacred heritage of the Holy Grail. In these stories, there were wizards of the Druidic school and wise hermits to guide the knights upon their journeys and missions. But nowhere in these tales of enchantment did a gallant priest or bishop ever ride to the aid of a damsel in distress, for the Church was, in practice, the adversary.

To be continued in the next issue of NEXUS...

About the Speaker:

Sir Laurence Gardner, Kt St Gm, KCD, KT St A, is an internationally known sovereign and chivalric genealogist. He holds the position of Prior of the Celtic Church of the Sacred Kindred of Saint Columba, and is distinguished as Le Chevalier Labhrán de Saint Germain and Preceptor of the Knights Templars of Saint Anthony. Sir Laurence is also a Presidential Attaché to the European Council of Princes (a constitutional advisory body established in 1946), and Chancellor of the Imperial and Royal Court of the Dragon Sovereignty. He is formally attached to the Noble Household Guard of the Royal House of Stuart, founded at St Germain-en-Laye in 1692, is the Jacobite Historiographer Royal by Appointment, and is a Fellow of the Society of Antiquaries of Scotland.

Editor's Notes:

- Correspondence for Sir Laurence Gardner should be sent to him care of his postal address: Columba House, PO Box 20, Tiverton EX16 5YP, UK.
- Sir Laurence Gardner's first book, *Bloodline of the Holy Grail: The Hidden Lineage of Jesus Revealed*, was published by Element Books in 1996 (ISBN 1-85230-870-2 h/c), and is available in paperback (ISBN 1-86204-152-0). The second book in his Grail Bloodline series is *Genesis of the Grail Kings: The Pendragon Legacy of Adam and Eve*, published by Bantam Press/Random House in 1999 (ISBN 0-593-04430-4).
- Video and audio tapes of Sir Laurence Gardner's presentation at the 1999 NEXUS Conference are now available. Contact your nearest NEXUS office, or e-mail us at <nexus@peg.apc.org> for a quicker reply.

Understanding the Yowie Phenomenon

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faecal scat were found. Analysis of the droppings revealed the remains of consumed prey (snowshoe hare) and indisputable Eastern puma hairs from the feet and legs, presumably ingested while grooming after feeding. On 1 March 1993, the New Brunswick Minister of Natural Resources officially acknowledged the presence of an Eastern puma population.⁸

The Eastern puma is still regarded as extinct in the USA, despite the eyewitness reports and its official rediscovery in Canada. It is now understood to have survived all of that time that it was thought to be definitely extinct, even though not a photograph or specimen has been obtained as evidence. Unlike what some researchers thought, the sightings did not represent an entity from another dimension, but an ordinary animal that could easily survive and reproduce without revealing any evidence of its existence.

If a carnivorous animal is hunted into apparent extinction, what is probably exterminated are all those members of the population that have been the most successful competitors for territory and therefore hold

the prime habitats, are more self-assured and are more obvious to human hunters. The survivors are probably those that have always been forced to live in the poorest habitats and, through competition with more dominant individuals, have been forced to become cryptic. When humans clear the prime habitat of the species, the cryptic individuals survive in remnant habitat and pass on their genes for cryptic behaviour to their offspring.

If the Eastern puma can survive as an almost invisible entity in such a heavily populated area as the eastern part of North America, how much easier is it for our own cryptic species, such as the often-reported mainland thylacine (the Tasmanian tiger), supposed feral pumas and panthers, and the Yowie and Junjadee? When biologists point out that thylacines were easily trapped and hunted in the early part of the 20th century and so could not possibly have changed their behaviour to become cryptic, it is possible that the cryptic members of the population always avoided the hunters and continue to do so now.

With the increasing technological advantage that we humans possess, it may eventually be proved that we were extremely

arrogant, and that cryptic species—which we swore could not possibly exist without our knowing all about them—have been observing us all along.

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About the Author:

Gary Opit is an environmental consultant with a 25-year career in field research and public relations in Australia, Papua New Guinea and Southeast Asia. His skills and expertise include vegetation and fauna surveying and mapping techniques, plant conservation biology and wildlife habitat management. He lectures to university and high school students in botany, zoology, biogeography, Australian and Aboriginal ecology, and Aboriginal religion and culture. He has a fortnightly talkback radio program on regional ABC Radio 2NR (94.5 FM, 720 AM) on Tuesdays at 10.30 am.