

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

# NEXUS

NEW TIMES • Vol 7, N° 1

DECEMBER 1999 – JANUARY 2000

AUSTRALIA	\$4.95
NZ (incl GST)	NZD \$5.95
USA	USD \$4.95
CANADA	CAN \$6.95
UK	STG £2.50
NETHERLANDS	NFL f8.95

The Red Sky prophecy

Transnationals, the WTO  
& the globalisation agenda

Cold fusion cover-up

The sugar conspiracy

Modern Psychiatry:  
shrinking from the truth

Celestial Harmonics:  
an explanation for astrology?

ISSN 1039-0170 12



9 771039 017000

Print Post Approved PP442036/0005

• The Joe fuel cell • Secrets of Music • Reviews •

# NEXUS

NEW TIMES MAGAZINE

Volume 7, Number 1 DECEMBER 1999 – JANUARY 2000

PO Box 30, Mapleton Qld 4560, Australia

## CONTENTS

LETTERS TO THE EDITOR.....	4	NEW SCIENCE NEWS.....	53
GLOBAL NEWS.....	6	<i>Samuel Costin explains how his Unified Theory of Matter can be applied to electricity; and Hal Fox describes successes with new-energy experiments and the background to the cold fusion cover-up.</i>	
<i>Our round-up includes revelations about food chain violations in Europe, and recent findings about the erratic behaviour of El Niño since 1976.</i>		NIGHT OF THE RED SKY.....	57
THE WTO 'MILLENNIUM BUG'—Part 1.....	11	<i>By Tom Brown, Jr. In the 1920s, an Apache wise man had a stream of prophetic visions that foretold the demise of humanity unless we changed our ways. Two of these visions seem to have come true.</i>	
<i>By Corporate Europe Observatory. Transnational corporations, in collusion with economic power blocs, are using the World Trade Organization to gain control over less-industrialised nations.</i>		THE TWILIGHT ZONE.....	65
REFINED SUGAR: THE SWEETEST POISON.....	19	<i>Paola Harris interviews former US Army intelligence operative Sgt Clifford Stone about his involvement with retrievals of crashed UFOs and his knowledge of the military's interactions with alien races.</i>	
<i>By William Dufty. The consumption of refined sugar, or sucrose, could be a primary cause of many physical and mental ailments due to its leaching of the body's nutrients.</i>		REVIEWS—Books.....	69
PSYCHIATRY: SHRINKING FROM THE TRUTH.....	27	<i>"Experimenter's Guide to the Joe Cell" by Alex Schiffer</i>	
<i>By Rochelle Macredie. Psychiatry and psychology, whether employing shock therapy, psychotropic drugs or psychotherapy, have had questionable success in curing or treating mental illness, yet these professions continue to enjoy high status.</i>		<i>"The Stargate Conspiracy" by Lynn Picknett and Clive Prince</i>	
HIDDEN ELEMENTS IN MUSIC & SOUND.....	35	<i>"Biopiracy" by Vandana Shiva</i>	
<i>By Chev. Adrian Wagner. The Western musical tradition was not sourced from the Greeks and Romans but, rather, it evolved from much older influences in ancient Sumer, Babylon and Egypt.</i>		<i>"The Copper Scroll Decoded" by Robert Feather</i>	
THE JOE FUEL CELL: AN ORGONE TRAP?.....	41	<i>"Healers and Healing" by Roy Stemman</i>	
<i>By Alex Schiffer. Believed to trap Orgone or life-force energy, the so-called "Joe cell" is being used to power car engines and has the potential to revolutionise energy-generation systems.</i>		<i>"Liquid Conspiracy" by George Piccard</i>	
NEO-ASTROLOGY.....	47	<i>"Breathing Free" by Teresa Hale</i>	
<i>By Anthony Craig. Statistical evidence for the harmonic influence of the planets on 'body' and 'character' types is allowing astrology to be reassessed in a new scientific light.</i>		<i>"Ancient Energies of the Earth" by David Cowan with Anne Silk</i>	
		<i>"The Indigo Children" by Lee Carroll and Jan Tober</i>	
		<i>"Hollow Planets" by Jan Lamprecht</i>	
		<i>"Remote Viewing" by Tim Rifat</i>	
		<i>"Giza: The Truth" by Ian Lawton and Chris Ogilvie-Herald</i>	
		<i>"Cosmic Crashes" by Nicholas Redfern</i>	
		<i>"The Monkey and the Tetrahedron" by David M. Jinks</i>	
		<i>"The Secret Teachings of the Espritistas" by Harvey Martin</i>	
		REVIEWS—Product.....	76
		<i>"CellSensor" Cellular Phone/EMF Meter from TecHealth Corp.</i>	
		REVIEWS—Audiotapes.....	76
		<i>"The Mystical Measurement of the Great Pyramids" by Isar Gregor</i>	
		REVIEWS—Music.....	77
		<i>"Seventh Heaven" by Ian Cameron Smith</i>	
		<i>"Moonsung" by Sheila Chandra</i>	
		<i>"A Wish" by Hamza El Din</i>	
		<i>"Africa North" by various artists</i>	
		<i>"Stars to Share" by Samite</i>	
		NEXUS BOOKS, SUBS, ADS & VIDEOS.....	88–96

# NEXUS MAGAZINE

Volume 7, Number 1

DECEMBER 1999 – JANUARY 2000

PUBLISHED BY

NEXUS Magazine Pty Ltd, ACN #003 611 434

EDITOR

Duncan M. Roads

CO-EDITOR

Catherine Simons

ASSISTANT EDITOR/SUB-EDITOR

Ruth Parnell

EDITORS' ASSISTANT

Richard Giles

OFFICE ADMINISTRATOR

Janine Carmichael

CONTRIBUTORS THIS ISSUE

Corporate Europe Observatory; William Dufty;  
Rochelle Macredie; Chev. Adrian Wagner;  
Alex Schiffer; Anthony Craig; Samuel P. Costin;  
Hal Fox; Tom Brown, Jr; Paula Harris

LAYOUT & DESIGN

Duncan M. Roads

CARTOONS

Phil Somerville

COVER GRAPHIC

John Cook, jscook@ozemail.com.au

PRINTING

Warwick Daily News, Queensland, Australia

AUSTRALIAN DISTRIBUTION

Newsagents Direct Distribution

HEAD OFFICE - All Correspondence

PO Box 30, Mapleton, Qld 4560, Australia.

Tel: (07) 5442 9280; Fax: (07) 5442 9381

E-mail: [editor@nexusmagazine.com](mailto:editor@nexusmagazine.com)

New web page: [www.nexusmagazine.com](http://www.nexusmagazine.com)

NEW ZEALAND OFFICE - PO Box 226, Russell,

Bay of Islands. Tel: +64 (0)9 403 8193;

Fax: +64 (0)9 403 8196;

E-mail: [nexusnz@xtra.co.nz](mailto:nexusnz@xtra.co.nz)

USA OFFICE - 2940 E. Colfax, PMB 131,

Denver CO 80206

Tel: 303 399 6949 Fax: 303 754 4744

Email: [backoffice@earthlink.net](mailto:backoffice@earthlink.net)

UK OFFICE - 55 Queens Rd, East Grinstead, West

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

Fax: +44 (0)1342 324574;

E-mail: [nexus@ukoffice.u-net.com](mailto:nexus@ukoffice.u-net.com)

EUROPE OFFICE - PO Box 372, 8250 Al Dronen,

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

Fax: +31 (0)321 318892;

STATEMENT OF PURPOSE

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

PERMISSION-TO-REPRODUCE POLICY

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

## Editorial

Wow—it's almost the year 2000! I confess to deliberating long and hard about putting some "scare your socks off" prophecy special in this year 2000 crossover edition (notice I didn't say "end of the millennium" edition!). However, the growing number of doomsday scenarios in circulation made me wonder whether NEXUS readers are reaching saturation point with regard to speculation about the future. In the end, I decided to compromise with just one article on the subject: a very interesting Apache prophecy (thanks, Stephanie!) which basically says "Get your act together or perish!". Nothing like shock-tactics to get "movement" happening, I suppose. Besides, I am certainly not alone in considering that humanity could stand to get its collective act more together in terms of how we treat each other and ourselves.

Speaking of which, if you are reading this editorial before 1/1/2000 then you have the good fortune to be able to contribute to an awesome planetary experiment. Many of you have probably heard already that on the stroke of midnight, as it falls across this wondrous planet, people in their millions will be lighting candles, saying prayers, meditating, visualising, or doing weird ceremonies—all calling for peace on Earth, an end to greed, an end to intolerance and, above all, focusing on a positive, harmonious future. It's easy: you can do the full candles-and-incense bit at home with a local bunch of like-minded well-wishers, or you can spare a thought while celebrating with friends at some New Year's Eve party—just do it. There's nothing to lose, and lots to gain!

As always, we have another issue full of thought-provoking information. The opening item in Global News reflects what consumer power is capable of. If you don't want genetically modified, chemically grown, aspartame-laced food, don't buy it. People-power can create our future, by your choosing where you spend your hard-earned money! That includes, by the way, the money in your superannuation funds, trust funds, bank accounts, etc. Support ethical investment companies, buy clean food, use your power to create a positive, cleaner future.

Now back to this edition. For the first time ever, we've been refused permission to reprint an article. Corporate Europe Observatory (CEO) members refused permission for us to reprint their article about the World Trade Organization (WTO), on the grounds that NEXUS is a neo-Nazi, anti-Semitic, right-wing extremist publication which also publishes articles on UFOs! To say I was shocked is an understatement. The people at CEO have always responded positively in previous correspondence, virtually giving us blanket permission to reprint anything of theirs (see their article on the MAI in 5/03–5/04, for example), so long as we credited CEO. Just as we were about to go to print, I sent them a courtesy e-mail, informing them of our desire to reprint their excellent article on the WTO, only to receive the negative response as above. I indicated that it was now too late to stop the presses, and that they were horribly mistaken with their information about NEXUS. So here it is, but without their blessing!

The article on sugar is extracted from the amazing book (now out of print) called *Sugar Blues*. There are not many things these days that blow my mind, but this book did/does! It's been around for years, it is *very* hard to get, and it will shock you to your core! If you ever see this book in a second-hand bookstore or the like, buy it immediately!

We have a long-overdue article on the insanity of the psychiatric profession. If you want proof that we live in the "dark ages", just look at this pitiful industry and the havoc it causes.

For the "mad scientists" out there, we have another article on the Joe Fuel Cell (see NEXUS 5/05, 5/06). Believe it or not, there have been further developments and breakthroughs, so much so that a manual has now been written, detailing *exactly* how to build one yourself. Be warned: you will need time, some expertise and patience. Cold-fusion watchers will also appreciate the update in New Science News.

The articles on Music and Neo-Astrology seem to complement each other enormously. Both deal with the effects of vibrations and, to a degree, resonance. Resonance is the secret to achieving super-scientific breakthroughs, à la Nikola Tesla.

At this point, I'd like you know just how much all of us here at NEXUS, not only in Australia, but at our offices in Barbados, France, Greece, Italy, Japan, Korea, the Netherlands, New Zealand, Poland, Sweden, the UK and USA, really appreciate your support and the enormously positive feedback that we continually receive.

And finally, in the closing editorial for the 1900s, I would like to express how much I wish you all good health and happiness in all your future endeavours. I would normally say "God bless you all", but I remembered that we are already blessed by God—it's just that we don't realise it as much as we probably should.

— Duncan

## WARRANTY AND INDEMNITY

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

© NEXUS New Times 1999/2000



# Letters to the Editor ...

## Shapeshifting Claims

Dear NEXUS: I am reluctant to interrupt this gathering of the Sir Laurence Gardner Appreciation Society, but I'm afraid that, in the interests of accuracy, I am compelled to do so, albeit for only a moment.

Ivan Fraser claims in your Letters to the Editor last issue that he "edited" my book, *The Biggest Secret*... Mr Fraser was merely employed to proofread *The Biggest Secret* for typing and spelling errors...

*[I removed several paragraphs of unnecessary personal slander about Ivan at this point. Ed.]*

He says that his "own research" is in line with that of Sir Laurence Gardner, documenter of Star Fire blood-drinking rituals and head of the ancient Royal Court of the Dragon, which is fronted by those who claim ancestry from the "dragon" "royal" bloodlines—the bloodlines, I would suggest, which were seeded by the reptilian Anunnaki.

But, astonishing as this may be to Mr Fraser, the fact that both he and Sir Laurence Gardner say the same things is no confirmation whatsoever that their research is true and accurate.

I note with interest that Sir Laurence ridicules the idea that those of the "dragon" bloodlines, as he calls them, are actually reptilian crossbreeds and sometimes shapeshifters. He notes how such stories were rife in the ancient world, but says it is "difficult to comprehend in these more level-headed times" that "anyone believed such nonsense".

Well, unfortunately, Sir Laurence, endless numbers of people all over the world are having the same experience today of seeing those of the "dragon" bloodlines shapeshift, just like the ancients did, and what I find hard to comprehend is how you can be so astonishingly ignorant of this. If, indeed, you really are.

I further find it difficult to perceive that the obvious diversion and smokescreen about these bloodlines coming from "Jesus" can go on being promoted by a man who claims expertise in history and genealogy. Or how anyone who does the most minimal

research into the existence of "Jesus" could believe such claptrap.

Sir Laurence dismisses the idea of shapeshifting reptilians as ridiculous, despite the endless ancient and modern accounts, while, at the same time, asking us to believe that fictional characters like Jesus and Mary Magdalene (creations of the Roman Piso family) could seed bloodlines. Are we now to believe, Sir Laurence, that Jack and Jill, Snow White and Cinderella also seeded bloodlines which should today be considered worthy of royal title? Should someone not launch a Royal Court of the Tom and Jerry?

Mr Fraser and others also constantly attack Arizona Wilder without ever bothering to research her background in any way. Arizona, whose Illuminati code name was, interestingly, "Star Fire"—after the blood-drinking rituals she conducted in a mind-controlled state—has more guts in her smallest digit than Mr Fraser and Co. will have if they live to be a thousand.

He, Sir Laurence Gardner, Duncan Roads and NEXUS can go on for as long as they like dismissing and ridiculing the existence of shapeshifting reptilians among the elite "Grail" bloodlines through which they operate, but if they only opened their eyes and minds (won't hold my breath) they would see the fantastic evidence to confirm that this bizarre story is true.

That evidence is hurtling towards you like a runaway truck, and you are all going to have to eat so much humble pie you will need life membership of Weight Watchers.

David Icke, Ryde, Isle of Wight, England, UK

*[Dear David: I am still waiting to see the "fantastic evidence", or hear from any of the "endless numbers of people...seeing those of the 'dragon' bloodlines shapeshift".*

*I also note that the only person doing the "attacking" at your website discussion areas is yourself. Surely your "research" can stand up to a bit of well-meaning scrutiny, without your resorting to insulting those who seek fur-*

*ther clarification of your claims.*

*And finally, for the record, I would like to point out that I have no problem believing in the existence of shapeshifting reptilian aliens. I DO have a problem believing that Arizona Wilder (your star witness) saw Sir Laurence Gardner and Zecharia Sitchin shapeshifting into reptilian aliens at some satanic ritual where she was the Illuminati High Priestess or whatever. That's all. Ed.]*

## Planetary Alignment in May

To the Editor: First, I compliment you on your magazine, which I regret I first heard of only two years ago but have been reading regularly ever since. I admire and respect your fearless courage in disseminating information on such a wide variety of subjects and topics which are at times both fascinating and terrifying.

The two articles by Mr Richard Noone in vol. 6, nos 2 & 3, titled "The Hammer and the Pendulum", prompted me to obtain reviews of his book *5/5/2000, Ice: The Ultimate Disaster*. I gather that the major factor in the disaster which he predicts will be the alignment of the five planets Mercury, Venus, Mars, Jupiter and Saturn with the Sun, Moon and the Earth next May. If I understand it correctly, this is based on the assumption that this alignment will increase the gravitational pull on the Earth, significantly increasing the centrifugal forces exerted on the Earth's crust.

I wrote to my brother in England concerning this prediction, since he has always had an interest in such matters. In reply, he pointed out that the gravitational forces of attraction between the Earth and the five planets will in fact be less than half of one per cent of the normal variation in the gravitational attraction between the Sun and Earth, which occurs every six months. In this respect, the effect of the alignment will not therefore be significant.

Yours sincerely,  
H. O. Ewart, hoewa@clear.net.nz

## Unethical Tests on Animals

Dear Editor: In NEXUS June-July 1999, there was an article entitled "Exposure to pesticides linked to hyperactivity" (Global News, 6/04, p. 9). Reference was made to research on male mice which, "they say...has direct implications for humans".

Mice are the most commonly used animals for testing and research, not because of their similarity to humans but because they are small, cheap and easy to handle. Results from animal tests cannot be extrapolated to humans because of species differences.

Vivisection is a counterfeit science used as an alibi by the pharmaceutical industry and by so-called medical researchers who cannot be bothered or are incapable of using the more relevant non-animal methods which are available.

Advances in medicine are made in spite of animal experiments, not because of them; in fact, they are a major cause of human and planetary ill-health, since agrichemicals, food additives, household cleaners and pharmaceutical drugs, with their adverse side-effects, have all been tested on animals.

The billions of dollars spent annually in torturing animals would be better spent on preventative medicine, educational programs encouraging people to adopt a healthy lifestyle, and scientific research directly relevant to humans.

Yours sincerely,  
Sheila Edwards, Dubai,  
brianed@emirates.net.ae

## Refined Sugar is a Drug!

Dear Editor: Thanks for NEXUS. I'd like to see you do an article on *refined sugar* and how it affects the brain and body. Millions of people are depressed, yes, using Prozac, etc., but no one asks *why*.

Why? Partially because we eat too much refined sugar. Sugar affects the pancreas, causing it to be overstimulated and causing the islets of Langerhans to secrete large amounts of insulin. In return, the insulin floods the bloodstream, eating up much of the necessary blood sugar. *The brain has to have one-third of the*

# ... more Letters to the Editor

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

body's blood sugar or it cannot function correctly.

Blood sugar (made by fresh fruits, veggies, grains, fish, meat, legumes) is the only fuel for the brain! People can't think clearly, are depressed, have ADD, poor decision-making abilities, insecurities, fatigue, irritability, even suicidal tendencies, etc., because their blood sugar is imbalanced from eating too much *refined sugar*. When the brain process becomes tampered with, thought processes become fragmented. Then come the body problems. So much to say! Don't we need to let the people know the truth of what sugar is doing to them?

I'm putting on the 2nd Annual Eggshell to Iron, a natural health expo on how sugar affects the brain and body and how to be responsible for our health naturally! It's on February 26, 2000.

Sugar companies don't want the public to know what refined sugar does. Degenerative diseases have skyrocketed. Sugar consumption by the average American has risen from *less* than one pound of sugar a year 100 years ago, to *over* 155 pounds per year! Get the clue? It is a drug!

It is the most abused drug in America! Now becoming abused throughout the world! Please look into this. Thank you.

Most sincerely,

Adele Sugarholic (Once depressed; now off sugar for four years; no more depression! Thank God for some willpower!), BRO126@aol.com

[Well done, Adele, and good timing on your letter: note the article this issue. Ed.]

## Fraudulent 'HIV' Testing

Dear Editor: Dr Val Turner ("The Yin and Yang of HIV", Part 3, NEXUS 6/06) is correct in his arguments that there is no scientific evidence that 'HIV' exists. It logically follows that all 'HIV' testing procedures must be with halted.

I recently initiated the Group for Scientific Analysis of Fraudulent HIV Testing, to empower people to make informed choices concerning the fraudulent science behind so-called 'HIV antibody' testing. All

putative 'HIV' testing procedures (PCR/viral load/genetic) are non-specific, non-standardised and non-reproducible; different test kits give different results; and different countries have different criteria as to what constitutes an 'HIV'-positive result.

There are 60 conditions which are known to produce an 'HIV'-positive result, including hepatitis, flu and autoimmune diseases. The 'HIV' tests do not, and cannot, test for 'HIV' because such a hypothetical retrovirus has never been isolated.

Prof. Gordon Stewart et al. wrote in *The Lancet* (21 August 1999): "...why has HIV never been isolated by electron microscopy or gradient ultracentrifugation from co-culture cellular material from any African patient?" Or anybody else worldwide? The fact is that 'HIV' particles have never been seen, isolated or recovered from uncultured blood or plasma.

Prof. Gordon Stewart also argued in *Current Medical Research and Opinion* (13[10]:627-634, 1997): "At present there is no scientific basis for using these tests to prove HIV infection."

At the Geneva World AIDS Conference 1998, Day One Session, "HIV Testing: Open Questions on Specificity", it was stated: "The meaning of currently used HIV tests is unknown and urgent reappraisal is required."

To date, Robert Gallo, Prof. Luc Montagnier, Dr Jay Levy, Prof. Richard Tedder, and Prof. Robin Weiss have not proven that 'HIV' exists as an isolated/purified retrovirus. It is therefore unethical, misleading and irresponsible to promote overtly fraudulent 'HIV' testing.

Anyone requiring further information can contact our group at the following address.

Yours faithfully,

Alex Russell, Assistant Editor, *Continuum* Magazine; The Group for Scientific Analysis of Fraudulent HIV Testing, 4A Hollybush Place, Bethnal Green, E2 9QX, UK, tel +44 (0)171 6133909, fax +44 (0)171 6133312, e-mail [continuum@dircon.co.uk](mailto:continuum@dircon.co.uk)

## Water-Fuelled Car Feedback

Dear Duncan: Firstly, thank you for a great magazine. I have been an keen reader for some years now, and enjoy every issue. I am particularly interested in articles on alternative energy sources—which brings me to the subject matter.

In the Oct-Nov 1996 issue (3/06) you published an article by a Carl Cella about a water-fuelled car engine, including drawings. I have seen no further mention of it by your magazine or in Letters to the Editor. Do you know if any readers built one and did it work? Is there an updated infopack? And what about the "Joe phenomenon"?

Some feedback by readers who may have built these devices would, I'm sure, be of great interest to many of your followers worldwide. Thanks again for a great magazine; shame there are only six per year!

Syd Appleby, [syd@ants.net.au](mailto:syd@ants.net.au)

[Dear Syd: We've had no further info on or about Carl Cella. As for the Joe fuel cell, see the article this issue. Ed.]

## Reading for Sanity

Dear NEXUS: Please let me introduce myself. My name's Jerry W. Hamilton; I'm 48 years old, and presently incarcerated by the Texas Department of Corrections (TDC). And, no, I'm not some serial killer or rapist.

I'm a casualty of the so-called "drugs war" being waged here in America. Refusing a 25-year plea agreement offered by the District Attorney, I opted for a jury trial. I was subsequently convicted of possession of a controlled substance; to wit, a gram of cocaine. The same jury sentenced me to 60 years in prison. That was back in 1985. I have been locked up ever since. I mention this only in the hope that you'll understand my situation.

TDC is one of the few prison systems that does not pay their prisoners even a token wage for working. Since I've been locked up, my parents have passed away, thus leaving me with no one on the outside to help me out financially. At this writing, I am confined to isolative lockdown, a 6'x9' cell, for refusing to work as

a slave in the fields. I assure you, contrary to bogus news reports, Texas prisoners are not coddled. On the contrary, the treatment I am subjected to would have animal rights activists screaming bloody murder if I were in fact an animal and not a human being.

I remain locked in my small, austere cell 161 hours each week, year in and year out. I am allowed out of my cell for one hour each day to walk around in a small, cage-like enclosure and to shower. I have no cell partner, no radio, no TV, no family, no contact with the outside world.

My only escapism from this mind-numbing boredom is through reading. However, books and magazines are very scarce in prison, especially informative and enlightening ones. The ones that are available are read over and over again until they simply disintegrate from constant handling.

TDC allows us to receive books and magazines in through the mail. This leads to why I am writing to you personally. Please know that a complimentary subscription to your magazine, or perhaps some back issues or whatever, would not only lighten my burden but countless others' as well.

Prisoners who are unfortunate enough to be housed in isolative lockdown can only check out one library book per month. We cannot check out magazines or newspapers from the prison library, even though we are allowed to receive magazines and newspapers through the mail. Since I am indigent, my poverty precludes me from being able to pay you for a subscription.

For at least in the ensuing hours I spend reading, I am lifted above and beyond my inner pain, weariness and chronic loneliness.

I thank you in advance for your time and consideration on this request.

Jerry W. Hamilton #479571, Hughes Unit, Rt Box 4400, Gatesville, TX 76597, USA

[Dear Jerry: You're now on our subscriptions list! We send NEXUS for free, upon request, to many prisoners around the world and will continue doing so for as long as we can. Ed.]

# GLOBAL NEWS

## UK GROCERY CHAIN BANS ASPARTAME SWEETENER

The UK grocery chain, Iceland, has announced that it is banning aspartame, the artificial sweetener better known as NutraSweet, from its own-label foods.

The move follows growing concerns among consumers about a possible link between the sweetener and brain tumours. These concerns, spread on the Internet, are hotly disputed by NutraSweet's owner, the GM food giant Monsanto.

Aspartame is consumed by 250 million people worldwide and has been used in low-calorie food and drinks such as Diet Coke for 20 years. In the US alone, 20 billion cans of soft drink—most containing NutraSweet—are consumed each year.

Iceland was the first "green" grocer to ban GM foods from its lines. Its unique stand against aspartame is being closely watched by its larger supermarket rivals. (Source: The Sunday Times, London, 25 October 1999, [www.sunday-times.co.uk](http://www.sunday-times.co.uk))

## TSUNAMI BOMB SECRET IS OUT

Top-secret wartime experiments were conducted off the New Zealand coast to perfect a tidal-wave bomb, believed to be potentially as effective as the atomic bomb.

Thomas Leech, an Australian professor at Auckland University, set off a series of

underwater explosions that triggered mini tidal waves at Whangaparaoa, just north of Auckland, in 1944 and 1945, the *New Zealand Herald* reported on 25 September.

Professor Leech's work was considered so significant that US defence chiefs said that if the project had been completed before the end of the war, it could have played a role as effective as that of the atomic bomb. Details of the tsunami bomb, known as Project *Seal*, are contained in 53-year-old top-secret documents released by the New Zealand Ministry of Foreign Affairs and Trade.

(Source: Sunday Times, Perth, Western Australia, 26 September 1999, p. 32).

## WILDLIFE LAW OFFICERS CRACK DOWN ON HUNTERS

In March 1999, 40 officers, divided into 10 four-man teams, swooped in with helicopters in a pre-dawn raid to seize six suspects in Dorchester County, MD, USA.

The principal suspect, Robert Gootee, was hauled from his bed and led away in chains. His wife was not allowed to call anyone, and her neighbours were not allowed to come in to comfort her for four-and-a-half hours.

Apparently the armed raid was preceded by a four-year investigation. But what kind of offence could have precipitated such drastic action?

Gootee was charged with: possession of an undersized striped bass; striped bass out of season; untagged striped bass; possession of summer flounder out of season; failure to tag and check deer within 24 hours; and possession of a loaded weapon in a vehicle. The agents involved were from the state and US Fish and Wildlife Service. And the target for the raid was the Golden Hills Hunt Club.

Gootee, the club treasurer, was hauled away with such "evidence" as deer and duck mounts and a framed photograph of his retriever bringing in a duck. Eventually, 24 other club members were charged with related offences, including failure to wear sufficient fluorescent orange clothing while hunting.

Are US forests being turned into police states? A report in the September 1999 issue of the usually low-key *Field & Stream* Magazine would suggest as much:

"Looking for firepower, firefights and other fun stuff? Forget the SEALs; Fish and Game is the place to be.

"Wardens may be watching too many cop shows. How else can one explain why increasing numbers of them seem to reject their workday reality and the routine of dealing with essentially law-abiding people in favor of a world in which the everyday sportsman is an ex-army commando ready for a shoot-out or a high-speed car chase?"

"Recruits to wildlife law enforcement now spend more time learning how to break down the doors of alleged poachers than how to differentiate the various species of sunfish. The April 1999 issue



**DÈJA VIEW**

of *Wildlife in North Carolina* describes the boot camp that would-be officers go through in that state: "Relentless physical exercise, material training and plenty of barracks inspections are the norm for the first two weeks of wildlife recruit school...this includes 40 hours of firearms training as well as many hours mastering defensive tactics to disarm suspects."

The piece goes on to explain that the rationale used by many agencies for such official militancy is a claim that game wardens are "seven times more likely to be killed during an assault on the job than any other type of law officer".

The trouble with that statistic is that there is no basis for it in fact. According to the Federal Bureau of Investigation, in 1997 sixty-five law enforcement officers of all kinds nationwide were killed in the line of duty. Not one was a warden.

(Source: By Joseph Farah, 10 September 1999, *WorldNetDaily.com*)

## EUROPEAN SECURITY GROUP TO GUARD THE PENTAGON

Europe's largest privately owned security company, Group 4 Securitas BV, has won a multimillion-dollar contract with the US Department of Defense (DoD) to provide computer-based security and access to the Pentagon.

Group 4 Securitas, which describes itself as "world leader in access control", will provide more than 1,000 remote monitor units (RMUs) to scan more than 50,000 smart cards—carried by over 23,000 civilian and military employees in one of the largest office buildings in the world, with 40 kilometres of corridor and 3,700,000 square feet of office space—using its exclusive multinode system, compatible with all card types, to provide high-security card access.

The RMUs can operate independently of the central data control server if communication is lost, retaining the capability to recognise invalid passes.

Group 4 is registered in the tax-free haven of Willemstad, the capital of Curaçao in the Dutch Antilles, and currently operates in more than 40 countries, with an estimated workforce of 80,000 and an annual turnover in excess of US\$1,200 million.

Group 4 provides manned and electronic security for Irish Government buildings, including the Department of Justice. In the UK, the company is responsible for prison

management and court escort duties for the Home Office.

On the "down" side, one of the company's high-profile blunders occurred in 1990 when the IRA penetrated Group 4 security at the Royal Overseas League in central London and taped a Semtex device in a plastic lunch box beneath the lid of the speaker's lectern, timed to explode during an international conference on terrorism. The conference was organised by the Institute for the Study of Conflict and Terrorism (ISCT) and was attended by delegates from the FBI, the CIA as well as representatives of the British intelligence, police and military establishment.

(Source: *Intelligence*, no. 105, 18 October 1999, p. 3)

## OCTOPUS CONSPIRACY CLAIMS ANOTHER LIFE?

The co-author of the book, *The Octopus* (about a writer who died mysteriously investigating an international conspiracy), has died under mysterious circumstances. Jim Keith, who co-wrote *The Octopus* with Kenn Thomas, based on the notes of writer Danny Casolaro, died at Washoe Medical Hospital after going in for knee surgery.

Rumours suggest that Keith was killed after revealing the name of the physician who claimed Princess Diana was pregnant at the time of her death.

"I have long noted the connections between the Octopus story and the death of Diana," says Keith's co-author, Kenn Thomas.

The web news service where Jim Keith named the source has become inaccessible since his death.

Danny Casolaro died in August 1991 in Martinsburg, West Virginia, of what was said to be suicide. He was investigating the theft of a super-surveillance software called PROMIS, involving Justice Department officials and a shadowy international group he called "the Octopus".

Two congressional investigations into the PROMIS case (also known as the Inslaw case, after the name of the company that created PROMIS) recommended that Casolaro's death be investigated as a homicide. Keith and Thomas obtained the notes that Casolaro left behind and made them the basis of their book, *The Octopus*, published by Feral House in 1997.

Jim Keith fell from a stage at the Burning Man arts event in Black Rock, Nevada, north of Reno, his home town, and broke his knee.

He went to the Washoe Medical Hospital there, and died during surgery on September 7 at 8.10 pm when a blood clot entered one of his lungs.

In addition to co-authoring *The Octopus*, Keith wrote many other popular books on conspiracy topics, including *Mind Control/World Control*, *Black Helicopters over America*, *Casebook on Alternative 3* and *OKC Bomb*.

A tribute page to Jim Keith can be found at [www.umsl.edu/~skthoma/urls.htm](http://www.umsl.edu/~skthoma/urls.htm).

(Source: *Kenn Thomas, Editor, Steamshovel Press, USA, 14 September 1999*)



## DR HULDA CLARK'S COSTLY LEGAL BATTLE

What happened to Dr Royal Raymond Rife, Dr Stanislaw Burzynski and other pioneers in medicine has finally happened to medical research scientist Hulda Clark, PhD, ND.

As many NEXUS readers will know, Dr Hulda Clark has helped thousands of people around the world cure themselves of many ailments and diseases. Her approach is to remove exposure to solvents and to remove parasites from the body.

On 20 September, Dr Hulda Clark was arrested in San Diego. She was subsequently held in a prison in Santee, waiting extradition to Indiana where she is charged with practising medicine without a licence—a class C felony with a penalty of two to eight years in prison.

The patients in her clinic in Mexico—most of them terminally ill, but getting better under Dr Clark's supervision—had to be sent home to try to do the protocols on their own.

Dr Clark was escorted from prison on 4 October and arrived in Indiana on 6 October at 2.30 am. A hearing was held at 9.00 am and bail was set at US\$10,000. Dr Clark was offered a plea bargain with a fine if she pleaded guilty, but she pleaded *not* guilty. The trial will be held on 2 February 2000.

(Source: *Dr Clark Research Association*, 8135 Engineer Road #2748, San Diego, CA 92111, USA, tel 1800 220 3741 [toll-free in US], fax +1 [858] 565 0058, website [www.freedrclark.com/](http://www.freedrclark.com/))

## MCCABE CLOSER TO FREEDOM

After 547 days in prison, Ed McCabe was released and transferred to a halfway house in Miami, Florida, on 6 October 1999.

Ed McCabe is the man who publicised oxygen therapies in North America and in many countries around the world through public talks and his book, *Oxygen Therapies: A New Way of Approaching Disease*. In the spring of 1997, the United States Department of Justice and the Internal Revenue Service launched an inquiry into Ed, putting his life under a magnifying glass. He was arrested on 7 April 1998.

Please send correspondence to: Ed McCabe, c/o 9845 NE 2nd Ave, Miami Shores, FL 33138-2350, USA. (Source: *Oxygen Therapies website*, [www.oxytherapy.com](http://www.oxytherapy.com))

## CALL FOR REGISTER OF ALL CLINICAL TRIALS

Failure to report the results of randomised trials constitutes scientific and ethical misconduct, according to Dr Iain Chalmers, director of the UK Cochrane Centre. Dr Chalmers and the editors of the *British Medical Journal* and the *Lancet* have called for an international register of all clinical trials to be established.

Dr Chalmers said that "prospective registration and public access to the results of all randomised trials should be required by organisations responsible for protecting the public". These organisations should include drug licensing authorities and

research ethics committees. Trials should be registered, he argued, to inform patients, clinicians and other decision-makers about trials in which they could participate, to prevent costly research duplication and to promote multicentre trial collaboration.

"A substantial problem remains," he said, "because studies with disappointing or negative results are less likely to be submitted for publication."

Dr Chalmers presented several examples of such biased underreporting of research.

A randomised trial of the class-I antiarrhythmia drug lorainide with acute myocardial infarction, carried out in 1980, remained unreported for 13 years. The increased death rate in the lorainide group was thought to be a chance finding, and the use of class-I antiarrhythmic drugs generally increased.

"At the peak of their use in the late 1980s," said Dr Chalmers, "it was estimated that class-I antiarrhythmic drugs given to people with heart attacks were causing between 20,000 and 70,000 premature deaths every year in the United States alone. This yearly total of deaths is of the same magnitude as the total number of Americans who died in the Vietnam War."

Dr Chalmers welcomed the launch of an online register of randomised, controlled trials ([www.controlled-trials.com](http://www.controlled-trials.com)) but warned that the comprehensive registration of planned, ongoing and unpublished controlled trials is unlikely to happen "unless there is legal clout".

(Source: *British Medical Journal* 319:939, 9 October 1999, [www.bmj.com/cgi/content/full/319/7215/939/a](http://www.bmj.com/cgi/content/full/319/7215/939/a))

## FOOD CHAIN FILTH

For at least six months in the cattle feed factory at the Caillaud plant in northern France, excrement from staff toilets was plumbed into the production line. Between August 1998 and March 1999, 15 to 20 tonnes of human and other sewage sludge was mixed each week into feed for chickens, pigs and sheep.

Workers revealed last week that blood from carcasses was also swept into the stinking swill. "Every time they clean the filters, the smell is so bad that it makes you want to vomit," said Bernard Guillard, a 52-year-old worker at the factory in Javené, Brittany.

(Source: *The Sunday Times*, London, 31 October 1999, [www.sunday-times.co.uk](http://www.sunday-times.co.uk))



2 While many were shocked about revelations that human sewage had been added to French cattle feed, residents from the village of Saxthorpe, north Norfolk, England, who live close to Great Farm, know that for years British cattle have been eating silage that has been cultivated on land laden with sewage.

Great Farm has three lagoons which are lined with black polythene and can each hold about a million gallons of sewage sludge. "It's like a dark porridge with a thick, grey crust covering it," said Aubrey Poberefsky, 62, who lives in Saxthorpe. "It's full of bacteria and chemicals, but they have been putting thousands of gallons of it onto the fields."

(Source: Sunday Times, 31 October 1999)

3 The Belgian Government has also admitted that human and animal waste was being mixed into animal feed until early 1999. The country's farm minister was responding to a television report which said sludge from slaughterhouses and toilets had ended up in Belgium's food chain.

The VTR television network also reported that waste from slaughterhouses, toilets and showers was mixed in with animal feed in Belgium.

(Source: Sightings website, 22 September 1999, [www.sightings.com](http://www.sightings.com))

### NATURAL LIGHT IMPROVES STUDENT TEST SCORES

A study of three American school districts suggests that one good way to raise test scores is to let the sunshine in. The study, done by a California energy-consulting firm, may be the best evidence yet to support the commonsense notion that natural light helps people work better.

Investigators with the Hescong Mahone Group rated the districts' elementary schools on the amount and distribution of light in their classrooms. They then took a standardised test result, and after controlling for other factors that affect test performance (e.g., family income) they found that students exposed to the most daylight also had significantly higher test scores.

In Seattle, students in light-filled schools scored 9 to 13 per cent higher on maths and reading tests than those with the least light.

In a related study, Hescong Mahone looked at 108 stores in an unnamed retail chain and found that those with skylights had 40 per cent higher sales on average.

(Source: [www.abc.net.au/news/newslink/nat/newsnat-14oct1999-26.htm](http://www.abc.net.au/news/newslink/nat/newsnat-14oct1999-26.htm))

### WEATHER WARNING

A piece of fossilised coral, dated at 125,000 years old, looks as if it could transform our understanding of El Niño—the Pacific Ocean phenomenon that is the crucible of much of the world's climate.

Dan Schrag, who is based at Harvard University's Department of Earth and Planetary Sciences, discovered the coral while holidaying in Indonesia recently.

Until recently, climatologists looked on El Niño as an aberration in the tropical Pacific, of only passing interest to the outside world. But in the past two decades, it has become the "fifth horseman of the Apocalypse", a bringer of devastating floods, fires and famine from Ethiopia to Indonesia to Ecuador and a sender of weird weather around the world.

It has been appearing more frequently, with effects that last longer than ever. Its activity is unparalleled in the historical record. And yet nobody could be sure if this is a perfectly normal blip, or an alarming consequence of human-induced climate change.

For climatologists, El Niño is the flywheel of the world's climate, a redistributor of heat and energy that kicks in when the regular circulation systems cannot cope. In normal times, the winds and waters flow across the tropical Pacific from the Americas in the east to Indonesia in the west, driven by the Earth's rotation. In the tropical heat, the water warms as it goes. The result is the gradual accumulation of a pool of warm water around Indonesia that can be 40 centimetres higher and several degrees warmer than water on the other side of the ocean. This cannot last and, typically every three to seven years, this warm water breaks out and flows back across the surface of the ocean. As the pattern of ocean currents shifts, so do the wind and air pressure systems associated with it—and with them, the weather. So the wet rainforest climate of Indonesia drenches the normally arid Pacific islands and often reaches the coastal deserts of the Americas. Meanwhile, Indonesia and much of Australia dry out.

But scientists have been uncertain about how far back El Niño goes. Reliable climate and ocean records cover only a century or so; delving further requires an alternative source of information.

Schrag's chunk of coral pushes back the date of the first recorded El Niño by more than 100,000 years, to before the last ice age. In a paper due for publication shortly in *Geophysical Research Letters*, Schrag and his colleague Konrad Hughen will reveal their analysis of the isotopic signature of the annual growth layers inside the Sulawesi coral, and use it to plot the pattern of the ancient El Niños. According to Schrag, the pattern of El Niño events revealed in his 125,000-year-old coral looks exactly like the modern period

before 1976, but nothing like the post-1976 period. He has examined in detail the "return period" for El Niños, both in the ancient coral and modern meteorological and coral records, and found that, in the modern record, prior to 1976 the dominant return period for El Niño was around six years. That was also the case in the 65-year time-slice in his ancient coral. But the post-1976 record shows a peak return period at 3.5 years. The implication is that the cycling of El Niño was highly stable over hundreds of thousands of years, but has changed fundamentally in the past quarter-century.

The crucial question is what lies behind this change. Has El Niño been disturbed by some external factor, such as global warming, or is it simply on a short-lived, exuberant joyride?

One way to check, says Schrag, is to look for signs of recent warming in the ocean. Together with Tom Guilderson from Lawrence Livermore National Laboratory in California, he has recently pointed out that the unique signature of the post-1976 El Niños is down to a very specific warming of surface waters in the eastern Pacific during the cold season. This area of ocean is a constant battleground between warm waters at the surface and cold waters that well up from the deep. Most of the time the upwelling is dominant. But during El Niños, when warm waters wash across the Pacific from the west, the upwelling is shut off. What seems to have happened is that this shutoff has become near permanent.

Since 1976, water at the surface in the eastern Pacific has been richer in carbon-14, showing that deep water is not welling up as much as before. Upwelling normally keeps the eastern Pacific cool, maintains the normal trade winds and so suppresses the outbreak of El Niños. Reduce the upwelling and the system is permanently primed for an El Niño. Schrag concludes that the post-1976 change in the thermocline may be responsible for the increase in the frequency and intensity of El Niño events since then.

Does any of this matter beyond the Pacific Ocean? As climatologists discover more and more about the workings of the oceans and atmosphere, they realise how central El Niño is to the functioning of the entire climate system.

The Indian Ocean shows its own post-1976 shift. Analysis of weather statistics from the remote Chagos Archipelago, by Charles Sheppard of the University of Warwick, found that around the mid-1970s average air temperatures abruptly rose by a degree, while cloud cover shrank by 50 per cent.

Is the shift in El Niño the long-sought "smoking gun" that will convict greenhouse gases of causing climatic mayhem?

(Source: From an article by Fred Pearce, *New Scientist*, London, 9 October 1999)



# THE WORLD TRADE ORGANIZATION 'MILLENNIUM BUG'

*Transnational corporations are using global power blocs and the WTO's dispute system in their attempts to control the resources and economies of developing countries.*

*Part 1 of 2*

by Corporate Europe  
Observatory © 1999

Prinseneiland 329  
1013 LP Amsterdam  
The Netherlands  
Tel/fax: +31 30 236 4422  
E-mail: ceo@xs4all.nl  
Website: www.xs4all.nl/~ceo

## TRANSNATIONAL CONTROL OVER GLOBAL TRADE POLITICS

**T**he World Trade Organization (WTO), in the first four years of its existence, has built up a dark environmental and social record. Large transnational corporations (TNCs) have been the satisfied beneficiaries of its treaties, while communities and small farmers around the world have suffered from WTO-promoted 'free trade'. This outcome is hardly surprising, as corporate lobby groups have been closely involved in the shaping of many of the WTO agreements.

The WTO's model of economic development is increasingly identified as being incompatible with ecological sustainability. In its rulings in trade disputes on bananas, beef hormones and numerous other products, the WTO has put trade above all else, overruling environmental, social, consumer and health considerations.

Despite the increasing backlash against the WTO and its treaties, the European Commission (EC) hopes to expand further the scope of the body's mandate, as well as its power, through the proposed WTO Millennium Round (which would start in November at the WTO Ministerial Conference in Seattle, USA). Armed with its newly adopted rhetoric to win over NGOs, the European Union (EU) continues to fashion its international trade policies around the economic interests of European-based corporations. In its campaign for the Millennium Round, the Commission has been freshening up its connections with European industry and encouraging corporate networks to provide input towards EU negotiating positions. This symbiotic relationship, which was solidified during negotiations on the WTO Financial Services Agreement in 1997, has now been complemented with a far vaguer parallel process of 'dialogues' with civil society.

## THE WORLD TRADE ORGANIZATION'S POWERS

*Governments should interfere in the conduct of trade as little as possible.*<sup>1</sup>  
— Peter Sutherland, former Director General, GATT

With the conclusion of the Uruguay Round of the GATT negotiations on 15 December 1993, crucial decision-making powers with the potential to impact billions of people were bestowed upon the World Trade Organization. Today, with a membership of over 130 countries, the body's mandate is greatly expanded from that of its predecessor, the General Agreement on Tariffs and Trade (GATT). Moving beyond its historic role of setting tariffs and quotas, the WTO now deals with non-tariff barriers to trade (such as health and environmental standards) as well as every imaginable regulation that might somehow 'distort' or 'obstruct' the free flow of goods and services.

Despite its outwardly democratic appearance due to its policies of equal participation by all member states in consensus-based decision-making, the WTO is extremely undemocratic and opaque. Although developing countries represent the majority of the world's nations and peoples, they have very little say in the negotiation process. Lack of financial and human resources, discussions between the most powerful countries behind closed doors and, most importantly, very strong pressure from the US and the EU often force developing-country governments into accepting deals very much against their interests.

Despite a generous layer of 'feel good' pro-globalisation rhetoric, the goals of the EU's international trade and investment policies remain brutally inflexible. Its policies are propelled by a hunger for unfettered market access for European-based TNCs and the dismantling of local regulations in order to create a so-called global 'level playing field'. A similar logic governs the policies adopted by other major global powers, and the

predominant political blocs have joined forces within the World Trade Organization to dismantle barriers to trade and investment in the less industrialised nations. The EU and the US prepare their common positions bilaterally within the Transatlantic Economic Partnership (TEP) and within the so-called "Quad", comprising the US, the EU, Japan and Canada.

As Josh Karliner observes in *The Corporate Planet*: "To a large degree, the triad of Japan, EU and US can be seen as three large corporate states, at times cooperating, at times competing with one another to promote the interests of their rival transnationals across the globe."<sup>2</sup>

As the millennium draws to a close, a number of high-profile trade disputes between the EU and the US have placed the WTO's unique implementation powers in the spotlight. The WTO's sharpest teeth are its dispute settlement body and its cross-retaliation provisions, both of which enable it to force nations to comply with WTO rules. The increasing number of controversial rulings in which the WTO dispute settlement body has upheld corporate interests over those of people and the environment has severely tarnished the WTO's image.

Within the WTO system, any member state can complain to the dispute settlement body about any other member's policies or laws that are perceived to restrict the free flow of trade. If the panel—composed of unelected bureaucrats—finds a government guilty of non-compliance with WTO agreements, the offending country must change its legislation or face retaliatory trade sanctions by the complaining party, even in sectors unrelated to the dispute. The offending country may also face heavy financial penalties.

During the first four years of the WTO's existence, the dispute settlement mechanism has been invoked predominantly for disputes between the EU and the US. Its first decisions provide a disturbing picture of what can be expected in the future. During this first four-year period, there were 177 cases in which a country challenged a law or practice of another country by invoking WTO rules. The majority of these cases could have been settled without interference by the WTO's dispute settlement body. Eighteen of the 177 disputes were settled by a binding panel decision, and another 18 are currently being examined by the WTO panels.<sup>3</sup>

The following two case studies are examples of how the business groupings use the WTO system to pursue their interests at the expense of people and the environment.

#### • **US Industry's Beef with European Consumers**

In early May 1997, a three-person WTO dispute settlement panel ruled that a nine-year ban imposed by the European Union on hormone-treated beef was illegal under WTO rules. The ruling, which overturned an important consumer health law, caused outrage throughout Europe.

Over the past decade, Monsanto, the US-based TNC which formerly produced chemicals, has restyled itself into a 'life science' corporation, leaning heavily on the manipulation of genetic

material. One of its products is a recombinant bovine growth hormone (rBGH), used by large-scale dairy farmers in the US to increase the milk production of their cows. Other 'natural' hormones such as oestradiol and testosterone are also commonly used by US cattle farmers. In 1995, 90 per cent of US cattle were treated with some type of growth hormone.

In January 1989, the European Union, applying the 'precautionary principle', deemed safety claims by US industry unconvincing and imposed a ban on the import of hormone-treated beef and milk. The ban also applied to producers within the EU. In response to strong lobbying by Monsanto, the US National Cattlemen's Association, the US Dairy Export Council, the National Milk Producers Federation and other interest groups, the then US Trade Representative Mickey Kantor initiated action in the WTO against the EU ban on beef hormones.<sup>4</sup>

On the EU side, industry groups such as FEDESA (the primary lobby organisation for the European animal 'health' products industry) and the European Federation of Pharmaceutical Industry

Associations (EFPIA)—both members of EuropaBio, the primary biotech lobby group in the EU—pressured the Commission to lift the ban, which was affecting European companies as well. In chorus with their US counterparts, they argued that there is always some risk with food involving genetic modification or hormone treatment.

Pressure from consumer protection organisations and other NGOs made the Commission realise that the lifting of its ban on hormone-treated beef and milk was a political hot potato. Supported by a growing body of evidence suggesting that certain natural and synthetic hormones are linked to rising incidences of cancer, the Commission decided not to lift its ban, despite the WTO ruling.

The preliminary decision in the dispute over hormone beef is the first ruling, thus far, based on a three-year-old WTO agreement known as the Sanitary and Phytosanitary Agreement. This agreement requires that restrictions based on food health and safety be based on scientific evidence, and accepts internationally agreed standards, such as those decided within the UN system, as a justification for taking

protective trade measures. Since the UN Food and Agriculture Organization (FAO) deemed the hormones to be safe, the WTO panel ruled that the EU's ban was unjustified and should be lifted.

This ruling sets a dangerous precedent for national consumer health and safety protection laws. Many experts believe that various EU measures, such as those regulating other animal products, may now also be challenged by the US and other nations.<sup>5</sup> The process of whittling away consumer protection laws and regulations in Europe and elsewhere for the sake of industry will thus continue unabated unless steps are taken to reverse this trend.

#### • **Massachusetts-Burma Law: Human Rights Overruled**

In the United States, individual states and communities have long expressed their political leanings through the enactment of 'selective purchasing' laws. These laws pressure transnational corporations to cease doing business with repressive regimes by

**In early May 1997, a three-person WTO dispute settlement panel ruled that a nine-year ban imposed by the European Union on hormone-treated beef was illegal under WTO rules.**

**The ruling, which overturned an important consumer health law, caused outrage throughout Europe.**

imposing 'pricing penalties' on their goods and services. Since 1996, for example, Massachusetts has imposed a 10 per cent penalty on goods and services provided by companies with financial interests in Myanmar. Formerly known as Burma, Myanmar is renowned for the brutal human rights abuses imposed upon citizens by its illegitimate military government. To date, Siemens, Unilever and several Japanese companies are among those that have been penalised by the Massachusetts legislation, and the law was cited as one of the main reasons for Apple Computer's withdrawal from Myanmar.<sup>6</sup>

The Massachusetts-Burma law has come under attack both on the US domestic front and internationally, particularly in the EU and Japan. The National Foreign Trade Council (NFTC), a coalition of some 600 US-based manufacturers and financial institutions, has taken the state of Massachusetts to court over the law.<sup>7</sup> Oil companies such as Texaco and Mobil have expressed their concern about the impact of such laws on their activities in Myanmar and other dictatorial regimes.

Seeking to distance itself from charges that the NFTC places economic interests above human rights in Myanmar, a front group called USA Engage was set up with the assistance of Anne L. Wexler,<sup>8</sup> head of the Washington-based Wexler Group consultancy.<sup>9</sup> USA Engage was officially introduced at an April 1997 press conference, where it portrayed itself as a "broad-based coalition representing Americans from all regions, sectors and segments of our society".<sup>10</sup> The group promptly began an intensive lobbying campaign in Washington, DC, against selective-purchasing laws and other economic sanctions placed on corporations based on social and environmental objectives.

In Europe, European Round Table of Industrialists (ERT) companies, including Ericsson, Unilever and Siemens, also viewed the Massachusetts law as a dangerous precedent to be quickly crushed. Industry mobilised its forces to pressure the European Commission to challenge the US government to drop the Massachusetts law. Failing that strategy, corporations urged the initiation of action in the WTO. Japanese heavyweights such as Mitsubishi, Sony and Nissan—some of the biggest losers in the Massachusetts law—applied the same pressure to the Japanese government.

It thus came as no surprise in October 1998 when the European Union and Japan requested the creation of a WTO dispute panel, arguing that the Massachusetts law was discriminatory and in violation of WTO rules on government procurement. Although the EU suspended the WTO panel in February 1999 (perhaps as a conciliatory move in its bitter banana war with the US government), it has threatened to revive the case if the US federal government does not take action against Massachusetts.

The Massachusetts-Burma case brings up many critical questions about national and local sovereignty and the precedence of trade over social and environmental objectives. It also highlights some of the inequities in the current balance of power within the EU. In September 1998, the European Parliament passed a resolution calling upon the Commission to put an end to all trade, tourism and investment by EU-based companies in Myanmar. The resolution also criticised the Commission's decision to call

for a WTO dispute panel on the Massachusetts law.<sup>11</sup> The Commission has also been criticised by the European Trade Union Confederation and the International Confederation of Free Trade Unions for ignoring human rights abuses in Myanmar. Yet, according to an EU spokesman: "Breaking WTO rules doesn't help anyone. The key thing in this case is the United States' failure to honour its international commitments."<sup>12</sup>

## TNC INVOLVEMENT IN WTO NEGOTIATIONS

Transnational corporations have thus far been the main beneficiaries of WTO agreements. This is hardly surprising, as in many cases they have directly influenced the positions of the most powerful WTO members during the negotiation of these agreements. This was certainly the case during the Uruguay Round of GATT negotiations, when the bulk of the WTO agreements were shaped.

In addition to bringing Southern countries under the GATT and its discipline, and putting new issues on the trade agenda, the Uruguay Round granted Northern TNCs expanded access to developing-country markets. The seven-year Round, which

began in 1986, helped Northern countries and their corporations to achieve further liberalisation in sectors where they had an advantage (such as in services), and also introduced intellectual property rights and other protections for TNC activities.

The most strenuous lobbying took place in the United States. Not only did individual companies vie for general trade liberalisation and the opening up of markets, but industry coalitions were also created to push for the inclusion of certain issues under the GATT regime. For example, the Coalition of Service Industries lobbied for a new trade regime for services<sup>13</sup> and the

Intellectual Property Committee worked to get the TRIPs (Trade-Related Aspects of Intellectual Property Rights) agreement on the agenda. Industry influence was also evident in the composition of the US delegation: the vast majority of members were from the corporate world.

During the first years of the Uruguay Round, European business lobby groups were not intensively involved in negotiations. EU industry launched a serious lobbying effort only when negotiations came to a deadlock over the agreement on agriculture. According to former ERT Secretary-General Keith Richardson:

"What we tried to say to governments is: whatever the difficulties are, the most important thing is to get the overall deal, because that will bring benefits to the whole of European business. And the total picture is more important than the individual difficulties. It's quite a difficult message, and the only way you really do it is with face-to-face meetings."<sup>14</sup>

While the ERT focused on national governments, UNICE, the European industrial employers confederation, worked closely with the European Commission to bring the negotiations to a close. UNICE analysts chewed all of the proposals over carefully, before spitting industry's positions back to the Commission.

The following two case studies, on the TRIPs and the Financial Services agreements, show in more detail how transnational corporations have worked to shape WTO agreements to their own preferences.

**Transnational corporations have thus far been the main beneficiaries of WTO agreements.**

**This is hardly surprising, as in many cases they have directly influenced the positions of the most powerful WTO members during the negotiation of these agreements.**

• **Power TRIPs**

*Industry has identified a major problem in international trade. It crafted a solution, reduced it to a concrete proposal and sold it to our own and other governments... The industries and traders of world commerce have simultaneously played the role of patients, the diagnosticians and the physicians.*<sup>15</sup>

— James Enyart, Monsanto

Trade-Related Aspects of Intellectual Property Rights, or TRIPs, grant corporations the right to protect their "intellectual property" in all WTO countries. This forces WTO member states to apply minimum standards in seven areas of intellectual property, including copyright and trademark protection, patents and industrial designs.

The TRIPs agreement is the brainchild of an industry coalition with members from the US, the EU and Japan. The first initiative was taken by the Intellectual Property Committee (IPC), which brings together 13 major US corporations including Bristol Myers Squibb, DuPont, Monsanto and General Motors. The IPC was created with the explicit goal of putting TRIPs firmly on the GATT agenda.<sup>16</sup>

According to a former Monsanto employee, one of the IPC's first tasks was 'missionary work' in Europe and Japan in order to gather the support of corporate heavyweights for the TRIPs campaign.<sup>17</sup> UNICE and the Japanese business organisation Keidanren were easy converts.

According to former Pfizer CEO Edmund T. Pratt, who attended numerous GATT negotiations in the capacity of official adviser to the US Trade Representative: "Our combined strength enabled us to establish a global private sector government network which laid the groundwork for what became TRIPs."<sup>18</sup>

In 1988, an industry paper on the "Basic Framework for GATT Provisions on Intellectual Property" made it into the Uruguay Round negotiations, following lobby campaigns in Geneva and on the national level. Not surprisingly, the position put forth by the influential US delegation was strikingly similar to industry's proposal.

The fundamental imbalance in the TRIPs agreement is that Southern countries possess very little "intellectual property"; furthermore, they do not possess the resources to develop this sector in the near future. However, they do contain most of the world's biodiversity, from which many pharmaceutical and agricultural patents are derived. Calculations show that up to 80 per cent of patents for technology and products in developing countries are held by TNCs.<sup>19</sup> This imbalance, coupled with concern about the ethical implications of the private ownership of life, prompted some Southern countries to oppose fiercely all forms of life-form patenting during the TRIPs negotiations. The industry-dominated US delegation, with 96 out of the 111 members from the corporate sector,<sup>20</sup> called for everything to be patentable, including plants and animals.

The compromise result was a so-called "biodiversity provision" in the TRIPs agreement, which allows countries to exclude plants and animals from patentability under the condition that they develop a similar system of protection (a so-called *sui generis* system). The biodiversity provision is slated for review in 1999,

which has kept the lobby machines working at full speed. The US, now supported by the EU, Canada and Japan, is pressing hard for the expansion of what can be covered under intellectual property rights in the agreement. Southern countries, however, appear determined to stand firm against US and industry pressure, proposing among other things to exclude biodiversity definitively from TRIPs.

Genuinely concerned about the firm stance taken by developing countries, civil society and some international bodies such as the UN Convention on Biodiversity,<sup>21</sup> industry is joining forces to resist any weakening of its rights under the TRIPs agreement and is lobbying governments not to cave in. If industry has its way, the revised biodiversity article will make it impossible to exclude life-forms from patent law, and developing countries' control over their biological resources will be further weakened. Ethical, socio-economic, cultural and environmental considerations will also be ignored, reducing the patenting of life to merely a matter of commercial interests.

• **Financial Services Agreement: Servicing the North**

*This agreement is like taking back the neighbourhood. We need a policeman on the block. We can't have governments behaving in thuggish ways.*<sup>22</sup>

— Gordon Cloney, of the US-based International Insurance Council

**The industry-dominated US delegation, with 96 out of the 111 members from the corporate sector, called for everything to be patentable, including plants and animals.**

In 1997, three new agreements were signed within the framework of the WTO. One agreement dismantled tariffs on trade in information technology products, and another did the same for the telecommunications sector. In December 1997, a third agreement was signed, on the liberalisation of the financial services sectors, including banking and insurance. All three of these "jewels in the WTO crown", as EU Trade Commissioner Sir Leon Brittan termed them, were the result of

systematic pressure on Southern governments by the European Union and the United States.

According to Brittan: "Europe was already a force for liberalisation in the Uruguay Round negotiations, but, in the sectoral achievements that followed, Europe has unquestionably taken the lead in pushing for greater and faster liberalisation of world markets than any of our partners."<sup>23</sup>

The three sectoral agreements were shaped in very close cooperation with European and US corporations. This can clearly be seen in the case of the Financial Services Agreement, highlighted by Brittan as a model for business involvement in future trade negotiations.

This agreement, which entered into force on 1 March 1999, will remove many obstacles for financial services corporations wanting to enter Southern "emerging markets", which until recently had policies in place to protect the domestic banking and insurance sectors. It has been signed by 70 WTO member countries, and it is predicted that it will liberalise over 90 per cent of the world market in insurance, banking and brokerage services.<sup>24</sup> The economic interests are obviously enormous. Total global bank assets are estimated at more than US\$41 trillion, while the insurance sector brings in over \$2.1 trillion in premiums, and trade in shares is worth over \$15 trillion per year.<sup>25</sup>

The Financial Services Agreement does not oblige countries to

open their markets fully from the start; countries may file specific reservations. However, the agreement does 'lock-in' liberalisation and market access, banning new protective measures.

The financial services negotiations were an unsolved leftover from Uruguay Round negotiations on services (GATS). In 1995, negotiations on this sector failed once again when the US withdrew, displeased with the reluctance of Asian and Latin American countries to open their markets to US financial services corporations. Some 60 other countries signed an interim agreement, and negotiations were relaunched in April 1997. The European Commission then took the lead, aware that EU countries had removed almost all internal barriers to foreign trade and investment in the financial services sector over the previous years. As Asian countries were loath to liberalise their financial services sectors further, senior trade officials from the European Commission and the US embarked upon a campaign to make them change their minds. They travelled to Asian capitals and presented financial services liberalisation as the cure for sluggish economies, as it would attract new foreign capital flows.

The third partner in this team effort was, according to the Dutch Ministry of Economic Affairs, "the international financial industry, particularly from the US and the EU, united in the Financial Leaders Group (FLG)".<sup>26</sup>

The FLG's role was to "identify the barriers to trade in other countries"; the EU and US delegations would then put these obstacles on the negotiating agenda. The group—headed by the largest banks and insurance companies in the world, including Barclays PLC, Chase Manhattan, ING Group, Ford Financial Services Group, the Bank of Tokyo/Mitsubishi, Goldman Sachs and the Royal Bank of Canada—strives for the liberalisation of the financial services sector on a global scale. FLG co-chairmen are Andrew Buxton, head of UK-based Barclays PLC, and Dean O'Hare of the US Chubb Corporation. Other members include the American International Group, British Invisibles, Bank of America, Aegon Insurance Group, Dresdner Bank AG, Citigroup,

ROBECO Group, UBS and over 50 other banking, investment and insurance companies.

EU Commissioner Brittan stressed that "the close links established between EC and US industry...were an essential factor in obtaining the final deal".<sup>27</sup> In fact, he found the cooperation with the FLG to be so inspiring that he wants to use it as a prototype for the future. "Within the EU, we are now considering a private sector involvement in the process of building up our priorities," he said, some months after the deal was finished. "The example of the EU-US Financial Leaders Group—involving a group of business leaders to provide high-level momentum to the negotiations—has been the model for the creation of a new mechanism for Europe. A similar deal will be needed for the next round of services liberalisation negotiations."<sup>28</sup> The FLG can certainly count on the full support of the Trade Commissioner in its preparations for the upcoming WTO negotiations on services (including financial services), scheduled to begin in the year 2000.

While banking, securities and insurance corporations based in the EU, US and Japan were jubilant about the signing of the agreement, negotiators from the countries referred to as "emerging markets" were far less enthusiastic. In practice, the benefits are reserved for the Northern corporations which can now enter new markets in Asia, Latin America, Africa and Central and Eastern Europe. The prospect of services companies from the South competing in Northern markets is illusory.

When Southern countries signed on to the agreement, it was in the hope of attracting foreign direct investment and financing. The EU, the US and their financial services corporations argued that the market openings will make the banking and insurance industries in "emerging markets" more efficient by increasing competition. But it is very likely that plentiful jobs will be lost as local banks are swallowed up by Northern financial services corporations with far greater resources. An already inequitable financial cycle will thus be solidified, with profits flowing back to shareholders in the EU, the US and Japan.

**As Asian countries were loath to liberalise their financial services sectors further, senior trade officials from the European Commission and the US embarked upon a campaign to make them change their minds.**

#### Endnotes

1. Sutherland, Peter, speech given in New York City, 3 March 1994.
2. Karliner, Josh, *The Corporate Planet: Ecology and Politics in the Age of Globalization*, Sierra Club, USA, 1998.
3. "The MAI Shell Game", *Public Citizen*, website [www.tradewatch.org/Shell\\_Game/Cover.htm](http://www.tradewatch.org/Shell_Game/Cover.htm).
4. Kantor, Mickey, Letter to Bob Drake, President, National Cattlemen's Association, dated February 8, 1996.
5. Such as Brazil's recent challenge of EU's regulatory regime on the import of poultry.
6. Bardacke, Ted, "American Boycotts Start to Bite", *Financial Times*, 2 June 1997.
7. Gevirtz, Leslie, "Business Challenges Massachusetts' Myanmar Sanctions", Reuters news wire, 23 September 1998, at website [www.ofii.org/newsroom/news/980923reut.htm](http://www.ofii.org/newsroom/news/980923reut.htm).
8. Anne L. Wexler, a former White House aide,

- was ranked as one of the capital's 10 most influential lobbyists in the January 1998 issue of the *Washingtonian* magazine, website [www.wexlergroup.com/bio\\_wexler.htm](http://www.wexlergroup.com/bio_wexler.htm).
9. The Wexler Group is an independent unit of Hill and Knowlton, Inc., an international public relations firm; website [www.wexlergroup.com/corporate\\_profiles.htm](http://www.wexlergroup.com/corporate_profiles.htm).
10. Silverstein, Ken, "Doing Business with Despots", *Mother Jones*, May/June 1998, website [www.mojones.com/mother\\_jones/MJ98/silverstein.html](http://www.mojones.com/mother_jones/MJ98/silverstein.html).
11. The European Commission even filed a so-called *amicus* brief on behalf of the NFTC. Source: Reuters news wire, 23 September 1998 (see note 6).
12. "EU and Japan urge WTO to ban Massachusetts-Myanmar boycott", AFP, Geneva, 22 September 1998.
13. Vander Stichele, Myriam, "Towards a World Transnationals' Organisation?", TNI,

- Amsterdam, 30 April 1998, website [www.worldcom.nl/tni/wto/booklets/wto3.htm](http://www.worldcom.nl/tni/wto/booklets/wto3.htm).
14. Personal interview with Keith Richardson, Brussels, 21 February 1997.
15. James Enyart of Monsanto, quoted in: Shiva, Vandana, "Who are the real pirates?", *Third World Resurgence*, Third World Network, Malaysia, no. 63, November 1995, pp. 16-17.
16. Pratt, Edmund J., "Intellectual Property Rights and International Trade", Pfizer Forum, 1996, [www.pfizer.com/pfizerinc/policy/forum/current/article/rights.htm](http://www.pfizer.com/pfizerinc/policy/forum/current/article/rights.htm).
17. James Enyart of Monsanto, as quoted by Vandana Shiva (see note 15).
18. Pratt, *ibid.* (see note 16).
19. Vander Stichele, *ibid.* (see note 13).
20. Howard, Stephanie, *Eugenics, a self-defence guide to protecting your genes*, A SEED Europe, 1998.
21. The CBD clearly states that there should be benefit-sharing from the use of genetic

## EU TRADE POLICIES AND THE DEMOCRATIC GAP

The accelerated process of European unification has resulted in a fundamental democratic gap, which provides an ideal environment for corporate lobbying. The powers of the European Parliament remain far too limited to compensate for the loss of democratic control created as more and more decision-making power shifts from national capitals to the two highly untransparent EU institutions, the EC and the Council of Ministers.

Decision-making on international trade and investment policies is arguably one of the areas where the EU's democratic gap is most pronounced. Member states have delegated most of their powers upwards, giving the European Commission an agenda-setting role. The Commission negotiates on behalf of the EU member states in bodies like the WTO, and has the exclusive right to undertake new trade initiatives. The bulk of the EU's decisions on trade and investment are made in the powerful "133 Committee" (previously called "113 Committee"), which consists of trade officials from member states and Commission representatives. Only major or controversial issues are brought before the EU foreign trade ministers.<sup>29</sup>

"The Commission is like a dog on a very long leash," observes Michael Hindley, UK Labour Member of the European Parliament (MEP), and this description is particularly applicable to ultra-free-Trade Commissioner Sir Leon Brittan.<sup>30</sup>

The European Parliament is informed, but lacks decision-making power on external trade policies. National parliaments fail to exert effective control over their EU trade ministers due to a combination of lack of information and limited awareness about the importance of international trade and investment issues. These critical issues have been treated as mere technical matters for far too long. Happily, thanks to the public uproar about the Multilateral Agreement on Investment (MAI) and the devastating financial crisis, the EU's policies are increasingly coming under scrutiny. Real change, however, will be hard to achieve. It is symptomatic and disturbing that the European Commission remained firmly behind the MAI, even while one government

after the other abandoned the sinking negotiations, pushing for its completion before public opposition spiralled out of control.<sup>31</sup>

During the MAI negotiating session in February 1998, the EC issued a strong warning against passing the April 1998 deadline for the negotiations: "Buying more time will make things more difficult, not easier, as special interest groups everywhere discover the questionable value found in denouncing the MAI for their own purposes which have nothing to do with investment."<sup>32</sup>

The EC stressed that a failure of the MAI negotiations would also jeopardise the ultimate goal of an investment agreement in the WTO: "It would be bad for the globalised economy in general. The world would be further away from global investment

rules than ever, and this for a long time, if we in the OECD cannot agree on the first cornerstone."<sup>33</sup> The US, on the other hand, indicated to the other negotiators that it was "not ready to make a deal"; instead, it favoured "a reflection period and intensified bilateral contacts as the best way to make progress".<sup>34</sup>

The battle was led by powerful EU Trade Commissioner Sir Leon Brittan, who, with his hardline neoliberal political stance, is a real barrier to political change. According to World Trade Organization boss Renato

Ruggiero, Brittan is "one of the most important free-trade advocates of this decade".<sup>35</sup> Not even when financial meltdown hit large parts of the global economy did Sir Leon Brittan reconsider the dogmatic recipe of high-speed liberalisation he prescribes for every situation.

### About the Authors:

Corporate Europe Observatory is a research and campaign group targeting the threats to democracy, equity, social justice and the environment posed by the economic and political power of corporations and their lobby groups. This edition of *Corporate Europe Observer* (no. 4) is from Belén Balanyá, Ann Doherty, Olivier Hoedeman, Adam Ma'anit and Erik Wesselius. An earlier CEO briefing paper, "MAlgalomania!", about the Multilateral Agreement on Investment (MAI), was published in NEXUS 5/03 and 5/04.

... thanks to the public uproar about the Multilateral Agreement on Investment (MAI) and the devastating financial crisis, the EU's policies are increasingly coming under scrutiny.

Continued in the next issue of NEXUS...

### Endnotes (cont.)

resources, taking into account the rights of local communities, while TRIPs only gives weight to the rights of corporations.

22. Freudmann, Aviva and John Maggs, "Bankers, insurers celebrate WTO pact: deal puts financial-services markets under global rules for the 1st time", *Journal of Commerce*, 16 December 1997, [www.islandnet.com/~ncfs/maisite/fsia3.htm](http://www.islandnet.com/~ncfs/maisite/fsia3.htm).

23. Sir Leon Brittan in the *Financial Times*, 18 May 1998.

24. "WTO Financial Services Agreement to Come Into Force on 1 March", Agence Europe, 16 February 1999.

25. *ibid.*

26. Dutch Ministry of Economic Affairs, "Financiele diensten: een hernieuwde poging", *WTO-Nieuwsbrief*, no. 5, November 1997, [www.minez.nl/magazine/wto/w05.htm](http://www.minez.nl/magazine/wto/w05.htm).

27. Sir Leon Brittan, in a speech entitled "Europe's Prescriptions for the Global Trade Agenda", Washington, DC, 24 September 1998, <http://europa.eu.int/comm/dg01/0924slbsp.htm>.

28. *ibid.*

29. For an introduction to the EU's decision-making on international trade, see "Gender Mapping the European Union Trade Policy", WIDE, 1997.

30. Interview with MEP Michael Hindley, 17 February 1999.

31. After the high-level negotiation session in February, only the EC, a number of EU governments and the OECD Secretariat still hoped to meet the April 1998 deadline.

32. Briefing note, European Commission representative at high-level meeting on the MAI, 16-17 February 1998, Paris.

33. *ibid.*

34. Plijter, R., "Mission Report", European Commission DG1, Brussels, 19 February 1998.

35. "Acting in Harmony on World Trade", *European Voice*, 16-22 January 1997.

### Web Resources

#### Some campaign groups:

- ATTAC: [www.attac.org](http://www.attac.org)
- Corporate Europe Observatory: [www.xs4all.nl/~ceo](http://www.xs4all.nl/~ceo)
- Council of Canadian: [www.canadians.org](http://www.canadians.org)
- Friends of the Earth: [www.foe.org](http://www.foe.org)
- Focus on the Global South: [www.focusweb.org](http://www.focusweb.org)
- Green Group in the European Parliament: [www.millennium-round.org](http://www.millennium-round.org)
- People's Global Action: [www.agp.org](http://www.agp.org)
- Public Citizen: [www.tradewatch.org](http://www.tradewatch.org)
- Third World Network: [www.twinside.org.sg](http://www.twinside.org.sg)
- Transnational Institute: [www.worldcom.nl/tni/wto/](http://www.worldcom.nl/tni/wto/)





# REFINED SUGAR

## *The Sweetest Poison of All*

*A multitude of  
common physical  
and mental ailments  
are strongly linked  
to the consuming of  
'pure', refined  
sugar.*

by William Dufty © 1975

Extracted/edited from his book  
***Sugar Blues***  
First published by Chilton Book Co.  
Padnor, PA, USA

### WHY SUGAR IS TOXIC TO THE BODY

In 1957, Dr William Coda Martin tried to answer the question: When is a food a food and when is it a poison? His working definition of "poison" was: "Medically: Any substance applied to the body, ingested or developed within the body, which causes or may cause disease. Physically: Any substance which inhibits the activity of a catalyst which is a minor substance, chemical or enzyme that activates a reaction."<sup>1</sup> The dictionary gives an even broader definition for "poison": "to exert a harmful influence on, or to pervert".

Dr Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins and minerals. "What is left consists of pure, refined carbohydrates. The body cannot utilize this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in each plant in quantities sufficient to metabolize the carbohydrate in that particular plant. There is no excess for other added carbohydrates. Incomplete carbohydrate metabolism results in the formation of 'toxic metabolite' such as pyruvic acid and abnormal sugars containing five carbon atoms. Pyruvic acid accumulates in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get sufficient oxygen to survive and function normally. In time, some of the cells die. This interferes with the function of a part of the body and is the beginning of degenerative disease."<sup>2</sup>

Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as "empty" or "naked" calories. It lacks the natural minerals which are present in the sugar beet or cane. In addition, sugar is worse than nothing because it drains and leaches the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination make upon one's entire system.

So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals such as sodium (from salt), potassium and magnesium (from vegetables), and calcium (from the bones) are mobilised and used in chemical transmutation; neutral acids are produced which attempt to return the acid-alkaline balance factor of the blood to a more normal state.

Sugar taken every day produces a continuously overacid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin.

Excess sugar eventually affects every organ in the body. Initially, it is stored in the liver in the form of glucose (glycogen). Since the liver's capacity is limited, a daily intake of refined sugar (above the required amount of natural sugar) soon makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and stored in the most inactive areas: the belly, the buttocks, the breasts and the thighs.

When these comparatively harmless places are completely filled, fatty acids are then distributed among active organs, such as the heart and kidneys. These begin to slow down; finally their tissues degenerate and turn to fat. The whole body is affected by their reduced ability, and abnormal blood pressure is created. The parasympathetic nervous system is affected; and organs governed by it, such as the small brain, become inactive or paralysed. (Normal brain function is rarely thought of as being as biologic as digestion.) The circulatory and lymphatic systems are invaded, and the quality of the red corpuscles

starts to change. An overabundance of white cells occurs, and the creation of tissue becomes slower. Our body's tolerance and immunising power becomes more limited, so we cannot respond properly to extreme attacks, whether they be cold, heat, mosquitoes or microbes.

Excessive sugar has a strong mal-effect on the functioning of the brain. The key to orderly brain function is glutamic acid, a vital compound found in many vegetables. The B vitamins play a major role in dividing glutamic acid into antagonistic-complementary compounds which produce a "proceed" or "control" response in the brain. B vitamins are also manufactured by symbiotic bacteria which live in our intestines. When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins gets very low. Too much sugar makes one sleepy; our ability to calculate and remember is lost.

## SUGAR: HARMFUL TO HUMANS AND ANIMALS

Shipwrecked sailors who ate and drank nothing but sugar and rum for nine days surely went through some of this trauma; the tales they had to tell created a big public relations problem for the sugar pushers.

This incident occurred when a vessel carrying a cargo of sugar was shipwrecked in 1793. The five surviving sailors were finally rescued after being marooned for nine days. They were in a wasted condition due to starvation, having consumed nothing but sugar and rum.

The eminent French physiologist F. Magendie was inspired by that incident to conduct a series of experiments with animals, the results of which he published in 1816. In the experiments, he fed dogs a diet of sugar or olive oil and water. All the dogs wasted and died.<sup>3</sup>

The shipwrecked sailors and the French physiologist's experimental dogs proved the same point. As a steady diet, sugar is *worse than nothing*. Plain water can keep you alive for quite some time. Sugar and water can kill you. Humans [and animals] are "unable to subsist on a diet of sugar".<sup>4</sup>

The dead dogs in Professor Magendie's laboratory alerted the sugar industry to the hazards of free scientific inquiry. From that day to this, the sugar industry has invested millions of dollars in behind-the-scenes, subsidised science. The best scientific names that money could buy have been hired, in the hope that they could one day come up with something at least pseudoscientific in the way of glad tidings about sugar.

It has been proved, however, that (1) sugar *is* a major factor in dental decay; (2) sugar in a person's diet *does* cause overweight; (3) removal of sugar from diets *has* cured symptoms of crippling, worldwide diseases such as diabetes, cancer and heart illnesses.

Sir Frederick Banting, the codiscoverer of insulin, noticed in 1929 in Panama that, among sugar plantation owners who ate large amounts of their refined stuff, diabetes was common. Among native cane-cutters, who only got to chew the raw cane, he saw no diabetes.

However, the story of the public relations attempts on the part of the sugar manufacturers began in Britain in 1808 when the Committee of West India reported to the House of Commons that a prize of twenty-five guineas had been offered to anyone who could come up with the most "satisfactory" experiments to prove that unrefined sugar was good for feeding and fattening oxen,

cows, hogs and sheep.<sup>5</sup> Food for animals is often seasonal, always expensive. Sugar, by then, was dirt cheap. People weren't eating it fast enough.

Naturally, the attempt to feed livestock with sugar and molasses in England in 1808 was a disaster. When the Committee on West India made its fourth report to the House of Commons, one Member of Parliament, John Curwin, reported that he had tried to feed sugar and molasses to calves without success. He suggested that perhaps someone should try again by sneaking sugar and molasses into skimmed milk. Had anything come of that, you can be sure the West Indian sugar merchants would have spread the news around the world. After this singular lack of success in pushing sugar in cow pastures, the West Indian sugar merchants gave up.

With undaunted zeal for increasing the market demand for the most important agricultural product of the West Indies, the Committee of West India was reduced to a tactic that has served the sugar pushers for almost 200 years: irrelevant and transparently silly testimonials from faraway, inaccessible people with some kind of "scientific" credentials. One early commentator called them "hired consciences".

The House of Commons committee was so hard-up for local cheerleaders on the sugar question, it was reduced to quoting a doctor from faraway Philadelphia, a leader of the recent American

colonial rebellion: "The *great* Dr Rush of Philadelphia is reported to have said that 'sugar contains more nutrients *in the same bulk* than any other known substance'." (Emphasis added.) At the same time, the same Dr Rush was preaching that masturbation was the cause of insanity! If a weasel-worded statement like that was quoted, one can be sure no animal doctor could be found in Britain who would recommend sugar for the care and feeding of cows, pigs or sheep.

While preparing his epochal volume, *A History of Nutrition*, published in

1957, Professor E. V. McCollum (Johns Hopkins University), sometimes called America's foremost nutritionist and certainly a pioneer in the field, reviewed approximately 200,000 published scientific papers, recording experiments with food, their properties, their utilisation and their effects on animals and men. The material covered the period from the mid-18th century to 1940. From this great repository of scientific inquiry, McCollum selected those experiments which he regarded as significant "to relate the story of progress in discovering human error in this segment of science [of nutrition]". Professor McCollum failed to record a single controlled scientific experiment with sugar between 1816 and 1940.

Unhappily, we must remind ourselves that scientists today, and always, accomplish little without a sponsor. The protocols of modern science have compounded the costs of scientific inquiry.

We have no right to be surprised when we read the introduction to McCollum's *A History of Nutrition* and find that "The author and publishers are indebted to The Nutrition Foundation, Inc., for a grant provided to meet a portion of the cost of publication of this book". What, you might ask, is The Nutrition Foundation, Inc.? The author and the publishers don't tell you. It happens to be a front organisation for the leading sugar-pushing conglomerates in the food business, including the American Sugar Refining Company, Coca-Cola, Pepsi-Cola, Curtis Candy Co., General

**Excessive sugar has a strong mal-effect on the functioning of the brain. Too much sugar makes one sleepy; our ability to calculate and remember is lost.**

Foods, General Mills, Nestlé Co., Pet Milk Co. and Sunshine Biscuits—about 45 such companies in all.

Perhaps the most significant thing about McCollum's 1957 history was what he left out: a monumental earlier work described by an eminent Harvard professor as "one of those epochal pieces of research which makes every other investigator desirous of kicking himself because he never thought of doing the same thing". In the 1930s, a research dentist from Cleveland, Ohio, Dr Weston A. Price, travelled all over the world—from the lands of the Eskimos to the South Sea Islands, from Africa to New Zealand. His *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects*,<sup>6</sup> which is illustrated with hundreds of photographs, was first published in 1939.

Dr Price took the whole world as his laboratory. His devastating conclusion, recorded in horrifying detail in area after area, was simple. People who live under so-called backward primitive conditions had excellent teeth and wonderful general health. They ate natural, unrefined food from their own locale. As soon as refined, sugared foods were imported as a result of contact with "civilisation", physical degeneration began in a way that was definitely observable within a single generation.

Any credibility the sugar pushers have is based on our ignorance of works like that of Dr Price. Sugar manufacturers keep trying, hoping and contributing generous research grants to colleges and universities; but the research laboratories never come up with anything solid the manufacturers can use. Invariably, the research results are bad news.

"Let us go to the ignorant savage, consider his way of eating and be wise," Harvard professor Ernest Hooten said in *Apes, Men, and Morons*.<sup>7</sup> "Let us cease pretending that toothbrushes and toothpaste are any more important than shoe brushes and shoe polish. It is store food that has given us store teeth."

When the researchers bite the hands that feed them, and the news gets out, it's embarrassing all around. In 1958, *Time* magazine reported that a Harvard biochemist and his assistants had worked with myriads of mice for more than ten years, bankrolled by the Sugar Research Foundation, Inc. to the tune of \$57,000, to find out how sugar causes dental cavities and how to prevent this. It took them ten years to discover that there was no way to prevent sugar causing dental decay. When the researchers reported their findings in the *Dental Association Journal*, their source of money dried up. The Sugar Research Foundation withdrew its support.

The more that the scientists disappointed them, the more the sugar pushers had to rely on the ad men.

### SUCROSE: "PURE" ENERGY AT A PRICE

When calories became the big thing in the 1920s, and everybody was learning to count them, the sugar pushers turned up with a new pitch. They boasted there were 2,500 calories in a pound of sugar. A little over a quarter-pound of sugar would produce 20 per cent of the total daily quota.

"If you could buy all your food energy as cheaply as you buy calories in sugar," they told us, "your board bill for the year would be very low. If sugar were seven cents a pound, it would cost less than \$35 for a whole year."

A very inexpensive way to kill yourself.

"Of course, we don't live on any such unbalanced diet," they admitted later. "But that figure serves to point out how inexpensive sugar is as an energy-building food. What was once a luxury only a privileged few could enjoy is now a food for the poorest of people."

Later, the sugar pushers advertised that sugar was chemically pure, topping Ivory soap in that department, being 99.9 per cent pure against Ivory's vaunted 99.44 per cent. "No food of our everyday diet is purer," we were assured.

What was meant by purity, besides the unarguable fact that all vitamins, minerals, salts, fibres and proteins had been removed in the refining process? Well, the sugar pushers came up with a new slant on purity.

"You don't have to sort it like beans, wash it like rice. Every grain is like every other. No waste attends its use. No useless bones like in meat, no grounds like coffee."

"Pure" is a favourite adjective of the sugar pushers because it means one thing to the chemists and another thing to the ordinary

**It has been proved, however, that (1) sugar is a major factor in dental decay; (2) sugar in a person's diet does cause overweight; (3) removal of sugar from diets has cured symptoms of crippling, worldwide diseases such as diabetes, cancer and heart illnesses.**

mortals. When honey is labelled pure, this means that it is in its natural state (stolen directly from the bees who made it), with no adulteration with sucrose to stretch it and no harmful chemical residues which may have been sprayed on the flowers. It does not mean that the honey is free from minerals like iodine, iron, calcium, phosphorus or multiple vitamins. So effective is the purification process which sugar cane and beets undergo in the refineries that sugar ends up as chemically pure as the morphine or the heroin a chemist has on the laboratory

shelves. What nutritional virtue this abstract chemical purity represents, the sugar pushers never tell us.

Beginning with World War I, the sugar pushers coated their propaganda with a preparedness pitch. "Dietitians have known the high food value of sugar for a long time," said an industry tract of the 1920s. "But it took World War I to bring this home. The energy-building power of sugar reaches the muscles in minutes and it was of value to soldiers as a ration given them just before an attack was launched." The sugar pushers have been harping on the energy-building power of sucrose for years because it contains *nothing else*. Caloric energy and habit-forming taste: that's what sucrose has, and nothing else.

All other foods contain energy plus. All foods contain *some* nutrients in the way of proteins, carbohydrates, vitamins or minerals, or all of these. Sucrose contains caloric energy, period.

The "quick" energy claim the sugar pushers talk about, which drives reluctant doughboys over the top and drives children up the wall, is based on the fact that refined sucrose is not digested in the mouth or the stomach but passes directly to the lower intestines and thence to the bloodstream. The extra speed with which sucrose enters the bloodstream does more harm than good.

Much of the public confusion about refined sugar is compounded by language. Sugars are classified by chemists as "carbohydrates". This manufactured word means "a substance containing carbon with oxygen and hydrogen". If chemists want to use these hermetic terms in their laboratories when they talk to one another, fine. The use of the word "carbohydrate" outside the laboratory—especially in food labelling and advertising lingo—to describe both natural, complete cereal grains (which have been a principal

food of mankind for thousands of years) and man-refined sugar (which is a manufactured drug and principal poison of mankind for only a few hundred years) is demonstrably wicked. This kind of confusion makes possible the flimflam practised by sugar pushers to confound anxious mothers into thinking kiddies need sugar to survive.

In 1973, the Sugar Information Foundation placed full-page advertisements in national magazines. Actually, the ads were disguised retractions they were forced to make in a strategic retreat after a lengthy tussle with the Federal Trade Commission over an earlier ad campaign claiming that a little shot of sugar before meals would "curb" your appetite. "You need carbohydrates. And it so happens that sugar is the best-tasting carbohydrate." You might as well say everybody needs liquids every day. It so happens that many people find champagne is the best-tasting liquid. How long would the Women's Christian Temperance Union let the liquor lobby get away with that one?

The use of the word "carbohydrate" to describe sugar is deliberately misleading. Since the improved labelling of nutritional properties was required on packages and cans, refined carbohydrates like sugar are lumped together with those carbohydrates which may or may not be refined. The several types of carbohydrates are added together for an overall carbohydrate total. Thus, the effect of the label is to hide the sugar content from the unwary buyer. Chemists add to the confusion by using the word "sugar" to describe an entire group of substances that are similar but not identical.

*Glucose* is a sugar found usually with other sugars, in fruits and vegetables. It is a key material in the metabolism of all plants and animals. Many of our principal foods are converted into glucose in our bodies. Glucose is always present in our bloodstream, and it is often called "blood sugar".

*Dextrose*, also called "corn sugar", is derived synthetically from starch. *Fructose* is fruit sugar. *Maltose* is malt sugar. *Lactose* is milk sugar. *Sucrose* is refined sugar made from sugar cane and sugar beet.

Glucose has always been an essential element in the human bloodstream. Sucrose addiction is something new in the history of the human animal. To use the word "sugar" to describe two substances which are far from being identical, which have different chemical structures and which affect the body in profoundly different ways compounds confusion.

It makes possible more flimflam from the sugar pushers who tell us how important sugar is as an essential component of the human body, how it is oxidised to produce energy, how it is metabolised to produce warmth, and so on. They're talking about glucose, of course, which is manufactured in our bodies. However, one is led to believe that the manufacturers are talking about the sucrose which is made in their refineries. When the word "sugar" can mean the glucose in your blood as well as the sucrose in your Coca-Cola, it's great for the sugar pushers but it's rough on everybody else.

People have been bamboozled into thinking of their bodies the way they think of their cheque accounts. If they suspect they have low blood sugar, they are programmed to snack on vending machine candies and sodas in order to raise their blood sugar level. Actually, this is the worst thing to do. The level of *glucose* in their blood is apt to be low because they are addicted to

*sucrose*. People who kick sucrose addiction and stay off sucrose find that the glucose level of their blood returns to normal and stays there.

Since the late 1960s, millions of Americans have returned to natural food. A new type of store, the natural food store, has encouraged many to become dropouts from the supermarket. Natural food can be instrumental in restoring health. Many people, therefore, have come to equate the word "natural" with "healthy". So the sugar pushers have begun to pervert the word "natural" in order to mislead the public.

"Made from natural ingredients", the television sugar-pushers tell us about product after product. The word "from" is not accented on television. It should be. Even refined sugar is made *from* natural ingredients. There is nothing new about that. The natural ingredients are cane and beets. But that four-letter word "from" hardly suggests that 90 per cent of the cane and beet have been removed. Heroin, too, could be advertised as being made *from* natural ingredients. The opium poppy is as natural as the sugar beet. It's what man does with it that tells the story.

If you want to avoid sugar in the supermarket, there is only one sure way. Don't buy anything unless it says on the label prominently, in plain English: "No sugar added". Use of the word "carbohydrate" as a "scientific" word for sugar has become a standard defence strategy with sugar pushers and many of their medical apologists. It's their security blanket.

**Sir Frederick Banting, the codiscoverer of insulin, noticed in 1929 in Panama that, among sugar plantation owners who ate large amounts of their refined stuff, diabetes was common. Among native cane-cutters, who only got to chew the raw cane, he saw no diabetes.**

#### **CORRECT FOOD COMBINING**

Whether it's sugared cereal or pastry and black coffee for breakfast, whether it's hamburgers and Coca-Cola for lunch or the full "gourmet" dinner in the evening, chemically the average American diet is a formula that guarantees bubble, bubble, stomach trouble.

Unless you've taken too much insulin and, in a state of insulin shock, need sugar as an antidote, hardly anyone ever has cause to take sugar alone. Humans need sugar as much as they need the nicotine in tobacco. Crave it

is one thing—need it is another. From the days of the Persian Empire to our own, sugar has usually been used to hop up the flavour of other food and drink, as an ingredient in the kitchen or as a condiment at the table. Let us leave aside for the moment the known effect of sugar (long-term and short-term) on the entire system and concentrate on the effect of sugar taken in combination with other daily foods.

When Grandma warned that sugared cookies before meals "will spoil your supper", she knew what she was talking about. Her explanation might not have satisfied a chemist but, as with many traditional axioms from the Mosaic law on kosher food and separation in the kitchen, such rules are based on years of trial and error and are apt to be right on the button. Most modern research in combining food is a laboured discovery of the things Grandma took for granted.

Any diet or regimen undertaken for the single purpose of losing weight is dangerous, by definition. Obesity is talked about and treated as a disease in 20th-century America. Obesity is not a disease. It is only a symptom, a sign, a warning that your body is out of order. Dieting to lose weight is as silly and dangerous as taking aspirin to relieve a headache before you know the reason for the headache. Getting rid of a symptom is like turning off an alarm. It leaves the basic cause untouched.

Any diet or regimen undertaken with any objective short of restoration of total health of your body is dangerous. Many overweight people are undernourished. (Dr H. Curtis Wood stresses this point in his 1971 book, *Overfed But Undernourished*.) Eating less can aggravate this condition, unless one is concerned with the quality of the food instead of just its quantity.

Many people—doctors included—assume that if weight is lost, fat is lost. This is not necessarily so. Any diet which lumps all carbohydrates together is dangerous. Any diet which does not consider the quality of carbohydrates and makes the crucial life-and-death distinction between natural, unrefined carbohydrates like whole grains and vegetables and man-refined carbohydrates like sugar and white flour is dangerous. Any diet which includes refined sugar and white flour, no matter what "scientific" name is applied to them, is dangerous.

Kicking sugar and white flour and substituting whole grains, vegetables and natural fruits in season, is the core of any sensible natural regimen. Changing the *quality* of your carbohydrates can change the quality of your health and life. If you eat natural food of good quality, quantity tends to take care of itself. Nobody is going to eat a half-dozen sugar beets or a whole case of sugar cane. Even if they do, it will be less dangerous than a few ounces of sugar.

Sugar of all kinds—natural sugars, such as those in honey and fruit (fructose), as well as the refined white stuff (sucrose)—tends to arrest the secretion of gastric juices and have an inhibiting effect on the stomach's natural ability to move. Sugars are not digested in the mouth, like cereals, or in the stomach, like animal flesh. When taken alone, they pass quickly through the stomach into the small intestine. When sugars are eaten with other foods—perhaps meat and bread in a sandwich—they are held up in the stomach for a while. The sugar in the bread and the

Coke sit there with the hamburger and the bun waiting for them to be digested. While the stomach is working on the animal protein and the refined starch in the bread, the addition of the sugar practically guarantees rapid acid fermentation under the conditions of warmth and moisture existing in the stomach.

One lump of sugar in your coffee after a sandwich is enough to turn your stomach into a fermenter. One soda with a hamburger is enough to turn your stomach into a still. Sugar on cereal—whether you buy it already sugared in a box or add it yourself—almost guarantees acid fermentation.

Since the beginning of time, natural laws were observed, in both senses of that word, when it came to eating foods in combination. Birds have been observed eating insects at one period in the day and seeds at another. Other animals tend to eat one food at a time. Flesh-eating animals take their protein raw and straight.

In the Orient, it is traditional to eat yang before yin. Miso soup (fermented soybean protein, yang) for breakfast; raw fish (more yang protein) at the beginning of the meal; afterwards comes the rice (which is less yang than the miso and fish); and then the vegetables which are yin. If you ever eat with a traditional Japanese family and you violate this order, the Orientals (if your friends) will correct you courteously but firmly.

The law observed by Orthodox Jews prohibits many combinations at the same meal, especially flesh and dairy products.

Special utensils for the dairy meal and different utensils for the flesh meal reinforce that taboo at the food's source in the kitchen.

Man learned very early in the game what improper combinations of food could do to the human system. When he got a stomach ache from combining raw fruit with grain, or honey with porridge, he didn't reach for an antacid tablet. He learned not to eat that way. When gluttony and excess became widespread, religious codes and commandments were invoked against it. Gluttony is a capital sin in most religions; but there are no specific religious warnings or commandments against refined sugar because sugar abuse—like drug abuse—did not appear on the world scene until centuries after holy books had gone to press.

"Why must we accept as normal what we find in a race of sick and weakened human beings?" Dr Herbert M. Shelton asks. "Must we always take it for granted that the present eating practices of civilized men are normal?... Foul stools, loose stools, impacted stools, pebbly stools, much foul gas, colitis, haemorrhoids, bleeding with stools, the need for toilet paper are swept into the orbit of the normal."<sup>8</sup>

When starches and complex sugars (like those in honey and fruits) are digested, they are broken down into simple sugars called "monosaccharides", which are usable substances—nutriments. When starches and sugars are taken together and undergo

fermentation, they are broken down into carbon dioxide, acetic acid, alcohol and water. With the exception of the water, all these are unusable substances—poisons.

When proteins are digested, they are broken down into amino acids, which are usable substances—nutriments. When proteins are taken with sugar, they putrefy; they are broken down into a variety of ptomaines and leucomaines, which are nonusable substances—poisons.

Enzymic digestion of foods prepares them for use by our body. Bacterial decomposition makes them

unfit for use by our body. The first process gives us nutriment; the second gives us poisons.

Much that passes for modern nutrition is obsessed with a mania for quantitative counting. The body is treated like a cheque account. Deposit calories (like dollars) and withdraw energy. Deposit proteins, carbohydrates, fats, vitamins and minerals—balanced quantitatively—and the result, theoretically, is a healthy body. People qualify as healthy today if they can crawl out of bed, get to the office and sign in. If they can't make it, call the doctor to qualify for sick pay, hospitalisation, rest cure—anything from a day's pay without working to an artificial kidney, courtesy of the taxpayers.

But what doth it profit someone if the theoretically required calories and nutrients are consumed daily, yet this random eat-on-the-run, snack-time collection of foods ferments and putrefies in the digestive tract? What good is it if the body is fed protein, only to have it putrefy in the gastrointestinal canal? Carbohydrates that ferment in the digestive tract are converted into alcohol and acetic acid, not digestible monosaccharides.

"To derive sustenance from foods eaten, they must be digested," Shelton warned years ago. "They must not rot."

Sure, the body can get rid of poisons through the urine and the pores; the amount of poisons in the urine is taken as an index to what's going on in the intestine. The body does establish a

**Sugars are not digested in the mouth, like cereals, or in the stomach, like animal flesh. When taken alone, they pass quickly through the stomach into the small intestine.**

tolerance for these poisons, just as it adjusts gradually to an intake of heroin. But, says Shelton, "the discomfort from accumulation of gas, the bad breath, and foul and unpleasant odors are as undesirable as are the poisons".<sup>9</sup>

## SUGAR AND MENTAL HEALTH

In the Dark Ages, troubled souls were rarely locked up for going off their rocker. Such confinement began in the Age of Enlightenment, after sugar made the transition from apothecary's prescription to candymaker's confection. "The great confinement of the insane", as one historian calls it,<sup>10</sup> began in the late 17th century, after sugar consumption in Britain had zoomed in 200 years from a pinch or two in a barrel of beer, here and there, to more than two million pounds per year. By that time, physicians in London had begun to observe and record terminal physical signs and symptoms of the "sugar blues".

Meanwhile, when sugar eaters did not manifest obvious terminal physical symptoms and the physicians were professionally bewildered, patients were no longer pronounced bewitched, but mad, insane, emotionally disturbed. Laziness, fatigue, debauchery, parental displeasure—any one problem was sufficient cause for people under twenty-five to be locked up in the first Parisian mental hospitals. All it took to be incarcerated was a complaint from parents, relatives or the omnipotent parish priest. Wet nurses with their babies, pregnant youngsters, retarded or defective children, senior citizens, paralytics, epileptics, prostitutes or raving lunatics—anyone wanted off the streets and out of sight was put away. The mental hospital succeeded witch-hunting and heresy-hounding as a more enlightened and humane method of social control. The physician and priest handled the dirty work of street sweeping in return for royal favours.

Initially, when the General Hospital was established in Paris by royal decree, one per cent of the city's population was locked up. From that time until the 20th century, as the consumption of sugar went up and up—especially in the cities—so did the number of people who were put away in the General Hospital. Three hundred years later, the "emotionally disturbed" can be turned into walking automatons, their brains controlled with psychoactive drugs.

Today, pioneers of orthomolecular psychiatry, such as Dr Abram Hoffer, Dr Allan Cott, Dr A. Cherkin as well as Dr Linus Pauling, have confirmed that mental illness is a myth and that emotional disturbance can be merely the first symptom of the obvious inability of the human system to handle the stress of sugar dependency.

In *Orthomolecular Psychiatry*, Dr Pauling writes: "The functioning of the brain and nervous tissue is more sensitively dependent on the rate of chemical reactions than the functioning of other organs and tissues. I believe that mental disease is for the most part caused by abnormal reaction rates, as determined by genetic constitution and diet, and by abnormal molecular concentrations of essential substances... Selection of food (and drugs) in a world that is undergoing rapid scientific and technological change may often be far from the best."<sup>11</sup>

In *Megavitamin B<sub>3</sub> Therapy for Schizophrenia*, Dr Abram Hoffer notes: "Patients are also advised to follow a good nutritional program with restriction of sucrose and sucrose-rich foods."<sup>12</sup>

Clinical research with hyperactive and psychotic children, as well as those with brain injuries and learning disabilities, has shown:

"An abnormally high family history of diabetes—that is, parents and grandparents who cannot handle sugar; an abnormally high incidence of low blood glucose, or functional hypoglycemia in the children themselves, which indicates that their systems cannot handle sugar; dependence on a high level of sugar in the diets of the very children who cannot handle it.

"Inquiry into the dietary history of patients diagnosed as schizophrenic reveals the diet of their choice is rich in sweets, candy, cakes, coffee, caffeinated beverages, and foods prepared with sugar. These foods, which stimulate the adrenals, should be eliminated or severely restricted."<sup>13</sup>

The avant-garde of modern medicine has rediscovered what the lowly sorceress learned long ago through painstaking study of nature.

"In more than twenty years of psychiatric work," writes Dr Thomas Szasz, "I have never known a clinical psychologist to report, on the basis of a projective test, that the subject is a normal, mentally healthy person. While some witches may have survived dunking, no 'madman' survives psychological testing...there is no behavior or person that a modern psychiatrist cannot plausibly diagnose as abnormal or ill."<sup>14</sup>

So it was in the 17th century. Once the doctor or the exorcist had been called in, he was under pressure to do something. When he tried and failed, the poor patient had to be put away. It is often said that surgeons bury their mistakes. Physicians and psychiatrists put them away; lock 'em up.

In the 1940s, Dr John Tintera rediscovered the vital importance of the endocrine system, especially the adrenal glands, in "pathological mentation"—or "brain bogging". In

200 cases under treatment for hypoadrenocorticism (the lack of adequate adrenal cortical hormone production or imbalance among these hormones), he discovered that the chief complaints of his patients were often similar to those found in persons whose systems were unable to handle sugar: fatigue, nervousness, depression, apprehension, craving for sweets, inability to handle alcohol, inability to concentrate, allergies, low blood pressure. Sugar blues!

Dr Tintera finally insisted that all his patients submit to a four-hour glucose tolerance test (GTT) to find out whether or not they could handle sugar. The results were so startling that the laboratories double-checked their techniques, then apologised for what they believed to be incorrect readings. What mystified them was the low, flat curves derived from disturbed, early adolescents. This laboratory procedure had been previously carried out only for patients with physical findings presumptive of diabetes.

Dorland's definition of schizophrenia (Bleuler's dementia praecox) includes the phrase, "often recognized during or shortly after adolescence", and further, in reference to hebephrenia and catatonia, "coming on soon after the onset of puberty".

These conditions might seem to arise or become aggravated at puberty, but probing into the patient's past will frequently reveal indications which were present at birth, during the first year of

**Dr Tintera finally insisted that all his patients submit to a four-hour glucose tolerance test to find out whether or not they could handle sugar. The results were so startling that the laboratories double-checked their techniques...**

Continued on page 79





# PSYCHIATRY

## SHRINKING FROM THE TRUTH

*If psychiatry is not based on scientific method and has such a poor track record in curing mental illness, why does the profession enjoy such high status?*

by Rochelle Macredie © 1999

Sydney, NSW, Australia

E-mail: starchild@start.com.au

Something goes wrong with your life: you lose your job, your marriage breaks up or your lover leaves you. Perhaps a well-intentioned friend or relative suggests that you consult either a psychiatrist or a psychologist in order to get some help. The idea seems to make sense, because at the moment you are not feeling very happy. Think again! The advice may not be so good.

"Psychiatry" is defined as "the specialised branch of medicine which deals with the diagnosis, treatment and prevention of mental disorders".<sup>1</sup> "Psychology" is defined as "science of nature, functions and phenomena of the mind, characteristics".<sup>2</sup> Psychiatry and psychology are related disciplines, with psychology forming the theoretical, non-medical basis of psychiatry. Most of us believe that psychiatry and psychology are sciences, in the same way that, for example, chemistry or physics are sciences.

According to press reports, Tasmania's Port Arthur massacre gunman Martin Bryant was assessed by four psychiatrists. These consultations yielded four separate diagnoses: one said he was a paranoid schizophrenic, another said he was a psychopath, another diagnosed Asperger's syndrome, and a fourth disagreed with the other opinions but apparently declined to give a specific diagnostic label other than to say that Bryant did not have Asperger's syndrome. Suppose I gave four samples of the same substance to four experts in the field of analytical chemistry, and the first decided that the substance was copper sulphate, the second decided that the substance was hydrogen cyanide, the third decided that the substance was sodium chloride, and the fourth decided that the substance was xenontetrafluoride. How seriously would we take chemistry's claim to being scientific? We would dismiss chemistry as pseudo-science and relegate it to the same intellectual dustbin as astrology.

One wonders why psychiatrists still lay claim to being scientific, when it is obvious that they do not employ scientific method. Clearly, there is a dearth of objectivity in psychiatry, since the diagnosis you get depends on whom you ask. Unfortunately, the evidence points to both disciplines, psychiatry and psychology, as being no more scientific than astrology or numerology, yet, even so, both continue to enjoy high status.

Researching psychiatry in Australia is no easy task. For example, there do not appear to be any specific statistics kept on such matters as the number of suicides in the profession each year. On the whole, there is a dearth of locally based statistical data, so the research on which one must rely is primarily American. This lack of local data need not concern us unduly, since the principles on which the profession relies are the same in both Australia and the USA.

The general public always seems prepared to accept unquestioningly any theory that suggests we are all dysfunctional and in need of some form of psychotherapy. Indeed, this is the view advanced by certain psychotherapists. How logical is this view? Suppose that we are all abnormal and in need of psychotherapy. Therefore, by definition, we all suffer from faulty judgement—but then, so too do those who suggest we are *all* in need of psychotherapy. So how do we know they have got it right about the rest of us? This paradox is one of the many logical problems faced by psychiatry and psychology.

Psychiatrist Walter Afield tells how psychiatry tends increasingly to define behaviour as an illness that previously was not viewed as pathological. For example, he tells us of an experience at a recent conference that he attended, "where Russian psychiatrists were talking about [how] in America you talk about treating marital maladjustment reactions and in Russia we just call that bad luck".<sup>3</sup>

One would expect that since psychiatry is a specialist medical qualification,

psychiatrists, being privy to the knowledge of how the mind functions, would be better adjusted than not only other members of the medical profession but also other members of the community. Yet psychiatrists commit suicide twice as often as other members of the medical profession.<sup>4</sup> During the period of their residency, psychiatrists commit suicide at nearly nine times the rate of the general population.<sup>5</sup>

A joint study, done by the American Medical Association and the American Psychiatric Association in 1987 on physician suicide, found that psychiatrists had the highest suicide rate; that 94% of the psychiatrists who committed suicide did so in order to escape mental pain<sup>6</sup> (which is, of course, the one thing that psychiatry claims it is able to alleviate); and that 56% of those who committed suicide did so under the influence of self-prescribed psychoactive drugs.<sup>7</sup> At the time of their death, 42% had been consulting a mental health professional.<sup>8</sup>

One survey revealed that 91% of psychiatrists agreed that members of their profession had "emotional difficulties that are special to them and their work, as contrasted with non-psychiatrists".<sup>9</sup> Research into Alcoholics Anonymous (AA) showed that while psychiatrists constituted only 8% of the medical profession, they represented 17% of AA members.<sup>10</sup> In short, psychiatrists were disproportionately represented.

Drug abuse is another problem area, with one survey of 500 practising psychiatrists, reported in the *New England Journal of Medicine* in 1988, revealing that psychiatrists have much higher rates of psychoactive drugs use, the usage rate being 83%, with 48% of those drugs being prescribed for self-treatment. Marital breakdown rates were also similarly disturbing, with psychiatrists leading any other branch of the medical profession in marital problems (sexual difficulties included). Psychiatrists were more likely to have marriages of shorter duration and were most likely to have problems due to extramarital affairs.<sup>10</sup>

## PSYCHIATRIC TREATMENT

The exalted status of psychiatry is disingenuous when you consider that psychiatrists, by their own admission, are incapable of curing the so-called "mental illnesses" that they treat,<sup>11</sup> much less understanding the human mind.

The treatments used by psychiatry are either psychological or somatic. The so-called psychological treatments involve either counselling or psychotherapy, while the somatic treatments involve a more organic or biological approach to the problem, stemming from a materialistic approach that mind is brain. The latter primarily involve drug therapy, electroconvulsive therapy (ECT) or psychosurgery. The somatic treatments are based on the view that our bad feelings are chemically and genetically determined. According to the somatic school of thinking, there is nothing we can do about these feelings.<sup>12</sup>

## Electroconvulsive Therapy

Electroconvulsive therapy, or electroshock treatment, was first performed in Italy by a psychiatrist, Dr Ugo Cerletti, in 1938 after he witnessed slaughterhouse operators who used electric shocks to render pigs unconscious prior to slitting their throats. Once Cerletti noticed that the electric shock failed to kill the pigs, he

decided to try the treatment on humans.<sup>13</sup>

The treatment was introduced into the USA in 1940 and was used with unrestrained enthusiasm. The literature of that age makes little attempt to hide the fact that psychiatrists were deliberately inducing brain damage or using shock treatment to quieten patients rather than cure them.<sup>14</sup>

In 1942, psychiatrist Dr Abraham Myerson said: "The reduction of intelligence is an important factor in the curative process... The fact is that some of the very best cures that one gets are in those individuals to whom one reduces almost to amentia [feeble-mindedness]. It is impossible to conceive of that amentia without an organic base; there must be at least temporally organic changes in the brain, and the cure is related to these organic alterations."<sup>15</sup>

In the early days, shock treatment was administered without anaesthetic and the resulting convulsions were so violent that bones were often broken, so the use of muscle relaxants and anaesthetic became common practice in the 1950s. The resultant therapy was referred to as "modified ECT". The muscle relaxants and anaesthetic did not reduce the effect on the brain and central nervous system. If anything, more current is now needed in order to produce a convulsion.<sup>16</sup> The effect of these modifications is to prevent the body from manifesting the force of the full-blown seizure.<sup>17</sup> However, the modified treatment adds to the risk,

which now incorporates the risk of an anaesthetic and muscle relaxant.

Another change in ECT came in the 1950s with the use of "unilateral ECT". ECT is usually bilateral; that is, electrodes are placed on both sides of the head. Unilateral ECT is favoured by some psychiatrists who claim that it causes less memory loss than bilateral ECT. This claim is extraordinary if you consider that proponents of ECT categorically deny that any permanent memory loss results from the treatment.<sup>18</sup> Most psychiatrists favour bilateral ECT, claiming that unilateral ECT

requires more shocks to be given and is therefore less effective.<sup>19</sup>

Psychiatrist Dr Lee Coleman had this to say about ECT: "The changes one sees when electroshock is administered are completely consistent with any acute brain injury such as a blow to the head from a hammer. In essence, what happens is that the individual is dazed, confused and disoriented, and therefore cannot appreciate current problems."<sup>20</sup>

Those who defend ECT argue that it is cheap, effective and acts rapidly to improve the patient's condition. One wonders how subjective this evaluation is, concerning the improvement.<sup>21</sup> A 1974 article in *World Medicine* indicates that the effectiveness may merely be supposed by the treating psychiatrist. The article tells how a new ECT machine was installed, which was far more complicated to operate than its predecessor. The machine was used for two years, until one day a nurse remarked that the patients were not convulsing as they were supposed to be. It was subsequently discovered that the ECT machine had in fact never worked! All the patients had been getting for two years had been thiopentone (an anaesthetic) and Scoline (a muscle relaxant), and yet no one had noticed!<sup>22</sup>

Those who advocate ECT claim that to ban it would result in a great increase in patient suicide. Astonishingly, those who make this assertion do not have any proof. From 1975 to 1980, the use of ECT declined by 46 per cent. If the assertion that ECT had a

**During the period of their residency, psychiatrists commit suicide at nearly nine times the rate of the general population.**

prophylactic effect on suicide were true, there would have been an increase in suicide. In fact, the suicide rate dropped, despite population growth!<sup>23</sup> The results of a study done in 1986 cast further doubt on the assertion that ECT prevents suicide. The study involved 1,494 suicidally depressed patients who were divided into two groups, one of whom received ECT ("the treated group") while the other did not receive ECT ("the untreated group"). The suicide rates were virtually identical.<sup>24</sup> If the claim that ECT prevented suicide was correct, then the treated group would have had a lower suicide rate.

Another interesting statistic is that men commit suicide three times more often than women, yet women are given ECT twice as often as men.<sup>25</sup> Yet another interesting contradiction is that patients sometimes suicide after ECT, which of course further debunks the assertion of ECT's prophylactic effect on suicide. In 1980, a study of 90 patients revealed that, of those who committed suicide, 10% of patients had ECT within the previous four months, two patients ended their lives whilst in hospital and seven did so shortly after being discharged.<sup>26</sup>

Bruce Wiseman, in his book *Psychiatry: The Ultimate Betrayal*, points out that a great many physicians and non-physicians alike manage to deal with suicidal patients without ever resorting to ECT.<sup>27</sup> Only a small number of ECT users express pleasure with the process. Others, people such as the patient's family, take a different view. As Wiseman remarks: "[They] see a person walking about in the murk of mental befuddlement, docile and uncertain. These things will be likely not to be noted in his [*sic*] medical chart, as they are normal 'side effects'. What will be noted is that his depression is 'responding' to the treatment."<sup>28</sup>

A study revealed that 50% of ECT patients claimed memory impairment was the worst side-effect experienced; however, this was only noted in 7% of charts. Psychiatrists who promote ECT regard these "cognitive effects" as irrelevant. The fact that the patient is too confused or disoriented to be depressed seems irrelevant to them.<sup>29</sup> Often, those who promote ECT comment on the elation that follows treatment; such elation is also a common after-effect of brain trauma, such as a blow to the head.<sup>30</sup> Psychiatrists tell patients that ECT will help their depression; however, studies in 1980 and 1984 found that the depression returned after three to six months.<sup>31</sup>

Those who defend ECT take differing views on the side effects: some deny that they exist at all; others deny that they are as severe as stated by the patient; while some, like psychiatrist Frank Guerra, state that "depression is like cancer". As Guerra advised the *Denver Post* in 1990: "It's a potentially fatal illness. Nobody says we shouldn't be treating cancer because of the side effects. Everything in medicine has side effects."<sup>32</sup> Bruce Wiseman queries how so many doctors could miss the obvious. Professor Emeritus of Psychiatry Thomas Szasz notes that psychiatrists don't see the full impact of ECT "...because it would be inconsistent with their efforts to use it as a treatment. People magnify or minimise what suits their interests."<sup>33</sup>

Russian psychiatrists balked at using ECT for the following reasons: "Until recently, electroconvulsive therapy was used on a fairly wide scale. The method, however, involves gross interfer-

ence in the bodily functions and entails pinpoint haemorrhages in the brain tissues. Its application, therefore, is restricted to cases where all other methods of treatment have failed. A course of convulsive therapy is followed by a memory loss of the type of retrograde (events prior to the shock) or anterograde (events after the shock) amnesia, which is the clinical manifestation of both the functional and organic changes occurring in the brain due to the electric shock."<sup>34</sup> The quote comes from a Russian textbook on psychiatry, published in 1969.

There was evidence of brain damage and memory loss as far back as the 1950s regarding ECT; however, the Russians, unlike the Americans, did not find this controversial.<sup>35</sup> In fact, the answer of Soviet psychiatrists to the question of whether ECT caused brain damage was an unequivocal "yes". Amazingly, US literature on the subject during the 1940s, 1950s and 1960s also corroborates the Soviet view.<sup>36</sup> It was only in the 1970s that the matter became controversial, and this corresponded to an increase in litigation for medical negligence.<sup>37</sup>

**"The changes one sees when electroshock is administered are completely consistent with any acute brain injury such as a blow to the head from a hammer."**

Those who support ECT claim that modern ECT does not cause brain damage and point to the use of oxygen during the process. However, it should be noted that supplying a patient with oxygen during ECT may not prevent permanent brain damage, since the oxygen only prolongs the seizure and the neurones (nerve cells) die when the substances they use for fuel are exhausted. The coma that follows can occur from lack of nutrients, even when an adequate amount of oxygen is present; thus any apparent benefit from supplying oxygen is rendered nugatory by the subsequent

brain damage attributable to a lack of nutrients.<sup>38</sup>

Another interesting point to note is that the brain damage that results from increased blood pressure during ECT is not prevented by the use of anaesthetics or muscle relaxants, because it is the brain's enormous demand for oxygen during ECT that causes this brain damage.<sup>39</sup>

Psychiatrist Lee Coleman says of modern ECT: "Since neither the brain nor electricity has changed since the '30s, the result is still the same: brain damage."<sup>40</sup> As concerns the effectiveness of ECT, Coleman states: "The brain, for a while, is so injured (even children know that electricity is dangerous for them and living things) that the patient is too confused to know or remember what is troubling them. Unfortunately, when the brain begins to recover somewhat, the problems usually return since electricity has done nothing to solve them."<sup>41</sup>

## Drug Therapy

When a psychiatrist prescribes drugs for a patient, the patient is usually not told about the side effects of the treatment. Often it is not explained to the patient that taking psychotropic drugs is not a cure, any more than getting drunk because one has a problem will solve that problem. Nor is it explained to patients that the drugs they have been given will in many instances cause sexual dysfunction. The following information is an extract from medical literature on psychotropic drugs.<sup>42</sup>

### • Side Effects of Major Tranquillisers

Drowsiness, blurred vision, dry mouth, sensitivity to sunlight, agitation, sexual dysfunction, eye damage, tardive dyskinesia

(uncontrollable shaking of the extremities caused by irreversible damage to the nervous system), akathisia (inability to sit still, which can also cause drug-induced psychosis).

- **Side Effects of Minor Tranquillisers**

Drowsiness, apathy, irritability, failure of muscle coordination, fatigue, depression, indigestion, increased hostility, rage, decreased sexual drive, addiction.

- **Side Effects of Antidepressants**

Palpitations, fatigue, drowsiness, sexual dysfunction, insomnia, suicidal behaviour, hallucinations, bizarre and aggressive behaviour. Overdose is toxic to heart and treatment is difficult. A particular group of antidepressants, monamine oxidase inhibitors (MAOI), can be fatal if taken with yeast products and can cause liver damage, confusion, tremors, hallucinations, convulsions, skin rashes, agitation and insomnia.

A seldom-mentioned fact of psychiatric drugs is that the side effects are themselves a "mental illness". The names for these illnesses are "neuroleptic-induced parkinsonism" and "neuroleptic malignant syndrome", and the cure for both is more drugs.

In 1985, a Canadian study which researched the effects of psychotropic drugs on prisoners discovered that "violent, aggressive incidents occurred more frequently in inmates on psychotropic medication than when these inmates were not on psychotropic drugs".<sup>43</sup>

- **Prozac, the Wonder Drug**

Prozac is the world's most popular anti-depressant. The sales of Prozac alone net its manufacturer, the Indianapolis drug company Eli Lilly, US\$3 billion, which is approximately one-third of its annual revenue.

In 1990, public interest advocacy groups forced Eli Lilly to admit that in a small number of cases some depressed people will attempt suicide

under its influence.<sup>44</sup> Others suggest that the link between Prozac and suicide is more serious. For example, Bonnie Leitsch, of the Prozac Survivors Support Group, testified before a US FDA panel that she had spoken to thousands of people who had what appeared to be Prozac-induced suicidal thoughts and behaviour—i.e., the phenomena manifested themselves only after the patients started taking Prozac, whereas they had not been present before.<sup>45</sup>

Prozac was discovered in 1972 and was first made available in Belgium in 1986. By 1995, the Food and Drug Administration had received notification of 35,230 adverse reactions in the US alone—more than for any other drug in its history.<sup>46</sup> How then, you may ask, is the drug still marketed, especially since the adverse reactions include hallucinations, aggression, hostility, assault, manslaughter and suicide, resulting in 2,394 deaths? Based on the FDA estimate that only 1% of adverse reactions are reported, that means there have been more than three million adverse reactions in the US, of which 25,000 have been deaths.<sup>47</sup>

Recently, when Royal Jelly caused one death from anaphylactic shock, there was an outcry, with calls for the sale of the substance to be banned, yet Prozac has caused 2,394 deaths in America alone and we are told that the substance is safe and, indeed, a wonder drug. How can such a selective form of intellectual myopia come to pass? Certainly, in the USA, the regulatory body

that reviews drugs is composed of psychiatrists who, according to consumer groups, either support the prescription of Prozac or, worse, who actually benefit financially from grants from companies such as Eli Lilly.<sup>48</sup> Very clearly, there is a conflict of interests here!

One of the drug's most stringent critics, Dr Peter Breggin, author of *Talking Back to Prozac*, says that Prozac works by creating a sense of detachment which may initially seem to be an improvement over depression; however, the sense of numbness becomes so great that those taking Prozac cease to care about others in their life.

Another critic, Anne Tracey, PhD, Director of the International Coalition of Drug Awareness, says that alarm bells continue to ring about that family of anti-depressants, which includes Prozac and its closely related drugs such as Zoloft, Paxil, Lovan and Luvox.<sup>49</sup>

## ARE PSYCHIATRY AND PSYCHOLOGY EFFECTIVE?

It is often claimed by psychiatrists that they are the only ones who are able to manage or treat schizophrenia. Evidence from World War II calls this notion into question. When a French mental hospital lay in the path of the oncoming German advance, all of the patients were sent home to relatives, with the exception of 153 who were judged to be too ill to leave. The Germans

arrived faster than anticipated, so the patients were left to fend for themselves. A commission was formed after the war to determine the fate of those abandoned. Of those traced, 37% of the abandoned, untreated and hopeless patients were found to have adjusted into the community.<sup>51</sup>

A similar study was done with 118 schizophrenics who had been discharged from Vermont State Hospital 20 to 25 years previously. The study showed that through apparently spontaneous recovery, coming in most instances well after treatment, 68% had lost all symp-

toms of schizophrenia.<sup>52</sup> Psychologist Stanley Peele noted: "The results corroborated similar results from three European studies and another American study over the past decade, indicating that half or more of the schizophrenics eventually recovered or significantly improved."<sup>53</sup>

The implications of these findings are shocking when you consider what psychiatry has to say about schizophrenia.<sup>54</sup> According to DSM-III-R (*Diagnostic and Statistical Manual of Mental Disorders*, Third Edition, Revised): "A return to full premorbid functioning is not common."<sup>55</sup> DSM-III was more adamant: "A complete return to premorbid functioning is unusual—so rare, in fact, that some clinicians would question the original diagnosis."<sup>56</sup> Wiseman comments: "What makes matters sadly worse is that it is standard practice for psychiatrists laboring under this belief to put all schizophrenics on mind-altering drugs and maintain them on it thereafter."<sup>57</sup>

Another study into the effectiveness of psychiatric treatment was conducted by the psychologist Hans J. Eysenck on several thousand mentally disturbed servicemen and women in British hospitals. Those given psychoanalysis showed an overall improvement rate of 44%. Those given other forms of psychotherapy showed a betterment rate of 64%. Those patients who received no therapy at all except for treatment for physical

**A seldom-mentioned fact of psychiatric drugs is that the side effects are themselves a "mental illness".**

ailments showed an improvement rate of 72%. Eysenck's study showed a recovery rate in untreated neurotics of 45% within a year of the onset of the condition, and 70% after two years. After five years, 90% had either significantly recovered or were cured altogether.<sup>58</sup>

### UNRELIABLE PREDICTIONS

Psychiatrists have entered the legal arena by attempting to predict the future dangerousness of defendants charged with criminal offences. However, there is a low level of reliability when it comes to predictions of dangerousness and conditions for involuntary commitment to institutions.

Lawyer Bruce Ennis, in his book *Mental Patients, Psychiatry and the Law*,<sup>59</sup> cites a well-known study concerning the accuracy of these predictions, of which the results are singularly unimpressive. The study involved 989 people who were deemed to be so dangerous by psychiatrists that it was recommended they be incarcerated in maximum security institutions. There was then a US Supreme Court decision which led to the people being incarcerated instead in normal, non-maximum-security institutions. A review of the patients 12 months later revealed that one-fifth had been discharged and over half had agreed to remain as voluntary patients. During the 12 months of incarceration, only seven of the 989 patients had either committed or threatened to commit any violent acts<sup>60</sup>—which means that the probability of a psychiatrist being wrong in stating that someone is dangerous is a staggering 99.29 per cent!

The most common cause for involuntary commission to a psychiatric institution is that a person constitutes a danger to either themselves or others. In some jurisdictions, the danger that one may constitute to oneself

may merely be a danger to one's own reputation. Ultimately, however, the person who will assess the potential dangerousness of the person is a psychiatrist. By their own admission, psychiatrists concede that they have a poor track record in this area. It is staggering that a society will allow the deprivation of liberty on the say-so of a group with such a low level of accuracy.

A study reported in *American Psychologist* in 1978 revealed some alarming evidence to substantiate the claim that psychiatry and psychology may simply be nothing more than fraud. In 1939, a study was done with a view to reducing juvenile crime. More than 600 individuals between the ages of five and 13 were randomly divided into two groups. The first group was given psychiatric counselling and the other group was given no treatment at all. The therapists reported that two-thirds of those who received treatment had "substantially benefited". More than 35 years later, 80% of the original group were located and a follow-up study done. The results showed that the treated group compared very unfavourably with the untreated group. People in the treated group were more likely to have committed more than one serious crime than those in the control group and, when evaluated for alcoholism, mental illness, stress-related diseases and job satisfaction, the treated group consistently fared worse than the control group. The program seemed not only to have failed in preventing violent crime, but also to have produced negative side-effects. The failure to prevent violent crime has been corroborated by other studies.<sup>61</sup>

In a television interview, the author of the study, Joan McCord, when asked if she was able to explain the results, postulated that those who receive therapy come to see themselves as being in need of help and therefore become dependent and thus do not develop the coping skills of others.<sup>62</sup>

### THE MANUFACTURE OF MENTAL ILLNESS

Mental illness is presently classified and diagnosed according to the *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition (DSM-IV). It is interesting to note that in 1840 there was only one classification of mental problems, and that was "idiocy/insanity".<sup>63</sup> Four decades after the formation of the American Psychiatric Association (APA), the number of categories had risen to seven, namely "mania", "melancholia", "monomania" (irrationality on one subject), "paresis" (syphilitic brain condition), "dementia", "dipsomania" (alcoholism) and "epilepsy".<sup>64</sup>

Wiseman observes that the psychiatric profession followed the practice of changing the definition of illness. Prior to the advent of the American Psychiatric Association, "illness" meant an observable derangement of the body: infection, a cancerous

organ, inflamed lungs. Psychiatrists initiated the practice of declaring illnesses that they assumed were there, instead of naming the behaviour that they observed. Thus the view grew up that the patient must be sick because he/she behaved irrationally. So they declared conduct to be symptoms and concluded that they must be caused by an illness.<sup>65</sup>

Wiseman comments that psychiatry has spent the past century trying to justify its position.<sup>66</sup> However, no brain lesions have

been found, nor have any mutant nerve connections; nor has any genetic proof come forward, even with the advent of modern technology. In an attempt to justify its position, psychiatry often advances pseudo-scientific explanations, such as "depression is due to a chemical imbalance in the brain". The hypothesis is completely untestable, because there is no way that brain chemicals can be measured in a living person without either killing them or injuring them, in order either to verify or falsify this hypothesis. Never mind; at least it sounds impressive!

In 1933, psychiatrists organised the first standard manual for categorising mental illness. The manual was called the *Standard Classified Nomenclature of Disease*. It was in 1952 that the first *Diagnostic and Statistical Manual of Mental Disorders* was published by the APA. The number of mental disorders had now grown to 112.<sup>67</sup> In 1968, a revised edition, DSM-II, was brought out; it contained 163 mental disorders.<sup>68</sup> Commentary in the manual reveals that the disorders were established by a committee who voted as to whether the disorders existed.<sup>69</sup> DSM-III was published in 1980 and a further 61 new disorders had been added, thus the new total of mental disorders was 224.<sup>70</sup> In 1987, the manual was revised again, and the total number of mental disorders was now increased to 253 by DSM-III-R.<sup>71</sup> DSM-IV was released in 1994 and the number of mental disorders had now grown to 374.<sup>72</sup>

Psychiatrist Al Parides, after observing the way disorders were voted in or out of existence depending on the prevailing views of

**A study reported in *American Psychologist* in 1978 revealed some alarming evidence to substantiate the claim that psychiatry and psychology may simply be nothing more than fraud.**

the day, remarked that the manual was not a scientific manual at all but a masterpiece of political manoeuvring. He commented that they had turned the problems of everyday life into psychiatric ones.<sup>73</sup>

L. J. Davis made the following pithy comment in an article in *Harper's* magazine:<sup>74</sup> "According to the *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition (popularly known as the DSM-IV), human life is a form of mental illness."<sup>75</sup> The DSM-IV has pathologised nearly every aspect of human behaviour, and, of course, each "abnormality" is accompanied by the appropriate billing code.

Paula Caplan, a psychologist who was on the DSM-III-R committee, made the observations that the main players in the compilation of the manual ignored the sheer mass of scientific research and were also indifferent to the harm done to patients due to the handbook's categories. Ms Caplan found it difficult to reconcile these motives with the alleged altruism.<sup>76</sup>

Al Parides states: "What they have done is medicalize many problems that don't have biological causes."<sup>77</sup>

Wiseman makes the observation that the "illnesses" are manufactured.<sup>78</sup>

*Webster's Dictionary* defines "fiction" as "anything made up or imagined". Wiseman asserts that it is psychiatric practice to make up mental illness. He gives an example of this in relation to Attention Deficit Disorder (ADD/ADHD). He says it is true that psychiatry does not make up the behaviour; however, when psychiatrists group bundles of behaviour and emotions together and assign names to that behaviour, then that is a created entity. It is also a created reality, says Wiseman, because it did not exist before.

It has always been true that some children and adults are more active than others or their attention tends to wander because of a short attention span. Until the 20th century, parents and teachers simply dealt with these children as a fact of life. Parents noticed that children, like adults, learn to change their behaviour over

time.<sup>79</sup> Psychiatrists, however, deemed that there was something wrong with these children. There was some vague, unexplained defect in their brains, and they identified some conduct and claimed that any child who demonstrates this conduct is suffering from ADD. Wiseman makes the observation that, once again, this is a created reality.<sup>80</sup>

There is no evidence that the brains of these children are any different from the brains of other children. The parents and the child thought that the child was normal until they walked into the psychiatrist's office. When they walk out, they think the child is abnormal. Wiseman comments: "...reality did not change. The

child is still the same."<sup>81</sup> What has changed is their perception of the child; whereas they once saw a normal child, they now see a disordered one who has special needs. As a normal child, that child would have been tolerated and in all likelihood would have grown up to be normal, had little been made of the situation; but now the child will be treated differently by the parents, teachers and other children, and indeed the child will now come to view himself or herself as different from others. The child will now be on medication for years and will be treated as limited by the condition.<sup>82</sup>

The only difference in the two situations is the created reality of Attention Deficit Disorder. Indeed, there is no evidence that such a disease actually exists.<sup>83</sup>

#### ALTERNATIVES TO PSYCHIATRY

Measures such as transcendental meditation (TM) have been shown to offer great benefit in both the treatment and prevention of disease. TM's results have been documented in numerous published studies conducted in over 100 research institutes—yet the profession still clings to outdated methods.

In one study on Vietnam veterans seeking treatment at a Vietnam Veterans' Outreach Program, veterans were assigned randomly to either the TM program or psychotherapy (whatever type the therapist used—behaviour therapy, existential, cognitive,

**"According to the *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition...human life is a form of mental illness."**

#### Endnotes

1. Chaplin, J. P., *Dictionary of Psychology*, Dell Publishing Co., NY, 1968, p. 388.  
 2. *The Australian Pocket Oxford Dictionary*, Oxford University Press, UK, 1976.  
 3. Interview with Walter Afield, 11 January 1994, as reported in: Wiseman, B., *Psychiatry, the Ultimate Betrayal*, Freedom Publishing, Los Angeles, 1995, p. 33.  
 4. Council on Scientific Affairs, American Medical Association, "Results and Implications of the AMA-APA Physician Mortality Project", *Journal of the American Medical Association*, vol. 257, no. 21, June 5, 1987, p. 2950. The suicide rate in the general population is given as 12.3 per 100,000, as distinct from 61 per 100,000 for psychiatrists. As reported in Wiseman, op. cit., p. 45.  
 5. Campbell, H. D., "The Prevalence and Ramifications of Psychopathology in Psychiatric Residents: An Overview", *Am. Journal of Psychiatry* 139:11, November 1982, p. 1406. The rate for residents is 106 per 100,000. As reported in Wiseman, ibid.

6. A joint study performed in 1987 by the American Medical Association and the American Psychiatric Association found that psychiatrists had the highest suicide rate and, when researchers interviewed the family to ascertain whether any reason was given for the suicide, the most commonly quoted reason was to escape mental pain. As reported in Wiseman, ibid.  
 7. Wiseman, ibid.  
 8. ibid.  
 9. Maeder, T., "Wounded Healers", *Atlantic Monthly*, January 1989, p. 38; as reported in Wiseman, op. cit., p. 46.  
 10. Kirsher, M., "What Makes Our Marriages Lousy", *Medical Economics*, October 1, 1979; as reported in Wiseman, ibid.  
 11. In 1994, Dr Norman Sartorius, President of the World Psychiatric Association, speaking at the European Psychiatric Congress in Denmark, said: "Psychiatrists should no longer consider that they can cure the mentally ill, and in future the mentally ill will have to learn to live with their illness."  
 12. Wiseman, op. cit., p. 115.  
 13. Cerletti, U., "Electroshock Therapy", in Shackler, Arthur M. et al.,

*The Great Psychodynamic Therapies in Psychiatry: An Historical Reappraisal*, Hoeber-Harper, New York, 1956, pp. 92-94; as reported in Wiseman, op. cit., p. 116.  
 14. Wiseman, op. cit., p. 117.  
 15. Myerson, A., in discussion with Ebaugh, F. E. et al., "Fatalities following electric convulsive therapy: a report of two cases with autopsy findings", *Trans. Amer. Neurol. Assoc.* 68:39, June 1942; as quoted in Wiseman, op. cit., pp. 117-118.  
 16. Wiseman, op. cit., p. 119.  
 17. ibid.  
 18. op. cit., pp. 119-120.  
 19. ibid.  
 20. Coleman, L., "Introduction" from Frank, L. (ed.), *The History of Shock Treatment*, San Francisco, 1978, p. xiii; as reported in Wiseman, op. cit., pp. 120-121.  
 21. Easton-Jones, J., "Non-ECT", *World Medicine*, 1974, p. 24; as reported in Wiseman, op. cit., pp. 128-129.  
 22. ibid.  
 23. *Statistical Abstracts of the United States*, US Department of Commerce, 1987, p. 79. In 1975, 27,063 suicides were recorded in the USA; in 1980,

there were 26,869.  
 24. Milstein, V., PhD et al., "Does Electroconvulsive Therapy Prevent Suicide?", *Convulsive Therapy* 2, no. 1, 1986, pp. 3-6.  
 25. *Statistical Abstracts of the United States*, ibid.  
 26. Roy, A., "Risk Factors for Suicide in Psychiatric Patients", *Archives of General Psychiatry*, vol. 39, September 1982, p. 1093.  
 27. Wiseman, op. cit., p. 129.  
 28. op. cit., p. 130.  
 29. ibid.  
 30. ibid.  
 31. Cauchon, D., "Stunningly quick results often fade just as fast", *USA Today*, December 6, 1995.  
 32. Finley, B., "Electroshock: quick fix or cure?", *Denver Post*, October 21, 1990.  
 33. Interview with Thomas Szasz, September 17, 1993; as reported in Wiseman, op. cit., p. 131.  
 34. Podnov, A., *Psychiatry*, 1969, pp. 138-141.  
 35. Wiseman, op. cit., p. 136.  
 36. Alpers, B. J., "The Brain Changes Associated with Electrical Shock Treatment: A Critical Review", *The*

somatic or psychodynamic). Veterans who learned the TM technique improved significantly on psychological and social measures, including reduced anxiety, depression, insomnia and alcohol abuse, whereas the participants in psychotherapy did not improve. The TM participants also exhibited a more rapid physiological recovery from stressful stimuli in forms of habituation of the skin resistance response.<sup>84</sup>

In another study, conducted over a 12-month period, maximum-security prisoners practising TM were compared to prisoners undergoing four other treatment modalities including psychological counselling, a drug abuse treatment program and 21 personal development programs. The TM group improved significantly on measures of self-development and reduced pathological symptoms, whereas none of the four other treatment groups changed significantly when compared to controls. Over a three-and-a-half-year period, the recidivism rate (that is, re-offending and returning to prison) was significantly lower in the TM group than in the other four groups.<sup>85</sup>

## CONCLUSION

If you do exhibit unusual behaviour or have been diagnosed as "mentally ill", then you should be very careful to note that the discipline that has so pronounced you is not a science, nor can it produce a cure for your condition. The best it can offer is years or possibly a life on psychotropic drugs which have dreadful side-effects, or it can give you brain damage in the name of bringing about temporary relief to your depression. You have nothing to lose by trying treatments such as transcendental meditation or Maharishi Ayurveda; at least if they don't cure you, they won't kill you. Further, psychiatry and drug therapy are self-perpetuating.

A word of caution should also be sounded in relation to the non-drug therapies. The so-called "talking" therapies are no more effective or scientifically based than drug therapy or ECT. As we have seen in the study conducted by McCord, such therapies can

actually, and in fact do, have counterproductive results. Further, the study done where an actor was hired and spoke from a script designed to portray a normal man, and where the overwhelming majority of mental health experts found pathology in the man's behaviour where none existed, suggests that those engaged in that profession presume that pathology exists even in the absence of supporting evidence.

Then, there is the further evidence of the DSM, where the number of mental illnesses increases with every edition and all manner of behaviour once accepted as normal (for example, snoring) is now described as mental illness. This further suggests that psy-

chiatry is a discipline which is simply drumming up business for itself. This should lead to people questioning the bona fides of psychiatry.

Most disturbing of all is the knowledge that psychiatry is rarely correct in predicting dangerous behaviour, and yet you or I could lose our human rights, based on the say-so of a profession with almost no scientific foundation!

It appears that both psychiatry and psychology are indeed shrinking from the truth. ∞

**Most disturbing of all  
is the knowledge that you or I  
could lose our human rights,  
based on the say-so of a  
profession with almost no  
scientific foundation!**

## About the Author:

Rochelle Macredie holds degrees in Arts, Science and Law and used to practise criminal law within the New South Wales public sector. She advocates Transcendental Meditation—not psychotherapy—as a speedy and beneficial way to overcome the problems and stresses of life.

## Contact Details for Further Information:

- Mental Health Advocacy Service: 74 Burwood Road, Burwood, NSW 2134, Australia, telephone +61 (0)2 9745 4277.
- Citizens Commission on Human Rights (CCHR): E-mail human-rights@cchr.org; Sydney office, tel (02) 9264 5893, fax (02) 9261 2840, e-mail cchr@dbworld.net.au. For contact details of the CCHR internationally, we suggest you visit their website at <http://www.cchr.org>.

## Endnotes (cont.)

*Lancet*, November 1946; as reported in Wiseman, op. cit., p. 137.

37. Wiseman, op. cit., p. 138.

38. Citizens Commission on Human Rights (CCHR), "Psychiatry Destroys Minds", booklet, CCHR, California, 1997, p. 8.

39. *ibid.*

40. Coleman, L., from Tame, A., "Shock Treatment", *Penthouse*, 1987.

41. Coleman, L., from Introduction, *Case Against ECT*, CCHR, Los Angeles, p. i; as quoted in Wiseman, op. cit., p. 116.

42. CCHR, "What They Don't Tell You About Psychiatric Drugs", *Creating Racism: Psychiatry's Betrayal*, Los Angeles, p. 12.

43. Workman, D. G. and Cunningham, D. G., "Effects of Psychotropic Drugs on Aggression in a Prison Setting", *Canadian Family Physician*, November 1975, pp. 63-66; as quoted in CCHR, *Creating Racism: Psychiatry's Betrayal*, op. cit.

44. Luseitich, Robert, "Do worry, be unhappy...depress the panic button on Prozac", *The Australian*, 1 December 1997.

45. *ibid.*

46. *ibid.*

47. *ibid.*

48. *ibid.*

49. *ibid.*

51. Menninger, K., "The Course of Illness", *Menninger Clinic Bulletin*, vol. 25, no. 5, September 1961; as reported in Wiseman, op. cit., p. 37.

52. Boffey, P. M., "Schizophrenia: Insights Fail to Halt Rising Toll", *New York Times*, March 16, 1986, pp. 1, 32.

53. Peele, S., *Diseasing of America*, Lexington Books, 1989, p. 16; as reported in Wiseman, op. cit., p. 38.

54. Wiseman, op. cit., p. 38.

55. "Schizophrenia", *Diagnostic and Statistical Manual of Mental Disorders*, Third Edition, Revised (DSM-III-R), American Psychiatric Association, Washington, DC, 1987, p. 191.

56. "Schizophrenia", *Diagnostic and Statistical Manual of Mental Disorders*, Third Edition (DSM-III), American Psychiatric Association, Washington, DC, 1980, p. 185.

57. Wiseman, op. cit., p. 38.

58. Connell, J. V., *Understanding Human Behavior: An Introduction to*

*Psychology*, Holt, Rinehart & Winston, New York, p. 587; as reported in Wiseman, op. cit., p. 36.

59. Ennis, B. J., *Prisoners of Psychiatry: Mental Patients, Psychiatry and the Law*, Harcourt Brace Jovanovich, New York, 1972, p. 227; as reported in Wiseman, op. cit., p. 241.

60. *ibid.*

61. McCord, J., "A Thirty-Year Follow-Up of Treatment Effects", *American Psychologist*, March 1978; as quoted in Wiseman, op. cit., p. 35.

62. McCord, J., "A Thirty-Year Follow-Up: Counselling Fails", *Science News*, November 28, 1977; as quoted in Wiseman, *ibid.*

63. Wiseman, op. cit., p. 349.

64. *ibid.*

65. op. cit., pp. 349-350.

66. op. cit., p. 350.

67. *ibid.*

68. op. cit., p. 351.

69. *ibid.*

70. *ibid.*

71. op. cit., p. 353.

72. op. cit., p. 355.

73. op. cit., p. 357.

74. *The Encyclopedia of Insanity*, vol. 294, no. 1761, February 1997, pp. 61-

66.

75. op. cit., p. 61.

76. Wiseman, op. cit., p. 357.

77. *ibid.*

78. op. cit., p. 359.

79. *ibid.*

80. op. cit., pp. 359-360.

81. op. cit., p. 359.

82. op. cit., pp. 359-360.

83. op. cit., p. 360.

84. Brooks, J. S. and Scarano, I., "Transcendental Meditation in the Treatment of Post-Vietnam Adjustment", *Journal of Counselling and Development*, vol. 65, 1985, pp. 212-215.

85. Alexander, C. N., "Ego Development, Personality and Behavioural Change in Inmates Practising the Transcendental Meditation Technique or Participating in Other Programs: A Cross-Sectional and Longitudinal Study", *Dissertation Abstracts International* 43:539B, 1982; and also Abrams, A. and Siegel, L. M., "The Transcendental Meditation Program and Rehabilitation in Folsom State Prison: A Cross-Variation Study", *Justice and Behaviour* 5:3-20, 1978.



# HIDDEN ELEMENTS IN MUSIC AND SOUND

*The musical heritage of the West, which we've been led to believe was sourced from the Greeks, owes a great debt to the ancient Sumerians, Babylonians and Egyptians.*

by Adrian Wagner, CIROS © 1999

Multi MediaQuest International Ltd  
Dyfed, Wales, UK  
Telephone: +44 (0)1239 710594  
Fax: +44 (0)1239 711343  
E-mail: [adrian@mediaquest.co.uk](mailto:adrian@mediaquest.co.uk)  
Website: [www.mediaquest.co.uk](http://www.mediaquest.co.uk)

One of the most difficult questions for a composer to answer is, "From where is the inspiration drawn to create a new work of music?" Given that the craft and grammar of music are already formulated in the minds of the musical establishment, what is there left that has never been in place before? The answer lies in one's perception of a complete formulation, and at what stage a learning curve can be considered terminated.

Blinkered by its own accepted traditions, the academic music establishment insists that the development of the "modal form" scale system commenced with the Greeks or Romans—a view similar to the insistence by fundamentalist churches that *Homo sapiens* was created precisely as stated in the Book of Genesis. We now know that the Darwinian and archaeological findings prove otherwise, but dogma has a habit of narrowing the mind. This follows from an understanding that if you repeat something often enough and it is not questioned strongly enough, it can become established as an apparent truth.

Fortunately, we have reached a time when we have the opportunity to examine ambiguous matters without having our lives threatened by some kind of Inquisition. We are able to debate these issues freely with people who have "eyes to see and ears to hear". Currently, our free-thinking Light Workers are able to expand upon these issues, and, liaising with others, many use the World Wide Web to support the questing endeavour in a profound way. Even the Vatican curators have begun using the Internet to publish information from their archives, although much still remains secreted at this stage. Many people see this as a long-awaited chance to confront and overturn the many schisms which exist between the different religions. This is only a start, but it is hoped that the new millennium will bring a welcome and open tolerance between the many Faiths on this planet. It will be interesting to see how the future monarch of Britain will deal with the prevailing controversial issue of defending The Faith, or Faiths, when the moment for decision arrives.

My chosen route into the quest for the connections to ancient music begins with examining the root stems of modal form. Scales and modes can be simply understood as the superstructure for melodic phrases. Modes are made up of arrangements of tones and semitones, without any necessary regard to the tonic or main note, so modal form is not governed by the system of major and minor keys that denotes music with a tonal design. The tonic of a scale is the first note of the scale; e.g., the tonic note of the scale of F minor is F. Tones, in this regard, are intervals of the major second or made up of two semitones.

In the Christian Church, plainchant was used to enhance the ritual in services, and ecclesiastical plainchant evolved from these root modes, as have the complete sets of minor and major scales we use in Western music today. As far back as the 4th-century era of Emperor Constantine, a solemn chant, the Introit, accompanied formal processions from the sacristy to the altar; the Offertory was sung in the Communion preparation; and, in the Communion itself, a chant accompanied the distribution of the bread and wine to the congregation. All this was, of course, sung originally in Latin.

Significantly, the Roman Mass became the most important form throughout Christendom, although, interestingly, embracing some Greek with the inclusion of the phrase *Kyrie eleison* ("Lord have mercy"). This chant was eventually succeeded by the hymn, *Gloria in excelsis Deo*. The Sanctus can be traced as far back as 3rd-century Alexandria, but the Agnus Dei was not introduced until the 7th century.

Early chant was always sung by men, because women were not allowed to participate in the churches—as detailed in my essay, "Feminine Element in Mankind" (see website [www.mediaquest.co.uk/awfemel.html](http://www.mediaquest.co.uk/awfemel.html)).

A problem arose in the 8th and 9th centuries, especially in the reign of Emperor Charlemagne, when an attempt was made to bring Roman-style church worship into the Frankish regions of Gaul. In this, Charlemagne saw himself as the divinely appointed ruler of the chosen people, similar perhaps to King David and his new Israel. This presented a considerable challenge to the Franks, who had tremendous difficulty in mastering the subtleties of Roman chant, while the Roman singers deliberately protected the secrets of their own skills. Consequently, confusion was created instead of harmony!

The eventual outcome of this, as some scholars would have us believe, was a quite different chant in the 13th century—a chant called "Gregorian". This is said to be a Byzantine imperial liturgy which emanated from the Pope's own chapel, as opposed to the various basilicas. But there is good reason to believe that this chant was actually Frankish, not Byzantine, and that it was intended to codify the oral repertory. Somewhat conveniently, however, it is claimed that the Frankish city of Metz (seemingly involved in the establishment of this musical model) "lost" all its chant books, and the only manuscripts surviving onwards from the late 9th century emanate from other places. The Frankish Empire was responsible for three musical genres: sequences, tropes (tones), and liturgical drama, which added local repertoires to the services for the patron saints of their churches.

A number of theoretical books about chant were written in the 9th century, and some of these attempted to reconcile the non-traditional chant with what survived of Greek musical theory. By the 12th century, the repertoire had become ever more complicated, and the Cistercian Order of monks reacted against this over-elaboration of ritual by excluding particular notes (tenths) from the wider range and eliminating the long meandering (melisma) of certain single words.

Since this period there have been occasional changes, including many of the mediaeval forms which re-appeared in the 18th and 19th centuries. Notational changes were apparent with the transition from a no-line stave to a four-line stave and, eventually, to the five-line stave that is familiar today. Expression markings to the chant notations also changed along with these, together with rhythmic stem indications, even as far back as the 13th century. However, the Old Roman system still contains a more primitive modal form than does Gregorian chant, and it is easy enough to discover the root stem modes.

The Greek names for the four main root modes or tropes are: Protus, Deuturus, Tritus and Tetradius, while out of these came others like the eight psalm tones of a Frankish innovation connected to the Byzantines. The eight modes are: Dorian (D), Hypodorian, Phrygian (E), Hypophrygian, Lydian (F), Hypolydian, Mixolydian (G) and Hypomixolydian. (To hear how these modes sound, play the white notes on a keyboard sequentially from a starting note; e.g., Dorian mode plays from D to the octave D, Phrygian plays from E to E, etc. The "Hypo-" modes contain the starting note aspect but with a slight cadence difference by implication of the fourth note beneath; e.g., Hypodorian starts on the note A beneath the main root of D, allowing for a rising cadence.)

Later, in the 16th century, four more modes were added: Aeolian (A), Hypoaeolian (E), Ionian (C) and Hypoionian (G).

Each mode contains a different sequence of half-tones and whole tones which make up a progression of notes similar to a scale. Interestingly, the Lydian mode contains the augmented 4th interval (B, the fourth note above the F starting note) that was so despised by the Roman Church and banned as "the Devil's interval" in the 12th century.

Other music of the mediaeval period was related to the aural tradition of European folk music, and from this derived the long-standing troubadour melodies.

Meanwhile, from ancient times, non-European cultures were developing their own modal systems, like the Arabic *mâqam* and the Indian *râga* systems.

Several aspects of moral and expressive values were attached to the various modes in the Middle Ages and some of these have bizarre stories attached to them. In one instance, a young man was so aroused by a melody in the Phrygian mode that he was about to break into the room of a young lady, when suddenly, a change to the Hypophrygian mode restored him to a proper frame of mind! Others of the mediaeval period related the eight modes to celestial bodies and to the masculine and feminine aspects.

Plato and Aristotle wrote about *harmoniai* which, interestingly, had the names Ionian, Lydian, Dorian and Phrygian—and each of

**In one instance, a young man was so aroused by a melody in the Phrygian mode that he was about to break into the room of a young lady, when suddenly, a change to the Hypophrygian mode restored him to a proper frame of mind!**

these required a separate tuning of the lyre. Plato also praised Egyptian musical standards, and it would therefore be fair to assume that the association with modal form links the Greek and Roman systems. Within these modes were other tunings of the diatonic, chromatic and enharmonic forms, while along with the Greek modal forms came melodies and rhythms mainly associated with Greek lyric metres and poetry. This afforded Greek composers less freedom than their Roman successors in setting words to music.

The principal influence on Plato and Aristotle was Pythagoras (c. 550 BC), who investigated musical theory in Egypt before being instructed by the priests of Babylon in the secrets of arithmetic, music and other disciplines. Unfortunately, none of his writings remains and so we must rely on later sources to trace his work on the mathematics and acoustic geometry of music. His ideas, such as the Tetrad, the Golden Section and harmonic proportions, became applied to aesthetics and various mystical beliefs. Pythagoras is known for revealing the mathematical correspondence between the pitch of a note and the length of a string. However, there is much evidence that this relationship was known as far back as the early Babylonian and Sumerian eras.

Grecian thought is still unmistakable today in the belief that music influences ethical life, and in the idea that music can be explained in an abstract way as a reflection of some higher source. Pythagoreans believed in the principle of the "kinship of all beings".

As a result of his nexus with the god Apollo, Pythagoras believed that he was able to remember his earlier incarnations and, hence, to know more than others knew. He used music to teach the purification of the soul in order to reach higher levels. "To be like your Master" and so "to come nearer to the gods" was his challenge to his pupils. Salvation was thereby achieved through a union with the Divine Cosmos and the study of the cosmic order through the Music of the Spheres.

When we examine the music of ancient Mesopotamia and Egypt, we find that by the end of the 4th millennium BC there was a defined musical structure of rhythmic and melodic tradition, developed under priestly ritual guidance.

There is much evidence from the texts that the Sumerian and Akkadian dynasties in the 3rd millennium BC made music a significant aspect of kingly and priestly ritual. In fact, they emphasised that the various musical instruments were "pleasing to the gods". As pointed out by Sir Laurence Gardner in his book, *Genesis of the Grail Kings*, the biblical Tubal-cain (who is revered in scientific Freemasonry) was the great Vulcan of Mesopotamia during the reign of Egypt's King Narmer (c. 3200 BC). He was a prominent alchemist and the greatest metallurgist of his age, while his step-brother Jubal was said to be "the ancestor of all who handle the lyre and pipe"—whence derived the word "jubilee", meaning "a blast of trumpets" or "to lead with triumph or pomp". The ritual connection in pleasing the gods with brass horns and trumpets is very apparent in this era, and a later association between angels and the mediaeval buisine (long trumpet) probably originates from this time.

Musical instruments played in the death-pit ritual of Ur (the capital of Sumer, c. 2600 BC) were nine lyres, three harps, sistrums or bell trees, frame drums (flat drums) in three different sizes, double pipes and silver pipes. There is evidence from this era that modal forms were definitely in use, and information gained from the many cartouches that show people singing and dancing with bells, rattles and cymbals.

By looking at the tuning of harps and lyres, we are directly able to ascertain the four main root modes used later in Greece and Rome. The mosaic Royal Standard of Ur shows a female singer, accompanied by a male playing a lyre with a soundbox in the shape of a bull. Animals were very much connected with various instruments, as in the jackal decorations on one of the Ur lyres, along with the "serpents" (long, curled trumpets) which were able to produce snake-like hissing sounds.

Some Egyptian texts have been discovered which, in the first half of the 2nd millennium BC, gave instructions for the tuning of a lyre, which implied the octave (as in later Greek and Roman systems) and were the basis of a tonal scaling. Associations with military music are shown in many cartouches and funeral tombs in Egypt. Tutankhamen was buried with two trumpets, while a relief from Sennacherib portrays a pair of trumpeters blowing alternately.

From the Sibylline Oracles, wherein prophecies concerning Jewish or Christian doctrines were allegedly confirmed by a sibyl (a legendary Greek prophetess), a song reads: "They do not pour blood on altars in libations of sacrifices; No drum sounds no cymbal; No flute of many holes which has a sound that damages the heart; No pipe which bears the imitation of the crooked serpent; No savage-sounding trumpet herald of wars; None who is drunk in lawless revels or dances; No sound of the lyre and no evil-working devices."

For a while in the Middle Ages, the bishops banned the use of brass instruments in churches because they were brash and produced what was perceived as "Devil tones" and "Satan's music". This proscription was intended to sever the link with all ancient, Old Testament

forms of worship ritual and its associated Egyptian ritual. However, it is interesting that, from the Reformation, secular music was almost totally dedicated to the use of brass instruments with composers like Purcell, Handel and Bach at the forefront of great choral and brass-dominated works. The fact is that, today, both Church and State ceremonies inherit their musical traditions from the priestly ritual and military pomp of the early time-frame.

Sacred ritual has always been linked to a transcendent realm, and many depictions of musical instruments are of double instruments, being perceivably one octave apart. This is very significant when considering the psycho-acoustic properties of sound. The interval shift of a perfect octave is exactly one-half or double the frequency. In ecclesiastical terminology, it is the seventh day (exactly a week) after a feast day, or eight days including the feast day and its octave.

Occasionally, however, strange acoustic phenomena occur when the octave is sounded imperfectly. In certain architectural and atmospheric circumstances, the imperfect octave (when the frequencies start to resonate against each other) produces lower or sub-harmonics, and these can fall far beneath our audio range.

Resonance is the vibration set up by contact with an object sympathetic to the frequency. For example, a tuning fork sounds far stronger if it is touching a table, with the energy transferred more powerfully through the air. However, the vibration of the fork will go on far longer, although less intensively, if it is free of any contact. It is also important to realise that, in the familiar scenario of the singer and the wine glass, it is not the power of the sound that is important; it is the vibrational "trill" of the singer, in a resonating frequency with the glass, which causes the glass to shatter.

The law of conservation of energy states that "you cannot get more energy from a sound source than you put in", and yet, with the subtle use of architecture and natural chambers, sound can be harnessed to project these psycho-acoustic properties. The sound of a particular instrument is derived from a tendency to reinforce particular harmonics so as to create what we understand as "tone colour", and this pitch region is known as a "formant".

Formants play a unique role in our speech, as each vowel sound can be characterised by way of containing two fixed formant regions. Extreme use of these may be found in the low chanting of Tibetan monks, as well as in the Hare Krishna chant and the *Om* chant. In fact, formants play a significant role in the strength or amplitude of a sound, and this explains how it is that a single flute is able to be heard amid a large string and brass section of an orchestra.



**M**any have studied the levitational potential of sound, and we have several accounts, with eyewitness evidence, of this elevating force. Indeed, levitation rituals are still being performed in India and Tibet.

In the village of Shivapur, near Poona, India, is a little mosque dedicated to the Sufi holy man Qamar Ali Dervish. Outside in the courtyard of the mosque is a stone weighing 138 pounds. During daily prayer, eleven devotees surround the stone, repeating the holy man's name. When they reach a certain pitch, the eleven men are able to lift the stone by using one finger each. When the chanting stops, the devotees jump back as the stone resumes its weight and falls to the ground with a heavy thud. The key seems to be in the chanting, and eleven voices must be the required formula to achieve the correct pitch to make the boulder's vibrations change and render it weightless, or at least much lighter.

Another fascinating eyewitness account of modern levitation comes from Tibet. It was reported by the Swedish aircraft industrialist, Henry Kjellson, who travelled through the Himalayas in the early 1930s. Kjellson described how Tibetan monks hauled stones, measuring 1.5 metres square, by yak up to a plateau and placed them in a specially designed bowl-shaped hollow, one metre in diameter and 15 centimetres deep at the centre. The hollow was situated 100 metres from a 400-metre cliff face, at the top of which was a temple that was being constructed.

Sixty-three metres behind the hollow stood nineteen musicians, and, behind them, 200 priests radiating out in lines, separated from one another in groups at five-degree intervals and forming a quarter-circle with the hollow at its focal centre. The distances appear to have been of the utmost importance, as all were carefully measured by the monks using lengths of knotted leather.

The musicians possessed a total of thirteen drums of three different sizes, while alternating between them were others with six large ragdan trumpets. The drums weighed up to 150 kilograms each and were barrel-shaped, suspended from wooden frames set horizontally and directed towards the hollow. The long metal trumpets, also directed towards the hollow, were of specific length, and it took two monks, taking turns, to blow one instrument.

On command, the drums and trumpets were sounded and the priests chanted in unison, together forming sharp blasts of sound. After four minutes, Kjellson observed that the individual stones placed in the target hollow began to wobble, moving from side to side, and that then, as the beats of sound increased, the stones soared 400 metres in a parabolic arc to the top of the cliff! Kjellson recorded that, by this means, the monks were able to elevate five or six blocks an hour.

A few years later, in 1939, a friend of Kjellson—a Swedish doctor called Dr Jarl, who was working for the Oxford Scientific Society in Egypt—was called into Tibet to treat a High Lama in this same region. While he was there he was permitted to shoot two films of this levitational ritual. However, the Oxford Scientific Society confiscated the films, declaring that, since Dr Jarl was in their employ when the films were shot, they were classified and not to be released. At present, the whereabouts of the films remains a mystery, but exhaustive searching by this author

and others is in progress.

In the music album *Genesis of the Grail Kings*, I have re-enacted the first four minutes of this levitation ritual on a track called "Phoenix and the Fire-stone", using the exact same format as described above. Several people have contacted me since the release of the CD, remarking that this track has occasionally caused certain phenomena to occur. One report told of the music returning even after the CD player had been turned off, while others have described objects being moved around the room. However, as yet, no one has made any report of their stereo system floating out of the window!

Preliminary findings to this point in the research have led me to look more closely into frequency and resonance. The resonant frequency of our skulls is around 3.5 hertz, and this coincides with the 14th sub-harmonic of G above middle C, which is the main frequency used in "Phoenix and the Fire-stone". This is the frequency directly connected to the pineal gland, and is therefore linked to the transcendent realm and the expansion of the subconscious.

**After four minutes, Kjellson observed that the individual stones placed in the target hollow began to wobble, moving from side to side, and that then, as the beats of sound increased, the stones soared 400 metres in a parabolic arc to the top of the cliff!**

**R**ecent research has been accomplished into sound, as a part of the IRCAM project in Paris. This is an electronic music research establishment (part of the Georges Pompidou Centre), founded in the 1980s with substantial grant-aid from the French Government.

Unfortunately, much of this French funding was originally associated with the exploration into the military potential of sound warfare, under cover of the cultural project in the studio complex. There are certain rooms which are still "out of bounds" today, even to the composers working permanently

within the centre.

So far, none of the acoustic research of modern times has produced any definitive sign of the levitational ability known to the Tibetans and others. But the research continues, for there is no reason why we should not acknowledge the Tibetan acquisition of knowledge from ancient Egypt and Mesopotamia. Until the Chinese takeover, Tibet had been isolated for millennia and this knowledge may well have been intentionally provided to the monks.

Purposeful architecture has always played a significant part in the constructions that surround spaces where music is played. In France, Chartres Cathedral (built in less than thirty years during the 13th century when high Gothic architecture was at its purest) is one of the most wondrous structures in this regard. In the centre of the floor of the nave is the famous labyrinth, which has long been connected with certain musical harmonics, set within an architectural framework of the Cathedral's walls and flying buttresses.

In *Genesis of the Grail Kings*, Sir Laurence Gardner describes the exotic anti-gravitational properties of the white powder of gold and other orbitally rearranged monatomic elements (ORMEs). Our collective work in this field has led us to postulate on the potential of the three combined forces—the single-atom powder, acoustics and architecture—and that, without this triple and holistic conjunction to facilitate an interdimensional state

**Continued on page 81**





# THE JOE FUEL CELL

## ORGONE ENERGY ACCUMULATION

*This simple and efficient fuel cell, believed to trap Orgone or life-force energy, has the potential to revolutionise our energy generation systems.*

by Alex Schiffer © 1999

Extracted and edited from his manual  
*Experimenter's Guide to the Joe Cell*  
Published by NuTech 2000  
PO Box 255  
Ivanhoe, Victoria 3079, Australia  
E-mail: nutech@arc.net.au

*Many NEXUS readers may recall my mention in the editorial in vol. 3 no. 2 about a guy who had a car running on water. We were just about to do a big story on his fuel cell, when he got a phone call basically implying that the well-being of his family would be compromised if he did the article with NEXUS. Well, that person is Joe, and several years later he still prefers anonymity, leaving the job of getting the word out to a network of trusted researchers. One of them, Alex Schiff, has just written a manual about the Joe cell, but here we only have room to publish some important theoretical information from it. If you like what you read below, I suggest you get the manual and have a go at building a Joe fuel cell yourself. Good luck, and be careful! — Ed.*

In approximately 1992, a new form of a generator was constructed in Australia. In preparation for this book, I spoke to both the designer and his fiancée regarding my wish to give him the due credits, etc., for his seven years of work and cooperation with all involved parties. Unfortunately, due to the lunatic fringe and money grabbers that dealt with him, this poor, victimised individual has decided to relinquish any further involvement with the cell that bears his name. So, in respect of his wishes, he will simply be referred to as "Joe". I would like to say, dear Joe, that if it were not for rare individuals like you, we, the vast brainwashed majority, would never find the true beauties of Nature's gifts.

Without the "benefit" of years of dogmatic, mind-shrinking education, Joe found by intuition how to ask Nature a question in such a way that it answered. The answer was a method of powering machinery without the use of our primary resources or the creation of pollution. This method is well known to the select few, and the technology has been around for centuries. Joe has made a crude, easy-to-build version of this generator. The generator is called a "Joe cell".

My intention is to remove (to the best of my ability) some of the mystery, secrets, guesswork and plain misinformation surrounding the cell's construction. The aim is to help the constructor make a cell in a laid-out, step-by-step method that I have employed to make my own cells. My knowledge comes from making the cells. As I have built many working cells, this experience has given me the knowledge, not by guesswork or reading someone's book or listening to second- or third-hand "expert" opinions. I now pass this information on to you, and it will always stay as my opinion and information until you build your own cell. Only then will you know how to make a cell, and not before!

### CHARACTERISTICS OF THE JOE CELL

Let us look at some of the characteristics of the cell, as stated by Joe.

- The water in the cell is not consumed.
- The cell runs cold to the touch.
- It takes a period of time before the engine will run from the cell. It then has an erratic power output and works in an intermittent fashion.
- When the cell is removed from the car, the engine takes an appreciable time to return to "normal" and run from the original fuel.
- If the cell is left in the car for a long period, the engine becomes "charged". From this point, the cell is not required for the motor to run.
- All spark-plug leads can be removed and the engine will still run, as long as the ignition coil and distributor remain functional.
- The output of the cell does not have to be connected to the internals of the engine. A

close external coupling will do.

- The cell requires the "charging" of the water to be able to work.
- The "charged" water can be poured from one container to another without losing the charge.
- The cell requires a specific style of construction, little understood by most constructors.
- An empirical construction style has evolved with little, if any, science or success.
- The source of power for the cell and its use has great value for some individuals. These individuals are creating misinformation, cloaking operations and inducing fear in cell constructors.
- Human presence can affect the operation of the cell in a positive or negative way.

From the above, I have concluded that the Joe cell is a crude Orgone accumulator, and that the cell runs on or collects Orgone. As these accumulators have been and are in use all over the world, the constructor can share in this vast pool of knowledge.

For example, as early as 1 January 1867, a French patent, No. 60,986, was issued to a Martin Ziegler for an accumulator of a living, non-electrical type of force.

The experimenter can, with a little research and notes like these, bypass the myths, misinformation and the mongers of secrets and get on with scientifically based facts. Also, he can be prepared to realise and meet the  *dangers*  that await the rash and foolhardy.

## ORGONE ENERGY

As all known effects of Orgone are seen in the functioning of a Joe cell, it is reasonable to assume that the reader should have a good working knowledge of Orgone energy. Additionally, as the cell obeys all known Orgone laws and as its operation does not contradict known Orgone effects, it is safe to assume that this is the energy that is utilised in the cell.

In honour and respect of one of the world's great, forgotten and scorned scientists, namely Dr Wilhelm Reich, I will continue to use the name "Orgone", as used by Reich—although a multitude of other scientists, great and small, have also given this mysterious force a name.

To quote Reich: "Orgone energy is the live cosmic energy of Nature... The Cosmic OR Energy fills the universe...and...it is a spontaneously pulsating, mass-free energy..."

For interested readers, there is a huge collection of facts, opinions and absolute rubbish on the Internet regarding Reich and Orgone. As the aim of this book is to focus on the Joe cell, the above definition will suffice.

## Some Properties of Orgone Energy

Thousands of properties have been observed for the life force, and I would like to list and explain the main ones relating to the cell.

1. It is mass-free; that is, Orgone energy has no inertia, weight, etc. So, conventional test equipment that requires a reaction or something to "push" against to measure a force will be ineffective.

2. It is present everywhere, but, more importantly to the Joe cell user, the concentration is variable from place to place and from time to time. Therefore, if the cell is leaky and located in a low-concentration area, it may stop breeding or even lose the seed. The external signs are a motor that will not produce full power or will not run at all.

3. It is in constant motion. It has an uneven movement from west to east at a speed considerably greater than the Earth's rotation. The motion is a pulsating expansion and contraction, with a

flow normally along a curved path. Inside an accumulator, the energy is emitted as a spinning, pulsating wave. Both of these can be seen to varying degrees in a charging vat and/or cell. These signs are very important to the experimenter as they are his tools in the different stages of seeding and breeding of the cell.

4. It negates the laws of entropy. Orgone energy flows from lower concentrations to higher concentrations; that is, Orgone attracts concentrations to itself. This is the normal process of Creation and, as such, is a proof of Orgone being a living energy. For the experimenter, this is very important, especially in the seeding stage. If the cell is located in an unfavourable location, it may not seed or may take a long time to seed. I have had cells taking four weeks to seed, and others taking only a few days.

5. Matter is created from it. Under appropriate conditions, which are not rare or unusual, I have had different minerals form from identical cells. In my case, this is usually a white or green powder that forms as very fine colloid that eventually sinks to

the bottom of the cell. You definitely do not want this to occur in the Joe cell, as the cell will not run the car and the only solution is to completely dismantle, repolish and clean all components. For the sceptical, you may assume that the deposits are coming out of the water. I strongly disagree.

6. It can be manipulated and controlled. We do this in the cell by forming alternate organic and non-organic "cylinders" to form an accumulator for the Orgone. Thus the organic layers attract and soak up the Orgone, and the metallic layers draw it from the organic material and radiate it into the interior of the accumulator. Additionally, we use electricity, magnetism and electrolysis to assist with the breeding process.



Fig. 1: A view of "Old Trusty", a three-year-old cell that breaks most of the rules of cell design, but is still a great performer. The filling hole has a temporary pressure gauge fitted to monitor air leaks.

7. It comes from the Sun in vast quantities. As such, allowing for thermal lag, the Orgone density peaks in the afternoon and diminishes in the early morning hours. As people have found, a leaky cell will not function, as it "dies" around 3 am to 4 am.

8. It is affected by weather; that is, humidity, cloud, temperature and time of day affect the accumulation of Orgone. For the experimenter with a leaky cell, this explains the weird behaviour of leaky cells; that is, sometimes they work, other times not, but if you stand on one foot, talk to it, try different water, chemistry, more or less power, etc. it will "come good". This has created a whole religion of what you must do or not do, to such an extent that, with the blind leading the blind, the cell in the hands of a casual constructor is doomed to failure.

9a. It moves in the direction of a magnetic field. This is highly significant to the cell builder. This factor controls the position and polarity of the cell's internal wiring as well as how much residual magnetism the steel can have and still allow the cell to work. This is critical in the choice and cutting operations of the related metals. Again, a whole mythology has developed around this area. From reading previous material on the subject, it seems that the steel has to be cut by vestal virgins in the Black Forest on a moonlit night!

9b. It moves at a right angle to an electrical field. Again, this is highly important, as it dictates the polarity and wiring connections to the cell.

10. It is absorbed by water. This is one of the reasons that we use water in the cell. To be successful, the water has to be the right type of water. By the way, we could have used beeswax, for example, instead of water, but, as we want to encourage the breeding process with all the tricks in the book, the beeswax would have prevented the use of electrolysis.

11. It is polarised. As Orgone is polarised—that is, we can have positive or negative orgonic force—so we can build a positive or negative cell. However, if you mix your positive and negative construction materials, as most people do, then your result is a leaky or non-operational cell.

12. It will penetrate or travel along all known materials. All bodies of continuous structure are equally good conductors; for example, it may travel through 70 feet [21.3 metres] or more of metal. As such, do not think that you are trapping it in the cell. The only reason it stays in the cell at all is because it wants to. It is up to the experimenter to set up a seeding and breeding environment that is conducive to Orgone and not try to create an imaginary prison that the experimenter hopes will trap the Orgone. As a side note, mankind has created synthetic materials in recent times that can greatly stop the penetration of Orgone. I am talking about polymers.

13. It has a slow conduction rate. Orgone will take 20 seconds or more to traverse 50 yards [45.7 metres] of wire. For the experimenter, this means that you should wait about 30 seconds after turning power on to the cell before you can expect to observe Orgone action at a stable rate.

14. It exhibits a constant upward tendency, rising vertically.

This is highly important in creating a non-leaky cell installation in a car.

15. It cannot remain in steel or water longer than about one hour. Simply said, if your cell is not breeding it will die in about one hour. This explains the use of a 1.5-volt battery across leaky cells to maintain a breeding process. What you achieve with the small potential across the cell is a very low rate of electrolysis that matches the leaking of the cell, thus maintaining the breeding process.

16. It radiates a great distance. From a typical cell, the radiation circumference is at least 160 feet [48.8 metres]. Think about it!

17. It follows optical laws. It can be refracted by a prism, reflected by polished surfaces, etc. This explains the reason for the mirrored or highly polished surfaces in some parts of the cell. It also allows us to control some leaking by utilising optical laws.

18. It surrounds itself with alternating spherical zones of opposite polarity. This is utilised by us to determine cylinder diameters and consequential spacing in the optimisation of the cell.

19. It is affected by living beings. Again, important, as the experimenter and his attitude can interact with the cell.

20. It can only be concentrated to a finite amount. If a cell is charged to its maximum degree so that it can hold no more, the Orgone will transform itself into electricity and, in this way or form, find a discharge. By the visual observation of the bubbles, pulsations and surface tension of the water, we can utilise this fact to our advantage.

21. Torsion (Orgone) fields transmit information without transmitting energy, and they propagate through physical media without interacting with the media.

22. Torsion (Orgone) fields cannot be shielded by most materials, but can be shielded by materials having certain spin structures (as in point 12, above).

23. Each physical object, in living or non-living Nature, possesses its own characteristic torsion (Orgone) field.

24. All permanent magnets possess their own torsion (Orgone) field.

25. Torsion (Orgone) fields can be generated as a result of a distortion of the geometry of the physical vacuum. This is demonstrated by pyramids, cones, cylinders, flat triangles, etc.

26. Torsion (Orgone) fields can be screened by aluminium. This allows the use of aluminium-coated mirrors or highly polished aluminium to reflect our Orgone (Torsion) field (see point 17, above).

27. It will pass through all materials, but at different speeds.

**I have concluded that the Joe cell is a crude Orgone accumulator, and that the cell runs on or collects Orgone...**

**Additionally, as the cell obeys all known Orgone laws...it is safe to assume that this is the energy that is utilised in the cell.**

## THEORY OF CELL DESIGN

After six years of experimentation, I made the assumption that the Joe cell was working on Orgone energy. This assumption came as a result of hundreds of hours of reading and experimentation. In all that time, all the recorded effects of Orgone (and there are hundreds) have matched the behaviour of the Joe cell.

## Theoretical Requirements

Sometimes I have to restate the obvious; namely, *if we are to accumulate Orgone energy, we must have an Orgone accumulator!* We are not designing this cell to use neutrinos, deuterium, nitroglycerine, steam, nitrogen, hydrogen, hydroxy, or any other author's pet opinion to the contrary. You will have to read other publications for those topics and cell designs; this train goes to Orgone country. *We are designing our cell to run on Orgone energy!*

When I say "we", I am assuming that the reader is following suit and will build a cell closely matching our instructions. As such, a close study of the chapters on Orgone properties and cell polarities would be in order. If you were naughty and skipped over these sections, I would suggest that you read them now.

So what have you discovered? You should be in agreement with me on at least two points. The cell should use as many of *one type* of Orgone polarity materials and properties as possible. Additionally, we want to utilise as many as possible of the external forces available to us in order to assist in the accumulation of the Orgone energy.

Let me give you a brief list of the requirements of this magic accumulator and see if we are on the right track with the Joe cell:

- The Joe cell is natural, as it operates on the life force (Orgone). It is the only natural, man-made *energy-producing* device that does a direct interchange from a primary energy source to the final energy supply. As such, it seems to provide "free energy" and thus should be an impossibility. This is a huge stumbling block for people who do not understand the concept of "free energy".

- The Joe cell is silent. There are no moving parts. A solar panel or Peltier-effect device would be the closest, highly inefficient relations.

- The Joe cell is simple. With no moving parts, a set of cylinders and water, you could not get an energy cell in a more simple format.

- The Joe cell is cheap. After the initial outlay, there are no further material costs or replacements required for worn-out parts. The Joe cell is virtually everlasting. If you build one with second-hand components, your total outlay should be under AUD\$200.

- When we use energy that is at its fundamental stage—that is, the energy cannot be broken up into any other energy constituents that are at a smaller level—we have no waste by-products and thus no pollution. The Joe cell runs on the life-force energy (Orgone), which is a fundamental force of the Universe. You are not going to get any more basic than that!

**As a side note, mankind has created synthetic materials in recent times that can greatly stop the penetration of Orgone. I am talking about polymers.**

- Any centrifugal, expanding and exploding force is wasteful, due to the creation of heat. Any device that generates heat as part of its operation can never be considered an efficient energy source. Nor can it ever be an overunity device. The Joe cell runs cool, and so does the motor that runs from it.

- Any energy produced from a set of conversion stages is wasteful. For example, a nuclear submarine has a nuclear reactor to create heat. The heat is used to create steam from water. The steam drives a steam turbine. The steam turbine is used to run

an electric generator. The electric generator is used to drive an electric motor. The electric motor turns a propeller. The propeller twists in water, thus providing a thrust. The thrust propels the submarine. You would have to be kidding! No wonder that superior beings roll on the floor with laughter on observing our "technology". How unnatural is all that? The Joe cell converts the primary life force (Orgone) into an *expanding, multiple-use force* in one step. Beautifully simple!

- The Orgone does not have to be stored, or converted and

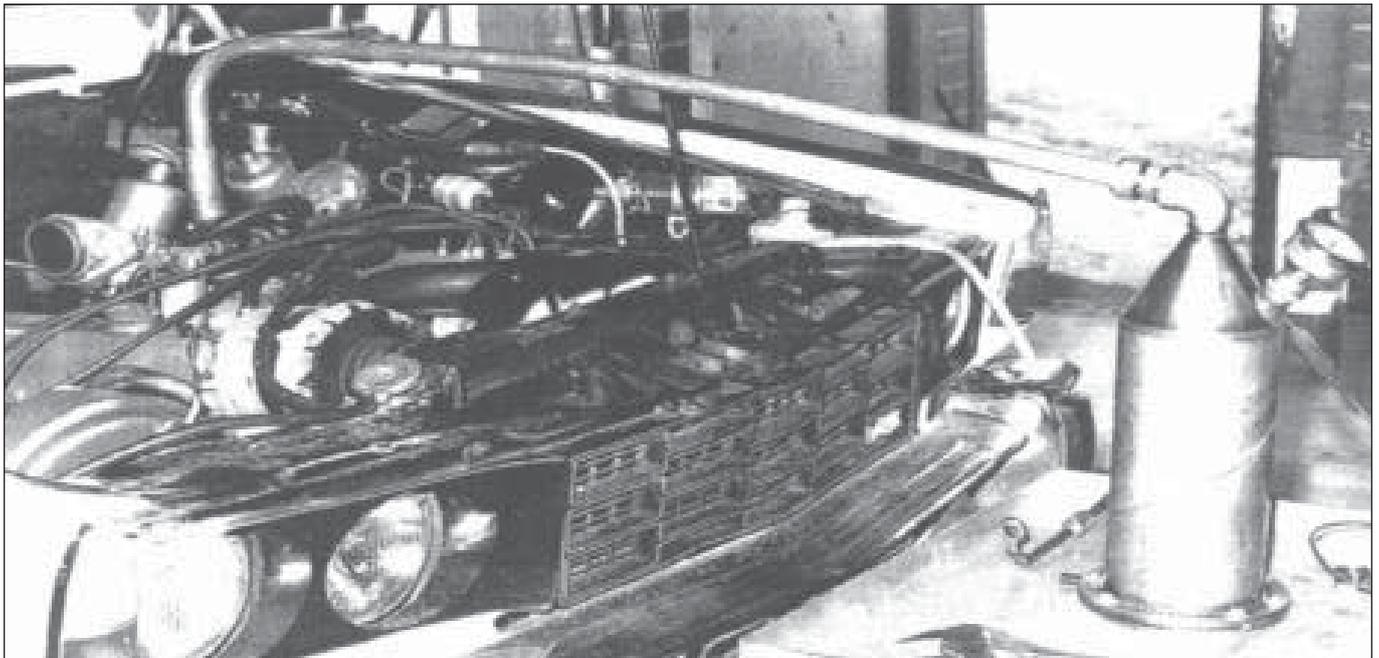


Fig. 2: An overall view of the Rover car and the external cell connection. The cell used for this test is "Old Trusty", as shown in Fig. 1.

stored. It is an *on-demand system*, and thus there is no infrastructure required to store, distribute, ship, sell, etc. Unlike petrol, it is the same price each week—that is, free—which is definitely not good news for the oil multinational concerns. Maybe that is why we are not using this force?

So, to summarise, I would say that (to the best of my knowledge), as there is no alternative energy device to compete with the Joe cell, we would be on the right track if we built a cell that ran on Orgone. Please note, however, that the Joe cell and its construction have limitations and negatives, as you have already read. As we do not live on a perfect world, we are not perfect humans and the Joe cell is not a perfect device.

### Making a Theoretical Cell

By reading through the list of Orgone properties and selecting the ones that look usable, you should have selected these:

- Property 14: As Orgone has a preference for a vertical and constant upward alignment, we will have the outlet of our cell at the topmost point of the final structure.

- Property 6: As Orgone can be manipulated, it means that we can build a container to house it. We will have cylindrical cylinders, concentric-centric, and with a vertical axis to fit in with Property 14.

- Property 10: As Orgone is absorbed in water, we are going to make a water cell. As we are dealing with water, the cell has to be waterproof and non-corrosive.

- Property 20: As Orgone can only be concentrated to a finite amount, we know that sooner or later something will occur in the vertical plane and that, with our outlet located at the top of this vertical axis (to fit in with Property 14), something will come out.

- Property 9a: As Orgone moves in alignment with a magnetic field, we know that if we connect one of our potentials at the bottom of our "conductor", and the other potential at the top of our "conductor", a magnetic field will result and the Orgone field will move in the *same direction*. As our conductors are the metal cylinders, they now must have a *concentric-centric* vertical alignment to fit in with Property 14. As we are dealing with magnetic fields, our cell material should not interfere with the chosen field that assists the Orgone to follow in a vertical alignment. Also, as we are dealing with water, electrolytes and magnetism, the cell material suitable for the simple cell should be *stainless steel* with a *minimal magnetic residual*. Just on the side, our "conductor" is a complex combination of water, stainless steel cylinders and ion flow. Nevertheless, it will create a directional magnetic field.

- Property 9b: As Orgone moves at right angles to an electrical field, our concentric vertical cylinders prove a perfect match; that is, the electric current flow is from the innermost cylinder to the outermost cylinder in horizontal lines. As the Orgone flows at right angles to this field, the end result is again a vertical alignment of Orgone. Good stuff!

Now, from the table of Orgone polarities (refer to the manual),

we can get a few more "helpers" to coax the Orgone force to work for us. The electrolysis will be very interesting, and, as Joe said, connecting the power to the cell when the engine is running is like switching the turbocharger on full boost: man, you are off! Likewise, the friction from the reciprocating parts in the engine will get it to go in and have a peek, and then..."Got you! We can use it!" The sound and vibration are additional bonuses when the car is running.

### Capacitor Effect

For the electronically versed readers, let me explain to you one way that the cell acts as a concentric energy accumulator. It is a well-known fact that the charge of a capacitor is proportional to the surface area of the plates. Similarly, we know that the potential increases as we bring the plates closer together.

Now, look at the beauty of the Joe cell. We have a set of concentric plates with an obvious reduction of surface area as we move towards the middle of the cell; that is, as the cylinder gets smaller in diameter, the surface area reduces proportionally. As the surface area of the cylinders decreases towards the middle, we automatically have the charge increasing as we move towards the centre! Therefore, the greater the number of cylinders, the greater or more intense is this charge build-up. So, thrown in at no extra design cost is an automatic magnifier for the Orgone force that is concentrated automatically at the centre of the cell.

The above applies only if the water can act as a dielectric; that is, that there are not too many ions in the water. Thank you, Nature!

By the way, on a larger scale, the Earth is the middle of the accumulator and the different atmospheric layers are the cylinders that concentrate the Sun's radiations.

### End Result

We now have a theoretical cell. It is made from a plurality of concentric stainless steel cylinders in water, with an application of a suitable electric and

magnetic field and a top-located outlet on a vertically aligned cell. So, the above is the layout and the logic in the construction of a theoretical cell.

Now, dear Joe did not do any of the science, did not know any of the scientists, did not read any related books and did not know what Orgone was. However, by a stroke of sheer luck and intuition, he made his final cell in the above configuration—and the rest is history! Yes, dear friend; our theoretical cell is exactly how you should make your practical working cell. ∞

### Editor's Note:

The Joe fuel cell has previously been featured in articles published in NEXUS 5/05 and 5/06. **Experimenter's Guide to the Joe Cell**, from which this article is extracted, is reviewed in our Book Reviews section this issue. The manual is available from NuTech 2000, PO Box 255, Ivanhoe, Vic. 3079, Australia, e-mail nutech@arc.net.au. Price is AUD\$39.00 + \$3.00 p&h (AUD\$7.50 p&h to New Zealand; AUD\$9.00 elsewhere).

Unlike petrol, it is the same price each week—that is, free—which is definitely not good news for the multinational oil concerns.

Maybe that is why we are not using this force?



# NEO-ASTROLOGY

## STATISTICAL EVIDENCE FOR THE INFLUENCE OF THE PLANETS?

*A method of correlating the planets with 'body types' could put Astrology on a firmer scientific footing.*

by Anthony Craig © 1999

Melbourne, Victoria, Australia  
Telephone: +61 (0)3 9853 8791  
E-mail: [mercsat@start.com.au](mailto:mercsat@start.com.au)  
Website: [www.homestead.com/axissophia/index.html](http://www.homestead.com/axissophia/index.html)

The task of verifying astrological premises using the scientific method invariably creates a host of problems. There is little understanding in either camp of the other's motives and methodology, and astrologers themselves are divided on the subject of serious investigation. Many studies fail because of poorly designed experiments and ignorance of the statistical method—let alone the fact that scientists hardly deem astrology a subject worthy of investigation.

Perhaps the main reason for the divide between astrology and science is that, according to the scientific method, astrology had no clearly defined premise, no plausible mechanism to explain its effects, and no experimental model with which to make predictions. That great mind of the Renaissance, Johannes Kepler, had a deep conviction that astrology needed to be reformulated in order to become a true scientific doctrine.

Many years ago I discovered a system of body types which seemed to me to explain all the mysteries of human psychology and which has the possibility of achieving Kepler's aim. It has enabled me to introduce true, measurable quantities into astrology and to set up an objective test for a Science of Celestial Influence using well-defined physical characteristics.

### MICHEL GAUQUELIN AND NEO-ASTROLOGY

Michel Gauquelin is single-handedly responsible for putting the study of planetary influence on a firm scientific foundation. He was born in Paris in 1928, and graduated in psychology and statistics from the Sorbonne. He spent over twenty years studying the relationships between cosmological and biological phenomena, revealing many of astrology's faulty foundations—such as the lack of statistical evidence for the Sun signs, and subjective differences in interpretation.

Gauquelin's first positive result in his investigations was using the birth times of 576 doctors who had achieved academic distinction. He showed that they tended to have been born when either Mars or Saturn had just risen or had just passed the midheaven, in numbers well above those expected by chance alone. A second study produced similar results. He then proceeded to include other professions from other European countries, until he had collected over 27,000 birth times from official registers. With few exceptions, confirmation of his original results—that the appearance of Saturn and Mars in key points at the time of birth was related to eminence in professions—continued to emerge.

Gauquelin then changed his focus by making extensive lists of character traits of various professional types. Using birth times and reliable biographical material, he was able to arrive at a character profile of each planetary type that matched perfectly the classical types of antiquity: Jovial (refined, regal, dramatic, profound); Lunar (moody, passive, pessimistic); Martial (aggressive, passionate, vigorous); Saturnine (phlegmatic, introspective, melancholic, masterful); Venusian (sensual, sympathetic, nurturing)—although he was not able to distinguish the classical Mercurial type (restless, sanguine, excitable, perceptive).

He sent his findings to the Committee for the Scientific Investigation of Alleged Paranormal Phenomena, a group well known for its ability to demolish rather than verify the claims it investigates. After having found no serious errors in Gauquelin's methods, they supervised a replication using the "Mars effect" on 535 sports champions. They achieved an even slightly higher percentage of successful results than Gauquelin's original tests, with odds against chance being several million to one. They balked, however, and raised all kinds of objections to Gauquelin's methods. The controversy over the results of

the Committee's verifications of Gauquelin's findings is a saga in itself, and is a clear example of the enormous resistance to anyone who threatens to bridge the divide between the hard sciences and what is seen as "popular metaphysics".

However, Gauquelin said that his works should not be termed "astrology", because most of the essential elements of traditional astrology—the zodiac, the aspects, the houses—have lost their significance and only five planets play any role. Its two main pillars are the planetary types and the power of the four celestial angles. Gauquelin, like Kepler, was the consummate scientist, and his unique endeavour was to "chart a course between the astrologer's faith and the scientist's scepticism". He believed, as Kepler did of astronomy in the 16th century, that at the end of the 20th century the time was ripe for an astrological renaissance.<sup>1</sup>

### RODNEY COLLIN'S BODY TYPES

Dr Louis Berman, one of the pioneers of endocrinology, after years of intensive study developed a system of types based on glandular dominance or imbalance. He said: "All attempts to classify human beings, ancient or modern, lack the fundamental quality that studying and grouping them from the chemical point of view possesses." His studies convinced him of the fundamental importance of the glands of internal secretion as "controllers and regulators of that ensemble of forces, attributes, habits and attitudes...known as character, individuality or personality".<sup>2</sup>

It was Rodney Collin who made the connection between the classical types of antiquity and the types delineated by Louis Berman.<sup>3</sup> Collin was a student of P. D. Ouspensky, who was himself a student of the mystic and teacher G. I. Gurdjieff. The study of types was a significant part of Gurdjieff's teaching, and Collin was able to verify and develop his own discovery in the concentrated atmosphere of an esoteric school. My own involvement with a school in the Gurdjieff/Ouspensky tradition has enabled me to study and use this system for over 12 years.

There are only two differences between Gauquelin's and

Collin's types: Gauquelin could not distinguish a Mercurial or a Solar type. Apart from this difference, his types are identical to both the ancient scheme and Collin's.

Collin distinguished seven basic types: the Martial, governed by the adrenal glands; the Saturnine, governed by the anterior pituitary; the Jovial, governed by the posterior pituitary; the Lunar, governed by the pancreas; the Venusian, governed by the parathyroids; the Mercurial, governed by the thyroid; and the Solar, governed by the thymus.

Being of a certain type means that our dominant essential characteristics are the result of the endocrine hormones broadcast in our bloodstream. The glands, tuned to a particular planet and stimulated by its appearance either rising or culminating at our birth or making the appropriate angles to these points, immediately begin to influence our physiology. The pituitary stimulates the growth of long bones; the thyroid, the rate at which our metabolism idles and accelerates; the adrenals stimulate muscular development and certain aspects of pigmentation; etc., etc.

These same hormones that direct bodily growth and development, in a higher octave represent our subjective psychology. They determine our attitudes, affinities, talents and weaknesses; our whole way of seeing the world. Our essence, our quintessential character, is the composition of the chemicals in our bloodstream at any given moment. Four hundred years ago, Paracelsus said: "The planets are in us." There could be no more perfect description of the endocrine influence on human physiology.

**Being of a certain type means that our dominant essential characteristics are the result of the endocrine hormones broadcast in our bloodstream.**

collin's types: Gauquelin could not distinguish a Mercurial or a Solar type. Apart from this difference, his types are identical to both the ancient scheme and Collin's.

### THE HARMONIES OF SPACE AND TIME

Few attempts have been made to construct a plausible model of planetary influence. This is strange, for there is fertile soil for such a model in the field of harmonic science, the concept of which is aptly expressed by George Leonard:

"At the root of all power and motion, there is music and rhythm, the play of the patterned frequencies against the matrix of time... The way music works is also the way the world of objects and events works... The deep structure of music is the same as the deep structure of everything else."<sup>4</sup>

This deep structure of space and time has caught the imagination of many great scientists. The physicist Werner Heisenberg viewed reflection on the harmonic thinking developed by Pythagoras as being "one of the strongest impulses within human science".

Bertrand Russell, in his *Analysis of Matter*, said: "What we perceive as various qualities of matter are actually differences in periodicity."

Plato wrote in the *Timaeus*: "...the sight of day and night, of months and the revolving years, of equinox and sunset, has caused the invention of number...whence we have derived all philosophy." Plato considered geometry and number as the most reduced and essential, and therefore the ideal, philosophical language.



If there is a language to describe a Science of Celestial Influence, then we must look for it in the field of harmonic science.

### THE HARMONY OF THE SPHERES

Harmony is the *a priori* Law written in all of Nature. It is the "philosopher's stone", and it has the potential to unite all branches of science, so any Science of Celestial Influence must be ruled by the same law. Kepler stated numerous times that all Nature is symbolised in geometry.

In 1920, the German scientist Hans Kayser developed a theory of world harmonics, in an attempt to rediscover the lost harmonic science and to unite the separate realms of contemporary science into one whole. Kayser was able to demonstrate in rigorous scientific and mathematical terms that in chemistry, atomic physics, crystallography, astronomy, architecture, spectro-analysis, botany, etc., there exists an underlying framework of whole-number ratios such as the octave, third, fourth and fifth.

Harmonicist Rudolph Haase said: "Harmonic laws thus allow for interconnections between different areas which, since they often prove significant, cannot be dismissed as accidental or side-effects."<sup>5</sup>

Entering into harmonic relationship is the goal of every entity, from atom to planets. The solar system is an harmonic structure, subject to the laws of resonance and harmonic affinity. It reveals resonant affinities in the mean distances of the planets and their rotational speeds, their orbital and rotational periods, and perihelion and aphelion ratios. They resonate with each other in an extremely low, inaudible yet powerful music. The key notes of this music are transferred to Earth by their angular relationship, an idea shared by sacred geometer Robert Lawlor:

"Geometric angles act as a controlling device to release potential qualities locked in a holistic sound pattern. The effect of angulation on resonant patterns is the key to understanding how angles of planetary configuration affect or modify the atmosphere of the Earth."<sup>6</sup>

The angles that connect the planets and Earth are: the conjunction, 0 degrees; the trine, 120 degrees; the opposition, 180 degrees; the square, 90 degrees; the quintile, 72 degrees; and the sextile, 60 degrees—which correspond to the natural harmonics in the overtone sequence: unison, the fifth, the octave, the next higher octave, the third, and the minor third.

### PLANETARY MUSIC

Various attempts have been made throughout history to make the solar system conform to musical schemes, both ideal and actual. The most successful of these, because it was based on physics, is that of Johannes Kepler.

Kepler's planetary harmony is based on the true motions of the planets, and his astronomical data were so nearly accurate that they only required two minor corrections to agree with modern measurements. Kepler compared each planet's angular velocities

at perihelion and aphelion and expressed the ratio as a musical interval. Of 74 tones, 58 belong to the major triad C E G. Kepler's achievement is a powerful argument for the harmonic arrangement of the solar system.

According to John Anthony West, author of *The Case for Astrology*: "...harmonics and resonance are now understood as fundamental scientific principles underlying all material creation, and their application to celestial correspondences follows logically from what is known about them in other physical domains."<sup>7</sup> There is extensive evidence of this from reputable scientists like Giorgio Piccardi and Frank A. Brown, who studied the effect of planetary and cosmic influences on chemical compounds and living systems, and from Hans Jenny, who conducted experiments on the principles of sound and frequency as harmonic, organising principles.

**If it be supposed that each body cell—a watery sac, ideal for the reception and conduction of electromagnetic frequencies—is receiving the vibrations in the atmosphere, and that the glands are sensitive to frequencies of a definite pitch, then we have an ideal theoretical framework for the mechanics of celestial influence.**

### THE RESONANCE OF CELESTIAL MECHANICS

Astrology's real failure to qualify as a science is the lack of a plausible and complete model for the mechanism of planetary influence. I have drawn on several sources in an attempt to fill this gap—principally using the concept of resonance, as elaborated by Dr Percy Seymour in *The Scientific Basis of Astrology*.<sup>8</sup>

Put simply, the planets produce tides in the magnetosphere of the Earth, creating frequencies in the magnetic field and atmosphere. The Earth vibrates with a vast number of different frequencies and, according to Seymour, some of these frequencies are almost exactly the same as the weak tidal forces produced by the planets. The natural frequencies become phase-locked to them when the planet is rising or culminating, and are intensified.

Studies have found that radio-electric measurements of natural ELF (extra low frequency) signals tend to vary from summer to winter and also within a 24-hour period, being strongest in the early afternoon and weakest in the small hours of the morning. Other studies have found

that geomagnetic changes at the surface of the Earth, occurring when the dawn sunlight reaches the ionosphere, can trigger activity in plants so that they are ready for photosynthesis as soon as dawn arrives, one and a half hours later.

If it be supposed that each body cell—a watery sac, ideal for the reception and conduction of electromagnetic frequencies—is receiving the vibrations in the atmosphere, and that the glands are sensitive to frequencies of a definite pitch, then we have an ideal theoretical framework for the mechanics of celestial influence. At birth, the planets rising over the horizon or directly overhead exert a stronger influence, and the relative strengths of the glands are set or "tuned", as Rodney Collin says, like the tumblers in a combination lock and remain so for the rest of one's life.

An ancient Chinese text says: "Tuned to the tone of Heaven and Earth, the vital spirits of men express all the tremors of Heaven and Earth, just as several cithars, all tuned on Kung [the tonic of the five-toned Chinese scale], vibrate when the note Kung

## BODY TYPES: PHYSICAL AND CHARACTER ATTRIBUTES

These descriptions are guidelines defining physical parameters and are not hard-and-fast rules. They are descriptions of "pure types" which are rarely found. The types also combine, but only in the following order: Saturnine/Martial, Martial/Jovial, Jovial/Lunar, Lunar/Venusian, Venusian/Mercurial, Mercurial/Saturnine.<sup>10</sup>

### Anterior Pituitary/Saturnine Type:

Physical attributes: Very tall, long bones, high/prominent cheekbones, strong jaw, high forehead.

Character attributes: Austere, cautious, great powers of endurance, impartiality, moderation, tolerance, seriousness.

Chief weakness: Dominance, the desire to produce order.

Chief strengths: Leadership, responsibility.

### Adrenal/Martial Type:

Physical attributes: Small, muscular, robust; often have short, thick neck on rounded but powerful shoulders; strong jaw-line; often pale, ruddy or freckled complexion with red hair.

Character attributes: Aggressive, blunt, bold, competitive.

Chief weakness: Flair for destructive behaviour.

Chief strengths: Honesty, courage.

### Posterior Pituitary/Jovial Type:

Physical attributes: Large frame, big waist, thin legs; large, round heads, with men prone to baldness; both sexes often have poor eyesight.

Character attributes: Ambitious, dramatic, gregarious; attracted to arts, literature.

Chief weaknesses: Vanity; power, the need to subordinate others.

Chief strength: Harmonising influence.

### Pancreas/Lunar Type:

Physical attributes: Small, unassuming; pale complexion; often a receding chin, small in proportion to rest of face; very fine hair, usually brown, light brown or jet black. Habitual posture or facial expression is suspicious, resistant or withdrawn.

Character attributes: Aloof, moody, often quite eccentric but with an orderly, practical side; pessimistic, timid, secretive.

Chief weakness: Wilfulness, the compulsion to resist or say no to everything.

Chief strengths: Loyalty, determination.

### Parathyroid/Venusian Type:

Physical attributes: Gracefully rounded, shapely or well-balanced features; a soft voluptuousness, with tendency towards classic pear-shape ending in thick ankles; abundant, wavy hair, usually black or dark brown.

Character attributes: Very sympathetic, accepting, charming.

Chief weaknesses: No sense of individuality or lives through others; can be indecisive, slow or lazy.

Chief strength: Strong nurturing instinct.

### Thyroid/Mercurial Type:

Physical attributes: Short, wiry, compact, usually extremely agile; angular face; medium-fair or dark hair.

Character attributes: Tidy, fastidious; cheeky, playful quality; entertaining, witty; brimming with nervous energy, which can make this type shallow, impatient, critical; psychologically perceptive.

Chief weaknesses: Vanity; ability to manipulate others.

Chief strengths: Adaptability; speed of intellect and motor skills.

### Thymus/Solar Type:

Physical attributes: Small, thin, waiflike with a light, supple, childlike body, slender waist, delicate features and health; transparent milk-and-roses skin, little body hair; androgynous.

Character attributes: Childlike, gullible.

Chief weakness: Naïveté.

Chief strengths: Imagination; creativity.

responds. The fact of harmony between Heaven and Earth, Earth and Man does not come from a physical union, from a direct action; it comes from a tuning on the same note, producing vibrations in unison..."<sup>9</sup>

## SIGNATURE SOUNDS

Research being done into BioAcoustics, by US-based subtle-energy medicine group Signature Sound Works, is establishing that every substance, structure and process in the human body has its own specific frequency. BioAcoustic™ sound therapy works on the principle that every person emits "signature sounds" that are unique to each individual and contain information about physical and psychological states. Notes that are in stress are brought into balance using sounds delivered at brain-wave levels. The brain then entrains the missing notes and reverses the disease process.

BioAcoustics researchers, with the help of many people including medical professionals, have compiled overwhelming evidence that the molecular weights of compounds converted to frequencies and delivered as sound produce similar results to administering substances orally or intravenously. It seemed extraordinary, but the evidence was so supportive that they could not deny the link. Since then, the BioAcoustics group has compiled an encyclopaedic volume of specific frequencies for individual organs, muscles, etc. and for hundreds of substances and compounds.

Following this research, I worked on the theory that each endocrine gland either had its own "note" or produced hormones whose molecular weights bore some harmonic affinity with the frequencies of the planets. This is, I believe, the connecting link between the planets and body type. The planetary tides raise frequencies already present in the atmosphere above a critical threshold where they can affect the sensitive glands.

## COUSTO AND THE COSMIC OCTAVE

Drawing on examples from music, biology, chemistry and astronomy, Hans Cousto, in his stimulating and original book, *The Cosmic Octave*, explores the harmonic properties of the structure of the solar system and effectively demonstrates that every scale, from atom to galaxy, is linked to every other by the law of the octave.

Cousto reports that a large Munich printing company was experiencing interference with the quality of their rotogravure printing process and was anxious to know why. They suspected the gelatine used in the process was being affected by the weather.

An engineer was engaged to investigate, and after many years it was discovered that the source of the interference was an atmospheric phenomenon, known to meteorologists as "spherics".

Spherics are short electromagnetic impulses which are continuously being formed in the atmosphere of the Earth and have a determining effect on the weather. With the help of magnetic wide-band antennae, it was possible to record the spectral maxima of these frequencies in over 35,000 individual tests.

The frequencies discovered corresponded to C, G, C, E, G, A, G (the extra C and G being in a higher octave), with the G matching to within 0.28 Hz of the G of the tone of the period of revolution of the Earth. Each of the frequencies bore a remarkable harmonic relation to each other, and it seemed that the music of the Earth's rotation was not simply an abstract principle but an actual measurable phenomenon.

Cousto also computed frequencies for each of the planets, based on their orbital periods about the Sun:

Mercury:	282.54 Hz	D-
Venus:	442.46 Hz	A
Moon:	420.82 Hz	A-
Mars:	289.44 Hz	D-
Jupiter:	367.16 Hz	F#
Saturn:	295.70 Hz	D

Looked at in this way, the planets appear to be a "family" in the key of D, as D is the tonic, F# is the third, and A is the fifth in a major triad.

Out of 20 hormone frequencies supplied by a friend at Signature Sound Works, 13 were close matches to natural notes (no sharps or flats) in the key of D-major (of which seven were of the major triad).

An alternative model for the musical basis of planetary influence could be the rotation of each planet producing the fundamental note which is then transferred to Earth.

The notes for the daily rotation of each planet are:

Mercury:	26.84 Hz	-A
Venus:	25.64 Hz	G#+
Moon:	26.30 Hz	-A
Mars:	23.49 Hz	+F#
Jupiter:	29.59 Hz	+A#
Saturn:	28.41 Hz	-A#

The difference with this scheme is that whereas the orbital period tones all harmonise with each other, most of these don't, although some are very close to each other. (The '+' and '-' signs refer to notes slightly above or below the designated tone or note; e.g., -A# is somewhere in between A and A#.)

The correspondences with the hormone frequencies were also evident, but not as strong.

### STATISTICAL VERIFICATION OF BODY TYPES

If, as we intend to prove, harmonic science—and therefore celestial influence—is ruled by geometry and numbers, then naturally it can be proved by numbers. Although statistics cannot give definitive answers, they can indicate the probability that the results obtained may have arisen by chance. Statistics, according to J. A. West, is a kind of mathematically justified common sense, and Gauquelin believed that a statistical law is a natural law like any other.

Kepler's astrology was just as frugal as Gauquelin's, and he considered only the planets and their angles to be the essential elements of astrology. The crucial angles were the conjunction, opposition, square, trine, sextile and quintile, because they could

all be equated with musical intervals. These are the aspects used for the following tests, with orbs of eight degrees for the large aspects and six degrees for the sextile and quintile. For these tests, I considered physical characteristics which are easily recognisable.

For reasons that aren't yet clear, the Solar type does not produce the same results with the methods used for the other planetary types. I originally thought the type to be determined by the Sun's angles to the key points, but this yielded few positive results. Next, I took as an hypothesis that the Solar type is influenced by increased emanations from the Sun, so I turned to the sunspot cycle for my next attempt. The results were both interesting and perplexing.

I found that the three Solar types I considered to be the most classic types were born in 1958, a year in which the highest-ever level of sunspot activity was recorded. This was more than a coincidence, yet there were few other significant or obvious correlations between the births of Solar types and this cycle of solar activity. Because the Sun is a star and not a planet, the Solar type is also of a different order. This means that the influence of the Sun on human physiology is also different than that of the planets, so, for the time being at least, the Solar type is not suitable for these tests.

According to the statistical method, if there is no correlation between the planets and the body types, then any predictions should be hovering around the expected 16% due to chance. In all my tests, the results were well above this number and well above Gauquelin's results. I had collected nearly 600 charts of famous people, half of which I managed to identify by body type. Of a total of 299 charts, 261, or 87%, contained the planets relating to type. Within that total, the charts of composite types totalled 182, and of those, 76, or 42%, contained both planets relating to type. The second sample comprised a total of 33 friends and acquaintances of which 31, or 94%, contained the appropriate planet. The composite types totalled 17, of which seven, or 41%, contained both planets relating to type.

For my third test, I enlisted the aid of the National Council of Geocosmic Research in the US. Two members agreed to send me photos of 44 subjects so I could identify their types and the planets I expected to find in their charts. I sent them my findings and they then e-mailed the results to me. Of a total of 44 subjects, I was able to identify 42 as types, from which I predicted 29 correctly.

Traditional astrology says that all planets appearing in the chart, regardless of whether they make angles to the ascendant (ASC) or midheaven (MC), play a role in shaping the individual, while stressing that those aspecting the ASC or MC are more important than the others.

If the body type theory is correct, then it is not necessarily so that all planets must be considered. Not all planets necessarily play a key role, for the same reason that certain notes produce no harmony together, as each planet has a different frequency. There may also be an unknown factor that selects certain planets or frequencies and eliminates those not relating to type, which may have something to do with heredity or atmospheric conditions.

### A NEW SCIENCE OF CELESTIAL INFLUENCE

Traditional astrology, in its attempt to reflect the holistic thinking of the 20th century, has introduced so many variables into its interpretation that it long ago ceased to qualify as a science. Gauquelin, on the other hand, has established without doubt that

Continued on page 82



**UNIFIED THEORY OF MATTER**  
**— Application to Electricity —**  
 by Samuel P. Costin © 1999

I have received an overwhelming response to my Unified Theory of Matter [see article in NEXUS 6/04] from both professional and amateur science researchers alike. A large percentage of respondents wish me to elaborate on the application of the theory to electricity. As so many readers requested this, I have prepared the following response.

As described in the introduction, the actions of matter are the same at all levels of Nature. For example, when we observe our weather, we see winds occur when low pressure and high pressure systems converge. The direction of the wind is always from the high pressure to the low pressure region. Higher pressure is a signature of faster particle spin velocity, and lower pressure of slower particle spin. Hence, at particle level, spin acceleration will always occur in the same direction, from fast to slow. Just as this is experienced every day in our weather, so it also occurs every day at the particle level. It is, in fact, the cause of electricity.

Another indicator of fast particle spin velocity is heavy mass, as the faster a particle's spin velocity the heavier it becomes. Also, the increase in spin velocity will pull the particles closer together, also contributing to the heavier mass.

Imagine two objects adjacent to each other and each object has a different particle spin to the other. The spin velocity of the faster spinning particles will slow down and the spin velocity of the slower spinning particles in the adjacent object will increase.

A common source of electricity is a battery. A battery consists of two separate materials of different mass, usually chemicals referred to as "electrolytes". One electrolyte always has a heavier mass than the other. Chemicals with the heavier mass also have the faster particle spin.

Another way of achieving faster particle spin is with acceleration, as in car batteries where a common electrolyte of sulphuric

acid is used in each cell. The particle spin of one of the cells is accelerated faster than the other by charge from the car's generator. Should these two cells of different particle spin be joined by a copper wire, then, just like the wind, a rush of particle spin acceleration will travel down the wire to the end with slowest particle spin velocity. As a result, the particle spin of the charged cell will slow down or lose its charge.

We always call the cell with the faster particle spin "negative" and other "positive". That is why electricity always travels from negative to positive and why electricity is actually particle spin acceleration.

It has been claimed that pressure and mass are both indicators of particle spin, so these should be affected in a car battery. It has been established that faster particle spin is associated with increased weight and increased pressure. Therefore, for the particle spin velocity to change, the weight of the poles at either end of the wire must also be observed to change.

This is exactly what happens in a car battery, as the mass of the negative pole increases during charging and reduces when discharging. This is observed as oxidation, where the mass of a lead pole will

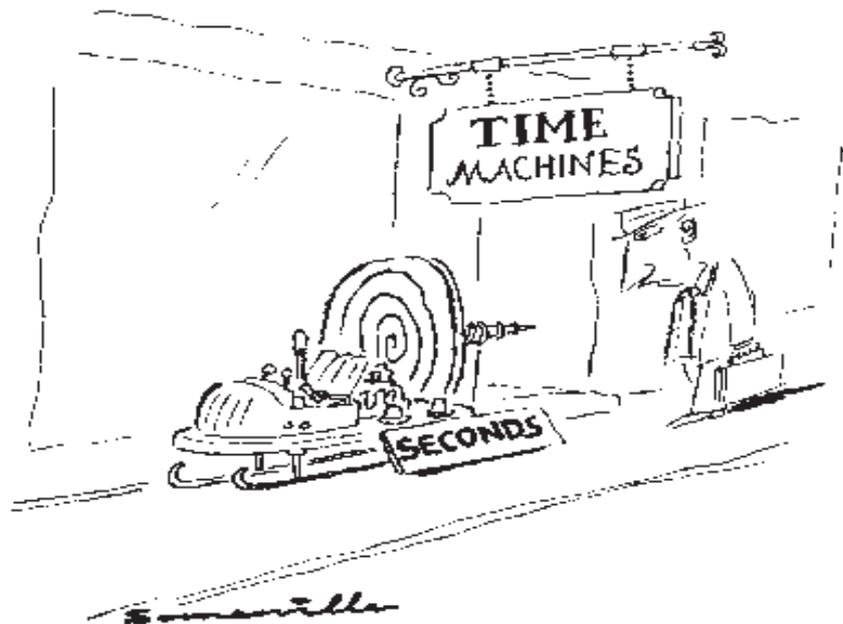
reduce to lead oxide as it is discharging. Conversely, the positive pole will change from lead oxide to lead whilst receiving particle spin acceleration through the copper wire. Should the pole be immersed in a gas, the higher the pressure of the gas, the greater the charge (particle spin).

Faraday found that the weight of any substance produced at an electrode is directly proportional to the quantity of electricity that passes between the electrodes. He went further to state that the weight of substances produced at the electrodes by the electricity (particle spin acceleration) is in the same proportion as the change in atomic weight (particle spin velocity).

Obviously, the shorter the distance between the poles, the faster the particle spin acceleration of the positive cell.

It is interesting to note at this stage that other indicators of particle spin acceleration—heat and light—are also evident at the connection of the poles during rapid spin acceleration.

So, by placing a lead pole into a sea of accelerated particle spin—like charged sulphuric acid—particle spin will be accelerated down the wire to the end with the slower



particle spin velocity.

It was established in the introduction to this theory that a similar "sea of accelerated spin velocity" also exists around a magnet. So, placing a copper wire into this "sea of acceleration" will create the same effect. This is how an electrical generator works.

So, to summarise the common terms used in electricity:

*Potential difference* (volts) is the difference in particle spin velocity between any two points on a conductor.

A *conductor* is a medium through which particle spin acceleration may travel.

*Resistance* (ohms) is the amount of spin acceleration lost during its travel through a conductor.

*Current* (amps) is the amount of particle spin acceleration.

A way of testing this theory against the "electron" theory would be to place a conductor in the field of an artificially manufactured, radioactive substance. The resulting amperage should be significantly greater than with permanent magnets.

I trust this will assist readers' curiosity about this theory. Should anyone have any further questions, I will be only too pleased to assist.

I am currently formulating a similar response on gravity, which was also prominent in the readers' requests for further information.

(Source: Samuel P. Costin, 11 July 1999, PO Box 234, Hamilton Hill, WA 6169, Australia, e-mail jenninecostin@netscape.net)

## SUCCESSES WITH COLD FUSION & NEW-ENERGY EXPERIMENTS

by Hal Fox © 1999

As a professional scientist I have spent the past ten years (plus), since the announcement of "cold fusion", tracking down, investigating and reporting on a variety of proposed new-energy devices. Our group (Fusion Information Center and Trenergy, Inc.) has published hundreds of articles and collected, read and reported on over 3,000 professional papers on various new-energy devices, systems, proposals and theories. In a capsule, here are the results:

1. Cold fusion *does* work. Over 600 papers from over 200 laboratories in 30 countries have reported successes. However, none of the varieties of cold fusion devices (as yet) is robust and easily replicated, so there is no threat to the hot-fusion community.

2. The Cincinnati Group has shown both excess thermal energy and nuclear reactions from a special electrochemical configuration. The most important finding is the ability to reduce the radioactivity in some aqueous solutions.

We have replicated and extended this work in Trenergy's laboratory and have reported the results in a meeting of the American Nuclear Society. Some similar (but different configuration) low-energy nuclear reactions have been accomplished and fully reported by Professor George Miley, editor (until 1999) of *Fusion*

*Technology*, the international journal of the American Nuclear Society.

This work is now being extended to the on-site stabilisation of high-level, radioactive, spent-fuel pellets by the Trenergy group. This work is being performed with private funds so that the intellectual property rights are preserved. Several patents are pending.

3. The newest work of Prof. Ruggero M. Santilli has shown that a special type of underwater arcing can produce a combustible gas from carbon-containing wastes (sewage and other types of contaminated water). This gas can be produced to provide two-and-one-half times as much energy output as energy input to create the gas. Patents are pending. The work is being supported and commercialised by Troups Technology Licensing, Inc. of Florida.

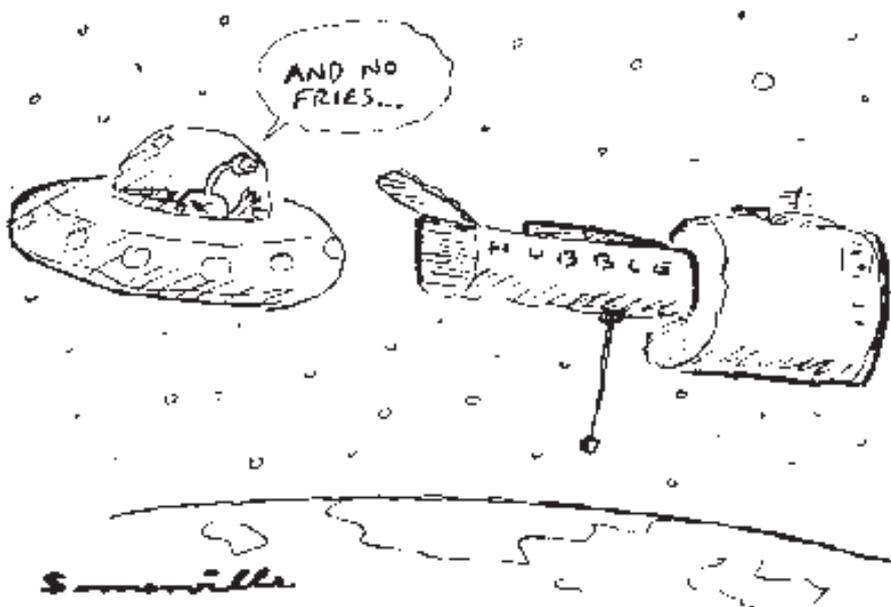
4. Dr Randell Mills has shown that energy can be obtained by the collapsing of the hydrogen atom below its normal ground-state. For further information, including a paper presented before the American Chemical Society in early October 1999, see website [www.blacklightpower.com](http://www.blacklightpower.com). Patents are pending.

5. Kenneth Shoulders (see US Patent No. 5,018,180) has shown how the use of high-density charge clusters can produce both excess thermal and direct electrical energy. Up to now, the devices have been small (about one watt per device). Plans have been made and private funding is being used to scale up these thermal and direct electrical output discoveries. According to the patent, the excess energy apparently comes from tapping the vacuum energy of space.

These are the unemotional facts about new energy. There are several other developments that could be cited. However, these are the patented (and patent-pending) discoveries that are being commercialised. In all cases, the research and development have been done with private funds (except possibly for some work done by Prof. George Miley). The US Department of Energy has yet to discover and officially announce these new-energy processes.

Anyone who desires to condemn *all* new-energy projects as fraudulent is, of course, either vastly misinformed or working under someone else's agenda. The genuine, new-energy development program is vigorous, scientific, privately funded, patented, and (as with the above items 3, 4 and 5) is being commercialised.

There is nothing that the new-energy



# NEWSCIENCE NEWSCIENCE NEWSCIENCE

detractors can do that will prevent the increasingly rapid commercialisation of new-energy devices and systems. The most important aspect is the following: there is no need for government funding. Government funds only delay projects and add to paperwork.

The end result is that the Department of Energy will find it increasingly difficult to get funds for energy development when it has been so reluctant to fund anything but hot fusion for so many years. It has really failed in its assigned mission to develop new energy sources.

— Hal Fox, 18 October 1999

## COLD FUSION CONSPIRACY?

The following is edited from a briefing paper by Hal Fox, President of the Fusion Information Center, submitted to an inquiry by the US Commerce Department's Office of the Inspector-General. The department is investigating complaints that the Office of Patents and Trademarks is not allowing any patent applications for cold fusion or low-energy nuclear reactions to be processed beyond being rejected. — Ed.

### A. Background

As the director of the first research laboratory at the University of Utah Research Park, I was intensely interested in the March 23, 1989 announcement of cold fusion, called by the University of Utah administration (not called by Pons and Fleischmann). The announcement of a new source of energy was most exciting to me. That day I began the plans for trying to be of some help (systems engineering background, missile system specialist for several years). By mid-April 1989, we had organised the Fusion Information Center and obtained offices at the University of Utah Research Park.

By July 1989, we had decided that information-gathering and publishing such information would be our best role. Our first edition of *Fusion Facts* was published in July 1989 and continued as a monthly publication for several years before being incorporated as part of the *Journal of New Energy*, a peer-reviewed, quarterly, scientific journal (abstracted from the first issue by *Chemical Abstracts*, the world's foremost scientific abstracting organisation).

### B. Attacks on Cold Fusion

By the fall of 1989, it was apparent that someone had organised and was carrying

out a campaign against the new technology of cold fusion. All of this was done in secrecy (except for the ERAB subcommittee). Here are the facts, insofar as we have been able to gather and publish them.

A subcommittee of the Energy Research Advisory Board travelled to various laboratories where successes in cold fusion had been claimed. If the researchers were measuring neutrons, they were told that it was background radiation. If the researchers were getting tritium, they were told that it was contamination. If excess heat was being produced, they were told that they didn't have proper calorimetry. Except for one small paragraph demanded by one of the honest members of the committee, the ERAB final report was entirely negative about cold fusion.

An arrangement was made for someone in the Office of Patents to ensure that no

**Cold fusion *does* work. Over 600 papers from over 200 laboratories in 30 countries have reported successes.**

cold fusion patent application was accepted for patenting (whether any type of coercion or reward was involved is unknown). Each person, as far as we have been able to determine, was sent the same information: a copy of a newspaper article from the *New York Times*, saying that cold fusion doesn't work; and a copy of the paper by 16 PhDs from MIT [Massachusetts Institute of Technology] stating that they could not replicate cold fusion (this is the paper where the authors removed the data showing that they *did* get a small amount of excess heat).

A person (representing powers-that-be in Washington, DC) called many of the physics and chemistry departments at major universities in the United States. Here was his message as relayed to me from one such department: "If you have so much as a graduate student working on cold fusion, you will get no contracts out of Washington."

All editors of the major scientific jour-

nals were contacted and were instructed not to publish articles on cold fusion. All editors but one then set up barriers against cold fusion publication. The one editor who did not accept that type of instruction was Professor George Miley of *Fusion Technology*.

An amount of US\$30,000 (or \$40,000 according to different sources) was given to Random House to have a "hatchet job" done against cold fusion. The result was the widely acclaimed (by orchestration) book by Gary Taubes, *Bad Science: The Short Life and Weird Times of Cold Fusion* (1993). For one knowledgeable about cold fusion developments, it is obvious that this book was a deliberate hatchet job.

In addition to the above well-orchestrated activities, some appointed or self-appointed scientists have been very active in travelling to conventions, etc., and doing their best to challenge any positive cold fusion results. Two of these are (were) Dr Douglas R. O. Morrison (CERN, Switzerland) and Professor John R. Huizenga (University of Rochester), chairman of the ERAB subcommittee (if my memory is correct).

One of the most active protagonists has been Robert Parks, with some association with the American Physical Society. (The current president of the American Physical Society denied in a recent conversation that Robert Parks speaks for the Society.) Parks was instrumental in preventing a recent conference from being held in a proffered auditorium in a government facility. Parks has an e-mail list of many people in the Department of Energy and, about once a month or more often, sends out statements that ridicule any cold fusion or low-energy nuclear reaction experiments, papers, books, etc.

Please recognise that this anti-cold-fusion program was a very well planned and orchestrated scheme to destroy cold fusion. These were clever and well-executed operations. We have been told that were it not for *Fusion Facts* and its rapid exchange of information of successes in various parts of the world, cold fusion would have been dead. That is more credit than we deserve.

— Hal Fox, 6 August 1999

(Source: Hal Fox, President, Fusion Information Center, Institute for New Energy, Utah, USA, tel [801] 466 8680, e-mail halfox@mail.slkc.uswest.net, website www.padrak.com/ine.



# NIGHT OF THE RED SKY

## The Prophetic Vision of 'Grandfather'

*In the 1920s, an Apache wise man had a Vision of four prophecies that foretold death and destruction for mankind, unless we incorporate Spirit in our daily lives.*

*Two of these prophecies may already have come true.*

by Tom Brown, Jr © 1991

The Tracker, Inc.  
PO Box 173  
Asbury, NJ 08802, USA  
Telephone: +1 (908) 479 4681  
Fax: +1 (908) 479 6867  
E-mail: TrackInc@aol.com  
Website: www.trackerschool.com

A number of people can predict the future, but few get the timing correct. "Grandfather" was an Apache wise man and scout, named Stalking Wolf, who grew up outside white man's influence. His many predictions not only came true in the *manner* he predicted, but also *when* he predicted.

Tom Brown, Jr learned extensively from Grandfather for twenty years, from their first meeting when Tom was seven years old. Stalking Wolf was the real-life grandfather of Tom's best friend at the time. The following excerpt from Tom's book, *The Quest*, tells of Grandfather's predictions for all of mankind.

Looking back, I can clearly see that Grandfather's prophecies, unlike anything else, had the greatest influence on my life. At the time they had little more effect than to frighten me and cause me to sit up and take notice. It wasn't until after his prophecies began to come true that their haunting impact began to affect me in a very profound way.

More than any other person—prophet, religious leader or psychic—I have ever met, Grandfather's prophecies, on both a major and a minor scale, came true exactly at the time he prophesied and exactly as he prophesied. With that record, I could not help but feel the impact of these prophecies on my life.

Grandfather could foretell the future with tremendous accuracy. Not only could he precisely tell us what would happen in the next moment, day, week or year, but with the same accuracy he could predict the possible futures for ten years and more away. It was not long before I began to keep detailed records of his predictions, along with other notes I kept on survival skills, tracking, awareness and things of the Spirit. I received from Grandfather hundreds of personal, minor predictions, and well over half have since come true. Along with the minor personal prophecies was a list of 103 major predictions, of which, to date, over 65 have become absolutely true, not only in time and place but also in the exact order in which they were predicted to happen.

Grandfather said that there was not future, only possible futures. The 'now' was like the palm of a hand, with each finger being the possible future, and, as always, one of the futures was always the most powerful, the way that the main course of events would surely take us. Thus his predictions were of the possible future, which meant that he always left a choice.

"If a man could make the right choices," he said, "then he could significantly alter the course of the possible future. No man, then, should feel insignificant, for it only takes one man to alter the consciousness of mankind through the Spirit-that-moves-in-all-things. In essence, one thought influences another, then another, until the thought is made manifest throughout all of Creation. It is the same thought, the same force, that causes an entire flock of birds to change course, as the flock then has one mind."

Out of all the personal and major prophecies that Grandfather foretold, there are four that stand out above all the rest. It is these four that mark the destruction of man and life on Earth, as we know it to exist now. Yet Grandfather said that we could still change things, even after the first two prophecies came true, but that there could be no turning back after the third.

Now that we have gone well past the second prophecy, danger and destruction are very apparent, and our only recourse is to work harder to change what has possibly become the inevitable. The urgency that I feel—now, more than ever—is a direct result of the second, impossible prophecy coming true. It is the reason that I teach, sometimes with a certain

desperation, and constantly with the sense that we are quickly running out of time.

I should have worked harder and with that same desperation at a much earlier date, but, like the rest of mankind, it took a strong message to get me motivated. I should have known that these things he prophesied would some day come true, because his personal, minor predictions were coming true daily.

He so accurately foretold of Rick's death on a white horse, that I would some day teach, that I would have a son—and that taking him into the Pine Barrens for the first time would forever change my life. He predicted the formation of my school, my books, my family, and even the horrible mistakes I would make as I tried to live within society.

Yet with all of this coming true on a daily basis, I simply would not believe or accept that the major prophecy of man's destruction would come true, and its reality hit me hard. It was then that the urgency made itself known.

**I** remember so vividly the "night of the four prophecies"—as I have become accustomed to calling that night when Grandfather first made us aware of their possibility. We had been with Grandfather for five years at the time and were accustomed to his prophecies and their accuracy.

Our ability to understand the things of the Spirit world were as sure as our ability to survive and track. Very little of what society calls "the paranormal" shocked us any more, because miracles were part of our everyday existence. Grandfather was a living miracle, and so many of the things that he did on a daily basis, sometimes unconsciously, would be considered miraculous by most. Yet as savvy as we were spiritually, the night of the four prophecies shocked us like nothing we had ever experienced before.

We had been hiking all day without much of a break, making our way to a place where we were going to camp, atop a small hill that I now call Prophecy Hill. It was a typical midsummer hike: hot, humid and dusty, with no water available along our entire travel route. As usual, we still took time to stop frequently or take side trips to explore various areas along our route. The adventure and exploration kept us fresh and eager, making the fatigue, heat and thirst hardly factors.

Many times along the way, Grandfather would stop and teach us—not physical lessons of survival, tracking or awareness, but lessons dealing with the awareness of Spirit. Very often he would discuss the future and, almost as frequently, the past—the distant past.

At one point we stopped along the deer trail we were travelling and followed Grandfather through some heavy brush. The trees and shrubs were far different than those throughout the rest of the Pine Barrens, and I immediately knew this place as an old homestead or town of some sort. Even though the buildings had long since rotted away, the plants and trees still marked the spot where civilisation had once stood. Passing through several very thick areas, we finally entered a grove of very tall, old sycamore trees. From their branches and up their trunks ran huge vines, the kind

one might imagine finding in a jungle. In fact, the whole place looked like a jungle—so out of place from the pine, oak and blueberry that is typical in the Pine Barrens. As we sat down, a deeper spiritual sense of awareness came over me, and it was then that I noticed the gravestones.

This was the place of a very old and probably long-forgotten cemetery, possibly belonging to the town that had once been here. The stones were old; some lay flat on the ground and others stood upright, though none was straight. Plants and bushes had overrun many of the stones, and I could barely make out the markings on the stones. The weathering process had worn away many of the names and dates, making them barely readable.

At once we were in awe, humbled and reverent in this place of death; at the same time, we were amazed that Grandfather had found it so easily. To my knowledge, none of us had been there before, nor had Grandfather ever spoken of this graveyard. Yet for some reason he seemed to be drawn to it, knowing that it was there on some unseen spiritual level, at least unseen to us. I suspect now, as I look back, that he knew that it would become a teaching lesson for us.

He walked over to a gravestone that was partially hidden by foxglove vines and gently pulled them away. After a long moment, he motioned us to come over. We could barely make out the name on the grave or the dates, but at the bottom was carved clearly: "12 years old".

Grandfather then spoke. "Who are these people; who is this boy? What did they work for and what were their hopes, dreams and visions? Did they just work physically or did they work for the things beyond the flesh, for a grander purpose? Certainly they affected the Spirit-that-moves-in-all-things, but did they really work to the best of their ability to make things better for the future of their grandchildren, or did they do nothing other than to perpetuate the myth of society? Were they happy, joyous and filled with spiritual rapture, or did they just lead lives of labour and mediocrity? And did this boy live close to the Earth and the Creator, or did he just give up his youth, his sense of adventure, to toil, as did his parents and their parents before them? This boy was exactly your age, and I suspect he had hopes and dreams much like yours. But this is his legacy, lying in a forgotten grave."

"But, Grandfather," I said, "isn't it enough just to be happy and live your life fully?"

After a long moment of silence, Grandfather answered. "It is not enough that man be just happy in the flesh, but he must also be happy and joyous in spirit. For without spiritual happiness and rapture, life is shallow. Without seeking the things of the Spirit, life is half lived and empty. And by spiritual life I do not mean just setting aside one hour of one day of one week for worship, but to seek the things of the spirit every moment of every day. I ask you, then: What did these people do to seek spiritual enlightenment and rapture? Did they just give in to a life that was little more than work? They were given a choice every day of their lives—as you will be given a choice to seek the rapture of the

**He so accurately foretold of Rick's death on a white horse, that I would some day teach, that I would have a son...**

**He predicted the formation of my school, my books, my family, and even the horrible mistakes I would make as I tried to live within society.**

Spirit or to resign yourselves to a life of meaningless work. The end result is always the same: forgotten graves and forgotten dreams of forgotten people. It is not important that anyone notice or remember, but that you work to touch God and affect in a positive way the consciousness of the Spirit-that-moves-in-all-things, thus bringing the consciousness of man closer to the Creator."

We left the graveyard without a word and headed up to the campsite on the hill. By the time we reached the camp, it had cooled off and the Sun had long since set. As we built shelters and a fire and gathered food, time seemed to fly by unnoticed, as my mind was thoroughly engrossed in thoughts of the lessons in the graveyard. I wondered how much I might be like that nameless dead boy in that forgotten grave. Was I just seeking the flesh and not working hard enough in the things of the Spirit?

It was then that I realised the deeper lessons of what Grandfather was trying to teach me. I realised then that I should live life as if I were to die tomorrow, for that is what happened to that young boy. No one can be assured of another day, but we must live each day fully, in flesh and most of all in Spirit. It isn't important that anyone remember who we were, but that we made a positive change in the consciousness of the Spirit-that-moves-in-all-things, the life force of the Earth, and, in doing so, find spiritual rapture and touch the Creator.

I sat by the fire after the work was done, relaxing, still deep in thought about the boy in the graveyard. Grandfather sat at the far end of the fire, his eyes closed, but I suspected that he was not sleeping. In the firelight, his features appeared more that of a spirit than of flesh. Quietly he leaned forward and answered the many questions I had on my mind. At times, his ability to know what was on my mind was unnerving, sometimes making me angry to think that he could know my thoughts.

"Did you ever watch a flock of sandpipers on the beach, how they ebb and flow with the tides, becoming at times not a gathering of individual animals but one organism, moving as a unit together along the surf? When they burst into flight, their cohesiveness is even more startling and wondrous. At once they all will be flying in a certain direction, and then in an instant the entire flock will turn simultaneously and take a new direction.

"Studied closely, there is no one bird that makes the decision to turn, but it seems to be a Spirit, a collective consciousness, that runs through the flock instantly. When viewed from afar, the flock appears to be one animal, one organism, one consciousness, governed by the collective force and spirit of all the individuals. It is this same consciousness that runs through man, Nature and the Earth—that which we call the 'Spirit-that-moves-in-all-things', or the 'life force'.

"I suspect," he continued, "that it is but one bird that creates the thought that turns the flock, and the one thought becomes immediately manifested in all the others. The individual then transcends self and becomes one with the whole. Thus, at once, the bird moves within the flock and the flock moves within the bird. So, then, do not ask what you can do to affect the life force in a positive way, for the same Spirit that moves within the birds also moves within you. One person, one idea, one thought can turn the flock of society away from the destructive path of modern times.

It is not a question as to whether we make a difference, for we all make a difference, each of us in our own way. It is the difference we make that is important."

"So if we live a life that is close to the Spirit, seek the spiritual rapture of oneness, that will affect the outcome of life," I said. My statement was more a question than a declaration.

"It is not enough," Grandfather said, "just to seek the things of the Spirit on a personal level. To do so is selfish, and those who just seek the spiritual realms for themselves are not working to change the Spirit that moves through the consciousness of man. Instead they are running away, hiding from their responsibility and using their wisdom for their own glorification. Spiritual man must then work for a principle, a cause, a Quest far greater than the glorification of self, in order to affect the spirit that can change the course of man's destruction."

I sat for a long time in the quietude of the night, trying desperately to understand what Grandfather had told me. In essence, it was not enough to work for spiritual enlightenment for self, but to work for the spiritual enlightenment of all of mankind. To work only for self, to cloister oneself in the seeking of spiritual rapture, is to run from this responsibility. What Grandfather was saying is that a spiritual person must take the wisdom and philosophy of the Earth and bring it back into modern society.

Grandfather spoke again. "Trying to live a spiritual life in modern society is the most difficult path

one can walk. It is a path of pain, of isolation and of shaken faith, but that is the only way that our Vision can become reality. Thus the true Quest in life is to live the philosophy of the Earth within the confines of man. There is no church or temple we need to seek peace, for ours are the temples of the wilderness. There are no spiritual leaders, for our hearts and the Creator are our only leaders. Our numbers are scattered; few speak our language or understand the things that we live. Thus we walk this path

alone, for each Vision, each Quest, is unique unto the individual. But we must walk within society or our Vision dies, for a man not living his Vision is living death."

For a long time there was no other conversation. I retired into my own thoughts and doubts. I did not want to live within society, for the wilderness was my home, my love, my life and my spiritual rapture. I could not see why a man could not live his Vision in the purity of wilderness, away from the distractions of society. I could feel no urgency or see any reason why I should take what I have learned back to society.

Grandfather's voice shattered my thoughts. "The Earth is dying. The destruction of man is close, so very close, and we must all work to change that path of destruction. We must pay for the sins of our grandfathers and grandmothers, for we have long been a society that kills its grandchildren to feed its children. There can be no rest, and we cannot run away; far too many in the past have run away. It is very easy to live a spiritual life away from man, but the truth of Vision in spiritual life can only be tested and become a reality when lived near society."

"How do I know that we are so close to that destruction?" I asked.

"I had a Vision," Grandfather said. "It was a Vision of the destruction of man. But man was given four warnings to that destruction, two of which gave man a chance to change his ways

**"It is very easy to live a spiritual life away from man, but the truth of Vision in spiritual life can only be tested and become a reality when lived near society."**

and two of which would give the children of the Earth time to escape the Creator's wrath."

"How will I know these warnings, these signs?" I asked.

Grandfather continued. "They will be obvious to you and those who have learned to listen to the Spirit of the Earth; but to those who live within the flesh and know only flesh, there is no knowing or understanding. When these signs, these warnings and prophecies, are made manifest, then you will understand the urgency of what I speak. Then you will understand why people must not just work for their own spiritual rapture but to bring that rapture to the consciousness of modern man."

Grandfather had been wandering for several years and was well into his forties when the Vision of the four signs was given to him. He had just finished his third Vision Quest at the Eternal Cave when the Vision made itself known. He had been seated at the mouth of the cave, awaiting the rising Sun, when the spirit of the warrior appeared to him. He felt as if he were in a state somewhere between dream and reality, sleep and wakefulness, until the spirit finally spoke and he knew that it was not his imagination. The spirit called Grandfather's name and beckoned him to follow.

As Grandfather stood, he was suddenly transported to another world. Again, he thought that he was dreaming, but his flesh could feel the reality of this place; his senses knew that this was a state of abject reality, but in another time and place.

The spirit warrior spoke to Grandfather. "These are the things yet to come that will mark the destruction of man. These things you may never see, but you must work to stop them and pass these warnings on to your grandchildren. They are the possible futures of what will come if man does not come back to the Earth and begin to obey the laws of Creation and the Creator. There are four signs, four warnings, that only the children of the Earth will understand. Each warning marks the beginning of a possible future, and as each warning becomes reality, so too does the future it marks."

With that, the spirit warrior was gone and Grandfather was left alone in this strange, new world.

The world he was in was like nothing he had ever known. It was a dry place with little vegetation. In the distance he saw a village, yet it was made out of tents and cloth rather than from the materials of the Earth. As he drew closer to the village, the stench of death overwhelmed him and he grew sick. He could hear children crying, the moaning of elders and the sounds of sickness and despair. Piles of bodies lay in open pits awaiting burial, their contorted faces and frail frames telling of death from starvation. The bodies appeared more like skeletons than flesh, and children, adults and elders all looked the same, their once dark-brown complexions now ash-grey. As Grandfather entered the village, the horror of living starvation struck him deeper. Children could barely walk, elders lay dying, and everywhere were the cries of pain and fear. The stench of death and the sense of hopelessness overwhelmed Grandfather, threatening to drive him from the village.

It was then that an elder appeared to Grandfather, at first speaking in a language that he could not understand. Grandfather

realised, as the elder spoke, that he was the spirit of a man—a man no longer of flesh, but a man who had once walked a spiritual path, possibly a shaman of this tribe. It was then that he understood what the old one was trying to tell him.

The elder spoke softly. "Welcome to what will be called the 'land of starvation'. The world will one day look upon all of this with horror and will blame the famine on the weather and the Earth. This will be the first warning to the world that man cannot live beyond the laws of Creation, nor can he fight Nature. If the world sees that it is to blame for this famine, this senseless starvation, then a great lesson will be learned. But I am afraid that the world will not blame itself, but that the blame will be placed on Nature. The world will not see that it created this place of death by forcing these people to have larger families. When the natural laws of the land were broken, the people starved, as Nature starves the deer in winter when their numbers are too many for the land to bear."

The old one continued. "These people should have been left alone. They once understood how to live with the Earth, and their wealth was measured in happiness, love and peace. But all of that was taken from them when the world saw theirs as a primitive

society. It was then that the world showed them how to farm and live in a less primitive way. It was the world that forced them to live outside the laws of Creation and, as a result, is now forcing them to die."

The old man slowly began to walk away, back to the death and despair. He turned one last time to Grandfather, and said: "This will be the first sign. There will come starvation before and after this starvation, but none will capture the attention of the world with such impact as does this one. The children of the Earth will know the lessons that are held in all of this pain and death, but the world will only see it as drought and famine, blaming Nature instead of itself."

With that, the old one disappeared, and Grandfather found himself back at the mouth of the Eternal Cave.

[Author's note: This is the great African famine that inspired the Bob Geldof "We are the World" Live Aid relief effort.]

Grandfather lay back on the ground, thinking about what he had witnessed. He knew that it had been a Vision of the possible future and that the spirit of the warrior had brought him to it to teach him what could happen. Grandfather knew that people all over the Earth were now starving—but why was this starvation so critical, so much more important than all the rest, even more important than the starvation that was taking place now?

It was then that Grandfather recalled that the tribal elder had said that the entire world would take notice, but that the world would not learn the lessons of what the death and famine were trying to teach. The children would die in vain.

Grandfather looked out across the barren land that surrounded the Eternal Cave to try to re-establish the reality of his 'now'. He said that it was still hard to discern between waking reality and the world of Vision, but he felt that he was back into his time and place.

He told me that the Eternal Cave was always a place to find Visions of the possible and probable futures, and it was not uncommon for the searcher to have a Vision at the mouth of the cave, not just inside.

**These things you may never see,  
but you must work to stop them  
and pass these warnings on to  
your grandchildren.**

**They are the possible futures of  
what will come if man does not  
come back to the Earth and begin  
to obey the laws of Creation  
and the Creator.**

In a state of physical and emotional exhaustion, Grandfather fell into a deep sleep, but it was in this sleep that the warrior spirit appeared to him again and brought the remainder of the first sign to completion.

In his dream, the spirit spoke to Grandfather. "It is during the years of the famine, the first sign, that man will be plagued by a disease, a disease that will sweep the land and terrorise the masses. The white coats [doctors/scientists] will have no answers for the people, and a great cry will arise across the land. The disease will be born of monkeys, drugs and sex. It will destroy man from inside, making common sickness a killing disease. Mankind will bring this disease upon himself as a result of his life, his worship of sex and drugs, and a life away from Nature. This, too, is a part of the first warning; but, again, man will not heed this warning and he will continue to worship the false gods of sex and the unconscious spirit of drugs."

[Author's note: This is presumably a reference to AIDS.]

The spirit continued. "The drugs will produce wars in the cities of man, and the nations will arise against those wars, arise against that killing disease. But the nations will fight in the wrong way, lashing out at the effect rather than the cause. It will never win these wars until the nation, until society, changes its values and stops chasing the gods of sex and drugs. It is then, in the years of the first sign, that man can change the course of the probable future. It is then that he may understand the greater lessons of the famine and the disease. It is then that there can still be hope. But once the second sign of destruction appears, the Earth can no longer be healed on a physical level. Only a spiritual healing can then change the course of the probable futures of mankind."

With that, the warrior spirit let Grandfather fall into a deep and dreamless sleep, allowing him to rest fully before any more Vision was wrought upon him.

Grandfather awoke at the entrance of the cave once again, the memory of the warrior spirit still vivid in his mind, the spirit's words becoming part of his soul.

When Grandfather looked out across the landscape, all had changed. The landscape appeared drier; there was no vegetation to be seen, and animals lay dying. A great stench of death arose from the land, and the dust was thick and choking, the intense heat oppressive. Looking skyward, the Sun seemed to be larger and more intense; no birds or clouds could be seen, and the air seemed thicker still. It was then that the sky seemed to surge and huge holes began to appear. The holes tore with a resounding, thunderous sound, and the very Earth, rocks and soil shook.

The skin of the sky seemed to be torn open like a series of gaping wounds, and through these wounds seeped a liquid that seemed like the oozing of an infection, a great sea of floating garbage, oil and dead fish. It was through one of these wounds that Grandfather saw the floating bodies of dolphins, accompanied by tremendous upheavals of the Earth and violent storms. As he held fast to the trembling Earth, his eyes fell from the sky, and

all about him, all at once, was disaster. Piles of garbage reached to the skies, forests lay cut and dying, coastlines were flooded and storms grew more violent and thunderous. With each passing moment, the Earth shook with greater intensity, threatening to tear apart and swallow Grandfather.

Suddenly the Earth stopped shaking and the sky cleared. Out of the dusty air walked the warrior spirit, who stopped a short distance from Grandfather. As Grandfather looked into the face of the spirit, he could see that there were great tears flowing from his eyes, and each tear fell to the Earth with a searing sound.

The spirit looked at Grandfather for a long moment, then finally spoke. "Holes in the sky."

Grandfather thought for a moment, then, in a questioning, disbelieving manner, said, "Holes in the sky?"

And the spirit answered. "They will become the second sign of the destruction of man. The holes in the sky and all that you have seen could become man's reality. It is here, at the beginning of

this second sign, that man can no longer heal the Earth with physical action. It is here that man must heed the warning and work harder to change the future at hand. But man must not only work physically, he must also work spiritually, through prayer, for only through prayer can man now hope to heal the Earth and himself."

There was a long pause as Grandfather thought about the impossibility of holes in the sky. Surely Grandfather knew that there could be a spiritual hole, but a hole that the societies of the Earth could notice would hardly seem likely.

The spirit drew closer and spoke again, almost in a whisper. "These holes are a direct result of man's life, his travel, and of the sins of his grandfathers and grandmothers. These holes, the second sign, will mark the killing of his grandchildren and will become a legacy to man's life away from Nature. It is the time of these holes that will mark a great transition in mankind's thinking. They will then be faced with a choice—a choice to continue following the path of destruction, or a choice to move back to the philosophy of the Earth and a simpler existence. It is here that the decision must be made, or all will be lost."

Without another word, the spirit turned and walked back into the dust.

Grandfather spent the next four days at the cave entrance, though for those four days nothing spoke to him, not even the Earth. He said that it was a time of great sorrow, of aloneness, and a time to digest all that had taken place.

He knew that these things would not appear in his lifetime, but they had to be passed down to the people of the future with the same urgency and power with which they had been delivered to him. But he did not know how he would explain these unlikely events to anyone. Surely the elders and shamans of the tribes would understand, but not society, and certainly not anyone who was removed from the Earth and Spirit.

He sat for the full four days, unmoving, as if made of stone, and

**"They will become the second sign of the destruction of man. The holes in the sky and all that you have seen could become man's reality. It is here, at the beginning of this second sign, that man can no longer heal the Earth with physical action."**

his heart felt heavy with the burden he now carried.

It was at the end of the fourth day that the third Vision came to him. As he gazed out onto the landscape towards the setting Sun, the sky suddenly turned to a liquid and then turned blood-red. As far as his eyes could see, the sky was solid red, with no variation in shadow, texture or light. The whole of Creation seemed to have grown still, as if awaiting some unseen command. Time, place and destiny seemed to be in limbo, stilled by the bleeding sky. He gazed for a long time at the sky, in a state of awe and terror, for the red colour of the sky was like nothing he had ever seen in any sunset or sunrise. The colour was that of man, not of Nature, and it had a vile stench and texture. It seemed to burn the Earth wherever it touched. As sunset drifted to night, the stars shone bright red, the colour never leaving the sky, and everywhere the cries of fear and pain were heard.

Again, the warrior spirit appeared to Grandfather, but this time as a voice from the sky. Like thunder, the voice shook the landscape. "This, then, is the third sign, the night of the bleeding stars. It will become known throughout the world, for the sky in all lands will be red with the blood of the sky, day and night. It is then, with this sign of the third probable future, that there is no longer hope. Life on the Earth as man has lived it will come to an end, and there can be no turning back, physically or spiritually. It is then, if things are not changed during the second sign, that man will surely know the destruction of the Earth is at hand. It is then that the children of the Earth must run to the wild places and hide. For when the sky bleeds fire, there will be no safety in the world of man."

Grandfather sat in shocked horror as the voice continued.

"From this time, when the stars bleed, to the fourth and final sign, will be four seasons of peace [that is, one year]. It is in these four seasons that the children of the Earth must live deep in the wild places and find a new home, close to the Earth and

the Creator. It is only the children of the Earth that will survive, and they must live the philosophy of the Earth, never returning to the thinking of man. And survival will not be enough, for the children of the Earth must also live close to the Spirit. So tell them not to hesitate if and when this third sign becomes manifest in the stars, for there are but four seasons to escape."

Grandfather said that the voice and red sky lingered for a week, and then were gone as quickly as they were manifest.

**H**e did not remember how many days he'd spent at the mouth of the cave, nor did it make a difference, for he had received the Vision he had come for.

It was in his final night at the Eternal Cave that the fourth Vision came to Grandfather, this time carried by the voice of a young child.

The child said, "The fourth and final sign will appear through the next ten winters [that is, ten years] following the night that the stars will bleed. During this time, the Earth will heal itself and man will die. For those ten years, the children of the Earth must remain hidden in the wild places, make no permanent camps, and wander to avoid contact with the last remaining forces of man. They must remain hidden, like the ancient scouts, and fight the urge to go back to the destruction of man. Curiosity could kill many."

There was a long silence, until Grandfather spoke to the child spirit, asking, "And what will happen to the worlds of man?"

There was another period of silence until finally the child spoke again. "There will be a great famine throughout the world, like man cannot imagine. Waters will run vile, the poisons of man's sins running strong in the waters of the soils, lakes and rivers. Crops will fail, the animals of man will die, and disease will kill the masses. The grandchildren will feed upon the remains of the dead, and all about will be the cries of pain and anguish. Roving bands of men will hunt and kill other men for food, and water will always be scarce, getting scarcer with each passing year. The land, the water, the sky will all be poisoned, and man will live in the wrath of the Creator. Man will hide at first in the cities, but there he will die. A few will run to the wilderness, but the wilderness will destroy them, for they had long ago been given a choice. Man will be destroyed, his cities in ruin, and it is then that the grandchildren will pay for the sins of their grandfathers and grandmothers."

"Is there then no hope?" Grandfather asked.

The child spoke again. "There is only hope during the time of the first and second signs. Upon the third sign, the night of the bleeding, there is no longer hope, for only the children of the

Earth will survive. Man will be given these warnings; if unheeded, there can be no hope, for only the children of the Earth will purge themselves of the cancers of mankind, of mankind's destructive thinking. It will be the children of the Earth who will bring a new hope to the new society, living closer to the Earth and Spirit."

Then all was silent, the landscape cleared and returned to normal, and Grandfather stepped from the Vision. Shaken, he said that he had wandered for the next season, trying to understand all that had been given to him, trying to understand

**"There is only hope during the time of the first and second signs. Upon the third sign, the night of the bleeding, there is no longer hope, for only the children of the Earth will survive."**

why he had been chosen.

Grandfather had related the story to me in great detail during that night of the four prophecies. I don't think that any event had been left out, and his emotions and thoughts were such that he actually relived it for us. Thus the power of his Vision became part of our spirit, our driving force, and a big part of our fears.

I sat for a long time up on the hill. The fire had gone out, and all had retired to sleep for the night. Creation seemed to be at a standstill, awaiting this darkest part of the night to pass by. I felt alone and vulnerable, as if all of Creation were scrutinising my every thought.

Grandfather had this Vision some time in the 1920s. ∞

#### **About the Author:**

Tom Brown, Jr has called the wilderness home for most of his life. In 1978 he wrote his first book, **The Tracker** (an autobiography), and founded the Tracker School where he teaches courses in survival skills such as tracking, nature awareness and ancient Earth philosophy. He has since written another 15 books, including **Tom Brown's Field Guide to Wilderness Survival** as well as **The Search, The Vision, The Quest, The Journey, Grandfather** and **Awakening Spirits**. For details on tracking courses and how to obtain Tom's books, visit The Tracker, Inc. website at [www.trackerschool.com](http://www.trackerschool.com).







**UFOs & NATIONAL SECURITY**  
**An Interview with Clifford Stone**  
 by Paola Harris © 1998, 1999

**S**ergeant Clifford Stone recently retired from the US Army after 22 years of service, although he is still involved in reserve duty. He has an encyclopaedic knowledge of government documents pertaining to official UFO investigations. Stone claims he was actually part of a secret, quick-response team that handled UFO events for the military. Although he can tell innumerable personal stories, he is tenaciously seeking documentary proof that such activities really occur.

This interview with Clifford Stone was conducted by Italian freelance journalist Paola Harris, who is a major contributor to the Italian UFO magazines *Dossier Alieni* and *UFO Notiziario*. The interview took place on 2 July 1998 at Sgt Stone's home in Roswell, New Mexico, USA. — Ed.

**Paola Harris:** Sergeant Stone, what is your background and what events led to the birth of your book, *UFOs Are Real*?

**Clifford Stone:** When I was seven I had my first close encounter with a UFO, followed by interactions with alien entities. I served in the Army for over 21 years. At first I was reluctant, then afraid, then disillusioned by the way the government handles the subject.

When I decided to speak openly about UFOs, I was still on active service and the Army only told me to always make consistent statements. However, when I was assigned to another detachment, I was categorically ordered not to discuss UFOs or write or make requests to Congress without authorisation or approval. I considered this to be unacceptable, especially since I was involved in the program without the knowledge of my commanding officer.

Instead of being discharged, I was sent to Germany, then Belgium and around Europe, and I found myself involved in the UFO situation again, though unwillingly. I heard about an incident in the USSR: the Soviets had tried to shoot down a large, unidentified craft and had mysteriously lost three of their planes.

So I decided to come out into the open, in spite of my superiors who may not have been aware of my intentions and my links with various agencies connected to UFOs. I asked to be discharged, informed the structures not connected to the Army about this, and left Germany.

**PH:** What year was this?

**CS:** It was 1989. I went home on apparently ordinary leave. Only one colleague, a Russian interpreter, knew about my involvement with the UFO program. My request to be discharged was denied two days before I arrived at Fort Bliss, and they assigned me elsewhere for two months.

They convinced me to stay and said I wouldn't be sent back to Europe but would be assigned to Fort Belvoir. I was still set on leaving because I didn't want to go through the same experiences—experiences which can't be discussed, even to the extent where my family knew nothing about them but were used to my sudden, long absences and certain strange visitors...

**PH:** Were they government agents?

**CS:** Yes, but I didn't know they were. Here's an example. Since 1969, up until two months ago, I was in close contact with someone who remained anonymous and who called me "Colonel". He was an agent responsible for my protection.

**PH:** *UFOs Are Real* contains classified documents. What impact has the book had on public opinion?

**CS:** It contains a large amount of American government documents with a high classification level. The government denies everything and doesn't even admit that top-secret documents on the subject exist, but keeps them well hidden! My interest centres on Project *Moon Dust* and Operation *Blue Fly*, which were involved with UFO retrievals. The US Air Force has an installation at Fort Belvoir, Virginia, which is identified as "Air Intelligence Group 696" and is responsible for the collection of UFO data and material. Names and programs are given pseudonyms.

I was in the Army's counterespionage

service when the program covering *Moon Dust* and *Blue Fly* began. These missions are both run by the Department of State. Well, that's a half-truth. It's actually Defense Intelligence which really controls both projects—using military attachés in every consulate and embassy in the world, who send data about UFOs—while our military personnel were and *are* ready to go into action anywhere, in order to obtain any prospective document and make it disappear.

**PH:** Such as documents about recovered UFOs which the USA has always hidden on the basis of certain agreements?

**CS:** I am absolutely certain that the majority of the foremost governments and intelligence agencies know the truth about UFOs. Don't get me wrong: we don't know how much has been disclosed.

**PH:** What *didn't* you say in *UFOs Are Real?*

**CS:** I didn't say very much about *Moon Dust* and *Blue Fly*. I got hold of certain documents, but when I tried to find certain information I got nowhere. They told me that for the moment it was probably classified material and could not be divulged.

I then went to certain members of Congress, who denied—through political channels—both the existence of operative units with these names and the role of Fort Belvoir. I went back to the same congressmen and showed them 23 documents which confirmed these missions and the Fort Belvoir operative base. The Air Force intervened, at first claiming that they were war missions and then trying to make *Moon Dust* and *Blue Fly* out to be pacific.

In the three chapters devoted to *Moon Dust* and *Blue Fly*, I have not included letters which name members of Congress who stated that the related documents had been destroyed. That's pure disinformation on the part of Defense. The Attorney General knew about the Air Force's cover-up but didn't follow up with an inquiry.

**PH:** Why not?

**CS:** For two reasons. Firstly, if we claim that life elsewhere is possible, then we should reach a technological level which can be applied and integrated into culture in case of hostilities. Secondly, we'd feel the need to understand our visitors as much as possible, and this constitutes a serious problem.

In the Army, they repeatedly told me not to expect or anticipate all the meetings with the so-called "entities"—the EBEs. They

called them "entities" because they didn't know where they came from. Later on, they told us that they may even be hostile. Every now and again we shot at them and they responded with weapons. I call tell you about an episode which took place in Brazil. Two military contingents opened fire from the ground on two UFOs which responded, causing a 60 per cent loss of materiel and an 80 per cent loss of personnel. So were we capable of standing up to hostile action? Not at all. A lot of people believed an *Independence Day* scenario was possible. But in reality, an invasion of hostile forces from space or from other powers was underway—and I'm not talking about one race, but 57 different races.

**PH:** Fifty-seven different races?

**CS:** Yes, we have identified fifty-seven.

**PH:** Is this documented?

**"Two military contingents opened fire from the ground on two UFOs which responded, causing a 60 per cent loss of materiel and an 80 per cent loss of personnel."**

**CS:** Yes it is, but in documents which will never be published—unless they manage to force open the archives. Do you know how we know all of this? There's only one possible way: using so-called "interactions" or "interface exchanges". Anybody who worked in this field and revealed they knew about these secrets was told, "You have a special mission to carry out". In any case, if I told you everything I've done, you'd find it hard to believe me.

I loved my country, I believed in the Army and in doing my duty in Vietnam, even if it cost my life. It was destiny. So, even though I had been declared unfit for service, I arrived in Vietnam and realised that the wrong people were giving the orders. My task was to gather together the children and help them. In the end, we saved 1,700.

**PH:** Talking of children, do you know about particularly gifted subjects who are used by government agencies as interpreters or interfaces with aliens?

**CS:** That's a subject which worries me a lot. I was once on one side of a table and there were non-human beings on the other. No one in that room knew what was going on, but *I* did.

**PH:** Have you ever talked about it?

**CS:** No. I told my soul that I'd take it all with me to my grave. Instead, it was Congressman Steven Schiff who died, and I still have a lot of doubts about his death...

**PH:** So, after your sighting as a child, the government monitored your interaction with aliens, using you, we could say, as an interlocutor with other races in order to glean information?

**CS:** Exactly. It was the government which wanted to squeeze this information out of us.

**PH:** I mean you, you in particular.

**CS:** There are a great deal of things I haven't ever said.

**CS:** So, if your job was to be an intermediary...do you believe that there will be contact in the future?

**CS:** We have already had contact.

**PH:** But in the near future?

**CS:** Definitely; within 25 years. We are moving towards a militarised space which will lead to the opening of new frontiers in research and development. We will become voyagers in space; we will go towards other solar systems. Current technology doesn't allow us to draw our discoveries together and put A, B and C together in order to get B. If space becomes militarised, it will be a threat to our visitors. It's easy to see why.

We need to use technology responsibly for the betterment of our race; and if other intelligent species really exist up there, we have obligations towards them. We, as a race, are still not mature and spiritual enough to do this. Do I believe in God? Yes! And *they* believe in God, too. But our definition of divinity is probably in conflict with theirs, which doesn't mean that we have a different point of view... But they are also ready to defend themselves. I think they will continue to monitor us until we constitute a threat, within the next 30 years.

This [showing me a page in his book] is a document taken from an intelligence memorandum which was sent to the FBI. It should have been destroyed. I told the FBI that the Air Force had authorised its release. They didn't know that the Air Force didn't want the information to be released. And it worked.

**PH:** Your book came out in July 1997, and by now they ought to know that you have these documents, don't you think?

**CS:** As far as the Air Force and the Pentagon are concerned, they don't exist. But I have shown the opposite to be true.

**PH:** Can you tell us the number of your work group?

**CS:** It was 4607.

**PH:** Is that a recovery team in the Air Force?

**CS:** Yes. It's based at Fort Belvoir. There they train and look after people who have had—I hate the phrase "psychic phenomena"—experiences as an interface. They tell you, "You are going to be an interface", and it's logical that your reaction could be very emotional.

**PH:** Let's talk about recoveries. It seems that aliens don't bother coming back to save their companions left on Earth after a crash. What do you think about Area 51?

**CS:** Do you want the truth? Area 51 is an expedient. However, there is a connection. We still use Edwards base in California, which belongs to the Air Force. I want to make it clear, though, that I am *not* saying that nothing of the kind associated with the UFO phenomenon happens in that base.

**PH:** And what do you think of alien corpses put in containers?

**CS:** It's science fiction. We have a "marker", an identifier, who acts as an interface with the fabricator. The fabricator then provides specific information, small fragments of the truth, messages which must appear to be very positive. So after managing to influence the identifier, the fabricator will disappear and the identifier will carry out the task he has been assigned to do. If we want the ufological community to believe certain things, it must know what we do. First of all, we give the fabricator the task of identifying what we define "intelligence targeting", a target—this is the marker—being an individual who will circulate and start to spread... It's surprising to see how easy it is...

**PH:** To spread the partial truth...

**CS:** We call it "disinformation".

**PH:** If the Roswell crash was covered up, does that mean that during World War II something similar had already happened? Why are you smiling?

**CS:** At 12.15 during the night of 25 February 1942, a formation of 12 to 15 unidentified craft was seen in the sky over Los Angeles, California. They were neither ours, nor the Navy's, nor the Marines'. Not having established the identity or radio contact, we decided to attack in the fear that they were unknown enemies. Our coastal artillerymen discharged 1,430 shots against the targets. There was no reaction—no bombs, no plane shot down, no damage to property, no victims—and the craft disappeared. General Marshall related the incident to the President of the United States, Franklin Delano Roosevelt, the very next day.

In 1943 in the Pacific, General Douglas MacArthur asked General Doolittle for news of an unusual object which had faced our fighters and bombers. At the end of 1943, Doolittle informed MacArthur that some "spectators" had followed the main military action. They were not terrestrial and maybe they were hostile.

**PH:** "Spectators"—is that what they call them?

**CS:** That's how Doolittle and MacArthur described them. We didn't know much about it. All I know is that something happened in China which convinced Doolittle, without a doubt, based on events which led to the recovery of a craft.

**PH:** Who was Doolittle?

**CS:** He was a very famous, very active Air Force pilot. He led the "Doolittle raid" using B25s [James Harold Doolittle, an air hero, led the first air raid over Tokyo on 18

April 1942]... Just think, I was declared unfit for service...and yet, at the end of my service, I received another kind of training—the so-called "AM" or "advanced individual training"... It said on my file that I'd enlisted in the Air Force for three years, whereas the service period then was four years. In the end, I was assigned to NBC—nuclear, biological, chemical warfare—in the communications sector.

**PH:** Did they ever ask you about your experiences of contact?

**CS:** I believe they knew about it...

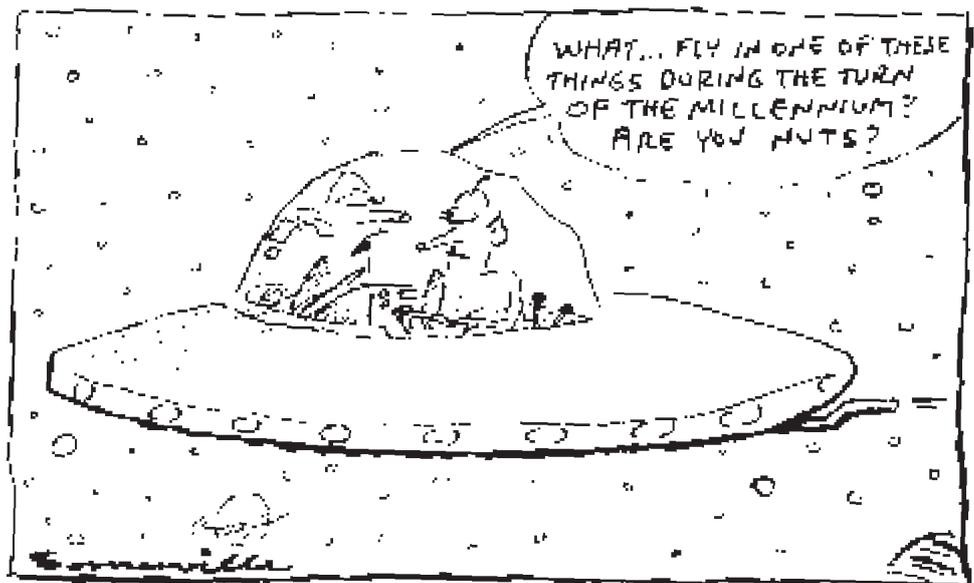
**PH:** If this happens in the USA, it's possible that they do it in other countries...

**CS:** Yes. The situation is such that we are forced to reveal the information to every interested country. There's no doubt about it. In the USA, a small group of people—not designated officials—deals with this... It's a select group. For them, it's always and only a question of national security. They're interested in military application, in new technology... Anything else is secondary.

**PH:** In other words, the government gets everything it can technologically from this contact with ETs. In the meantime, no one worries about internal development or the spiritual side of the UFO presence.

**CS:** Absolutely; they don't give it a thought. But in reality, the spiritual aspect of the UFO phenomenon must be given the utmost consideration. ∞

(Source: Paola Harris, 2 November 1999, e-mail <http://utenti.tripod.it/paolaharris/national.html>)







# REVIEWS

## BOOKS

Reviewed by Ruth Parnell

### EXPERIMENTER'S GUIDE TO THE JOE CELL

by Alex Schiffer

Publisher: NuTech 2000, Australia, 1999

ISBN: n/a (108pp spiral bound)

Price: AUD\$39.00 + \$3.00 p&h in Aust;

NZ orders, add AUD\$7.50 p&h;

elsewhere, add AUD\$9.00 p&h

Available: Australia—NuTech 2000, PO

Box 255, Ivanhoe, Vic. 3079, e-mail

nutech@arc.net.au

Readers of our New Science News pages will recall the articles on the "Joe" fuel cell phenomenon (5/05, 5/06). This manual, *Experimenter's Guide to the Joe Cell*, is written for the aficionados—those interested in the practical application of "free" and "orgone" energy—but we publish an extract this issue for the benefit of all our readers.

The manual describes the "Joe" fuel cell, its design and ratios, the parts and materials to use and how to assemble them. It discusses water type and its relation to the cell, how to charge the water and mount and connect the cell. It also has a trouble-shooting chapter, covering cell maintenance, cell-to-car interface, car modifications and ways to deal with the problem of orgone density variation due to season, time of day, solar cycle, etc. There is even advice on how to "polarise" oneself correctly in order to facilitate the cell working as it should. Author Alex Schiffer has spent time with the inventor, who prefers to be known just as "Joe", and he and fellow researchers are convinced that this device holds huge promise for pol-

lution-free energy generation.

The spiral-bound manual (ideal for the lab workbench) contains 50 photographs showing cell components and phases of operation plus a glossary and website sources. And to place the invention in historical context, it includes theoretical pointers from luminaries like Reichenbach (who identified "odic force" in the 18th century), Lakhovsky, Russell, Schauburger and Reich. The Joe cell seems to be a revolution-in-waiting.

### THE STARGATE CONSPIRACY

by Lynn Picknett and Clive Prince

Publisher: Little, Brown & Co., UK, 1999

ISBN: 0-316-64861-2 (429pp hc)

Price: AUD\$39.95; NZD\$59.95; £18.99;

USD\$/n/a

Available: Australia/New Zealand—

Penguin Books; UK—Little, Brown, & Co.,

tel 0171 911 8000; USA—Penguin

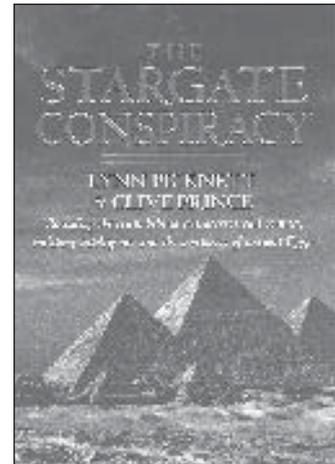
Putnam, tel (607) 775 4829 (June 2000)

The nine principal gods of ancient Heliopolis have been hijacked by a conspiracy to deceive the feeble-minded, claim Lynn Picknett and Clive Prince in *The Stargate Conspiracy*. And that conspiracy has largely been overseen by covert intelligence operatives, most likely from the CIA, since late 1952—when "the Nine" first came to be "channelled", as such. It just so happens that this coincided with the early days of the CIA's covert mind-control programs.

Picknett and Prince trace the Nine's history from their origin in the Tibetan "ascended" sources of Theosophy via Mme Blavatsky and, later, Alice Bailey; to their patronage by psychic researcher Dr Andrija Puharich (linked with the CIA through SRI's remote-viewing programs); their continuation with Dr James Hurtak and his book, *The Keys of*

*Enoch*; to their most recent public face, channeller Phyllis Schlemmer via *The Only Planet of Choice*. The authors also cite examples of where the Nine's representatives have acted in ways that are far from what's expected of more enlightened beings.

Picknett and Prince also maintain that "New Egyptology" writers like Bauval and Hancock are supporting the "conspiracy", wittingly or unwittingly, and that Martian monuments advocate Richard Hoagland has had "behind-the-scenes" support over the years. Put to the test, this new paradigm that links Giza with Cydonia on Mars rests on very shaky ground, they say. It's as if the "facts" are being presented to fit a suitable end-times scenario that has these nine "gods" returning imminently—but did they ever come here, or were they accessed via the psychotropic drug-induced trances of the Egyptian shamans? Picknett and Prince firmly reject what they believe is an insidious takeover of our hearts, minds and souls.



# REVIEWS



## BOOKS

### BIOPIRACY

by Vandana Shiva

Publisher: Green Books, UK, 1998

ISBN: 1-870098-74-9 (143pp tpb UK);

0-89608-555-4 (148pp pb USA)

Price: £7.95; USD\$13.00 (pb); other orders, contact publisher

Available: UK—Green Books, tel +44 01803 863260, fax 01803 863843; USA—South End Press, tel (617) 547 4002

In *Biopiracy*, physicist/ecologist/activist Vandana Shiva makes an impassioned yet rational plea for the protection of biological and cultural diversity from the grip of transnational corporate control.

Shiva, who is director of India's Research Foundation for Science, Technology and Ecology, is an internationally renowned commentator on environmental, women's rights and global issues. Here, she equates today's plunder of Third World biological resources by powerful Western interests with the pillage of the New World 500 years ago. Except, now, the economic imperialists are trying to colonise and propagate life itself, while denying the creativity of Nature and the fundamental know-how of traditional peoples who live at one with the land.

*Biopiracy* should stun readers into re-evaluating their perspective on what globalisation really means on the ground. As Shiva warns, the biggest threat to the Third World, or any country which has an indigenous knowledge and culture, is the question of trade-related intellectual property. The effect of the TRIPs treaty in the GATT and now the WTO (see story this issue) is to exclude all kinds of ideas and innovations

that originate on the farm, the village, in the forest—and even in the lab amongst scientists who, in times past, would have shared insights without fear of commercial confidentiality hindrances. Intellectual property rights (IPRs) are recognised only when knowledge and innovation generate profits; they are not designed to meet local social needs or ecological imperatives.

Taking in problems including the Green and Blue revolutions, hybridisation, monoculture, genetically modified crops, cloning and patents on life, Shiva paints a damning picture of a world that is dangerously close to self-destructing unless we have the will to change our present homogenous course.

### THE COPPER SCROLL DECODED

by Robert Feather

Publisher: Thorsons, UK, 1999

ISBN: 0-7225-3802-2 (350pp hc)

Price: AUD\$39.95; NZD\$44.95; £16.99;

USD\$43.00 inc. p&h

Available: Aust/NZ—HarperCollins; UK/USA—NEXUS UK Office, tel +44 (0)1342 322854, fax +44 (0)1342 324574, e-mail [nexus@ukoffice.u-net.com](mailto:nexus@ukoffice.u-net.com); Europe—Enquire NEXUS office

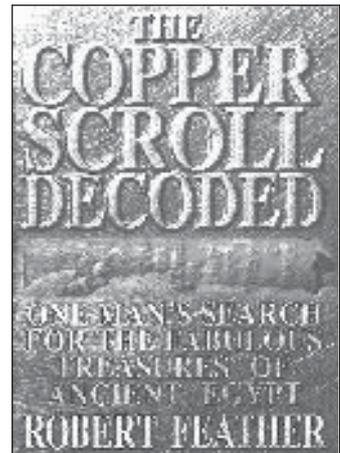
The Copper Scroll, a one-off among the Dead Sea Scrolls, was found in a cave at Qumran in 1952. Although various translations have been made—most notably John Allegro's, published in 1959—they have been misinterpreted, says Robert Feather, a British metallurgist with a passion for ancient Egyptian/Middle Eastern history.

In *The Copper Scroll Decoded*, Feather claims that neither the Essenes nor the Hebrews used copper, and his identification of the material as sourced from Egypt, circa 1350 BC, is but one of many commonalities

he unearths between the two regions.

The Copper Scroll—written in a square-form early Hebrew script with samplings of priestly Egyptian hieroglyphic shorthand and some Greek—did not originate at Qumran but may have been copied there, having been passed down by the Egyptian-Hebrew priesthood whose monotheistic traditions can be traced to the 18th dynasty Pharaoh Akhenaten. Feather's reading, using his knowledge of ancient metrology, is that it describes 64 locations in Egypt and Israel where the treasure of Akhenaten was hidden, following his overthrow. Four out of five sites he lists are different from those given in conventional translations, and many await excavation.

How the Copper Scroll came into the hands of the Essenes is part of the speculative tapestry Feather weaves in this engaging book. The clues from the pre-Exodus, proto-Hebrew community on Elephantine Island, southern Egypt, are intriguing.





# REVIEWS

## BOOKS

### HEALERS AND HEALING

by Roy Stemman

Publisher: Piatkus Books, UK, 1999

ISBN: 0-7499-1942-6 (234pp tpb),

Price: AUD\$19.95; NZD\$29.95; £8.99; CAD\$22.95

Available: Aust—Hodder Headline, (02) 9841 2800; NZ—David Bateman Ltd, tel (09) 415 7664; UK—Piatkus Books, tel 0171 631 0710; Europe—Enquire NEXUS office; Canada—General Publishing, tel 1800 805 1083, fax (416) 445 5967

Roy Stemman is well qualified to write a book about healing, having come across his fair share of healers and healing techniques in his 30 years of writing about the paranormal—ten of those for the British weekly spiritualist newspaper *Psychic News*. For the last six years he has edited the quarterly magazine *Life and Soul* (formerly *Reincarnation International*).

For *Healers and Healing*, Stemman has gathered together stories of fascinating individuals who possess extraordinary abilities to diagnose and cure disease, and often work miracles. Most of the healing modes he describes fit into the category of "spiritual" healing, and they are as diverse as the laying on of hands, absent healing, the power of prayer, healing with hypnosis, mind power, psychic surgery, channelling, past-life regression, animal healing, the power of love, religious miracles and spirit entity healing. He highlights some rather convincing examples from the UK and around the world, e.g., the Philippines, Brazil and Russia. Moreover, he produces plausible

hypotheses as to how such healings might be effected, with reference to the latest research into body/mind energetics as well as to ancient oriental systems which utilise subtle energy dynamics.

As for healing into the 21st century, Stemman sees a scenario where modern medicine integrates aspects of alternative healing, where general practitioners may even assist their patients with "laying on of hands" healings. Bring on the revolution!

### LIQUID CONSPIRACY: JFK, LSD, the CIA, Area 51 & UFOs

by George Piccard

Publisher: Adventures Unlimited, 1999

ISBN: 0-932813-57-7 (192pp tpb)

Price: AUD\$29.00; NZD\$38.95; £13.50 inc. p&h; USD\$14.95 + p&h

Available: Aust/NZ—NEXUS offices; UK/Europe—Enquire NEXUS offices; USA—Adventures Unlimited, tel (815) 253 6390, e-mail auphq@frontiernet.net

If there is a sinister conspiracy to gain total control over the hearts and minds of the world's populace, George Piccard's book *Liquid Conspiracy* leaves me unconvinced. That is not to say an ultimate conspiracy doesn't exist, nor to deny the plentiful hard and circumstantial evidence supporting it.

The idea behind a "liquid conspiracy", to quote "underground" researcher Piccard, is that it is a conspiracy that is not set in stone, but is liquid enough to be able to flow to suit and make the most of the circumstances of the time—which is to give it more credit than it deserves, and to downgrade umpteen examples of popular uprisings against the status quo and the action of general chaos.

The modern-day stage was set on 14 September 1945—according to Piccard's

mysterious British source, Kilder, who spilled the beans to him in late 1998—when members of long-standing elite, occult and supposedly alien groups met in Geneva to plan the next phase of the world's fate. Unfortunately, we're treated to few of these really juicy bits from Kilder and, instead, are left having to fit disparate strands into the "grand unified conspiracy" picture.

The chapters cover (all too briefly) Nazi attempts at flying saucer and mind-control technology, Project *Paperclip*, CIA *MKULTRA* LSD experiments (thus the liquid connotation), the JFK acid link, Area 51 UFO programs, cult creation/control, AIDS, barcodes, black helicopters, HAARP and more.

Piccard ends each chapter with references, mainly of websites which readers will need to consult for further insights into the multifarious crevices of this dark subject. Not quite the trip I'd hoped for.



# REVIEWS



## BOOKS

### BREATHING FREE

by Teresa Hale

Publisher: Hodder & Stoughton, 1999

ISBN: 0-340-72831-0 (264pp tpb)

Price: AUD\$22.95; NZD\$34.95; £9.99

Available: Aust—Hodder Headline, tel

(02) 8248 0800; NZ—Hodder Moa

Beckett, tel (09) 478 1000; UK—Hodder &

Stoughton, tel 0171 873 6000; Europe—

Enquire NEXUS office

Reader response to Dr Paul Ameisen's article on the Buteyko method (6/05) has prompted further interest worldwide in this simple, safe and effective technique for treating asthma and a host of other illnesses.

This book, *Breathing Free*, is a welcome addition to the few books available on this special breathing technique, first developed by Professor Buteyko in Russia in the late 1950s. Written by Teresa Hale—founder of The Hale Clinic, the leading complementary health care centre in London—the book sets out the basics of the five-day Breath Connection program which the Clinic runs in London and around the UK.

The Clinic takes an holistic approach to all its clients' needs, believing that good health can be achieved and maintained through correct breathing: quiet, shallow breathing rather than deep—which causes hyperventilation and an imbalance in oxygen and carbon dioxide levels in the lungs. Indeed, as Hale points out, balanced breathing not only prevents disease but expands our capacity for good health. By applying these techniques, thousands of people have not only cured themselves of asthma, bronchitis, emphysema and snoring, but also success-

fully treated weight problems, chronic fatigue, heart disease and even cancer.

Along with points on general well-being, Hale provides step-by-step guidelines (with diagrams) for treating mild and severe cases of asthma, bronchitis and emphysema, panic attacks and stress, plus the correct approaches for children and adults. If you can't get to a Buteyko class, or want to read up before you try one, we recommend this book.

### ANCIENT ENERGIES OF THE EARTH

by David Cowan with Anne Silk

Publisher: Thorsons, UK, 1999

ISBN: 0-7225-3800-6 (319pp hc)

Price: AUD\$39.95; NZD\$44.95; £8.99;

USD\$43.00 inc. p&h

Available: Aust/NZ—HarperCollins;

UK/USA—NEXUS UK Office, tel +44

(0)1342 322854, fax +44 (0)1342 324574,

e-mail nexus@ukoffice.u-net.com;

Europe—Enquire NEXUS office

David Cowan has literally "walked the talk", traversing over 3,000 miles of Britain, Scotland in particular, and surviving the rigours to record his discoveries in this landmark book, *Ancient Energies of the Earth*. Cowan is the co-author of *Safe as Houses?* and is a pioneer in the treatment of geopathic and electromagnetic stress.

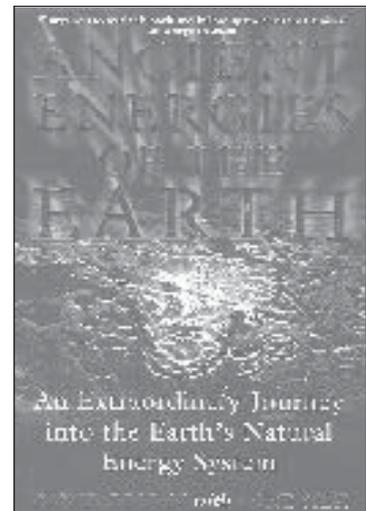
Here he has teamed up with environmental health researcher Anne Silk, who contributes additional notes on geophysics and the effect of electricity and geomagnetism on the human body and brain. Her role is also to try to explain, in terms of the laws of physics, the diversity of energy networks Cowan has documented through Scotland.

In pictures, diagrams, maps and text, Cowan identifies the straight ley lines, spirals, waves and energy circuits he dowsed in

his travels, and the strange qualities of megalithic standing stones bearing cup-markings. As well as charting the markings and their emanations, Cowan interprets them as maps of sacred sites, burial mounds and energy points delineated across a vast expanse of landscape.

In order to "rebuild the ancient magic", Cowan proposes a hypothetical reconstruction of the ley system from Skye to Newcastle, starting from a point of great natural telluric power: the St Kilda caldera.

Retracing steps from Neolithic to early 20th century predecessors, Cowan comes close to unravelling the ancient mysteries so intertwined with the energy lines of this living entity, planet Earth. In the process, he considers related subjects such as crop circles, Earth lights, *feng shui*, planetary grids, poltergeists and sacred geometry. A book that's both inspirational and practical.





# REVIEWS

## BOOKS

### THE INDIGO CHILDREN

by Lee Carroll and Jan Tober

Publisher: Hay House, USA, 1999

ISBN: 1-56170-608-6 (248pp tpb)

Price: AUD\$29.95; NZD\$38.95; £10.99; USD\$13.95

Available: Aust—Gemcraft, tel (03) 9888 0111; NZ—NEXUS Office, tel (09) 403 8193; UK—Airlift Book Co., tel 0181 804 0400; Europe—Try NEXUS office; USA—Hay House, tel (760) 431 7695, fax (760) 431 6948, website [www.hayhouse.com](http://www.hayhouse.com)

A new group of individuals has been coming into the world since the mid-1970s, according to self-help authors Jan Tober and Lee Carroll in *The Indigo Children*. The phenomenon was first identified by US parapsychology researcher Nancy Ann Tappe, who wrote about the "dark blue children" in her 1982 book, *Understanding Your Life Through Color*. More recently, futurist Gordon-Michael Scallion has described the special attributes of the "blue ray children".

These children are arriving in greater numbers in the 1990s; in fact, in a recent interview, Tappe said that "90 per cent of children under ten are Indigos". They are highly intelligent, technically competent and, in the main, spiritually advanced, often expressing at an early age a knowledge of past lives. These kids are not fools and don't take fools gladly; they need their space, though they're gregarious; they won't tolerate being talked down to; they're very creative and have a problem with authoritarian systems; they know who they are and are not afraid to say so. Many of them are wrongly diagnosed

with attention deficit disorder and are drugged—but this is not the way to treat these exceptional people.

Tober and Carroll have assembled contributions from professionals in child psychology, education, medicine and preschool care, as well as from Indigos themselves, that make sense of this worldwide phenomenon and advise on how to bring up these special children in balance and harmony. Essential reading for parents and teachers.

### HOLLOW PLANETS

by Jan Lamprecht

Publisher: WWP, USA, 1998/99

ISBN: 0-620-21963-7 (596pp tpb)

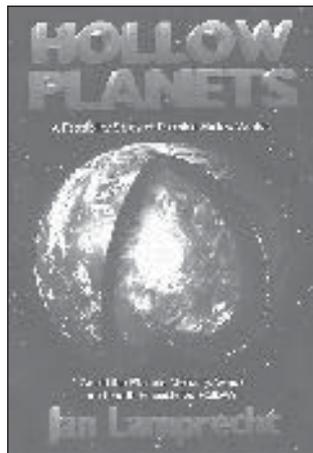
Price: AUD\$40.00; USD\$24.95 in USA; USD\$29.95 to Canada; USD\$32.95 o/seas

Available: Aust—NEXUS Magazine, tel (07) 5442 9280; USA—World Wide

Publishing, PO Box 49625, Austin, TX

78765, tel (830) 798 1250,

website [www.worldwidemagazines.com](http://www.worldwidemagazines.com)



Most people balk at the idea that the Earth, or even the other planets, could be hollow, but in the spirit of scientific enquiry Jan Lamprecht has gone to the trouble of researching the possibility. In *Hollow Planets*, he presents his feasibility study, and his logic and arguments are compelling enough that they warrant scientists to take a serious look. He uncovers anomalous evidence on magnetic fields, gravity, seismic and radio waves, the aurora, plate tectonics and the weather, and accounts from arctic explorers and legends, suggesting there may be some truth to the hypothesis.

So why should the idea of a hollow Earth be a problem to consider? The renowned astronomer Sir Edmund Halley proposed the idea over 300 years ago, based on his study of magnetism. Lamprecht, a computer scientist from Johannesburg, suggests there are likely to be small polar openings in the Earth and the planets, and that the planets are powered by nuclear fission reactions which create the magnetic field (as some recent scientific discoveries seem to suggest). There are unexplained bright spots at the poles of Venus, dust storms at the poles of Mercury, and ion streams in the night atmosphere on Earth that cannot be fully explained as emanating from the Sun. There have even been sightings of bright spots on the Moon that may have originated from the north polar region of the Earth, and there are records of polar explorers who claim they saw mirages of huge lands suggestive of a lost polar continent of legend.

This is a well-referenced, in-depth review, supported by photographs and diagrams, that is not out to convince readers that the planets are hollow, but to make us ask whether they are actually solid.

# REVIEWS



## BOOKS

### REMOTE VIEWING

by Tim Rifat

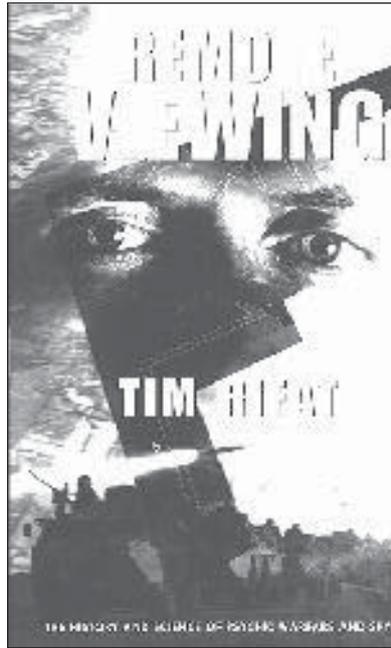
Publisher: Century, UK, 1999

ISBN: 0-7126-7908-1 (442pp hc)

Price: AUD\$39.95 + p&h; NZD\$89.00;  
£17.99; USD\$47.00

Available: Aust—Sydney Esoteric B/shop,  
tel (02) 9212 2225; NZ—NEXUS Office,  
tel (09) 403 8193; UK/USA—NEXUS UK  
Office, tel +44 (0)1342 322854, e-mail  
nexus@ukoffice.u-net.com

Having been researching the science of the paranormal for over 20 years and established his own company, Paranormal Management Systems, a few years ago, Tim Rifat, BSc, has now written his first book, *Remote Viewing*. NEXUS readers who have read his articles (see 3/06, 4/01, 4/02) will be familiar with some of the subject matter of his book, e.g., on the physics of remote viewing (RV) and the history of military telepathy. However, he goes into much



more detail here on several techniques for learning remote viewing, including US military CRV (co-ordinate RV), the Russian ERV (extended RV) method which requires the practitioner to be in a theta brainwave state, and the directed attention technique.

As Rifat explains, research into tapping the potential of the paranormal for military purposes began in the Soviet Union in the 1920s, with an hiatus during the Stalin era. By 1970 they were spending around 60m roubles a year on it, thus spurring on the Americans—the CIA at first, with the help

of psychic Ingo Swann—to try to catch up.

Rifat succinctly summarises the history of US remote viewing and the key people involved, many of whom have gone into private business in the 1990s. He also reprints three hefty Defense Intelligence Agency documents, one of them a 1972 paper, "Controlled Offensive Behavior: USSR", which outlines what the US then knew of Soviet psychic military research.

Rifat considers the use of ELF waves and entrained microwaves, and suggests that the UK's ubiquitous cellphone network could be used for mass mind and behaviour control.

### GIZA: THE TRUTH

by Ian Lawton & Chris Ogilvie-Herald

Publisher: Virgin Publishing, UK, 1999

ISBN: 1-85227-821-8 (560pp hc)

Price: AUD\$55.00; NZD\$59.95; £20.00;  
USD\$54.00 (from UK)

Available: Aust—Penguin, tel (03) 9871  
2400; NZ—Reed Books, tel (09) 480 4950;  
UK/USA—NEXUS UK Office, fax +44  
(0)1342 324574; Eur—Try NEXUS Office;  
USA—London Bridge, tel 1800 805 1083

You could be forgiven for thinking a book called *Giza: The Truth* was a bit ambitious in its promise, but authors Ian Lawton and Chris Ogilvie-Herald deliver the facts, while admitting that the Giza monuments continue to be enigmatic. As they exhaustively document, most "New Egyptology" researchers going back a few decades have made errors that have led many others, as well as the public, down false trails, and latter-day alternative archaeology writers have only compounded on these errors. Picknett and Prince also explore such examples in *The Stargate Conspiracy*. Together, these books are a sobering reminder that we need to be alert when judging truth in history.

*Giza: The Truth* is the less speculative of the two books. Its authors set the record straight on the age of the Giza monuments (very much in line with orthodox dating); why and how the plateau's pyramids were built (they can be understood in the context of their times); the reports from European explorers; and the evidence for secret Pyramid chambers, and an alleged Hall of Records (there isn't much).

Backing up their criticism, Lawton and Ogilvie-Herald cut a swath through the work of many high-profile authors, such as Sitchin, Bauval and Hancock, and accuse some Egyptophiles of having egos that "are vibrating at a new, higher frequency"! They also cover, at length, the huge political intrigue that has dominated events on the Giza Plateau in the last 10 years—as it will continue to do in the millennium turnaround. A timely, compelling volume.



# REVIEWS

## BOOKS

### COSMIC CRASHES

by Nicholas Redfern

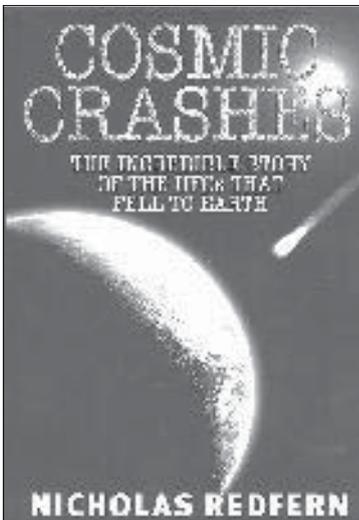
Publisher: Simon & Schuster, UK, 1999

ISBN: 0-684-85829-0 (328pp hc)

Price: AUD\$34.95; NZD\$45.00; £16.99; USD\$25.00

Available: Aust—Simon & Schuster, tel 02 9417 3255; NZ—Macmillan, tel (09) 415 6677; UK/USA—NEXUS UK Office, tel +44 (0)1342 322854; Europe—Enquire NEXUS office; USA—Simon & Schuster, tel (212) 698 7000 (April 2000)

Continuing the line of research he established with his 1997 book, *Covert*



*Agenda* (see review, 5/01), Nick Redfern sheds more light on who is the ultimate authority in the UK on the UFO issue. By focusing in particular on UFO crashes and retrievals—and there have been a surprising number in the UK during World War II days—he's uncovered startling material for his new book, *Cosmic Crashes*.

Redfern's tireless pursuit of leads and his persistence (sometimes "luck") in obtaining FoI documentation show him to be a commendable investigator, though he admits to a few connections he should have twigged to earlier, such as the involvement of the Home Office—not just specialised Ministry of Defence units—in UFO crash incidents.

As usual, the Official Secrets Act means that Redfern can only find out so much. However, he *can* confirm from sources and documents that RAF Rudloe Manor in Wiltshire, home of the Flying Complaints Flight unit, is "UFO headquarters" in Britain, with input from RAF Fylingdales, Yorkshire, which tracks satellites, debris and presumably any object entering British airspace. Such objects, Redfern was told,

"only really become a matter for the Home Office when they've landed".

But are the crashed craft—their locations often known in advance by the military—really extraterrestrial vehicles? Has the UK had its own super-secret UFO back-engineering program since WWII, as Redfern speculates? Are retrieved alien craft and bodies stored within the vast tunnel complex beneath Rudloe Manor? Question marks and all, this book is a rivetting read.

### THE MONKEY AND THE TETRAHEDRON

by David M. Jinks

Publisher: Glass Moon Press, USA, 1999

ISBN: 0-9667258-0-8 (473pp tpb)

Price: USD\$22.95 + \$4.00 p&h in USA; foreign orders, contact publisher

Available: USA—Glass Moon Press, PMB 210, 4820 Yelm Hwy SE, Ste B, Lacey, WA 98503-4903, tel (360) 786 1758, fax (360) 459 4496, e-mail orders@infosourceresearch.com, website www.InfoSourceResearch.com

Humanity is poised at an evolutionary crossroads, where we can choose between a backward, dead-end step, characterised by fearfulness, darkness and deceit, and a forward progress represented by intelligence, enlightenment, understanding and love. In David Jinks's metaphor, the former is signified by the monkey and the latter by the tetrahedron, a symbol of hyperdimensional physics—thus the title of his book, *The Monkey and the Tetrahedron*.

But, if "the Shift" catches up with us, we may not have a choice anyway, as those who are aligned with darkness "will literally resonate out of existence"! We live in times of great change, and Jinks describes and connects many of the new scientific paradigms facing us: developments in new hydrogen energy (e.g., cold fusion); discoveries in understanding and tapping other dimensions; revelations about alleged artefacts on the Moon and Mars (the sacred geometries of Cydonia and Giza are still on his agenda); evidence of an intelligent cause behind crop circles; and the global explosion and cover-up of UFO phenomena.

Jinks admits he's a generalist and says his business background shouldn't preclude him from being curious about everything (and rightly so). He defers to many "names" in these "new paradigm" fields—Hoagland, Talbot, Sheldrake, Hapgood, Tenen, Argüelles, Meaden, Mandelbrot, Hynek and Lazar being just a sample. His book is thus a synthesis, albeit with his own special spin, that contains not only a spread of "NEXUS-type" subjects but also ideas that demand our attention in these new millennial times.

# REVIEWS



## BOOKS

### THE SECRET TEACHINGS OF THE ESPIRITISTAS

by Harvey Martin

Publisher: Metamind Publications, 1999

ISBN: 0-9660843-8-1 (278pp tpb)

Price: USD\$24.95 + \$3.20 p&h in USA;

Aust/NZ orders add USD\$14.00 p&h;

UK/Eur orders add USD\$10.75 p&h

Available: USA—Metamind Publications,

PO Box 15548, Savannah, GA 31416, tel

188 777 7417 (toll-free in USA), fax (912)

598 4900, website [www.metamind.net](http://www.metamind.net)

Although psychic surgery has had some bad press over the years, this has not deterred its true practitioners. In *The Secret Teachings of the Spiritistas*, Harvey Martin explains the origin of the Filipino tradition (and similar Brazilian and Hawaiian systems) as being in indigenous shamanism combined with colonial Catholic beliefs and rituals. In this new tradition, the Holy Spirit of the Trinity effects paranormal healings, and directs other spirit entities in the process, via sensitive healing mediums.

As a member of the Christian Spiritist Union of the Philippines, Martin has had privileged entrée to this hybrid realm, with notable exponents such as Rev. Alex Orbito (see article, 6/06). Here, he recounts his experiences with excitement and reflection. At close hand, he's observed miraculous cures effected in people of all nationalities, and felt the strong "faith" of genuine healers. He acknowledges the successes of the "sleight-of-hand" psychic surgery school, which parallel findings in Western placebo surgery, suggesting that there *is* more to it than meets the eye. Above all, Martin has helped create a union between two seemingly irreconcilable modalities.



## PRODUCT

Reviewed by Duncan Roads

### CELLSENSOR™ CELLULAR PHONE/EMF DETECTION METER

From: Tec-Health Corp., Florida, USA

Price: AUD\$135.00 + p&h (includes

CellSensor survey program); USD\$/n/a

Available: Australia—EMFacts

Consultancy, tel (03) 6243 0195, e-mail

[emfacts@trump.net.au](mailto:emfacts@trump.net.au), website

[www.tassie.net.au/emfacts/](http://www.tassie.net.au/emfacts/); USA—Tec-

Health Corp., tel (954) 454 1880, website

[www.tec-health.com](http://www.tec-health.com)

With the growing awareness of the dangers of exposure to electromagnetic (EM) fields and radio-frequency (RF) radiation, people are wanting to find out how and where they are being affected.

The CellSensor™ is certainly the best device on the market that we have seen. It is affordably priced, comes with documentation and is easy to use.

The CellSensor lets you monitor the fields generated by power lines, computer monitors, TV sets, electrical appliances, power points and, above all, mobile phones.

Once you have determined how much EM and RF pollution is wafting around your home and workplace, refer to the enclosed booklet that gives advice on how to reduce or eliminate such pollution.

## AUDIO

Reviewed by Duncan Roads

### THE MYSTICAL MEASUREMENT OF THE GREAT PYRAMIDS

narrated by Aaron Curtis

Producers: Aaron Curtis and Isar

Gregor for The Secret Gates of Giza, USA

(2-tape set, 2hrs)

Price: USD\$18.95 + \$4.95 p&h in USA;

foreign orders, contact publisher

Available: USA—The Secret Gates of

Giza, PO Box 648, Littlerock, CA 93543

What is the secret behind the riddle of the Sphinx? Is there a message encoded in the geometric layout of the buildings on the Giza Plateau?

This tape series proposes that the builders and designers of the Giza complex were in possession of advanced technical and spiritual knowledge and, further, that the secrets revealed in the Giza monuments reflect the spiritual truths and mystical secrets that make up our unseen existence.

Quite thought-provoking information, of appeal to Egyptology students out there.



# REVIEWS

## MUSIC

Reviewed by Richard Giles

### SEVENTH HEAVEN

by Ian Cameron Smith

Producers: Ian Cameron Smith & Natalie Anderson for Rhythmist Productions, Australia, 1999 (58mins)

Distributors: Australia—Rhythmist Productions, tel/fax +61 (0)2 9939 6517, website <[www.home.aone.net.au/iancameronsmith](http://www.home.aone.net.au/iancameronsmith)>; UK—Rhythmist Productions, tel 0181 393 0160

Welcome to another album from the man with liquid-amber style and fingers from Heaven: Ian Cameron Smith. He's created a new offering of smooth and seamless music for his fans to merge into. This is the fifth in a collection of deeply creative and relaxing music CDs from Ian's pen. With tracks like "Velvet Caress", "Midnight Magic" and "Serene Dream", this album is a treasure, a true jewel for your collection.

### MOONSUNG

by Sheila Chandra

Producer: Steve Coe for Real World Records, UK, 1999 (46mins)

Distributors: Aust—EMI/Virgin, tel (02) 9908 0777; UK—Real World Records, tel 01225 744464, website <http://realworld.on.net>; USA—Narada Productions, tel (414) 961 8350, [www.narada.com](http://www.narada.com)

An extraordinary performer with an extraordinary voice, Sheila Chandra is known as a pioneer in world music and a legend for her experimental work with lyricless tones and drones, her vocal percussion techniques and minimalist style. To hear her stand alone on stage and deliver a carefully threaded musical tapestry of sound, while mysteriously weaving her ancestors' voices, is a life experience. *Moonsung* is a retrospective collection of some of her great vocal creations. She synthesises Indian, Celtic and Gregorian into a fusion of primal world harmony. A collector's piece.

### A WISH

by Hamza El Din

Producers: Hamza El Din & Shabda Owens for Sounds True Music, USA, 1999 (57mins)

Distributors: Aust—Banyan Tree, tel (08) 8363 4244; USA—Sounds True, tel 1800 333 9185, website [www.soundstrue.com](http://www.soundstrue.com)

Hamza El Din is the father of modern Nubian music. While studying engineering, he discovered the *oud*, that beautiful fretless, lute-like instrument, and learned to master it while continuing his music stud-

ies in Cairo and then Rome. In the 1960s he moved to the USA, where he's worked with leading musicians from around the planet. *A Wish* is Hamza's tribute to his old home village, submerged under the waters of the Aswan Dam in 1964. A serene album.

### AFRICA NORTH

by various artists

Producer: Leyla R. Hill for WorldClass Records/HoS, USA, 1999 (57mins)

Distributors: Aust—MRA Entertainment, tel (07) 3849 6020; USA—Hearts of Space, tel (415) 331 3200, website [www.worldclassmusic.com](http://www.worldclassmusic.com)

The sounds of northern Africa vary from the religious tones of the Fes Festival of Sacred Music (NEXUS 5/02), the call and response of Tuareg desert vocal ensembles, the quiet composure of the *oud* from Hamza El Din and Anouar Brahem, to the enriched sounds of vocalists Setona from Kordofan (a province of Sudan) and Rasha, of Nubian background. With all of these and more, this is an exciting, mesmerising African/Arabian fusion of music from the trance/ecstasy rhythms of the Islamic tradition.

### STARS TO SHARE

by Samite

Producers: Corin Nelsen & Samite for Windham Hill, USA, 1999 (56mins)

Distributors: Aust—BMG, tel (02) 9900 7888; USA—BMG Distribution, tel (212) 930 4942, website [www.windham.com](http://www.windham.com)

Samite left his native Uganda when he fled the Idi Amin regime. After spending many years overseas, he returned to Uganda to film his country and find its music again. *Stars to Share* is an album of hope and affirmation, healing and joy, charting the change in his country. It's recorded in Vermont, USA, with wonderful backing musicians. The tracks are full of dance, lullabies and ballads, and communicate on a simple but deep, intimate level. Exemplary!





Continued from page 24

life, and through the preschool and grammar school years. Each of these periods has its own characteristic clinical picture. This picture becomes more marked at pubescence and often causes school officials to complain of juvenile delinquency or underachievement.

A glucose tolerance test at any of these periods could alert parents and physicians and could save innumerable hours and small fortunes spent in looking into the child's psyche and home environment for maladjustments of questionable significance in the emotional development of the average child.

The negativism, hyperactivity and obstinate resentment of discipline are absolute indications for at least the minimum laboratory tests: urinalysis, complete blood-count, PBI determination, and the five-hour glucose tolerance test. A GTT can be performed on a young child by the micro-method without undue trauma to the patient. As a matter of fact, I have been urging that these four tests be routine for all patients, even before a history or physical examination is undertaken.

In almost all discussions on drug addiction, alcoholism and schizophrenia, it is claimed that there is no definite constitutional type that falls prey to these afflictions. Almost universally, the statement is made that all of these individuals are emotionally immature. It has long been our goal to persuade every physician, whether oriented toward psychiatry, genetics or physiology, to recognise that one type of endocrine individual is involved in the majority of these cases: the hypoadrenocortic.<sup>15</sup>

Tintera published several epochal medical papers. Over and over, he emphasised that improvement, alleviation, palliation or cure was "dependent upon the restoration of the normal function of the total organism". His first prescribed item of treatment was diet. Over and over again, he said that "the importance of diet cannot be overemphasised". He laid out a sweeping permanent injunction against sugar in all forms and guises.

While Egas Moniz of Portugal was receiving a Nobel Prize for devising the lobotomy operation for the treatment of schizophrenia, Tintera's reward was to be harassment and hounding by the pundits of

organised medicine. While Tintera's sweeping implication of sugar as a cause of what was called "schizophrenia" could be confined to medical journals, he was let alone, ignored. He could be tolerated—if he stayed in his assigned territory, endocrinology. Even when he suggested that alcoholism was related to adrenals that had been whipped by sugar abuse, they let him alone; because the medicos had decided there was nothing in alcoholism for them except aggravation, they were satisfied to abandon it to Alcoholics Anonymous. However, when Tintera dared to suggest in a magazine of general circulation that "it is ridiculous to talk of kinds of allergies when there is only one kind, which is adrenal glands impaired...by sugar", he could no longer be ignored.

The allergists had a great racket going for themselves. Allergic souls had been entertaining each other for years with tall tales of exotic allergies—everything from horse feathers to lobster tails. Along comes someone who says none of this matters: take them off sugar, and keep them off it.

Continued on page 80

Continued from page 79

Perhaps Tintera's untimely death in 1969 at the age of fifty-seven made it easier for the medical profession to accept discoveries that had once seemed as far out as the simple oriental medical thesis of genetics and diet, yin and yang. Today, doctors all over the world are repeating what Tintera announced years ago: nobody, but nobody, should ever be allowed to begin what is called "psychiatric treatment", anyplace, anywhere, unless and until they have had a glucose tolerance test to discover if they can handle sugar.

So-called preventive medicine goes further and suggests that since we only think we can handle sugar because we initially have strong adrenals, why wait until they give us signs and signals that they're worn out? Take the load off now by eliminating sugar in all forms and guises, starting with that soda pop you have in your hand.

The mind truly boggles when one glances over what passes for medical history. Through the centuries, troubled souls have been barbecued for bewitchment, exorcised for possession, locked up for insanity, tortured for

masturbatory madness, psychiatrised for psychosis, lobotomised for schizophrenia. How many patients would have listened if the local healer had told them that the only thing ailing them was sugar blues? ∞

### Endnotes

1. Martin, William Coda, "When is a Food a Food—and When a Poison?", *Michigan Organic News*, March 1957, p. 3.
2. *ibid.*
3. McCollum, Elmer Verner, *A History of Nutrition: The Sequence of Ideas in Nutritional Investigation*, Houghton Mifflin Co., Boston, 1957, p. 87.
4. *op. cit.*, p. 88.
5. *op. cit.*, p. 86.
6. Price, Weston A., *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects*, The American Academy of Applied Nutrition, California, 1939, 1948.
7. Hooton, Ernest A., *Apes, Men, and Morons*, Putnam, New York, 1937.
8. Shelton, H. M., *Food Combining Made Easy*, Shelton Health School, Texas, 1951, p. 32.
9. *op. cit.*, p. 34.
10. Foucault, Michel, *Madness and Civilization: A History of Insanity in the Age of Reason*, translated by R. Howard, Pantheon, New York, 1965.

11. Pauling, Linus, "Orthomolecular Psychiatry", *Science*, vol. 160, April 19, 1968, pp. 265-271.
12. Hoffer, Abram, "Megavitamin B3 Therapy for Schizophrenia", *Canadian Psychiatric Association Journal*, vol. 16, 1971, p. 500.
13. Cott, Allan, "Orthomolecular Approach to the Treatment of Learning Disabilities", synopsis of reprint article issued by the Huxley Institute for Biosocial Research, New York.
14. Szasz, Thomas S., *The Manufacture of Madness: A Comparative Study of the Inquisition and the Mental Health Movement*, Harper & Row, New York, 1970.
15. Tintera, John W., *Hypoadrenocorticism*, Adrenal Metabolic Research Society of the Hypoglycemia Foundation, Inc., Mt Vernon, New York, 1969.

### Editor's Note:

This article is extracted and edited from the book, **Sugar Blues**, © 1975 by William Dufty; specifically, the chapters "In Sugar We Trust", "Dead Dogs and Englishmen" and "What the Specialists Say". The book was first published by the Chilton Book Company, Padnor, PA, USA. Warner Books, Inc., NY, published an edition in 1976 and reissued it in April 1993, but, as far as we understand, the book is currently out of print and the author, William Dufty, is deceased.

Continued from page 38

known as the Plane of Sharon, the super-conductive forces inherent in levitation may not be possible.

We do not know at this stage whether the Tibetan stones contained a monatomic substance, but the possible use of such a substance is becoming apparent when we consider other architectural structures around the world—such as the pyramids of Egypt and temples of the Inca—which have special acoustic properties. The results of this collaborative research will be included in further books and music.

Meanwhile, the sources of modal forms and sounds and the development of a new understanding of harmonic progression (which I have termed "modes of extended transposition") are inherent in the music I have created in *Holy Spirit and the Holy Grail* and *Genesis of the Grail Kings*.

I began this essay by confirming that we are currently able to examine many hitherto hidden elements in sound and music. We now have the opportunity to go behind the veil of these unique elements—elements that are not lost, but hidden away somewhere in our subconscious genetic

memory—and to reaffirm their value in today's environment.

Our Earth's fuel resources are beginning to expire, and we must embrace other forms of energy if we are to allow any of our benign technology to be of use in the future. Unfortunately, the present payback for our non-ecological use of technology is that it is doing us more harm than good in the longer term. But this does not have to be the case—certainly not, if we can comprehend and reutilise the resources that were available in ancient times.

How heartening it is to learn that some of our most advanced scientists are now realising that the previously perceived "vacuum" of space is actually filled with what they term "exotic matter", and that some of this vibrational and resonant energy is available for our beneficial use on this planet. ∞

### About the Author:

Born in 1952, composer and music producer Adrian Wagner had a music-oriented education, studying musical composition and orchestration before beginning his professional career at the age of twenty. Since the early 1970s, he has worked in music record-

ing and production and with rock musicians and bands, invented the Wasp (the world's first battery-powered, portable digital synthesiser), has written scores for films, animations, TV documentaries and commercials, and released a number of albums of his own music, including *Merak*, *Inca Gold*, *Karming the Elements* and *Ambient Collection*.

In the 1980s he started his own music enterprise, The Music Suite, facilitating album production for many artists and groups as well as his own projects, reflections of his Celtic origins. His new company, MediaQuest, is a multimedia sound-service company and CD production studio. Maintaining his film company connections, in 1999 he composed the music for a new TV documentary on the life of Jimi Hendrix.

In recent times, Adrian Wagner has been working closely with Sir Laurence Gardner and has composed, recorded and released companion musical suites to his books: *Holy Spirit and the Holy Grail* and *Genesis of the Grail Kings*. His current projects include a new musical work, entitled *Anunnaki*, and the music CDs for Laurence Gardner's book cycle. Adrian Wagner was recently appointed Chevalier of the Imperial and Royal Order of the Swan (CIROS). Chevalier Wagner is the great-great grandson of 19th-century Grail opera composer Richard Wagner, himself made a CIROS by Ludwig II of Bavaria.

Continued from page 51

the planets exert an influence on character. His results are as solid as any discovery in science; and no matter how many critics or sceptics examine his work, the purely empirical facts of his discovery will not go away. Gauquelin recognised that the planetary archetypes were very old and he believed his work would rehabilitate the planetary types. The ancients understood the true meaning of harmony: to find one's planetary "note", sing it loudly and clearly, and find one's true place in the harmony of humanity.

The Neoplatonist philosopher Plotinus wrote: "All music, based upon melody and rhythm, is the earthly representative of heavenly music." The harmonic proportions are universal organising principles; they create and regulate planetary orbits, organic life and the dance of atoms at the heart of matter. Harmonic thinking organises the universe into a simple framework. As Johannes Kepler once said: "Simplicity is more in keeping with Nature." It is this approach which may free astrology from its current alienation from mainstream science.

The overwhelming statistical evidence for the planetary types establishes this new Science of Celestial Influence on a solid foundation. Somewhere between the objectivity of science and the intuition of harmony lies the beginning of a true science. ∞

### Endnotes

1. See Michel Gauquelin's works: **The Cosmic Clocks**, Owen, 1969; **Cosmic Influences on Human Behaviour**, Aurora Press, 1969, Futura, 1976; **The Spheres of Destiny**, Dent, 1980; **The Truth about Astrology**, Blackwell, 1983; and **Neo-Astrology: A Copernican Revolution**, Arkana, 1992.
2. Berman, Louis, **The Glands Regulating Personality**, McGrath Publishing Co., 1928.
3. Collin, Rodney, **The Theory of Celestial Influence**, Shambhala, 1984.
4. Quoted in: Berendt, Joachim Ernst, **Nada Brahma**, Destiny Books, 1991, pp. 89-90.
5. Quoted in: Godwin, Joscelyn, **Cosmic Music: Musical Keys to the Interpretation of Reality**, Inner Traditions, 1989, p. 92.
6. Lawlor, Robert, **Sacred Geometry: Philosophy and Practice**, Thames & Hudson, 1989, p. 12.
7. West, John Anthony, **The Case for Astrology**, Viking Press, 1991, p. 320.
8. Seymour, Percy, **The Scientific Basis of Astrology**, St Martin's Press, 1992.
9. From an ancient Chinese text, quoted in:

Campbell, Joseph, **Primitive Mythology**, Penguin, 1976, p. 454.

10. A detailed and intimate description of the types discussed can be found in: Friedlander, Joel, **Body Types** (1993) and Zannos, Susan, **Human Types** (1998), both published by Samuel Weiser. Anthony Craig is preparing a manuscript covering the history of these types and his current research.

### About the Author:

Anthony Craig is a Melbourne-based writer with an insatiable curiosity for mysteries. His many interests include ancient astronomy, mythology, philosophy, religion and esotericism in general, and science. He prefers explanations that do not abandon common sense and the laws of physics, yet retain a sense of the miraculous.

In 1984, Anthony joined an international Fourth Way school, based on the esoteric system of G. I. Gurdjieff and P. D. Ouspensky, eventually becoming director of the school's centres in Sydney and Melbourne until leaving in 1994. He has recently set up a website that explores Fourth Way alternative cosmology, speculative physics and esoteric psychology and includes much more information on Body Types (see [www.homestead.com/axissofia/index.html](http://www.homestead.com/axissofia/index.html)).

Anyone wishing to participate in further research or assist Anthony in reviewing the statistical protocols for his tests can telephone him on +61 (0)3 9853 8791 or e-mail him at [mercsat@start.com.au](mailto:mercsat@start.com.au).