

KNOW THYSELF

version 1.06

This is a 'hope this helps'
about often-overlooked biases and limitations of the human organism.
[downloaded from nobody.wordpress.com]

"Given appropriate reinforcements, humans can be taught to alter their heart rates while sitting in a chair, or their brain waves (which are being recorded by electrodes taped to their head). I have even heard that white rats that were rewarded by receiving electrical stimulation directly in a pleasure center of the brain (...) for lowering their heart rate could be conditioned to decrease the activity of this organ to the point where it stopped and they died. Even if this story is apocryphal, there is no question that there are many impressive demonstrations of the power of reinforcement theory." David McFarland, in The Oxford Companion to Animal Behaviour (1975).

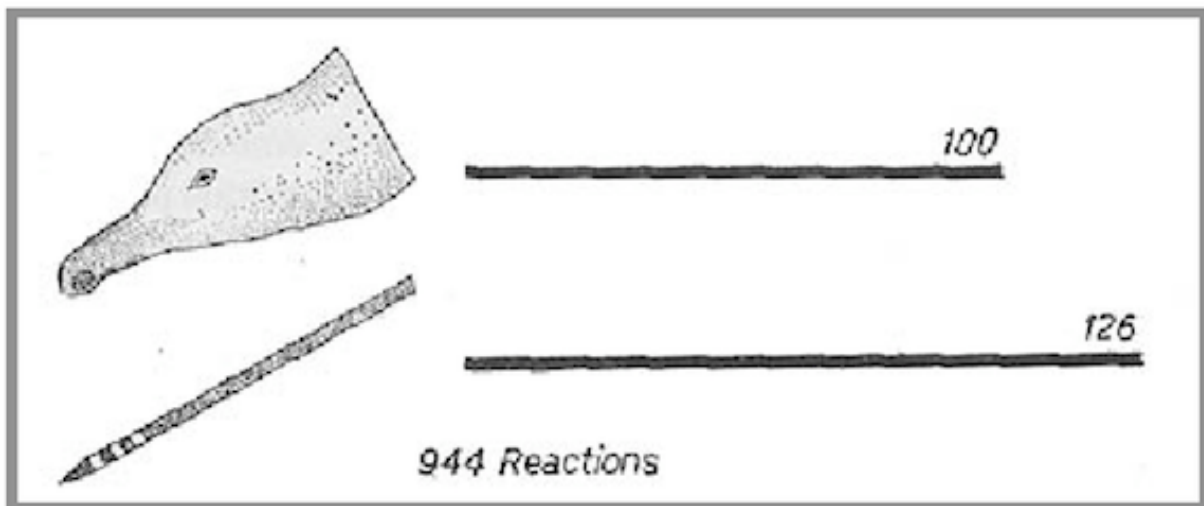
Supernormal, superoptimal, superstimuli: A spoonful of sugar makes the medicine go down. In other words, a crystalized, purified, simple carbohydrate extracted from the juice of smashed sugarcane stalks will, in humans, induce the ingestion of non-preferred food/beverage item(s)-- humans can be persuaded to eat or drink the strangest things if mixed with sugar, a probable human superstimuli. Personal observation: Five year old average sized Homo sapiens child consuming an entire liter of soda before a half-hour cartoon was over. (:-) Sucrose is a feeding stimulus for many species for good reason--energy is extracted from glucose, and sucrose is half glucose. However, all sugars were once difficult for our ancestors to obtain and/or purify; now certain modern cultivars (sugarcane, sugar-beets, most fruits) accumulate much more sugar than their 'unimproved' ancestors. Modern technology enables sugar to be cheaply extracted and purified by the ton, and even cheaper cornstarch can be enzymatically broken up into its glucose subunits, making corn syrup.

This helps make bubbly sugar-water very inexpensive to produce. Some of the glucose obtained can be further 'chemistrified' into fructose (perhaps a superstimulant) for even more appeal. For a human, the result can be a potent 'drink me' superstimulus. I doubt any competent zookeeper would give a superstimulus drink to a non-human animal (except for

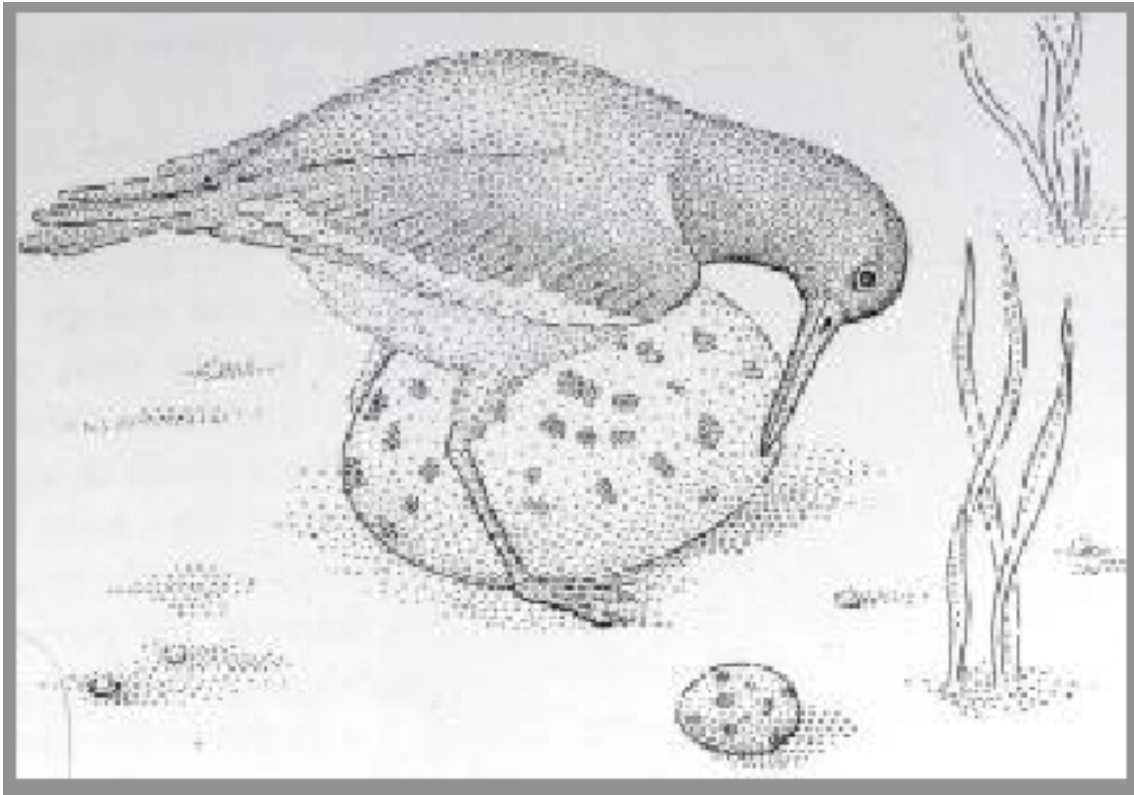
medical reasons). Perhaps, in a few thousand years, humans will have adapted to a sugar-saturated world and instinctively avoid over-consuming such things.

"... he [Socrates] advised those who had no government of themselves never to taste of things that tempt a man to eat when he is no longer hungry, and that excite him to drink when his thirst is already quenched, because it is this that spoils the stomach, causes the headache, and puts the soul into disorder." Xenophon, in his 2400 year-old book "The Memorable Thoughts of Socrates"

It is easier to see superstimuli in other species.

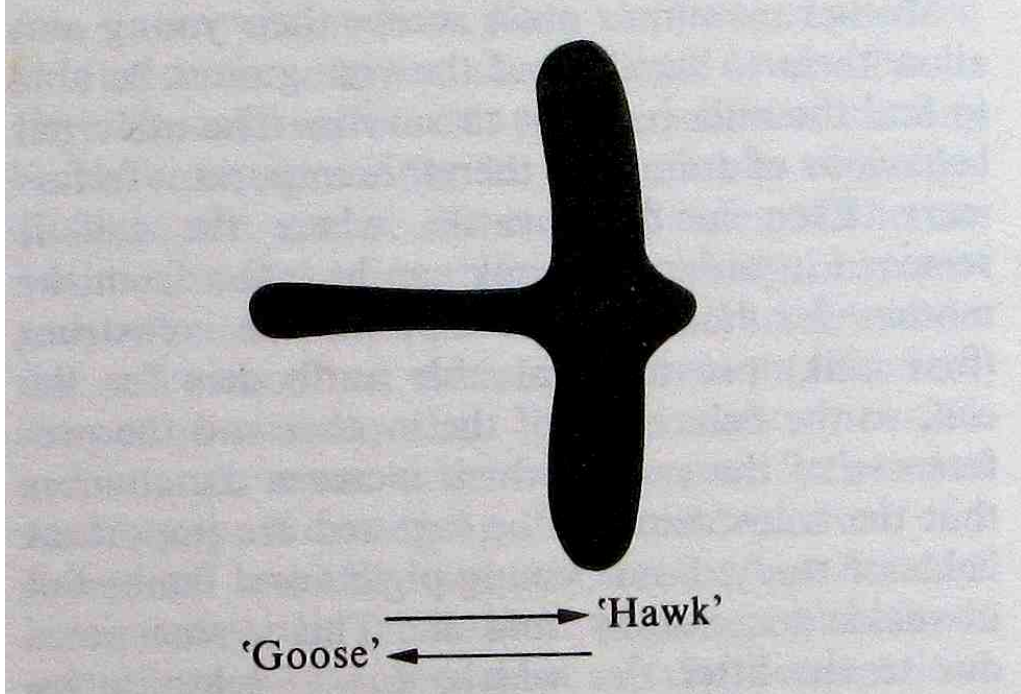


A seagull has a red spot on its beak. When its chicks peck at that spot, the seagull feeds them. However, a stick with three alternating red and white stripes is likely 'superstimulating' to the chicks because they peck at it more than a model of a seagull.

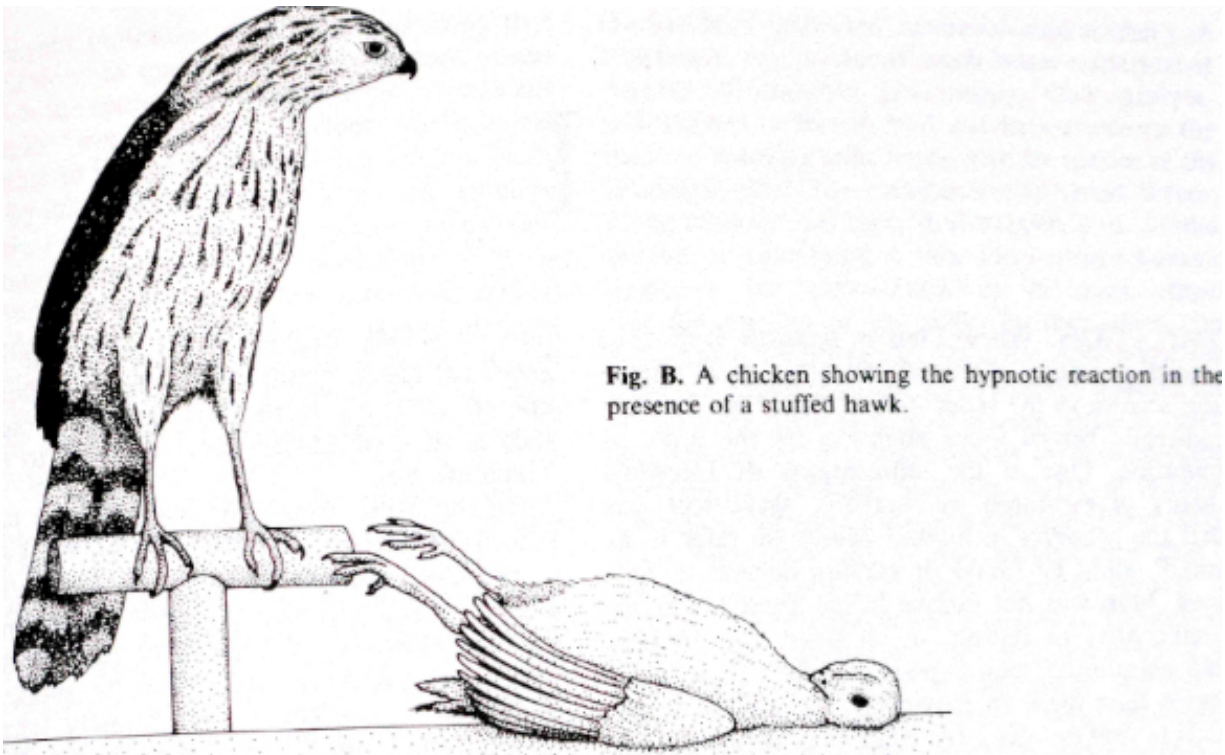


The little egg was laid by the bird. The big egg is a fake. The bird will attempt to incubate the big egg and let its own egg die if the fake egg (a 'supernormal' or 'superoptimal' stimulus to this bird) is not removed.

resembling a hawk (Accipitridae) when passed above ducklings or goslings (Anatidae) induces fear responses when moved in one direction, but not when moved in the opposite direction (Fig. A).

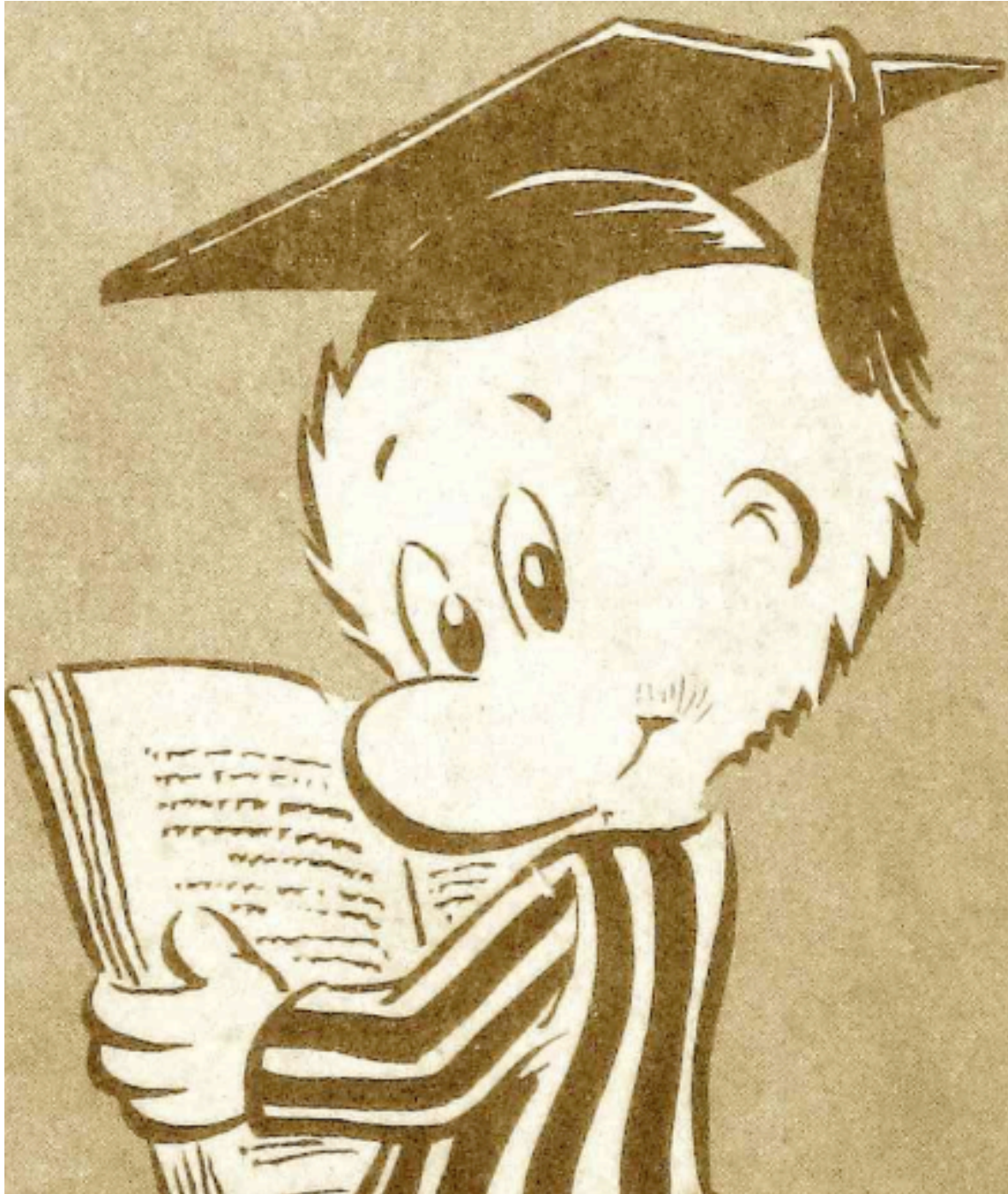


If you were to cut out this shape and wave it over the heads of ducklings or goslings, they will attempt to hide if you were to move the shape in the 'hawk' direction, but not in the 'goose' direction. It will still work if you were to let the ducklings stand on the paper shape first.



Some breeds of chickens will 'play dead' if a hawk gets this close. An artificial hawk will induce the same reaction. If the model hawk is removed or merely has its eyes covered, the chicken recovers quickly. If a model with covered eyes is replaced with a model of a pair of eyes on a stick (not shown), the chicken's recovery is still slowed.

" ... that beavers have a strong instinct to shove mud and sticks toward the sound of running water. In fact, someone who wanted to investigate this took a loudspeaker, placed it up on a dry riverbank, and played a tape of a burbling brook. The beavers plastered the hi-fi speaker, not the river, with mud and sticks." William H Calvin The River That Flows Uphill



From 1961, so it's not quite anime--but Pogo has an overlarge head with babyish features.

Perhaps this explains part of Pogo's appeal.

Watch a boring but useful lecture on a wide-screen TV. Add audio stimuli of your choice, such as sustained low notes with lots of reverb.

"If you're going to let industries decide how much salt, sugar and fat is in your food, they're going to put as much as they possibly can. Why? Because they want to sell as much of it as they possibly can and we are hard-wired to like sugar, fat and salt. They will push those buttons until we scream or die." Michael Pollan <http://www.alternet.org/health/77330?page=entire>

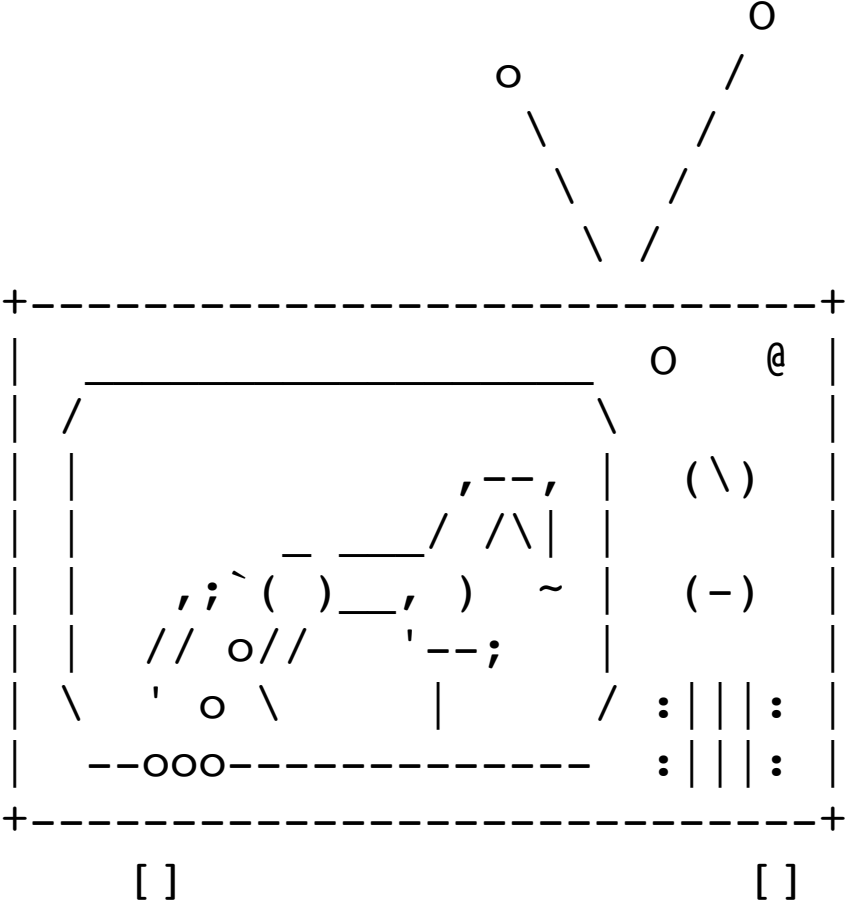
Superstimuli Stacking: TV 'stacks' well with a few necessary activities (eating, sleeping), and other potentially addictive ones (like drugs/eating SS 'foods'/pron/CLASSIFIED TOP SECRET) 'Stacking' scares the '^(;,,;)^' outta me. What if tolerance develops? (In this case, tolerance means that the dosage must be increased for the same effect.) A child, addict, or otherwise susceptible 'conned-sumer' could learn to seek ever more potent stimulation. Such a person will never be completely satisfied, or satisfied for very long, so will always seek more... (Interring into th' Land of More-Whores!) What possible defense is there--other than shunnn!?

“The truth that makes men free is for the most part the truth which men prefer not to hear.” Herbert Sebastien Aga

“Truth never tranquilizes. The defining property of truth is its ability to disturb. Jesus only told half the story. The truth *will* set you free. But, first it's going to piss you off.” Solomon Short

"I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self."
Aristotle

Now that you know about 'supernormal stimuli,' you may start to see them in other aspects of your life. After all, deciding what makes your brain get a little too interested is quite subjective.



“It is the nature of the wise to resist pleasures, but the foolish to be a slave to them.” Epictetus

A few social psych findings and their implications

Cognitive Dissonance: 'The' cog-dis experiment is described in Festinger and Carlsmith's 1959 paper titled Cognitive Consequences of Forced Compliance. After a experimental 'subject' completed an intentionally boring experiment, they randomly received either \$1 or \$20, then were asked to lie about the experiment to the next subject. Those who received \$20 were more likely to rate the whole experiment as boring, as it was designed to be “an experience about which he [the experimental subject] would have a somewhat negative opinion” (quote from the paper). Afterwards, the subject was questioned about the experiment. Those paid \$1 expressed more favorable opinions and were more likely to volunteer for another experiment than those paid \$20. If 1\$ folks could convince themselves that they actually liked loading empty spools with one hand into and out of a box or turning wooden pegs one quarter turn again and again, there is no lie and no cognitive dissonance. Perhaps people don't like to think that they could be induced to act like hypocrites merely because some talking nearly-furless ape in a lab coat gave them a piece of paper and asked them to lie—what could they do to eliminate the hypocrisy? After all, who would lie just to obtain one dollar? (A potential confound: authority often wields great influence over human behavior... a summary of Dr. Milgram's famous experiment is a couple paragraphs down.)

In his autobiography, Ben Franklin explains how he dealt with the animosity of a rival legislator: “Having heard that he had in

his library a certain very scarce and curious book, I wrote a note to him, expressing my desire of perusing that book, and requesting he would do me the favour of lending it to me for a few days. He sent it immediately, and I return'd it in about a week with another note, expressing strongly my sense of the favour. When we next met in the House, he spoke to me (which he had never done before), and with great civility; and he ever after manifested a readiness to serve me on all occasions, so that we became great friends, and our friendship continued to his death." This is an example of 'forced' compliance, which can be used to induce Cognitive Dissonance. Possible confound--receiving two letters from Ben Franklin may have been enough to change the man's attitude, as Franklin could write well.

Some modern studies report that asking a subject to fake a smile or to nod their heads will change their attitudes positively to whatever they are exposed to. If the subjects are asked to nod or shake their heads for 'unrelated' reasons (such as to test the wireless headphones that they are wearing), then attitudes shift as you'd expect.

A rumor: During training, Mall-Wart 'management trainees' are encouraged to publicly shout corporate slogans over and over again. 'Trainees' can receive trivial rewards for especially enthusiastic responses. Why would you enthusiastically shout corporate slogans for a candy bar--unless you could persuade yourself that working at the Mall-Wart really was fun?

Perhaps cog-dis is one reason a high-ranking human learns to make subordinate humans wait before meeting, even if the high-ranked human has summoned the subordinate human. The high-

ranking human exercises power and the subordinate human learns to submit.

I have heard that millions of old pots and pans (and other scrap iron) collected during a world war wound up in landfills. Perhaps if a person donated unwanted cookware, they were more likely to support the war in other ways.

A rumor has it that some therapists will agree with many small statements that the patient says. The patient is then asked to agree with a statement the therapist makes, such as admitting to a history of drug addition or drunk driving.

Sometimes salespeople will ask an indecisive buyer for some ID for a bogus credit-check or some such. (A smart talking ape would physically control any ID if complying with this, as allowing the salesperson to hold the ID gives the salesperson additional leverage.)

Cog Dis explains why the useful idiots who say stupid things like 'radiation is good for you' are given copious coverage on corpwhore media. These useful idiots supply false facts, and a fearful human is tempted to believe them. 'They' would never willingly endanger huge numbers of life-forms merely for the sake of profit, would they? That's inhuman.

If, in the course of human events, you encounter someone who actually says something like 'I Do Not Want To Believe This!' upon learning of a nastiness, the best thing to do (imo) is instantly agree with them with a bit more enthusiasm than warranted. Use statements like 'I know what you mean, I might take a billion dollar bribe myself, but that's why we have laws, right?' Seek further

'agreements' because this will forestall denial, which is the most common mental path used to reduce internal Cog Dis.

The 1963 Milgram experiment that tested obedience to authority: Experimental subject answered ad, went to lab, those who qualified were paid 4.5 dollars to keep no matter what. The subject then met two people: one, a white lab-coat guy (paid actor), and another guy who claimed to be another ad answerer (but was another hired actor). In what appeared to be a random way, the lab coat gives the task of 'teaching' to the experimental subject, and the other guy is the 'learner.' The 'teacher' was asked to apply electrical shocks to the learner to punish wrong answers. The subject sampled a small electrical shock; then watched the hired help guy get strapped into a chair. The 'teacher' and the lab coat go into another room that shares a common wall (so he could hear the strapped-in guy) with the lab-coated actor. The 'teacher' is supposed to use a device for applying electrical shocks (built to look impressive) and had various labels (at 450 V, it read DANGER SEVERE SHOCK). Each shock-activating switch could only be thrown once, and the numbers were higher each time (30 V to 450 V).

The 'teacher'/subject did not know the true purpose of the experiment until the debriefing at the end. The impressive machine delivered no electrical shocks, and an actor generated the audio-only responses to the faux electric shocks.

The first shocks were mild, but the pre-arranged responses were often wrong, and the faux shocks increased in severity. (The metaphor of an immobile frog in warming water comes to mind.) At higher voltages, the actor added complaints with the responses, which increase in severity with the voltage. Twenty

switches later, at three hundred volts, the actor/recorder demanded to be released and refused to answer. Since no response was to be treated as a wrong answer, about 65% of the 'teacher'/subjects flipped the next ten switches--all the way up to 450 volts, clearly labeled as dangerous--often with great mental distress. Thirty five percent (fourteen out of the original forty males recruited for this study) called it quits before things got that far. This study has been replicated and permuted many times, so we know that females do what the males did, and that other cultures have higher or lower rates of obedience. If the subject cannot hear or see the results of the switch flicking, the obedience rate was around 93% despite clearly marked warnings on the control panel. ***If the odious task is split up into many small tasks for many humans, thereby diffusing the responsibility, 100% obedience is practically guaranteed.*** If the subject has to physically hold the guy's hand to a faux shock plate, 70% drop out before they apply the final 450 volts. ***The physical presence of an 'authority' compels obedience, and the closer, the better.*** This is one reason why you always see so many TSA agents in one place. If the bent brass weren't watching the wage-slave agents do their bad karma job, the wage-slaves might not irradiate and/or grope everyone.. ***The first act of rebellion releases others.*** If the 'teacher'/experimental subject witnessed a small act of rebellion from someone else, *then* obedience became less likely.

This is an unconfirmed story, but I have heard that one of the first Milgram experiment participants decided to stop applying shocks at a low voltage. He claimed to be an electrical engineer with knowledge of the effects of electric shocks. Perhaps he also had plenty of experience with tape recorders and/or stereo systems, and perhaps an engineer would recognize bogus control

panels and/or lo-fi speakers too. The moral is obvious: ***the difference between human and inhuman is the difference between knowledge and ignorance.***

I have also heard that when Dr. Milgram first started doing this experiment, the learner/victim/actor was seen only as a shadow on a small window and the first fifteen subjects all obeyed to the 450 volts level. Milgram subsequently changed the experiment to allow for some learner/victim feedback.

This is a true story... In Milgram's original series of experiments, one run allowed the participants to choose any voltage. Most subjects used 15 volts to 'punish' a wrong response, and the rest used 30 volts.

The effectiveness of social pressure (conformity) was quantified by Dr. Asch (1955). In his experiment, the subject, an undergraduate, was asked to do some very easy visual discrimination tasks. The seven others appeared to be other undergrads but were actually working for Dr. Asch-- and occasionally would all supply the wrong answer. The experiment design allowed the subject to hear their answers (right or wrong) before answering, and about three quarters of the subjects would also give the wrong answer at least once. If one of the seven picked the correct answer among six identical wrong answers, then only 5% of the subjects gave the conforming answer at least once. Groups of two or three were not found to be as effective as groups of six or seven in producing conformity. If the subject feels like a fish out of water (socially) and is unsure of what is expected (an 'ambiguous' situation), conformity increases. Certain

'collectivist' cultures (like in Japan or India) produced individuals that had additional stay-with-the-herd biases in this experiment.

This explains why those in power make sure that nobody expresses dissent when their puppets dance. Everyone always applauded for Stalin or Hitler or Roosevelt. Even today, the local rethugocrats carefully screen their respective audiences and ensure that nobody boos or throws shoes and will forcefully remove anyone who does not treat the actors with deference. But times change. Perhaps modern media would quickly (rather than slowly) lose credibility with an important part of their audience if they never televised dissenting opinions, so the media talking heads do not take unpleasant truths seriously. They belittle, diminish, and if at all possible, get a laugh from the audience when they should be listening respectfully. The dissonance thus created lessens the likelihood of anyone seriously listening to those humans brave enough to tell truth to Empyre.

Modern publicly available research very rarely stresses experimental subjects as much as Dr. Milgram's did. [CLASSIFIED TOP SECRET] research may be secret for both good and bad reasons.

The Mere Exposure Effect: Repeatedly seeing something may change the viewer's attitude. For example, experimental subjects who viewed nonsense words repeatedly tended to have positive feelings towards them and rated them higher than unexposed subjects. This effect could still be detected even when subjects were repeatedly shown nonsense words for less than fifty milliseconds at a time (subliminally).

Nonsense words are not very potent stimuli. Advertisements,

everywhere in a consumer society, use much stronger stimuli like nearly-naked young females or delicious-looking food. This is why dictators put their portraits and self-aggrandizing statues everywhere, and why politicians try to get their names and faces in front of as many faces as they can as often as they can.

Subliminal stimuli: Some short phrases shown subliminally to subjects are modestly effective in changing behavior. Faces showing emotion are more effective--one professor displayed his own scowling face subliminally to his graduate students to get measurable responses--but quantifying emotional transmittance is not something science does well. More effective still are 'liminal stimuli'--things that you see and hear but mostly ignore. For example, Mullen and his grad students took 2.5 second snips of video from newscasters during 1984's presidential race. He used 37 of those segments after he removed all the audio and any video that mentioned candidate names (minimizing lip-reading potential). Then he and his grad students showed the segments to people and asked the subjects to rate the facial expressions. Two newscasters, Rather and Brokaw, were rated neutral. However, Peter Jennings of ABC was rated positively while speaking of both candidates, but more positively for one of them. Mullen and his grad students reported that TV viewers who watched ABC were more likely to vote for Mr. Jennings' favorite by a significant margin. Mullen was able to repeat this research in 1988 with essentially the same results.

It is well known that humans often 'mirror' emotions. (Proverb: Smile and the whole world smiles with you. Thought experiment--a man is watching another man get kicked in a sensitive area. What is the expression shared by both men?) This mirroring effect is enhanced if subjects watch a trusted and admired human, so

such humans are sought after for advertising. Some think that this 'mirroring' of emotions helps keep violence to a minimum and aids compassionate behaviors, especially since most humans are unaware of this tendency. (A good actor can effectively 'read/play the audience.' A psychopath who can do this is dangerous partly because they may not subconsciously respond to audience feedback like most humans do.)

This trick really works: If students smile frequently and pay close attention to a teacher only when the teacher stands on one side of the room, the teacher often will unknowingly teach mostly from the positive stimulus side of the room. This trick can work even if the majority of students do not participate, and can work on professors who already know about behaviorism (if the students are clever enough). Now that you know this... do no harm.

On Thought Control

Human behavior modification (and by extension, thought control) are banal, common things that each and every one of us do often. Even now, as you read this, nobody is affecting your thoughts! As you decode these arcane things called letters arranged in arbitrary groups called words used with an equally arbitrary list of rules called syntax and punctuation, new thoughts are being created in your head. These thoughts are partly your thoughts. Just as a competent musician can use musical notation

to play a tune, you are turning these words into thoughts. Defined this way, a friend reporting a good experience at a local restaurant and a baby's smile are thought control. If a baby can control aspects of your behavior, think of the power accumulated by those who spend a lifetime learning to alter other people's behavior--we call them 'marketing' or 'sales' people and that work for 'advertising agencies.' Thought control and behavior modification are best thought of as banal, everyday things that work on everyone. If you are aware, then you can prepare.

Some human behavior modification is easily done...



no6ody is controlling your thoughts!

You are put in an army uniform (which de-individualizes a human) and are told that the responsibility for your actions resides in other humans, who tell you who your enemy is and use various rhetorical de-humanizing tricks in describing this enemy. After you're all wound up mentally, you're given a powerful weapon and ordered to stand guard. What might happen if someone

'innocently' throws a firecracker nearby?

Once you know about the Stanford prison experiment, it is easier to understand how 'secret' military prisons work, and easier to have compassion for the young'uns put in uniform and sent there with orders to 'rough 'em up a bit.' Think about some poor flawed human put into a corporate environment for many hours five days (or more) a week, in a suit, subservient to flawed men in a flawed abstraction called a corp-institution. Stupid situations lead to stupid behavior.

About 50 years ago a social psychologist (Dr. Stanley Milgram, see above) demonstrated that there are some crazy situations that will cause most people to flip a switch that supposedly would (450V DANGER SEVERE SHOCK) shock a total stranger. There are other situations in which nearly every person rebels when asked to flip the same switch. The big lesson here: in a really stupid situation, nearly everyone does really stupid things.

Let's imagine putting a group of very young adults in uniform in charge of a prison with lots of 'paying customers.' Now the uninformed and uniformed prison guards are told that these particular prisoners are very nasty evildoers and that the prisoners are to be interrogated in a few hours--wink wink, nudge nudge. Some of them don't get it because they ate lead-containing paint chips too many times, so they are told to 'rough 'em up a little so they crack when we question them.' This is setting the imaginary guards up for a spectacular fail. These guards might go crazy in several ways simultaneously, with a bonus multiplier for night shift, bored, tired, unsupervised, medicated, intoxicated, and deficiencies in social psychology training. The Stanford Prison Experiment accurately predicts the behavior of these guards in Abu Ghraib or any of the Empyre's other prisons. Stupid situations evoking stupid behavior can be created \$cientifically in this modern world.



The Stanford Prison Experiment, 3mpyre \$tyle.



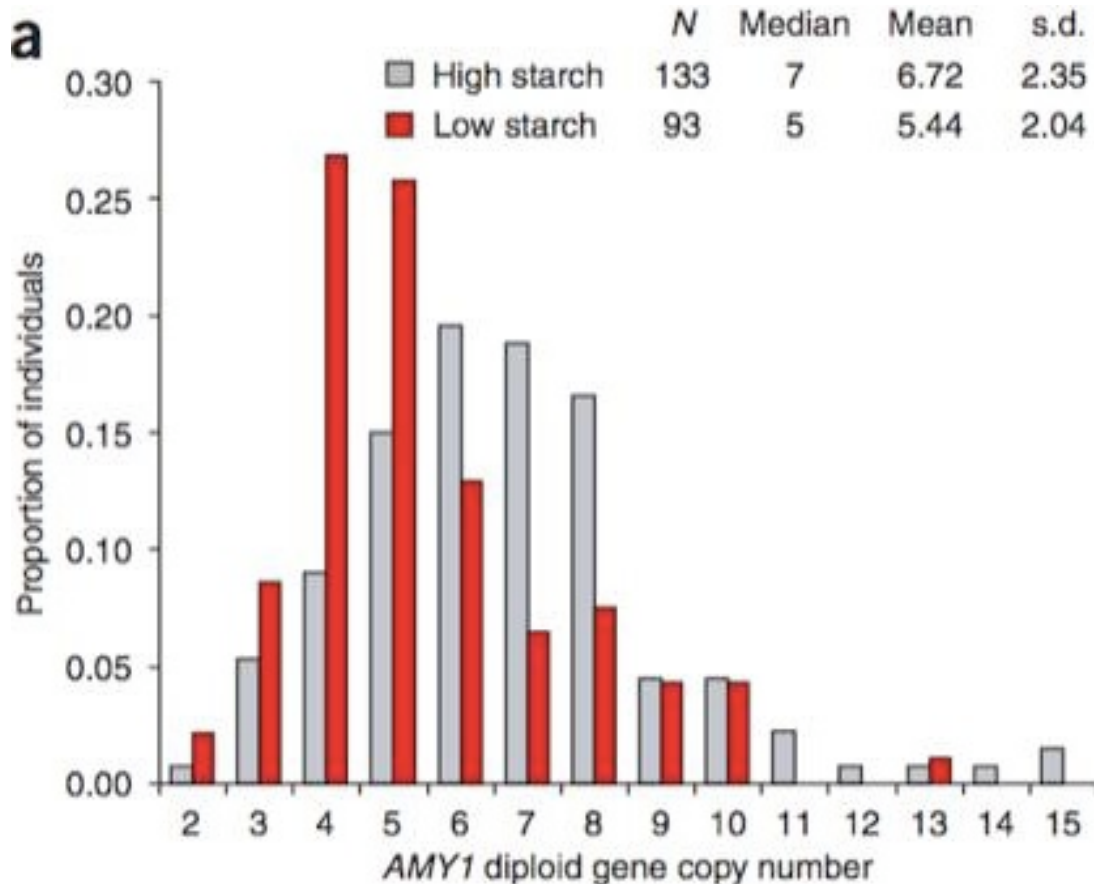
They'd behave better if wearing clown suits.

Know Thyself

dietary recommendations based on bio-specifications of humans

"**Amylases** are secreted proteins that hydrolyze 1,4-alpha-glycoside bonds in oligosaccharides and polysaccharides, and thus **catalyze the first step in digestion of dietary starch** and glycogen. The human genome has a cluster of several amylase genes that are **expressed at high levels** in salivary gland and pancreas."

Humans have more than one amylase gene and express various amylase proteins at high levels primarily because humans are evolutionarily adapted to eat starchy foods. The chart below shows that humans frequently have more than two amylase genes (the minimum). Chimps eat fruit which doesn't contain much starch, and have only two amylase genes (the minimum).



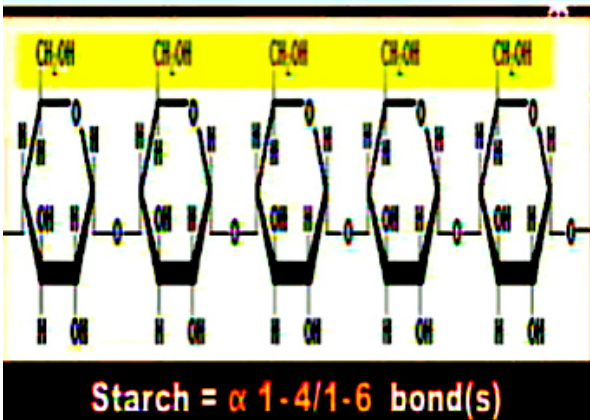
<http://people.bu.edu/msoren/Perry.pdf>

A minority of human populations have lived many generations with a meat-based diet and are designated the 'low-starch' source of data for the red bars--but despite their diet, these populations still have elevated numbers of the amylase gene. Chimpanzees in the wild eat mostly starch-free fruit, and had the expected two copies. The chimp 'needs' less amylase because it rarely eats starch.



Gorillas are vegans.

Complex Carbohydrates = Good



Our Design

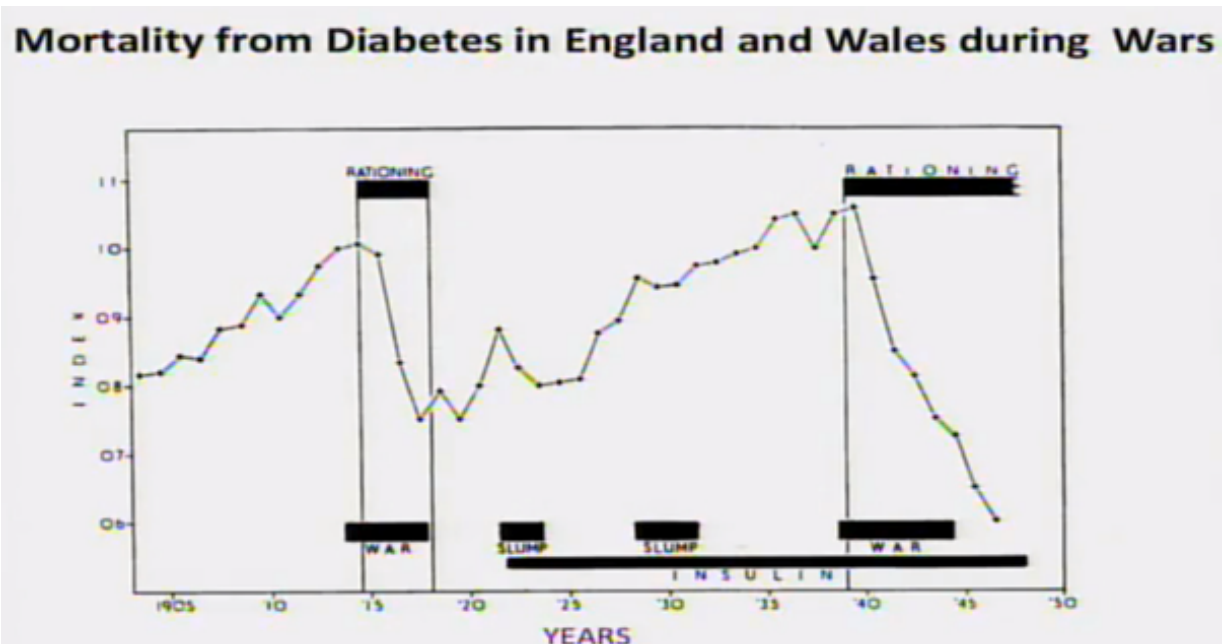
- Increased Amylase Genes to digest starch
- 40% increase in volume of small intestine to aid absorption
- Allowed movement away from equator
- "Starchivores"

Humans are "hind gut" fermenting Herbivores



From the metaphorical viewpoint of a primitive man's GI tract, small leaves are like one penny, and the metaphorical daily energy bill might have been a thousand times that. Leaves are pretty common, but nothing to get excited about. It takes a long time to pay the bill... time that could be spent doing other things (and paying a big bill with pennies doesn't impress anyone!).

A small, prehistoric tomato would be worth more and proportionally more interesting. A tree full of ripe figs? Even better. Such was the life of human ancestors--only rarely was there enough to pay the bill and get change. What about meat? Since animal flesh is much like human flesh, meat-eating whenever possible was a survival strategy that worked well. But the animals were hard to catch. Even if caught, the meat was lean, perhaps infested with parasites, hard to process, and in the days before germ theory, difficult to store safely for many hours, let alone days. These days, bacon is cheap and the stores are open all night.



Meat was scarce during the World War years.
Sometimes, it is better to not get what is wished for.

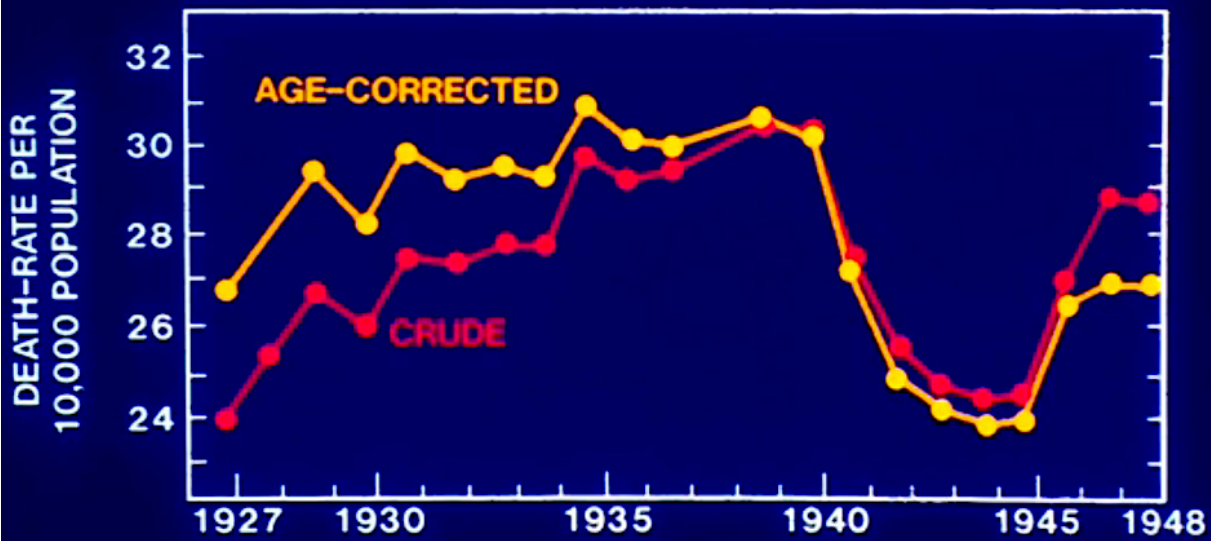


Fig. 1- Mortality from circulatory diseases in Norway in 1927-1948. Standard population = population of Norway in 1940.

Meat consumption and prospective weight change in participants of the EPIC-PANACEA study¹⁻³

Results: Total meat consumption was positively associated with weight gain in men and women, in normal-weight and overweight subjects, and in smokers and nonsmokers.

Brian Buijsse, Ingegerd Johansson, Veronica Hellstrom, Jonas Manjer, Elisabet Wirfalt, Marianne Uhre Jakobsen, Kim Overvad, Anne Tjønneland, Jorma Hallmans, Filiz Lund, Taina Rissanen, Doreen Engelert, Ardo Aho

Conclusion: Our results suggest that a decrease in meat consumption may improve weight management.

American Journal of Clinical Nutrition

its high energy and fat content. Some observational studies have shown that meat consumption is positively associated with weight gain, but intervention studies have shown mixed results.

Objective: Our objective was to assess the association between consumption of total meat, red meat, poultry, and processed meat and weight gain after 5 y of follow-up, on average, in the large European population who participated in the European Prospective Investigation into Cancer and Nutrition-Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home and Obesity (EPIC-PANACEA) project.

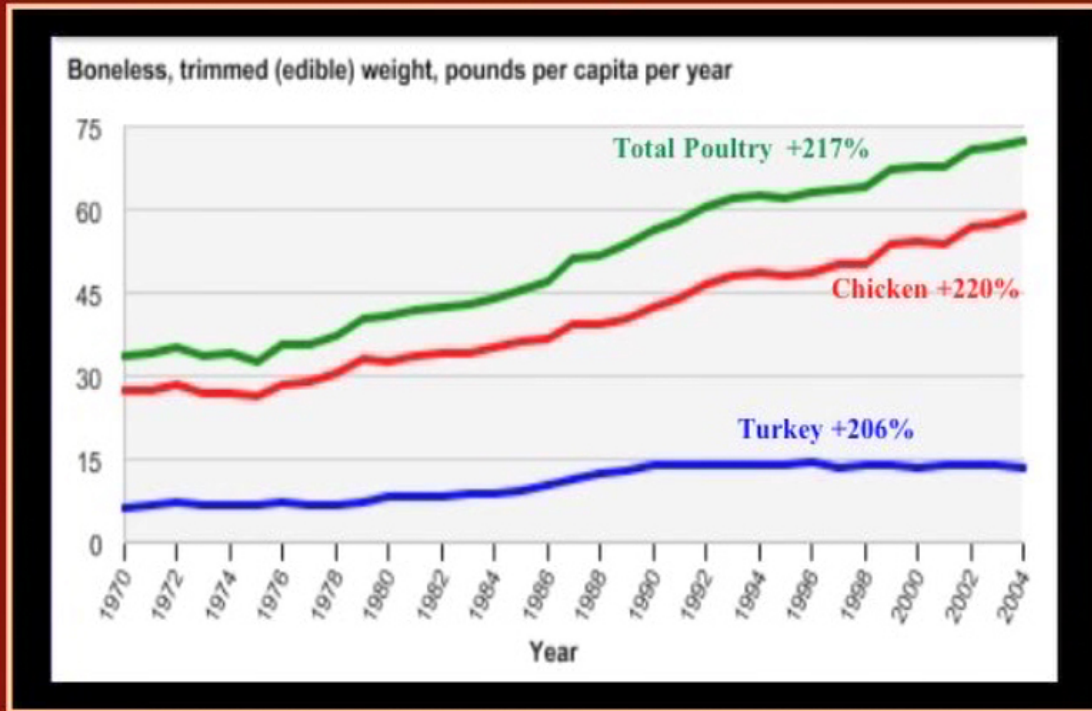
Design: A total of 103,455 men and 270,348 women aged 25-70 y

participated in the EPIC-PANACEA project aims to identify its predictors with the use of a large sample of European individuals with different dietary habits and lifestyles and large variation in obesity prevalence.^{1,2,3,4}

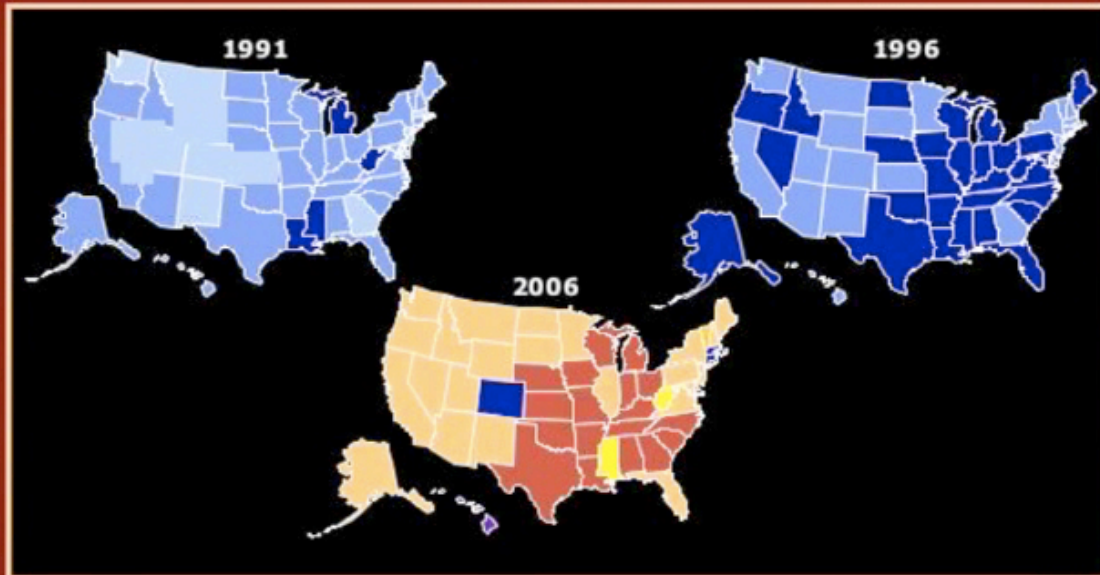
Mainly because of its high energy density and fat content, meat consumption has been considered a determinant of weight gain (2-8). On the other hand, it has been suggested that a high protein diet may have potential beneficial effects because of increased satiety and thermogenesis (9). Some intervention

US Food Consumption

Poultry



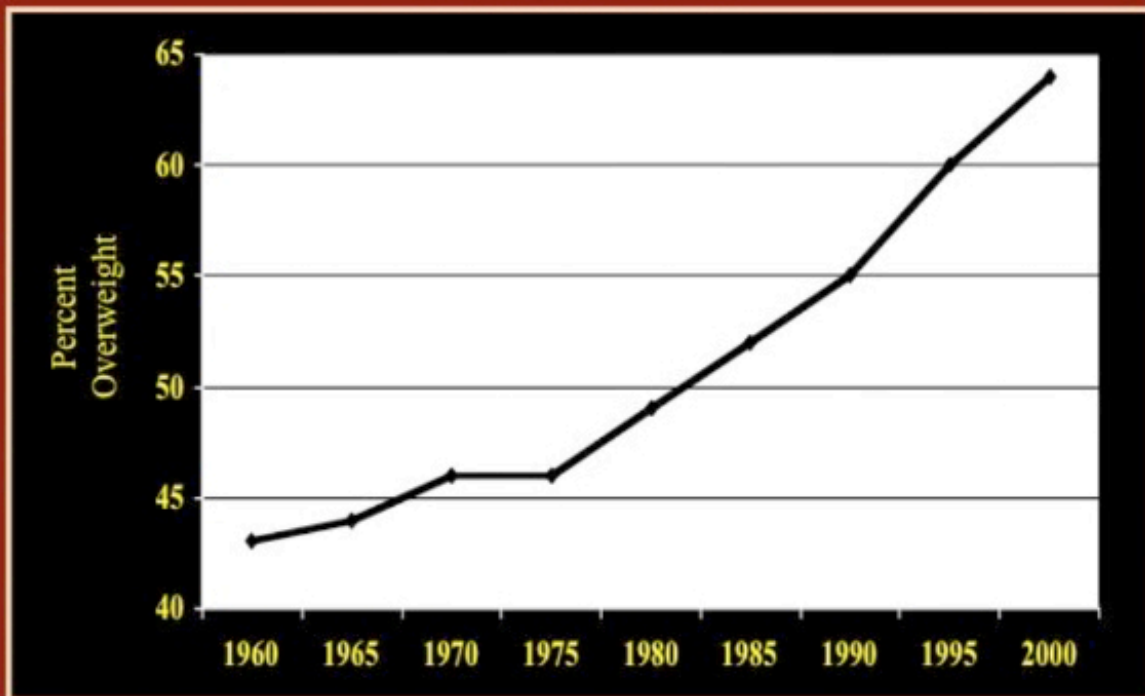
Obesity Trends Among U.S. Adults

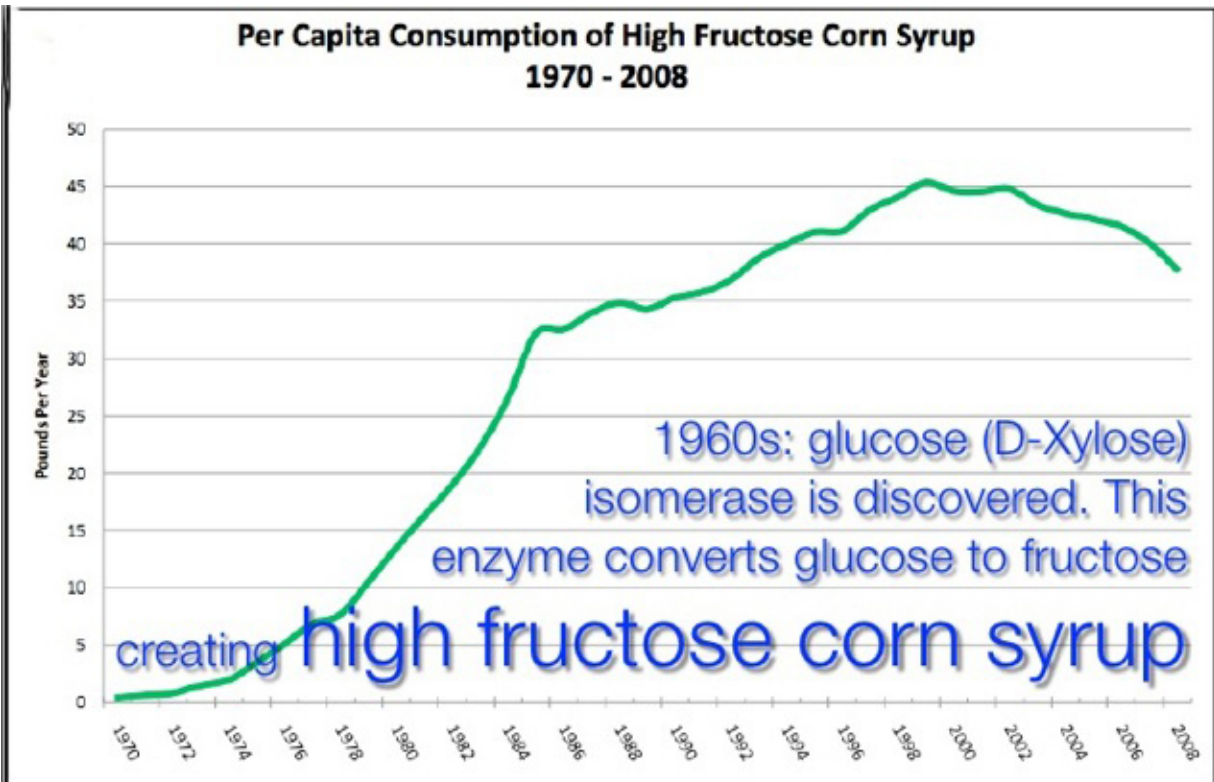


■ No Data ■ <10% ■ 10%-14% ■ 15%-19% ■ 20%-24% ■ 25-29% ■ >30%

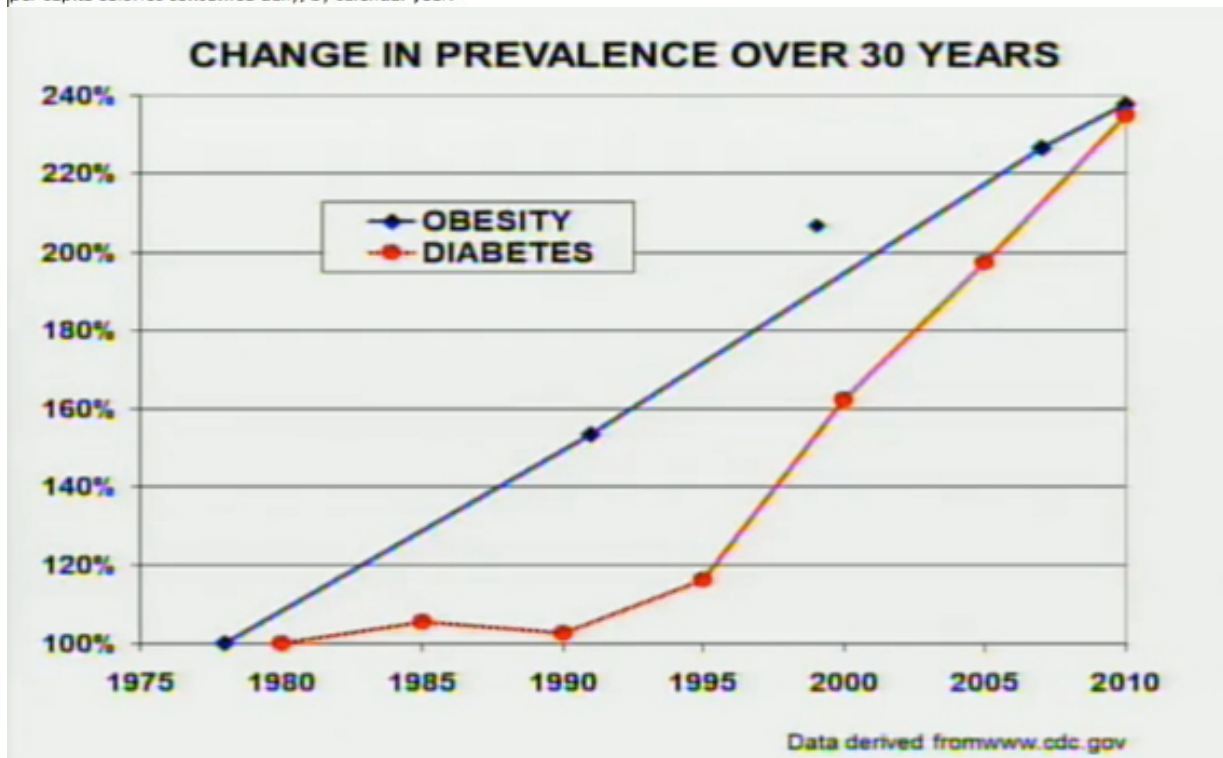
Source: Mokdad. JAMA 1999;282:16. 2001;286:10. 2003;289:1. *MMWR* 2006;55:36.

Overweight Trends Among U.S. Adults





Source: U.S. Department of Agriculture, Economic Research Service. 2009. Table 52 -- High fructose corn syrup: estimated number of per capita calories consumed daily, by calendar year.



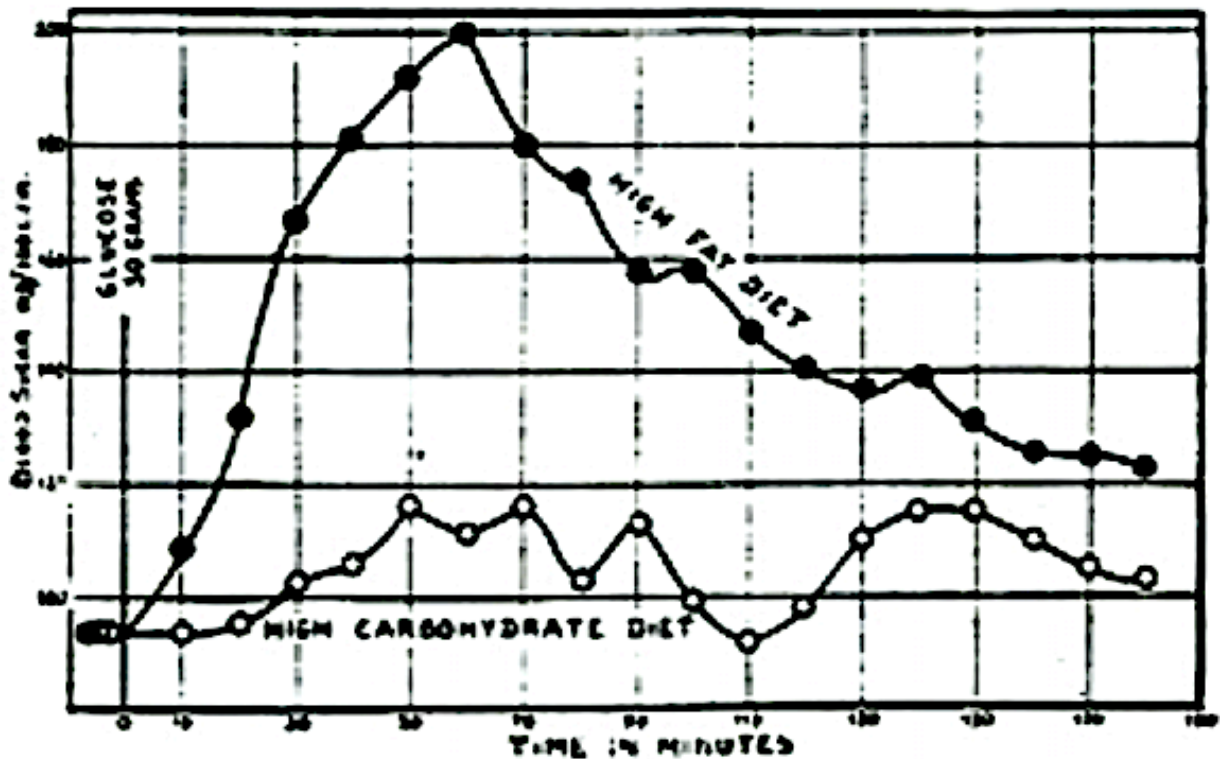


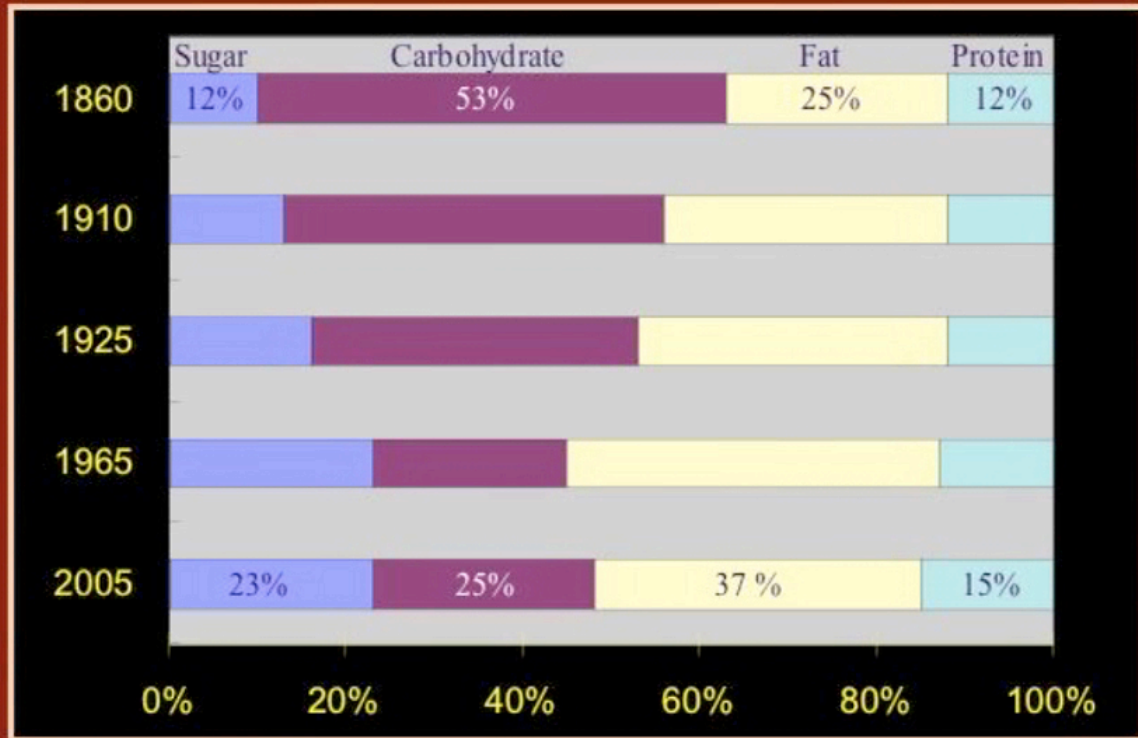
FIG. 1.—Two blood glucose-tolerance curves from the same normal subject—one when taking a low carbohydrate-high fat diet and the other when taking an equicaloric high carbohydrate-low fat diet. On the former diet the glucose tolerance is impaired, on the latter it is improved (Himsworth, 1934b).

Impaired ability to maintain steady blood glucose levels is called DIABETES. So... how do you lose this ability? High-fat diet. How do you maintain this ability? A mostly-carbohydrate diet.

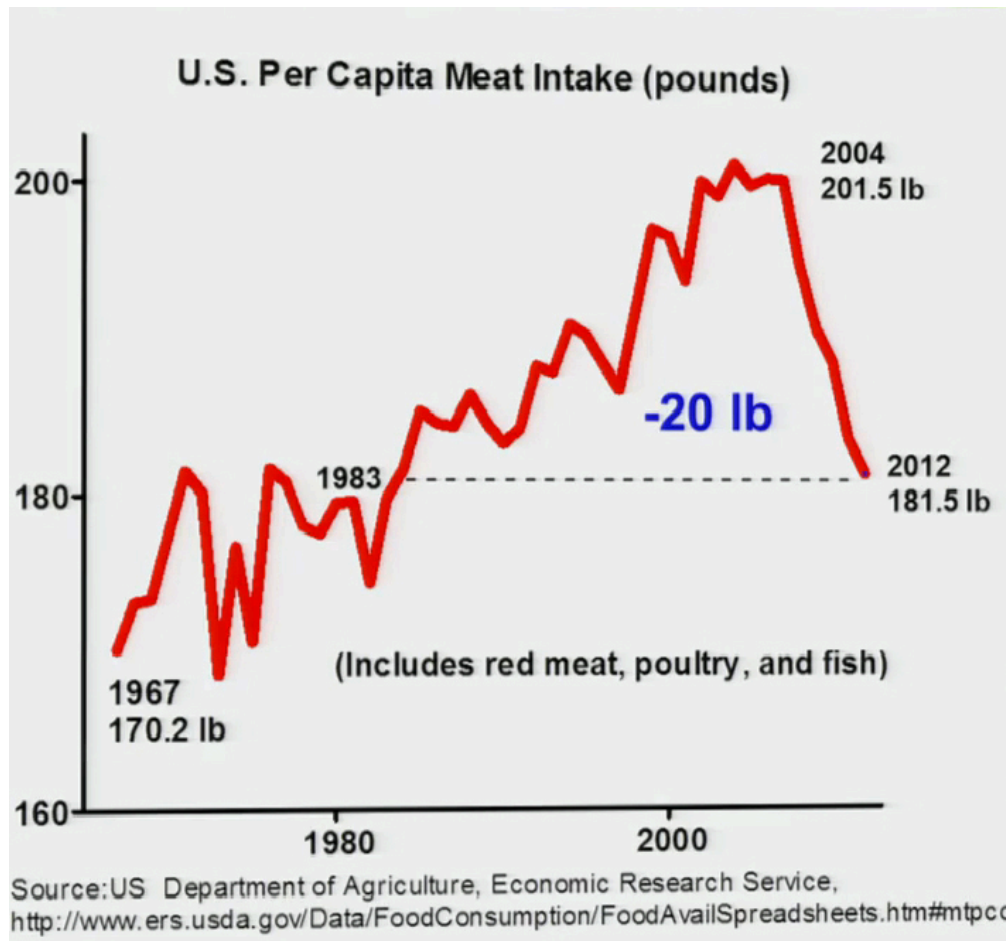
Low blood sugar equals hungry. Eating fatty foods is slow to raise blood sugar, and humans tends to eat until blood sugar rises.

Dietary Trends

(In Percent Of Calories)



Replacing most of the fat, sugar, and some of the protein in the Standard American Diet with complex carbohydrates (like starch) is a good idea. So... the average overlarge human needs more potatoes, more bread, more rice—more complex carbs—and much less rich food and sugar. Humans are hind-gut fermenting starchivores.



“Probably no single factor is more potent in determining the outbreak of cancer in the predisposed, than excessive feeding. There can be no doubt that the greed for food manifested by the people of modern communities, is altogether out of proportion to the requirements of their present mode of life. Many indications point to the gluttonous consumption of protieds—especially meat—which is such a characteristic feature of the age, as likely to be especially harmful in this respect. Statistics show that the consumption of meat has for many years been increasing by leaps and bounds; and it has now reached the amazing total of 130 pounds per head per year (men, women, and children), which is nearly double what it was half a century ago...” The Natural History of Cancer with Special Reference to Its Causation and Prevention by W. Roger Williams of the Royal College of Surgeons (1908).

Reasons to eat low on the food chain: Rachel Carson wrote the following about DDE, a pesticide similar to DDT.

"...the poison being picked up by the smallest organisms, concentrated and passed on to the larger predators. Plankton organisms were found to contain about 5 parts per million of the insecticide (about 25 times the maximum concentration ever reached in the water itself); plant eating fishes had built up accumulations ranging from 40 to 300 parts per million, carnivorous species had stored the most of all. One, a brown bullhead [trout], had the astounding concentrations of 2500 parts per million. It was a house-that-Jack-built sequence, in which the large carnivores had eaten the smaller carnivores, that had eaten the herbivores, that had eaten the plankton, that had absorbed the poison out of the water." Rachel Carson p 52 of Silent Spring.(1962)

"Hazardous radioactive elements being released in the sea and air around Fukushima accumulate at each step of various food chains (for example, into algae, crustaceans, small fish, bigger fish, then humans; or soil, grass, cow's meat and milk, then humans). Entering the body, these elements – [now] called internal emitters – migrate to specific organs such as the thyroid, liver, bone, and brain, continuously irradiating small volumes of cells with high doses of alpha, beta and/or gamma radiation, and over many years often induce cancer." (Dr. Helen Caldicott in Fukushima: Nuclear Apologists Play Shoot the Messenger on Radiation, April 26, 2011)

It is probably best to eat 'low on the food chain' in an increasingly polluted world.

Leaves are boring and starchy grains and roots only slightly less so, but most humans subsisted on them for an evolutionarily long time. Metaphorically, their GI tracts were partly shaped by roots, shoots, and fruits, and their brains were partly shaped by the desire for something better. Imagine this brain and body dealing

with the effects of the M\$M, itself shaped by wealthy humans with the overwhelming desire to profit. A customer that buys inexpensive potatoes, grains, and soybeans provide little profit. A 'better' customer will pay for pre-butchered animals and/or jugs of milk and/or cheese and/or processed food-like substances in pretty packages. The profit seekers have learned that a well-told lie can increase sales enough to pay off the lawyers many times over (if needed).

"Advertising is 85% confusion and 15% commission." Fred Allen

"Cookery simulates the disguise of medicine, and pretends to know what food is the best for the body; and if the physician and the cook had to enter into a competition [such as a 'free market'] in which children were the judges, or men who had no more sense than children as to which of them best understands the goodness or badness of food, the physician would be starved to death." Socrates

The one diet to which we appear to be very poorly adapted on the evidence of how sick it make us is the Western diet of processed food, refined grain, not that many fruits and vegetables, and lots of meat. After thousands of years, we have invented the one diet that makes people sick and rejected the thousands of diets that make them healthy. How did that happen? Well, it's hard to make money on those traditional diets. We're programmed to like refined grain, sugars and fats. When technology could make them common, we weren't going to reject that. I think that's just the nature of things. We have this reward system in our brains, and if you [sic] can figure out a way to trip it with a drug, with a food, you're [sic] going to do it, and people are going to fall for it." Michael Pollan
<http://www.alternet.org/health/77330?page=entire>

Sugar, starch, fat, and protein--an antidope [sic] to the M\$M.

Human ancestors ate meat whenever possible because, for them, such times were rare (with exceptions like the Inuit). The right amount of meat that a human ancestor should have eaten is 'as much as possible' whenever it was available—most humans ate leaves and starches (roots, fruits, and shoots) most of the time. Catching and butchering an animal in a low-tech way is difficult, time-consuming, and risky, and short-term storage of animal products is difficult without refrigeration and soap. Thus humans today have bodies shaped evolutionarily for survival on easy-to-get but not very exciting plants, and brains that want to eat meat as much as possible—

The long chains of starch in food are turned back into glucose during digestion. Human saliva has amylase enzymes, and if a starch-eating person gives the enzymes time to work, the increasing number of glucose molecules can be tasted. Tasting the increase may be difficult due to the time required for these enzymes to work on a mouthful of something starchy; the sweet taste increases gradually. This can be remedied by quickly tasting the original food again for comparison. Another way is to save a masticated sample and re-taste it later - the increasing glucose content is easier to detect after a few minutes. Not many humans will do this. Pre-masticated and expectorated food samples are usually shunned instinctively, even if chewed and spewed by the same person.

Starch is broken down during and after the teeth do the chewing. Therefore, if eating glucose is bad for you, it is likely bad for you before it is swallowed. Otherwise, all those bread, potato, and rice-eaters would seem unhealthy compared to the meat-

eating overweight diabetic humans wandering 'round mall-wart and Wall Street. Human ancestors were generally starch eaters-- humans average six to eight copies of genes that code for alpha-amylase. Humans use amylases intensely or they would not have many functional copies of this gene.)

When the amount of glucose circulating in a person's blood falls, the person gets hungry. When a person eats, this 'blood sugar' should rise. If a person eats a high-fat, high-protein, fructose-sweetened candy bar, blood sugar does not rise much, so the person remains hungry (and more likely to eat another candy bar).

The sweetening power of glucose (dextrose) is less than that of fructose; sucrose or HFCS (High-Fructose Corn Syrup) are often used in modern products because they contain intensely-sweet fructose (half of the sucrose molecule is fructose, and high-fructose corn syrup can be as much as 90% fructose). Fructose was relatively rare in ancient diets, so humans may have problems with large doses of this saccharide. Purified starch (a chain of glucose molecules) is the only chemical I know of that has no LD-50 in rats (no matter how much starch the rats were forced to eat, less than half of the rats died).

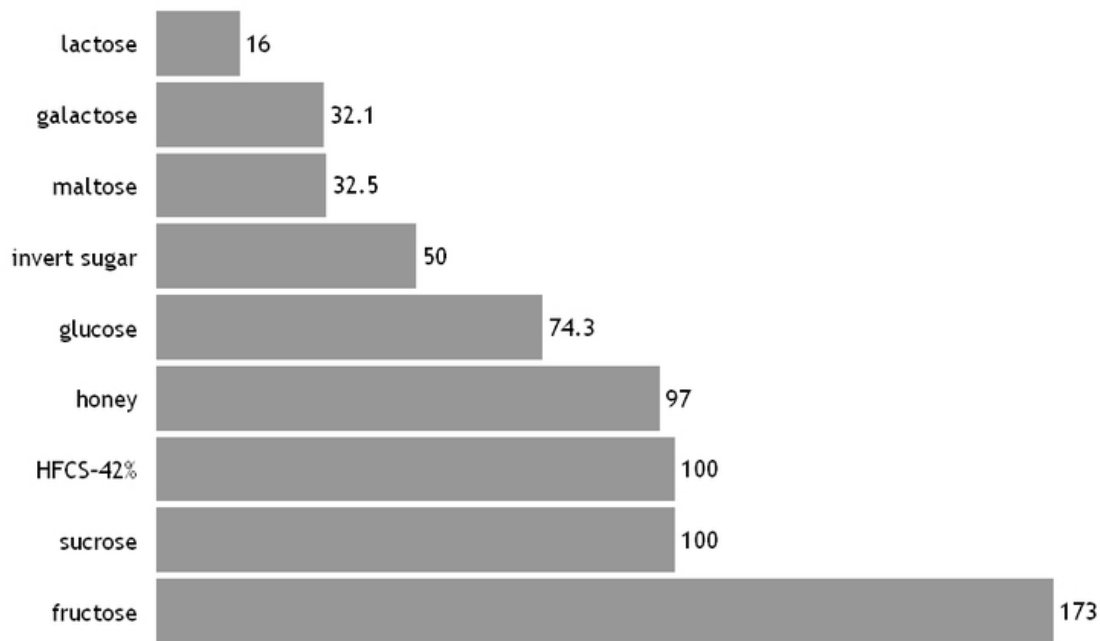
Every living cell in your body can use glucose, and starch is a glucose polymer. A primitive human could usually find starch since plants often store chemical energy in that form. Fructose is also found in plants, but much less often. Ancient peoples did not have much fructose in their diets, yet modern plant cultivars have been selected to produce high levels of sucrose that tastes sweeter than glucose. Unsurprisingly there are unintended consequences.

One such consequence: low blood sugar makes a human hungry—and when a human eats, rising blood sugar levels help the human decide when it has eaten enough. ('Blood sugar' means the amount of glucose found in the blood, and is sometimes called 'blood glucose.') When a human eats glucose,

blood sugar rises soon afterwards. Fructose has a low 'glycemic index' (it takes much time to raise blood sugar) because fructose must be metabolized in the liver. Only liver cells can process fructose, and it **requires** energy to start the process. These facts mean that a fructose-sweetened food may trick a human body into consuming more than it needs, especially if water has been sweetened with high-fructose corn syrup, made pleasantly tart with an addition of phosphoric acid and tiny bubbles. Ancient human ancestors rarely had liquids to drink that contained calories, much less chemist-cooks dispensing high-tech drinks. If a person eats a high-fat, high-protein, fructose-sweetened candy bar, blood sugar doesn't rise much despite the many calories—so the person remains hungry (and more likely to eat another candy bar). High-protein and high-fat foods are also slow to raise blood sugar.

Fructose, when metabolized with a meal, may be predisposed to turn into fat (and uric acid, which can raise blood pressure). A profit-first organization cannot care about that. It should be no surprise that the nation with the fattest population also has corporations that seem (to this mortal) to be above the law.

Relative sweetness of sugars and sweeteners



Taste is subjective, and these numbers are averages.

The following is from http://www.diffen.com/difference/Fructose_vs_Glucose

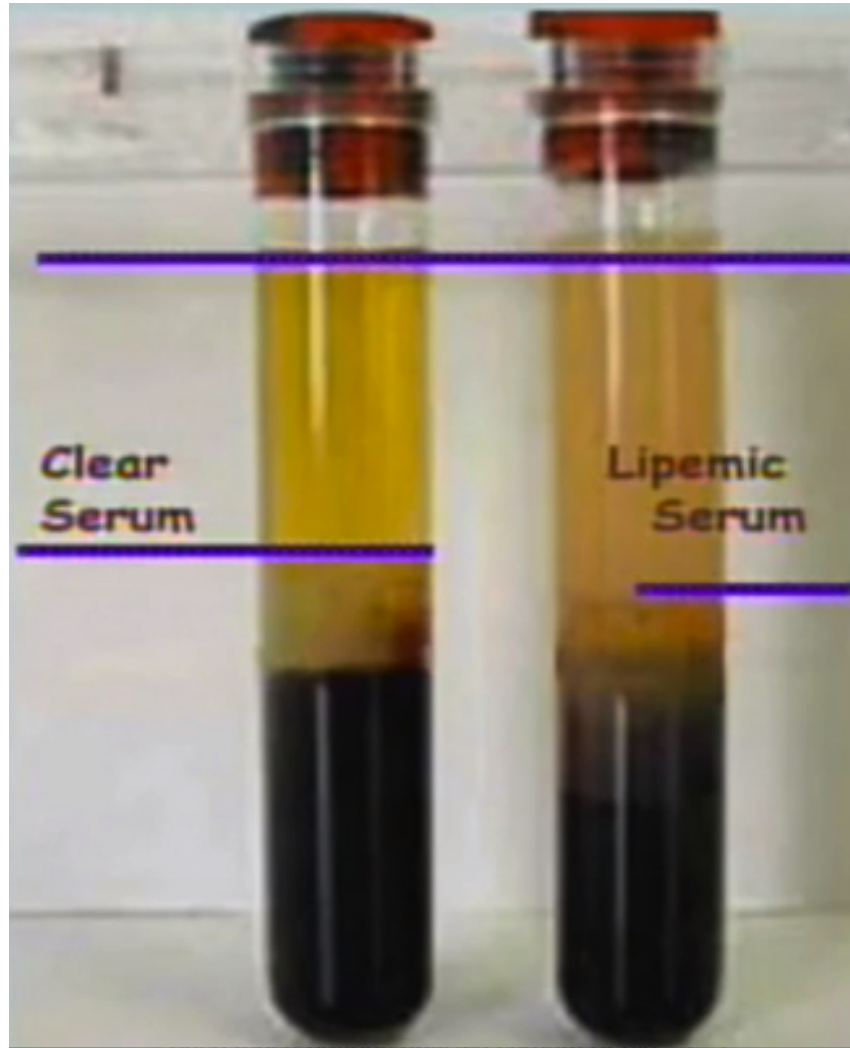
Fructose increases food intake whereas glucose decreases food intake. This is because glucose leads to an increase in hypothalamic ATP which gives rise to a suppression of food intake. Whereas fructose requires an enzyme that requires ATP, which causes ATP depletion thereby giving rise to an increase in food intake. [In other words... eat food, blood sugar rises, stop eating food. Eat fructose, blood sugar may go down, so a human guided by instincts may eat too much.]

- *The rise in consumption of high-fructose sweeteners, soft drinks and corn syrup parallels the rise in the obesity epidemic.*
- *High fructose diets promote insulin resistance and glucose intolerance which increases the rate of hepatic lipogenesis.*

- On an average Americans consume 140lbs of high fructose sweeteners per year, of which 77lbs is high fructose corn syrup.

Excessive consumption of fructose has been linked to insulin resistance, obesity and non-alcoholic liver disease. Studies suggest that it leads to added fat in the belly, which is linked to an increased risk for heart disease and diabetes. Fructose also leads to higher cholesterol. Studies suggest that fructose lowers activity in the cortical control areas of the brain."

*"In the hypercaloric glycogen-replete state, intermediary metabolites from fructose metabolism overwhelm hepatic mitochondrial capacity, which **promotes de novo lipogenesis** and leads to **hepatic insulin resistance**, which drives chronic metabolic disease. Fructose also promotes reactive oxygen species formation, which leads to cellular dysfunction and aging, and **promotes changes in the brain's reward system, which drives excessive consumption.**"* From the abstract of Fructose: It's "Alcohol Without the Buzz" by Robert H. Lustig [I added the bold font.] Foods that have fructose are attractive to a profits-first short-sighted corporation.



The Source of Sluggishness!

These are two tubes of human blood after centrifugation (so all the 'red blood cells' are clumped together on the bottoms of the tubes and the blood serum or plasma is at the top).

After eating high-fat food, blood serum becomes 'lipemic' and viscous.

If you are what you eat...eat much fat and be exactly that. In addition, every molecule of fat you digest has to travel thru your bloodstream at least once. Fats from plants tend to be liquids at human body temperatures but most animal fats are solid. Modern trans-fats are also solids and evolutionarily-new-to-humans with unexpected bio-consequences. Which type do you want in your arteries?

Fat that is eaten is easily turned into body fat. It costs about 3% of the calories that are consumed (and a tiny sample of body-fat is enough for a medical lab to tell the source of the fats the sample-donor has been eating). Carbohydrates are more difficult for human bodies to save as body fat, (despite what the M\$M would like you to believe)—converting ‘carbs’ to fat costs about 30% of the calories consumed. Some studies have shown that human bodies are reluctant to turn carbs into body fat, even simple carbs like glucose, even when consumed to excess.

A story... suppose you had a bag, and you’re walking on a beach. Lucky you finds a pile of coins... mostly copper, but some silver and one gold. You pick them all up and put them in your bag, and naturally you search for more. Since you’re lucky, you find more and put them in your bag with the others. When you find another pile of coins, you take those too and arrange the coins in your bag into rows so it will hold more.

Most unnaturally, you find more, and more, and more piles of coins. Your bag fills until it’s so full you cannot put one more coin inside. However, you keep finding more coins... what do you do? Since your bag is full, you take the copper coins out and save only the silver and gold ones.

Both gold and silver are denser than copper... so your bag gets heavier as you exchange the copper coins for gold and silver, disrupting your neat, space-saving rows of coins. You’re bag becomes heavier... and heavier... and you move slower and slower. Lucky you finds more coins... and more coins... and soon you’re collecting only the gold. Since gold is denser than silver, your bag is heavier than ever. Soon your bag is so heavy you don’t want to move at all...

If the bag can be like a body, the copper can stand for carbs, the silver for protein, and the gold ones are metaphorical fat. The copper carbs are shed in a diabetic’s urine and the golden fat is retained.** Your body acts this way because, for nearly all

humans and for nearly all of human-history, starvation was more likely than consistently finding fat animals or oily seeds. But these days, some humans can buy inexpensive bacon in the middle of the night. Your cave-man body has no experience with everyday bacon and eggs... and the metaphoric results of such constantly collected caloric jackpots are too visible in the fattest country in the world.

**The human body doesn't store protein. Paleo-humans got enough protein if they got enough calories, and they ate mostly plants.

—

Almost all the protein that a human eats must be digested into its component amino acids which can travel thru the bloodstream. (Casomorphins are a very interesting exception...**) Amino acids can be expected to acidify the blood that carries them, so one thing that a body does is release alkaline calcium salts from its bones to counter the acid buildup. This usually causes no problems... but sometimes a body's bones may not get paid back all of a calcium loan. This is even more likely if the calcium loans must be made again and again and again.

**Casomorphins are cow milk protein fragments that have a weak but opioid-like effects. Some scientists speculate that, if calf was rewarded with large, regular doses of casomorphins after drinking its mother's milk, it learned to stay close to her (and the herd).

"Our greatest time of growth—thus, the time of our greatest need for protein—is during our first 2 years of life (...) At this vigorous developmental stage our ideal food is human milk, which is 5% protein." Dr. McDougall

An average human baby doubles its weight in six months and triples it by one year of age... on a food that's more or less 5% protein.

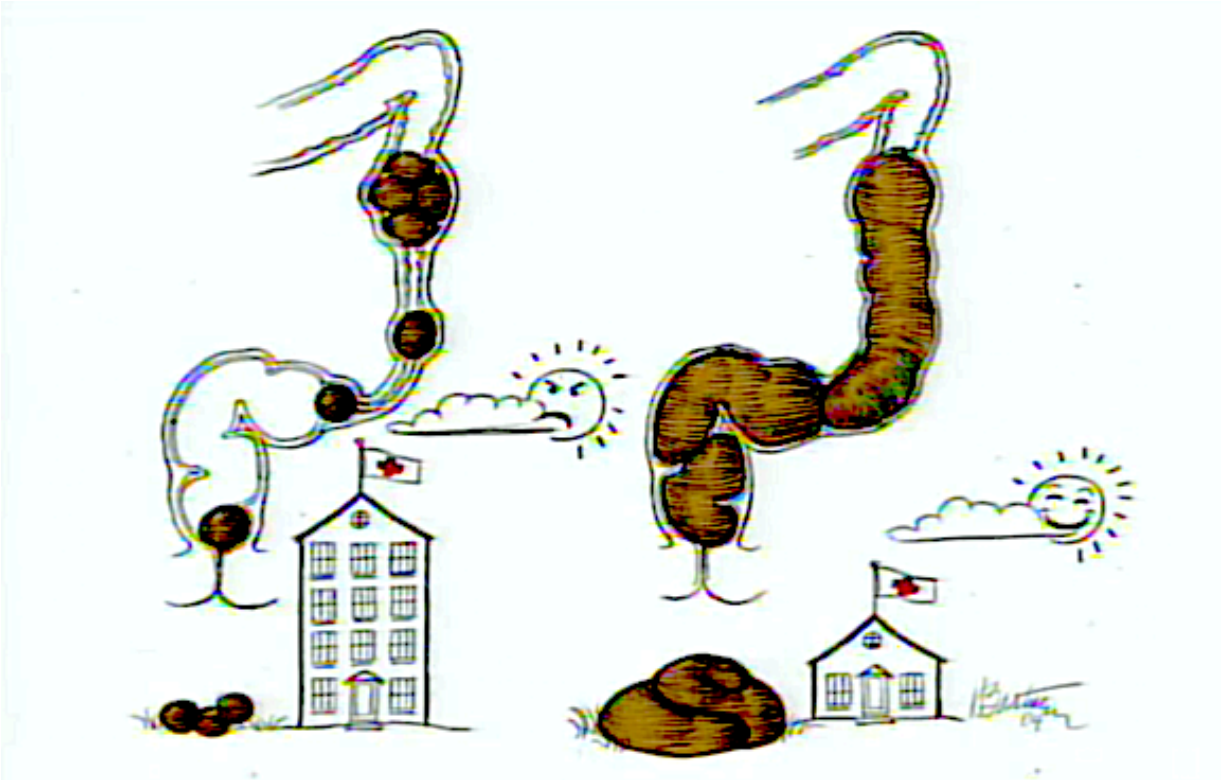
If you visit a store that has many kinds of dog food, by looking at labels you can learn that the food for older dogs has less protein than puppy chow or active dog formulations. Humans are like that too, as our protein needs also decline with age. Once fully grown, further growth might be called 'weight gain' or 'cancer,' and such growth is often not wanted. In real-world adults, protein deficiency is called 'starvation' or 'sadistic experiment' or 'extremely limited diet.' It is much more likely for children to be protein-deficient, called kwashiorkor--but even the lower-protein plant foods (like potatoes) contain enough protein to prevent this. Many people think high-protein diets are desirable, especially since humans crave protein by instinct--hard to get but exactly what primates are made of. Metaphorically, protein is rocket fuel. Neither pick-up trucks or desk-bound rocket scientists are designed to run on rocket fuel.

A carnivore needs to 'burn the candle at both ends.' A carnivore may have to travel far to find prey, and then outrun and/or outfight an animal that is fleeing/fighting for its life. If injured, a carnivore must heal quickly or starve (or be a burden on the other members of the group, such as a wolf-pack). It makes evolutionary sense--if an omnivorous animal regularly eats carnivorously, then it should emulate the quick and fast lifestyle of a carnivore--but most carnivores don't live as long as herbivores. Animals that prey upon other animals must live fast.

The reek from a carnivore's flatulence is nearly as dangerous as claws and fangs. Vegan farts are much milder. Wealthy omnivores can choose corpse or compost components for their inevitable farts.

About smoothies: generally not a good idea when grinding up many kinds of raw fruits or most vegetables. All plant cells sequester their enzymes, including digestive enzymes. When plant cells are disrupted, these enzymes are free to work wherever they're spread—as if your stomach acid was allowed to

contact other parts of your body. Chemically and culinarily, the results are generally not good, especially over time. Pre-cooked veggies are better for smoothies, as the enzymes are inactivated by heat.



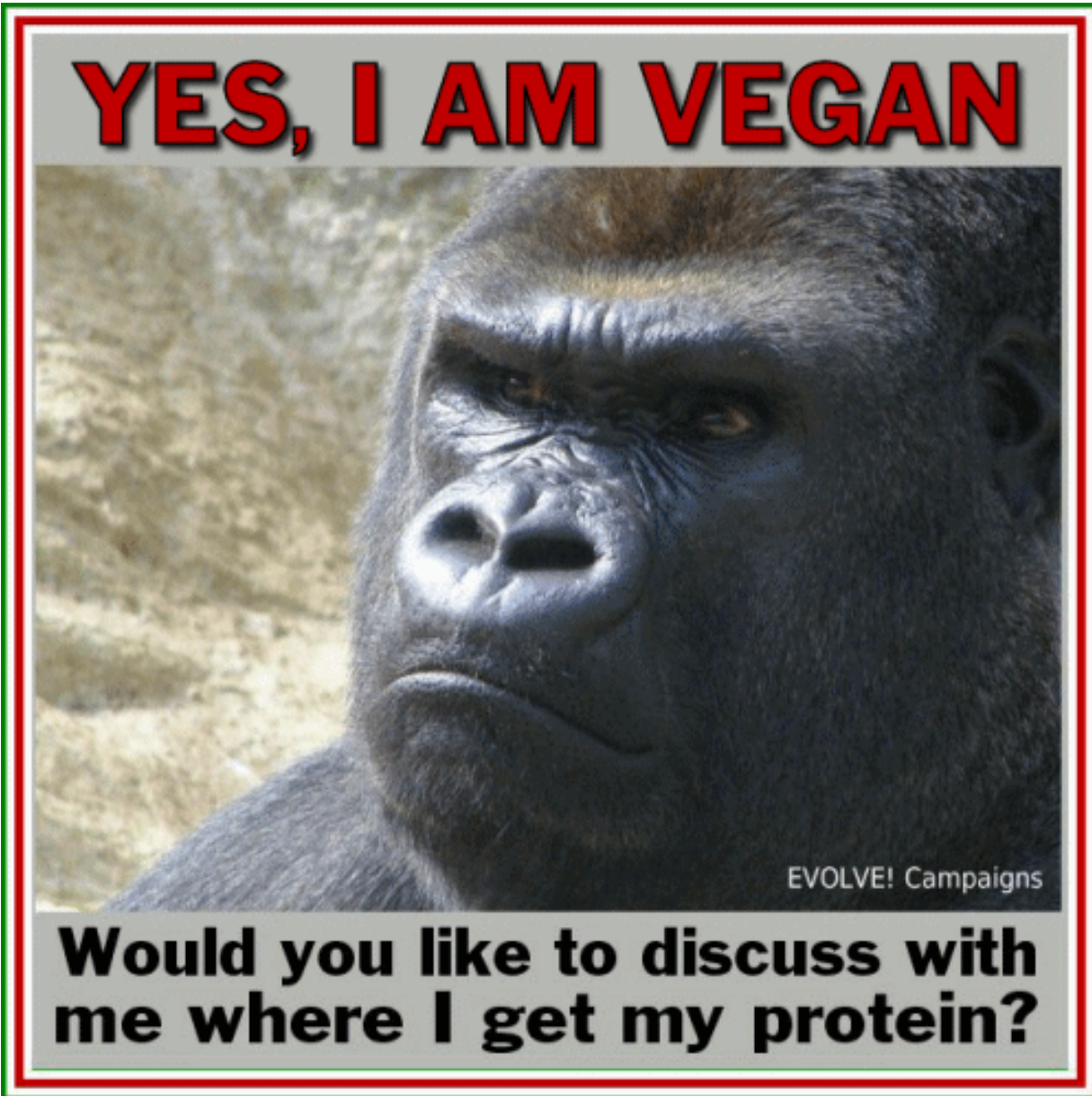
Rumor has it that a cartoon much like this one was published in a scientific paper back in the 1920's, depicting a body-part designed to be full of 5#!T.

As an antidote for those that endure less-than-truthful media promoting foods that increase corporate profits, here's Dr. McDougall lecturing on the topic; including well-done photomicrography of lipemic vs normal blood flow. Please note the lack of profit-potential for corp\$ (and also the doctor) if the doctor's recommendations are followed.

[[<http://www.youtube.com/watch?v=FPD-7Wvi1OM&feature=related>]]

The text of the video is here: <http://www.drmcDougall.com/misc/2007nl/apr/dairy.htm>

Dr. McD: "You can't catch cauliflower mosaic virus." LOL. He didn't mention that plants don't 5#!t dangerous E. coli strains or other bacteria as they excrete oxygen and eat carbon dioxide out of the air... so no6ody said it.



The most serious problem with a modern vegan diet is the lack of vitamin B-12, as there are no plant sources of it. Non-human vegans, (like cows and gorillas) get B-12 from the bugs (both insect and bacterial) found in and on the vegetation they eat.

Gorillas are not picky eaters--unlike the affluent humans who do not appreciate dirt or bugs in their food, even if these contaminants contain bacteria producing B-12. Potential non-meat and non-dairy B-12 sources include fermented foods like beer and tempeh. (Tempeh produced in laboratory-sterile conditions should not have bacteria mixed with the fungus that makes tempeh, but real-world tempeh production usually has bacteria that make B-12. Tempeh has been around much, much longer than the germ theory, so such contaminants must be relatively safe. Any life-form that likes to eat fermenting soybeans probably won't be able to eat any warm-blooded mammal.)

Another problem with a long-term vegan diet is that it will likely be difficult to eat much meat or dairy at mealtime. Most vegans can tell stories about personally discovering this.

"In 1985, [Dr.] Esselstyn recruited patients with advanced but not immediately life-threatening heart disease for a clinical trial to explore whether heart disease might be reversed using diet. He confirmed the severity of the coronary artery disease with angiograms to be sure that their disease progression was advanced. The only other requirement for admission into the study was a willingness to attempt the dietary changes he proposed: effectively, a WFPB [Whole Food Plant Based] diet.

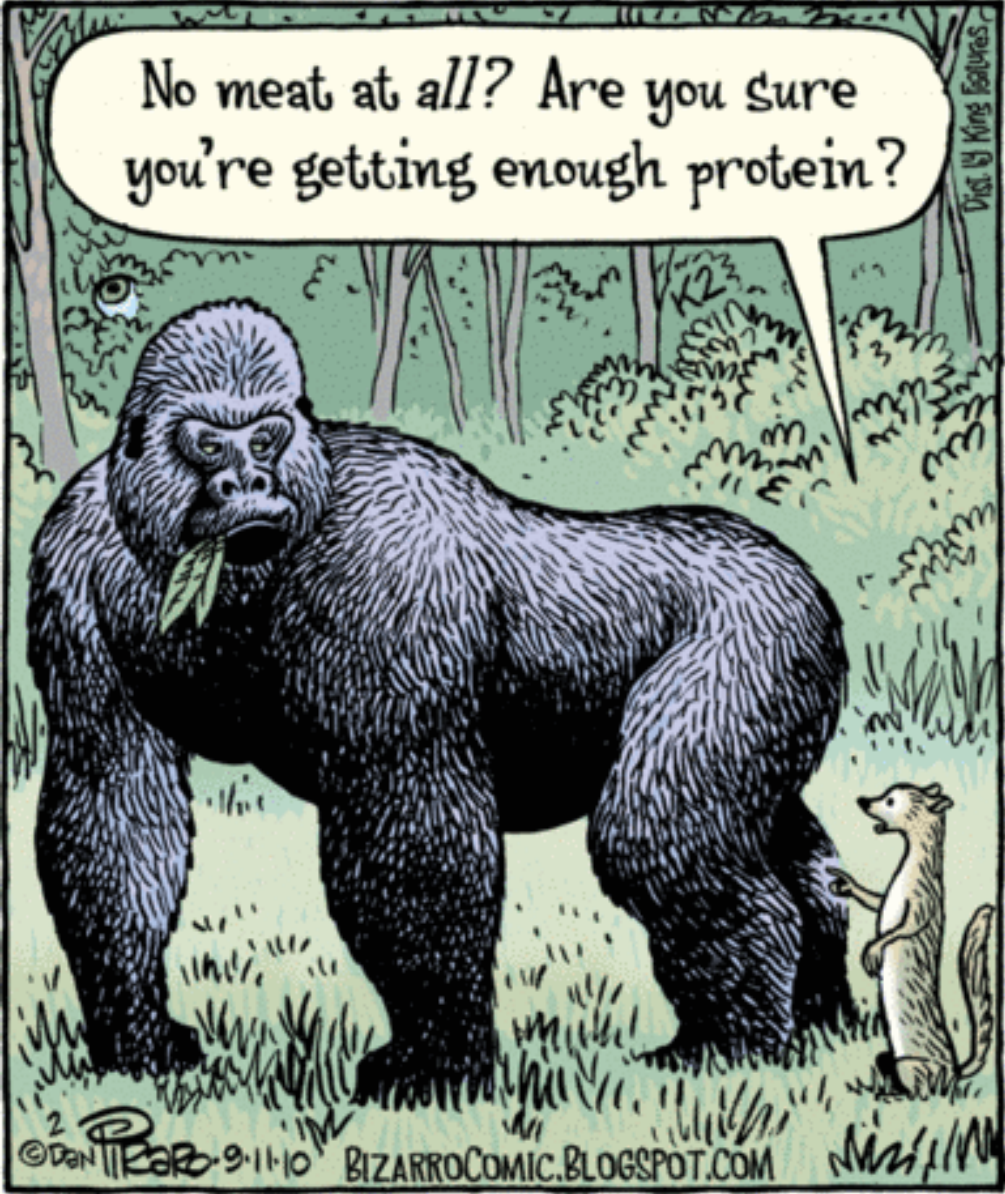
Dr. Esselstyn formally reported his findings at five and twelve years. In the eight years prior to the study, his eighteen subjects had had forty-nine coronary episodes (e.g., heart attacks, angioplasty, bypass surgery), but during the twelve years after adopting a WFPB diet, there was only one event, involving a patient who strayed from his diet. (...) This life-and-death finding is about as profound as any health benefit I [Dr. Campbell] have ever known. Nothing else in medicine comes close." Dr. T. Colin Campbell, co-author of *The China Study*, from his book *Whole: Rethinking The Science of Nutrition*.

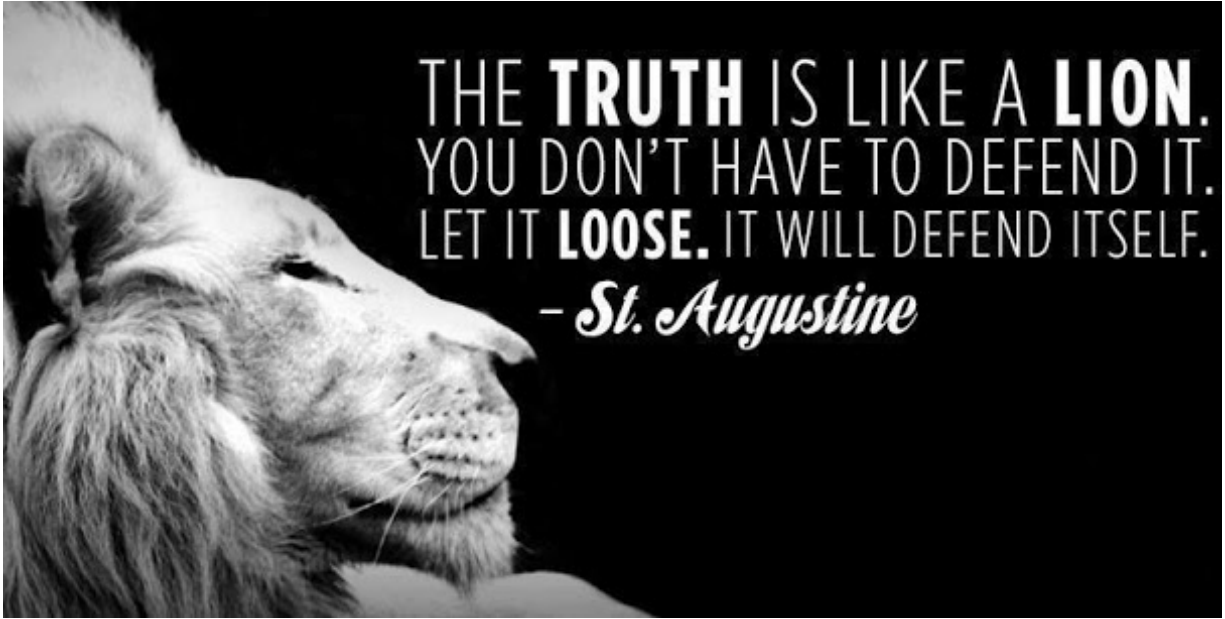
“We [Dr. Alan Goldhammer and Dr. T. Colin Campbell] coauthored a retrospective analysis of the dramatic effects of his [Dr. Goldhammer's] fasting program on his clients with hypertension. Every one of the 176 successive patients who were analyzed for the paper experienced a drop in blood pressure, most of which began within a few days of beginning the fast. The effect occurred relatively rapidly, was more substantial than that produced by any antihypertensive drug ever tested, and was free of side effects. It proved to be an unusually effective intervention. But journals like JAMA and NEJM, whose income depends on heavy advertising from antihypertensive medicines, declined publication in spite of reviewer recommendations to publish. They chose their wealth over your health.” T. Colin Campbell, Ph.D., co-author of *The China Study*, from his book *Whole: Rethinking The Science of Nutrition*.

"The most egregious case of bias and muzzling I've witnessed on the part of a scientific journal revolved around a deeply flawed study that purportedly proved that the dangerous Atkins Diet was more effective in helping overweight and obese women lose weight than other diets, including Dr. Dean Ornish's low-fat diet. The study was published in JAMA in March 2007, despite the article grossly misrepresenting the study's results. One example: the authors claimed that their subjects the Ornish diet were limited to 10 percent fat, as the diet recommends. But a careful review of the data table showed that over twelve months, participants supposedly on the Ornish plan actually consumed about 29 percent of their calories in fat. Yet the authors insisted that they had performed a fair comparison. In that deception they were aided by the JAMA Letters section editor, Dr. Robert Golub, who refused to publish a single critique calling attention to the study's very serious shortcomings, including commentaries submitted independently by Dr. Ornish himself, Dr. John McDougall, Dr. Caldwell Esselstyn, and myself." T. Colin Campbell, Ph.D., co-

author of The China Study, from his book Whole: Rethinking The Science of Nutrition.

"Let food be thy medicine and medicine be thy food."
Hippocrates





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Money

If your bank can borrow stupendously huge amounts of currency at nearly zero percent (secretly) from the Fed, then why are they willing to pay you more to borrow yours? Why is the Fed also paying interest to banks if they e-deposit their 'excess reserves' into the 'Federal Reserve' Corporation's cybervaults? Why do they want to hold the currency they can create? What's the deal with these paper games?

Perhaps it is the difference between buying a piece of paper (stocks, bonds, treasuries, certs of deposit, etc) and buying anyTHING else.

Perhaps it is about the power that these paper rectangles have that enables efficient control of other humans' behavior.

Whatever the reason... those who already have 'it' will benefit.
Non \$€rviam.

Once, in the 3mpyre of MoreWar, a Redneckistianian nobody noticed the aftereffects of a distant hurricane. Gasoline production and distribution were adversely affected, so the price of gas rose quickly and plastic bags covered the pump handles at many gas stations. The local politicians promptly started making M\$M noises about price gouging, and 'suggested' that no gas station raise prices more than a certain amount. More gas stations ran out of gas to sell, and other gas stations had long lines of impatient customers. Some customers bought many containers to fill with gasoline along with their capacious pick-up truck gas tanks, and other customers grumbled but also began to stockpile gasoline. People were losing faith in the ability of a damaged-by-a-distant-hurricane 'market' to supply them with gasoline, and, when there was gas to buy, they paid much higher than average prices and bought much more than they usually did. This particular vicious spiral of shortages caused by panic-buying was

quickly nipped in the bud when the petrochemicals began to flow normally and the price dropped. But nobody had noticed that when money is not sufficient to guarantee access to gasoline, people would stockpile it. What if those selling gasoline delayed deliveries to jack up the price? What if the gasoline delivery people stopped deliveries entirely, deciding that a truckload of gasoline has a greater value than that of the local Fiat? What if the gasoline sellers start trading their product for food or other goods/services?

The perceptions, predilections, and prejudices of the Empire's people must be managed, for large numbers of spooked humans can bust the trust in a Fiat. The Fiat controllers must control the media, the means of production, and the currency--or the Empire burns. Therefore, the Empire of MoreWar must have propaganda in the media, control of production and distribution of goods, and control of (or be controlled by) the banks that create the Fiat currency. The Empire of MoreWar must have a Fiat currency to pay for the bullets and bombs, requiring the hidden tax of inflation which disguises the monetary cost of war. The Empire of MoreWar cannot have independently thinking people, for in times of even minor disruptions, ordinary profit-seeking might quickly reveal the flaws of Fiat. The Empire of MoreWar cannot have many knowledgeable and wise people, for ignorance is (MoreWar's) strength.

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FOR OUR PROFITS!**



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**"It's not who votes that counts.
It's who counts the votes."**

*—apocryphally attributed to
Josef Vissarionovich Stalin,
Soviet revolutionary, political
leader, party animal and all-
around scary character.*



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We won't rest.

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Tokens of Social Obligation



IN REAL LIFE, this is a low-resolution copy of an altered picture of a paper rectangle.

Sometimes, one paper rectangle is worth one hundred tokens of social obligation.

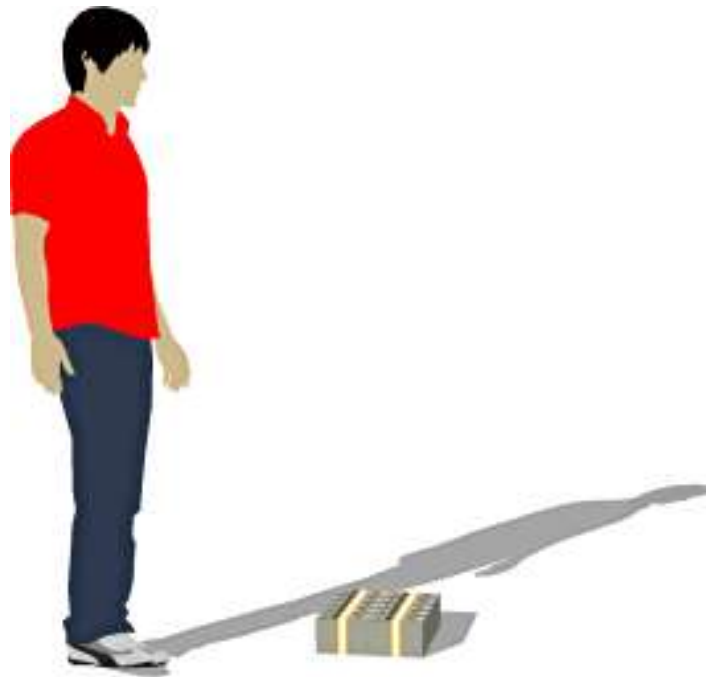
One hundred, or 100, or ten to the power of two...

10×10



a picture of ten thousand dollars... about a half-inch tall using 100 hundred-dollar paper rectangles. (wreck-tangles)

$10 \times 10 \times 10 \times 10$

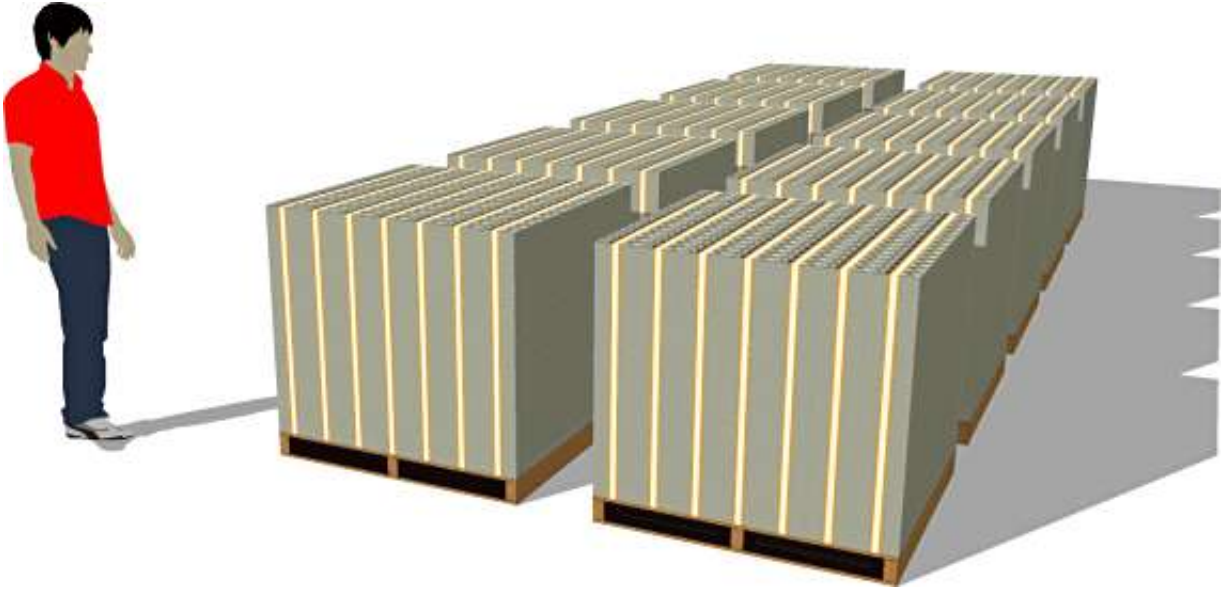


This average adult male is metaphorically standing next to a million
simulated dollars

(in one hundred half-inch tall piles of hundred-dollar slips of paper)

One million seconds is eleven days and not quite fourteen hours.

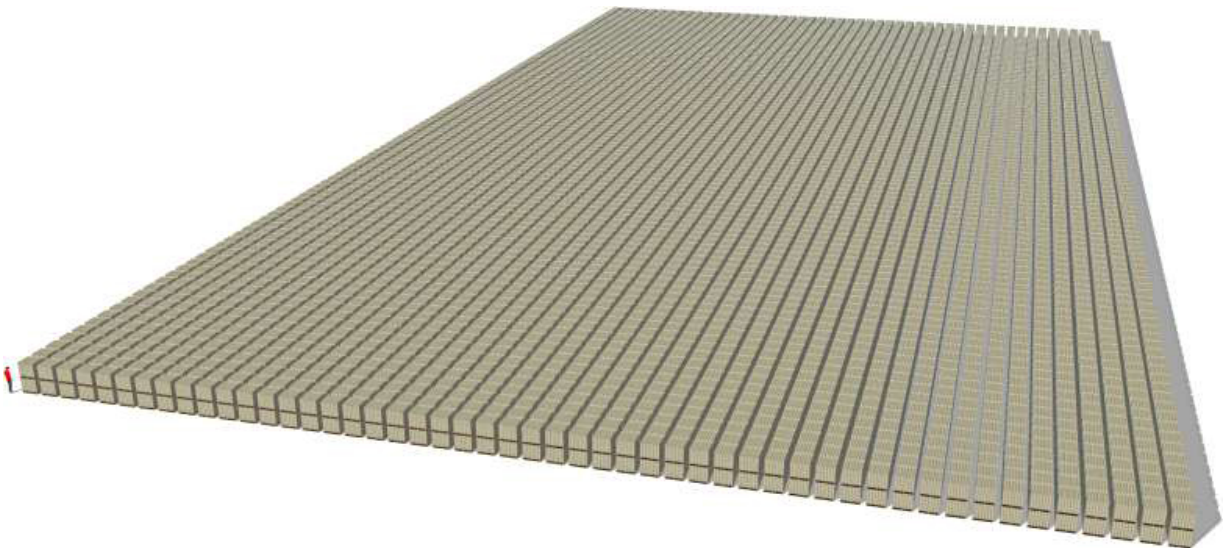
$$10 \times 10 \times 10 \times 10 \times 10 \times 10$$



Here's a BILLION dollars.

$10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10$

A billion seconds is thirty one years.



This is what a TRILLION dollars would look like.

$10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10 \times 10$

A trillion seconds is more than thirty-one thousand
years.

More than one trillion dollars is borrowed into existence every

year by a certain amount which must increase the borrowing logarithmically.

One trillion dollars would enable a daily payment of one thousand dollars to one thousand people, one thousand times each—in one thousand different cities. A thousand days of a thousand bucks a day for a million people.

One trillion dollars, evenly divided between one million destitute people, means one million dollars each. If each one of those newly printed millionaires gave 10% of their wealth away by giving ten people ten thousand dollar grants, then ten million people get ten grand, in addition to the now 90% near-millionaires created earlier.

One million new millionaires could probably make a huge change in any country's economy. I don't see the effects I expect, so I suspect that the money must be going somewhere else.

This money is borrowed into existence. To whom does the interest on this borrowed money go? Mostly to the few people who already own other people's debt--stocks are loans, bonds are loans, Trasheries are loans. As the money is loaned into existence, it dances on strings of interest. The bankers prosper when the government allows this.

If everyone spent their money on real goods, what would happen?

Those who seek power will pay the highest rates of interest: buying debt causes the buyer to temporarily 'loan' the power that a currency has in exchange for a numerical currency increase when/if paid back in the future. The power that the currency has is transferred to another human(s) for a time. But banks are not like this... they are allowed to spend or loan far more money than they actually possess. (Banks are allowed 'fractional reserve lending' which is banker-speak for "we don't even pretend to have what

we "loan.") You, however, must surrender 100% of your money if you buy or lend. Humans that already wield vast amounts of the power that comes from a popular currency will accumulate more —they can make the rules for the debt game or they can buy a bank or three. Currency can be an extremely powerful supernormal stimuli (and it could be even more powerful if it was prettier, shinier, w/more holograms--but that might inspire hoarding of currency, which government doesn't like). The quest for more more more is already nearly irresistible (in my opinion). Cheating at the money games must also be hard to resist, for it is very often done. Some humans call some of these cheaters 'banksters.' Nobody thinks banksters are just as enslaved to their desires as a gorilla would be if given bushels of sweet potatoes (which is like an unsupervised human toddler given buckets of candy).

"I care not what puppet is placed on the throne of England to rule the Empire (...) The man that controls Britain's money supply controls the British Empire. And I control the money supply." Nathan Mayer Rothschild

Non serviam.



What's My Name?

[The bundle of sticks symbolizes strength through unity and is called a 'fasces.']



Here's a hint... that coin was accompanied by this one, a 'Standing Liberty' quarter...



... and this one, a 'Walking Liberty' half.

The dime has a profile of Lady Liberty on it, not the Roman god with the winged sandals--who shares both his name and this symbol ☿ with the liquid metallic element called mercury.

The word 'Liberty' is even written around her head--yet, because of propaganda, most of us use the name of a god from

an ancient republic that turned into a dictatorship. Stories lost to most of us once explained the significance of the odd cap that Lady Liberty is wearing--only free citizens could wear a 'Phrygian' cap in ancient times. The wings on the hat were a metaphor for freedom of thought. These historical stories, and many more, were stolen from the American people and replaced with... le\$\$er stories. If Mercury really was on the dime, one might suppose that the Mint and the American people tolerated graven images of 'false' gods on their silver money. The \$toryteller\$ of these lesser stories wanted the people to reject the beautiful 'junk silver' coins and forget the stories of Liberty and Freedom, even if it caused them to be unable to tell a man's face from a woman's face (look for the 'Adam's apple' or lack thereof). In more modern times, we have coins with the faces of men on them, which has been done by every previous Emphyre. The *fasces* on the back of the dime - the tied-together bundle of sticks - symbolized the unified strength of many people. Now, the word 'fascist' refers to a nasty type of dictatorship where the humans who own the businesses of a country also own the government. Which humans could benefit from a new-forged cultural link so that the stories that came with the fasces are tainted with conceptions of fascism? Who benefits if the stories of a unified people are lost in everyday thought? Perhaps these humans wish to break the wings of free thought and burn everyone's Phrygian caps. The present coins are tokens only slightly more intrinsically valuable than the paper versions bearing the portraits of men who (imo) would be horrified to see their faces on bank\$ter paper. 'Federal' reserve note, indeed. FRN is a three-word toxic story! A 'note' must record four things-- **somebody** has loaned **something** to **someone else**, and say **when** it is reclaimable. Once, a currency bore these words: "This certifies that there is on deposit in the **Treasury** of the USA **one dollar in silver** payable to the **bearer on demand.**" The 'Federal' Reserve note is an Orwellian Newspeak note.

“Paper is poverty...it is the ghost of money, and not money itself.”

Thomas Jefferson, on the \$2 b ill

The Empyre of Wealth manipulates more than just symbols and stories to achieve its goals. Wars are started on the flimsiest of pretenses for profit and control. Other, lesser men who work for The Empyre learn to kill or imprison those who their bosses might find objectionable. Harmless people are put in jail or worse, and the unlucky and unwary fall into debt or wage slavery, and public property is sold to the highest bidder or stolen. The Dogs of Whore ensure that the desires of a very few money junkies are more important than the needs of the many.

"This is a government of the people, by the people and for the people no longer. It is a government of corporations, by corporations, and for corporations." President Rutherford B. Hayes

"When plunder becomes a way of life for a group of men living together in society, they create for themselves in the course of time a legal system that authorizes it and a moral code that glorifies it." Frederic Bastiat

Of course this is insane. In the thrall of irresistible superstimuli, a few very wealthy men cause terrible things to happen. Because of this, commoners die from a lack of affordable and competent medical care while others perish from the Empyre's radioactive bullets and shells made from purified uranium

"It is no measure of mental health to be well adjusted to a profoundly sick society."
Krishnamurti

Who benefits from such a sick society? What happens to the sheeple who participate? How does the Empyre train some of

them to inflict (450V DANGER SEVERE SHOCK) when ordered?

"Those who can make you believe absurdities can make you commit atrocities." Voltaire

"...dependence begets subservience and venality, suffocates the germ of virtue, and prepares fit tools for the designs of ambition." Thomas Jefferson

"Absolute power turns its possessors not into a God but an anti-God. For God turned clay into men, while the absolute despot turns men into clay." Eric Hoffer

"The three aims of the tyrant are, one, the humiliation of his subjects; he knows that a small-spirited man will not conspire against anybody; two, the creation of mistrust among them; for a tyrant is not to be overthrown until men begin to have confidence in one another -- and this is the reason why tyrants are at war with the good; they are under the idea that their power is endangered by them, not only because they will not be ruled despotically, but also because they are too loyal to one another and to other men, and do not inform against one another or against other men -- three, the tyrant desires that all his subjects shall be incapable of action, for no one attempts what is impossible and they will not attempt to overthrow a tyranny if they are powerless." Aristotle

"No vice of the human heart suits it [despotism] better than egoism: a despot will be quick to forgive the people he governs for not loving him, provided they do not love one another." Alexis de Tocqueville

"The only way you can preserve the status quo, which we

erroneously call democracy, in this atmosphere of instantaneous communication and information ubiquity, is to undermine the capacity of people to process information. Modern life requires a guide, or teacher, in order to navigate the sea of conflicting facts because reason has been deliberately bred out of the population by 40 years of media saturation bombing." posted by otishertz on Sat, 1/23/2010 - 12:12 pm (no6ody saves intelligent comments even when the link gets lost.)

Some people will not believe that a corporation that spends millions on advertising every week won't spend a pittance to hire some destitute people to troll newsgroups with more than just unwanted advertisements. Sometimes the result is poorly done because demoralized wage-slaves are the likely source. It is pleasant to see this done incompetently, as cracks in the wall of deceit are always welcome. However, sometimes the paid-for comments are merely unpleasant, combative, and/or crazy in an attempt to scare away additional commontarioters--and random comments require no human hands to post them.

It is hard enough to hire 'good help' for good causes--perhaps this lack of 'good help' will cause the Empyre to falter. Those motivated by greed or lust for power may be competent, but they will never have the experience of thinking about puzzling research data at three a.m. just for the joy of finding things out. There is also a certain satisfaction in finding a bit of (metaphorical) gold in one's own heart. Sometimes this satisfaction will drive a person to work many hours in a quest for intangible things like truth and justice. To serve the Empyre's purposes, stories conjured up in the common mind when words such as 'liberty' are heard must be weak sauce--or nonexistent. (Read "1984" by George Orwell if you haven't already.) Stories have power. Every Empyre must have 'media saturation bombing' to control the stories told, even the stories brought to mind when looking at a dime.

Empyres do not last forever, but some stories have an approximation of immortality. All stories carry cultural wisdom, even if some are now human-propagated virus-like entities in the internet datastream. The ignored stories may be forgotten, and their wisdom lost.

"KNOW THYSELF!" SOCRATES

You are a product of your environment working on whatever it is you have genetically. For your own sake, don't spend your time on this planet 'spraypainting over your third eye' (Bill Hicks). You have an easily fooled conglomeration of cells between your ears, ask any magician. Your brain can also do things that no supercomputer can do, ask any programmer. You may be a talking ape, but you may be able to eff the ineffable.

"Do you want to know who you are? Don't ask. Act! Action will delineate and define you."
Thomas Jefferson

Know your personal stories, for they have power. Guard the limited brainspace you have for these stories, and don't randomly get them out of the effluvia of triviality we call media, too rarely used to transmit wisdom. Good stories are hard to find these days.

"YOU CAN FORGIVE A CHILD WHO IS AFRAID OF THE DARK; THE REAL TRAGEDY OF LIFE IS WHEN MEN ARE AFRAID OF THE LIGHT." SOCRATES

"If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its

powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State." Joseph Goebbels

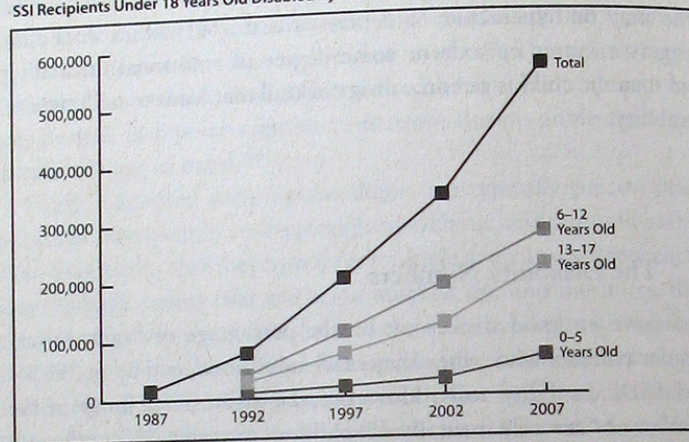
"One of the saddest lessons of history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It is simply too painful to acknowledge - even to ourselves - that we've been so credulous." Carl Sagan

"You are about to be told one more time that you are America's most valuable natural resource. Have you seen what they do to valuable natural resources?! Have you seen a strip mine? Have you seen a clear cut in the forest? Have you seen a polluted river? Don't ever let them call you a valuable natural resource! They're going to strip mine your soul. They're going to clear cut your best thoughts for the sake of profit unless you learn to resist." U. Utah Phillips

"You have owners. "They" own you. "They" own everything. They own all the important land. They own, and control the corporations. They've long since bought and paid for the Senate, the Congress, the state houses, the city halls--they got the judges in their back pockets and they own all the big media companies, so they control just about all of the news and information you get to hear. They got you by the balls. They spend billions of dollars every year lobbying . . . lobbying, to get what they want . . . Well, we know what they want. They want more for themselves and less for everybody else, but I'll tell you what they don't want . . . they don't want a population of citizens capable of critical thinking. They don't want well informed, well educated people capable of critical thinking. They're not interested in that . . . that doesn't help them. That's against their interests. That's right. They don't want people who are smart enough to sit around a kitchen table and think about how badly they're getting [deleted] by a system that

threw them overboard 30 [deleted] years ago. They don't want that. You know what they want? They want obedient workers . . . Obedient workers, people who are just smart enough to run the machines and do the paperwork. And just dumb enough to passively accept all these increasingly [deleted] jobs with the lower pay, the longer hours, the reduced benefits, the end of overtime and vanishing pension that disappears the minute you go to collect it (...) It's called the American Dream 'cause you have to be asleep to believe it." George Carlin

The Epidemic Hits America's Children
 SSI Recipients Under 18 Years Old Disabled by Mental Illness, 1987-2007



Prior to 1992, the government's SSI reports did not break down children recipients into subgroups by age. Source: Social Security Administration reports, 1987-2007.

of this led the U.S. Government Accountability Office to investigate what was going on, and it reported in 2008 that one in every fifteen young adults, eighteen to twenty-six years old, is now "seriously mentally ill." There are 680,000 in that age group with bipolar disorder and another 800,000 ill with major depression, and, the GAO noted, this was in fact an undercount of the problem, as it didn't include young adults who were homeless, incarcerated, or institutionalized. All of these youth are "functionally impaired" to some degree, the GAO said.¹⁰²

That is where we stand as a nation today. Twenty years ago, our society began regularly prescribing psychiatric drugs to children and adolescents, and now one out of every fifteen Americans enters adulthood with a "serious mental illness." That is proof of the most tragic sort that our drug-based paradigm of care is doing a great deal more harm than good. The medicating of children and youth became commonplace only a short time ago, and already it has put millions onto a path of lifelong illness.

From "Anatomy of an Epidemic" by Robert Whitaker--proof that in CorpWhoristan, they eat their own.



"That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every 'superstar,' every 'supreme leader,' every saint and sinner in the history of our species lived there - on a mote of dust suspended in a sunbeam."

Carl Sagan.

Science or \$¢¥€#¢€?

There is a distinct anti-intellectual bias in the Empyre of Lies.

Behaviorists seem to get more than their share of propaganda directed at them, perhaps because this science has discovered powerful behavior modification techniques. However, behaviorism helps a person make sense of the world, so it is worth understanding, and much of it is very simple.

For an example, let's examine a hypothetical classroom with a behaviorist's mind-set. Suppose the teacher asks a question, and a few hands go up and a few heads go down. Most of the time, the teacher asks one of the handwaving children and, for the correct answer, then dispenses a reward of public praise—a stimulus that humans find reinforcing—just as much as food found by a hungry rat after amazing maze-ing. The handwaving children seem to work for the positive reinforcement of kind words from the teacher, and this probably reinforces their belief that they're smarter and/or more valued members of human society than the 'dumb' kids merely because the local authority figure is dispensing trivial rewards to them. The children who usually raise their hands are treated differently, even if the all-too-human teacher attempts to be fair. Occasionally, the teacher will ask a slumping child what the answer might be, and the child usually answers incorrectly, and likely feels worthless and humiliated, for children are like that.** For maximum social impact, all the other children are supposed to pay attention while this happens (as well as to everything else the teacher says and does). When the children fail to do this, and, being children, they will surely fail at some point—they risk receiving negative teacher/authority attention. Perhaps, unconsciously, the 'smart' children are allowed more lapses in behavior, while the 'dumb' children receive more punishment. Soon, some children feel superior, some inferior, now they are divided, segregated, separated. The 'inferior' children become discouraged, perhaps damaged in ways non-quantifiable, but with inevitable consequences. Even their parents may participate, dispensing negative

reinforcement for low test scores or bad report cards. Too often, this leads to not trying, not learning, not caring, despairing. There is no escape from this regimented place, for all the children must go to 'school' (unless the parents are willing and able to teach their children at home).

** Some learn to belittle themselves replaying the thought-ghosts of the past, reliving times when other children (or teachers) directed insults at them. Children are rarely taught about the destructive power of thoughts.

Perhaps you wonder why the tiny but vocal anti-Darwin's-theory-of-evolution crowd get so much EmpyreMedia time. Evolutionary thinking is another case when knowledge-is-power. For example, the modern school is a highly unnatural environment. Children wish to stay with their parents, and vice-versa, because prolonged separation from the ancestral tribe probably meant death. Bored human children aren't designed to sit still for an hour, often cannot be sufficiently quiet in this too-crowded and too-stimulating artificial setting, and are exposed to each other's germs far too frequently (Hygiene is Hard, and Children Make Mistakes, and Children Are Not Supervised In The School Bathrooms). Human children belong with their tribe, not in the care of strangers (no matter how well trained and/or well meaning). Human children learn best from their tribe, where everyone speaks the same dialect and there is strong emotional ties and a shared history. (Nowadays, teachers of our shared history are govvie schools and corp-created 'programs' on the sound 'n light box... but that's BeyondTheAmbitOfThisEssay) Far too many kids don't get what they need there, or worse. This is not entirely

unexpected. Hello, boring stack of paper in a cubicle. Greetings, assembly line, cash register, delivery van. The tribe, the social setting to which your ancestors were adapted, has been broken. Welcome to the MACHINE.

Seeking Diogenes

There must be smart people who, with slight tweaking, could have been a Socrates, Plato, or Aristotle. Where are these people who think today? If, more than two thousand years ago, the tiny city of Athens had such able thinkers, today there must be many such people with similar potential as human populations have grown thousands of times larger. **Where are these people?**



depression dispersants

John Taylor Gatto, Teacher of the Year 1990 NY, describes recent historical efforts to seek and 'educate' we-the-people. [www.johntaylorgatto.com/chapters/index.htm to read The Underground History of American Education for free! also at archive.org] Here are a few quotes from that book, as well as a

few from his book Weapons of Mass Instruction and from essays found online.

"In that year [[1889]] the US Commissioner of Education, William Torrey Harris, assured a railroad magnate, Collis Huntington, that American schools were "scientifically designed" to prevent "over-education" from happening. The average American would be content with his humble role in life, said the commissioner, because he would not be tempted to think about any other role. My guess is that Harris meant he would not be able to think about any other role. In 1896 the famous John Dewey, then at the University of Chicago, said that independent, self-reliant people were a counter-productive anachronism in the collective society of the future." from an essay titled The Public School Nightmare: Why Fix a System Designed to Destroy Individual Thought? by John Taylor Gatto

"(...) [Spinoza] said the way to get rid of imagination was to embed people in nonsense rules, competitions, fill their minds with inaccurate information and eventually they'll make so many mistakes or be so frustrated they'll simply cede decision making to somebody else. And that, of course, takes place through schooling." from Everything We Think About Schooling is Wrong! by John Taylor Gatto

"(...) if a kid sets up a business at 13 and makes more than both his parents put together, and gets a page in a daily New York newspaper, and then someone asks, how did you assist this kid, and if I were to reply, I freed him from all attendance requirements for most of the year; I don't think he was here more than 10 to 20 days the whole year, and then I faked his

grades on the report card. And that's just one kid. There were dozens and dozens of these examples every year." from Everything We Think About Schooling is Wrong! by John Taylor Gatto

All institutions will seek efficiency. Human uniqueness is a liability to a large institution. Individual attention to a student adds to the work of teachers and administrators, but especially for those who must sell millions of identical 'units' to millions of unique people.

Somehow the masses are adapted precisely to consume the one-size-fits-all. Schooling is part of this, 'thoughtfully' provided by pyramid parasites with the biggest paper wrecktangle collections.

"In the founding decades of American forced schooling, Rockefeller's General Education Board and Carnegie's foundation spent more money on schools than the national government did. What can a fact like that mean?" John Taylor Gatto, in The Underground History of American Education

"Between 1896 and 1920, a small group of industrialists and financiers, together with their private charitable foundations, heavily subsidized university chairs, researchers, and school administrators, actually spent more money on forced schooling's early years than did the government. Just two men, Carnegie and Rockefeller, were themselves spending more as late as 1915. In this laissez faire fashion a system of "modern" schooling was constructed without any public participation, or even much public knowledge. Motives were complex, but it will clear your head wonderfully to listen to what Rockefeller's General Education Board thought the mission should be. Its statement occurs in multiple forms, this one taken from a 1906 document

called 'Occasional Letter Number One'

"In our dreams ... people yield themselves with perfect docility to our molding hands. The present educational conventions [of intellectual and moral education] fade from our minds, and unhampered by tradition we work our own good will upon a grateful and responsive folk. We shall not try to make these people or any of their children into philosophers or men of learning or men of science. We have not to raise up from among them authors, educators, poets, or men of letters. We shall not search for embryo great artists, painters, musicians, nor lawyers, doctors, preachers, politicians, statesmen - of whom we have an ample supply. The task we set before ourselves is very simple ... we will organize children ... and teach them to do in a perfect way the things their fathers and mothers are doing in an imperfect way." John Taylor Gatto, in Weapons of Mass Instruction

"When J.P. Morgan reorganized the American marketplace into a cooperating world of trusts at the end of the nineteenth century, he was creating a business and financial subsystem to interlink with the subsystem of government, the subsystem of schooling, and other subsystems to regulate every other aspect of national life. None of this was conspiratorial. Each step of it was purchased with coin and a keen understanding of human nature. Each increment was rationally defensible. But the net effect was the destruction of small-town, small-government America, strong families, individual liberty, and a lot of other things people weren't aware they were trading for a regular corporate paycheck." from an essay titled A Conspiracy Against Ourselves by John Taylor Gatto





Perhaps you've met my cousin, the vampire squid?

To business... may I inject you with a solution that contains a very tiny amount of formaldehyde? Please? My injectable solution needs to have formaldehyde in it or it might get contaminated. Sometimes I may use antibiotics instead of or in addition to the formaldehyde because I'd like to keep my proprietary solution from spoiling for as long as possible. Oh, and sometimes

thimerosal, too. This mercury-containing compound won't hurt most people--at least not often enough to be blatantly obvious. Often, I add aluminum compounds or other substances that are supposed to provoke a strong reaction from your immune system--an adjuvant. I hope that challenging your immune system in this way doesn't have any bad unintended consequences (such as triggering/intensifying allergies--your immune system doesn't know that it 'shouldn't' react strongly to harmless pollen or to previously-eaten food). Researching unintended consequences is hard and the results will likely reduce my profits, so I don't. Profits? I 'forgot' to mention that somebody is going to pay me for this injection, and that is the only reason I am bothering to make my injectable solution in the first place. I must keep my costs down, for I live on profits and I will die quickly without them.

You don't want my injection? Sure you do. I'll pay advertisers, I'll set up 'free' conferences with 'free' food and lodging for those who will recommend and inject my solution into actual people. In my quest for profits, I'll corrupt inspectors, regulators, and lawmakers if I cannot delude them. They are only human, unlike me.

You still don't want to pay me for an injection? Perhaps you don't trust me because I am motivated solely by money. Perhaps you also realize that I also sell drugs, medical equipment, and anything else my humans can think of, and that sick people will aid my insatiable search for profits. For such a corp-thing like myself (you know that I am morally and ethically 'challenged'), sick people are gold mines.

You've probably already had many such injections, and will likely have more. That's because I put some weakened or killed bacteria or mutant virus in my injectable solution (sometimes with contaminants of animal origin--oopsie) and call it a vaccine. The vaccine might even work, too. Of course, if there are any debilitating unintended consequences, I'll pay legions of lawyers to keep the injured from making much of a fuss, and 3mpyremedia will keep quiet if it wants more of my corporate

advertising dollars. Even the U.S. Supreme Court has upheld liability protections for vaccine makers, ruling that they can't be sued in state court for design-defect damages. <http://www.ama-assn.org/amednews/2011/03/07/gvsc0307.htm>

<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>

It is hard to imagine
a more stupid or more
dangerous way of making
decisions
than by putting those
decisions
in the hands of people
who **pay no price**
for being wrong.

-Thomas Sowell

In the US, neither drug companies nor doctors can be sued when something bad happens as a result of vaccination.

"No vaccine manufacturer shall be liable in a civil action for damages arising from a vaccine-related injury or death"

-1986 National Child Vaccine Injury Act

 **MISSISSIPPI PARENTS FOR VACCINE RIGHTS**
<http://facebook.com/MSParentsForVaccineRights>

"Upon thorough review of the scientific literature and internal documents from government and industry, the Committee did in fact find evidence that thimerosal posed a risk. The possible risk for harm from either low dose chronic or one time high level (bolus dose) exposure to thimerosal is not 'theoretical,' but very real and documented in the medical literature." Subcommittee on Human Rights and Wellness in the House's Committee on U S Government Reform, published May 2003, in an 80-page report, "Mercury in Medicine: Taking Unnecessary Risks"

"Thimerosal used as a preservative in vaccines is likely related to the autism epidemic." Subcommittee on Human Rights and Wellness in the House's Committee on U S Government Reform, published May 2003, in an 80-page report, "Mercury in Medicine: Taking Unnecessary Risks"

"In 2010, Dr. Julie Gerberding, who headed the CDC from 2002 to 2009 , found gainful employment at Merck Vaccines shortly after departing government service. (...) But the career move also raises questions about impropriety. Certainly, at the very least, Dr. Gerberding's push to vaccinate all Americans against the flu each year of her tenure at the CDC (earning her the nickname "Chicken Little" for her annual predictions of a flu pandemic that never materialized) must have endeared her to her future employer." T. Colin Campbell, Ph.D., co-author of The China Study, from his book Whole: Rethinking The Science of Nutrition.

The following article was on the 'Toronto Sun' website but their corp-computers seem to have 'lost' it--so nobody thought to rescue it from the memory hole and decorate it with **bold text**.

\$

Sunday, April 26, 2009

Toronto, News Canada

Baxter: Product contained live bird flu virus

By Helen Branswell, THE CANADIAN PRESS

Last Updated: 27th February 2009, 3:26pm

The company that released contaminated flu virus material from a plant in Austria confirmed Friday that the experimental product contained live H5N1 avian flu viruses.

And an official of the World Health Organization's European operation said the body is closely monitoring the investigation into the events that took place at Baxter International's research facility in Orth-Donau, Austria.

"At this juncture we are confident in saying that public health and occupational risk is minimal at present," medical officer Roberta Andraghetti said from Copenhagen, Denmark.

"But what remains unanswered are the circumstances surrounding the incident in the Baxter facility in Orth-Donau."

The contaminated product, a mix of H3N2 seasonal flu viruses and unlabelled H5N1 viruses, was supplied to an Austrian research company. The Austrian firm, Avir Green Hills Biotechnology, then sent portions of it to sub-contractors in the Czech Republic, Slovenia and Germany.

The contamination incident, which is being investigated by the

four European countries, came to light when the subcontractor in the Czech Republic inoculated ferrets with the product and they died. Ferrets shouldn't die from exposure to human H3N2 flu viruses.

Public health authorities concerned about what has been described as a **“serious error” on Baxter’s part** have assumed the death of the ferrets meant the **H5N1 virus in the product was live**. But the company, Baxter International Inc., has been parsimonious about the amount of information it has released about the event.

On Friday, the company’s director of global bioscience communications confirmed what scientists have suspected.

“It was live,” Christopher Bona said in an email.

The contaminated product, which Baxter calls “experimental virus material,” was made at the Orth-Donau research facility. Baxter makes its flu vaccine — including a human H5N1 vaccine for which a licence is expected shortly — at a facility in the Czech Republic.

People familiar with biosecurity rules are dismayed by evidence that human H3N2 and avian H5N1 viruses somehow co-mingled in the Orth-Donau facility. That is a dangerous practice that should not be allowed to happen, a number of experts insisted.

Accidental release of a mixture of live H5N1 and H3N2 viruses could have resulted in dire consequences.

While H5N1 doesn't easily infect people, H3N2 viruses do. **If someone exposed to a mixture of the two had been**

simultaneously infected with both strains, he or she could have served as an incubator for a hybrid virus able to transmit easily to and among people.

That mixing process, called reassortment, is one of two ways pandemic viruses are created.

There is no suggestion that happened because of this accident, however.

“We have no evidence of any reassortment, that any reassortment may have occurred,” said Andraghetti.

“And we have no evidence of any increased transmissibility of the viruses that were involved in the experiment with the ferrets in the Czech Republic.”

Baxter hasn't shed much light — at least not publicly — on how the accident happened. Earlier this week Bona called the mistake the result of a combination of “just the process itself, (and) technical and human error in this procedure.”

He said he couldn't reveal more information because it would give away proprietary information about Baxter's production process.

Andraghetti said Friday the four investigating governments are co-operating closely with the WHO and the European Centre for Disease Control in Stockholm, Sweden.

“We are in very close contact with Austrian authorities to understand what the circumstances of the incident in their laboratory were,” she said.

“And the reason for us wishing to know what has happened is to prevent similar events in the future and to share lessons that can be learned from this event with others to prevent similar events. ... **This is very important.**”

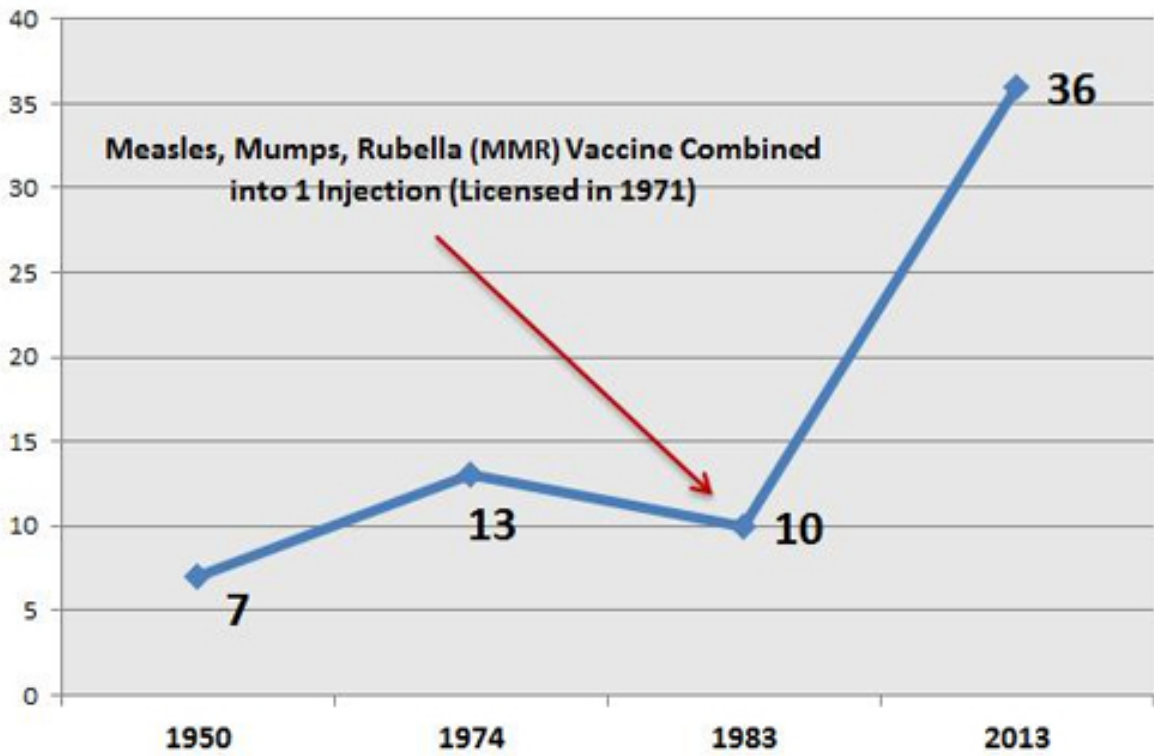
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Thank you, Helen Branswell (the author of the previous article). You did your job well. I hope you didn't suffer because of that.

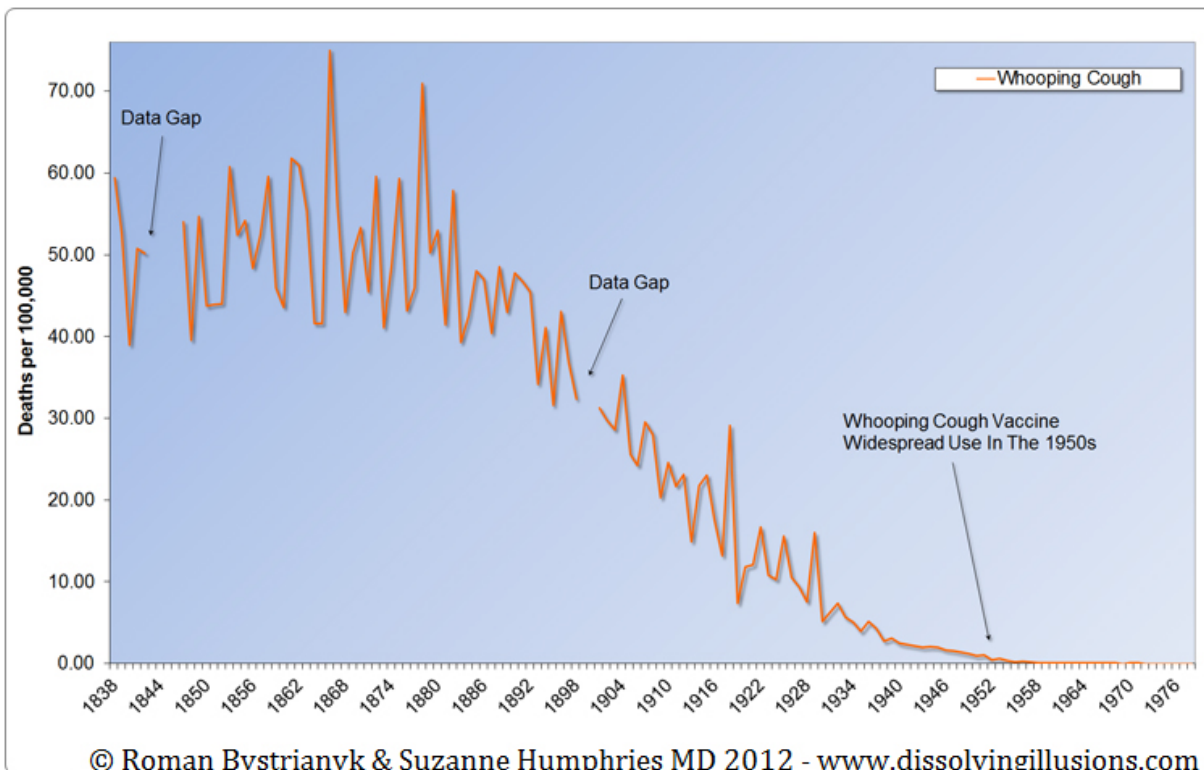
Perhaps a certain corporation was cutting costs a bit too much, or maybe a rare accident occurred, or could it be that somebody got paid to do evil? Was it a mere error or a profitable terror?"

A story: Many, many years ago, in the land of cobras, each village had a 'poison doctor.' This person was responsible for treating any villager who was bitten by a cobra. This person was expected to do this for free, because untreated cobra bites are often lethal and a person bitten by such a venomous serpent is in no position to negotiate a price for a cure. A sane culture does not prey upon its weaker members. This is one very good reason why most countries have 'socialized' the cost of medical treatment. One prominent nation-state does not do this rational thing, so it pays at least twice as much for it's medical treatments than any other culture, and it often gets poor results. A corp-nation-\$tate is one of mammon's in\$ane dreams.

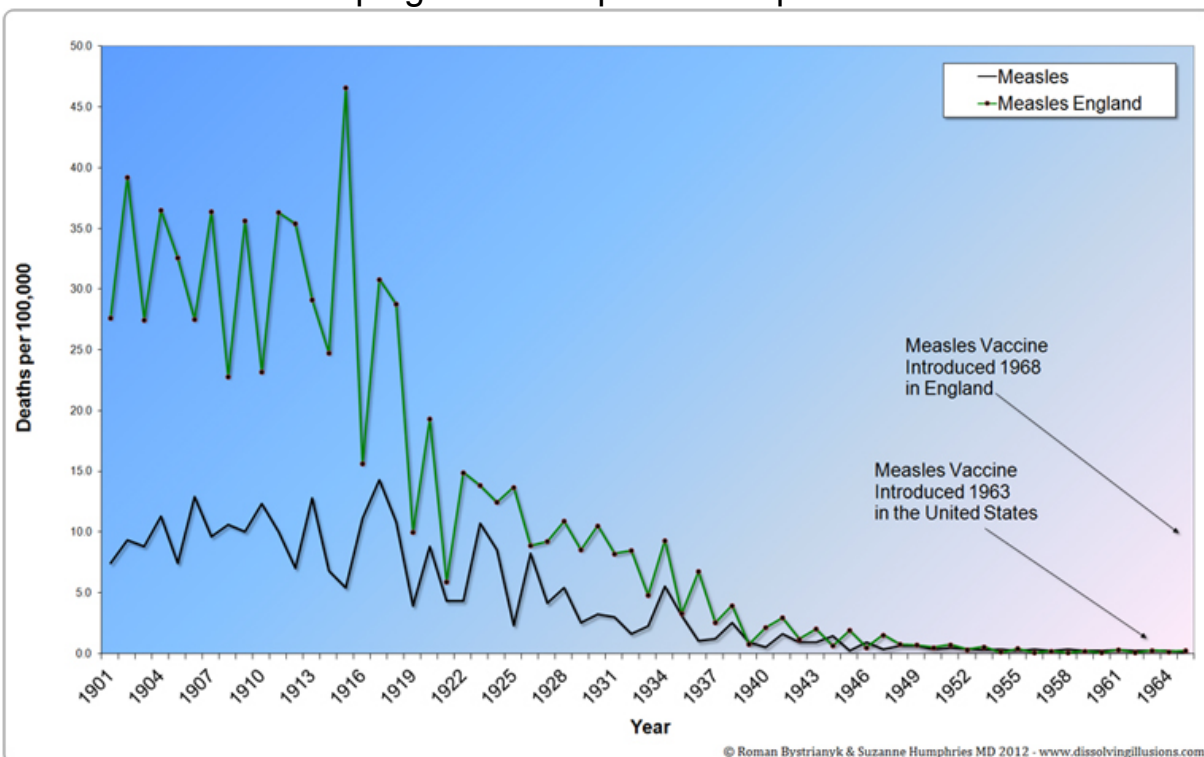
Vaccine Schedule History



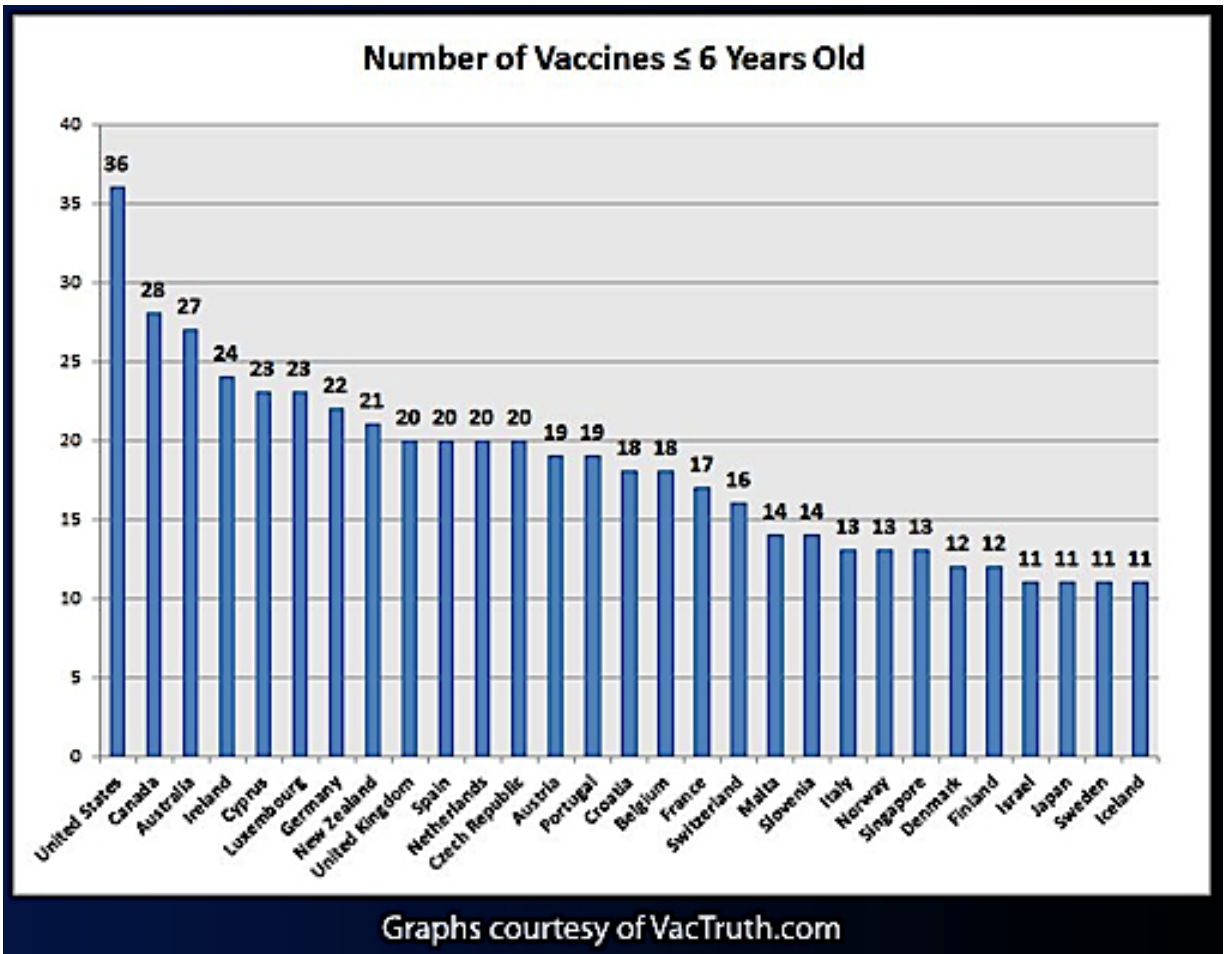
Who got paid?



Jumping in front of parades is profitable.



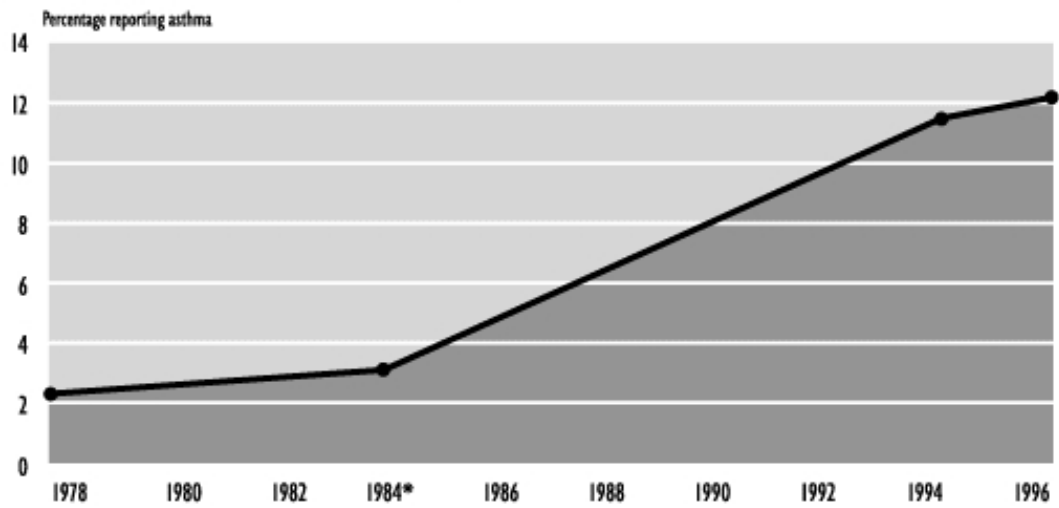
US-UK-Measles-1901-1965



Will Corpwhoristan increase the number of (profitable) 'suggested' 'recommended' vaccines? Trick question—it already has! This data is old.

Figure 1: Reported Asthma Prevalence, ages 0-19 years, Canada, 1978-1996

Figure 1 Reported Asthma Prevalence, ages 0-19 years, Canada, 1978-1996



* 1984 survey includes 0-14 years of age only

Source: Bureau of Cardio-Respiratory Diseases and Diabetes, LCDC⁽⁴⁾

The Autism Catastrophe

Number of Children diagnosed with Autism

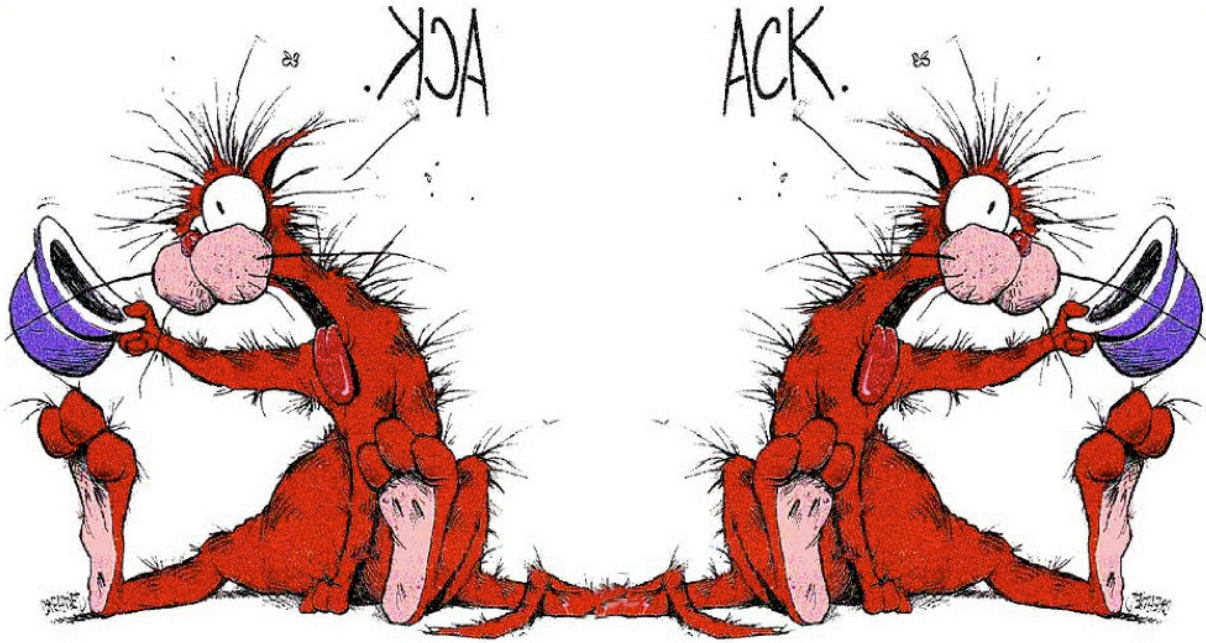
1980 - 1 in 10,000

2002 - 1 in 250

2008 - 1 in 88

2013 - 1 in 50

pucked up mind destroyers, disease-mongers, whore\$,
your munnygrubbing karma is worse than running sores



MoreWar's \$ilent \$pring\$

Once, in the Land of MoreWar, a type of biocide (imidacloprid) roughly similar to nicotine (thus called a 'neo-nicotinoid') was sold by a corporation. This corporation made large profits, so this corporation and other corporations quickly created additional neo-nicotinoid biocides--maybe better; maybe worse; but advertised just the same. Many customers were and are ignorant (http://www.ucsusa.org/scientific_integrity/abuses_of_science/how-corporations-corrupt-science.html) of well-known biocide side-effects, like toxicity to bees who harvest nectar and pollen from

some treated plants. (These types of neonicotinoids are retained and systemically-dispersed throughout the plant, including the pollen.) If the biocide in the pollen was insufficient to kill the bee, it might damage the bee in other ways, such as weakening bee immune systems and/or destroying the bees' ability to return to the hive after foraging. A sub-lethal dose can kill bees in ways resembling a human drunk driver in a one-car auto accident.

All man-made biocides will break down into simpler chemicals eventually. Some of these breakdown products can be even more deadly than the original biocide--yet more unintended consequences. http://www.labtimes.org/labtimes/issues/lt2010/lt06/lt_2010_06_30_35.pdf

"... imidacloprid degrades into 6 metabolites, some of which are even more toxic." Luc Belezunces, a bee researcher at INRA (a French agricultural research institute)

"The long persistence, after one and two years, of imidacloprid in soils has been demonstrated in this study. Retention of imidacloprid in soils, coupled with the ability of sunflowers to recover the insecticide during the next cultivation, clearly explains the presence of imidacloprid in untreated plants. This situation is also observed for maize and several weeds or adventitious plants (plants which grow in fields but which have not been sown). For untreated wheat, rape and barley, imidacloprid is also recovered to a lesser extent from contaminated soils (Bonmatin et al. **2000b**).

Seed treatment using imidacloprid protects plants against insects and is supposed to vanish before the arrival of pollinator insects. However, a new phenomenon has been demonstrated. We have shown that the relative amount of imidacloprid reaches a minimum, then increases in sunflowers from the time of the capitulum formation. As a consequence, relatively high levels are

observed during flowering in the flowering heads. At this time, the capitulums of sunflowers contain a mean value of 8 μgkg^{-1} [eight micrograms per kilogram] of imidacloprid. Another study on maize indicates a similar situation. The ascent of imidacloprid during flowering appears to be general behaviour, due to both enhanced metabolism and the strong mobilisation of resources for plants producing large amounts of grains such as sunflowers and maize.

Our data reveals the presence of imidacloprid in pollens with average values of 3 $\mu\text{g/kg}^{-1}$ (sunflowers and maize). [three micrograms per kilogram of plant pollen] Thus, imidacloprid appears to be bioavailable for bees in fields, in a range of concentrations corresponding to that of **sub-lethal effects on bees** and especially concerning the foraging activity (Colin and Bonmatin **2000**; Colin **2001**). This risk situation with respect to sunflowers and maize is worsened when considering (i) **the additional toxic action of several imidacloprid metabolites** (Nauen et al. **1998**; Oliveira et al. **2000**) as well as (ii) the very low concentrations inducing chronic mortality of bees which are in the 0.1–1 μgkg^{-1} range (Suchail et al. **2001**; Belzunces **2001**)."

* <http://www.unaf-apiculture.info/presse/Bonmatin154.pdf>

This knowledge has been out there for years. Exposed bees are sick, easy prey, especially for parasites—which could spread if the sick bees can find their way back to the hive.

Science or \$¢¥€#¢€?

Science is a method, a way of organizing thoughts, about accurate record-keeping, evaluating hypotheses, truthful data collection, and rigorous experimental design—hopefully combined with shared results and peer review.

Metaphorically, Science is a set of powerful tools in a mental toolbox. But all tools can be abused. Science is

exactly as useful for moral decisions as a sledgehammer is for watch repair. TPTB finds intellectuals threatening—they may offer alternatives to conned-sumer culture or link corp activities to yet another unintended consequence that must be mitigated. These days, \$¢¥€#¢€ is replacing science.

Once upon a time, it was said that university science was a type of welfare for intellectuals. Back then, the 'system' allowed these intellectuals to play with some of its toys, even the expensive ones. Their work/play lead to microprocessors, green revolutions, and communications satellites—and connedsumers, fake-us groups, and human superstimuli exploited to sell products. Science has gifted humanity with powerful tools—which, sadly, can be turned into the \$¢¥€#¢€ that aids the whores in their whoring. This may not end well.



Corpwhorium in academia: A paid-for lab tech can repeatedly do an experiment until the results please the Money-men, and, somehow, only those results get published. More honest scientists can be ignored, bought, framed, or drowned in a flood of paid-for slander. Only the Money-men's favorite experiments get favorable publicity, and the lack of publicity casts doubt upon honest scientists' results—results that give important people indigestion. No laws were broken in these examples—but cheating is cheaper. 'Grab every coin that costs less than a coin to grab' is the corporate way.

Real scientists have error bars and guesstimations that

their results happened solely by chance, and real scientists try to help others replicate their results. Real science is usually difficult to do properly, and real science depends on confirmation from outsiders. Real science has a 'cutting edge' and scientific thought-leaders often make mistakes balancing on it—but science is self-correcting, for real scientists seek the truth. Real science is freely talked about and should never be a 'trade secret' or 'proprietary information' or 'classified.' Real science can be used to make predictions and can be judged by its accuracy and precision. Real scientists do not lie, distort, or hide the truth, for they will be 'found out'—and real scientists *want* to be found out if they are wrong. Real scientists wish to speak truth—the best way for them to become famous.

Real scientists are just as dependent on income as everyone else, and sometimes their toys are not cheap. Most real scientists must depend upon outside sources for funding—and this ensures that ~~sc~~ntists have an advantage over scientists. In the nooze papers, on the ray de owe, on the idiot's lantern; all the media are corpsed and seek profits first and foremost. Money-men can guarantee profits... and greed, denial, and ignorance do the rest.

Unless...

Only you can prevent the methods of ~~sc~~ from being used to create one more 'useful idiot.' (Our) ignorance is (their) strength. Independence is freedom, dependence is slavery, and the truth is the best 'anti-dope' for the Empyre of Lies.

An Experiment...

Once, at a crowded restaurant, a human tied a currency and a napkin onto the string of a helium balloon found tied to a chair. The human added drops of water onto the napkin so the balloon barely floated, and then sent it free. Nobody in the restaurant would take the currency off the string as it floated past, yet many were watching it. After too long a time... the balloon floated past the only child in the restaurant that day, who happily ended the experiment. (It was becoming somewhat of a burden for both the bored and underserved restaurant customers and underpaid and overworked staff.) In retrospect, this burden was probably due to the ambiguous social setting, for the balloon bore no instructions or permissions, just a corporate logo; and many people wanted the currency but were too socially inhibited to take it.

The Black Suit

Modern humans do not live the way their ancestors did, and living a lifestyle honed sharp upon the evolutionary whetstone of the past has unexpected consequences today. A hominid living in small tribes is ill-equipped to deal with advertisers and propagandizers, and criminals who would once have been shunned to death now can prey upon millions of people.

I shall don my Evil Overlord thought-uniform so that I can better demonstrate how to use human limitations to my advantage. First, I will addict my slaves to watching videos--the best videos I can find, at first. But I will gradually increase the natural-born arrogance in Ebil-O-Medai connedsumers--by rarely challenging anyone's intellect, informing media users of things they already 'know' and/or want to believe, and by ensuring media actors behave stupidly the majority of the time on-screen. Ebil-O video will allow many choices of gossip, trivia, and irrelevant 'facts.' Soon, video-addicted people will think they are morally and intellectually superior to all the people that they 'know' (simulated

people included, because human mental equipment assumes that 'seeing is believing' and some thinking-time must be spent to partly compensate for this). I can keep the 'viewers' from thinking much at all by evoking strong emotions—and whatever thoughts that are left will be contaminated by messpelli wurd, distorted scientific facts, and interviews of 'people' who can pretend to be as dumb as a plutonium saucepan. Those who know better will feel superior; those who believe the 'disinformation' will become more ignorant. I'll use recorded applause during and after dumb speeches so a human thinks other local humans like the stupidity so expressed. I'll use lots of artificial laughter after mean-spirited and dumb jokes so viewers will think the stupid snark-casm is funny and will laugh along with their video 'tribe.'

But a true Evil Overlord cannot stop here. To keep my medai users addicted, my staff will add pron and special effects, guaranteeing strong emotional feelings in most viewers (pretty, almost-naked women! explosions! fast car chases! accidents! and emo-music so the media users know what they're supposed to feel). Once I gradually addict 'my' people to my 'media,' I will add ever-more rapid screen changes (by switching the video point-of-view to various widely-spaced cameras) because that stimulates the 'orienting' reflex, for significant changes in the local environment are extremely interesting to any brain. My infallible overlord instincts tells me that most beings don't like this reflex triggered often, preferring more stable places to live; but also that most addicted viewers will tolerate this if I am careful to slowly increase the number of screen-changes per minute. My instincts tell me that frequent disorienting of the orienting reflex feels like a low-grade fear (adding to what Ebil-O will generate with bad news and bloody movies). A fearful population is a docile population. With all the murders, explosions, gory horror, car crashes, and gun battles available on Ebil-O-Medai, my subjects will be fearful and cowardly and dependent upon my staff. My overlord instincts insist that my subjects must be humiliated in as

many small ways as possible, for a dispirited and depressed individual gives me no trouble (especially when combined with feelings of fear over the long term).

I'll use the Orwellian 1984 model of video disseminator device, which enables me to do evil things like hire those who choose dumb, violent 'entertainment' to be the useful idiots in my police farce and my smarmy. I will use the 'terror' war scheme (again). I will create fictional, strange, ugly, and insane 'enemies' for my subjects to hate and fear, for terrible things *will* happen to my people [evil chuckle]. After some horrible incident, perhaps I'll tell them to go shopping. [Say 'baaaaa' again, Emmanuel Goldstein! That always makes me laugh.] The internet has made propaganda less effective, so I shall be forced to minimize the actual damage done by the terrible things that *will* happen [smirk], otherwise those who see through the lies might cause me trouble--or even worse, drop out of my society entirely. A few wood-dust cannons and photo-friendly fake blood will scare the majority of the great flock, and those few who see through the lies will continue to go to work even as they despair of their fellow citizens. Despair is a good emotion for them to feel... from my Evil Overlord perspective.

Any point of view is skewed when based on relied-upon lies, and a carefully crafted skewed POV is profitable. My staff will tell exploitable people the best lies that 'money' can buy, careful (at first) to lie about what the exploitables know very little of (like 'terrorists' in an oil-rich country half-way around-the-world). Then all my skills will repeat the lies over and over. Over time, some of the exploitable humans will speak the lies internalized, adding to the echo-chamber repetition, aiding the spread of the lie-memes to yet more exploitables. [evil laugh] Any less-exploitable human (the not-conned) who tries to stop this process will evoke cognitive dissonance in an arrogant, fearful, and conned-sumer audience, especially once a few of the un-exploitable truth tellers are publicly mocked, misquoted, and maligned by Ebil-O-Medai

(which will repeatedly demonstrate non-rational ways to handle 'those' people). The truth-tellers will find no true friends among the noisy but ineffectual 'opposition protesters' who will work for me, secretly. [evil chuckle] The truth-tellers will also learn that telling unpleasant truths makes the conned-sumers act emotionally and unpleasantly, and truth-tellers may learn that these bad feelings become associated with the messenger only after they are alienated from friends and family. The un-exploitable 'not-conned' *could* cease to be a problem, but more traditional means will work on them. However, Evil Overlords think that some closed doors need ineffectual people locked on the wrong side of it. [>:-)] In addition, I will need prisoners to properly train my troops and my police farce (as in the Stanford Prison Experiment); also slave labor to sew the awesome black uniforms to ensure my staff experiences a diffusion of responsibility--the beginnings of Huxley's 'herd poisoning' (from Brave New World Revisited, a really good book). A soldier or prison guard who is dressed/costumed and unsupervised is most likely to behave evilly in a stupid situation like a battlefield or prison; and by adding drugs, boredom, apathetic authorities who order such behaviors, modeling of desired evil behaviors, a 'cover story' that seems to justify evil behaviors along with blaming the victims or claiming the victims are sub-human, ensuring that the victims are as unlike the local guards/soldiers as possible, comparing present actions with past actions considered heroic or beneficial, using euphemisms and abstractions to label present evil behavior committed by my servants, and minimizing, ignoring, or intentionally not understanding the consequences of what I do. Even if the best modern p\$ych cannot turn every soldier or guard into a servant who can take pleasure in committing the vile acts needed to maintain an Evil Overlord, so I will reward those I can turn to evil and punish the rest.

I should take care to make the exploitables dependent upon my staff, further increasing the potential cognitive dissidence; for

humans who are part of and dependent upon a system always hesitate to change or destroy it. I will make them wait in many long lines to apply for numerous necessary permits, for then they will be reluctant to 'lose' the results of their 'work.' Exploitables will learn (classically conditioned by my Ebil-O-Medai) to believe absurdities; such as faked 'enemy' atrocities, trivial curiosities, insane philosophies, and lots of useless gossip; but above all, they will learn to SIT and STAY no matter what they see.

Exploiting the exploitables, I will sell worthless and overpriced 'goods,' make them work long hours in demeaning jobs, and, just for my amusement, tell them stupid things like 'conformity is uniformity' and 'stubbornness is strength' and 'competition is healthy' and train them to do ridiculous things like imitate the idiotic affectations of bad actors in the Ebil-O medai. This last item may cut into my profits a little bit, but all the best evil overlords do stuff like this—tax-collectors and corp hirelings will find the task of exploiting (and humiliating) those they believe to be ignorant 'sub-humans' much easier.

[no6ody removes a black suit thought-uniform, which seemed to fit rather well.]

Please pardon the digression, as the Evil Overlord is rather potent these days.

When compared to the stories of speaking truth to power, even the best propaganda can look ridiculous. However, truthy stories can also be long, complicated, and boring, unlike the easy lies devi\$ed to mesmerize the despised. 'They hate our freedom.' 'Fight them over there so we don't have to fight them here.' '[Derogatory name] has Weapons of Mass Destruction.' 'Responsibility to Protect.'

Lacking only the staff, the currency, and the desire to make this happen (legally, profitably, and non-ethically)... but others have no such limitations.

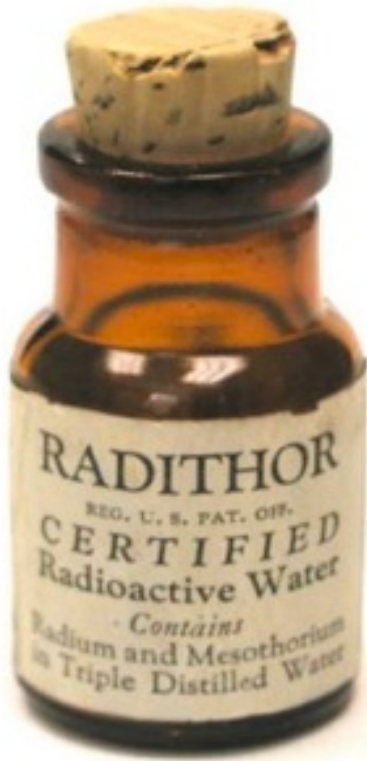
hope this helps (non \$erviam)

Let's distort the bell-shaped curve!

Start with a standard bell shaped curve, and we'll title it "Tendency to Violent Behavior." The curve starts low and slow because there aren't too many total pacifists, but it grows rapidly to include just about everyone, but on the opposite side of the pacifists, the graph shows a few people who'll start a fight with the first person they see. (If this data could be put on a graph, it would be another example of the famous 'bell-shaped' curve.) Our goal is to push as many people into the mental state where they will immediately start a fight. (And you love it when people use rhetorical tricks to include you in reprehensible thought experiments and then tell you how you feel about it.)

If the masses will watch violent videos, then some will become more aggressive (push). If heavy use of a supernormal attention attractant changes the brain in random ways, then a few more (push) will be aggressive--it's easy to break brains but difficult to fix them. If unsupervised children learn their manners from violent videos, (push). Now, add boring schools (push), boring jobs, (push), and pretty soon everyone is at least unpleasant to talk to even if they don't actually punch anyone. Add ill-health that can result from swallowing corp-phoods, corp-meds, and corp media... If we are divided, we-the-people are easily conquered; for stupidity always spreads.





RADITHOR
REG. U. S. PAT. OFF.
CERTIFIED
Radioactive Water
Contains
Radium and Mesothorium
in Triple Distilled Water



There goes the neo-bozonium

A metaphor for external radiation exposure

Imagine that you are on a small boat. There are a huge number of well-cared for sandcastles on a nearby beach that symbolize living cells. In the boat, you have moderately heavy bowling balls (a metaphor for alpha particles), standard baseballs (symbolic beta particles), and a loaded rifle (mock gamma particles). The distance between the boat and the sandcastles on the beach represents human skin. To mimic an external source of radiation, you will wear a blindfold and earplugs to simulate the random action of nuclear reactions. Now, when you fling alpha particles/ bowling balls off the boat, you will be extremely unlikely to hit a sandcastle, or even the beach, unless you are very lucky and very strong. If you throw the beta particle\baseball, you might hit the beach or even a sandcastle, but you are much more likely to throw the ball in the wrong direction. If you shoot the rifle, the gamma ray/bullet is more likely to hit a sandcastle because the

distance is less important, but any blindfolded human shooting a rifle on a rocking boat is shooting almost randomly.

A metaphor of internal radiation exposure would put you on the sandcastle beach with your implements of destruction. The bowling balls will likely demolish a sandcastle if/when they hit one, but they won't roll far. Alpha/bowling-ball damage will be nearby but severe. The beta/baseballs are likely to hit many more sandcastles, but each hit will likely do less damage than the bowling balls. The rifle can damage many sandcastles, and since you are standing on the beach, you can aim it more or less parallel to the sand (to make up for a weakness in the metaphor--living cells are 3D and thus surround internal radiation sources, unlike a roughly two-dimensional array of sandcastles on a beach). The blindfold does not matter much anymore--only the supply of bowling balls, baseballs, and bullets, as well as sandcastle repair personnel (who can also be damaged). Some of the sandcastles may quickly come to resemble the Tower of Babel... and damaged living cells **can certainly** be more effective at spreading evil than sandcastles could ever be.

End metaphor.

The take-home lesson: internal radiation exposure is far more damaging than external radiation exposure, and NEVER trust those who pretend otherwise. An X-ray is as comparable to eating radioactive food as much as germs on your unwashed hands are comparable to germs shoved up your nose. Stupidity should never be internalized.

Keep radiation doses to a minimum and internal radio-dosing should be scrupulously avoided, especially by children. However, the world is becoming increasingly dirty and radioactive, so some exposure to man-made toxins and radioactive substances is unavoidable. You can avoid the heaviest contamination by eating low on the food chain - eat plants, rather than the animals that eat plants. Each step away from primary producers (plants) is a potential step towards bio-magnification - for example, long-ago

eagles that ate fish that ate fish that ate plants that lived in water treated with DDT were found to have damaging levels of DDT metabolites in their bodies, so much so that the eagle-eggs did not hatch. [This could have destroyed this species (and others) if DDT was still in use as much as it was then.] You are an omnivore, able to survive on a wide range of foods, and selecting plant foods is probably safest. Examples of fraudulently-labeled plant foods (like rice bearing a label that conceals its Fuku-origin) complicate this process, but nobody puts labels upon meat and fish and dairy products that state what the animals ate.

```

                xxxxxxxx
            x  xxxxxxxxxxxxxxxx  x
        x      xxxxxxxxxxxxxx      x      'hot' teeth
                xxxxxxxxxxxx
            x          xxxxxxxx          x          bite deep
                xxxxxx
            x          xxx          x          in time
                x
xxxxxxxxxxxxxxxxxxxxx  xxxxxxxxxxxxxxxxxxxxx          and keep
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xxxxxxxxxxxxxxxxxxxxx  xxxxxxxxxxxxxxxxxxxxx          not rhyme
xxxxxxxxxxxxx          xxxxxxxxxxxxx
          xxxxxxxx          xxxxxxxx          nor reason.
            xxx          xxx
                x          x
                    x

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As long as you are reading this... let's do a thought experiment. I'll be an evil overlord [again!], and you can be my prisoner. Here's your dinner, which consists of four delicious-looking cookies. Since I (half-)baked them in this thought experiment, they have magical properties.

The first cookie emits alpha particles. The others emit solely beta particles, or just gamma rays, or only neutrons (possible only in thought experiments). All of these cookies emit the same total

energy in their particular way, and you must choose one cookie to eat, one cookie to put in your pocket, one cookie to hold in your hand, and one cookie to toss to the imaginary but nasty orc turnkey--what should you do?

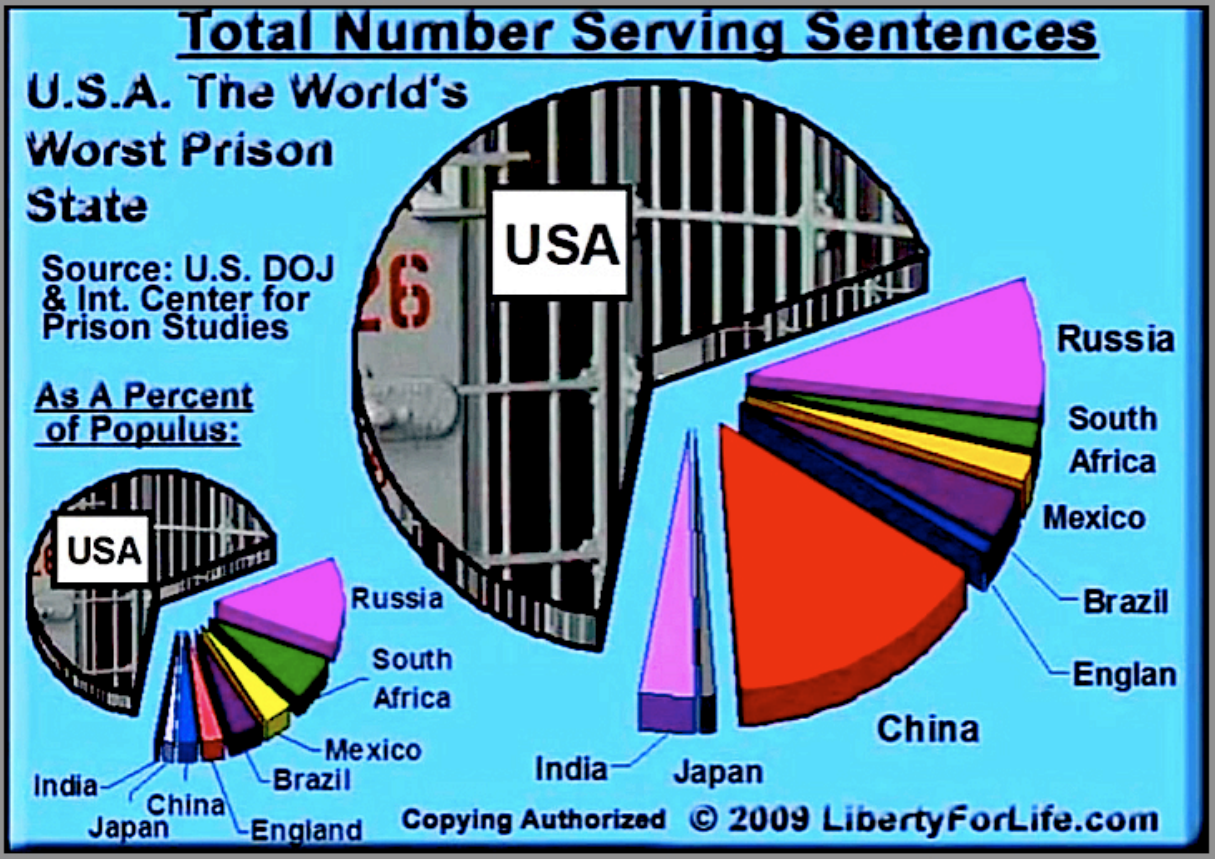
no6ody thinks this way...

Alpha particles are big and heavy, as particles go. They also have a positive charge, which means they are attracted to all nearby electrons that they encounter as they travel. These particles do not travel far. Since it is relatively heavy, an alpha particle can damage nearby molecules. This cookie is a bad one to eat because, once inside you, some of your DNA would be in 'point blank' range. The fabric of your pocket plus your skin should be protection enough.

Beta particles are basically electrons in a straight-line hurry, and these also interact with other electrons. They are fast enough to penetrate skin a little bit, but they are only about 1/8000 the mass of an alpha particle. If they hit an atom directly, the atom doesn't move very much and can stay in position, even if it does create an unstable chemical situation. Plus, the event is effectively over for the beta particle... unless it hits a really massive atom. Then the energy of this collision can be expressed as a gamma ray. (Throw the gamma ray cookie to the orc immediately. Even in a thought experiment, don't delay!) The beta-emitting cookie can be held in your hand (unless your hand is made out of massive metal atoms).

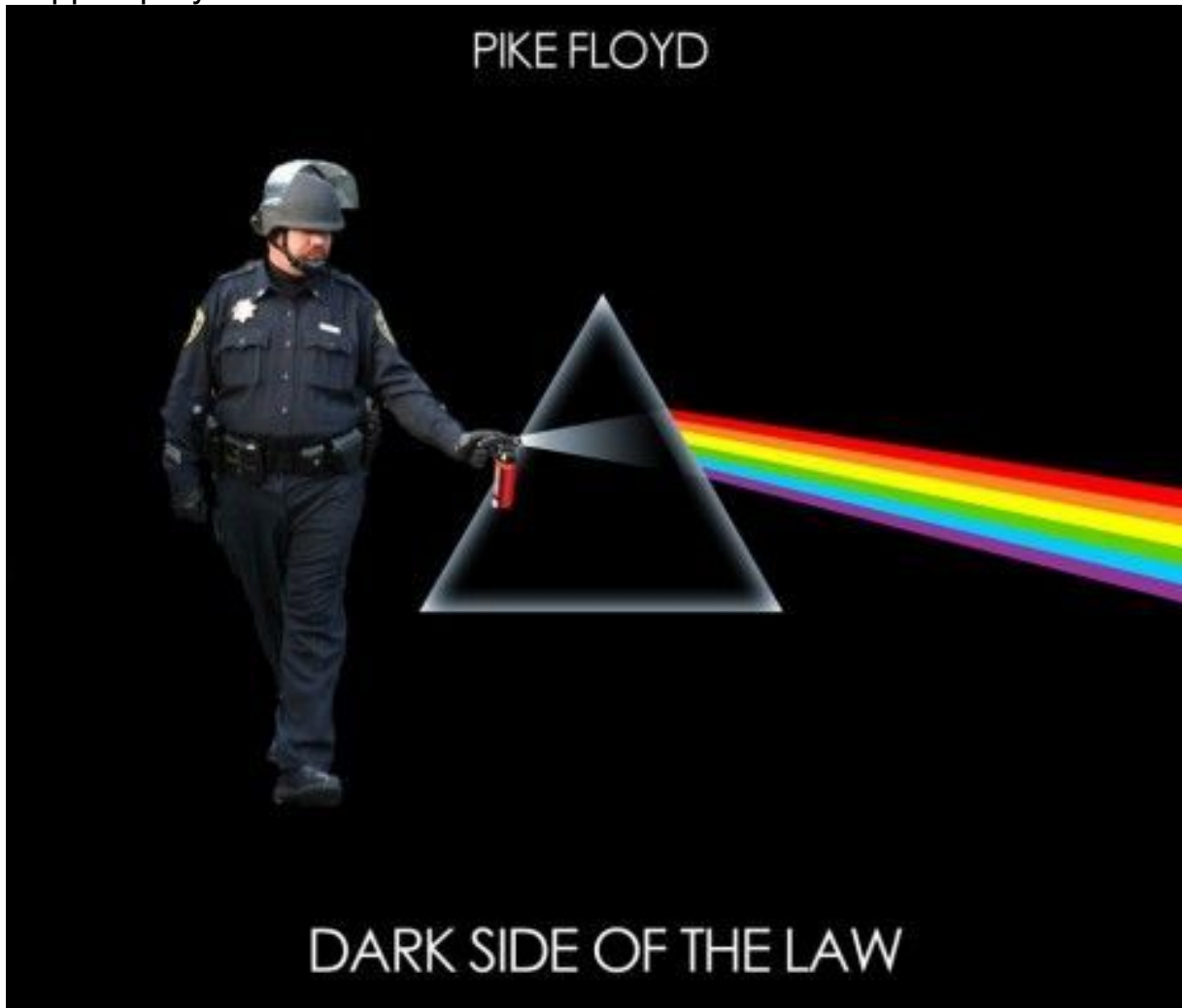
The neutron cookie is probably the best one to eat. Free neutrons have a half-life of about fifteen minutes and do not have an electric charge, so other atoms ignore them. Even if a neutron impacts an atomic nucleus directly and doesn't bounce off, the lightweight atoms humans are made of probably won't fission (like U-235 does with the addition of a neutron), and may not even be radioactive. Boron is a commonly used neutron absorber, as the isotopes it changes into aren't radioactive and it captures stray neutrons better than average. If you agree with me and decide

this cookie is the safest one to eat, perhaps you'd like a boric acid topping on the cookie? As an evil overlord, it is my duty to try to sell you Roach-Death Bio-cide (which contains boric acid), even though there's pure boric acid in my imaginary lab. Boric acid is so cheap and safe that adding adulterants to it might raise the costs, and it is produced and sold by my money-whore minions. Should you?



Quibble about accuracy if you wish, but 'far too many' is a fact.

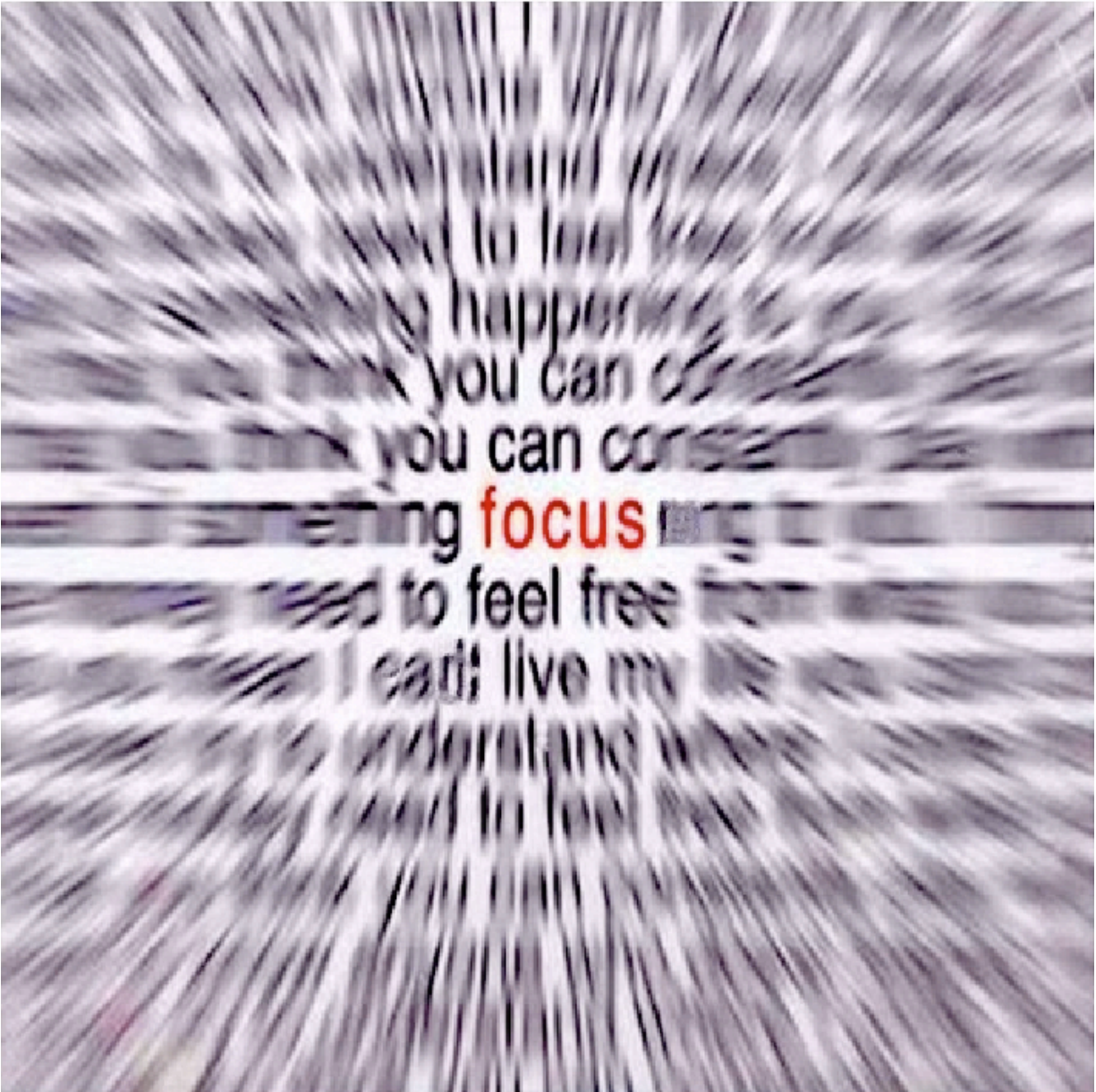
What does corporate culture cause humans to do that they would never do otherwise? What roles did cop culture play in the creation of Mr. 'Pepperspray' Pike?



WeKnowMemes

What really scares me...the fact that Dr. Milgram could wield such power over other humans using only two guys, one lab coat, and fake equipment. Are dark blue uniforms even better at obtaining obedience from the local primates, even without the weapons and armor?





Meditation for the western mind!

Meditation is reprogramming the brain, the internally-guided evolution of thought patterns with selection pressure applied in desired directions, clearing mental trails to the right and the light, mental potential made actual, an imaginary gym for thought-exercising, and/or

nothing at all.

Meditation is often mocked and maligned in the M\$M, yet it is a powerful way to focus the mind. Humans are capable of changing the way they think--reprogramming their brain software. Mental training is valuable, and most humans are capable of this without help. Gurus and educators are nice but not necessary.

One way to train yourself is to use classical behavioristic techniques. For example, if you bite your fingernails and wish to stop, you can put a rubber band on your wrist, and when you find your fingernails approaching your mouth you can snap the rubberband on your wrist as a 'punishment.' This technique is effective at a level relatively unaffected by 'higher' brain functions.

The most powerful thing I have learned from meditation is how to recover from distractions when thinking--a kind of mental persistence. I cannot claim that I rarely have distracting thoughts even after years of meditation practice, but I recognize more quickly when my thoughts have strayed. I have also learned that I do not multi-task well--so I don't allow myself to daydream while driving, for example. (When I daydream, I prefer to do it in a quiet place with few distractions!)

"I lived in solitude in the country and noticed how the monotony of a quiet life stimulates the creative mind."
Albert Einstein. (He also said his 'secret' was his ability to think of one problem for a very long time.)

I think that every action and thought consumes limited brain processing power; including humming a tune or even twiddling thumbs. Noise or other external distractions also

consume brainpower, but this can be minimized with practice. Internally generated 'noise' is still a problem for me, but less than it used to be.

"Buddha was said to meditate so serenely that birds were able to nest in his hair. (...) Buddha is one of the few Dear Leaders that you can place a bird's nest upon his head and his fundamentalist followers won't try to blow you up." Edward Tufte

Concentrating on a mental task has been an excellent way for me to learn how to meditate, even if the mental task is something as weird as generating mondegreens for the Pledge of Elite Gents. I found that meditating on my breathing or on a phrase was boring and tiring, but perhaps I didn't persevere long enough. If I could teach myself to focus mentally on what I consider boring, then interesting mental tasks should become easy to think about without losing concentration--but the learning curve was too steep for me.

My preferred position for meditation is lying down on a comfortable surface, such as a bed or couch. Falling asleep has not been a problem for me. My body complains if I sit too long, which interferes with my mental focus.

I do not claim that I have discovered the true nature of reality, nor to have discovered who or what I 'really' am, nor do I claim to be 'enlightened' (whatever that means). I am learning the beginnings of meta-cognition--the ability to evaluate my own thinking. I have learned that I am a font of infinite desires, and that new desires will appear whether or not I satisfy present desires--so I might as well pick which ones I will try to satisfy. I have learned that

there are TV programs and adverts that are an unwanted antidote to meditation, evoking strong desires and occupying brainspace for far too long. I am learning a way of thinking that allows me to concentrate on one mental task for a long time, to identify and ignore irrelevant distractions, and to learn a little of the power of thought-- and I learned some of this from the same person who taught the Buddha--nobody.

"An intellectual is someone whose mind watches itself.
Albert Camus"

"As irrigators lead water where they want, as archers make their arrows straight, as carpenters carve wood, the wise shape their minds. Buddha As the fletcher whittles and makes straight his arrows, so the master directs his straying thoughts. Buddha

“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.” Henry David Thoreau

One calls it faith, another calls it inspiration, a third calls it insight; but (...) the concentration of all the rays of intellectual energy on some one point, until it glows and colours the whole cast of thought with its peculiar light, is common to all. T H Huxley

"Finding the occasional straw of truth awash in a great ocean of confusion and bamboozle requires intelligence, vigilance, dedication and courage. But if we don't practice these tough habits of thought, we cannot hope to solve the truly serious problems that face us -- and we risk becoming a nation of suckers, up for grabs by the next charlatan who comes along." Carl Sagan

"What we ought not to do, we should not even think of doing." Epictetus

"Outward things are not in my power; to will is in my power. Where shall I seek the Good, and where the Evil? Within me—in all that is my own." Epictetus

"When the mind is not present, we look and do not see; we hear and do not understand; we eat and do not know the taste of what we eat." Confucius

"A human being is part of the whole, called by us the 'universe,' a part limited in time and space. He experiences his thoughts and feelings as something separate from the rest---a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal decisions and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." Albert Einstein



Nonviolence

Nonviolence is prevalent in all cultures, even if it is badly named and hard to define. Nearly everyone will agree that violence usually causes more violence, and that becoming one's enemy is a bad thing. Mohandas Gandhi, the Einstein of nonviolence, called it "Satyagraha," literally "clinging to truth;" sometimes Gandhi would paraphrase it as "soul force." Satyagraha is the use of moral power to re-integrate the violent actor(s) into a shared point of view in which violence is unneeded. Nonviolent people would agree with the physician's maxim, "First, do no harm," which is the opposite of violence (intending to cause harm). Such people avoid being a part of a system that must kill, injure, or abuse any life more than the bare minimum needed for survival.

Perhaps the best way to define nonviolence is with examples. These come from Dr. Michael Nagler's book, Search For A Nonviolent Future, available through mettacenter.org. (The U. C. Berkeley youtube channel has videos of most of his 'PACS 164' courses on nonviolence. Since the first casualty of war is the truth, some of these stories may be propaganda.)

The Rosenstraße Prison Demonstration demonstrated that nonviolence worked against the Nazis. "In Berlin in 1943, on a gray weekend at the end of February, police and Gestapo swept through the cold streets and arrested the remaining Jews, mostly men, who had been left more or less at large because they were Jews "of Aryan kin, "i.e., married to non-Jewish wives. (...) The arrestees were brought to a large, recently converted building on the Rosenstraße, a few blocks from a major Gestapo headquarters, without incident. (...) in Berlin the "Jewish Radio," as the still-remaining Jews' informal phone network was called, was buzzing, and within hours the wives and, in some cases, mothers of the arrested men learned where they had been taken. (...) By the following morning, from every part of the city," as though in answer to a call—as though prearranged, the women converged on the Rosenstraße detention center, demanding the release of their loved ones. All day they defied orders to leave. As their numbers swelled to more than 6,000, the prisoners themselves took courage and began clamoring through the barred windows to be released. (...) tens of thousands of people were rescued by this impromptu demonstration by untrained women, women who had been living for more than a decade under a regime of authoritarian terror, the likes of which the modern world had rarely seen. Nonviolence was almost never tried against the Nazis, but when it was, it scored a resounding victory. (...) that dramatic weekend reveal a solid nonviolent principle: through a courageous act of self-sacrifice, the demonstrators brought about

a momentary rehumanization of the Jewish prisoners—their loved ones—in the hardened hearts of the Gestapo. The large crowd of women demonstrators were not only somewhat awkward to massacre in broad daylight, but the incident also gave a salutary yank on their captors' ideological blinders."

"(...) the emperor Caligula conceived the insane idea of having a statue of himself as incarnate Zeus installed in the great temple in Jerusalem. To Caligula, for whom excesses in the pursuit of egotism were no vice, this must have seemed a wonderful idea, but for once his excess was going to blow up in the imperial face. As his Syrian legate, Petronius, advanced on Jerusalem to carry out the disastrous order, people of all kinds and stations began flooding into the capital—men, women, and children—collecting together in their alarm from cities, villages, and farms from the whole area west of Galilee. They came without weapons in their hands, some of them holding emblems of allegiance to the empire, but they told Petronius in no uncertain terms that this sacrilege could not be allowed. Petronius of course threatened to unleash his troops on them. They replied that they were perfectly willing to die rather than see such an outrage to their religion. Petronius, no particular friend of the Jews, was nonetheless at a loss about how to handle this unarmed resistance. Unable to persuade them, and loath to massacre them wholesale (something that legates had done enthusiastically with violent uprisings), he backed down and took the risk of writing to Rome to make some excuses for stalling the emperor's less-than-brilliant scheme. Caligula, true to form, immediately sent orders for Petronius's execution. But at this point fate intervened. Caligula was assassinated, which saved Petronius (...)"

"World War I almost came apart on the first Christmas, when "enemy" soldiers who had been pinned down in trenches within hailing distance of one another declared their own truce and

milled around in no-man's-land, swapping stories and sharing photos of their loved ones back home. Panicky officers on both sides had to threaten the men with draconian punishments to restart the war."

"(...) when the shah's [of Iran] soldiers killed a mullah who had stood up to address a crowd, another mullah stepped forward to replace him, [and was also shot] and then another, until one soldier couldn't stand it anymore and turned his rifle on his own commander—and then on himself."

"During a period of terrible riots some years ago in Gujarat (Gandhi's home state), a "Hindu" mob descended on a rural village, primed to kill. Almost all the village men were out in the fields. The women reacted quickly, however, and took in their Muslim neighbors to hide them from the mob. As they lived mostly in one-room cottages, it often meant "hiding" the Muslims in the puja corner, underneath their household altar. The mob stormed up to home after home screaming, "You are hiding Muslims in there!" "Yes," the women calmly replied. "We are coming in to get them!" Then the women, one after the other said, "First kill me, then only you may enter." Every Muslim in the village was saved that day. From the eyewitness report of Nirmala Deshpande of the Association of People of Asia (speech, San Francisco, Spring 2003)."

"[Abdul Ghaffar Khan] created a new kind of army without weapons. These were the famous Khudai Khidmatgars, or "Servants of God." Years later, when Khan himself was at a loss to explain how his Pathans were still nonviolent when most of the Hindus had bolted, Gandhi explained to him, "Nonviolence is not for cowards. It is for the brave, the courageous. And the Pathans are more courageous than the Hindus. That is why the Pathans were able to remain nonviolent.""



Tianamen Square June 5, 1989



Ancestral humans were very likely a tribal animal, like the great apes of today, living in smallish groups. Most of the time, the number of nearby humans didn't exceed about 150 [Dunbar's Number] until very recently in human history, too recently for evolutionary pressures to adapt humans for this 'crowding.' Humans are genetically/physically pretty much the same animal that once lived tribally for many thousands of years and likely evolved from tribal ancestors. Nonviolent behavior improves the gatherer-hunter or farmer lifestyle so much that evolution must have 'discovered' it very early on.

For all of pre-civ primate history, a sparsely populated planet made traveling (alone or in groups) much more dangerous than

today. Self-preservation instincts would make long-term human-to-human relationships inevitable. Since humans were mostly locked into one tribe for life, the fitness of the tribe directly influences the fitness of an individual tribemember. An injured tribemember is a burden to the tribe, and injuring a relationship is also a kind of wound. Injuring the tribal knowledge base is also burdensome. These human mis-behaviors were minimized by successful tribes. However, modern humans are culturally a fish out of water; or more accurately, apes in a concrete habitat.

Clues to biological 'wiring' for nonviolence are in features like 'mirror neurons.' These neurons were first discovered in a monkey watching a human eat--later research showed the same neurons were excited when the monkey watched a human arm move or when it moved its own arm. Other neurons correspond with other body parts. Mirror neurons are involved in 'Einfuhlung,' or 'feeling into' and provide data for another human to know exactly what that observed behavior felt like; the lack of normal emotional cues is instinctively disliked, especially 'stonefaced' humans. Such biological wiring is visible everywhere: in dolphins practicing their synchronized swimming; or in oneself when watching a smiling child; in proverbs like 'monkey see, monkey do' and "If you live with a cripple, you will learn to limp" [Plutarch]. Human moods can spread; for example, yawning can be contagious. Psychologists can measure behavioral changes present in the average human after experimentally tricking them into smiling or nodding repeatedly. Viewing the after-effects of a violent attack on another human can evoke feelings that can inhibit such actions in the future.

Sadly, primate characteristics are levers in the hands of those who know of them and who are willing to manipulate them--for example, the act of getting many humans together has unexpected effects, like 'herd poisoning,' often used to irrationally incite affected people to violence against an 'enemy.' Other

examples can be found in the effects of watching five hours of electric box every day or other effects of living in a consumer culture. Due to quickly advancing human technologies, novel goods are available, some of which, in the service of currency accumulation, can be made super-desirable or even addicting, and thus consumed to excess or sought intemperately (a 'supernormal' or 'superoptimal stimulus').

Nonviolence 'works' partly because lies, rough speech, and violence are not good ways to act as a human tribemember. Empathy is probably the default human behavior, even if it can be over-ridden. Witnesses inhibit violent behavior—to be known as a violent person might mean expulsion from the tribe, and, throughout most of human existence, such expulsion probably meant death. If violence occurred, the rest of tribe would be likely to figure out what had happened; tribemembers would know each other pretty well after camping out together for decades. Beneficial cultural practices are likely to minimize intra-tribal violent tendencies (but are less likely to inhibit behaviors like throwing rocks at strange humans).

A person using nonviolence should never act like a predator or a competitor or a prey animal, as these can invoke violent instinctive behaviors. Nonviolent people should not gloat or embarrass other people, for these emotions cause separation (perhaps by invoking hatred or vengeful feelings). All humans should avoid psychological 'primers' of violence like violent videos and other 'entertainments.'

Humans must surely have some sort of inbuilt reconciliation behavior patterns--something like shared laughter, shared songs, shared food, or working together on something worthy. Tribal re-integration must have been important, as these techniques have been proven to have powerful effects upon humans. Other

possible 'hacks' of human mental processes might involve giving away presents, like 'money' [fake or legal tender]; or reciting the policeman's oath of office during arrests; or any other way to appear to be a friend/tribemember instead of an outsider/stranger.

"Do not do evil for evil nor return hate for hate." Buddha

"... we ought not to retaliate or render evil for evil to anyone, whatever evil we may have suffered from him." Socrates

Socrates, when asked why he didn't kick a student who kicked him: "What! If a young ass kicked me would you have me kick it back?"

When asked how a person can seek revenge on an enemy, Diogenes replied "By becoming a good and honest man."

"What I do not wish men to do to me, I also wish not to do to men." The Confucian Analects

"(...) it is more wicked to kill ten thousand by hurling an artillery shell into a town, than to kill one man by pommeling him with a stone, yet the latter is by far the more psychologically difficult act. Distance, time, and physical barriers neutralize the moral sense. There are virtually no psychological inhibitions against coastal bombardment or dropping napalm from a plane twenty thousand feet overhead." Dr. Stanley Milgram

Sergei Plekhanov, when deputy director of the Soviet Institute for U.S. and Canadian Studies was asked what could be used against tanks, replied "Nothing. Nothing but spirit, a sense of legitimacy, and the willingness of some people to risk their lives."

"In a remarkable experiment first reported in the Journal of Abnormal Social Psychology some time ago, schoolchildren of the

same age were divided into two groups: one group was encouraged to be aggressive and the other to be cooperative. (In capitalist cultures, most children are “trained” to be aggressive even before they reach school, but it’s fairly easy to overcome that training with a little encouragement of the student's innate tendency to share, cooperate, and think about each others’ welfare.) Within a few weeks they were behaving quite differently. Both groups were then brought together and subjected to an acute frustration: They were sat down in a nice big room with a projector that was flanked by several cans of film. For good measure, each child was given a candy bar but told not to start in on it just yet. The room was darkened and the first film started—suddenly, without a word of explanation, the experimenters snapped on the lights, shut off the projector, confiscated the candy bars, and packed the children off to their respective classrooms. [Science is rough!] (...) The children with pro-aggressive training were of course hell on wheels; their frustration boiled over in fights, arguments, and general mayhem more than ever. That was not very surprising. But the rest was: the children who had been systematically encouraged to cooperate with each other were more cooperative than ever. Apparently their cooperation training not only protected them from frustration, it allowed them to thrive on it. They were able, that is, to divert the negativity it released within them into constructive channels." Dr. Michael Nagler, author of [Search For a Nonviolent Future](#).

"Power is of two kinds. One is obtained by fear of punishment, and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment." Gandhi

"Non-cooperation with evil is as much a duty as is cooperation with good." Mohandas Gandhi

"Sanctions are of two kinds: one, physical force, and two, soul force—Satyagraha. Physical force is nothing compared to the power of truth." Gandhi

"In Satyagraha it is never the numbers that count. Strength of numbers is the delight of the timid. The valiant of spirit glory in fighting alone." Gandhi

"It is not that I am incapable of anger, for instance, but I succeed on almost all occasions to keep my feelings under control. Whatever may be the result, there is always in me conscious struggle for following the law of non-violence deliberately and ceaselessly. Such a struggle leaves one stronger for it. The more I work at this law, the more I feel the delight in my life, the delight in the scheme of the universe. It gives me a peace and a meaning of the mysteries of nature that I have no power to describe." Gandhi

"Non-violence is essentially non-co-operation. It expresses itself in the refusal to participate in the ordinary processes of society. It may mean the refusal to pay taxes to the government (civil disobedience), or to trade with the social group which is to be coerced (boycott) or to render customary services (strike). While it represents a passive and negative form of resistance, its consequences may be very positive. It certainly places restraints upon the freedom of the objects of its discipline and prevents them from doing what they desire to do." Reinhold Niebuhr, Moral Man & Immoral Society

"When it gets down to having to use violence, then you are playing the system's game. The establishment will irritate you – pull your beard, flick your face – to make you fight. Because once they've got you violent, then they know how to handle you. The only thing they don't know how to handle is non-violence and

humor." John Lennon

"One may well ask: How can you advocate breaking some laws and obeying others? The answer lies in the fact that there are two types of laws: just and unjust. I would be the first to advocate obeying just laws. One has not only a legal but a moral responsibility to obey just laws. Conversely, one has a moral responsibility to disobey unjust laws." Martin Luther King, Jr.

"Thou shalt not kill," is one; others phrase it, "Thou shall do no murder"; and in this double version we see at once the beginnings of controversy. If you are a Quaker, you accept the former version, while if you are a member of the military general staff of your country you accept the latter. You maintain the right to kill your fellow men, provided that those who do the killing have been previously clad in a special uniform, indicating their distinctive function as killers of their fellow men. You maintain, in other words, the right of making war; and presently, when you get into making war, you find yourself maintaining the right to kill, not merely by the old established method of the sword and the bullet, but by means of poison gases which destroy the lives of women and children, perhaps a whole city full at a time.

And also, of course, you maintain the right to kill, provided the killing has been formally ordered and sanctioned by a man who sits upon a raised bench and wears a black robe, and perhaps a powdered wig. You consider that by the simple device of putting this man into a black robe and a powdered wig, you endow him with authority to judge and revise the divine law. In other words, you subject this divine law to human reason; and if some religious fanatic refuses to be so subjected, you call him by the dread name "pacifist," and if he attempts to preach his idea, you send him to prison for ten or twenty years, which means in actual practice that you kill him by the slow effects of malnutrition and tubercular infection. If he is ordered to put on the special costume

of killing, and refuses to do so, you call him a "C. O.," and you bully and beat him, and perhaps administer to him the "water cure" in your dungeons." Upton Sinclair, from 'The Book of Life'

"There are five meditations. The first meditation is the meditation of love in which thou must so adjust thy heart that thou longest for the weal and welfare of all beings, including the happiness of thine enemies." Buddha

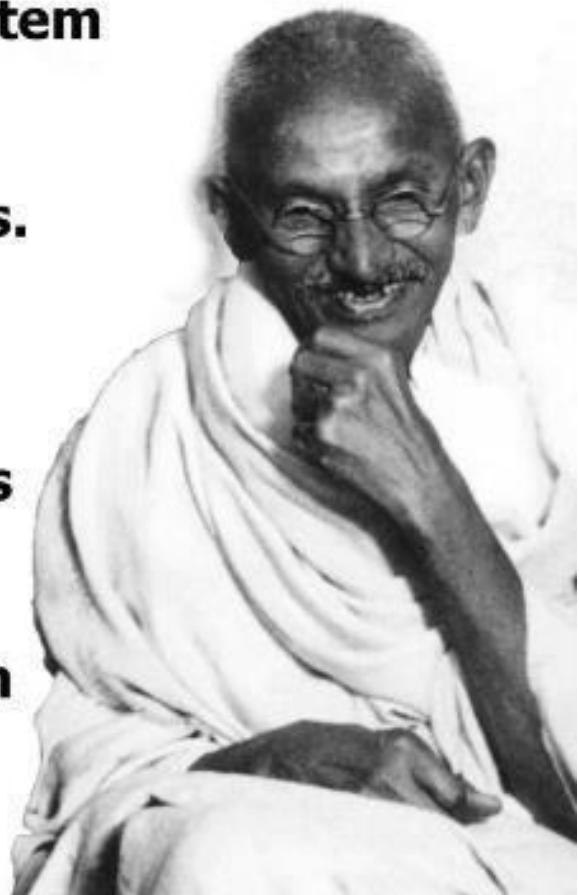
**"You assist an evil system
most effectively
by obeying
its orders and decrees.**

**An evil system
never deserves
such allegiance.**

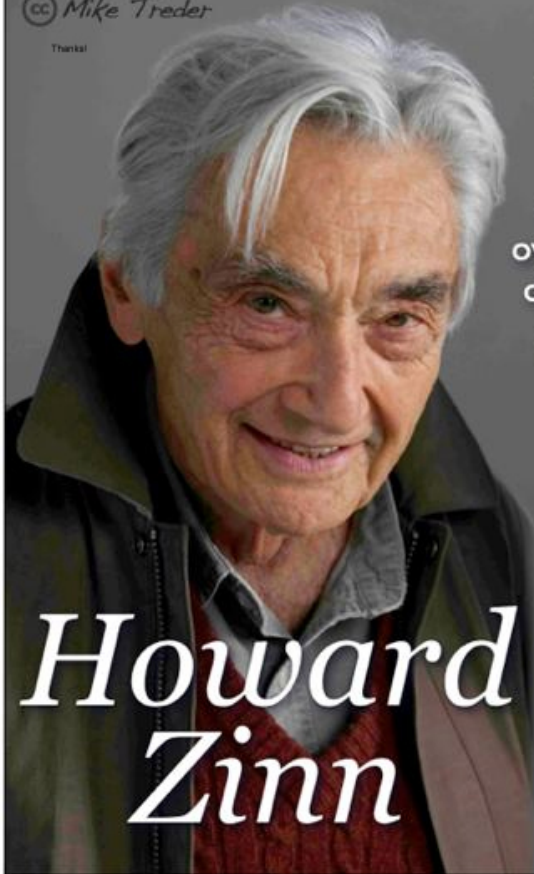
**Allegiance to it means
partaking of the evil.**

**A good person will
resist an evil system
with his or her
whole soul."**

- Mahatma Gandhi



CC Mike Tredet
Thanks!



Howard Zinn

“ . . . are saying our problem is civil disobedience, but that is *not* our problem.

Our problem is civil **obedience**.

Our problem is the numbers of people all over the world who have obeyed the dictates of the leaders of their government and have gone to war, and millions have been killed because of this **obedience**.

Our problem is that people are obedient all over the world, in the face of poverty and starvation and stupidity, and war and cruelty.

Our problem is that people are obedient while the jails are full of petty thieves, and all the while the grand thieves are running the country.

That's our problem.”



What if the soldiers inside the tank start clowning around and retreat just a little after the pebble attack? Of course, modern soldiers are too well 'trained' to clown around with their equipment, not even for the smile of a child, no matter how brave.





A nobody's list of hope-this-helps for truth seekers and truth speakers

1) Non \$erviam. Perhaps currency should be considered a drug-like substance. If so, there is less dishonor if the lure of currency is too strong for a person to resist... just like there must be some drug that would make an addict out of any particular person. Perhaps the definition of 'addict' may someday cover addictions to currency and computer-games and couch-lock TV.

2) Vote with your feet and with your currency. If you can create demand for some good or service, somebody will try to make money at it. Perhaps it really is as easy as persuading enough people to value a connection to the internet over a cable TV 'service.' A bus boycott was a key part of a civil-rights revolution (back in the days before TVs were cheap). I don't recall seeing too many 'peace' signs in the media at the time, but many many people wore corp-clothing adorned with this added-on symbol,

and many more wore home-made tie-dyes that they didn't make themselves. "The most formidable military machine depends ultimately on the obedience of its soldiers (...) the most powerful corporation becomes helpless when its workers stop working, when its customers refuse to buy its products. The strike, the boycott, the refusal to serve, the ability to paralyze the functioning of a complex social structure - these remain potent weapons against the most fearsome state or corporate power." Howard Zinn

3) Read, read, and read some more. Socrates said it best two point five millenia ago: "Employ your time in improving yourself by other men's writings, so that you shall gain easily what others have labored hard for." It seems only wise to seek such wisdom. It is said that Buddha thought ignorance was the primary cause of most human problems, and Jesus supposedly said his tormentors 'know not what they do.' No human will ever know 'enough' about anything--the ocean of knowledge is deeper than humans can comprehend. Learn of propaganda, as it is everywhere and can be subtle and nearly invisible--and it will affect you much more if you don't recognize it. "The only good is knowledge and the only evil is ignorance." Socrates

4) Constructive work. If there is a job to do--something quick, easy, and undeniably good--there will be no shortage of volunteers. Quick and easy are less important than the undeniably good part.

5) All the slaves cannot be punished at once, and there is serious discontent out there. It is likely that the wealth-extracting screws have been turned as far down as their \$ervants dare to do it. Their greed must be balanced by fear or the metaphorical screws would press even harder, for there is no lack of

corp\$€gov greed. This fear can be useful, as well as the discontent. Rattling the chains is one way to get the citizens/slaves to see them.

6) Those who speak truth do not fear honest inquiry and sincere questions. Those who seek truth are admired by members of a sane society. Liars do fear investigation--and merely showing others that this fear exists is powerful. The corp\$€gouv/Empyremedia lies, they omit, they trivialize, they insult. Point this out whenever possible in a short, simple way, but do not become your enemy (don't lie, insult people, etc.).

7) You do not need to convince everyone--just enough to start the juggernaut of truthseeking rolling. Start with the best human beings you know. "It does not require a majority to prevail, but rather an irate, tireless minority keen to set brush fires in people's minds." Samuel Adams People are much more likely to express dissent if they see another person do so. A person is less likely to conform once they see an example of non-conformity. Persuading the first soldier to put down his rifle is the most difficult. Psychology's famous Dr. Ashe once showed that one dissenter was enough to nearly extinguish the conformity--it just took one person to inspire others to also say what was plainly obvious.

8) The people you wish to help are likely to act rudely or worse when they hear truth, for they have been living in an insane way and know no better—and cognitive dissonance does the rest. Do not take it personally, for this training/conditioning comes from the \$ervants and control-freaks. Some citizen/slaves have learned to think and speak Empyre, for its propaganda is spread with high-tech super-stimulus media plus a long history of practical psychology--a potent combination. It is extremely unlikely that this mind-mangling can be undone in a few minutes, so there is no

fault if a truth-teller realizes an inability to help particular Emphyrelings. The metaphorical burden can be too heavy. But...

9) Laughter plus logic is potent in print, and well-timed real-life laughter is even more so, but shared laughter is the strongest. Laugh at the ridiculous lies! However, mocking/sarcasm are unpleasant (and often used by Emphyremedia); don't use these tactics except at great need. Attack statements, not people.

10) Be good, pure, worthy of emulation/admiration, because you seek what is good for everyone. If you cannot possibly benefit from your good deeds, the grateful could reward you with admiration/social status--and they might pay more attention to you in the future.

11) Don't participate in evil. If you buy factory-farmed 'meat' products, expect more factory farms. If you borrow money, expect more banksters. If you buy petro-products, expect wars for oil. Prepare to fail at times, for you must live in a society that you did not create. Corp\$€guv always tries to hide the unpleasantness caused by production of corpsegov products--public ignorance is their bliss.

12) The internets. Have fun here. Tell your story and of your hopes, speak your truth! Some 'netizens are brilliant and worth listening to. Finding them is tricky, but when you do, say thank you, ask for more, and spread the knowledge. Your website(s) are like your living space--you can say 'no' to those who want track dog-poop into it without being accused of censorship. The internet is big enough for everyone, but not your website. Screen-capture pictures, since photographs can bear hidden data —and because visitors can't see your high-rez stuff when we visit websites. Find out what topics bring out the trolls/fifty-cent party. This reveals their fears, and perhaps a path to truth and justice. If

your actions have attracted trolls and shills, it is a compliment. Don't let trolls tell you how to feel.

13) Remember to remind--say things like 'I DON'T want to bomb people halfway around the world and steal their oil. I want to end wars started because certain unpunished men told lies. I want no bloodshed, I want justice, no bombs, just peace. I do not want expensive war-machines killing foreign people so rich men can get richer.' Helpful suggestions are good, but not all will be perceived as 'helpful.' Tell stories like these--big yellow construction equipment in someone's bedroom is wrong, even if the victims don't know the difference between a bulldozer and a backhoe. Agree? Banksters who greedily screw up a nation's economy should not get multimillion-dollar bonuses. Agree? Bullet-holes in children is always wrong--agree? Your listeners/readers should get the chance to say 'yes' to the truth.

14) Do not use Newspeak/Corp\$€speak-- the 'language' of disguise and minimize. For example, depleted-uranium munitions are often pure uranium; drones are still warplanes. Don't ever say "we" invaded Iraq/Lybia/Afganistan/etc., as governbents sent soldiers despite objections from 'we the people.' Don't use too many 'downer' words (like war, bloodshed, bombs, killing--often propagandists do this to get people to fnord ignore fnord certain fnord subjects). Don't underestimate the power of words--once a 'limited police action' morphed into the Vietnam war, resulting in deca-thousands of dead army men and the killing of millions of civilians and poisoned land in several countries).

15) Your imagination... plus mirrors, led strip lights, superglue (add baking soda to 'set' superglued objects instantly), epoxy glue, reflective foils and LED lights, message-bearing tissue-paper hot air balloons, hand-painted signs and kites... Spend some brain-time looking for potential ways to spread truth.

Cardboard and glue structures can be surprisingly large and sturdy (use internal triangles, plus pre-treat cardboard with a half and half mix of mineral spirits and polyurethane. Treated cardboard is much stiffer, resists water--cardboard canoes, anyone?) Garbage bag 'sculptures' can be inflated; such balloons created with two or more cheap, thin black garbage bags cellophane-taped together will float in the air if given enough time in warm sunshine. Collect ten seconds of applause from many people, then blend and post on a website; but be sure to give participants the website addy. If you can take movies and/or pix, make sure they are not useful for TPTB. Invisible to the human eye, IR LED lights can sometimes affect cameras. Write a message with them or obscure a face.

16) Be mobile and be unpredictable. Don't stay in one place or do the same thing for very long. This gives them time to mass the blue troops... this is what happened to Occupy Wall Street and its clones in too many cities. Symbols are disposable, but justice is not.

17) Are you dealing with a metaphorical broken dish or the methods that cause dishes to get broken? There are symptoms and causes of symptoms--both may need fixing, but one is more important than the other. "There are a thousand hacking at the branches of evil to one who is striking at the root." Henry David Thoreau

18) Do not metaphorically swim in a tank with the Empyre's sharks, and don't let anyone push you in. Trying to spread truth via EmpyreMedia--that's a shark tank. Trying to 'win' by persuading voters in anything but a local election--another shark tank (fortified with corpsegov 'voting' machines). Even reading/watching 3mpyre media is a shark tank, for their p\$y-ops are the best that money can buy--and you will gain very little that is

useful. Petitions may be a waste of time for any but local efforts (but *petitioning* is not! and smile!) for corp\$€gov will do what it can as long as it is short-term profitable. Always be aware that some very large internet sites are owned by corpsegov and might be altered someday. Don't be surprised if/when your video goes wonky or your essay self-scrambles.

19) Know what you want and don't stop trying to get it. Is there anything else in life more important than what you're doing? (If so--go do it!) "Every man who has really sincere desire for any great amelioration in the conditions of life has first to face ridicule, then persecution, then cajolery and attempts at subtle corruption. We know from painful experience how few pass unscathed through these three ordeals. The last especially, when the reformer is shown all the kingdoms of the earth, is difficult, indeed almost impossible, except for those who have made their ultimate goal vivid to themselves by clear and definite thought." Bertrand Russell, Political Ideals

20) Especially in today's vidiotic world, pix are worth a thousand words--one [pic of Rachel Corrie] plus 'Just Another Palestinian* Murdered' is probably worth any 1,004 word speech.*

*Apologies for the amateur psyops. If certain populations entertain the thought that Mz. Corrie was really a Palestinian, then they will also think that Palestinians are beautiful Caucasian 23 yr old females murdered when nonviolently protesting the demolition of innocent people's homes. The regime that did this is still today given taxpayer money to buy more bullets, bombs, and tanks.

"The Shadow that bred them can only mock, it cannot make:
not real new things of its own. I don't think it gave life to the orcs, it
only ruined them and twisted them..." J R R Tolkien

As I am,
non-~~\$~~€rviam

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