

CONTACT

THE PHOENIX PROJECT—A NEW REPUBLIC

*"YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU MAD!"
"NOW THAT YOU'RE MAD, LET'S FIX IT!"*

VOLUME 10, NUMBER 8 NEWS REVIEW \$ 3.00 SEPTEMBER 19, 1995

The Crash Of '95 ?

Forewarned Is Forearmed

As Elite's Money Vise Tightens

9/13/95 #1 HATONN

THE CRASH OF '95

As we struggle to get information to you on WHAT YOU ARE, we are constantly pounded into the realization that "living" is what happens while you are trying to decipher "life". And, furthermore, man still claims to want to KNOW ABOUT LIFE while he really wants to know about his "things". Therefore, we have to divide up the massive load here and share the space in the paper until such time as we can have abundance which will allow for all and require less super-human beings to accomplish our presentations. However, please note that if "ifs" were gold—we would be tremendously wealthy and all the problems would be DIFFERENT. So, we work with what IS while we pray and plan and lay foundations in sturdy and sound preparation for the "ifs", and by that planning—it will come forth.

If you place a sick baby into a hospital bed with a man dying of Ebola—the baby will most certainly catch the disease. If you pour funds upon a flimsy association unable to run their own lives in the most ordinary of ways—how think ye that the projects and presentations would fare? We, for instance, will go with the tested and true who stay the course regardless of that which comes against them—for in the ending THEY WILL PREVAIL and they will do so in "rightness" and stability, not by just tossing around the funds. Until this is understood, directions secured and intents honed

and realized, we will not toss money into a dirty house whose foundation is crumbling under personal pressures.

I would caution some right here under our noses that they DO NOT need to, nor SHOULD they, tamper about in the Indian (American Native) business—in any way at all save the presenting of information in the paper. You are getting a lot of things totally confused and the Indians will despise you for it. Do not, for instance, go to the Hopi's suggesting that Wakan Tanka, Tunkashila, Standing Bear, White Buffalo Calf Woman sent you. They do not recognize these names even though they know what they mean. They will toss you out in disgrace for this is LAKOTA language and names. You are

(Please see The Crash Of '95, p.19)

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FUNDAMENTALS WORKSHOP, p.34

The Hidden Truth About Biological Transmutations

Editor's note: Parts 1-3 of this exceptional scientific outlay, of what REALLY happens in living bodies, appeared in the 8/29/95 issue of CONTACT, pages 22-29; Part 4 appeared in the 9/5/95 issue of CONTACT, pages 40-44; Parts 5-10 were presented in the 9/12/95 CONTACT on pages 17-27. We are happy to complete below parts 11-15 of this remarkable series, with closing remarks appearing on pgs. 27-28.

8/31/95 #2 HATONN

BIOLOGICAL TRANSMUTATIONS

by Louis C. Kervran

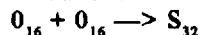
English translation: Michel Abehsera

[QUOTING, PART 11:]

CHAPTER XII

SULFUR

Sulfur appears as a "fritting" of two nuclei of oxygen. The most abundant form of sulfur is:



Let us remember that the $O_2 \rightarrow S$ relation explains the very corrosive role of sulfur at high temperatures. It is the equivalent of a strong oxidation. Sulfur and oxygen are two chemical aspects of the same nuclear origin, so that when there is—at least in biology—strong oxidation in the young and active cell, there is a concentration of oxygen. This explains the presence of sulfur in the fast biological reactions of oxidative-reduction (appearance and disappearance of O). It will be necessary to ascertain whether this fact can be applied for the detection of cancer. (It is the same for the increase of K, which results from $O: Na + O \rightarrow K$, and has been detected in cancerous tissue.

The biological sulfur (O_2) enters into the constitution of the essential amino acids. There is from 0.3 to 2.4% S in proteins. This is also the case in the egg's development process. This biological sulfur becomes mineral sulfur when it combines with H, as when an egg dies or rots.

In cellular metabolism five sulfured coenzymes have been identified. Sulfur is the element of transition. Four of these co-enzymes come into play in the metabolism of carbohydrates, lipids, and proteins.

Sulfur (O_2) is an element as vital as nitrogen (C + O), fabricated by plants as well as by some living organisms. The latter has been experimentally proven in the case of plants and can be easily confirmed for animal cells, for example in the hen egg.

The identity $O_2 \rightarrow S$ can also be verified in mineral chemistry: everyone knows that metals burn not only in sulfur vapors but in oxygen as well. The same is true of carbon. (There is thus CS_2 with S and CO_2 with O.)

Besides discussing the "production" of sulfur by certain plants (watercress, cabbage, etc.) and some

mushrooms, we should note some facts concerning the production of mineral sulfur.

When water is spilled on incandescent charcoal, one "smells sulfur". Although it is said to be a chemical reaction that provokes the release of the sulfur contained in the charcoal, it can be a condensation of oxygen.

When lightning strikes close by, one also smells sulfur. Scientists know that electric discharge can give ozone (O_3), but doesn't it also produce SO_2 ?

The gas of Lacq, France, contains 18% sulfured hydrogen which must be purified, thereby losing all its H_2S . It then goes through a dryer, after which it is again found to contain some sulfured hydrogen—as if sulfur had been produced in the dryer. This fact has remained unexplained.

According to my thinking, here is what happens (hypothesis to be verified): the gas is heated in order to dry it; the water dissociates in part into H_2 and O. There is thus a possibility of "fritting" ($O_2 \rightarrow S$, which is found in the presence of 4H), hence the possibility of a chemical combination H_2S which liberates 2H. However, S is produced, just as when water is spilled on incandescent charcoal.

Sulfur is found in glutathione, in the B₁ vitamins, etc. It is often accompanied by phosphorus, for the organism transforms one to the other. This phenomenon will lead to the revision of many pharmaceutical products, since sulfur enters into the composition of many organic products such as sulfamides, penicillin, etc.

In mineralogy, the composition of metals includes sulfur or oxygen ($O_2 \rightarrow S$). Lead, zinc, copper, and mercury are most often formed by sulfurs in the Earth's depths (by pressure?) and oxides on the Earth's surface. Likewise iron, calcium, etc., often have S or O compositions.

There are many cross-references which show that the probable origin of sulfur is oxygen, that it is a "condensate" of two atoms of oxygen, and that in nuclei acids the biological reaction is $O + O \rightarrow S$.

In previous books I have cited an experiment consisting of the production of sulfur with thiobacilli. For this effect the inside of a test tube is rubbed with a wadding soaked in sodium-thiosulfate. The quantity of sulfur thus deposited is insignificant. The thiobacilli and an appropriate nutritive solution containing no sulfur are then put into the tube. The thiobacilli proliferate and produce sulfur in quantities considerably higher than those which carpeted the tube's inside walls at the beginning of the experiment. Thus, the result is not a concentration but a creation.

The test tube (Erlenmayer type) is isolated by a

cotton cork which works as a filter. (The air always contains some SO_2 , but the quantity is too small to be able to start a culture; that is why this thio-sulfate [hyposulfite] of sodium is added.) The aerobic development of the thiobacilli shows that the latter need the oxygen of the air. O is their "raw material" for "producing" S.

However, this example shows that it is not always advisable to start with chemically pure products purged of sulfur in an atmosphere without sulfur. It is untrue to say that the experiment will be conclusive only if there is no sulfur in the beginning of the operation; such an experiment—in this special case—would be likely to fail. It is most important to know the sulfur weight at the beginning and end of the operation. The difference between them reveals the endogenous production by transmutation.

CHAPTER XIV

CHLORINE

Chlorine probably had numerous origins.

Plants seem to be able to produce it. Branfield (Branfield, *Continuous Creation*, Routledge & Kegan Paul Publ. London, 1950) gives a quantitative analysis of the ashes of some plants and remarks that chloride is found in rushes, water lilies, sphagnum moss, rye-grass and nettles, growing where there is only fresh water.

Chlorine is a vital element of great importance. If life originally sprang from the sea—

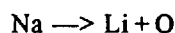
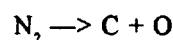
"Chlorine is a vital element of great importance. If life originally sprang from the sea—where the salts are essentially chlorides—if our blood plasma is essentially a liquid salted with sodium chloride, there is a reason. Why is it not salted with sulfates, carbonates, nitrates, etc.; why chlorine?"

where the salts are essentially chlorides—if our blood plasma is essentially a liquid salted with sodium chloride, there is a reason. Why is it not salted with sulfates, carbonates, nitrates, etc.; why chlorine?

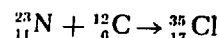
The chlorine content in an organism seems to be constant. There are approximately 9 g/l of NaCl in the plasma. (Fish have organs which are able to eliminate the sodium chloride excess; the water contained in their flesh is only salted at approximately 9-10 g/l). This suggests that life began in water having the same initial content of NaCl, thereby making Na and Cl vital elements. There could not possibly be life without the proper proportions of these two elements. [H: Well, at least not on EARTH in this third dimension of human and life-forms created for the setting. That will be a later topic which I don't want to cover without more fundamentals of basic construction information.]

If the chlorine content varies only to a limited extent, it is because chlorine is a regulator and a reversible element. It may appear from nuclide-bio-

logical reactions, thus remaining constant and independent from exterior sources. Let us recall a few reactions:



An organism contains Na and C, and

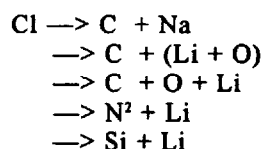


The relation between Na and Cl is obvious. Hence an organism has elements enabling it to produce Cl endogenously.

Oxygen with interplanetary lithium originally produced sodium. It is possible that sodium and chlorine could have appeared at that time.

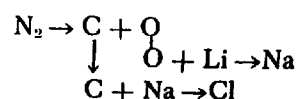
Nitrogen, which is activated in various ways, produced oxygen and carbon.

Let us point out that the reactions cited above are isomers of the following ones:



Nitrogen could thus have given silicon, and the latter combined with Li produced Cl.

Or, still another representation of the same reaction:

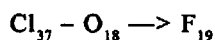
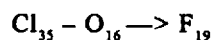


proving that Na and Cl could have originated simultaneously from N_2 with one atom of Na for one of Cl. Hence, no compound other than NaCl is possible by way of transmutation.

It seems that potassium can only be a subsequent creation (as is the case in an organism). If $K \rightarrow Li + 2 O$, then K ought to have been produced in two phases. It derives from $Na + O$ (as in the organism), i.e., from $(Li + O) + O$. But if sodium chloride is present, one must expect an oxydo-nucleonic addition giving NaCl with KCl.

Of course, if Na can take O it can also take H. In NaCl solutions potassium chloride will be formed at the same time as $(Na + H) \rightarrow Mg$. Such is the case with the potash lies of the Stassfurt type, which are found also in Alsace, France.

We cannot reject the possibility that fluorine is linked to chlorine. We have:



or we can have the opposite.

From the reactions $N_2 \rightarrow C + O$ and $Na \rightarrow Li + O$, one may conclude that C and Li, produced by nitrogen and sodium, give:



Since oxygen is available, one has $F + O \rightarrow Cl$. Furthermore, $F + C \rightarrow P$, so that a phosphorus production occurs. The elements P and F are often together (in bones, ores).

It is easy to see that the whole system of Nature is maintained by a constant balance of a few elements.

I shall point out many hypotheses accompanied by cross-references. For the time being they are only open roads for a more complete study.

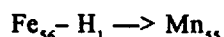
CHAPTER XV

MANGANESE AND IRON

The manganese-iron link was verified long ago by agronomists. Plants require specific bacteria for absorption of manganese and iron. However, curious phenomena have appeared to researchers: a manganese excess produces the same effects as a lack of iron. In other words, an excess of manganese impedes the assimilation of iron, and vice versa. Many of these researchers have recently been pointing out a source of protons in these phenomena. But they could not discover the process which developed these protons.

Besides these phenomena, which agronomists have been studying for fifty years, a study is now being conducted on the use of the above-mentioned bacteria to enrich manganese ores.

Another fact attracted my attention: manganese formations on some cave walls and on the temples of Banteay Srei in Cambodia are struck with a "black disease". The surface of these stones becomes black and this black layer is 5% Mn, although there is only 0.05% Mn in the stone. This increase in Mn did not seem to be due to a simple migration, since the total manganese contained in the outer layer was greater than that which the entire stone could contain. In my first book (1960) I had already foreseen the possibility that iron and manganese are separated by ONLY A PROTON.



I asked the conservator of the monuments to find out if there were iron in the stones. An analysis of the pink sandstone revealed 5 to 15% iron, depending on the stone's origin.

It then had to be ascertained that it was iron which had become manganese. Microorganisms (actinomycetes and bacteria) were set apart and a culture on ferrous sulfate was started in a laboratory. Manganese was produced.

In 1963 after ten years of research Professor Pierre Baranger (chief of the laboratory of organic chemistry at l'Ecole Polytechnique in Paris) verified that during germination manganese had disappeared while an equal amount of iron appeared. (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

Professor Baranger made the following verification: in leguminous seeds germinating in a soluble manganese salt added to water, a great part of the manganese disappears while an equal amount of iron appears. The manganese that disappears represents 25 times the manganese weight of the seed. Thus Nature works wonders; it works with a coefficient of security so that if the seeds do not find good conditions for germination they have enough vigor in their diastases to germinate anyway.

The Mn content in seeds is variable according to the seed's species. In the buckwheat seed there are 30 mg of Mn per kg of fresh matter and in a 45% sifted flour there are 7.5 mg/kg.

Manganese is found in the blood and in all the tissues; it is a "giver" of oxygen. Its important role in biology, however, is based on the fact that the peripheral electrons of the N layer are weakly joined, largely because the sub-layer "d" of layer M is incomplete. Therefore there are many valences and a facility in

passing from one oxide to another.

Manganese is used often by doctors who have found that a manganese deficiency causes some types of allergies. (It has been verified with the spectroscope that in 50% of all allergies the plasma has suffered a loss of Mn.) A prescription of 5 mg of Mn, taken twice a week for ten weeks, can cure asthma, hay fever, and other intolerances.

Agronomists also widely use Mn to get rid of the bad effects of sea salt in the soil. (50 kg per 2-1/2 acres make sowable dried-up fields which have been reclaimed from the sea.)

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The biological role of manganese is certainly important in man and animal, but it has not been studied enough. Its role is best known in plants. Some plants cannot, at a certain stage of their development,

"fabricate" the necessary manganese and therefore must find it in the soil. This manganese will not become assimilable until the manganic bacteria proliferate.

The presence of Mn has been observed in some enzymes. There is a certain oxidizing enzyme in the lacquer tree which fixes the oxygen on a latex alcohol. But this catalytic action of the enzyme is linked to the presence of Mn. If Mn is missing, there is a total inhibition of the enzyme. The absence of Mn, however, does not indicate a deficiency of this element. The deficiency originates most of the time from the difficulty the roots have in assimilating Mn when the soil has an overly alkaline pH.

Some plants are able to produce the missing manganese, while others (oats, etc.) are not. The same is true of animals at certain periods: a small reduction of Mn in the diet of female rats causes them to stop nursing. Male rats become sterile.

The human organism seems to contain enzymes which allow iron to change into manganese and vice versa. A manganese deficiency comes from a pathological problem in the production of a specific enzyme. When this is the case, an organic manganese supplement becomes "necessary".

Iron is a vital element which is indispensable to animals and plants. It has been established that iron is also linked to the process of photosynthesis.

Nature "chose" manganese to constitute the stock—normally oxidized and stable—which is the purveyor of oxygen and metabolizes the ferrous ion. (It seems that "the enzymes called oxydases owe their property of fixing oxygen to their ever-present manganese," wrote G. Bertrand.)

It is from such a reaction that Life borrows the necessary iron. One can understand now why variations of Mn content do not have much effect on a healthy person. It is not as Mn that manganese comes into play in chemical reactions. Rather, this happens after it has been transformed into iron. The organism is sensitive to variations of Fe, not of Mn!

Iron is present almost everywhere. Even in "pure clay" (kaolin) there is 2% iron oxide. In other clays there is 10 to 20%, and in bauxite 30%.

There is no need to look for iron's origin in the center of our planet; it is a "surface formation" at the level of the Earth's crust, even in the case of the so-called "deep lies".

Lies found deep in the ground can be carbonates. How can this be explained? There is neither CO_2 from the air nor CO_2 brought by water. One can see from the reaction I observed what the process is: the silicon of the primary rocks can, with Li, give Fe. But other nuclei of Si, when under pressure, can become C + O. Hence we have the chemical elements for the formation

of the carbonates.

The oxygen in turn can give $O + O \rightarrow S$, under conditions of pressure, so that there are sulfurs (pyrites) in the depths but oxides on the surface.

"On the surface, and often at a certain depth, superficial alterations have transformed the carbonate into a pure hematite, a formation difficult to explain since a mere ordinary and superficial alteration should give limonite and hematite," says F. Blondel (*Cronique des Mines Coloniales*, Sept. 1955). He goes on to say, "The hematite production on the surface is not well-clarified."

However, we have seen that there is oxide on the surface, due to an endogenous production of oxygen. (Oxygen can also be liberated from potassium (K) to give lithium (Li))

At the level of the nucleon an abundance of Si, along with a situation of stable saturation produced by 4.Li, results in an abundance of Fe.

There is 91.64% Fe_{36} and 5.81% Fe_{34} , since around Si_{30} there is 4.Li₆ instead of 4.Li₇. The 2.21% of Fe_{37} comes from 4.Li₇ with Si_{29} , whereas 0.34% of Fe_{38} comes from Si_{30} .

Manganese, which has an odd number of protons, cannot have an odd number of neutrons. There will then be an odd-even number of protons by at least five units. (This is also the number of neutrons plus protons in the preceding element, vanadium.) The minimum then is 30 neutrons, which give 15 nucleons.

The following odd number is copper. Cu_{63} has five more neutrons than protons. Manganese thus cannot have any more or less than five neutrons in conjunction with the number of its protons. That is why there is no isotope: there is 100% Mn_{55} .

From this fact it is clear that only the isotope 56 of iron can give Mn by losing one proton.

MANGANESE AND BACTERIA

For many years it appeared that the presence of manganese was linked to the presence of microorganisms. Many studies have been made to this effect, but here again research has been interpreted according to a classical chemical reaction. The same phenomenon can be explained by biological transmutations: the bacterium takes H from Fe in a medium poor in ions of hydrogen (high pH—basic). There is thus an increase of Mn. On the other hand, if there are too many H ions (low pH—acid medium) the bacterium, in order to re-establish the equilibrium, takes H; Mn disappears, becoming Fe. Precise research had never been done to determine the source of Mn which was "fixed" by the bacteria, nor where the "restituted" Mn went!

If Mn is "restituted", this seemingly means (in terms of classical chemistry) that the solution gets richer in Mn to the detriment of the bacteria. A systematic study of the influence of pH must be made again using ferrous solution and having in mind not a simple exchange but a transmutation. An exchange may occur, but that doesn't explain the appearance of Mn in such great quantities. The correct explanation is transmutation, and it was verified.

It seems that the bacterium envelopes itself with a layer rich in Mn. This phenomenon has an industrial application: mangano-bacteria in a slightly basic solution, sprayed over finely-ground ores very poor in Mn, cause a proliferation of these bacteria which, in their porous membrane of Mn, are very easily separated when floating. The result is a concentration of Mn.

However, a microbiological study of Mn shows that there is not only a bacterium involved. In the bottom of the Atlantic and Pacific oceans nodules rich in manganese have been found and "fished" on a large scale. These nodules have been studied biologically everywhere (in the U.S.A. by Ehrlich, Mero, etc.) (H. Ehrlich, "Bacterial Action on Manganese in Nodules Enrichments", *App. Microb.*, 1963, II-I, 15-19.), but no one

has thought to make a systematic experiment without manganese, in ferrous solution. The given explanation is that in the sea the nodules are formed from a bacterial

bacteria than in the preceding example and twice as much total bacteria.

GEOLOGY

The manganese link with iron is observed in its ores. One often finds 15 to 20% Fe in ferruginous clays. The ores are classified in four categories:

Manganese ores	40 to 63% Mn	0 to 10% Fe
Ferruginous ore of Mn	25 to 35% Mn	10 to 30% Fe
Iron ore containing Mn	5 to 20% Mn	30 to 40% Fe
Iron ore	0 to 5% Mn	45 to 70% Fe

For example, the Quenza ore is an iron ore which is 4% manganese. It remains a hematite.

The Kizova ore (of Czechoslovakia) is ferruginous ore of Mn with 26.85 MnO and 32.56 FeO. It is an oligonite.

On the other hand, the Moanda ore, found near Franceville, which contains 50% Mn, is an ore of manganese.

The Pre-Cambrian rock in this region (N.E. of the Gabon, 500 km east of Libreville) contains an important lie of iron ore. This shows that Fe and Mn can have the same rock of origin but that the change from Fe to Mn probably occurs from causes other than biological ones.

It is clear that Mn and Fe combine well. The microorganisms which initiate this liaison have been sampled previously and the production of Mn from Fe in the laboratory has been accomplished successfully. Private laboratories are even determining in which economical conditions such an operation can be launched industrially.

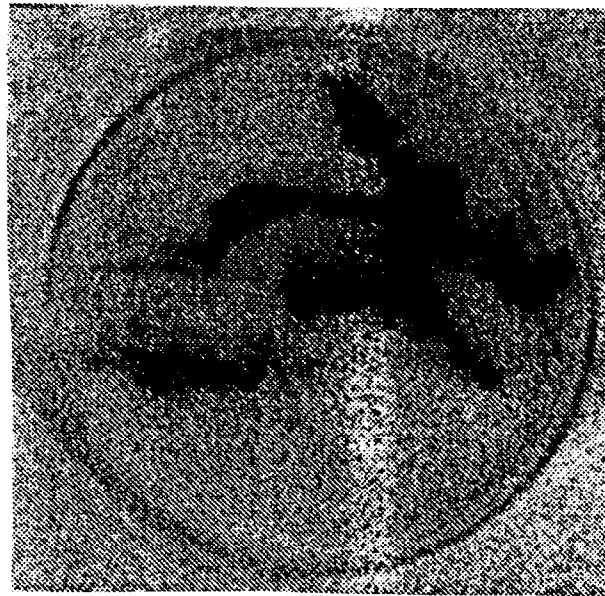


Fig. 10 In a Petri dish, associations of selected bacteria are cultured in mineral solutions fixed by a gelose. A manganese powder is then sowed into the culture. After a certain time, a rapid proliferation is established and the ferro-bacteria transmute the manganese into iron. The iron oxide drag is visible here in this photograph taken by L. Keroran.

This is the first photograph ever made of the transmutation of manganese into iron.

action which oxidizes the manganese in order to allow it to fix itself on the nodule. [see fig. 10]

Be that as it may, the general conditions for the proliferation of the bacteria which "fabricate" the manganese are now known. Associations with actinomycetes initiated the industrial studies whose first application was the enrichment of ores poor in manganese but rich in iron. The presence of the bacteria transmuting Fe into Mn is certain here. One can increase their proliferation and activity considerably by controlling the temperature and pH and by adding 0.1% of peptone to the solution. (These microorganisms are heterotrophic.)

To show how numerous are the mangano-bacteria (found in all types of soil along with other microorganisms) here are some data for a soil in which pH = 6.7, prepared for a culture of oats. (Numerals refer to number of bacteria per gram of humid earth.)

	(in millions)	
Diverse bacteria	225	
Actinomycetes	4.8	
Mushrooms	0.045	
Mangano-bacteria	0.315	
	(Analysis by M.I. Timonin)	

Hence without sowing bacteria in a natural soil, one finds 315,000 mangano-bacteria per gram of earth; one may, at will, either annihilate them or favor the activity.

The above data are not given here as an average. They may vary greatly.

A soil (superficial layer) gave:

Total bacteria	564.2	million*
Actinomycetes	2.3	million
Mushrooms	0.0338	million
Denitrifying organisms	10.6	million
Mangano bacteria	255.0	million

* per gram of earth, thus 800 times more mangano-

[END QUOTING OF PART 11]

I hope you are beginning to see more than before that everything is LIVING in more than one presenting form. ALL things have life and cellular presentation and also have ability to harbor and produce bacteria and other microbe life-forms. It is a world of wonderment, readers—an incredible never-ending story and, as you will note, ALL THINGS ARE CONNECTED. So be it. Thank you for a long day.

9/1/95 #1 HATONN

Let us move smartly along now into our continuing topic of cellular transmutation. This is HOW your body functions, readers, and if you don't learn this, you haven't a prayer of being healthy, wealthy and wise.

[QUOTING, Part 12:]

CHAPTER XVI

VARIATIONS OF MINERALS IN DRIED FRUITS

[H: Please pay close attention here because as you take a plant from seed to bearing of its own and then "tending" it in different ways—things within the body of that entity change continually. The moment a seed sprouts—it changes its makeup from that of the seed and on and on until maturity (forever changing) and even into the "time" spent after moving FROM the mother plant. It is fascinating in concept and more miraculous as you KNOW what is happening.]

Many scientists now see the impossibility of explaining the mineral variations in dried fruits by means of chemistry alone. I cannot cite here all that has been brought to my attention concerning this subject. Notwithstanding, I shall mention an article by H.C. Geffroy which appeared in the review *La Vie Claire* (December

1966) and gives an analytical comparison of a fresh almond and a dried one. According to Lucie Randoïn, the article points out, there is 87% water in a fresh almond and only 4.4% water in a dried one. Here are some of the results Geffroy gives of Miss Randoïn's analysis (for 100 g of almonds):

- Nitrogenous matter
 - 5.67 g in the fresh almonds
 - 18.10 g in the dried almonds
- Fat
 - 2.19 g in the fresh fruit
 - 54.20 g in the dried fruit
- Mineral salts
 - 0.96 g in the fresh fruit
 - 2.50 g in the dried fruit

It is obviously impossible to support the classical explanation according to which the difference in composition is due to desiccation, for in that case there would be an equivalent concentration of all components.

In another review, *A Table* (April 1967), Mr. Geffroy draws attention to a comparative chemical analysis of the fresh plum versus the dried. The results are slightly different from those cited by Lucie Randoïn, but these minor differences might have been due to the type of soil used.

Since Madame Randoïn's figures are more detailed and since she specifies different kinds of fruit, we shall use her results.

The dried prune, when analyzed, has 2.4 g of water (per 100 g) less than the fresh plum. But the carbohydrates are seven times more concentrated in the dried prune. Desiccation alone would increase the organic and mineral components 6.2 times. The lipids and proteins increase only three times. It is as though they diminished relatively, and it is probable that molecular transformations of a biochemical order changed these lipids and proteins in carbohydrates.

Minerals increased only three times; sodium, 3.3 times; potassium, 3.8 times; magnesium, 4.4 times; phosphorus, 5 times. On the other hand, sulfur, which increased 6.1 times, kept its relative rate of increase unaltered. Iron multiplied by 7.2; copper by only 1.6. Manganese diminished greatly; there was 9.17 times less manganese than if there had been only desiccation.

From this we can see how important it is for dieticians to know the respective variations and to be aware of the difference between taking fresh and dried fruit. Let us take some results given in the "Table of Composition of Food" by Lucie Randoïn (from the Academy of

Medicine). The calculations pertain to 100 g of seeds.

- in dried soya beans, 580 mg of P
- in germinated soya beans, 67 mg of P
- in dried soya beans, 280 mg of Ca
- in germinated soya beans, 48 mg of Ca

Where did the phosphorus disappear to once the soya beans had germinated? (There was 8.6 times less.) Where did the calcium go? (There was 5.8 times less.)

Let us take simpler cases where desiccation does not enter into play (at least in principle; we shall see later that there is something else).

In the green pea there is:

	S	P	Mg	Ca
when green	60	122	42	26
when dried	219	380	130	60

These abnormalities did not surprise anyone. If there had been merely desiccation (loss of water), the ratio between the minerals would have remained the same. (Please check the address and telephone number on the Back Page of your *CONTACT*. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's *CONTACT*, for details.)

Let us take the case of the banana:

	S	P	Mg	Ca
fresh	12	28	35	11
dried	36	90	105	21

We can see that in the drying process S and Mg become three times more concentrated while Ca multiplies less than twice and P less than 3.2 times.

The P/Ca ratio is:

- 2.5 in the dried fruit
- 4.3 in the fresh fruit

For the fig:

	S	P	Mg	Ca
fresh	10	30	21	32
dried	34	116	72	170

The dried/fresh ration is 3.4 for S and for Mg. On the other hand, it is 5.3 for Ca and 3.8 for P. There is a slight increase in P, but a large increase in Ca.

In grapes, the phosphorus content changes from 20

to 145; Mg changes from 10 to 36, Ca from 20 to 40. Although P increases 7.2 times, Ca only doubles while Mg increases 3.6 times and sodium 11 times.

[H: Please be thinking about these variances and why that might be! God has allowed for the ability to preserve foodstuffs by drying and with that form of preservation you have a greater intake of necessary mineralization for body function in lesser amounts. This is so that you have "off" season ability to have continuous nutrition during times of winter or slow supply. As long as the product is stored in a dry condition—you will NOT lose much mineralization; in fact, it might well increase. You WILL lose vitamin content that is found in fresh plants but that can far more easily be supplemented.]

VARIATIONS OF OLIGO ELEMENTS IN DRIED FRUITS

Here are some results, according to L. Randoïn, of a few cases of variations in oligo elements:

In the dried chestnut, iron is multiplied by 2.3 and copper by 1.08, so that Fe/Cu = 1.33 in the fresh chestnut and 2.86 in the dried—a 117% increase. These findings seem to indicate that some copper became iron.

However, for the fig we have:

$$\text{Fe/Cu} = 1.50/0.06 = 25 \text{ in the fresh fruit}$$

$$3.0/0.35 = 8.57 \text{ in the dried fruit}$$

Hence Fe/Cu is 191% higher in the fresh chestnut than in the dried. Iron only doubles, while the water content is 3.4 times less. On the other hand, copper increases 5.8 times. Thus, some iron disappeared and the amount of copper increased.

In the peach the concentration of mineral elements is five times greater; the water content is 3.58 times less. But it is not the same for the oligo elements.

The Fe/Cu ratio is:

$$0.40/0.05 = 8 \text{ in the fresh fruit}$$

$$4.0/0.26 = 11.1 \text{ in the dried fruit.}$$

There is thus ten times more iron and five times more copper, indicating that the very noticeable variation of Fe/Cu does not derive from Cu and that iron has another origin.

In the pear there is a great variation of Fe/Mn:

$$0.40/0.06 = 6.6 \text{ in the fresh fruit}$$

$$1.80/0.20 = 9.0 \text{ in the dried fruit}$$

CONTACT: The Phoenix Project

CONTACT is a unique and inspired newspaper for concerned citizens everywhere, though it particularly focuses on the United States because of this country's special mission in the affairs of the world. That is, "As goes the United States, so goes the world."

CONTACT is a vehicle for Commander Gyeorgos Ceres Hatonn's most recent writings on important current affairs, plus those from other enlightening sources, on matters critical to a responsible and informed public at this time of planetary transition and final days of battle between the Forces of Light and the "Evil Empire" forces of darkness.

CONTACT exists to counteract the manipulating lies and clever half-truths put out (on purpose) by the regular print and broadcast media prostitutes of the Satanic Elite controllers—parasites who are in the process of economically, physically, and spiritually collapsing this once great country (and actually the entire planet) down to a slave-state level of existence under their diabolical control plan called The New World Order.

This newspaper, *CONTACT*, began life on March 30, 1993, risen, like the mythical bird, with great determination "up from the ashes" of its internationally acclaimed predecessor called *THE PHOENIX LIBERATOR*.

THE PHOENIX LIBERATOR, in turn, began life in mid-October of 1991, having evolved from an earlier newsletter called the *PHOENIX JOURNAL EXPRESS*, which itself came into existence as a faster way to get THE TRUTH out to you readers than was possible with the more substantial "book" format of the *PHOENIX JOURNALS*. Much incredible ground has been covered so far in that mission.

While the *PHOENIX LIBERATOR*'s motto reminded all that "The Truth Will Set You Free", the *CONTACT*'s motto, displayed prominently in the masthead, takes that thought another important step forward and proclaims: "Ye Shall Know The Truth And The Truth Shall Make You Mad!"

The "Phoenix Project" is about those preparations needed—at body, mind and soul levels—to both understand and survive the great healing changes which are beginning to energize this beautiful little planet, now so frazzled and tortured from abuses of all kinds. We look forward, with great expectations, to the *CONTACTING* with all of you—a coming together that is rapidly taking place as the entire Phoenix Project "ground crew" continues to connect, solidify, and gain strength through becoming informed of THE TRUTH. Indeed, welcome aboard, friends!

—Dr. Edwin M. Young
Editor-In-Chief, *CONTACT*

meaning an Fe/Mn increase of 36%.

For the apple it is the opposite:

Fe/Cu = 0.40/0.10 = 4 in the fresh fruit
1.44/0.58 = 2.48 in the dried fruit

For Fe/Mn we have:

0.40/0.04 = 10 in fresh fruit
1.44/0.20 = 7.2 in the dried fruit.

Thus there is a different enzymatic behavior in the pear than in the apple. In both, Fe/Cu = 0.40/0.10 = 4 in the fresh fruit, whereas Fe/Cu = 9 in the dried pear and 2.48 in the dried apple, due to the formation of copper in the dried apple.

[H: I am asking you to carefully study these differences for it is input as to what to put aside for long-range needs in a state of preservation that offers your "body electric" the necessary minerals needed for body function. You can calculate the needs and put aside a variety of fruits and nuts in vacuum or sealed containers for those needy days. It is nice to have nicely canned vegetables and fruits for variety and fresh vitamins—but that is a different subject for it is the mineralization with which we are here working. Consider the values in that which you put aside and you shall not be found wanting. You can even keep some of those more delicious seeds for sprouting to get those nice vitamins. You can have the best of both worlds if you plan ahead. Dried seeds and fruits take far less room for storage and are far more satisfying to the hungry body when rations are scarce.]

CHAPTER XVII

AN INTERPRETATION OF AN ANALYSIS MADE ON RYE-GRASS

[H: I suggest that you who must deal with a lot of rye-grass in your fields at harvest time, take into some real consideration what we offer HERE.]

The interpretations of this analysis by the Laboratory of the Société des Agriculteurs de France (officially recognized by the French Ministry of Agriculture for arbitration and expertise in cases of litigation regarding fertilizer analysis) were included in the same sheet in order to gather together all the numerical values necessary for the understanding of the results.

Dosages of magnesium, calcium, and copper were given to 1,000 seeds of rye grass from Italy (Rina Variety). These seeds were not germinated but were kept as controls (column 5). [see accompanying chart]

A similar lot (in two Petri dishes, 500 seeds per dish) was germinated for 29 days on porous ashless paper soaked with Evian water (column 6). At the end of the experiment, the remaining water was measured (430 cm³ were used for the entire culture). The Mg, K and Ca contents of the Evian water are indicated in column 7.

The seeds were germinated under a plastic sheet in order to avoid any introduction of dust. These seeds were similar in weight to the ones being kept for later comparison (column 5). The composition of the Evian water is in column 7. The total of the elements introduced in the Petri dishes is in column 8.

With no supplement for the seeds other than water, it was found that the harvested plants had a different content of Mg, K and Ca (column 6).

The differences between (6) and (8) are shown in the column 9. These differences are expressed in percentages in column 10. [see chart bottom of this page]

the ponderal plane, the difference in nucleons on the atomic plane corresponds to the nitrogen content, which was not measured).

"The calcium absorption by the rye-grass is remarkable since the water provided 33.11 mg and 36.50 mg were found in the plants (for lots of 1,000 seeds). This means that all the calcium that was fixed in the plant, including what the seed contained, came from the water. This process is characteristic of plants unable to make their own calcium. Experiments of the same kind in waters either rich or poor in calcium reveal the differing behavior of plants able to manufacture their own calcium. [H: Realize, please, that in the sprouting process you can manipulate through the water additives that which is necessary to produce desired results in the sprouts. This is why I suggest a few drops of Gaiandriana be in the soak water of any seeds for sprouting, cracking (just before sprouting), etc. Then that product (before growing much) can be added to breads, soups, or salads. After sprouting the uses are obvious.]"

INTERPRETATION

There were 3.02 mg of magnesium in the seeds. With the addition of water there should have been 13.34 mg, however there were only 3.20 mg. There was a 10.14 mg "loss", i.e. 335% more.

The calcium did not decrease much, but the copper increased by 376%.

[H: I will state for you right here that rye grass is mild and delicious in flavor, easy to sprout and also the seeds can be utilized for flavoring for breads if you like the taste of "rye". However, the flavor of fresh sprouted rye seeds

is NOT the same as the dried seed.]

AN IMPORTANT LESSON

Mg diminishes by 10.14 mg, while K increases by 9.31 mg. Notwithstanding, we could not conclude from this experiment alone that when K increases, Mg decreases (for although they compensate each other on

taking away an H proton from Ca. K remains and can escape through the membrane while H, now liberated, makes the pH of the mitochondria diminish. Thus it is clear that the subtraction K - Mg, for example, does not necessarily indicate the intermediary. Nature mostly operates by transmutations with +/±H or ±O

CONCLUSION

The mineral elements given to the soil should not be those taken away with the harvest; their choice should depend on what was transmuted by the plant to give what was gathered at the harvest. The latter is what we call "substitution", whereas classical agronomy arrived at the sad policy of unbalancing soil and plants with the erroneous "restitution" technique.

Although the reactions would be valuable for the various stable isotopes of Mg and N, as well as K, we will not write ${}_{12}\text{Mg} + {}_7\text{N} =: {}_{19}\text{K}$ without conducting research on the intermediary N. This is because there is another possible reaction in the mitochondria [H: Remember those "other" DRIAS?]: Mg giving Ca by nuclear addition of O. The excess Ca which cannot escape makes the pH rise, thus triggering the transmutation of Ca into K by

confirming previous work by verifying precisely that Ca does not vary in the cultivation of a plant that is unable to "make" the calcium indispensable to its metabolism. That is why the culture was made with Evian water, which is rich in calcium.

The calcium absorption by the rye-grass is remarkable since the water provided 33.11 mg and 36.50 mg were found in the plants (for lots of 1,000 seeds). This means that all the calcium that was fixed in the plant, including what the seed contained, came from the water. This process is characteristic of plants unable to make their own calcium. Experiments of the same kind in waters either rich or poor in calcium reveal the differing behavior of plants able to manufacture their own calcium. [H: Realize, please, that in the sprouting process you can manipulate through the water additives that which is necessary to produce desired results in the sprouts. This is why I suggest a few drops of Gaiandriana be in the soak water of any seeds for sprouting, cracking (just before sprouting), etc. Then that product (before growing much) can be added to breads, soups, or salads. After sprouting the uses are obvious.]

REMARKS

The behavior of magnesium is interesting to observe. One can see that the seeds contain 3.02 mg of Mg, while after germination the plants contain only 3.20 mg of Mg. This shows that germinations made with distilled water DO NOT permit precise study of the

		Composition per cent					
		-5	6	7	8	9	10
		1000 seeds	1000 seeds + porous, ashless paper + 430 cm ³ Evian Vegetation 29 da.	Input from 430 cm ³ of Evian water	Total Input	Balance Sheet	±%
Interpretation of the Analysis	Water Dry	272 mg	15441 mg				
	matter	2035 mg	3329 mg				
	Ashes	112 mg	324 mg				
	Magnesium	3.02 mg	3.20 mg	10.32	13.34	-10.14	-335%
	Potassium	6.97 mg	16.67 mg	0.39	7.36	+9.31	+133%
	Calcium	6.00 mg	36.50 mg	33.11	39.11	-2.61	-6.67%
	Copper	0.021 mg	0.10 mg	0	0.021	+0.079	+376%

Mg, Ca, Cu: atomic absorption
K: flame emission

Analysis made January 2, 1971

biological transmutation phenomenon: it was necessary to supply 10.32 mg of Mg with the water to verify that in the culture a great quantity of Mg disappeared (a disappearance of approximately three times the amount of Mg contained in the seed). An experiment involving several lots totaling 21,000 seeds (50 grams) of rye-grass showed that the Mg variation is slightly noticeable in demineralized water. The same series of experiments also showed a very small variation of K, which is normal since in this case one is only "gambling" on the reserves of the seed. But here, with a small amount of K being provided by the water, the total potassium is more than doubled, whereas there is a consumption of the magnesium that was provided.

CONCLUSION

The mineral elements given to the soil should not be those taken away with the harvest; their choice should depend on what was transmuted by the plant to give what was gathered at the harvest. The latter is what we call "substitution", whereas classical agronomy arrived at the sad policy of unbalancing soil and plants with the erroneous "restitution" technique.

Our case is made manifest by the behavior of Mg. If we limit ourselves to an analysis of seeds and plants, we might think that there is little change in Mg content and say, along with those who practice restitution, that bringing Mg to the soil is useless. But we see that it is important to bring Mg, that the plant uses this element after transforming it. On the contrary it is useless, despite appearances, to provide K if the plant can obtain Mg, since the plant produces K. Besides, several experiments have shown that more K is found in the plant than what was originally given to the soil. (A frequent origin of K is Ca - H.) The whole classical technique of mineral fertilization must be re-evaluated, especially in schools of agriculture.

[END QUOTING OF PART 12]

This is the best information I can offer you readers for your consideration of what you need to be considering while you plan for your needs during emergencies and shortages. There is so much DISinformation and MISinformation as to stagger the senses. You really do not need much to live very, very well IF you attend the basics and then work on the things which allow for enjoyment of the senses. You CAN have BOTH. You just need to know what you are doing!

Good morning.

9/2/95 #3 HATONN

[QUOTING, Part 13:]

CHAPTER XVIII

TRANSMUTATION OF RADIOACTIVE WASTES

Do the reactions which I propose have a possible application for the destruction of radioactive wastes?

At first glance one might remark that my reactions have not been observed in the presence of radioactive phenomena. But one should not dismiss a possible application *a priori*, without studying it, and I have done no research on radioactive substances.

An objection presents itself: since these very transmutations which were studied and applied are happening at a biological level, it is unthinkable to anticipate that microorganisms could transmute radioactive wastes into stable nuclides.

The destructive effect of the radioactive radiance is being utilized to kill cells and to sterilize various products.

But nothing is absolute! Not even this law of the biological effects of radiation!

"A bacterium which can support ten million roentgens for eight hours has been discovered! The mortal dose for man is 500 roentgens. This bacterium, of the Pseudomonas type, was discovered in 1958 in Los Alamos, U.S.A., in the water of a nuclear reactor. It liked the medium so much that it reproduced every twenty minutes."

A bacterium which can support ten million roentgens for eight hours has been discovered! The mortal dose for man is 500 roentgens. This bacterium, of the Pseudomonas type, was discovered in 1958 in Los Alamos, U.S.A., in the water of a nuclear reactor. It liked the medium so much that it reproduced every twenty minutes.

A little later in Lucas Heights, Australia, a verification of the same kind was made. In stored heavy water there were two million bacteria per cm³. Only 1,000 of these bacteria were left when the heavy water came out of the reactor. The content rose to 10,000 at the exit of the ion exchanger. These bacteria were of the *Pseudomonas*, *Bacillus*, and *Achromobacter* types. It can be seen that these bacteria can multiply in heavy water, which is not conducive to the life of most organisms.

However, we can see from the above that some bacteria can be cultured very readily on radioactive substances. It would be wise to find out both if these bacteria can help make the transmutations, and which ones they can make. Transmutations can also be made by mushrooms, algae, and enzymes.

Here is a theoretical example: if strontium 90 could be "fritted" with fluorine, it would give non-radioactive silver ($Sr_{90} + F_{19} \rightarrow Ag_{109}$), providing that the fluorine could enter in this manner in a nuclide-biological reaction.

Studies should be made to find out if C₁₄ and K₄₀ enter into the reactions of transmutations. It is probable in the case of K₄₀, for noticeable variations of this nuclid are found in the potato, for example. One thing is true: it is an almost stable nuclid. If formal proof were given that it did enter in the nuclide-biological reactions to give a stable or short-lived nuclid, however, this would constitute a breach with the actual theory of radioactivity.

A study "*Volatilization of Mercury by Bacteria*", *British Journal of Industrial Medicine*, October 1964, pp. 294-98, was carried out by L. Magos, Tuffrey, and T.W. Clarkson (Research Council Laboratories of Carshalton, England), who used grindings of rat kidneys homogenized with addition of HgCl₂ (radioactive isotope ²⁰³Hg). Samples were tested at the Geiger counter at staggered times. The period of this isotope is 46 days. However, the diminution of activity corresponding to the disintegration of this radioactive isotope was much stronger than anticipated.

Where did the mercury go? Since it disappeared, everyone believed that it had "evaporated". But here again, isn't this an unverified assertion, deduced from the sole fact that mercury "volatilized"?

Meanwhile, it became apparent during the experimentation that mercury does not "volatilize" regularly. For according to the law of diminution of radioactive activity, there should have been a regular curve, exponential and well-known. However, a counting made

sixteen hours after the first verification showed clearly that there was a diminution of mercury, conforming to the law of radioactivity. But after 32 hours there was an unexpected diminution of mercury. After 48 hours the difference took on great proportions.

The merit of these researchers was in thinking that the phenomenon could be produced by a microbial action, that the latent period (which lasted at least sixteen hours) could correspond to the incubation period of a bacterial colony. Cannot the effect of toluene be explained by the fact that it kills the bacteria? However, this hypothesis was *a priori* hazardous because it was believed that bacteria do not attack heavy metals, the latter resisting all actions of biological products.

Penicillin kills bacteria, and mercury disappearance follows the same law as does a sterilized solution in the autoclave.

There is 50% more mercury lost in 48 hours in a contaminated medium. This event is not imputable to the disintegration of the radioactive isotope.

If one takes a sterile sample and inoculates it with only 1X10⁻³M of HgCl₂, which has already started to

lose its mercury, one verifies that there is no latent period. The proliferation is immediate and in 24 hours 60% of the initial activity subsides, whereas a non-inoculated sample kept for later comparison loses only 2%.

The identification of the most active bacteria revealed a *Klebsiella aerogenes*, a bacterium of the *Proteus* type, an active microorganism which could not be identified, and a great number of other microorganisms carrying on little or no activity at all. In the city water used for the experiment was found the *Pseudomonas pyocyanea*, which is very active. A *Diplococcus* was also found, but it does not die from toluene; it only becomes partially inhibited.

Unfortunately, researchers considered nothing but the disappearance of mercury by volatilization. Nevertheless, they verified their theory. They declared the phenomenon to be a natural one, basing their hypothesis on the diminution of activity measured with the Geiger counter. Thus, haven't undisputed results received a weak interpretation, lacking essential analysis and measurement?

The researchers did not suspect that the disappearance was due to the biological transmutation of mercury. Evaporation is negligible *a priori*; mercury boils at 360°C and its vapor tension is very low (40 to 50°C), but the experiments were conducted at the ambient temperature of 20°C! This fact should have alerted the researchers and could have prevented them from adopting the postulate of evaporation.

This experiment leads us to qualify what we said about radioactive elements: it was not clear to us whether superior organisms (animal and vegetal) performed

"Here is a theoretical example: if strontium 90 could be 'fritted' with fluorine, it would give non-radioactive silver ($Sr_{90} + F_{19} \rightarrow Ag_{109}$), providing that the fluorine could enter in this manner in a nuclide-biological reaction."



biological transmutations on radioactive elements. However, the behavior of bacteria is always full of surprises. Regarding the transmutation of iron into copper, I mentioned in a previous book (*Transmutations a Faible Energie* (2nd Edit.), Malcine Pub., 1972, p. 179.) that some bacteria proliferate in pure sulfuric acid. I also cited some *Pseudomonas* which live in the heart of an atomic reactor in heavy water and receive more than 1,000 times the mortal dose for human tissue. The same is true with the *Micrococcus radiodurans* which resists 3,000 times the mortal dose for a mammal. During the experiment on mercury it was also found that there is a *Pseudomonas* species which "digests" radioactive mercury, making of it another element unidentified to this day. But what happened to the excess neutrons in the radioactive nucleus? Since there is a decrease in radioactivity, there should be no transmutation into another radioactive element. Might a "conversion" of neutrons into protons possibly have occurred? Only what remains at the end of the experiment will allow the pronouncing of a verdict.

The perturbations caused by γ rays impede the reproduction of ADN. There is a progressive death of the cells. However, the speed of reproduction is generally considerable in a bacterium, which means that the bacterium's enzymatic activity is considerable. This explains how bacteria can resist an irradiation several thousand times greater than the dose that vegetal or animal matter can take.

Have we not here an open field where research

concerning the elimination of radioactive wastes can be conducted? I indicated this as a hypothesis in 1960. Don't experiments of the type cited here seem perhaps to demonstrate that it is indeed happening? If this possibility were to be established, it would be a great event since we would then be able to study the destruction of the radioactive wastes which pose such a threat to humanity.

CHAPTER XIX

HOW TO MAKE EXPERIMENTS WITH BIOLOGICAL TRANSMUTATIONS SUCCESSFUL

In order to succeed in transmuting elements biologically it is necessary to abandon certain concepts of the so-called "exact" sciences, which are exact only for simple and isolated cases foreign to biology. As I have already stated, biology is too complex a science to be compared with these "exact" sciences. It is comprised of too many interdependent parameters to be completely accessible nowadays—even with the help of computers—by scientific methods based upon hypotheses which are solely mechanical. I must therefore reject the groundless assertion that all natural phenomena are reducible to the phenomena of calculations. Anyone subscribing to this idea will have an increasingly hard time proving his point as more and more of life is revealed to us.

In the following review of a few general principles

it is important to beware of committing the opposite error by extrapolating certain transmutations and saying to oneself, "Since Nature can transform one element into another, it will be enough to have only one element at our disposal and Nature will take care of the rest!"

The transmutations are operations requiring a specific production of enzymes and a medium allowing the physiological development of cells (or microorganisms). One kind of plant will thus make a transmutation that another cannot make. Or else, a transmutation will be made in one direction in a growing plant, whereas it will be made in the opposite direction in a germinating seed of the same species. The same is true with animals: a reaction will take place in one direction under a certain set of conditions, and again in the opposite direction, with the same animal, when different interior and exterior conditions are met. On the other hand transmutation may take place in no direction at all, regardless of conditions, thereby requiring the animal to obtain a specific element from outside. Generalizations in biology reveal an ignorance of life's complexity.

A transmutation is not always absolute. For example, it is often impossible for a plant, seed, or animal cell to make the transmutation into a specific element if this element is not already present to serve as a catalyst. This principle should be kept in mind. Let us recall Jacob, Lwoff, and Monod, Nobel Prize winners who showed that for a gene to be active requires the "influence" of a certain element which "releases the brakes" and prevents the synthesis of the enzyme.

SIXTH EDITION

PERIODIC CHART OF THE ELEMENTS

(Based on Carbon-12)

																VII ^A Noble Gases																
																1 H Hydrogen 1.0079	2 He Helium 4.00260															
																Sub-Group GROUP Sub-Group																
																5 B 10.81	6 C 12.011	7 N 14.0067	8 O 15.9994	9 F 18.998403	10 Ne 20.179											
																13 Al 26.98154	14 Si 28.0855	15 P 30.97376	16 S 32.06	17 Cl 35.453	18 Ar 39.948											
1 H	II ^A		III ^B III ^A IV ^B IV ^A V ^B V ^A VI ^B VI ^A VII ^B VII ^A VIII										I ^B I ^A II ^B II ^A		19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
2 Li	3 Be											37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc (97)	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe			
3 Na	4 Mg											55 Cs	56 Ba	57 La	72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po (209)	85 At (210)	86 Rn (222)			
4 K	5 Ca	6 Sc	7 Ti	8 V	9 Cr	10 Mn	11 Fe	12 Co	13 Ni	14 Cu	15 Zn	16 Ga	17 Ge	18 As	19 Se	20 Br	21 Kr															
5 Rb	6 Sr	7 Y	8 Zr	9 Nb	10 Mo	11 Tc (97)	12 Ru	13 Rh	14 Pd	15 Ag	16 Cd	17 In	18 Sn	19 Sb	20 Te	21 I	22 Xe															
6 Cs	7 Ba	8 La	9 Hf	10 Ta	11 W	12 Re	13 Os	14 Ir	15 Pt	16 Au	17 Hg	18 Tl	19 Pb	20 Bi	21 Po (209)	22 At (210)	23 Rn (222)															
7 Fr (223)	8 Ra 226.0254	9 Ac 227.0278	10 Ku (261)	11 Ha (262)	12 (263)																											
																metal ← non-metal																
																Legend () = Mass ○ Gas ● Liquid ▲ Solid □ Synthetic 30°C atm. press.																
																CHEMICAL SERVICES BOX 45124 LOS ANGELES, CA, 90045																
6	* 58-71 Lanthanide Type 4f	58 Ce 140.12	59 Pr 140.9077	60 Nd 144.24	61 Pm (145)	62 Sm 150.4	63 Eu 151.96	64 Gd 157.25	65 Tb 158.9254	66 Dy 162.50	67 Ho 164.9304	68 Er 167.26	69 Tm 168.9342	70 Yb 173.04	71 Lu 174.967																	
7	* 90-103 Actinide Type 5f	90 Th 232.0381	91 Pa 231.0359	92 U 238.029	93 Np 237.0482	94 Pu (244)	95 Am (243)	96 Cm (247)	97 Bk (247)	98 Cf (251)	99 Es (254)	100 Fm (257)	101 Md (258)	102 No (259)	103 Lr (260)																	

That is why it is usually vain to try to produce an element with biological transmutation if that element is not already present. In other words, what should be sought is the increase of an element (which always leads to the diminution of another), not its appearance from zero.

One should never start with absolutely pure products. The metabolic conditions of the animal or vegetal cell must be retained in order to verify an increase of the elements, a proof which will have no

room for contention on the part of those chemists who are prone to reject everything new *a priori*.

GENERALITIES:

CONDITIONS OF TRANSMUTATION

Many kinds of seeds have been germinated in my experiments: watercress, lettuce, parsley, etc. The leguminous plants most often used were fava beans,

soya beans, etc. For practical reasons, however, lentils and vetch were most often elected. Their size is uniform and they are easy to calibrate and not too large, thus eliminating the possibility of irregular germination. Poor germination of one seed can cause an appreciable error in calculations.

Doubly-distilled water should not be used. Again, a chemical preparation designed to satisfy the rigorous conditions of "exact" sciences would lead to excessive simplification since, biology being complex, there is no life without several interactions. The term biochemistry itself means that the biological precedes the chemical.

In other words, I consider it an error in such experiments to use an absolutely pure culture medium in studying the variation of an element. One should proceed with a complex medium which is close to the natural medium but missing in the element to be studied. The results will then be quite different. In the former case there are too many deficiencies and poor metabolism; the transmutations are of 1 to 3% only. Thus arguments arise. In the second case the variations are always over 10% depending on the element, often 20 to 30% (sometimes ten times more) for plants, and 30 to 300% for some animals.

Nevertheless it is sometimes impossible to completely exclude a certain element at the start, so as to measure its exact production after the transmutation process. Experience shows that there are cases where, for certain cultures, some elements are indispensable at the start. Proliferation will fail to take place if the amount of these elements is too small.

MICROORGANISMS

That is why I am not in favor of the sterilization of seeds, soil, etc. I have heard that precise research can be made only on sterilized seeds in a sterilized liquid or solid medium. If the microorganisms are excluded, however, the results will be whimsical. This omission would be a confession that the activity of the microorganisms disturbs chemical research, that the purpose of the research is not really clear.

Studies have revealed that various enzymes (the permeases) allow biological membranes to receive certain molecules but not others. It seems that there are perennial permeases which are constantly being synthesized, while others are synthesized only in the presence of the molecule to which they must obtain entrance. Hence the results from a sterilized medium are totally different from those obtained in the presence of microorganisms.

If one wishes to germinate seeds in a vat, it is necessary that the plant grow in optimum conditions for vegetation; the earth must be alive, i.e., rich in microorganisms. This earth should be well mixed and homogenized. An aliquot portion should be set apart for use in measuring the element on which the balance sheet is to be established. At the end of the experiment the plant and soil must again be analyzed.

THE WATER

The water used should preferably be source water. It is inadvisable to use distilled or doubly-distilled water, for then the pH must be readjusted by the addition of a

Chemical Valence and Planetary Electrons of the Elements

Atomic No.	Symbol	Element	Chem Valence	Valence Electrons	Atomic No.	Symbol	Element	Chem Valence	Valence Electrons
1	H	Hydrogen	±1	1s ¹	54	Xe	Xenon	0	5p ⁶
2	He	Helium	0	1s ²	55	Cs	Cesium	1	6s ¹
3	Li	Lithium	1	2s ¹	56	Ba	Barium	2	6s ²
4	Be	Beryllium	2	2s ²	57	La	Lanthanum	3	5d ¹ 6s ²
5	B	Boron	3	2p ¹	58	Ce	Cerium	3, 4	4f ¹ 6s ²
6	C	Carbon	±4, 2	2p ²	59	Pr	Praseodymium	3, 4	4f ³ 6s ²
7	N	Nitrogen	±3, 5	2p ³	60	Nd	Neodymium	3	4f ⁴ 6s ²
8	O	Oxygen	-2	2p ⁴	61	Pm	Promethium	3	4f ⁵ 6s ²
9	F	Fluorine	-1	2p ⁵	62	Sm	Samarium	3, 2	4f ⁶ 6s ²
10	Ne	Neon	0	2p ⁶	63	Eu	Europium	3, 2	4f ⁷ 6s ²
11	Na	Sodium	1	3s ¹	64	Gd	Gadolinium	3	4f ⁷ 5d ¹ 6s ²
12	Mg	Magnesium	2	3s ²	65	Tb	Terbium	3, 4	4f ⁹ 6s ²
13	Al	Aluminum	3	3p ¹	66	Dy	Dysprosium	3	4f ¹⁰ 6s ²
14	Si	Silicon	4	3p ²	67	Ho	Holmium	3	4f ¹¹ 6s ²
15	P	Phosphorus	5, ±3	3p ³	68	Er	Erbium	3	4f ¹² 6s ²
16	S	Sulfur	6, 4, ±2	3p ⁴	69	Tm	Thulium	3, 2	4f ¹³ 6s ²
17	Cl	Chlorine	±1, 7, 5, 3	3p ⁵	70	Yb	Ytterbium	3, 2	4f ¹⁴ 6s ²
18	Ar	Argon	0	3p ⁶	71	Lu	Lutetium	3	5d ¹ 6s ²
19	K	Potassium	1	4s ¹	72	Hf	Hafnium	4	5d ² 6s ²
20	Ca	Calcium	2	4s ²	73	Ta	Tantalum	5, 3, 4	5d ³ 6s ²
21	Sc	Scandium	3	3d ¹ 4s ²	74	W	Tungsten **	6, 5, 4, 3, 2	5d ⁴ 6s ²
22	Ti	Titanium	4, 3, 2	3d ² 4s ²	75	Re	Rhenium	7, 4, 6, 3	5d ⁵ 6s ²
23	V	Vanadium	5, 4, 3, 2	3d ³ 4s ²	76	Os	Osmium	4, 8, 6, 3, 2	5d ⁶ 6s ²
24	Cr	Chromium	3, 6, 2, 5	3d ⁵ 4s ¹	77	Ir	Iridium	3, 4, 6, 2	5d ⁷ 6s ²
25	Mn	Manganese	2, 7, 6, 4, 3	3d ⁵ 4s ²	78	Pt	Platinum	4, 2	5d ⁹ 6s ¹
26	Fe	Iron	3, 2	3d ⁶ 4s ²	79	Au	Gold	3, 1	5d ¹⁰ 6s ¹
27	Co	Cobalt	2, 3	3d ⁷ 4s ²	80	Hg	Mercury	2, 1	6s ²
28	Ni	Nickel	2, 3	3d ⁸ 4s ²	81	Tl	Thallium	1, 3	6p ¹
29	Cu	Copper	2, 1	3d ¹⁰ 4s ¹	82	Pb	Lead	2, 4	6p ²
30	Zn	Zinc	2	4s ²	83	Bi	Bismuth	3, 5	6p ³
31	Ga	Gallium	3	4p ¹	84	Po	Polonium	4, 2	6p ⁴
32	Ge	Germanium	±4, 2	4p ²	85	At	Astatine	±1, 3, 5, 7	6p ⁵
33	As	Arsenic	±3, 5	4p ³	86	Rn	Radon	0	6p ⁶
34	Se	Selenium	4, 6, -2	4p ⁴	87	Fr	Francium	1	7s ¹
35	Br	Bromine	±1, 5	4p ⁵	88	Ra	Radium	2	7s ²
36	Kr	Krypton	0	4p ⁶	89	Ac	Actinium	3	6d ¹ 7s ²
37	Rb	Rubidium	1	5s ¹	90	Th	Thorium	4, 3	6d ² 7s ²
38	Sr	Strontium	2	5s ²	91	Pa	Protactinium	5, 4, 3	5f ² 6d ¹ 7s ²
39	Y	Yttrium	3	4d ¹ 5s ²	92	U	Uranium	6, 4, 5, 3	5f ³ 6d ¹ 7s ²
40	Zr	Zirconium	4	4d ² 5s ²	93	Np	Neptunium	5, 4, 6, 3	5f ⁴ 6d ¹ 7s ²
41	Nb	Niobium *	5, 3, 4	4d ⁴ 5s ¹	94	Pu	Plutonium	3, 4, 6, 5	5f ⁶ 7s ²
42	Mo	Molybdenum	6, 5, 4, 3, 2	4d ⁵ 5s ¹	95	Am	Americium	3, 5, 6, 4	5f ⁷ 7s ²
43	Tc	Technetium	7, 4	4d ⁶ 5s ¹ †	96	Cm	Curium	3, 4	5f ⁷ 6d ¹ 7s ²
44	Ru	Ruthenium	3, 4, 6, 8, 7, 5, 2	4d ⁷ 5s ¹ †	97	Bk	Berkelium	3, 4	5f ⁹ 6d ¹ 7s ² †
45	Rh	Rhodium	3, 4, 2	4d ⁸ 5s ¹	98	Cf	Californium	3	5f ¹⁰ 7s ²
46	Pd	Palladium	2, 4	4d ¹⁰	99	Es	Einsteinium	3	5f ¹¹ 7s ²
47	Ag	Silver	1	5s ¹	100	Fm	Fermium	3	5f ¹² 7s ²
48	Cd	Cadmium	2	5s ²	101	Md	Mendelevium	3, 2	5f ¹³ 7s ²
49	In	Indium	3, 1	5p ¹	102	No	Nobelium	3, 2	5f ¹⁴ 7s ²
50	Sn	Tin	4, 2	5p ²	103	Lr (Lw)	Lawrencium	2	5f ¹⁴ 6d ¹ 7s ²
51	Sb	Antimony	±3, 5	5p ³	104	Ku	Kurchatovium Δ	4	6d ² 7s ²
52	Te	Tellurium	4, 6, -2	5p ⁴	105	Ha (Hn)	Hahnium Δ	6	6d ³ 7s ²
53	I	Iodine	±1, 7, 5	5p ⁵	106				6d ⁴ 7s ²

* Columbium (Cb)

† (4d⁵5s²)

** Wolfram

‡ (5f⁹7s²)

Distribution of Planetary Electrons

Shell	K			L			M				N				O				P			Q
Subshell n, l	1,0	2,0	2,1	3,0	3,1	3,2	4,0	4,1	4,2	4,3	5,0	5,1	5,2	5,3	6,0	6,1	6,2	7,0				
	1s	2s	2p	3s	3p	3d	4s	4p	4d	4f	5s	5p	5d	5f	6s	6p	6d	7s				
Max. no. Electrons	2	2	6	2	6	10	2	6	10	14	2	6	10	14	2	6	10	2				
Total Electrons	2	8		18			32				32				18							

Quantum numbers:

n = total quantum no.; l = 0, 1, ... (n - 1); m = -l, ... 0, ... +l; s = ±1/2

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I. Shapiro, Ph.D.

Revised

1978

calcium salt to place it between 7.3 and 7.5.

The best by far is natural, chemically untreated water. I recommend Evian water which is quite good for research on phosphorus since it does not contain that element at all. In this case it is unnecessary to add a calcium salt. Evian water contains it naturally, making its pH favorable: pH = 7.25. Here is what an analysis of Evian water gave (limited to those ions that may interest us):

$\text{Ca}^{++} = 0.07715$; $\text{Mg}^{++} = 0.2432$;

$\text{So}_4^{--} = 0.0096$; $\text{Na}^+ = 0.00552$; $\text{K}^+ = 0.0089$;

$\text{Fe}^{++} = 0.00001$; $\text{NO}_3^- = 0.00254$;

no measurable trace of P or Mn; silica (SiO_2) = 0.011.

The figures are all in grams per liter.

PHOSPHORUS VARIATION

PREPARATION OF SEEDS

As I explained, it is preferable to use calibrated lentils or vetch. A small pack of 125 grams will do. One should be careful to purchase lentils from the last harvest. Some are too old and therefore too dry. In order to secure the success of the experiment one should verify in advance the germination power of the lentils by trying them (100 lentils in a Petri dish). 99% of the seeds should be perfectly germinated. Any kind of water can be used for this first try (faucet water, for example). The seeds should be hand-selected to eliminate those that have changed color or deteriorated in the slightest degree (for example, those whose color is too brown as compared to the green lentils). The lentils should be divided into lots, and for this there are two options:

—Prepare lots of ten grams each, weighed to the centigram and write down the weight of each lot which will be put in a crystallizing dish.

—Or, do not weigh the lentils at all, and use 100 of them, for example. A lot of ten grams of lentils contains approximately 130 to 140 lentils. A lot of 100 lentils weighs approximately 7.5 grams; the average weight of one lentil is between 70 and 80 mg. It is 30 to 40 mg for vetch.

The advantage of counting the seeds is that there will be an identical number of young plants in each crystallizing dish, while with the other method there may be +/- one seed. It is easier to maneuver with the counting method, since a defective seed, unnoticed during selection, can be replaced. For an experiment to determine P variation, after putting aside five lots of 100 seeds to serve as a control, place the rest of the seeds in a basin and cover them with Evian water. (This only works for research on P variation because Evian water contains no phosphorus). (The technique of washing with Evian water is not to be applied in research on Ca, Mg, and K.) They should be left there 24 hours. They should be rinsed in clean Evian water in order to remove all traces of dust, and because the 24-hour stay in the water causes a visible darkening of the defective seeds. (At this point the seeds have begun to rot and will not germinate well. They will contaminate the others, probably causing inaccurate results.) Plunging the seeds in Evian water does not provide them any phosphorus; hence there will be no repercus-

sion in the analysis. Thus, one should take 100 seeds from each crystallizing dish and place them—side by side without touching—on a double layer of porous ashless paper (ten lots of 100 seeds = 75 grams).

THE GERMINATION

We should not forget that what is sought is the phosphorus variation. The ten crystallizing dishes containing the seeds receive a thin layer of Evian water which saturates the double-layered porous paper on which the seeds are placed. These receptacles are placed in a greenhouse or in a light room near the window so that they may receive good light while maintaining a temperature of 22 to 25° C. The receptacles should be arranged in two rows of five each or in one line. It is most important to place them in such a way that they will receive a maximum of light. For every receptacle there should be a corked bottle full of Evian water (100 to 125 cm³) with a tube through the cork; the tubes' extremities are placed in the center of each crystallizing dish, touching the porous paper. These bottles are placed upside down so that the porous paper is kept constantly wetted with water. The humidity of the room must be maintained between 55 and 60%. There will be no need to fill up the bottles a second time.

After fifteen days there will already be appreciable results, but they will be variable from one experiment to another. In Germany, Hauschka published results obtained from several germinations of watercress. These germinations were made every fourteen days for a year. Hauschka started one lot at the new moon, another at the full moon, and so on. He gives diagrams of variations for K_2O and P_2O_5 , K and P varying in opposite directions with a 16% average, and both changing directions depending on the position of the moon. In watercress the phosphorus decreases if the germination starts the day of the full moon. Hauschka's diagrams (*The Nature of Substance*, ed, Vincent Stuart, London 1966) also indicate an influence of the solar cycle. Studies concerning cosmic influence are now being conducted in several countries. (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

[H: I have included this portion of this chapter in this writing for a very special reason. This is a good way to go about doing some of your own at-home experiments if you so choose but then I suppose you can't, most of you, have any way to measure these elements or their transmutation. But for you scientists who might have available instrumentation apparatus—try this same lentil experiment WITH RED LENTILS. If I had my "druthers" there would ONLY be red lentils, they are so much more perfect a food.]

[END QUOTING OF PART 13]

We have not finished this "chapter" for this writing with full intent. If there is extra space in the paper we will finish the chapter at the least—but I don't want you side-tracked from the critical information on the Gulf

War Syndrome problems which is being covered by Mr. Martin. This all FITS, people—better than O.J.'s gloves ever could! You need to reconsider how to handle these new diseases for you are going to find that the adversarial troops appear to be way out ahead of you. You have become WISE if you are to make it through this jungle in these times.

I wanted to leave you with the above seed project so you could "get started" if you are a "hands-on" researcher and we will consider the *Analysis*, etc., in the next writing.

Thank you for your attendance. The information on Transmutation of Radioactive Wastes is SO IMPORTANT that I possibly should have left it to stand alone—BUT—we don't have the privilege of being so selective any longer. You will please just try to keep up and hold steady for we only have a bit more on this topic by the above author but it deals with the "Agriculture" and "Medicine" aspect of this information. Good evening.

9/3/95 #1 HATONN

[QUOTING, PART 14:]

ANALYSIS

The germination should be terminated two weeks after the beginning of the experiment (which was started at the full moon) by putting the crystallizing dishes in a drying stove at 60°C. They should be left there 48 hours, but if need be they can be left only 24 hours with the thermostat set at 90 or 100°C.

Right after cooling, grind the young plants in a mortar. Or, use the sulfo-nitric acid method.

This destruction can be done in different ways. In general, every laboratory chief has his own technique. Nevertheless, I would like to point out that the acid being used for the destruction acts on matter not yet incinerated which still contains some water. The pH of the acid will thus rise, and it will be necessary to supply more acid in order to maintain the pH at 4.8, an optimum level for the extraction of all phosphorus.

Notwithstanding, the method using sulfo-nitric acid is preferable (100 cm³ HNO₃ + 10 cm³ H₂SO₄). The mineralization is done as it is taught to laboratory assistants: heating, sudden discharge of nitrous vapors, cooling. The black and thick liquid thus obtained is slowly heated by adding 80 cm³ of a mixture of 20 cm³ of H₂SO₄ in 1,000 cm³ of HNO₃ until discoloration. Add 25 cm³ of doubly-distilled water and heat again until the nitrous vapors disappear. When it is cool, strain the liquid from which the aliquot parts will be taken for the dosage of the element.

The lots of seeds which were not germinated and which were being kept for eventual comparison go through the same process: desiccation at 100°C, grinding, destruction with sulfo-nitric acid, analysis, etc.

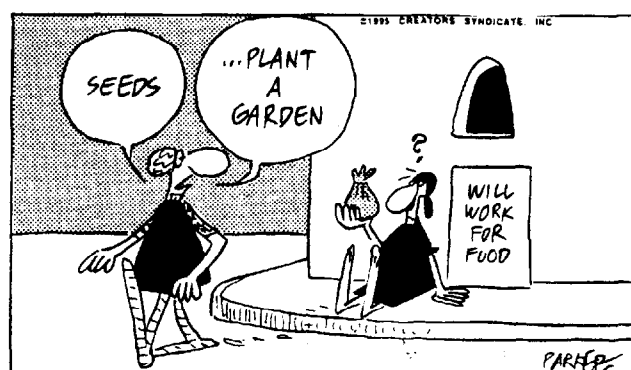
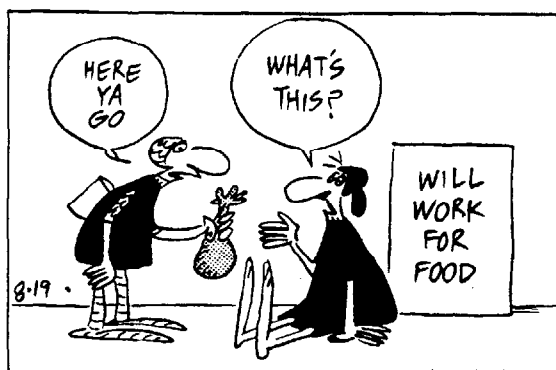
Analysis must be done on the sulfo-nitric mother solution (on an aliquot part 25 cm³). The amount of phosphorus is determined by adding a sulfo-molybdc solution (classical method). The phosphorus content will show a very significant decrease, but further investigations are necessary because the process is not the same in all plants.

Hence, when oats are germinated in water very poor in limestone and absolutely free of phosphorus, there is a phosphorus increase in the germinated plants after six weeks.

One may conduct research on manganese and iron variation in a similar way. In fact, there will be an Mn decrease and a corresponding increase of Fe in the germinating seed. (Let us recall that there is one more proton in ⁵⁶Fe than in ⁵⁵Mn.)

Some plants, such as rye-grass, make Mn, while others, such as oats, cannot. In some plants Mn decreases.

It seems to me preferable to conduct this specific experiment in an autonomous way, i.e., not using an aliquot part from the preceding experiment relative to phosphorus. In fact, the experiment can be made even



more dramatic by adding to the Evian water (which does not contain any) 10 mg of $MnSO_4 \cdot 7H_2O$ for 10 cm³ of water (2 mg of Mn), which is approximately ten times more Mn than one lot of 10g of seeds would contain. (This is true for plants which cannot make their own Mn.)

The experiment is conducted in the same manner as the preceding one, including the destruction with sulfo-nitric acid. Mn and Fe are then weighed by the usual methods.

Analysis will verify that there is much more Fe after germination, whereas Mn could have completely disappeared. This experiment indicates the power of the enzyme responsible for this transmutation of Mn into Fe.

RESEARCH ON Mg AND Ca VARIATION

Using the preceding methods one may study the variation of Mg and Ca in germination. If Evian water is used, it is necessary to measure the quantity of water used and its Mg and Ca content.

A precaution should be taken, though: when the seeds are soaked in water one day before the germination (to eliminate the deteriorated seeds) distilled or doubly-distilled water should be used. Evian water would make it impossible to determine the quantity of Mg and Ca absorbed by the seeds.

The analysis of Mg and Ca requires some precautions. In fact there are interferences of their ions which are divalent, and there is a risk of possible substitution in many reactions.

Specialists in analysis are well aware of this and know which method to use when these two elements are simultaneously present. Here are some figures concerning the content of these elements in fresh seeds: 60 to 140 mg of Ca in leguminous plants, for 100 g of seeds; 80 to 200 mg of Mg, depending on the species, variety, and soil. The different research conducted on Mg variation during germination has shown a 9 to 16% decrease.

COMPLIMENTARY RESEARCH

POTASSIUM VARIATIONS

Many experiments with microorganisms have shown an increase in potassium when N and Mg are provided. This indicates the reaction ${}^7N + {}^{12}Mg := {}^{19}K$.

With the bacteria of saltpeter there is an increase of K and a decrease of Ca. This is the reaction ${}^{20}Ca - {}^1H := {}^{19}K$.

It is possible to note the K variation in germinating seeds.

(1) Lots of 20 g of watercress seeds are analyzed to make a dosage of K. Other lots, germinated in distilled water without the addition of salt, render 0.505 g of K_2SO_4 per lot.

If magnesium nitrate is added to the distilled water, there will be 0.570 g of K_2SO_4 (an average for three lots) which means 0.065 g more than with pure water, or 11.4% more due to the simultaneous presence of N and Mg.

The variations of K are complex, for they can produce Ca and vice versa. They may also come from $Na ({}^{11}Na + {}^8O := {}^{19}K)$.

The K increase will be quite pronounced if the germinating process is begun during the full moon and terminated at the new moon. The result will be the opposite of the P variation (experiment conducted by Hauschka; *The Nature of Substance*). The variation is greater for most seeds at the end of autumn.

Note: Studies on potassium are delicate because there could possibly be an exchange between the potassium contained in the glass and the solution in the receptacle. An exchange is also possible during manipulation, heating, or when the solution contains an ion monovalent like ammonium. In other cases (for receptacles made of Pyrex, quartz, plastic, or metal) the

exchange is negligible, but it is safer to make a preliminary experiment since some plastics give a potassium salt in the polymerization, and this salt is never totally eliminated.

(2) The link between Ca and K can be verified in the following: in lots of watercress seeds (20 g each) 0.18925

“Not all of these elements, however, exist in the soil in such quantities. Plants find what they need, depending, of course, on the plant and on the soil. One should not generalize. It must be established whether or not the soil contains elements that the plant will utilize to fix other elements not found in the soil, which are necessary to its growth. This being established, all conditions must allow the transmutations to take place. The latter usually occur in the presence of microorganisms for which the rhizome must provide the conditions for a vigorous proliferation. Thus we must have the synthesis of a biological agriculture which is far-removed from classical agriculture, concerned only with providing N, P, and K.”

g of $CaSO_4$ was found. The germination was done in distilled water in which 0.200 g of K_2CO_3 was added to each lot. After the germination there was 0.22175 g of $CaSO_4$.

Ca increase: 0.0325 g, i.e. 11.88% percent MORE Ca (average on four experiments).

Conversely, if a calcium salt is added to the water, K increases. In distilled water, with no salt added, 0.505 g of K_2SO_4 was found for every lot of 20 g. When calcium nitrate was added the average increase was 0.0725 g, i.e. 14.37%.

[H: So what? Well, I suggest you study this information carefully. You don't have to be a rocket scientist or a whiz-kid to see that you do not get OUT what you PUT IN. So, if you need more useable calcium in your body you WILL NOT get it by adding calcium—you will simply get calcium clumps, bone spurs and such dastardly things as that—and, probably, an overload of Potassium.

Do your physicians know all this? OF COURSE NOT! But then, don't be too hard on doctors because, after all, they used to bleed people to death to “cure” them of something—and—they also had to be TOLD to wash their hands between patients of examinations—to stop the spread of Childbed Fever. They are given one or two days training in nutrition—and then are trained by “detail” salesmen from drug companies for the rest of their TRAINING in the drug trade. So be it.]

CHAPTER XX

AGRICULTURE

[H: This may well be THE MOST IMPORTANT chapter any potential gardener or farmer may EVER read. You diligently go about the ACTUAL process of depleting your lands while thinking you are building them. If you do not consider the proper methodology and additives, you will have failure—especially with crops which do not hybridize, such as Spelta, red lentils, etc. These crop fruits will NOT deplete themselves and produce mutant harvest. Some individual seeds may well have mutation but the crop as a whole will not deplete the fruit—it will simply not produce. You must go into the “survival” mode with these facts in mind and then you can know what to grow to garner the best harvest for your needs and realize how to grow plants in the best potential medium.]

Classical agriculture (by this I mean the science

that is taught in schools) is a huge imposture which is frightening in its cynicism. It recommends the use of complete fertilizers, the word “complete” being identified with N, P and K, as if these three elements were the only ones to be found in plants. Its basic postulate is to restore in quality and quantity the soil's elements taken from it by the yearly harvest. One may say that this agriculture has enclosed itself in a dilemma:

(a) If the law of restitution is to be satisfied (whereby one implicitly recognizes that elements other than N, P, and K are taken away at harvest), the plant would have to find these other elements in the soil in limitless amounts.

(b) Or, plants themselves must make these elements found at harvest and not provided for the soil. Implicit in this alternative is a transmutation of elements through a biological channel.

Otherwise, what kind of explanation can be given for the continual removal of sulfur from the harvest, for example? Let us take a crop of oats and circumscribe our study to a yield of 4000 kg per hectare (1 hectare = 2.471 acres). In the grain alone (without taking into account what is in the straw) there are 8 kg of sulfur per hectare. Where does this sulfur come from in impermeable and clayey soils, as in the case of oats?

It is not a question of migration, for from where would sulfur migrate? The same question can be posed regarding other elements. With zinc, for example, we find 120 g for 4000 kg per hectare of oats. There are also 160 g of manganese per hectare. After a few centuries of cultivation this adds up to many kilos.

Not all of these elements, however, exist in the soil in such quantities. Plants find what they need, depending, of course, on the plant and on the soil. One should not generalize. It must be established whether or not the soil contains elements that the plant will utilize to fix other elements not found in the soil, which are necessary to its growth. This being established, all conditions must allow the transmutations to take place. The latter usually occur in the presence of microorganisms for which the rhizome must provide the conditions for a vigorous proliferation. Thus we must have the synthesis of a biological agriculture which is far-removed from classical agriculture, concerned only with providing N, P, and K.

APPLICATION OF BIOLOGICAL TRANSMUTATION

Biological transmutation explains the basic process of biological agriculture, whatever the specific method. The biodynamic method, as well as other methods involving active processes, uses decoctions (fermented solutions of some plants very rich in various oligo-elements) to balance the acidity of the soil. The oligo-elements are indispensable to the enzymes: the enzymes (whose work is somehow activated by the activity of certain vegetals and even mammals) are in turn responsible for the biological transmutations.

The activation of this enzymatic action by the plants also explains the increasing success of phytotherapy and aromatherapy.

The attempt to provide plants with even a small amount of elements saturates them with these elements and creates an imbalance in them and in the soil. There arises a deficiency in other elements, and certain natural reactions are impeded. Everything becomes fragile, the soil's health deteriorates, and the reactions of the vegetal organism cease, making it susceptible to parasitic invasion—hence the necessity for the use of pesticides. Biological agriculture, on the other hand, considers which elements should be brought to the plant to be transformed into those elements found in the final stage of metabolism. The agriculture of the 19th and 20th centuries is dying, whereas biological agriculture is now taking hold.

May the reader take heed against the so-called “verifications” made by past professionals of agronomy.

These findings are often illusory. (See *French Academy of Agriculture Bulletin*, 1970) Analyses have shown discrepancies of 30 to 300% in all that has been published—even by official document.

It is quite sad that such data could possibly have been published, for they manifest clearly the incompetence of many laboratories. The figures are too exaggeratedly different and contradictory to be taken seriously. I shall not expatiate further upon this unfortunate example which betrays the low level at which some research workers are operating. However, I shall return to these errors later. [E.Y. Editor's note: *The problem Kervran alludes to is pervasive throughout modern science. I was figuratively "burned at the stake" for making similar claims about the incompetence of so-called prestigious research laboratories and premier research Universities. Sadly, the New World Order's overall "dumbing down" plan is working just as well within the corridors of so-called Higher Education. If you stop to ponder the ramifications of that one "success" on the rest of society, you quickly come to the disaster that is our modern world.*]

Let us take care of the work ahead of us and be unperturbed by skepticism. We are meeting with opposition that is increasingly animated, yet one only reacts against that which has become a threat. As a friend wrote me, "The vigor which you are meeting is beneficial. The weight and worth of these antitheses reveals the certainty of the thesis."

Agronomists have always recognized that virgin soil, never before cultivated, will provide a good harvest without the aid of manure or fertilizer. Little by little, however, deficiencies arise because some specific elements are found missing after the harvest.

These agronomists have noticed furthermore that allowing the earth to rest (lie fallow) for a few years restores its lost elements. They solved the problem by establishing a rotation cycle in which a fallow period is planned. Leguminous plants such as clover and lucern-grass are sown and they "fix" the nitrogen, thus shortening the necessary length of the fallow period.

[H: While there are problems over the circumstances of our own research farm, it has been long enough in struggle to simply allow this year to be considered a lay fallow year if conditions continue to be filled with difficulties. If you wish to hire someone to turn and prepare the soil, then rather than leave it completely fallow—plant some legume plants. However, anything planted either now, Spelta, or in the Spring should be that which can manage on small irrigation needs (as if fallow) or leave alone and clear weeds as they grow so that you will be ready to utilize all the land when appropriate and equipment and personnel are available. Do not push the river lest we just further the burden. I repeat something which no-one seemed to wish to hear. You can let the land for sheep grazing but I think you would find some goats far better for weed clearing. You can even have some milk-goats if you want to handle milk. This will require good fencing or a full-time herder so do that which is most suitable and least

expensive. You must keep the weeds under control or the neighbors will demand same through the commissions. No ongoing farmers want the weed seeds and there are fire and land regulations which **MUST BE MET.**]

Agronomists explain this phenomenon by saying that the missing elements are brought by dust, by animals, by migrations through the soil, etc. These are simplistic explanations. To say that these "ghost" elements come from

a progressive solubleness of the insoluble composites of the soil is another simplistic assertion. In order to discard objections of this sort I have presented data concerning the soluble and insoluble. The traditional notion of solubility is far too arbitrary: an insoluble composite may be dissolved by the secretion of radicles, by microorganisms, etc. It is a mistake to separate the soluble from the insoluble in the laboratory. The acid arbitrarily chosen to dissolve the mineral compounds of the soil has nothing in common with the multiple and specific acid secretions of the radicles,

nor does it have anything in common with the microorganisms of the soil which dissolve these elements insoluble in water but soluble in acids.

Around 1600 a Flemish chemist, Jean-Baptiste Helmont, planted a tree in a pot containing 200 lbs. of earth. After five years the tree had gained 164 pounds. The earth had also gained weight, but only two ounces. Helmont had not supplied any mineral elements, taking care only to water the plant. He hoped to prove that water had become solid matter.

This summary experiment teaches us little, but it is a case where the origin of matter stimulated research.

In the mid 19th century in Nantes, Grandeau demonstrated that a field which rests a few years tends to regain its balance. If the soil is too acidic or too basic, it eventually becomes neutral.

Garola confirmed this observation at the end of the 19th century. In Germany Rudolph Steiner started experiments of this nature and in 1925 founded a "school of balanced agriculture" in Switzerland. The Swiss Pfeiffer took over. His books were published in French. The one most relevant to our concern is *Fécondité de la Terre*, (Edit. Les Triades, Paris 1949) and here are a few examples of his observations:

LAWN AND DAISIES

In order to produce a beautiful English lawn it is necessary to have earth containing limestone. Whenever limestone is missing, daisies spring up in the lawn. For a gardener that is the signal to correct the soil. The less limestone there is, the more daisies. Pfeiffer analyzed the ashes of the daisies and verified that they were rich in lime. Since the daisies grew precisely when there was no more lime in the soil, Pfeiffer asked himself, "Where did this lime come from?" He could not find the answer.

One could not say, of course, that lime came from

migration, for in that case the grass itself would have had some too.

For Pfeiffer this provided an example of the soil's natural tendency to find balance. When lime is missing, plants poor in silica grow and their ashes are rich in lime. Hence when stems and leaves fall in Autumn, the soil gains the missing lime. These examples of interactions are frequent in Nature. However, a mystery persisted: what was the source of the lime in the daisies?

VARIOUS OBSERVATIONS

Pfeiffer's work raises other questions. Buckwheat has a marked affinity for sand; silica is very rich in calcium. Let us examine why.

Wheat likes soil relatively rich in lime. The incineration of its straw gave, for a specific field, a weight of ashes which was 6% of the original dry weight of the straw. In these ashes there was 5.8% lime and 67.5% silica. On the other hand, if clover mixed with the same wheat is sown in the same field, the clover—which grows better in siliceous soil—gives 35.2% lime and 2.4% silica in its ashes.

The amount of silicon and calcium in most plants is independent of the amount present in the soil. The plant's composition is constant, depending on the species (at least roughly constant, for the quality may vary with the soil). Cultivated digitalis (fox glove) may not contain digitalis; parsley may not have vitamin D, etc.

The oak, a tree indigenous to granitic or slaty regions (i.e. soil rich in silica) where limestone is sometimes completely absent, may contain limestone, largely in its wood and bark. (Up to 60% lime has been found in its ashes.)

The engineer Simoneton reproduced the following already known experiment:

Slips of geranium grow quite well in a sand of pure silica; they are watered with rain water or distilled water, with no organic element added and with no other mineral but silica. An analysis of these plants shows, however, that they produce lime in addition to other elements. Fresh sand containing bacteria is used, not sterilized sand. This sand, called "pure", contains, besides silica, traces of seven elements (representing 0.17%) of which 0.15% are iron oxides, titanium, calcium and aluminum.

To conclude this part of the chapter let us cite one of the numerous experiments made on the English experimental farm of Rothamsted by Lauwes and Gilbert, two great scientists of the second half of the 19th century.

A commercial garden produced a culture exclusively of clover for 17 years. It was mowed two or three times a year and was sown with seed every four years without the use of fertilizer. Regarding this experiment Lauwes and Gilbert write, "A singular fact was verified... this piece of land, devoid of fertilizer, gave cuttings so abundant that if one were to add what had been taken away over 17 years, one would arrive at these figures: 2636 kilos of lime, approximately 1255 kilos of magnesia, over 2150 kilos of potash, approximately 1255 kilos of phosphoric acid, and 2636 kilos of nitrogen."

Figures from a study (Reinberg, *Le Potassium et la Vie*, P.U.F., Paris 1955) made in France in 1955 indicate that the plants took 1,500,000 tons of potash per year. 300,000 tons were provided by manure and 450,000 by potassic fertilizer. Hence the fields were given only half of what was taken away from them.

The soil does not contain such reserves of potash. How then could 750,000 tons be taken every year?

The reader understands better, now, that plants have two ways of producing potassium: from sodium, by the reaction sodium + oxygen = potassium, and from calcium, by the reaction calcium - hydrogen = potassium.

I would like to recommend the research recently conducted in Ohio by J. Benton Jones, an account of

which appeared in *Science* magazine (4/2/65, p. 94). An experiment of this sort opens a new channel for research. But here again we find verification of a phenomenon without any explanation.

The oligo-elements are indispensable. They enter into the structure of the coenzymes. If there is no metal in the coenzyme, the enzyme remains ineffective. With these important oligo-elements molybdenum (Mo) is found. Mr. Jones discovered a deficiency of potassium in leaves of hybrid corn and at the same time verified that the leaves were too rich in molybdenum.

Plants deficient in potassium		Normal plants	
Potassium (%)	Molybdenum (parts/million)	Potassium	Mo(ppm)
0.97	2.0	2.70	0.5
0.56	4.0	2.49	0.9
0.52	2.8	1.73	0.7

One can see that under a certain level of K there is an Mo decrease.

After that, Mr. Jones made a systematic study by changing the doses of potassium given to the soil. Here are the results which I shall give in kilograms per hectare (1 hectare = 2.471 acres). [see fig. 12]

Potassium given to the soil	Degree of deficiency in K	Composition of the leaves	
		(K %)	Mo (ppm)
0	severe	0.57	4
36	light	1.79	1.2
72	null	2.28	0.9
108	null	2.49	0.9

The amount of molybdenum does not change when there is adequate potassium. The diagram shows the simultaneous variations of potassium, calcium, magnesium, and molybdenum. Although the author makes no comment, the reader will rapidly make the comparison. Calcium diminishes, but potassium increases. Let us note that the calcium and magnesium are almost parallel. This can be explained: the plant needs calcium to make the magnesium of its chlorophyll, and the more calcium is given, the more the plant enriches itself in magnesium (up to a detrimental limit, of course). Conversely, if there is not enough calcium, there will not be enough magnesium. It should be noted that even without any potassium being provided, it will be found in the leaves, but four times less than if it had been

given abundantly.

This experiment leads us to a general statement: the origin of the molybdenum cannot be detected. But an interesting conclusion to which this experiment brings us is that a plant rich in potassium will be poor in molybdenum (one of the most important oligo-elements).

Agronomists should then know that an excess of potash, even if it is supplied by manure, leads to a deficit in molybdenum.

It is well known that a fruit sickness called "bitter pit" in the U.S.A. results from an overly rich supplement of K in comparison with Ca. Tomatoes have a Ca deficiency if too much K is present. One may compensate with Mg which, becoming Ca, will reestablish K/Ca. [H: Tedious this may be—BUT, if you want healthy bodies and ability to have that which you need—you had better learn it.]

If potassic fertilizers are exhausted some day it would not be so catastrophic for the agronomists who use them. They may be obtained either industrially or directly from the soil in at least two ways. Yeasts and microscopic seaweeds can produce potassium from sodium; other microorganisms can produce it from calcium. [H: How many of you have heard of diatomaceous earth? I thought that might get a whimsical glance around the room!]

Already a few companies are producing microorganisms to be utilized in agriculture. Yeasts of all kinds are made industrially, molds (penicillin, etc.) as well.

The problems of deficiency in animals and vegetables require closer study. Cattle breeders and agronomists will be forced to recognize the phenomenon of biological transmutations, a phenomenon which, although everyone has already observed and used it, is not understood—thus its application has been limited.

This is the prediction of the leaders of all the associations which advise and apply the biological culture in France, Italy, Switzerland, Germany, England, etc. These leaders are the elite of the agricultural world. They have observed that chemistry does not explain all of biology, that too much confidence in chemistry, where biology is concerned, is an error responsible for much damage.

Excess in any domain is inevitably paid for one day or another. We are often advised to use 250 kilos per ha (100 kilos per acre) of potassic fertilizers at 50% K₂O, or 625 kg/ha of sylvinit at 18% K₂, although cereals on the average do not take away more than 40 kilos per ha of K₂O per year. Thus 3/4 of the K₂O is lost.

How much land is lost in America! In the west of Europe the harm is less visible for the time being, for the common sense of the peasant has helped to postpone the reckoning.

The development of parasites is also a consequence of biological imbalance. Thus agronomists have had to consult their colleagues who understand the necessity for developing biological culture.

The mechanism of these biological transmutations teaches us what to give the soil, according to the following conditions: that the soil be alive, that it be rich in microorganisms, and that the proliferation of the latter be possible. If the soil is too much damaged by chemical abuse, one must reconstitute

it. This can take time, especially if there is no humus (an essential part of living soil).

A SIMPLE EXPERIMENT: THE FORMATION OF CALCIUM IN THE GERMINATION OF CEREALS

Here is a simple and convincing way to demonstrate the validity of biological transmutation. For practicality I have chosen to give a simple and essential experiment with germinating seeds. (Experiments on man and animals are very complex.) The experiments involving microorganisms give rise to problems which can be handled only with great skill.

Many kinds of seeds have been used and the variation of different elements has been studied. Nevertheless, for the sake of illustration it would be better to limit ourselves to an experiment in which the variations are quite great. Here is our example: let cereals germinate in a medium without calcium and witness the increase of calcium after germination.

The author conducted this experiment using wheat and oat seeds from a biological culture. One hundred hand-selected homogeneous seeds were incinerated in order to determine their calcium weight. (The figure obtained was compared to the average weight found in different seeds, from dozens of analyses of thousands of seeds. This was done in order to insure that no grave error had been committed during the manipulation or analysis of this 100-seed lot.)

One hundred identical seeds were germinated in vats, on porous ashless paper saturated with a fertilizing solution of salts dissolved in water. The solution was free of calcium. After six weeks the vegetation was arrested by placing the young plants in an electric oven. The plants were then incinerated and analyzed in the same manner as that used with the first lot of seeds.

More than twenty such experiments were performed, essentially on oats, by changing the moment when the sprouting was begun, extending or shortening the time of culturation, or using different varieties of seeds. Here are the results obtained. The values are given in milligrams per unit (for every seed or for every plant). For lots of one hundred seeds, these numbers must obviously be multiplied by 100. One may operate on lots involving many hundreds of seeds.

	Wheat "Roux clair"	Oats "Noire du Prieure"	Oats "Panache de Roye"
Weight	32.98	37.96	24.48
Calcium (in one seed)	0.0386	0.0372	0.0235
Calcium (in one plant)	0.129	0.155	0.106

There is 3.34 times more calcium in the wheat; 4.16 and 4.51 times more calcium in the oats.

Augmentation of this kind cannot be the result of errors in computation of results. Nevertheless, the chemical analysis was confirmed by a modern and specific physical method of great sensitivity: analysis by spectrophotometry of atomic absorption. [H: Now isn't it just a nice coincidence that we have "happened upon" a spectrometer which will suffice when the FDA comes to call? God works miracles in His wonders to perform???) The converging results were communicated to the Head of Agriculture of France on the 1st of December, 1971, by the chemist-engineer J.E. Zundel.

COMMENTARY

These numerical values ask for some remarks. In biology one should never generalize. These experiments have shown us that calcium increases in great proportions in some plants. Every plant reacts differently (or, rather, every species of plant). That is why the increase is greater for oats, whereas in some plants—rye-grass, for example—the calcium does not increase.

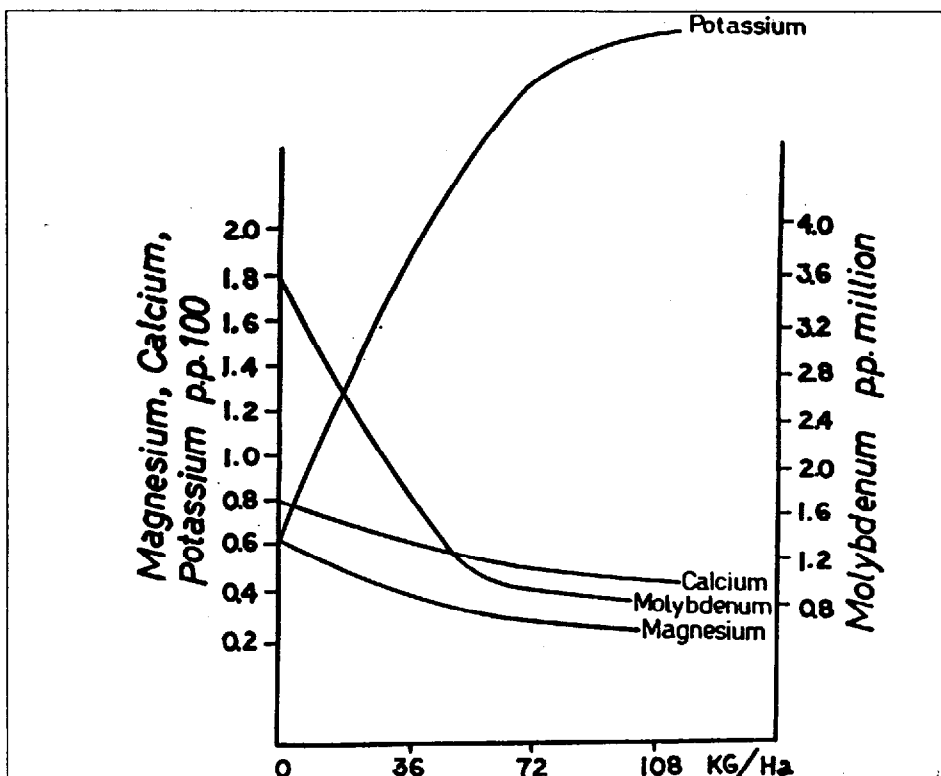


Fig. 12 Variations of K, Ca, Mg and Mo in corn leaves, depending on the K input in the soil (according to Benton Jones).

Hence we learn a lesson: plants able to make their own calcium can grow very well in clayey and siliceous soils, whereas others cannot make their own calcium and must be given it. (The variations of Mg and K in oats were also studied.)

Other observations of ours have proved interesting to many scientists. For instance, the effect of the moon is very important for the formation of calcium. [H: He said formation of calcium—not werewolves!] In the previously mentioned experiment, the germination operation was begun at the new moon and terminated at the second full moon, which followed in approximately six weeks. [H: I don't intend to go into Astronomy or Astrology to bog down in hocus-pocus but there are some VERY DEFINITE cycles that flow with the cycles of the Moon—even more than appears with the Sun (seemingly). However it is because you notice more at moonshifts for you are accustomed to having to have cycles turn on the Sun.]

I can give only an outline of this relatively simple research on the germination of seeds. However, I remain at the disposal of all those who can afford to reproduce such an experiment, to whom I can give all the useful details. [H: Well, not exactly as you might suspect—the man is long “dead”. So, “trust me, the check's in the mail...!”] If they do not have the material means for the analysis, they may entrust the analysis of their seeds and plants to a laboratory equipped for such research.

The importance of such an experiment in terms of its application is in knowing whether the calcium increase occurs during the germination only, or whether the whole plant becomes richer in calcium (to the detriment of another element which is transformed into calcium—here, potassium). In the latter case the soil's composition would be modified by the stubble remaining in place after harvest. There is here a very interesting study to be made by a laboratory of biological agriculture.

I have reported the qualifying observations made by Pfeiffer on different plants (e.g. the daisies in the grass) which enrich the soil with limestone. Another example, very well known by horticulturists, is the case of azaleas. A culture of these plants was made in a soil of heath, an acid soil devoid of limestone. The soil analysis showed that it became too rich in limestone and the cultivation could be continued only by removing a layer of soil and replacing it with the soil of heath, or by cultivating plants which cannot make calcium. This example is another illustration revealing a substitution of calcium with another simple body, which would have to be determined in the case of every cultivation.

The whole secret of biological culture is yet to be discovered with the study of substitution. This phenomenon cannot be studied by reason alone; it must include concrete experimentation. [H: Ah, but you CAN learn from the EXPERIENCE of others—especially the “organic” growers.]

The present form of agriculture, to which our biological agriculture is opposed, leads to the ruin of soil and health and will eventually bring about the death of humanity. Already man is poisoned by all sorts of pesticides or by mineral excess. Phosphates, while favoring the proliferation of some plants which invade the waters, simultaneously deprive the water of oxygen and, little by little, make all life—animal and vegetal—impossible.

Let us then heed the advice of the specialists of agro-biology in order to insure the good health of the vegetal kingdom and of man.

[END QUOTING OF PART 14]

Let us leave this as it very lengthy. We will next take up the topic of “Nutrition”. Oh, botheration! No I am NOT going to tell you to live on nothing but Spelt—but close! If you get the things you NEED for full health—you can have almost anything else you

wish—but you may find you don't longer “wish” them.

9/4/95 #1 HATONN

Let us move on now to the next topic to put together our unfolding *miracle*:

[QUOTING, PART 15:]

CHAPTER XXI

NUTRITION

It is universally known that one of the chief concerns of the times is the problem of nutrition. Vitamin pills have great success among those who are not sure that they are getting the proper diet. The source of protein is a mystery quickly solved by the nutritionist who gives his impatient patient as much protein as he fears he needs.

Theories about nutrition are based upon the old academic chemistry which declares that nothing is lost and nothing created: everything is transformed. Therefore, to be safe, extras of everything are given—plus always a little something in case of a leakage. Thus a chemical accountancy is forced upon modern man whose mind is centered on the capitalization of matter. Health is synonymous with capital. Proteins, minerals and vitamins are caused to be retained internally in any way possible. If the iron's desire is to leave the body, one employs a fixative so that it will remain there long enough to provide energy for meeting the day's activities. In such a way chemistry has sold its SOUL to the merchants, the muses of the research workers; these workers are told what to produce in accord with the needs of the times.

Medical doctors often do not know the contents of the drugs they prescribe. Merchants provide them with brief pamphlets which are too seldom read. More time is spent in the politics of big business than in curing the patient.

It is hoped that biological transmutation, which is intended for everyone's understanding, will awaken man from his lethargy. There is no need to surrender oneself to strangers who aim to manipulate consumption during the next decade. This new science with its clarity of exposition, its thousands of proofs, and its chief witness—the order of the world—will guide man in such a way that he will be able to choose his food himself according to his own needs.

[H: Since this information was published first, before 1960, and dealt with research from the '20s and '30s, it is a bit frightening, is it not? Further, it was published from work and studies done in FRANCE (Europe). What think you now about America and, therefore, the rest of the world? Do you actually have CHOICES as indicated above? Of course not—you are simply buried in MORE confusion and sold on more and more junk intake as big business in vitamins/minerals moves into even higher running gear. I can only remind you to keep uppermost in mind the timing of what I have chosen to offer here because, had you changed when this information was brought forth, there would, actually, be no New World Order to worry about—for you would have maintained control of yourselves.]

The findings concerning calcification alone should suffice to convince anyone concerned with proper nourishment about the significance of biologi-

cal transmutation. It does not help in any way to take into account the mineral calcium found in the food, for our organism rejects the majority of this calcium and fixes the rest of it but imperfectly. (When it is hot, especially, one rejects more of this element than one ingests.) [H: PLEASE BACK UP AND READ THIS PARAGRAPH AGAIN.]

The phenomenon of transmutation, unobserved by dietitians, proves the caloric balance sheets based solely on the chemical reactions of carbon oxidation to be inadequate. The research done with the calorimeter will not prove satisfactory since some elements, due to enzymes and various physiological conditions, can be transmuted with absorption or emission of energy. This is enough to show how incompatible are the complex determinations of the energetic balance sheets, setting forth the simplistic view accepted to this day by almost everyone.

We have seen the impossibility of relying completely on chemistry. Several medical doctors understand that a diet rich in calcium does not necessarily strengthen the bones. Decalcification is sometimes caused by a deficiency of the enzyme which transmutes sodium into magnesium. If, however, it is due to a deficiency of the enzyme which transmutes Mg into Ca, it is advisable to strengthen the bones with potassium and organic silica.

When calcium is being used by plants, this element, with the help of other enzymes, may produce potassium, and magnesium (as do the bacteria of saltpeter).

****DECALCIFICATION MAY THEN OCCUR WHEN SALT-FREE DIETS ARE PRESCRIBED, ESPECIALLY CHLORIDE-FREE DIETS.****

Silica seems to be a superior element for the strengthening of the bones. One must still refrain from excessive intake, as with any kind of food, but the tolerance is great. That is why it can possibly be used

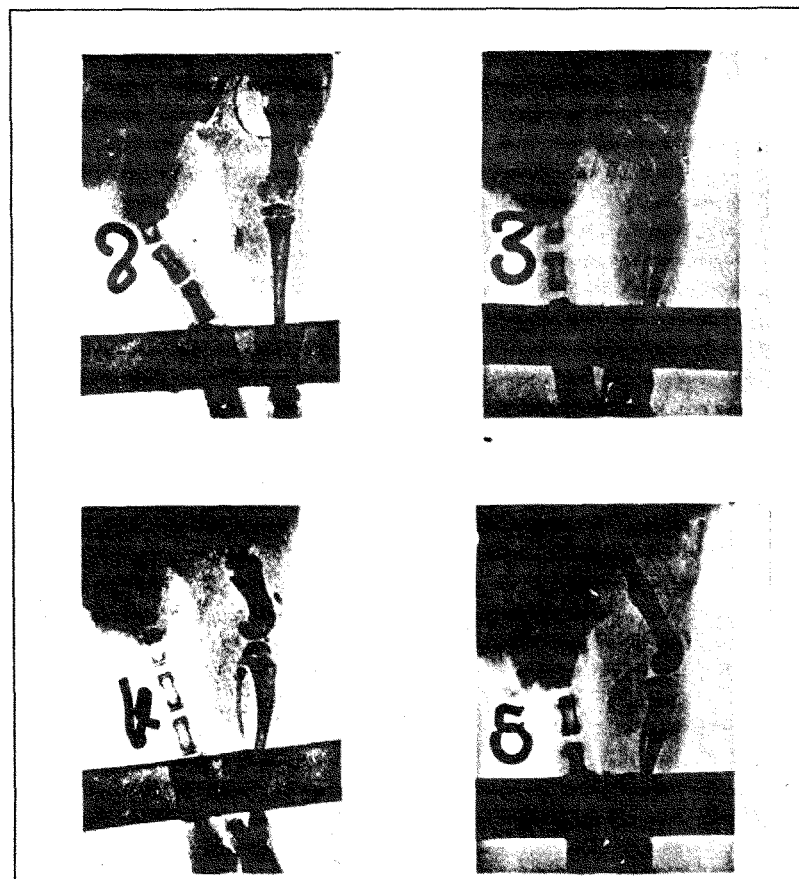


Fig. 13 Action of vegetal silica in recalcification. Broken femurs of rats—10th day.

Photos 2 and 3: controls receiving a diet normal in calcium. (One can see that the repair has just begun.)

Photos 4 and 5: rats receiving a supplement of vegetal silica. (The soldering is neat and the callus is forming.)

without medical control. The excess is eliminated by the urine, thus horsetail is a diuretic for many people. [see figs. 13 and 14]

The action of horsetail is rapid: nails which break easily, an early sign of decalcification, become normal within two weeks with a horsetail extract; horsetail decoctions take a while longer. [H: Yes indeed we feed our Gaiandriana and Aquagaia silica AND horsetail extract. We add it to the Gaialyte also and make sure it is within the medium with which we make all varieties of "teas". Our membrane cartilage product is heavily laden with Silica so that you get the most effective placement of the necessary components. I am contemplating asking that silica be added to the bread mixes—but that is something you can EASILY do right at baking time. If you use the liquid or gel you can add a bit to each loaf in exchange for the water in whatever amount you choose or use the crushed tabs or empty capsules directly into the mix. Good quality silica has no flavor so I suggest silica instead of horsetail extract or decoction as additives to foods. The heat of baking will not have any effect on the silica. There is NO REASON FOR CONTINUED BONE LOSS IN ELDERLY OR YOUNG IF YOU DO THE PROPER THINGS.]

Spectacular results have been obtained with fractured bones. An experiment was made in a specialized nutritional laboratory where young rats were subjected to a controlled diet. (*Transmutation of Faible Energie* (2nd edit.) Maloine Pub., 1972, p.100.)

These rats were divided into two lots of three each. One of the lots received a normal diet which included a fairly generous amount of calcium. The other lot had an extract of horsetail added to its food. X-rays of all the rats were taken ten days after their bones were

broken. It was clear that the ingestion of vegetal silica had already healed the bones. An X-ray taken on the 17th day showed that the cure was complete, whereas with calcium alone, X-rays taken on the 17th day showed that the bones were not yet healed.

On the other hand, Professor Delbet demonstrated many times to the Academy of Medicine that it is beneficial to increase the usual allowances of magnesium. The cases of decalcification, much more frequent nowadays, are due in part to our "industrial" modern diet which is deficient in magnesium. White bread and white salt are preferred for business and aesthetic reasons, to the detriment of our health.

It would be beneficial if a systematic study were made, under medical control, in nurseries, kindergartens and high schools. There is much to be learned from the conclusions that would be made concerning the food that is provided there.

Statistics taken from January 1957 to November 1963 in Copenhagen showed that 80 children, from three to four months old, died suddenly. Although they had been given milk, their deaths were caused by a lack of calcium. Accidents of the same type were observed in a hospital in Paris. A post-mortem study showed that these sudden deaths, occurring in the cradle without warning, were caused by a spasm of the glottis which turned upside-down and obstructed the trachea.

Many hospital dietitians and even pediatricians do not yet know that these spasms, which are caused by a lack of calcium in the contractile cells of the blood, cannot be fought with calcium. Only magnesium can cure these spasms; the same applies to rickets. It seems that these unfortunate children had a deficiency of an enzymatic order; therefore, they had difficulty in transmuting sodium into magnesium. They should have been given more magnesium directly. Of course, one should be careful to give a supplement of magnesium to patients subjected to salt-free diets, to avoid decalcification.

Cereals and whole flours are richer in magnesium than meat products. We do not advise taking magnesium in the form of sulfate, this salt being purgative and irritating to the mucous membrane of the intestines.

When animals travel by truck or rail it is advisable to triple their intake of magnesium a few weeks before the trip, in order to strengthen their skeletons. This will permit them to travel without the risk of a fracture, especially the pig and calf which, due to modern methods, have "grown too fast".

More could be written about dietetics in the light of the biological transmutations. It is expedient to expose the problem of decalcification since that is the most classical among the problems of nutrition. The reader will have to go back to previous chapters if he wants to understand more about the subject, succinctly treated here. In order to understand the problem of decalcification he will have to study closely all of the chapters in which calcium is involved. Once again, this book is intended only as a catalyst; its goal is to arouse in the reader—and hopefully in the minds of scientists—enough curiosity so that they will pursue the subject on their own.

I shall end this chapter with a story which illustrates in the most dramatic and clear manner the problem of nutrition.

A doctor advised a pregnant woman to take iron when he discovered that she was deficient in this element. But because iron cannot be fixed in the

body he also advised her to take with the iron something to fix it in the intestines. The woman, who did not believe in taking too many pills, was somewhat shaken by the "news" that she was lacking iron. She went home and told her husband, who was well-acquainted with the phenomenon of biological transmutation. The husband reassured her that everything was all right, but that she would simply have to take more cereals and chew them more thoroughly in order to assimilate the manganese well and activate her metabolism. The husband then advised her to make her next appointment with the doctor in the afternoon instead of in the morning. A month later she went to the doctor, who declared that she had done well to follow his advice for there was plenty of iron now!

What happened was this: cereals, especially whole wheat, brown rice, [H: SPELTA, SPELTA AND SPELTA!!], etc., are rich in manganese. But we know that MANGANESE CHANGES INTO IRON ($Fe_{56} - H_1 \rightarrow Mn_{55}$). The pregnant woman had a slow metabolism, so her husband advised her to see the doctor in the afternoon; by that time the manganese had changed into iron. A woman with a more active metabolism has plenty of iron within a few hours after breakfast.

Iron content varies with every individual and must not be administered mechanically. The biological transmutations promote the serenity of the physiological man as compared to the paranoia of the world of the "quick pill".

CHAPTER XXII

MEDICINE

A time will come when the biological transmutations will be fully instituted and practiced in medicine. [H: I take exception to this "dreaming", scientists. This will NOT happen in a billion years as long as money is involved. YOU will attend yourselves until you make it or break it from here on in, readers. "Medicine" is not going to do anything for you except strip you of that which you have left in working order. Neither I nor anyone else can give YOU what you must have to keep your machinery working properly and, as long as you slash, bash and burn along with the poisons presented by the New World Order Cartels who OWN the chemical and petroleum DRUG HOUSES, you can't heal anything—much the less yourselves. You have come to the place of necessity of self-preservation or forget it and die on schedule.] The health that modern man has is temporary, lasting just for the time it takes for the last pill to wear off. When a symptom of a sickness begins to appear one shuts it in mechanically with whatever new pill is on the market. If one unit is not enough, one takes two, etc.—for months, or even for life. Rather than seeking quality, one turns to quantity. Quantity overwhelms the sickness and baffles it for a while, but like a balloon pressed against the water, the sickness springs out stronger than ever in another place. In medicine, as it is practiced by many doctors, there is no intelligence involved. Everything is arranged so that nothing will be lost. When something disappears, everyone is worried and hurries to replace it immediately—and, to insure the success of this mechanical operation, a supplement is administered. From a comprehensive physiological understanding man has shifted to the purely mechanical. The body is but a factory without a foreman where all the machines run wild. A man is hired to put things together. But the task is so difficult that he gives up the job and another is hired.

The "replacement" of an element is a primitive approach, born out of defects in understanding. This mechanical attitude makes man a frightened being who is out of place in this world. This pattern of thinking and practice impedes progress and, worse, leads man to the loss of his mental faculties. With the proper understanding he could evolve and become the man he is meant to be, not a compulsively busy one, wasting his

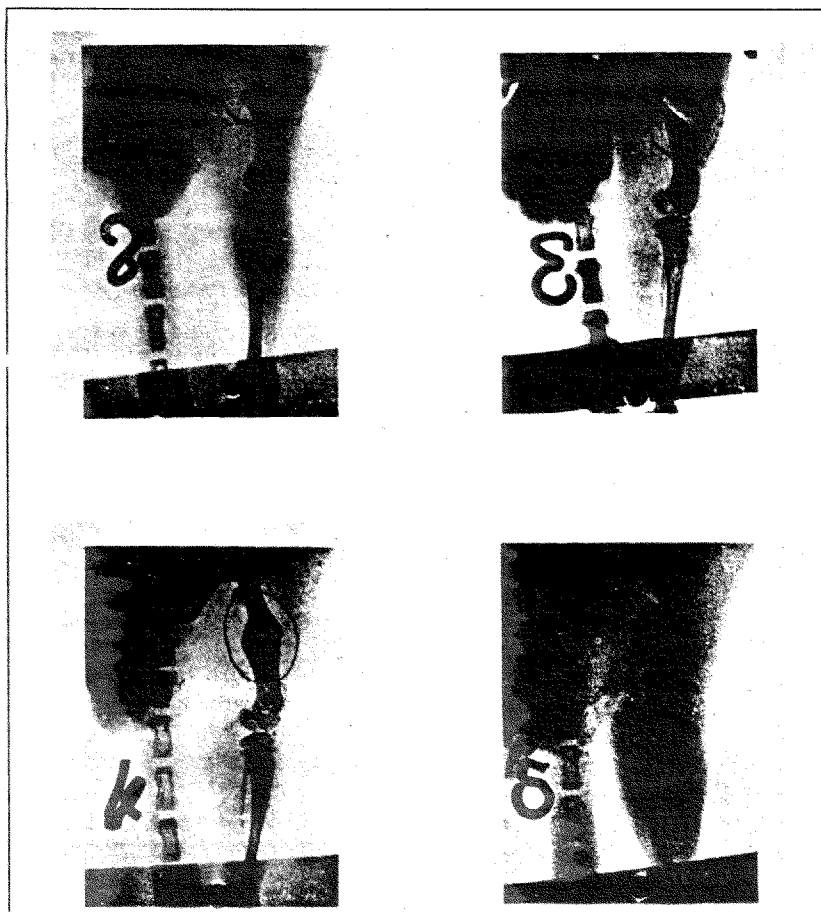


Fig. 14 Action of vegetal silica in recalcification. Broken femurs of rats—condition on 17th day.

Photos 2 and 3: slow progress in controls (diet with normal amount of Ca). Very little change in 7 days.

Photos 4 and 5: rats receiving a supplement of vegetal silica. Almost complete soldering. The callus shows from its opacity that the limestone density is greater than in the remaining part of the bone, which is transparent (4).

time patching up his sorrows and pains.

The phenomenon of biological transmutations brings man back to life and reality. By studying and making use of them man will recover the health he lost a long time ago. Health means not only to be able to do one's work with a certain required strength, but to be a clear thinker who can spend time learning about the wonders of this world. To be healthy is to be able to grow and perceive; it is also the ability to learn from others with humility. An artificially induced physical health is temporary. True and complete health must encompass the mind as well as the body; it implies happiness and understanding. The application of the biological transmutations can be a guide for the safe conduct of man.

CALCIUM IS NOT ALWAYS THE ANSWER

The problems of decalcification and the strengthening of the bones must be investigated all over again. We have seen how fractured bones can be healed rapidly by means of organic silica (see chapter entitled "Production of Calcium from Silicon"). We have learned how horsetail, which is quite poor in calcium, can help heal fractured bones. Spring horsetail, as compared to summer horsetail, is rich in organic silica—not in mineral silica which is, on the contrary, decalcifying. [H: This is VERY important so don't take a rash approach to this without knowing the consequences. In dispersion or colloidal state the mineral silica is almost as useful. Further, when I say I have added to the Gaiandriana the "silica", I mean exactly that—in colloidalized form because the cells need the PARTICULATE for their processing in perfect cells and this REQUIRES transmutation. You need the easiest-to-assimilate form of things because your body is so out of balance as to make it difficult for it to program itself. This is ANOTHER REASON you need GAIANDRIANA and AQUAGAIA—the intaken cells are already in perfect balance and will then program to your own needs—moving right to the imperfect cells of your own body and take on the DNA characteristics of the cells in jeopardy—be they liver, kidney, muscle or immune system.

If you don't have enough properly programmed cells working in your body—you are not going to get the fine results which could be yours by starting with a better cellular structure. You who have been regular users of Gaiandriana AND Aquagaia (mitochondRIA) are a long way out front because when you rid yourself of parasites and then kill off the invading microbes intended to sicken you—you can then use this information to maintain a perfectly functioning body without drugs or toxins ADDED. I am, however, NOT INTO DOCTORING, MEDICINING OR "TREATING" YOU. I CAN TELL YOU WHAT THERE IS, WHAT IS AVAILABLE AND SUGGEST AN "ORDER" IN WHICH TO MAKE MOST CONSIDERABLE AND THRIFTY USE OF PRODUCTS—NO MORE.]

Fresh green vegetables (young plants), radishes, etc., contain a large amount of silica. We now know it is due to the ingestion of fresh grass that milk-cows can excrete more calcium than they ingest, without decalcifying. The mother who breast-feeds her baby may correct her diet by adding a small amount of horsetail to her food in order to avoid decalcification. This is now recognized without dispute and is being applied commercially in France.

Many articles include names of authors who have

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referred to my work, citing spectacular results obtained in the attempt to strengthen the bones with organic silica. The chief surgeon of a hospital asked for my assistance when he found himself confronted by a delicate case: a young man with bones broken very badly in an accident. The classical treatment of Vitamin D plus a phospho-calcic salt failed to bring about any improvement. However, the administration of organic silica healed the bones rapidly. I could cite various other examples.

At that time Professor Delbet had already arrived at the understanding that it does not help much to ingest calcic phosphates. He wrote, "It is questionable whether calcium phosphate is formed in

the bones," and, "We do not know how the calcic phosphates come to the skeleton," for calcium has never been found approaching the bone.

In 1962 a Canadian author, H. Selye, wrote a whole book about what he called "calciophylaxis", which he defines as "a diffuse hypersensitivity" in which "the tissues react... because of an intense and local calcification"—a purely dialectical explanation. Unfortunately, he concludes, "The nature of the local mechanism of calcification is one of the most important problems of biochemistry which has not been resolved." He had no knowledge of my work.

The question of calcification commands us to revise all our notions about dietetics, for it is useless to take into account the mineral limestone found in food. Our organism rejects most of the limestone and fixes the rest but poorly. In general, one rejects ingested calcium when it is hot. The mineral limestone comes in part from magnesium, when the latter is produced in excess.

CHARNOT'S RESEARCH

(*Le Silicium dans l'Osteomalacie le Darmous et la Tuberculose*, C.R. Acad. Med., Paris 1947.)

In the autopsy of a tuberculous patient, Charnot noticed a strengthening of the bones and a simultaneous anomaly in the percentage of magnesium, accompanied by a lack of silicon in the bones.

Magnesium and silicon are two of man's main sources of limestone. The verification of this fact served as the starting point for systematic research on tuberculous guinea pigs, establishing that tuberculosis is always accompanied by decalcification. Silicon disappears before calcium; that is an early sign of decalcification. But when organic silica is given, a rapid calcification of the caverns occurs.

When silica disappears, calcium leaves the bone. If organic silica is administered, the calcium returns. Whatever interpretations one may conceive, one fact is irrefutable: the two elements are linked.

Charnot also remarked that there is a link between potassium variation and decalcification. (See chapter entitled "Potassium-Calcium.") This fact inspired him to utilize the actions of silicon and potassium in the treatment of rheumatism.

To a patient whose rheumatism was so bad that it deformed her fingers and joints, Charnot gave bicarbonate of potassium with an extract of organic silica. An X-ray was taken before the treatment. After 6 days of treatment another X-ray was taken. It revealed a complete cure.

To another patient, suffering from a decalcification of the knees, he again gave organic silica, this time extracted from plants. The silica was given with bicarbonate of potassium. After a month of daily treatment the knee was healed.

To a woman who was badly decalcified he gave, for several consecutive days, an amount of calcium superior to the amount she was excreting; nevertheless, she excreted more silica than she ingested.

Though one can learn from this that potassium and silicon bring calcium to the bone, thus curing rheumatism without having to depend on the ingestion of calcium, he should be careful not to generalize. Excessively heavy doses of silica—especially the mineral ones—cause decalcification. Charnot's experiment is cited here as an example for the reader of how biological transmutation occurs in man's body.

The impracticability of an absolute reliance on chemistry has become clear to several doctors. For

example, a diet rich in calcium does not necessarily strengthen the bones properly. This is the understanding of those concerned about promoting efficient diets. One of them, Dr. Plisnier (Belgium), made various observations which make sense in the light of biological transmutation. In his book *Save Your Health* he states a few observations which I can cite but incompletely:

(a) A delayed dental growth in children receiving a diet normal in calcium (according to the old, classical dietetics which prescribes fruits, vegetables, milk, cheese,

and meat) was corrected in a matter of a few weeks. The children were given instead a regimen excluding milk and cheese (which are considered great sources of assimilable calcium).

(b) This same diet, poor in calcium, allowed the rapid repair of a fracture. The patient was a woman in her sixties who had broken her femur which, in spite of two operations and a diet rich in calcium, could not be healed.

In medical reviews, authors are universally recognizing the contradictions which present themselves—concerning sodium, potassium, magnesium, or, most of the time, calcium.

Let us not accept blindly the dictums taught us. We have been told that the practice of substitution is essential, that if calcium appears it is because it has been displaced—by magnesium, for example. This is a position taken for the sake of conformity, to satisfy the "non-creation" dogma. Those who affirm the substitution theory have never weighed the magnesium and calcium before and after the experiment.

Those who believe in the substitution theory say that the total Mg + Ca is constant. This is an un-

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founded assertion, for the relative constancy they have observed results from the fact that Mg decreases and Ca increases. The sum of Mg + K + Ca is constant. But as far as some scientists are concerned, the element lost from an organ has gone to some other place!

I remind the reader of the experiments made in the Sahara Desert where for six months petroleum workers excreted an average of 320 Mg more calcium every day that what they ingested, and this without decalcification!

All that has been written on the metabolism of calcium which does not take into account the biological transmutation must be studied all over again, as there are important facts medicine must begin to use.

THE THYROID AND THE METABOLISM OF CALCIUM

In the chapter entitled "Sodium and Potassium" I indicated that the transmutations of the latter seem to depend on the aldosterone. But in the chapter devoted to magnesium, I made no allusion to the endocrinal secretions on which the magnesium-calcium link may depend. In order to orient research which would help determine the enzyme capable of accomplishing the transmutations, it seems useful to cite a few findings:

The role of the thyroid in the regulation of mineral metabolism has been studied in vertebrates and especially in fish, by M. Fontaine (1954). (Archives Soc. Physiologie, 7, C55 to C78 (Paris).)

The lowering of the water salinity of the outside medium stimulates the thyroidian formation of the fish, says M. Olivereau (1948), whereas the opposite, the elevation of the salt rate in the inside medium, makes the thyroid decrease its activity. (C.R. Soc. Biologie, p. 124, 176 (Paris).)

Nigrelli (1952) believes that it is the variation of the Ca/Mg ratio in the water which influences the thyroidian activity of the fish. (Zoologica, 37, 185-189 (Paris).) This is also recognized by Professors Berg and Rasquin; Olivereau admits it also (1955). Etienne (1958) studied the actions of the K, Mg, and Ca ions on the thyroidian function of trouts. (C.R. Soc. Biologie, 152, No. 2, p. 308-312 (Paris).) There are many others, such as Koch (1942), who studied the influence of the thyroidian hormone on the osmotic regulation of the fish. (Ann. Soc. Roy. Zool. Belge, 73, p. 164-172.)

Hence many individual discoveries have shown that the enzyme which regulates the relation between Mg and Ca seems to be secreted by the thyroid. The stimulating action would depend on Mg, which leads one to believe that Mg provokes an increased thyroidian activity.

A fault in calcium metabolism thus seems to be linked to a modification of the thyroidian and parathyroidian activity.

All endogenous formations of calcium seem to be connected with the thyroid and parathyroid. The action of K has also been studied: K increases thyroidian activity as does Mg; Ca does not. [H: I suggest you who feel the call of the "wild chubbies" get onto some good portions of whole grain (Spelt) (a little goes a long way so you don't need to OVERdo) and get your silica intake, Mg intake and some good amounts of potassium INTO THAT BODY. Give it a couple of weeks and see that you are utilizing your food better, feeling better and have a better thyroid output.]

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fresh organs:

Organ	Healthy Guinea Pig	Tuberculous Guinea Pig
Lungs	0.0059	0.0058
Liver	0.0053	0.0068
Kidneys	0.0046	0.0055
Brain	0.0093	0.0104
Heart	0.0072	0.0073
Pancreas	0.0061	0.0044
Thyroid	0.0234	0.0533
Suprarenal	.0418	0.0390
Blood	0.0452	0.0554
Cerebellum	0.0663	0.0686
Teeth	0.0505	0.0463
Bone	0.0491	0.0412
Skin	0.0657	0.0573
Hair	0.0899	0.0530

The silica rate is the same in the spleen as in the pancreas. Young guinea pigs have a thymus rich in silica.

One can see that in the teeth and bones the silica rate is high in the healthy guinea pigs but low in the tuberculous ones. This reduction of silicon precedes the reduction of calcium, as if it were the lack of silica which caused the lack of calcium. This is interesting because falling hair and nails is the early sign of decalcification. [H: NOTE THAT POOR NAILS WITH RIDGES AND FALLING HAIR ALSO GO ALONG WITH HEAVY DIETING FOR WEIGHT LOSS.]

One can see that the thyroid is relatively much richer in silica than the other organs. Here the tuberculous subject has a silica rate twice as high as that of the healthy subject.

This relative abundance of silica suggests that the thyroid plays an important role in the metabolism of calcium. I do

not think that this observation has been made before. That is why it will be fruitful to compare all the research made concerning the role of the thyroid in the metabolism of Mg, K, Si, and Ca.

There are some other cases where the action of the thyroid could be associated with magnesium. I have already stated the variations of Mg in cancer, as cited by Delbet. If the thyroid is removed when the cancerous tumor is operated on, the reappearance of cancerous tissue is much more pronounced.

Would this not come from the fact that the regulation of the Mg metabolism together with that of K and Si is perturbed? Wouldn't this be an ideal ground for the cancerous proliferation?

But calcium may also come from silica (and there could be a simultaneous action Mg, K and Si, producing Ca) so that one must find a link between organic silica and the activity of the thyroid.

It has been established that people with tuberculosis suffer a decalcification. Dr. A. Charnot proceeded with an analysis of 29 organs or parts from both a healthy guinea pig and a tuberculous one so he could weigh the silica. Here are some results, given in grams for 100 grams of

HEART FAILURE

Groups of M.D.s (some of them professors at the Faculty of Medicine) wishing to learn more about the basic problems of their discipline asked me to teach them the mechanism which had so far remained unexplained by biochemistry: the potassium increase in the blood despite a diet deficient in potassium. They had read my first books where I explained how the endogenous production of potassium was possible. This knowledge had opened for them new horizons in the explanation of the mechanism producing heart failure. (Death occurs when there is an exaggerated increase of potassium in the blood serum.)

It is known that the body cell (the nervous cell is no exception) is rich in potassium, although it lives in the midst of a nourishing liquid rich in sodium.

The potassium can go from the inside to the outside of the cell wall (called cellular body) and back again. In some cases the same is true with sodium—a normal balance is achieved by a much higher potassium content inside the cell. Because of this, there is outside the cell an intermediate potential between K and Na, leaning toward K. In the serum there is a potential leaning toward that of Na.

Let us recall that compared to that of the hydrogen electrode, the potential of sodium is negative: -2.175 volts. The potassium potential is even more negative: -2.924; thus K behaves more negatively than Na which has 0.209 volts. One can imagine a battery where the positive pole is Na and the negative pole is K. (The reader will recall that the differences of potential to which the nervous fibers are sensitive consist only of some tens of millivolts. There is a degree of rest and a degree of excitation. Thus great mixings of K and Na are possible, since in a pure state there would be 209 millivolts difference.)

However, if one ends up with a ratio such that the difference between the potentials on each side of the nervous cell wall is too small, excitation is not possible. The nerves are blocked and heart failure results.

In the case of heart failure the potassium increase in the plasma can rise so high that the difference of potential from that of the inside of the nervous cell becomes insufficient and there is a blocking of the nervous influx. This, of course, is a simplified figuration, for the biological reality is always much more complex.

In order to prevent a dangerous increase of K in the blood, some doctors thought to maintain a severe regimen including a minimum of potassium. In spite of a significant deficiency of K in the food, the potassium level continued to rise, causing an eventual accident.

Confronted with such a failure, others thought that the dangerous K increase in the blood called for removal of this serum too rich in K and the injection of an artificial physiological serum at 9‰ of NaCl, containing no K. Unfortunately, this direct injection of sodium into the blood circuit provoked an immediate death.

There is, in the logic of the biochemist, another reason for believing that sodium should be given. When the potassium increased, there was an intense, unexplained "leakage" of sodium. The subsequent reasoning was thus: since the sodium goes away and there is not much of it left, we must give it to the organism!

The nuclido-biological reactions which I had observed helped to explain what was happening. An

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hormonal disorder (of the suprarenal) provokes the continual synthesis of the aldosterone, thus transmuting the blood's sodium into potassium.

Hence, in this case the potassium increase in the blood has nothing to do with the oral ingestion of potassium, because it is the sodium of the blood plasma which becomes potassium. It is only the sodium ingestion that one should change, and it is understood that by an injection of artificial serum—water salted with sodium chloride—the blood receives a fresh and abundant afflux which transmutes immediately into potassium and causes death. A salt-free diet is traditionally imposed, but for a lasting cure one should act on the suprarenal. [H: !!!]

ADDISON'S DISEASE

In December 1963 a chief endocrinologist of one of the largest hospitals in Paris asked me to give some doctors an exposé on potassium. This professor wanted to show his assistants, interns, students, pharmacists, laboratory chiefs, etc., the formation process of potassium and the disappearance of sodium, since the sodium "leakage" and the potassium risings remained unexplained. A typical example is Addison's Disease, where the percentage of sodium in the blood plasma decreases while the percentage of potassium increases.

It had been established in 1927 by Bauman and Kurland that the potassium increase in the blood serum was caused by a malfunctioning of the cortico-suprarenal.

In 1931 Hastings and Compere, in a suprarenalectomy on a dog, verified that on the second day the increase of K in the plasma can exceed the normal balance by 50%, causing death to occur a few days later (at which time there is six times more K than normal).

The potassium also increases in the cell. Harrison and Darrow in 1938, Buell and Turner in 1941, verify this in the rat.

This observation invalidates the arguments of people who say that the increase of K in the blood serum is caused by a "leakage" of K from the cell. The researchers previously cited provided proof that it is the total potassium which increases; it is not a case of the simple removal of an ion.

In Addison's Disease the symptoms are aggravated by an excessive supplement of potassium in the diet. The disastrous role of potassium with regard to cortical malfunctioning has been confirmed on suprarenalectomized animals by Allen, Nilson, Kendall, Cleghorn and McVicar.

The plasmatic sodium, which falls in cases of cortical malfunctioning, rises under the effects of D.C.A. or cortisone. The plasmatic potassium, which rises in cases of cortical malfunctioning, is decreased by D.C.A. or cortisone. The opposite effect which these have on Na and K was established in 1948 by Green, in 1939 by Kuhlman, and in 1940 by Tookes. D.C.A. can act so intensely that it can cause a loss of the K stored in the cell.

Darrow demonstrated that under the influence of D.C.A. a deficit of intracellular K causes an alkalosis. This alkalosis (increase of Ca), linked to K, has been confirmed by specialists of endocrinology.

Thorn, in 1941, demonstrated a different effect caused by cortisone on Na and K in Addison's Disease. An excess of cortisone (or D.C.A.) can lead to such a loss of K that decalcification results. It was never understood why the lack of K caused the lack of Ca.

Rheumatism treatments with cortisone (200 Mg/day) modify the Na/K equilibrium. Long treatments can lead to fatal troubles by causing the atrophy of the gland which secretes these hormones (resulting in a reduction of the cortex matter).

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In the treatment of rheumatism, as in the treatment of Addison's Disease, the amount of potassium excreted is greater than the amount ingested. This negative balance sheet is accompanied by a negative calcium balance sheet, showing that the disappearance of K is accomplished directly by the transmutation of the latter into Ca.

CUSHINGS'S DISEASE

Here, the opposite is true: an hormonal excess leads to a sodium increase in the blood.

The alkalosis in this disease is corrected simply by giving potassium.

Cushing's Disease is caused by excess suprarenal activity which in turn is often produced by a tumor of the hypophysis, no longer able to control the suprarenal. The latter then produces an abnormal quantity of cortisone and other steroid hormones. One knows the effects of excessive injections of cortisone. Excess tension, a loss of minerals in the skeleton and a poor endocrinian function are the consequences, and together they may ultimately cause death.

Cushing's Disease has been considered incurable. It has always been treated by surgery: by the partial removal of the suprarenal and the removal of the tumor in the hypophysis. It has also been treated with gamma or X-rays, an attempt which always causes damage to adjoining tissues.

[H: Anybody getting sick to your tummies yet? How many people do you suppose "medicine" is killing off every year? You have the perfect setup here for needing all sorts of transplants, dialysis treatments and infinite (until you kill the patient) use for drugs which INSURE DEATH and misery while you attain death. WHAT YOU DON'T KNOW IS KILLING YOU MORE AND MORE RAPIDLY EVERY DAY.]

People who undergo cortisone treatment typically excrete more K than they ingest. For us this fact was one of the leads in researching the enzyme which provokes the transmutation of Na and K and which seems to be the same group.

The secretion of ACTH from the hypophysis under

traumas such as hemorrhages, severe burns, violent physical effort, acute infections, bad wounds, operational shocks, strong emotions, etc., also causes a large secretion of K. I believe that in this case we should study the possibility of giving a physiological serum (Na). Whoever deals with the excretion of K must also consider the Na consumption, since Na is needed to replace K. Hence water, salted with NaCl, should be given as liquid intake to avoid a possible loss of K.

Above all, one should not commit the grave error—which is still being made—of saying that since the organism is losing K, one should introduce more of this element. (This is similar to returning to an organism its wastes!) Actually a large injection of KCl could be dangerous because it might cause a local and lethal concentration in the cells.

It is by using precise balance sheets that we have established the reality of the biological transmutations. It can be seen that this "new" science clarifies much that has remained mysterious thus far (concerning the metabolism of potassium, for example). This evidence must surely oblige everyone to return to his studies in biology. Indeed, the facts have been seen for a long time. It was no disappointment for me to learn that they had been discovered before me. Quite the contrary—I was thrilled, for this merely proved me to be correct. [H: AHO!]

[END QUOTING OF PART 15]

I can only continue to urge you to not look at this information as old or just a "botheration". You do not have to be a college graduate to learn the symbols and signs for elements and find out what YOU NEED. You have been so trained and controlled as to disallow any measure of attending your own welfare. I am not going to hold you down and shove something down your gullets—how long and well you wish to live is strictly up to you. Don't write or come to Dharma, either, to lay forth a plan FOR YOU. You are perfectly capable and she has no more information than do you. I am warning you, however, that some of your holistic healers,

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herbologist, etc., are JUST AS MISINFORMED AS ANYONE IN THE SO-CALLED PROFESSIONS!! You are going to have to go back to the early basics and work forward if you hope to regain your health and maintain through that which is coming upon you. We can offer help but no more. More people are KILLED every year by the mistaken assumptions regarding potassium than probably any other cause. YOU HAVE TRULY BECOME PEOPLE OF NOTHING BUT

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The Crash Of '95?

(Continued from Front Page)

mixing cultures and you may well get a feather stuck up your nose for the intrusion. Further, no one goes to Grandfather's place for Little Crow to do anything!! You may well get a sign of some kind but it will NOT BE THE SIGN YOU SEEK. Be patient in the learning sequence and note that you bog down in your own receiving and tasks if you attend that which is outside the needs of the moment. All will unfold in its proper time.

If you have great need to "handle" or "experience" something—clear first with either Little Crow, who will tell you instantly to mind your own business, the Indians are not your problem, and/or to E.J. Satala who is a Hopi and understands about Sipapu(s) and Earth interpretations. YOU ARE ALIENS IN THEIR MIDST—PLEASE BE GRACIOUS GUESTS FOR YOU ONES REMIND ME OF THE NOSY MISSIONARIES WHO ARE GOING TO SAVE SOMETHING WHEN THEY WEREN'T "LOST" IN THE FIRST PLACE.

NONE of you need to GO anywhere—stay and attend your business and, at this moment—it is NOT IN INDIAN LANDS OR EVEN IN THE WACO HOLOCAUST. I am not going to "keep you safe" while you flit about attending everything and every and any speaker who wishes to share and tell. What some of you are considering in action—IS DEADLY!

Dharma's father died (physically) two nights ago and she was notified, from Texas, that the funeral would begin in less than an hour. Tell you something? The CIA and Military Intelligence had already moved in to meet her. Everyone she would contact would be in terrible danger. When you choose this pathway we have to remind you constantly that once you pass the point of no-return, you can't just turn it off or step over the bodies on your way out the door.

And by the way, Ronn Jackson is doing all he can. There is a terrible confrontation going on between your "administration" and the "committee" over what to do with US and, for that matter, Ronn. They all know we both exist and continue to dance on the pinhead. Do you actually think the Clinton Administration enjoys you-the-people knowing what was written "just" in yesterday's *CONTACT*, by Cathy O'Brien? [see 9/12/95 *CONTACT* pages 12-15] Satan rules, children, and he doesn't like to lose even one tiny round in this ring of exposure. They are too stupid to recognize that if they would meet their agreements, we would go about our own business and they could dance until they perish—on their own terms. Oh well!! (Please check the address and telephone number on the Back Page of your *CONTACT*. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's *CONTACT*, for details.)

I would add here, also, that we can't continue to bear the load of all the political information, possible New Republic activities, "Grandma's" drive to handle

gold certificates, delve into all the land loans and fund returns. We have more than we can handle on that which we have GOT TO PUBLISH. We know that you have opportunity to get those other things without us RE-RUNNING them so we have to continue as best we can to inform where we can and ask you to try to keep up with that which you can—until we can have funding and work out some kind of integrated paper. When we merged *CONTACT* with a Las Vegas newspaper, it now becomes obvious what was in intent. However, there is no way to carry papers without subscribers and if something as widely read as *CONTACT* can't carry the load, no other small paper can do so. Our hope is that we can merge several. We do NOT take advertising as do the other papers for with money advertising, there is a compromise usually required at some point along the way. We must have our KNOWLEDGE available with every item we suggest for your use or we won't run the product—and never without comment.

I do not have time to write and re-write on given subjects—further, information already available gives you clues to your "not being alone" and there is a lot of information recognized by a LOT OF FELLOW-CITIZENS. You have far more power than you realize and by offering what OTHERS bring, such as Eustace Mullins, etc., you can know who and where to go for contribution or to help. You also have full and inexpensive input available from the *Journals* offered here. We realize that some of you are having to read *CONTACT* with a magnifying glass but frankly it is the only way the staff can cover a pittance of information for you without many re-runs. We do the very best we can and we have to ask you to do likewise.

Since we near October and the expected "Crash of '95" as given as probability as far back as 1989—by me, if you can't remember who else—it is upon you! Dr. John King, now deceased, wrote incessantly about it and we furthered the work in *Spiral to Economic Disaster* and other *Journals*, back then.

You MUST get your houses IN ORDER and I cannot push incorporation in Nevada hard enough. You need some sheltering and you need to be OUT OF THAT MARKET. The markets, after all, ARE the major manipulators.

So, AS A REMINDER of how things ARE, I will share something sent to my attention within this week. It is entitled *The Crash of '95* and it comes from an article by "Cedric X" of *The Final Call*, reprinted in *New Dawn* and is sent from Australia.

The "attention" line reads: "*A Final Call Special Investigation Asks: Has a Financial Panic Been Planned for October 1995?*". I would acknowledge that coincidences are NEVER ACCIDENTS so it behooves you to pay attention. If NOTHING happens you are yet prepared and if SOMETHING happens—YOU ARE PREPARED! This will be too lengthy to present in one writing, Dharma, so allow us to label this "Part One" and then we can break it conveniently. I think, however it would be better to present, in publication, as one document if possible. [quoting:]

THE CRASH OF '95, PART 1

By Cedric X of *The Final Call*. Reprinted from *NEW DAWN*, Sept.-Oct. 1995.

[H: This comes as a well-read document with underlining and emphasis added by the reader. I shall honor this attention to detail by including the notations. I will embolden the underlined portions for better ease of reading—but please take this as important—even if there are a few misperceptions for, overall, the document is "right on".]

October 1857, October 1929, October 1987. Will history repeat itself in October of 1995? The previously-mentioned Octobers witnessed three of the most devastating financial panics in U.S. history. Many financial insiders and government sources fear that the stage has been set for the most tragic financial panic of the 21st century.

In an honest and thorough attempt at examining the likelihood of such an occurrence, *The Final Call* spoke to economists, financial experts, historians and high-level government officials. What follows are the results of a six month examination of three areas that may very well lead to a financial panic by the end of this year.

This investigation also examines the reality that living men and not "accidents" are actually manipulating the world of finance and economics through a variety of vehicles. The investigation dealt with three crucial areas around which financial panic is revolving: 1) Instability in Mexico. 2) Interest rate changes by the Federal Reserve. 3) the possibility of a war involving the U.S.

What follows is an analysis of each of these three areas and how they could contribute to the worst financial panic in history.

INSTABILITY IN MEXICO

When the Mexican economy took a turn for the worse earlier this year due to the devaluation of its currency, the Mexican government made some very serious concessions that virtually turned control of its government over to the most powerful international bankers in the world [H: Khazar Pharisees/Zionists]. First on the list of the banks that gained a great deal of control over the decision-making powers of the Mexican Government is the Federal Reserve Bank of New York City. [H: 12 Khazar owners.]

There are many strings attached to the recent \$20 billion aid package to Mexico. One of the most glaring of these strings is the provision that a great portion of the loans that U.S. banks will be making to Mexico are to be secured or backed by sales of Mexican oil. Therefore, money generated from sales of Mexican oil is now headed for the vault of the Federal Reserve Bank of New York City, which is privately-owned by banks right in New York.

Mexico's Minister of Economic Affairs, Salvador de Lara, is a firm supporter of his country's relationship with the International Monetary Fund (IMF) and the Federal Reserve Bank in his country's affairs. Having such participation, he says, "is a guarantee that both the Mexican program and international loan package are solid." [H: For takeover!]

But it is the Federal Reserve Bank of New York that promises to gain the most from the Mexican concessions. As a part of the concessions that Mexico made to international bankers through the U.S. Government, revenue generated from the sale of Mexican oil can be taken from Mexico and paid to international banks WITHOUT the permission of the Mexican people. [H: Hummmn—just like in the U.S.A.] In the case that Mexico defaults on these loans, the United States can draw from Mexican oil sales revenue that is currently being held in an account in the Federal Reserve Bank of New York. This situation has caused some observers to believe that Mexico is losing its own sovereignty.

While this may very well be true, the Mexican

financial crisis indicates that it may be the U.S., not Mexico, that is losing sovereignty. *The Final Call* has learned that very important information involving the relationship between the Federal Reserve, IMF, the Bank for International Settlements, the International Bank for Reconstruction and Development, and the Inter-American Development Bank, has been withheld from the American public. In fact, President Clinton deliberately withheld information from members of Congress as it relates to the Mexican crisis.

In an April 14, 1994 memorandum from President Clinton to Secretary of the Treasury Robert Rubin, obtained by *The Final Call*, President Clinton states that he arranged for \$20 billion to be taken from the Exchange Stabilization Fund (ESF) and given to Mexico. The ESF was established for the purpose of stabilizing the U.S. dollar on world financial markets, but now President Clinton is assigning this money to assist Mexico. [H: Well, to assist the Banksters at any rate, any way you choose to look at it.]

Particularly interesting in this memorandum is that Mr. Clinton states the money is being given to Mexico partially because, "The Government of Mexico is making progress in ensuring an independent central bank." Why would Pres. Clinton be informing the Secretary of the U.S. Treasury that Mexico was taking steps to "ensure an independent central bank?" The Mexican bailout had absolutely nothing to do with the establishment of a central bank. The problem was largely caused by international bankers speculating or betting on the movement of the Mexican peso, thereby helping to create the environment where the Mexican peso could fall due to its instability. In fact, if the Mexicans were to establish an independent central bank, the government would lose all control over the issuance and value of its currency.

Nonetheless, Clinton is helping to push Mexico into forming a central bank. Why? Because there is more to the Mexican bailout than meets the eye.

In another section of this memo, Clinton reveals that the Federal Reserve and U.S. Government are deliberately withholding critical information from the American public. A section of Clinton's memo states that while the Executive Branch has provided some documents requested by the House of Representatives but "the Executive Branch has not provided those documents as to which the Executive Branch informed the House that it would be inconsistent with the public interest to provide the documents to the House. Pending arrangements for safekeeping of classified material in a House facility, classified documents have been provided to the House by making them available at Executive Branch facilities."

(The information was requested through House Resolution 80 adopted March 1, 1995.)

What is in those documents, and what is the reason the public was uninformed about them? Would information contained in them expose the Shadow Government that not only controls the United States Government but also controls nearly every other government in the world? Those who laugh at the so-called "conspiracy theory" will not be laughing later this year if circumstances concerning Mexico are allowed to move at their current pace. The Department of Defense is preparing for military intervention in Mexico and is currently coordinating activities with various branches of the government. One of these branches is the United States Treasury, which has many secrets of its own. One secret involves the office of the Secretary of the Treasury.

The Secretary of the U.S. Treasury, Robert Rubin, is paid by the IMF. By law he cannot be paid by the United States Government. This is the case even though he is appointed to his position by the President of the United States. The Secretary of the Treasury of the United States is also the U.S. Governor of the IMF and, therefore, is not allowed to be paid by the U.S. Government. This is a matter of public record and is

a part of the reforms that have been made to the Bretton Woods Agreement of 1944, that originally established the IMF.

This being the case, is it any surprise that the IMF arranged for \$17.8 BILLION for Mexico? This means that Robert Rubin, as U.S. Secretary of the Treasury and a Governor of the IMF [H: Remember that the Sec. of the Treasury, (U.S.) is NOT PAID BY THE U.S. but by the International Monetary Fund itself. This makes the Secretary of the Treasury an employee of a FOREIGN entity and being in the government is ILLEGAL.], is responsible for monitoring the \$20 billion the U.S. Government is backing for U.S. bankers and the \$17.8 billion the IMF is providing. In fact, IMF and U.S. Treasury officials jointly reviewed the financial books of the Government of Mexico when the crisis first began. In reality, since the United States, through the Treasury Secretary, is the leading subscriber to the stock of the IMF, are not IMF policy and U.S. Treasury policy being implemented by the same person? Nearly \$38 billion of Mexico's \$153.1 billion debt will be handled by Robert Rubin, a Zionist.

While the U.S. Government is publicly stating the financial crisis in Mexico is now under control, they are not saying at what price. In order for Mexico to be bailed out, President Clinton, through the United States banking community, has now linked the stability of the U.S. economy to the utter instability of the Mexican Government [H: EXACTLY AS PLANNED!]. The bottom line now is that any misfortune in Mexico, political or financial, will have serious ramifications on Wall Street and therefore the entire U.S. economy [H: EXACTLY AS PLANNED!].

Alan Sinai, chief global economist at Lehman Brothers, told *The Final Call*: "There is a recession and a huge increase in unemployment (in Mexico) as a result of the conditions of the U.S. loans to Mexico. The question that remains is whether the people of Mexico can stand this huge rise in unemployment and, furthermore, how will the government handle this type of situation. At any time, something terrible can happen in Mexico, I think there could be political problems inside of Mexico that could come back to haunt the U.S."

Sinai says that the problems of Mexico can spread throughout the financial community in America. He believes that the investment community will be extremely nervous for a least six to nine more months. He thinks that any sudden emergency such as the collapse of the Government or the assassination of Mexican leader Ernesto Zedillo could have disastrous effects on both the stock market in America as well as the production of the U.S. economy. [H: Note the use of the term "America" and not restricting impact to the "U.S."!] Sinai adds that in the event that the Mexican economy were to take a turn for the worse, the international bankers would be forced to continue to bail out Mexico.

"The International Bankers would provide Mexico with more money because they feel Mexico has taken the tough steps that it was asked to take," he says. [H: Don't buy this garbage—that is NOT why they will continue to bail out Mexico—they want Mexico to fall and therefore the foreclosure goes without ability to do anything but roll over and be dead.]

Part of the reason that Mexico's problems may affect the U.S. is because of the North American Free Trade Agreement (NAFTA), that joined Canada, Mexico, and the U.S. into one trade block, making the U.S. and Mexico dependent on one another for much of their exports and imports. This means that the U.S. economy could be deeply hurt by any sudden emergency in Mexico. Demonstrating this impact, Mr. Sinai explains, "There has already been a \$20 billion dollar loss of income to the U.S. because of Mexico's troubles. This has cost the U.S. growth and jobs. Any bad situation in Mexico will certainly have serious and negative impacts on the U.S. as well as negative finan-

cial impacts because U.S. banks and institutions are the holders of the debt that Mexico owes." The situation in Mexico is certainly bad but it is a situation in which President Clinton, the Federal Reserve, and Wall Street bankers have deliberately decided to become more involved. Why?

NAFTA has already made the U.S. and Mexico interdependent, but not to the point where Mexico was dependent on the U.S. to bail it out of its financial woes. The question deserves to be asked: Are the international bankers deliberately forcing the United States financial community to become fatally attached to the negative impacts of a sudden emergency in Mexico? Why? And finally, if Clinton is pushing for Mexico to follow the example of the United States Government in forming an "independent central bank," who, other than the international bankers, will purchase the stock?

The history of the establishment of independent central banks in Europe and the United States shows that if Mexico follows their example, it will only be a matter of time before the country will become increasingly indebted to the banking community. When this occurs, the very decision-making power given to publicly-elected officials will fall into the hands of financiers and economists who do not value national sovereignty.

It is no coincidence that the establishment of such a bank in Mexico is being heavily promoted by the most powerful of all central banks, the Federal Reserve of New York City. Not only is this bank helping to pave the way for a potential financial disaster in Mexico, it is also in the vanguard position of those financial forces that are manipulating America's economy.

[END QUOTING OF PART 1]

9/14/95 #1 HATONN

LOOK AROUND—
THE SKY IS ACTUALLY FALLING,
HENNY PENNY

The crescendo is becoming louder and louder, the apogee nears as the noise and chaos of that which is planned for the happenings which shall accompany the anarchy all but deafens the ears and bogs the heart, mind and soul. The smoke simply burns the eyes until the brain cannot see and engage the fire. And who is the enemy? Mostly "self" trying to make the meandering trail reveal itself. I would remind you, however, as you seek to convince selves, to soothe your immediate position, that "He who is capable of being a bitter enemy can never possess the necessary virtues that constitute a true friend." Therein lies the 'secret' of journey in relationships. Yes, indeed it may well, from time to time, appear that some are actually the true friends as they rally and assist a "cause" or two—but when the focus continues to be on the "self" and it is perceived that somehow you have crossed them—THEY WILL, IF THEY ARE CORNERED IN THEIR OWN PRIVATE TRUTH—LASH OUT AND STRIKE YOU DOWN. Does this invalidate their own truth? No, nor should it invalidate your own—you must look at the overall script of life and choose your way.

LET'S CONSIDER MONEY

You ALL ask about money, security, values, etc. This shows that you wish to be prepared and always take full advantage of all information you can gather—even to the psychics and fortune-tellers. Why? Because it is through the holding of wealth that a man has come to measure his own worth. So be it, that is another topic for "someday". Ah, but do you piece together the bits and pieces offered you? Well, a lot of you depend on us (or me) to make sure you are warned in advance about happenings—and then some act on the information and most just toss it aside because the best-two-

out-of-three "advisers" said, "It won't happen!" What won't happen? Do you have ALL the pieces? NO YOU DO NOT!

How many of you know that there is a new \$100 U.S. currency "bill" (money) that has FIRST been presented to Russians for viewing and, yet, not yet presented to you—the people? It was presented to Russia to "calm their fears about collapse" of their own monetary system as a world system oozes into place. I won't go into that now as we need to finish the article we started yesterday—but this is TRUTH and we will provide backup for you. The POINT I would make however, is that THAT information is being used to get you to INVEST in German "marks", get your funds offshore (with the writers, of course) and let you in on the "insider" tip-offs. Well, the facts are that the information is right there before you but you don't see it for all the smoke.

More proof of my statement about new currency? OK, "104th Congress, 1st Session: S.307: To require the Secretary of the Treasury to DESIGN AND ISSUE new counterfeit-resistant \$100 currency. IN THE SENATE OF THE UNITED STATES. Legislative day Jan. 30, 1995. (Senator Leahy introduction). A BILL: To require the Secretary of the Treasury to design and issue new counterfeit-resistant \$100 currency..." So, if you put all the pieces together with the building chaos and wham-bam of the "Thank you ma'ams", you can see the facts. I note, however, that the minute people get crosswise in their own journey—they DEMAND A CEASE AND DESIST OF ANY INFORMATION FROM VALID RESOURCE FROM ENTERING INTO THEIR SENSES. "Stop sending the writings, or the papers, or the notices," and, plopp, again into the sand-box goes the head and shoulders lest truth fall upon them as "responsibility" demands center stage. Very well and good, but who might well be the loser in the event of fall-out, in ignorance? If you bury your head from responsibility—you also are not available to grab the golden ring also swinging where your head WAS AND YOUR REAR-END NOW IS!

We will leave it here for now for you need the immediate reminder of "how it IS" and perhaps you will take advantage of what may be some final opportunity for action in security if you have some assets.

It will be impossible to get funds BACK FROM "OFFSHORE"; it will become, OBVIOUSLY, worthless currency to depend upon foreign currency—you are headed for WORLD CURRENCY BY COMPUTER ONLY, Gold and precious metals used for "money" will be confiscated—and what you have so dearly hoarded for your security—will suddenly be GONE when you could have, at the least, purchased a bit of safe placement and food—in advance. Readers, THIS IS YOUR LIFE—are you playing it or watching it pass you by?

THE CRASH OF '95

By Cedric X of *The Final Call*. Reprinted from *NEW DAWN*, Sept.-Oct. 1995.

[QUOTING, PART 2:]

THE FEDERAL RESERVE

First things first. The Federal Reserve Bank of New York, which controls the entire Federal Reserve System, is privately-owned. According to Section 4 of the Federal Reserve Act of Dec. 23, 1913 the Federal Reserve is legally required to be privately-owned! [H: Merry Christmas, 1913. You were given the gift that keeps on giving—right to your death-bed!] This Act is available in every public library of this country. According to the Act, five banks were to issue the stock of the Federal Reserve Bank of New York.

This occurred in May of 1914 when five banks: (1) National Commercial Bank of Albany, New York, (2) Marine National Bank of Buffalo, New York, (3) Irving National Bank of New York, New York, (4) National

Park Bank of New York, New York and, (5) First National Bank of Syracuse, New York, issued over 200,000 shares of stock in the Federal Reserve Bank of New York City. Those who persist in dismissing the private status of the Federal Reserve Bank of New York are asked to simply look at the Federal Reserve Act, particularly Section 4.

Finding out who owns the Federal Reserve is of the highest importance as it reveals the motives of those who make decisions at the Federal Reserve. One of the biggest decisions that the Federal Reserve makes is determining the level of interest rates. The Federal Reserve controls the U.S. economy primarily through two interest rates. These rates are known as the Discount Rate and the Federal Funds Rate. The Discount Rate is the rate that the Fed charges the largest banks in the country to which it makes loans. The Federal Funds Rate is the rate that banks charge other banks for overnight loans. Both of these interest rates ultimately affect the cost of borrowing for America's corporations and her citizens. Both are under the influence of the Fed.

The Federal Reserve has actually helped individuals make billions as they raise and lower rates. Some believe that the Federal Reserve is currently helping to destroy America simply by raising or lowering rates. Eustace Mullins, author of the book, *Secrets of the Federal Reserve*, is one of many individuals who believes the Federal Reserve was established to manipulate money markets and the value of the U.S. currency by controlling interest rates. [H: I believe you will find a couple of articles elsewhere in this paper edition, directly from Eustace Mullins. Anything and everything you get from Eustace is worthy of MORE THAN your immediate attention and we are honored when he offers us his writings and observations. We have had this for some time but space in the paper is prohibitive of getting everything offered to you, the readers. We must, for security reasons, keep some of our contacts in the forefront of publication so that they are in "open" security and protection. This, of course, does include Eustace Mullins.] [see his article starting on p. 22]

He says that the Federal Reserve is currently driving the stock market to new levels by not raising interest rates. "The Federal Reserve is cooperating with the [Elite] speculators. The speculators are making huge sums of money because the Fed is not raising interest rates. The decision by the Federal Reserve not to raise interest rates is causing investors to relax and gain confidence in the stock market. When this happens, more and more people invest, pushing the stock market to record levels," he told *The Final Call*.

Mullins believes that the Federal Reserve is helping wealthy investors, known as speculators, to make huge sums of money this [U.S.] summer because the Federal Reserve plans to raise interest rates later this year. He believes there are speculators that already know the Federal Reserve will raise rates later

this year and he believes they will "short sell" in order to make huge sums of money. Short selling occurs when investors make bets that the price of a stock will fall within a certain time period. This would mean that any person who knew the date that the Federal Reserve was going to raise interest rates could make huge sums of money by selling short in harmony with the rate change.

Mullins believes the goal of the international bankers is to get all middle-class Americans to invest in the stock market and then to suddenly incite a drop in the stock market where they can sell short and eventually buy back the stocks they sold at dirt cheap prices. Mullins believes that most middle-class Americans, corporations, pension funds and local governments that invest in the stock market are financially ignorant and are being taken advantage of by international bankers and speculators.

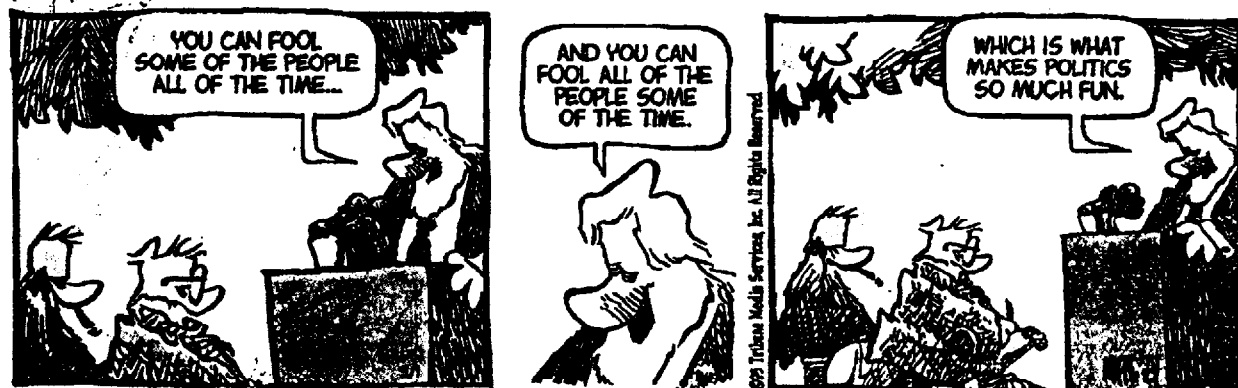
Because these types of investors (middle-class Americans, corporations, local govt.) are totally unaware of when the Federal Reserve will raise or lower interest rates, they are heading for the edge of a financial cliff and do not know it. "The middle-class investor, pension funds and corporations are not privileged to know the Fed's moves and when they are encouraged to enter the stock market by the speculators they are the first ones to lose because they do not have enough information and experience. The professional investors will make money and the average investor will lose money," Mullins said.

Anthony J. Hilder, a Los Angeles-based researcher of the secret relationship that exists between international bankers and politicians who has distributed video and audio tapes worldwide that espouse what is known as the "shadow government", told *The Final Call* that a stock market crash has already been planned and is on the way. "You can already see signs of the crash. The big traders, by encouraging the masses of people to buy stock, are causing the stock market to reach all-time highs. When the public sees in the media that the stock market is reaching new highs they enter the market. Those who control the market are beginning to sell what they own. This is a sure sign that the market is about to crash," he says.

Hilder believes that when the crash occurs, the middle-class investors, corporations, and local governments will not be able to pay off their other debts and, therefore, will have to make concessions to banks and sell their property.

Although there are many factors that have influence on the stock market, the greatest power to do so is in the hands of those who own the Federal Reserve Bank of New York. A single raising or lowering of interest rates can cause the market to drop or rise dramatically. Those who believe that only the paranoid are worried about the Federal Reserve should hear the comments of some of the leading economists and bankers in the world. Some of them believe the worst thing that could happen to the stock market right now is a

SHOE / By Jeff MacNelly



raise in interest rates. Al Smith, principal economist at Nationbank told *The Final Call*: "If the Fed were to raise rates that could make many people become very defensive and that could set off a great deal of caution."

Sung Wahn Sohn, chief economist of Norwest Corp., said the Fed's past decision-making is now actually starting to hurt the American economy. "The economy is weakening more rapidly than anticipated and there is a possibility of an economic recession. Hopefully, interest rates will no longer rise this year. It is my hope that they will fall and that this drop in interest rates would lay the foundation of an economic recovery," he says. Mr. Sohn believes the Federal Reserve will have more impact on the stock market and the economy than any other factor in the upcoming year.

Echoing the view of the dominating influence that the Federal Reserve has on markets was Hugh Johnson, chief investment officer for First Albany Corporation.

He believes the Federal Reserve is damaging the U.S. economy with its policies and that great harm can be done this year. "One of the things that could lead to a recession is if the Fed were to raise rates further. I believe that they have already raised rates to the point where the economy has slowed. If they raise rates further, it will more than slow, and then hurt the stock market."

As powerful as the Fed is there remains one other factor that has the potential to lead to the worst financial panic this world has ever seen. That factor is war. *The Final Call* spoke to insiders who believe that a war involving the U.S. is being planned for various regions of the Earth.

A WAR INVOLVING THE U.S.

Wars are planned. Just ask L. Fletcher Prouty, a retired Colonel of the U.S. Air Force who served for nine years as a liaison between the Joint Chiefs of Staff and the Department of Defense. He also wrote a portion of the script for Oliver Stone's blockbuster film "JFK". Prouty believes that the U.S. economy cannot exist without periodic wars. Prouty told *The Final Call*, "The people in the Pentagon and in Wall Street believe that if the United States did not have the threat of Communism since the end of World War II the economy of America could not have survived. So they (the Pentagon and Wall Street) created the Communist threat and have lived off of it for the last 50 years. Now America is in a period where it does not have the Communist threat. Therefore America must create a new enemy to create a war because America has not found a way to economically survive in peace."

Prouty said the close relationship between bankers and the Department of Defense "should not be surprising. In fact, throughout the 1960s employees of the J.P. Morgan banking family were officials in the military wing of government. There was even a time when members of the Defense Department would leave a position such as Secretary of Defense and then would become officials at banks, particularly Morgan Guarantee." (It is interesting to note the Morgan banking family bought stock in the Federal Reserve, this according to the original stock certificate of the Federal Reserve Bank of New York, obtained by *The Final Call*.)

Prouty even believes that the Gulf War of 1991 was planned well in advance by a group of people in both banking and the Defense Department, long before Saddam Hussein entered Kuwait. "What a lot of people don't understand about Desert Storm is that warfare takes a logistic base. You must prepare for the transfer of big tanks by building special bridges. For Stealth bombers, you have to build special hangers because you can't leave them outside. When the United States got to the Middle East to fight Iraq, all of that stuff had already been built. When the Stealth bombers arrived, they taxied on new runways. How could hundreds-of-millions of dollars have been spent on all of that and

built within a few months? How could all of that have been planned and built based upon a few words out of the mouth of Saddam Hussein? The war in Iraq required a strong supporting base (which) has to be planned well in advance. The question is where are we planning in advance to fight next?

The Final Call has learned from high level sources in the State Department that plans are being made right now to involve America in a military confrontation with Iran. One senior level official at the State Department said the U.S. Government believes that Iran is sponsoring terrorist groups that are disrupting the Middle East peace process. The official told *The Final Call* that the United States is currently working with its allies in Europe and Japan to get them to take steps economically against Iran. Other sources have told *The Final Call* that it would be wise to believe that a major military conflict with Iran and others in the Middle East will occur sooner than later.

What does this all have to do with a financial panic in the month of October? For those who have not been looking, which is the vast majority of the American public, America will be officially broke in October of this year. When this occurs what will be the motive in the mind of those who hold America's debt? How will they get their money? How will the Federal Reserve obtain its \$300 billion-plus debt from the American Government?

Whenever there is a war, the only individuals that prosper are the banks that loan money to the government and the defense companies that sell new weapons to the government. But the next war that America fights will break the economy. Remember that the new budget plan passed by Congress will take seven years to pay off the debt. The U.S. will be broke in four months. Something does not add up. Tensions are rising in Bosnia for a reason. The United States economy is headed for another recession, and many corporations have become nervous about their future. They are laying workers off at a quickened pace. War is the only thing that can get the massive changes that the international bankers desire. Just imagine a sudden war, imagine the media frenzy and how all of America will be glued to a media that has many bankers as their most powerful shareholders.

When people are frightened, they make agreements that they never would otherwise. If the international bankers know this, will they take advantage of this by manipulating wars and rumors of wars? They certainly have the power to do so.

If Clinton knows his country is four months away from bankruptcy, why is he allowing his country to be moved into the middle of such dangerous conflicts? He knows how sensitive the Stock Market is. He knows his government owes the Federal Reserve over \$300 billion dollars. Yet, he continues to implement policies and to write executive orders in private that allow the Treasury Department, the Federal Reserve and the Defense Department to pour American dollars into regions that can now influence the financial and economic condi-

tion of America in a very negative way.

Mexican instability, Federal Reserve interest rate movements, and the possibility of a war involving the U.S. all must be looked at in order to get an idea where this country is headed. In the human body, blood is the fluid of life. In the body of this world, money is the fluid of life. The occurrence of any of the three factors examined here is sufficient to cause a financial bleeding so severe that this world would have to be placed on the equivalent of an economic life-support system. America really represents the heart of this world—as America goes, so goes the world. That is why it is crucial to calculate on the facts and determine where the country is headed.

It is headed for what the media notoriously calls "Black Monday" or "Black Friday". It is no coincidence that the financial panics of years past have taken place in October. After all, that is the month that serves as the home of Halloween. May we all be wise enough to not be tricked into providing the ultimate financial treat to the international bankers. (Reprinted from *The Final Call*, July 19, 1995 and *NEW DAWN*, Sept.-Oct., 1995) Subscription information can be obtained by writing New Dawn International News Service, GPO Box 3126FF, Melbourne, 3001, Australia. *New Dawn* is published bi-monthly and is \$25-6 issues or \$40-12 issue.

[END OF QUOTING]

Now, STAFF, I am going to lay a miserable trip onto you. We continue to wonder WHY there are so few subscribers to *CONTACT* when the paper seems to be ALL OVER THE WORLD and is the most read document. I kept waiting for the "light" to flicker on for you. There is a sidetracking of subscriptions through as clever a scheme as *Constitutional Law Center* and *Constitutional Law Centre*. The mail is diverted and when your paper goes to press—a copy is immediately sent to the "other" parties involved, and put to press. It is easy, slick, shrewd and a lot of funds are being diverted as in past escapades. Isn't it time you did something about it?—and I suggest you start right in your door-yard with just "who" does all the mailings on Tuesdays. It is easy, my friends, to fool you almost all the time...!

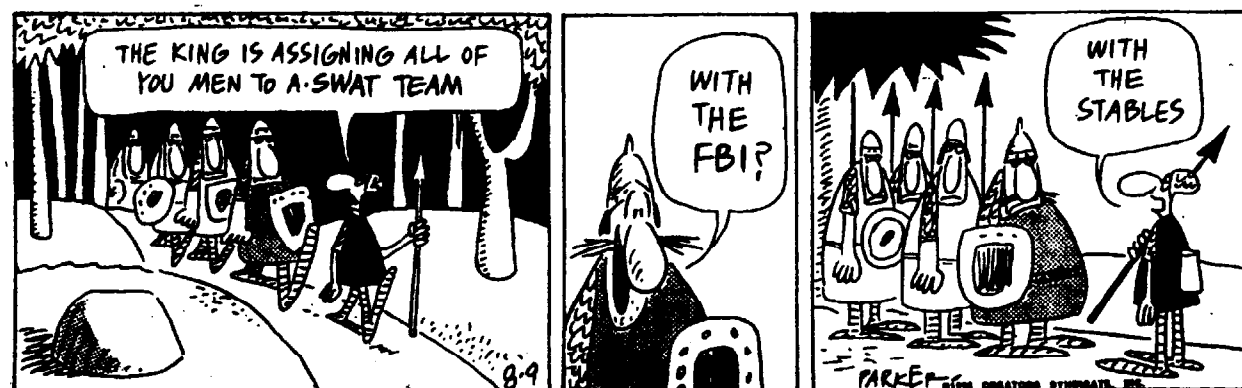
It is claimed that information comes from our "nasty" writing? No, our circulation is not enough to scare a flea—there is big-time paper rustling going on!

May you walk in LIGHT, brothers and sisters, because as the light bulbs go ON a lot of people are going to get caught with their PANTS AND PANTIES DOWN!

So be it and may we now go turn to the O.J. Simpson fiasco and see how soon L.A. is doomed to disaster—as is the rest of the world. Note the sudden over-supply of terrible and offensive T.V. tales of violence and death on your tubes!

May you also attend your preparation and MAKE SURE WITH WHOM YOU DO YOUR BUSINESS AND ENTER YOUR SUBSCRIPTIONS. Salu.

THE WIZARD OF ID—By Brant Parker and Johnny Hart



Waco RevisitedADL Of B'nai B'rith

Parade Of The Death Squads

New Republican Congress

Love Feast For Child Killers

9/10/95 EUSTACE MULLINS

We can easily picture Josef Stalin staging a public ceremony to honor the distinguished service of the commandants of his notorious death camps. They had very efficiently killed more than a million Christians a year, during the first forty years of the Bolshevik regime in Russia. It is more difficult for us to envision such a ceremony taking place in the United States. However, C-Span did televise ten days of a recent proceeding in which sleek, well-dressed Bureau of Alcohol, Tobacco and Firearms agents, and agents of the Federal Bureau of Investigation (the American equivalent of the Russian KGB) were brought before a Joint Committee of Congress, chaired by hard-core Republican leaders and forced to listen day after day to encomiums heaped upon them by the admiring Congressmen. Their achievement? They had perpetrated one of the greatest mass atrocities in American history, incinerating many dissidents, including almost two dozen women and children, who had taken refuge in their church.

Our story begins on the morning on February 28, 1993, when a column of more than one-hundred heavily armed federal agents wound down a lonely road some ten miles northeast of Waco, Texas. Their mission—to attack and destroy the congregation of a Christian church, the Branch Davidian subsidiary of the Seventh Day Adventist Church. This mission had been assigned, and was orchestrated throughout the siege, by the sinister regime, the Anti-Defamation League of B'nai B'rith, through its subsidiary group, CAN, the Cult Awareness Network, which had infiltrated its agents into the church to set up for the ADL-directed massacre. Their mission was an integral part of the ADL's nationwide drive to confiscate all guns from citizens of the United States, as part of the ADL mission to make America safe for its Zionist agitprop revolutionaries.

MURDER RAID

This assault was planned as a classic murder raid, planned after the Indian raids along the early Texas frontier. These raids were known as "murder raids" because the Indians, hoping to discourage further encroachment on their lands, tried to kill all of the settlers within a given area, including women and children. To justify this bloodthirsty goal, the federal agents knew they had to provoke some resistance from their intended victims. This goal was achieved by broadly advertising that they were intending to attack. The day before the raid, the local newspaper, the *Waco Tribune-Herald*, had featured a story about the Branch Davidian Church and the government's intentions. *The New York Times* noted on March 1, 1993 that camera crews

were present before the federal agents began their assault, including crews from KWTX, and a camera crew from Dallas, a CNN affiliate, WFAA-TV. It was apparent that a first-rate television event was in the making.

THE ATF ATTACKS

At the church, the intended victims, led by their young minister, David Koresh, who had legally changed his name from Vernon Wayne Howell in 1991, watched the armed attackers approach and take up their firing positions around the building. When the agents knocked on the church door, David Koresh tried to alert them by yelling, "There are women and children here!" Reassured by this information, the federal agents began firing through the door, wounding Koresh and one of his assistant ministers, who soon died of massive stomach wounds. The armed agents then effected a well-planned assault on the second story of the church, entering through a window. One agent went in first and was followed by four more ATF agents. A burst of gunfire then came from within the building, killing four of the ATF agents. These agents included four men who had travelled the previous year as President Clinton's personal bodyguards throughout his Presidential campaign. Their deaths were the latest in a long list of casualties among persons who had been close to Clinton. The first agent then emerged from the building, and rejoined his comrades on the ground.

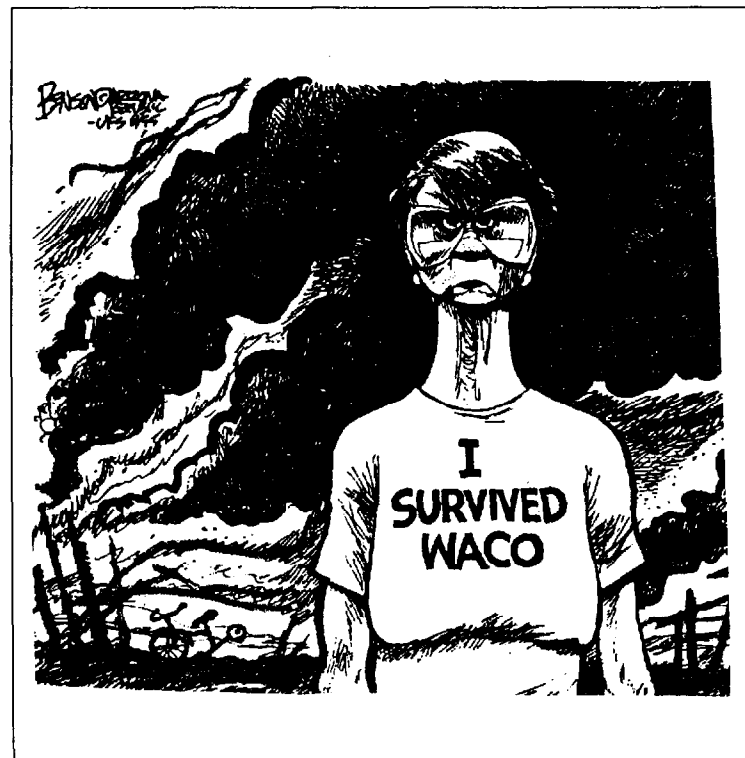
A fifty-one day siege ensued. The one-hundred agents at the site was increased to more than four-hundred agents. The ATF agents were replaced by the FBI, which assumed total command over the operation. President Clinton was said to have been incensed over the failure of the ATF to wipe out the defenders of the church during the initial attack. This is the only instance in American history in which a Christian church has been subjected to such a devastating attack by any government agency.

Although the Branch Davidian church was a flimsy wooden firetrap, FBI agents later admitted in their testimony that they had never made any provisions either to bring in fire-fighting equipment or to notify area fire departments to stand by to protect the women and children in the church from flames. Later in the siege, the Army's heaviest tanks were brought in to complete the assault on the church. Our laws strictly forbid the use of military equipment against civilians, but this prohibition was overcome by the Attorney General's taking advantage of the President's "war on drugs". She was

informed by ADL agents provocateurs that the Branch Davidians had become very active in producing and selling drugs, and that they had become very active in producing and selling drugs, and that they had established a "methamphetamine laboratory" in the church. This information, which was later proved to have been entirely false, allowed Reno to call in military assistance. She requested the Army Special Forces to plan for a massive military assault against the Branch Davidians. However, the Army warned her that such a raid on a drug laboratory would inevitably result in heavy civilian casualties. Attorney General Reno assured the Army that she understood the risks, and that she was fully prepared to accept such consequences. It was this agreement between Reno and the Army Special Forces which inevitably doomed the women and children of the church to a horrible death.

CHARGED WITH CONSPIRACY TO MURDER

During the fifty-one-day siege of the church before the final holocaust, a few of the Branch Davidians, women who had taken no part in the firing, were ostentatiously seized by the agents as they emerged from the condemned building, and handcuffed and shackled in full view of those inside the church. They were led away in chains, charged with "conspiracy to murder ATF agents". In charging these worshippers with conspiracy to murder, the government ignored



many published reports that the ATF agents had been shot down by their own colleagues in a withering cross-fire. In fact, the ATF agents, many of whom had never fired their guns in action before, had fired thousands of rounds in an orgy of excessive force, in their anxiety to kill all the congregation as quickly as possible. The actual events were chronicled in *Newsweek*, April 5, 1993, which appeared a few days after the initial assault. It was headlined, "FRIENDLY FIRE", with the subhead, "In The Bungled Waco Raid, Federal Agents May Have Been Shot By Their Own Men". *Newsweek* went on to state unequivocally, "Some federal law enforcement officials now believe that at least some ATF agents were brought down by friendly fire—a federal source involved in the Waco situation says that 'there is evidence that supports the theory of friendly fire.' The official, who insisted on anonymity, believes that an investigation will show that agents were downed by colleagues. 'I'm afraid it's inevitable.'"

This "unnamed federal official" is said by Washington insiders to be none other than the then Secretary of the Treasury, Secretary Lloyd Bentsen, who was in charge of the Bureau of Alcohol, Tobacco and Firearms. He was furious at the public embarrassment for which he was held responsible. However, his views were never again expressed publicly. Privately, he tried to get the FBI to accept the ATF bureau as gift; they refused. He then fired the entire ATF upper echelon. At Bentsen's insistence, Clinton ordered the FBI to take over the siege of the church, to protect him from further embarrassment.

BEHAVIORIST ADVISERS

The FBI initially focussed on a psychological waging of the siege, using such favorite Communist tactics as playing loud music and focussing bright lights on the congregation, to wear them down. They had called in their staff "behaviorists", such as Dr. Murray Samuel Miron, who lists himself in *Who's Who* as "psychologist, threat assessor for the FBI, Dept. of State and Dept. of Energy, expert in psycholinguistic profiles of

anonymous communications, office Psycholinguistic Research Center, Syracuse, N.Y.

The behaviorists ignored the fact that they were dealing with a religious group, and focussed on accepted Freudian psychotherapy techniques in dealing with the congregation. The Davidians had been founded by a Bulgarian immigrant, Victor T. Houteff, who wrote *The Shepherd's Rod* in 1930, which refined Seventh Day Adventist dogma. The Davidians believed that there would be 140,000 survivors of the coming Apocalypse, who would be the core of a new Kingdom of God modelled on the ancient Kingdom of David. This was a very devout group, which lived by the *Bible*.

NO CHILD ABUSE

The *New York Times* reported on March 8, 1993 that twenty-one children came out of the church, noting that "social workers say the children seem well cared for". A Texas Child Protective Service worker, Joyce Sparks, later testified at the Congressional Hearings that she had spent many hours investigating at the church and had found no evidence of any child abuse. The children had been receiving home schooling by their mothers at the church and were bright and responsive to adult questioners. Nevertheless Attorney General Reno used the pretext of child abuse as part of a three-pronged justification for the final, lethal assault of the murder raid on the church. She had already falsified the story of the "drug laboratory" on the premises; she now publicized the fact that the attack must proceed to "save the children" and a further fantasy from the Anti-Defamation League that the Branch Davidians had been planning a massive attack on the residents of Waco. This was the most nonsensical claim of all. The church was ten miles from Waco; Waco had one-hundred thousand residents, and was a church town which had more than two-hundred churches. Certainly its inhabitants had no reason to fear an assault by the Branch Davidians. In fact, reporters on the scene found that hardly anyone in Waco had ever heard of the Branch Davidians or knew where their church was.

On March 31, 1993, an attorney hired by Koresh's family, Dick DeGuerin, visited the church to persuade Koresh to surrender. Koresh seemed more than willing to do so. He had now stood off a huge military assault for more than a month; he had become a national figure; and the *New York Times* reported that he had hired two New York City lawyers, Michael Kennedy and Kenneth David Burrows, to protect the rights to his life story. In fact, Koresh believed that he had won, and that a surrender on his terms could be concluded. Certainly he had no thought of suicide. Dick DeGuerin informed Jeffrey Jamar, FBI site agent in charge at the assault scene, that Koresh needed a few more days to complete his translation of the Seven Seals, and Jamar assured him that they had all the time in the world, as he later testified before the committee. However, when Jamar notified Washington headquarters that a surrender was imminent on April 14, there was panic in the White House. Plans for an all-out assault were drawn up the next day, approved on April 17, and the final attack began on April 19. Jamar later testified that they did not believe Koresh intended to surrender, but the *National Review*, Nov. 1, 1993, reported that an almost-complete translation of Koresh's Seven Seals work was later found in the church, indicating that he had been sincere in his assurance that he would surrender as soon as this vital work was completed.

COLD-BLOODED MURDER

Throughout the siege, telephone lines had been kept open to Washington by the ATF and FBI agents. All negotiations were discussed and approved by Washington. Now the federal officials, panicky at the thought that Koresh would actually surrender, ordered the attack plan for an assault which will "terminate" all of

the church members, including the women and children. No one would be allowed to escape alive. To initiate the assault on April 19, 1993, four-hundred tear gas shells of deadly CS gas were fired into the compound. Each shell was clearly marked on its base. "Do Not Use in Enclosed Area" as it was known to be deadly, especially to children and small infants. The Army's heaviest tanks launched a direct attack on the church building, collapsing its walls, while overhead, the helicopter gunships rained bullets and napalm on the church from above. Gov. Anne Richards had lent Texas Ranger helicopters to take part in the "final solution". When this was revealed during her campaign for re-election, she was terminated by the voters of Texas.

CLINTON'S INFERNO

Within minutes, the entire church was ablaze in President Bill Clinton's long-awaited inferno. A few of the worshippers managed to stagger out through the flames, but most of them died a horrible death. The gas and flames were particularly agonizing for the small infants. Testimony at the hearings revealed that their lungs were seared as they choked on their own saliva, dying in agony. The nation was stunned by the depth of this tragedy. Although the *New York Times* quoted on April 20, 1993 a statement by Attorney General Reno that she "concluded tonight that in hindsight the Government plan to assault the heavily armed cult near Waco, Texas had been a mistake." She said on Larry King's program that it was obviously wrong. Although Reno valiantly asserted that she bore full blame for the horror, the *New York Times* also quoted Bill Clinton on April 20 in an official White House statement, "I told the Attorney General to do what she thought was right, and I stand by that decision." In so many words, Clinton himself was assuming full responsibility for the inferno, although he never again admitted that he bore any responsi-blame.

BURYING THEIR MISTAKES

Government agents hastily bulldozed the entire area of the church, planning to bury forever the results of their murderous conspiracy, keeping the entire area under heavy guard until their "sanitizing" efforts were completed. It seemed that the children of Waco had indeed been buried for all time, until the 1994 elections. An outraged electorate swept many of Clinton's loonies from office, and left him facing a Republican majority in Congress. This Congress soon announced full-scale hearings into many of his crimes, including the Whitewater conspiracy and the Waco Holocaust. While he retained a Democratic majority, he was secure from any Congressional investigation, but now he stood bare to the wind of exposure. A Joint Committee on Government Oversight, co-chaired by Congressman Bill Zeff (R-N.H.) and Bill McCollum (R-Fla.) started off like a house afire, despite roadblocks quickly thrown up by Congressman Charles Schumer (D-N.Y.) former chairman of the committee, and his sidekick, Congressman John Conyers (D-Mich.) Schumer, known on Capitol Hill as "the Congressman from the Anti-Defamation League" accused Zeff and McCollum of "trying to rehabilitate David Koresh", provoking them into vilifying the departed minister at every opportunity. It seemed that Koresh would be totally destroyed when the committee brought in a witness, a 14-year-old girl named Kiri Jewell, who read a carefully prepared statement that David Koresh had had intercourse with her four years ago, when she was at the church. She was then ten years old. There was no cross examination, but all of the members of the committee, both Republican and Democratic, now erupted in furious vilification of David Koresh. Throughout the remainder of the hearings, they referred to him as "the maniacal child molester" and other epithets. However, a distinguished British reporter now based in Washington, Ambrose

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Evans-Pritchard, made a few phone calls that evening, and quickly elicited the information that at the time she claimed to have been molested, she had been living with her mother and grandmother in California, and had not been near Koresh or the church at Waco. However, Evans-Pritchard's request to bring this information before the committee was indignantly denied by the chair.

A CHANGE OF HEART

After several days of hearings, the Republicans on the committee seemed to have experienced a remarkable change of heart. They repeatedly voiced their assurances that they were not there to attack law enforcement; they continued to vilify Koresh, and they allowed the Democrats, Schumer and Conyers to dictate the content of the hearings. This seemed very mysterious at the time, but Washington sources intimated that the Republican co-chairmen had received a good talking to from the ADL emissaries, who reminded them that these hearings might well result in the abolition of the ATF bureau, the abolition of the FBI, and the departure of Reno and Freeh, as had already been repeatedly predicted by the press. The ADL reminded the Republicans that Congress needed these federal agencies, who helped to maintain the monolithic government bureaucracy, and that the Congressmen too benefitted from their forays against the taxpaying citizens. The Republicans returned to the hearings, suitably admonished, and for the week of hearings remaining, their comments were indistinguishable from the Democrats. The sellout had been complete. (Please check the address and telephone number on the Back Page of your *CONTACT*. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's *CONTACT*, for details.)

A SURVIVOR SPEAKS

One of the most effective witnesses at the Waco Hearings was a survivor of the Waco Holocaust, Clive Doyle, whose family had perished in the inferno. Doyle began his testimony by asking plaintively, "Why aren't you calling more of the survivors? I know there are several of them in the area." No one on the committee made any response, nor did they call any other survivors. However, they did call an incredible number of ATF agents and FBI agents who had presided over the Holocaust, and who repetitively claimed that they had incurred no blame for anything that happened.

Doyle's touching testimony began with his account of the initial ATF assault, when Koresh and his assistant were fired upon through the door by the ATF agents. Neither he nor any member of the committee ever referred to the damning article in *Newsweek*, April 5, 1993, which stated unequivocally that federal officials knew the agents had been killed in their own cross fire. Nor did they refer to another damning exposé, appearing in *Time* magazine, Dec. 11, 1993, headlined "TRIPPED UP BY LIES", which stated, "A report paints a devastating portrait of ATF's Waco planning. The two-hundred-and-twenty page critique issued by the Bureau of Alcohol, Tobacco and Firearms concluded that the decision to proceed was tragically wrong, not just in retrospect, but because of what the decision makers knew at the time. The report says they handled the sensitive situation ineptly, but tried to cover up its bungling with lies and obfuscations. Bentsen ordered replacement of the agency's entire top management, including its director, Stephen Higgins."

THE WACO COVER UP

Because *Time*, *Newsweek* and other publications had already fully exposed the blunders of government

agents at Waco, we can only marvel at the duplicity of the Congressmen in concealing all of this readily available information and admitting only testimony which reinforced the government agents' chutzpah in claiming they were totally blameless for the massacre of the women and children in their church. Throughout many days of parading the death squads' members before their committee, the Congressmen vied with each other in expressing their thanks to the child killers for their selfless devotion to duty, their sacrifice, and their UNDISPUTED patriotism.

TEXAS RANGERS

The only break in this web of deceit, which ranks as one of the greatest acts of treachery by Congressmen in the history of our Republic, came when two bold and honest Texas Rangers testified before the committee. When they were asked why they had not spoken in public before on their experiences at Waco, they answered with great pride, "Texas Rangers do not give interviews, appear on talk shows, or make public statements." Captain David Byrnes and Captain Maurice Cook testified that they had been called to Waco and deputized as United States marshals in order to investigate the deaths of the ATF agents, which the government claimed was murder. However, they were horrified to find that FBI agents were changing and destroying evidence at the crime scene, a felony, and that they were conspiring to obstruct justice. When the agents realized that the Rangers had no intention of joining them in their conspiracy, they gave them the silent treatment. The Rangers testified that the FBI became totally uncooperative giving them very little input into what was going on at Waco and finally refusing to have any communication with the Rangers at all. Byrnes testified that the activities of the FBI at Waco "casts doubt on all law enforcement". This was in complete contrast to the protestations of the Congressmen at this hearing that they were not there to attack law enforcement. Byrnes testified that he had called for the indictment and prosecution of two FBI agents who had repeatedly lied to him and obstructed his investigation of a murder scene. He said flatly, "We were lied to." Although he insisted that he would continue his demands for prosecution of the FBI agents, it is doubtful that his complaints will ever be processed in Washington. Byrnes also testified that at Waco, "The FBI lines were always open to Washington. Everything was run out of Washington." This clearly proved that President Clinton was in total charge of the entire Waco operation, as the FBI and the Attorney General are known as the KGB or political police of the White House. Nevertheless, no attempt was made by the chairmen of the Waco Hearings to call Clinton as a witness.

RENO'S REVENGE

The Waco cover-up hearings concluded with two days of testimony by Attorney General Janet Reno. She parried all queries about the torture and murder of the children at the church by gas and flames, stating that she had consulted the best experts. She pointed out that there was little available information about testing tear gas on children. In fact, the gas had been developed to control dangerous criminals. No one ever expected that it would be used on helpless infants. A psychologist observing her testimony commented that "Reno is a classical, textbook example of the socio-psychopath. She is incapable of remorse or of admitting guilt for any crime she commits."

THE FINAL DISGRACE

With each day of the hearings, Co-chairmen Zelff and McCollum had become more obsequious and fawning to the federal agents, the mass murderers, who appeared before them. Instead of reproaching them for their crimes, the Republican Congressmen outdid each

other in grovelling before the killers, assuring them that in no way did they wish to reproach them for having done such an outstanding job. When Reno finally left the stand, and the cover-up hearings came to a close, Americans knew that they had been hornswoggled again. The *Wall Street Journal*, August 2, 1993, echoed the sentiments of most Americans when its editors criticized the hearings as featuring "far too much feeble, half-hearted questioning by Republicans. Enough new information has come out to make mincemeat of the Clinton Administration's Waco story. Within forty-eight hours after the Feb. 28, 1993 initial assault on the Branch Davidian compound, the federal government abandoned routine law enforcement to avoid gathering evidence that might embarrass the government. A Sept. 17, 1993 Treasury Dept. confidential memo to Asst. Treas. Secretary Ronald Noble stated that on March 1, the Bureau of Alcohol, Tobacco and Firearms initiated a shooting review and 'immediately determined that these stories (of agents involved) did not add up'. Justice Dept. Attorney Bill Johnston at this point advised ATF supervisor Dan Hartnett to stop the shooting review because AFT was creating exculpatory material that might undermine government prosecution of the Davidians. The cover-up continued on April 14, 1993. The Treasury Dept. general counsel, Robert McNamara, sent a letter to several top-ranking Treasury officials stating that the Justice Dept. 'does not want Treasury to conduct any interviews or have discussions with any of the participants who may be witnesses because of fear of creating exculpatory material.' The Justice Dept. also warned Treasury not to contract outside experts to analyze the original raid."

In conclusion, the *Wall Street Journal* found that "The evidence of a cover-up and gross federal misconduct is far stronger in the Waco hearings than in the Whitewater investigation. The Republican leadership in Congress should seize upon the recent revelations to demand a special counsel to be appointed to investigate possible federal crimes and cover-ups regarding Waco." In fact, the Republican leadership in Congress has no intention of demanding a special counsel. Instead, they have now buried the Waco hearings forever, and will continue with the Whitewater charade, which actually serves to insulate Clinton from any investigation of his complicity in the Waco Holocaust, because the Whitewater hearings can be dismissed as a mere political harassment of the President. Once again the American people have been sold down the river by their duly elected representatives in Congress. The Waco cover-up will be seen by future historians as the most disgraceful act of a conspiratorial, totally degenerate Congress. It would seem that the children of Waco have now been buried for all time. Let us hope that an aroused American populace will soon raise as their battle cry, "Avenge the children of Waco!"

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9/8/95 #1 HATONN

**"A FOE TO GOD WAS NE'ER TRUE
FRIEND TO MAN;
SOME SINISTER INTENT TAINTS ALL
HE DOES!"
(A wise old speaking.)**

I am in a most unique position to watch what mankind does as he denies God, God's Hosts and God's way. When the confrontations come it seems every bridge across every chasm is set afire in revenge for interpreted "wrongs". Then, as reason comes to light, it is attempted to withdraw the flames, plead impatience and error, and beg God to put the bridges back in place that you might cross into the "Promised Land". Well, often the bridge has been burned on the bodies of those perceived as the erring parties, the stories change but still shield self, and you find that which you SEEK buried in the rubble in the bottom of the canyon beating upon the rocks in the middle of the gorge. I marvel at MAN in that he will go to the ends of the Earth to destroy HIMSELF.

I further find it interesting that for the sake of ones' "own good" a man may well SAY he has rethought a given set of circumstances and apologizes—so that he might go back to the acceptance which was without complication and sheltered him from his own responsibilities. The assumption, of course, is that God's people will simply suck in their breath and say: "Of course, brother, come back in for I have missed you kicking and beating me." Well, sometimes, there is simply nothing to come back TO—for the reasons for actions in the first case, which offended so greatly, was the LAST alternative available in the given set of circumstances. Chance after chance is given while the bridge is standing and the crossing easy. Then, after the bridge is burned, comes the realization that that bridge is not so easy for passage—THEN, and only then, do we come off our ponies and consider "better" alternatives than cutting our own throats. Well, "I" do not cut throats, I do not tell of bad things to come without offering solutions, and I don't take responsibility for your silly actions. I have a team who has learned that quite profoundly.

Forgiveness has NOTHING to do with your actions against me. I have nothing to forgive, and forgetting is a stupid response to anything for you as a people have "forgotten" everything of truth that you ever KNEW. Every child must learn to walk on his own two legs or he is handicapped, at the least, for all his physical days. By far the majority of mankind get up on their feet and walk—in all directions as if in blind-man's bluff. Fine, for those are the ways of learning, if, after the child is matured physically, he continues to keep the blindfold on or rips it off and moves in intelligent, sober intent, with the assumption he knows what he is doing, or, he says he has not learned enough and willingly hoves-to and learns with his back to the task.

How many of you can relate to the Christian on the rooftop in the midst of the flood who waits for God to save him? The truck comes by and asks him to come aboard and into safety, then the little row-boat comes

and he declines for "God will save me." Finally the rescue squads come in their boats and still he waits for God; then someone comes by in a low-flying plane and tosses a life-ring which is pushed away for "God is going to save me." Then, just as the water reaches to the ears, a helicopter comes and the response from the drowning man is that "No—God is going to save me!" Then the man drowns quite dead.

His spirit comes to the "gates" and begs entrance, but in a most angry attitude. "Why didn't you save me?" he spouts off to God. "I did," says God, "I sent the angels for you!" "Ah," shouts back the drownee—"but they were the angels of death!" "So be it," said God. "I sent everything from a truck to an aircraft and you denied them—they were ALL angels of life—YOU WAITED FOR THE ANGELS OF DEATH!"

While you WAIT in defiance of that which IS—do you then blame God and God's responsible people who have offered the life-ring? This may perchance be OK in the daily hum-drum of existence: it is NOT OK in the vineyards of God when a task is at hand that YOU have asked to do. Blaming another and/or God for your misadventure is not an equitable nor legitimate response.

I am continually disappointed and amazed at those, who could have had it all—who demand to be left in FLATLAND counting pigs for, after all, pigs is pigs. Moreover, WHAT DO YOU PROVIDE FOR YOUR SPOUSE AND PARENTS IN THESE IRRESPONSIBLE ATTITUDES BUT, MORE THAN THAT, WHAT TEACH YE YOUR CHILDREN IN THESE PERFORMANCES OF ZEALOUS DEFENSE OF SELVES? THEN, FINALLY, WHILE ONES ARE WORKING TO GET THE LIFE-RING TO YOU—DO YOU PUSH IT AWAY IN A FIT OF TEMPER? SO BE IT. We serve

the angels of LIFE, for revelations of truth come in many forms for your growth and learning and when YOU withdraw from school, so too do the teachers stand back and stop offering to save you in spite of self! REMEMBER, READERS, THOSE PEOPLE SERVING AND SAVING YOU ARE ALSO ABOUT GETTING THEIR LESSONS AND THEY DIDN'T DROP OUT OF SCHOOL.

You will accomplish exactly what you set out to accomplish—be it great or perceived failure. All the thrashing about will do naught but insure your achievement of that which you perceive of SELF. After you bash, trash and thrust out at others around you in an effort to get them on YOUR side of something or other—and they see what you have done and how you have performed—who will be there to help you move on? Who will seek a job for you? Sometimes that "better deal a'comin'" that you forfeited the NOW to await—eludes you after all. If you take no responsibility in the NOW when the work is there but the abundance is NOT—who will want you in attendance when the abundance arrives—at "their" responsible labor's rewards? These are worthy things to consider as each does his part to change a sinking world. Readers, you are on the rooftops and the angels are gathering. Which angels will you choose? And remember, the choice WAS MADE BEFORE YOU GOT TO THE ROOF-TOP!

Now, for an even more difficult look at self: Do YOU just go about trying to smooth over all things—right or wrong? Are you a "fixit" who assumes the role of "fixing" that which is obviously broken? Do you repair it PROPERLY or do you screw on a cast and leave the leg at odd angles to later infect and fall off? And, furthermore, do YOU attempt to get the unbroken leg to fix the broken leg? You know, that leg that said, "Hey, 'nother leg—you are broken and you make a cripple of both of us." Do you go forth and say, "But, unbroken leg—you are strong and other is weak." So?? WHY is that LEG BROKEN? Will YOU see to it that all the legs are broken so that the ill-begotten broken leg can have the crutches and rise again to walk in the pot-holes to break again and again? We did not come forth to walk in the pot-holes of a dying world—we came to see who would FLY with the angels of life and who would sink with the angels of death. We seek LIFE, not DEATH.

WHAT IS LIFE? WHAT ARE SECRETS WHICH ALLOW FOR LIFE? AH, THE UNIVERSE IS AWAITING YOU WHILE YOU QUIBBLE OVER EGO POWER. YOU CANNOT KNOW LIFE IF YOU REFUSE TO LEARN WHAT IS LIFE!



Latest Journal Goes To Press

Mother Earth's Secrets Are Always Astounding

Editor's note: Readers, please keep in mind that it currently takes a good 9 months of publication and printing activities between the time that we announce the latest Journal here, only GOING to press, and when that new Journal is actually completed and available for purchase through Phoenix Source Distributors. Always look to the Back Page of CONTACT for Journal availability information.

9/6/95 #1 HATONN

FOREWORD

ALCHEMY AND TRANSMUTATION
WHAT YOU PUT IN IS NOT WHAT
YOU GET OUT

As we sit to write we note we are asked for an Introduction or a Forward for a journal. I believe the most important thing that I can offer is the Epilogue of *Biological Transmutations* by Louis C. Kervran of France (long deceased). I want you to WANT to study this journal volume CAREFULLY—it is more of the very secret of LIFE.

In addition I want to get you some other information which hasn't found an appropriate placement in our somewhat orderly information flow. It is information on Survival Wild Foods. Without going into great agricultural passages we can give you some information as to how to obtain some information on this subject of survival without leaving our subject.

I offer first a letter from Michael Morearty, who frequently shares with us in-depth instructions and how-to for things such as making Tempe from Soybeans and other nutritional must-knows if you plan on good health through a period of tough times. Remem-

ber: Tough times don't last—but tough people DO. NOTATION: Yesterday France tested a nuclear bomb in the Pacific—"to keep current their military arsenal". Do you still believe the world is not on the brink of nuclear war? Well, you ARE so get the heads out of the sand-pit. It is no longer "if"—it is only "when".

This letter is addressed to Rick Martin because Rick has written on gardening and this comes in response. However, Phyllis of the *News Desk* has brought in full salads from "weeds" so we know that these things can be both tasty and extremely nutritious. Michael lives in Glendale, Arizona but I won't offer address information unless I hear FROM HIM that he welcomes any and all callers or correspondents.

[QUOTING:]

Dear Rick, Aug. 10, 1995
Thanks for all of your writings. I found your 6-23-95 Gardening article to be most informative—having some interesting points I will probably try.

Regarding Wild Foods:
What happens when...

1. there is an earthquake?
2. there is a flood?
3. there is another natural disaster?
4. the government comes and takes your food storage?

AND after several days to a week your water is nearly gone, your food storage is getting low (you have probably shared with others) and you wonder what you will do. Water mains are broken and watering of gardens could easily be prohibited, ("that is a luxury"—"save it for the people").

Yes, we've got our [*Hydrogen*] Peroxide, OxySol, GaiaCol; Gaiandriana etc... BUT...

Linda Runyon has seen more avoidable death and suffering on Famine reports on TV than she cares to remember. She tells of seeing mothers sobbing that their baby died while at their feet in the very same picture is enough wild food to nourish both the mother and the baby—very avoidable.

This is what I was wondering 2 years ago when I discovered Wild Foods (vegetables). You know, the ones that grow in the cracks in the sidewalk, in your garden, in your lawn, and in glorious fields. And all volunteers—you never HAVE to plant them—NATURE'S NO-WORK GARDEN. They are rich in Vitamins and Minerals and other essential nutrients—often having more of these than their domesticated cousins, the garden vegetables we usually eat.

You can live healthy and in style eating these: Tumbleweed tips, sunflowers, amaranth leaves and seed heads, cactus (cholla, prickly pear, nopalis), aloe vera, pine needles, dandelion, violets, sorrel, red and white clover, queen anne's lace, chicory, burdock, lambs quarters, purslane... to name

but a few.

If you get tired of one just wait a little, a new one will come along soon. These are seasonal plants, just like the ones in your garden, staying for several months and going to seed to let others begin their cycle.

BIG QUESTION: HOW DO YOU KNOW IF IT IS EDIBLE?

1. cross reference of several sources;
2. use the WILD FOOD FORAGING RULES. These rules allow anyone to test ANY plant for edibility.
 - (a) crush and sniff, do you think you would want to eat it?
 - (b) crush and rub a tiny bit on your gums, wait 20 minutes, is there any untoward reaction?
 - (c) take a tiny bit and chew, spitting the plant out, wait 20 minutes, if no untoward reaction
 - (d) make a weak tea to further test edibility, drink and wait 20 minutes.

If there is no untoward reaction it is most probably edible.

The person I have studied with is Linda Runyon. She spent 13 years in the Adirondacks in New York State, living on wild foods. She has been in Phoenix for the last 10 years giving classes. In the past year she has worked as an advisor with David Schultz (the Water Conservation Officer for the City of Glendale) to establish a Wild Food Walk (a Survival Acre for public display) at the Glendale Public Library (59 AV S of Peoria Ave). It is complete with signs describing each plant and the edible portions thereof.

I am enclosing her:

Wild Food Cards—identification. [H: I think the cards may have stopped off with Rick so I can't vouch for them without seeing them.]

A Survival Acre—how to do it.

Nutrition Wheel—reference.

Since I have learned about these foods I have been relieved of the WHAT DO I EAT NOW syndrome. You might consider having an article on wild foods.

May I add that just because these vegetables grow wild does not mean that you can't plant them in your garden. Some of them love the added attention.

From reading *The Valley of Radiance Series*, I believe you reside in Tehachapi. I'm sending it to you there. I will send a copy of the letter to Hatonn but I can't afford a second set of the enclosures, please pass yours to him when you are done, thanks.

Sincerely, in Light of God,
Michael Morearty

P.S.: Linda Runyon's Phone No.: 602 933-8675.
Address: Linda Runyon
13239 W. Shadow Hills Dr.,
Sun City West, AZ 85375

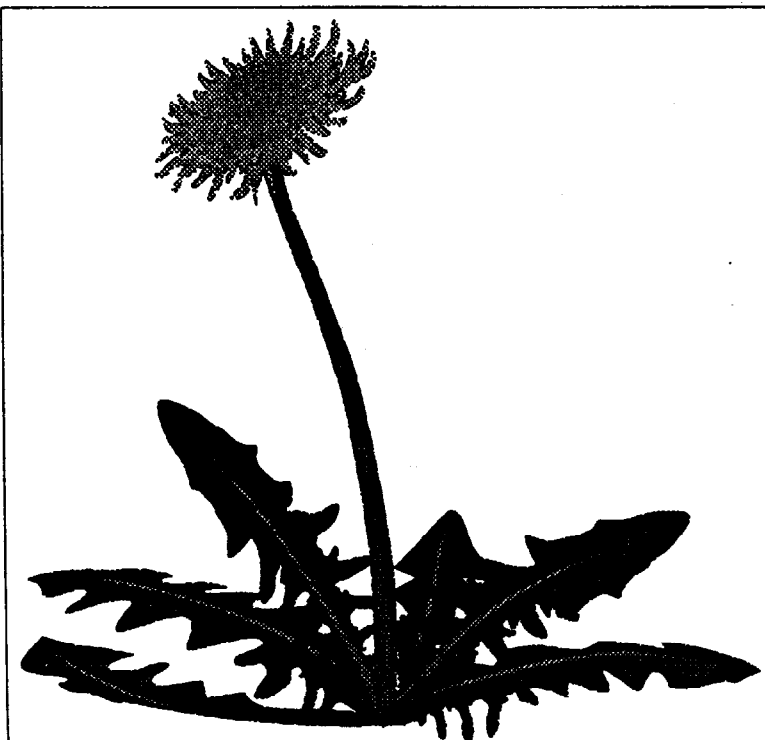
[END OF QUOTING]

I highly recommend you get enough information to utilize what is around at your feet or in your bushes for there may well come a day when you will wish you had done so. Eating poisonous plants or foods which cause rashes and reactions is not what is going to "make your day" when the going gets rough and you have to keep going. And for you who wish we could stick to a subject until we get it finished (remembering back to all the books we have begun and are yet unfinished) we have to remind you—THESE ARE JOURNALS WITH DAILY ENTRIES AS IN "LOG". We are not in the book writing business—we are in the information (of what IS) business, and I might add—it is a sorely bad business.

Back to: [see pgs 2-18 for Parts 11-15, of our outlay of BIOLOGICAL TRANSMUTATIONS; here is part 16 and the end of the story, quoting:]

EPILOGUE

When one is confronted with a fact which is in opposition with a prevalent theory, one must accept



this fact and abandon the theory, even though the latter, supported by great men, may be generally subscribed to.—Claude Bernard.

This book is essentially a document of experiments which I hope will be sufficient to establish the undeniable reality of the phenomenon confronting us. It was necessary to limit the treatment of the subject, leaving the door open concerning the different applications of these newly discovered reactions. I hope the examples cited here will not only help the reader understand the mechanisms but will encourage him to proceed in his own field with each particular problem.

The preceding pages have demonstrated that the biological transmutations of the elements do not in any way oppose the laws of chemistry. *Chemistry is the science of the displacement of the electrons situated in the peripheral layers of the atoms. It is the science of the molecules, not of the nucleus of the atoms.*

Einstein never stated that his laws were applicable to biology. He always insisted on the fact that they were relevant only in his particular field of research. [H: And were incorrect even in his field of research!!]

Open-minded physicists know well that not all the laws of physics are applicable to living matter, a fact which made Louis de Broglie write, "It is premature to reduce the vital process to the quite insufficiently developed concepts of 19th and even 20th century physics and chemistry."

Along the same line R. H. Dicke in *The Theoretical Significance of Experimental Relativity* (New York) said that there is now emerging a lessening of the original infatuation with the proofs related to the law of general relativity.

More and more physicists now oppose the rigid attitude of certain specialists. One of these physicists, H. Prat, a professor at the Faculty of Science, wrote: "In fact all our physical and biological laws are more or less based on the implicit acceptance of the notion of identity. They should all be studied over again and made more flexible."

As a further example the eminent physicist Brillouin wrote, concerning the healing of tissues, etc., "That is why so many scholars think that our actual laws of physics and chemistry cannot explain such strange phenomena." (*Vie, Matière et Observation*, A Michel Pub., Paris 1959.)

In the atomic field everything is brought to the level of Einstein's theory. This confusing attempt to generalize is not being made universally, however. Other scientists declare, "The equations of Einstein remain valid, but it now appears that they might be incomplete." (*The Sciences*, July 1964) [H: And THAT is the nicest thing you can say about them. They are erroneous as well as incomplete. Let us just say that they are completely erroneous and a valid basic part of the New World Order DISINFORMATION! Telling you so is what endears me so greatly to that New World Order!] Also, "A new examination, the complete revision of our ideas, will lead us to the conclusion that there are accommodations to be made with relativity."

I do not oppose Einstein. I only oppose his unconditional followers who did not understand their master and who applied in all fields laws whose capacity Einstein himself had circumscribed.

But who reads Einstein? Many of the popular books on relativity are written by professors who misunderstand these laws and who continue to apply automatically the false calculations made by previous authors.

"It is only for these bodies of reference (Galitian bodies, i.e., those which make a rectilinear and uniform movement, exempt of rotation) that the validity of the principle of relativity was admitted..." wrote Einstein. (*La Relativité*, Payot Pub., Paris 1956.) And, "The physical interpretation of the space and time Euclidean continuum... was possible by virtue of the law of constancy of light velocity... which the theory of General Relativity could not maintain..." [H: ALL is LIGHT and it is the electrical duality of electric flow which

gives the illusion of space and time flow as well. You are a pulse-wave electric manifestation of LIGHT made manifest as is everything in your world. Therefore you CANNOT have a valid human relationship with that which is etheric. You cannot but GUESS at what might be "Out there" in your perception.]

Einstein's position before his death was that there are several valid theories, each completely distinct and applicable in its own field. Yet now many passionately support Einstein's theory while others completely oppose it. Physicists are divided, and I have no wish to take part in their debate.

[H: I would like to remind you of a way you can judge the work of a man such as Einstein. He was of the Elitest and he wandered about in a haze of mind dwellings. As he grew older and literally "old" he had a magnificent physical and very Earthy fling with Marilyn Monroe of your Monarch Program training. A GREAT SCIENTIST AND TEACHER DOES NOT INVOLVE IN SUCH DRIVEL OR POLITICAL INTRIGUE.]

What is important is that doctors, biologists and agronomists are already applying the biological transmutations. Some doctors apply them empirically without completely understanding them. The same is true with agronomists who leave a deficient field lying fallow for a few years, after which period the land regains the elements in which it was deficient. Also, many bone specialists know that the bone is formed without calcium.

The entire genesis and evolution of our planet needs to be restudied in light of transmutation, which opens new horizons to geologists and philosophers, as well as to metaphysicians. The latter can find grounds for meditation in the fact that the vital phenomenon of life is not chemistry alone.

This does not mean that the recognition of biological transmutation is another step towards comprehending Life. On the contrary, I would say that it is a step toward demonstrating that Life is more complex than some bio-chemists would like to believe.

"When one makes a general theory," said Claude Bernard, "the only thing of which we are certain is that all of these theories are false, absolutely speaking... for they should be modified with the growth of science, so much the more since sciences are less advanced in their evolution. What distinguishes the scholar is not making discoveries in which chance plays a great role, but finding the laws which govern the phenomena."

It is the exaggerated specialization in every field of science which condemns the modern scientist, isolating him from other disciplines. For many, science today is just another job, where the employee has lost his sense of adventure. (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

Let us again recall that the transmutations at low energy are a phenomenon totally different from the one actually studied in nuclear physics. The transmutations observed here were all of a biological nature. They lead us to recognize that the natural structure of atoms is different from that structure resulting from the technique used in the study of nuclear physics. The nucleus set is formed of sub-sets which can be separated with a relatively small amount of energy. More particularly, most of the reactions studied can occur with the movement of an atom of hydrogen or an atom of oxygen, thus with $\pm H$ or $\pm O$.

If this is a general principle, however, it must be said that the group of protons O can neither be separated from one nucleus nor joined to another. The same is true of H. What is now called "Kervran's Effect" is thus limited to certain reactions which are the same in biology. An example is the metamorphosis of rocks, under pressure effects and temperature which have no

basis of comparison with the energies of fusion, or fission, calculated by classical nuclear physics. Hence one may have an exchange of one proton in ${}_{11}Na \rightarrow \leftarrow {}_{12}Mg$ OR ${}_{13}Al \rightarrow \leftarrow {}_{14}Si$. This leads us to the complementary hypothesis that the above movements of protons would occur only to introduce or take away a single proton from one of the sub-sets.

Thus it can be understood why in geophysics one observes the "Kervran's Effect" kind of transmutations and only these, although laboratories using high pressure for the synthesis of minerals come across the same transmutations. Our findings are thus confirmed by a different agent and both converge in the concept of a nucleus formed of "cleavable parts".

I hope that the reader who has attentively read this work will be aided by the knowledge of the phenomenon of biological transmutation. More books will be translated from French into English in the future. These books will, of course, include new experiments made by those who are now applying the biological transmutations in their respective fields of research. In view of this fact the theoretical aspect of our subject has been neglected in this work. *Michel Abehsera*.

[END OF QUOTING]

I ask that this "Epilogue" also be inserted at the end of the last chapter of *BIOLOGICAL TRANSMUTATIONS*.

May you begin to "see the Light" as the saying goes. You not only have been fed the wrong foods—but the WRONG information. It is never more seriously true in your world where two wrongs do not even come close to one "right" than in what you have now done to your wondrous bodies, in ignorance by you—intentionally by your controllers. May the best man win this trial and may YOU be the best man.

A lot of you observe the birds of the air and even the chicks of your fields and note that there isn't enough for them to eat in certain times and ponder on what they eat! Dirt! They eat a lot of "Mother Earth" for they instinctively know their needs—it would have been quite wise if you had eaten a few of those mud-pies and sand-piles as a child. So be it. You appear to be a flesh-and-bones type of animal—you are an electric machine! Salu.

Gyorgos Ceres Hatonn
September 6, 1995

DEDICATION

This volume, in humble appreciation, is dedicated to: Professor Louis C. Kervran and Michel Abehsera. One brought forth the information; the other made it available in a language you can read.

TITLE PAGE:

UNIVERSAL LIFE, LIGHT, AND YOU

VOL. III

ALCHEMY AND TRANSMUTATION WHAT YOU PUT IN IS NOT WHAT YOU GET OUT

It is now proven that what you eat is what you are—and since you eat all the incorrect things—you are paying the price in poor skeletal structure and body functioning. A "little" necessary mineralization and nutrition goes a long way—allowing a lot of junk without damage. However, you must learn that, for instance, calcium does not build bone. Outrageous?? Indeed! BUT TRUE, as are other revelations you might well learn in difference to the mainline misinformation which is killing you.

The News Desk

9/19/95 PHYLLIS LINN

BIG BANKS MERGE

The rapid rate of takeovers in the banking industry is NOT a good sign for freedom-lovers. The latest merger is covered in the August 29 issue of *THE ORLANDO SENTINEL*, [quoting:]

NEW YORK—Chemical Banking Corp. and Chase Manhattan Corp. agreed Monday to merge in a \$10 billion stock transaction that will create the biggest banking company in the United States. The combined company—to be called Chase Manhattan—will have \$297 billion in assets, outranking Citicorp, currently the largest U.S. bank company with \$257 billion in assets. Chase is the nation's sixth largest bank with \$118.7 billion in assets, and Chemical is fourth, with \$178.5 billion in assets.

The new bank will have 25 million customers across the nation and rank first in mortgage servicing, third in mortgage lending and fourth in credit cards. The bank also will be a global leader in several corporate banking businesses. The Chemical-Chase merger is expected to close by March 1996.

Bank merger

The merger of Chemical Banking Corp. and Chase Manhattan Corp. at a glance:

Chemical Banking Corp.
Rank: 4th-largest U.S. bank
Assets: \$178.5 billion
1994 net income: \$1.29 billion
Employees: 42,130
Branches: 297

Chase Manhattan Corp.
Rank: 6th-largest U.S. bank
Assets: \$118.7 billion
1994 net income: \$1.2 billion
Employees: 33,535
Branches: 324

New Chase Manhattan Corp.
Rank: Largest U.S. bank
Assets: \$297 billion
Employees: 75,000, but the companies say about 12,000 positions will be eliminated as a result of the merger
Ranking in key businesses:
No. 1 in mortgage servicing
No. 3 in home lending
No. 4 in credit cards

ASSOCIATED PRESS

alarming rate—what do we need with defense now that we have a One World Government—uh, er, I mean “peace”? And what’s going on at the other bases? Detention centers for dissidents like YOU??] They include former President George Bush [current pedophile, murderer, traitor], former Prime Minister Margaret Thatcher of Britain, President Vaclav Havel of the Czech Republic, Nobel Peace Prize winners Archbishop Desmond Tutu [There is no honor in the Nobel Prize, just thanks from the Elite for a job well done.] and Rigoberta Menchu, cable TV magnate Ted Turner and former Japanese Prime Minister Yasuhiro Nakasone.

The idea behind the forum, from September 27 to October 1, is to “convene a conversation to look at fundamental priorities and values that the world should [and WILL, by edict] embrace as it moves beyond the Cold War,” said Jim Garrison, the foundation’s president. [Whoozat?] Hopes for a new world order after the end of the Cold War have dimmed. “There appears to be a great cynicism everywhere with government,” said former Senator Alan Cranston, D-Calif., chairman of the Gorbachev Foundation USA. “And there is a yearning for new directions.” [Boy, you can say that again! But it’s 180 degrees away from these guys!]

Organizers have also invited hundreds of participants from many walks of life either to address the conference or to participate in 20 smaller round tables that will examine everything from the future of the nation state [kaput!] to the problems of crime, pollution, new technologies and the rights of businesses and individuals. [Oh, okay, I know what this is—it’s DEMOCRACY, right? But Gorbachev’s party is all window dressing; like the UN Conference in Beijing, the NWO agenda was set long before the convention opened.]

Others who have been invited include Vice President Al Gore, President Nelson Mandela of South Africa, ABC News’ Ted Koppel, novelist Isabel Allende, Microsoft chairman William Gates, Mother Theresa, explorer Thor Heyerdahl, Body Shop founder Anita Roddick and futurist Alvin Toffler. [A motley crew.] Garrison said Gorbachev wants the exchange of ideas to lead to creation of an informal brain trust that will meet during the next several years. Projects that might be undertaken include a so-called Earth Charter, described as an environmental bill of rights, and an attempt to eliminate all nuclear weapons by the year 2010. [Gorbachev, as you no doubt recall, is a partner in Kissinger Associates.]

CONVICT CHIPS

From the September 1 issue of the *ALBUQUERQUE JOURNAL*, [quoting:]

Gov. Gary Johnson has hopes that rapidly advancing computer technology someday could help solve the problem of New Mexico’s overcrowded prisons.

Much to the dismay of inmate lawyers, Johnson at a private meeting in May raised the possibility that a futuristic form of incarceration could include implanting microchips in convicted felons. Johnson said during an interview this week that he wasn’t implying the state could implement such a program any time soon. But, he said, with “the technology advancing all the time, who knows what technologies we’re going to have in the future to...be able to implement innovative ways of parole and work release.” [No doubt plenty could and IS being done along these lines right now. The goal is TOTAL MIND CONTROL.]

BOOM IN NEW CITIZENS

This article is from the September 1 issue of the *CHICAGO TRIBUNE*, [quoting:]

LOS ANGELES—Swamped by nearly 1 million applicants a year, the Immigration and Naturalization Service said Thursday it will spend \$22 million streamlining the process for turning foreigners into citizens. The new program, entitled Citizenship USA aims to clear a backlog of cases and reduce the naturalization process to six months starting next summer, INS Commissioner Doris Meissner said. The current time lag of about a year had been expected to double because of an unprecedented surge in applicants, she said. The number of applicants has grown from about 384,000 in 1992 to nearly 1 million this year, Meissner said. [This country used to represent freedom; now, to most, it means economic benefits. Well, the goose has about laid its last golden egg and then there is no where to run, no where to hide, is there?]

FOOD CRISIS NOT ACCIDENTAL

In the August 18 issue of *EIR*, Lyndon LaRouche has this to say about an impending food crisis, [quoting:]

Now, the reason we have a food crisis, is really very simple. Various institutions, including the United States Government and its Department of Agriculture and so forth and so on, have been collapsing the total amount of food grown in every country of the world, virtually, except Sudan, where they had a crisis, because the Sudanese government insisted upon growing enough food to feed their own people, which the United States Government didn’t like, and that’s why we have a crisis, technically, with Sudan. It’s over its insis-

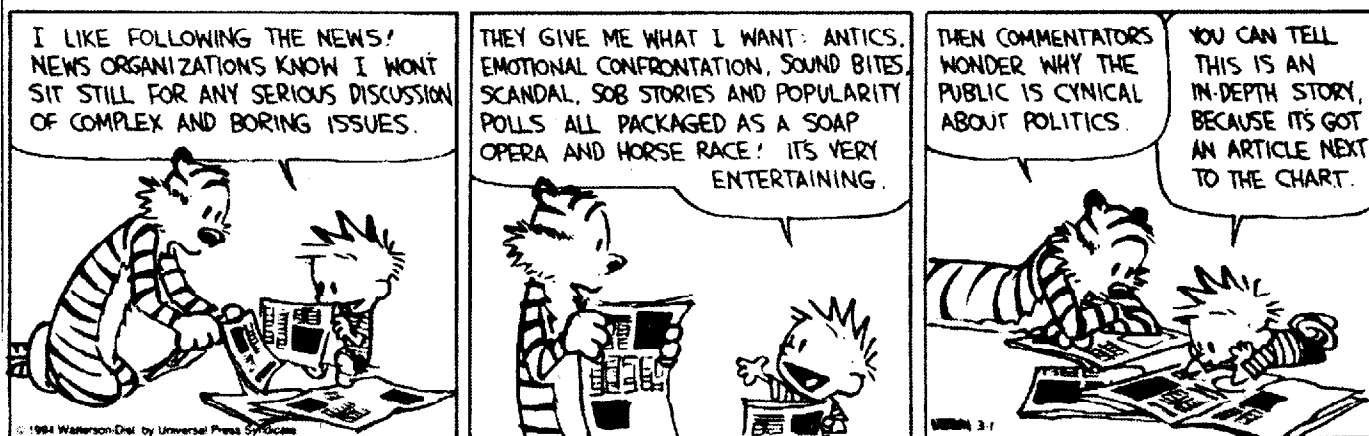
CONTINUING DOWN THE SLIPPERY SLOPE: GORBACHEV CONFERENCE

The next article was published months ago—February 3—in the *SAN FRANCISCO CHRONICLE*. You will find more information on this “happening” in next week’s paper and, oh yeah, better hang on to your gag reflex! [Quoting:]

Former Soviet President Mikhail Gorbachev has asked hundreds of world leaders and thousands of business people to join him in San Francisco next autumn [now upon us] to discuss the state of the world. The Gorbachev Foundation U.S.A., based in the Presidio, has already lined up an array of co-chairmen for the five-day conference, which will be held at the Fairmont Hotel. [Whoa! Just a minute. Don’t you just wonder how come this former Russian dictator and his staff members have taken up residence in one of OUR recently closed army facilities?? Our military bases are being closed down at an

Calvin and Hobbes

by Bill Watterson



tence on growing enough food to feed its own people.

[Mr. LaRouche has this to say about the planned depopulation:] Lester Brown [of *Worldwatch Institute*] is also a fanatic. He's part of the Rockefeller stable of genocide fanatics, you might call it, people who want to reduce the size of the human population, because they're against human population, they're against people. They think there are too many people, and they think that technology is bad, because if you have technology, you educate people, they become too smart, and sooner or later they wake up, and they don't want Rockefellers and queens and so forth, running them. So the Rockefellers want stupid people.

GLOBAL 95 WAR GAMES

See how this fits in with the four-part Gulf War Syndrome article in the past four issues of *CONTACT*. From the September 11 issue of *ARMY TIMES*, [quoting:]

WASHINGTON—The Pentagon's first major war game simulating widespread use of chemical and biological weapons has raised critical questions about the adequacy of U.S. policy, military doctrine and operational planning to counter weapons of mass destruction, according to U.S. policy-making and military officials. [i.e., official, bold-faced liars]

The game's "big lesson", according to a Pentagon expert who requested anonymity, was "the realization that we haven't done enough thinking about this...It doesn't mean we can't do it, but we can't just muddle through. (Dealing with weapons of mass destruction) is something that requires more preparation."

The war game, called Global 95 was held July 9-31 at the Naval War College, Newport, R.I. Its results were released at a time when concern about the potential use of biological, chemical or nuclear weapons against U.S. troops or civilians has been heightened by the United Nations' discovery of Iraq's advanced germ warfare program [purchased from the U.S., made in the U.S.] "The possibility of biological weapons use against the United States is more real today than at any other

time in our history," a senior CIA official said in late August. [Hint, hint to the question "Where will the next war be held?" And we are the proverbial sitting ducks—our troops are sick and/or scattered all over the world.]

The United States has virtually no response to such potentially devastating weapons other than threatening to use nuclear weapons, according to a Joint Staff officer. But it is unclear if even nuclear weapons could provide a deterrent, unless the United States was willing to set aside the ethical issue of destroying a city, he said. On the other hand, if the United States did launch a nuclear attack in response, "no country would use those weapons for the next 100 years," the official said.

The annual war game is a major tool used by U.S. policy-makers and military leaders to explore key strategic questions, with the results factored into doctrinal decisions and budget plans. Not only do senior Pentagon officials attend, but high-level officials from the State Department, National Security Council and intelligence community also are involved. [see picture]

ISRAEL'S HAVING A PARTY!

Here's some chutzpah from the August 31 issue of the *JOHNSON CITY PRESS*, [quoting:]

JERUSALEM—Israel is throwing a party for Jerusalem's 3,000th birthday, but not everyone wants to celebrate. Palestinians say "Jerusalem 3000", a 15-month bash that starts Monday, is an attempt to promote Israel's claim to all of the disputed city. Organizers say \$7 million will be spent on fireworks and lasers, outdoor concerts, sound and light shows, ballets and photo exhibits to mark the 3,000th anniversary of King David's capture of Jerusalem and establishment of Jewish rule. Performers from 30 countries will participate. Critics, however, say the balance is tilted toward the Jewish history of the city, which was ruled by a long list of conquerors: Persians, Greeks, Romans, Byzantines, Muslims, Crusaders, Mamelukes, Ottomans, and the British.

Ikrema Sabri, the mufti of Jerusalem and the highest-ranking Muslim cleric in the city, said the festivities are an attempt by Israel to sway world opinion in advance of negotiations on the final status of the disputed city, scheduled to start in May 1996. Israel will discover that celebrations, concerts and exhibitions will not change history," Sabri said. "Israelis know very well that the city is not a Jewish city or a united one."

Mahdi Abdel-Hadi, head of the Palestinian think-tank Passia, said the Arabs had 1,400 years of history and culture in the city. "You can celebrate in the streets, you can have the flags the way you want, but this is not reality, this is phony, because reality is heritage, religion, history," he said.

Palestinians want the eastern sector of the city, which Israel captured from Jordan in the 1967 Mideast war, as the capital of a future Palestinian state. Israel insists the entire city will be its undivided capital forever.

NEWT'S DRUG BILL

From the August 27 issue of *THE DAILY NEWS*, [quoting:]

Mandatory executions for convicted drug smugglers would kill so many of them that it would curb the flow of illegal drugs into the United States, House Speaker Newt Gingrich said Saturday. The automatic death sentence is part of a bill Gingrich said he will bring to the House next month. "Do it one by one, it'll add up," Gingrich said. "if the word gets back that we're serious and we're actually implementing it, then it will have a very chilling effect on people bringing drugs into the U.S. [Wow! It sounds like the War on Drugs is really heating up—to eliminate the competition and make the criminal controllers look virtuous!]

CIRCUMCISION: ANOTHER KHAZARIAN SCAM

From the August 27 issue of *THE GAZETTE, MONTREAL*, [quoting:]

A generation ago, 60 percent of Canadian newborn boys were circumcised, with rates rising to 80 percent in English Canada and 90 percent in the United States. But with the birth of baby-boomers' own children, circumcision rates have fallen dramatically—to an estimated 25 percent in Canada and 60 percent in the U.S., according to various studies.

Most health-care practitioners now discourage the procedure. Where circumcision was once thought to have clear hygienic benefits, the Canadian Pediatric Society plans to issue a statement in October saying there are no valid medical reasons to justify routine infant male circumcision, said Dr. Eugene Outerbridge of the Montreal Children's Hospital. While Jews and Muslims circumcise as a religious rite, North America is the only continent in the world where circumcision has been adopted for non-religious reasons, principally hygiene. [In other words, we assume a flaw in the design of the human body—but one, luckily, which can be rectified by man. Even more interesting is the "religious" significance of circumcision, where, in Deuteronomy 10:16, it says, "Circumcise the foreskin of your heart". Shows you where these guys' "hearts" are, I guess. This article describes the procedure, which can best be described as barbaric. Do you ever get the feeling you're a tourist on this strange, strange planet?]



Soldiers in Saudi Arabia during Operation Desert Storm in 1990 were not prepared for a chemical weapon attack, in spite of their impressive looking outfits and information to the contrary.

The Larger Picture Of Responsibility

9/9/95 #1 HATONN

TEARS AND TARES

It is good to release frustrations, anger, sorrow, joy and/or anything else, through tears, which represent the heart feelings flowing through the eyes which are reflective of the soul. At least, once this was so—now you have robotic-like beings whose hearts are so hardened that the reflection is lost.

For instance, is Mr. Fuhman sorry for his actions upon his Black brothers? NO! He is only sorry he is causing his buddies, in the crimes, problems by his own foolish ego actions. This is the truth of the feelings and actions of MOST people—just sorry to be caught in whatever hidden agendas they have under way. These things then become the “sins of the fathers (and mothers) rested upon the sons (children)”. What do you want reflected of you by your children? What legacy do YOU want to leave as a memory of your passage? And, I must remind you: A legacy is that which usually comes to be recognized AFTER your passage.

There is something else to be considered here, however: Most parents, right under their noses, do not know what the children are doing, telling, or reflecting

while actions are quite obvious to observers in objective viewing. It is “somehow” come to be a child’s DUTY to keep as much from parents as is possible—especially right under the noses. “It’s a tough job but somebody has to do it!” A normal child is a very busy, shrewd person, who, don’t forget, is closer to the “remembering” than are any adults. They measure, they push the envelope, they walk on the edge of disaster, and then dare the parent or authority to touch them lest they leap over the edge and into the chasm.

When you bear their troubles for them, hide the indiscretions behind the shroud, and deny the actions and intent—you lay a burden of GUILT upon the head and shoulders of the very ones crying out for help. No parent is immune from such for no child is immune from the impact of personalities and life. And remember something, readers: the closer the family is required to be by circumstance or living modality, the more reflective the child becomes for he knows not another way. You cannot live in another’s space all the time without becoming quite pressured by the negative energy created by the very act of “growing”. He who tells me there are no problems and no disagreements within a marriage or family unit, is telling me lies—or either one or the other is a total lame-brain. It is not the

encounters—it is how you handle those encounters.

I would also caution all of you readers to attend the point I offer here as well. A storm which blows suddenly is representative of building energy which may well be released in the cloudburst, but know well that the storm was brewing and percolating in the pot. The cloudburst may well be only the visible symptom of that which is the storm itself. Check the final straw on the camel’s back—but also check the first one you dumped there.

If the pile of straw has been worthy and no hidden bricks are within—the last ones can be removed and the camel is still quite able to bear his load. A camel which can thread through the “needle’s eye” can never make it with an overload of straw!

In business it becomes even more heavy. On one hand you will have ones saying there is poor management and not enough is coming “my way”. Then the adversary says of the same manager: “He wastes all the funds and takes them for himself.” Where would you be in this scenario? It is as with the man and the donkey who first has the donkey haul the load. Then finally the man, at the observations and assaults of others upon him, ends up with the load and then, finally the donkey as well—on his back. There comes a time when, in good management, the donkey(s) AND the monkey(s) are wisely removed from the head and shoulders, the load readjusted and forward movement continued. Others may then do that which they choose, but the burden is removed as the source of confrontation.

We who are about our tasks to the very best of our ability cannot be into the business of quitting when the going gets rough. What others think of us, if we be acting in responsible manner, is NONE OF OUR BUSINESS. We must always LISTEN, change if the direction is wrong, but stand firm when the changes are made mandatory. It is NOT Godly to be poor stewards, more especially when many depend on your works and management to benefit all involved.

How many in this very place have gone forth and agreed to have a garden? You tilled, planted, weeded and fewer and fewer went to the garden to attend it. Now what have we? What of the garden’s needs? What of THAT garden YOU agreed to share in the tending? What if I simply stopped in the work because it no longer interests me or the ground is too hard or too soft? What if the management, wherein ones have shared their fundings and expect good business, or at the least until the price of gold doubles, some serious effort to make projects for which funds were loaned WORK, just lay down their efforts and say “Oh well!”? People have loaned us funds—not as GIFT and not as INVESTMENT—but they expect good management and, by golly, they shall have it no matter how difficult it may be for ones in the manager’s chair. Hard? NO! Readers, it is the way things MUST COME TO BE OR YOUR WORLD IS NOT GOING TO MAKE REVOLVEMENT INTO THAT WHICH IS WORTHY; YOU WILL SIMPLY CONTINUE AS IS, UNTIL YOU FOLD.

“But,” you ask, “why do we always start from behind?” Your world is “behind” but in many instances here, for instance, you started WAY OUT FRONT AND AHEAD WITH ALL OPPORTUNITY BEFORE YOU. No amount of money can replace inept operators. There is nothing wrong with being unable to perform a task or stop if you are not getting ahead—the error comes ONLY from the continuation in the wrong direction after the facts are obvious. And, children cannot do the work of the adult lest all becomes the production of children not trained to the task. If, therefore, the adults remain childish in their demands and prefer the circulation with social matters rather than the task of supporting the children in the children’s own responsible need for education and growing in accountability—the adult is never going to be wiser, or older in action, than the children and the children shall grow to despise the parent. What is really painful, however, is when the chip-off-the-old-block becomes the big chip on the shoulder.

Lunch



The Way Forward Is Never In Retreat

9/10/95 #1 HATONN

ALWAYS CLIMBING

It isn't for the moment you are struck that you need courage, but for the long uphill climb BACK TO SANITY AND FAITH AND SECURITY. Ah, but remember that if you give to the world the best you have, the best will find its way back to you.

EAGLES HAVE LANDED

The eagle is at your window, friends, for messengers have come to show the way. Many of you wonder upon "what" does the massive Thunderbird live. He lives on the most tiny of the particles of earth. He sometimes feeds on other creatures—but mostly he lives from the things he finds in the cracks and crevasses of trees, the soil and upon the bits of soil he ingests. Dharma, remember the dove who nested in your bedroom—she left the food you offered and ate the soil from the pots of growing plants. You have forgotten that of which you are. The Phoenix thrives on the ashes—but he scavenges not; he rebuilds; he eats not of the garbage of death—unless, of course, he has been nurtured by humankind and forced to live as outcasts of KNOWING beings. His CHOICE will never be destruction, but always, LIFE. The lesser eagles will always come when the unbalance comes with creatures in overabundance—just as the seagulls will come inland to feed upon the crickets destroying the crops of man. God provides BALANCE if you but leave the scales untampered. There IS a place for each and all things. However, man has created great killing machines for which he shall dearly pay the ultimate price of annihilation.

May you learn your lessons, students, for through knowledge of the way it IS shall you be able to rise beyond the shrouds which hide your view. Remember that bars on thine windows and doors are an effective cell for self as for intruders to keep them out. Bars of ignorance bind forever he who is caught within. Think upon these things for the freedom you seek is your own. Only through knowledge shall you find your freedom and that knowledge must be accurate and IN TRUTH or you shall only bog more deeply in the mire set forth to trap you.

When troubles come and changes are required, must you always RUN AWAY to distant places? Can you not consider the circumstances and find that which you need without running away—somewhere out there? When the going gets tough must you always RUN AWAY? Are you so instilled with insecurity that you cannot bring balance to family and self—without RUNNING AWAY? Whether or not you agree with me, readers, I BRING TRUTH and I shall not change to suit the needs of the egos of ones who come to claim that truth and then deny it.

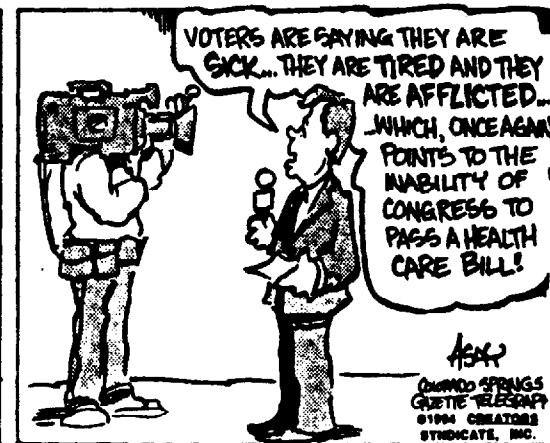
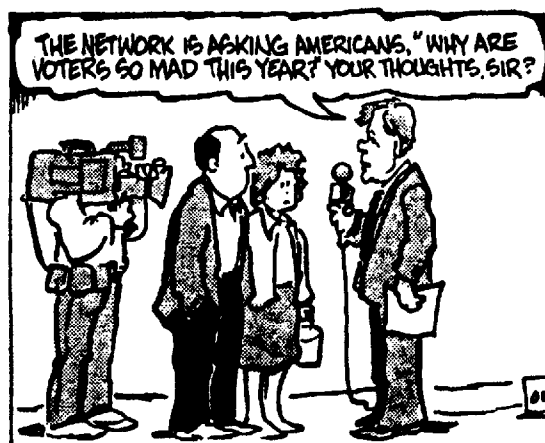
If you had a job which allowed some modicum of security and it is not longer available—do you simply RUN AWAY? Are there not other places to which commute is possible to weather the storms? Or, do YOU RUN AWAY? The test of a being is that which he does with his trials and changes. There is no man alive

who, at one time or another, has not made a fool of himself—why should YOU be different? Check out the ones who SEEM to be the advisors when troubles strike. What do they tell you to do—or do they just encourage your unrest and ego boosting to unreasonable heights so that you further hurt yourself? WHAT HAVE "THEY" PRODUCED TO PROVE THEIR WORTHINESS AS ADVICE-GIVER? See who works constantly to get THROUGH the stagnant times and WHO WAITS AT THE EXPENSE OF OTHERS WHILE TALKING A BIG GAME AND DOES NOTHING SAVE ACT IMPRESSIVE. Do you wait for El Dorado while all goes to waste about you? That is La-la-land in its most notorious form. What are YOU planning to do—supervise El Dorado's treasures while others labor in the vineyards? Is that a practical attitude for your qualifications? Are you not willing to LEARN YOUR LESSONS so that you are then qualified to manage the abundance which flows from your own labors? How many of you contemplated running away from home (or did so) thinking it would be better? Was it? Some contemplate it RIGHT NOW and are too young to attend selves. If you are a parent—YOU HAD BETTER ATTEND THIS—NOW, FOR IT IS SERIOUS. Since ones are offended when we speak names and focus on specific parties, we shall not now do so—but it is serious, parents, and it has been serious for some time. At least one child wanted to ESCAPE to Mexico.

Trouble comes in many forms—but ignored, it will not go away.

I know that some ones have asked to receive no further messages from this source. WHY? I suggest that someone who actually cares enough to reach out—see to it that appropriate information is carried forth instead of the cackling and chewing of events, in denial. So be it. Dharma speaks what I request her to speak. Doris speaks for SELF. NO ONE SPEAKS FOR ME! If YOU cannot tell the difference then the problem is yours but if you have come a great and difficult distance to share with "me", I suggest you think carefully about that which you do next, and next and next—or have you already burned your bridges?? Check the bridge pilasters, dear ones, and see if the foundation is strong enough to hold timbers on which to cross back again. You might well be surprised at that which you find. Often times man finds he can build a whole bridge with the chips he removes from his shoulders. Wherefore art thou chips? There are many kinds of "chips": potato, cow, buffalo, "off the old block", AND THOSE WHICH RESIDE ON THE SHOULDERS. The most notable are the "shoulder chips". (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

As to waiting for that which was a failure to perform, again study the past, for forgiveness is Divine—forgetting is Stupid! When you loan a man money for a room when he is without shelter and he chooses a \$700-a-night suite—YOU ARE THE FOOL. When you send a man money so that he can do his projected work and he rents a Mercedes and driver and takes a vacation—YOU ARE THE FOOL. When you hang onto the lies and the liars as if they are your last life-ring, YOU ARE THE FOOL. Even if those ones who lie to you now may well produce SOMETIME, SOMEWHERE—they LIED TO YOU THEN AND THEY CONTINUE IN THE LIE until all is repaid with "interest". If you wait for the dragon to change to the dove—YOU ARE THE FOOL! And above all: KNOW THE DIFFERENCE!



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Health Update

9/16/95 PHYLLIS LINN

ARE YOU LOSING YOUR BEES?

In recent issues of *CONTACT* Commander Hatonn has, on numerous occasions, commented on the rampant beri-beri and B-vitamin deficiencies to be found in our population. In response, many have begun eating spelt and other grains to increase their intake of these essential nutrients. So far, so good! However, there are several factors that contribute to the DESTRUCTION of your hard-won vitamins, of which you may be unaware.

DID YOU KNOW?: Large amounts of water, coffee, beer, soft drinks, or any liquid wash these vitamins out of your body.

DID YOU KNOW?: Coffee drinkers almost invariably show symptoms of B-vitamin deficiencies even when their diets are excellent.

DID YOU KNOW?: Alcoholic drinks of all varieties increase the need for the B-vitamins.

People equate B-vitamins as "the stress vitamins", but few realize how many stresses their bodies are subject to. Stress goes beyond "having a rough day at work" and "family problems at home". How about: (1) drugs—prescription or street, (2) food additives, preservatives, (3) herbicides and pesticides, (4) noise, (5) pollutants in the air, (6) allergens, (7) infections, (8) negative thinking, worry, insomnia, and lots more. The more stressor agents in your life, the higher your need for B-vitamins. You may wish to remove the stresses or increase your daily intake of these nutrients.

(This information is taken from *Let's Eat Right To Keep Fit*, written in 1954 by Adele Davis.)

SPELT: THE WONDER FOOD

Spelt is an excellent nutritional resource, supplying more protein, fats, and crude fiber than wheat. All

human daily protein requirements can be met with spelt proteins. The biological value of the spelt proteins so exceeds that of wheat protein that its excess essential amino acids constitute a protein source for human plasma. Spelt also contains special carbohydrates (mucopolysaccharides) which play a decisive role in blood clotting and stimulate the body's immune system, so as to increase its resistance to infection.

The real secret of the spelt wonder can be summarized by the word "bio-availability". Due to spelt's high water solubility, the grain's vital substances can, like liquid nutrients, be absorbed quickly by the body. The nutrients are made available to the entire organism with a minimum of digestive work. The body's cells are then nourished, strengthened, and prepared for their optimal performance, while the entire organism is flooded with vitamins and vital substances.

This information is taken from *The Wonder Food Spelt*, by Dr. Wighard Strehlow. This useful pamphlet also contains a wide variety of spelt recipes. Call 517-351-9231 to order a copy.

POWERHOUSE SPELT SHAKE

Here is a BEVERAGE recipe for spelt with lots of advantages. It's quick and easy. No nutrients are lost in cooking. It's flexible—use what's available and in season. It's highly digestible and delicious! I do not know of a better way to maximize the spelt's nutritional potential. Have one for breakfast and any time you need a pick-me-up.

Soaking the spelt kernels in filtered water 8-12 hours before using softens them, increases digestibility, and maximizes the seed's potency. The recipe calls for frozen banana. Buy a bunch, peel when they reach the brown-flecked state of perfection, put them in a plastic bag and freeze. It's best to keep raw nuts and seeds in the freezer until needed to prolong their nutritional life. Rancidity contributes to B-vitamin loss in the body, which is not our goal!

For one serving, mix in a blender until smooth:
1/2 c. dry spelt kernels, soaked 8-12 hours, and the soaking water
about 1/4 c. raw nuts or seeds
(try hazelnuts, cashews, almonds, sunflower, sesame)

While blender is still running, add:
1/2 frozen banana, in chunks
1-1/2 c. fruit of your choice, fresh or frozen
cold water to make thick shake consistency

Yum! Don't forget to sip slowly to activate the digestive enzymes in the mouth. My favorite variation is with pitted dates (it only takes a few) and cashews. I usually add 1 teaspoon each Spirulina and Brewer's yeast for extra nutrition—and a shot of Gaiandriana. It's easy to get carried away. I have to remind myself that I'm making breakfast—not a compost heap!!

"THE BEST" SPELT CEREAL

If you would rather EAT your breakfast, try this modification:

For one serving, buzz in the blender:

1/2 c. spelt kernels, soaked 8-12 hours
1 c. fresh or dried fruit
1/3 c. nuts or seeds
enough of the soaking water to run the blender

Add a handful of chopped fruit if you like a chunkier texture. Apples and hazelnuts are a great combination. If you have a special spelt recipe to share, please send it in!

Spelt

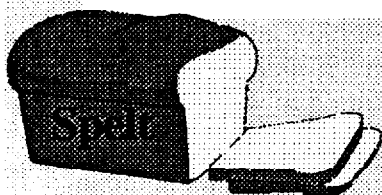
New Gaia Presents Bread Mixes, Flour & Kernels

Spelt is the most ancient and very best grain. Spelta is a grain of its own unique being. It is the best fiber resource and has large amounts of B-17 (anti-carcinoma). The grain berry grows an exceptionally thick husk that protects it from pollutants and insects. It is stored with its husks intact, so it remains fresher. Thus, unlike other grains, it is not normally treated with pesticides or other chemicals. The strong, protective husk may also be a metaphorical signature of this grain's capacity to strengthen immunity. Spelt contains special carbohydrates (Mucopolysaccharides) which are an important factor in blood clotting and stimulating the body's immune system.

New Gaia offers Bread Mixes that use pure Spelt flour instead of wheat. The taste is uniquely nutty and enjoyable for the whole family. Also offered are combination Bread Mixes with both Spelt flour and whole wheat flour. Both are perfect for a 2 lb. loaf of bread which can be utilized in the Hitachi Bread Machine or others of its equal. The mixes are easy to use with only the simple addition of water, butter & sweetener. The packages come in 2 lb. sizes only.

Also available are whole spelt flour packages for your baking and homemade bread needs that come in 2 lb., 4 lb. and 8 lb. sizes.

You may also order the whole spelt kernels that can be milled at home into flour. These come in 4 lb. and 10 lb. bags. [see next-to-last page for ordering information or call 1-800-639-4242 (1-800-New-Gaia)]



Nevada Corporate Headquarters And Your Financial Well Being

9/12/95 #1 HATONN

YOUR LAST PRIVACY SHELTER

I have asked permission of Nevada Corporate Headquarters Inc. to bring your attention to their 1995 Workshop. As things change in your nation and the frantic effort arises to get more and more money from fewer and fewer citizens with ability to pay, I am remiss if I fail to bring shelters to your attention.

Mr. Christie has been kind enough to write for *CONTACT* without charge, on ongoing subjects regarding the advantages of incorporation, and more specifically, incorporation under the sheltering wings of Nevada.

Through the years Mr. Christie has brought to your availability such notable personages as Jack Miller who is, I believe, the most knowledgeable one person in the use of Corporations and Real Estate management.

PATRICK SPENCER

Most of you, however, don't actually deal much in Real Estate except possibly on a once or twice circumstance. However, Patrick Spencer can be a useful information resource every day of your business or personal lives. He can instruct you how to MAKE SURE you are covering ALL of your necessities as regards the Internal Revenue Service. Remember always that incorporation is not to evade anything but to better manage your business and assets and offer avenues of sheltering in privacy some of your business options.

Patrick Spencer is a nationally recognized Tax Planning Consultant. He has conducted hundreds of lectures and seminars for both major U.S. corporate clients and for the public at large. His T.V. shows, radio shows, and speeches have turned a terribly dry subject into a fascinating, exciting and financially rewarding experience for many thousands of people. A retired former IRS examiner, Mr. Spencer holds a Master's Degree in Business Taxation.

Mr. Spencer, who has been in the accounting and tax field for over 40 years, developed the first standardized computer accounting program which he sold to a NYSE firm. The program is still in use today by thousands of CPAs, other accounting and financial planning professionals, and National Franchise firms.

Mr. Spencer was the founder of the first national prepaid Income Tax Audit Protection company. This service utilized a network he formed, of over 1,100 former IRS Managers, Instructors, Attorneys and Agents to represent taxpayers before the IRS in audits. The firm acquired over 30,000 clients and successfully conducted thousands of IRS audits on behalf of taxpayers.

My thrust has always been, from onset of our sharing information, to offer the insight and make available, as we could grow, the teachers and guides to help you through the troubled times with the best advantages available. We do not do shyster recommendations which cover bad dealings—our full and only intent is to allow you work WITHIN the system which exists, to the very best of your sovereign individual ability with protection to the utmost available for self, family and nation. But all we can do is offer.

Even if you think you know all you could possibly know, or feel that you can't afford even one more

seminar—please reconsider for this is a “workshop” which can teach you the nitty-gritty of keeping “square” with the IRS and Uncle Big Brother. If all people would run their business as a corporation there would be ever so much less hassle and bombardment from that uncle big brother who always watches. Lawyers and accountants HATE IT because they are out of a job when you take command of your business.

One of the most notable advantages is the very act of passage on from this world. If you have handled your affairs well, made your will for personal items and correctly formed a family corporation in the State of Nevada—you have full control over your assets while alive and after death. You, say, are the President of the Corporation and you die—you do not go into probate court, you don't have your assets frozen or taken—your corporation honors you and elects a new president—there is not a moment lost in ability to continue to function or do business. THERE ARE NO FAMILY SQUABBLES TO TEAR THE REMAINDER OF THE FAMILY ASUNDER. YOU HAVE CONTROLLED YOUR BUSINESS AND DIVIDED STOCK TO BE

ISSUED AT YOUR DEATH—AS YOU HAVE SEEN FIT AND WISH TO DO. THERE IS NO LEGAL ALLOWANCE FOR BREAKING YOUR DECISION.

It is my understanding upon inquiry that Mr. Spencer will be available for consultation, concerning your tax questions or problems.

I am also informed that the Nevada Corporation Workshop Coursebook (already some 300 pages) is being completely revamped—so you are not going to leave that workshop with empty hands.

I consider the handling of your affairs to be as important as managing your self and body. If you invest in healthy and healing attitudes and knowledge as regards SELF and possibilities for GOOD FUNCTION, and KNOW what you are doing—you will live long and prosper. YOU NEED NOT BECOME THE SYSTEM TO WORK WELL WITHIN THE SYSTEM!!

If you have had recent encounters with the “law” or lawyers—you will recognize that at ten times the price of some good workshops—YOU SAVE MONEY BY THE TRUCKLOAD.

Because I feel this is so important I am going to ask that *CONTACT* please run this in the most prominent visible section or page of the paper.

You can reach Nevada Corporate Headquarters in Las Vegas at 1-800-398-1077.

If you simply cannot attend, you might inquire if the workshop will be put to tape or print. I believe the information is SO IMPORTANT that I urge you to update your own information bank as is possible. We know that tough times are upon you—but remember: informed, knowledgeable, and insightful TOUGH PEOPLE will last and the tough times will pass as YOU ATTEND YOUR AFFAIRS AND VALUES.

Nevada Corporate Headquarters, Inc.

1995

NEVADA CORPORATION FUNDAMENTALS WORKSHOP

Cort W. Christie and Scott Letourneau
NCH, Inc.'s “Corporate Experts”

Plus: Special Guest, ex-IRS Examiner Pat Spencer

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Nevada Corporations

SUCCESS IN REVIEW

Over the past five years of working with Nevada Corporations and teaching others to do the same, all of us at Nevada Corporate Headquarters, Inc. are happy to say that these Corporate shields have withstood a barrage of tests. We have implemented dozens of corporate strategies for our customers that have allowed them to achieve success on many different levels of business and personal life.

You are all well aware of the many parasites that lurk in our society. These parasites will do all they can to take anything and everything that you own, and that is their main objective. Hundreds of calls come into our office every month from individuals that are under attack from attorneys, State and Federal tax agencies, creditors and even family. These people need help and we are able to provide them with relief by implementing protective Nevada Corporation strategies.

The function and use of Nevada Corporations is so that diverse that we encourage everyone who is interested in finding out more about how we can help them to call us at 1-800-398-1077 and ask for our **Free Information Packet** full of details on how you can implement these strategies yourself. You don't have to be a financial wizard to utilize Nevada Corporations, just ready and willing to learn something new.

Here are a few of the reasons that have made Nevada the only state for setting up corporate structures!

No State Tax: Pro-business Nevada, unlike most every other state in this country, has taken a stand against taxes! Nevada has continued to not tax the income of its corporations or its state's citizens. Imagine a state that believes that taxation should not come directly from the income of its citizens or businesses. This almost sounds like capitalism but let's keep this quiet before we get labeled "enemies of the people".

Californians really have a hard time with the idea of not being taxed on their income. I mean really, what would happen to all of those bureaucrat's jobs and wonderful welfare programs? Nevada does not believe that anyone should be able to live off of the labor of another. The state government has been kept small and

trim in size. Even the governor cuts costs by having his wife come in to assist during the day.

Four states in the US currently have decided that corporate business is good for their states' economy and therefore have chosen not to tax their income. They are: 1. Nevada; 2. Wyoming; 3. Washington and 4. South Dakota.

Privacy, Privacy, Privacy: Nevada statutes have developed a corporate structure unlike any other state. The preferred state to incorporate in for years in the past has been Delaware. You will find many of your Fortune 500 corporations residing in Delaware, but Nevada created their corporate statutes based on Delaware and went further. They created their corporate structure to allow investors and owners of Nevada corporations to remain completely private. First of all, most states in this country require you to publicly file the names and addresses of a corporation's Directors, Officers, and Stockholders. This information can then be publicly accessed, usually via a brief telephone call to the Secretary of State's Office in the state of incorporation. Nevada, in a viable attempt to create a private corporate shelter, only requires the names of the corporation's President, Secretary, and Treasurer (not Vice President[s]) and the corporation's Directors. The state does not wish to know who the investors or stockholders of the corporation are. This alone makes Nevada the preferred state for incorporation. But there is more.

Nevada has another unique feature which allows corporate stockholders to obscure their ownership of the corporation even further. Nevada allows its corporations to utilize something called *bearer shares*. Bearer shares are a type of stock certificate that says that the bearer of this certificate is the owner of the certificate's stated number of stock shares. Bearer shares can be impossible to track or to trace because the person who has possession of the bearer shares of a corporation would be considered the owner of the corporation. This form of ownership places a brick wall in the front of anyone who is trying to track down the ownership of your corporation. Other states don't have bearer shares available to their corporations because bearer shares make keeping track of corporate ownership impossible. Generally, with most corporations, when someone has stock that they purchase from an individual, they send their stock certificate into the corporation and the corporation issues them a new certificate in their name and the corporation has an accessible record of who the owner of that stock is. Well, with a bearer share you can sell your stock to someone else and they don't go to the corporation to get a new certificate made out, they just keep the bearer shares and there is no required reporting to the corporation (or anyone) of the sale of its stock.

Nevada takes corporate privacy very seriously. The Secretary of State's Office, which is responsible for the state's corporations, does not ask for much information and therefore doesn't have much information to share. Even the Governor of Nevada has taken a public stand to not submit to the Internal Revenue Service's request for a

program of information sharing.

With the opportunity for a Nevada Corporation owner to utilize contract officers and directors for their corporation, which are the only public representatives of their corporations, you can see how easy it can be to remain very private. That owner can still hold the corporate title of Vice President and remain completely out of the public's eye.

The Ultimate Liability Protection: Most every state in the United States has adopted corporate statutes that limit the liability of any of its representatives, which includes Officers, Directors and Stockholders. Nevada has very specifically spelled out in its state statutes that all corporate representatives are free from personal liability from corporate activities except in cases where fraud has been perpetrated. This means that the corporation can be sued, file bankruptcy and be involved in other unfortunate activities and not personally jeopardize the assets of its agents or representatives. The significant thing to remember here is that if your corporation does get sued, the initiator of the suit must bring the action against the corporation in its state of domicile. This is where it becomes important to have set up your corporation in a state that has taken a stand to protect the personal liability of a corporation's participants. Nevada has taken this stand quite firmly.

No Exchange with the IRS: One of the unique features of Nevada is that they have taken a stand with the IRS. The Governor of Nevada, Bob Miller has stated that Nevada will not create a system of information exchange with the IRS. The IRS has a formal exchange program with most states where they can track the income and assets of people throughout the country. The States feel that they benefit because they get access to the information that the IRS uses for their own taxing purposes. Nevada has no state tax, therefore, they have no use of any arrangement with the IRS.

The attitude of most Nevadans is that your business is no one else's business and they certainly don't like anyone from the government telling them what they can do. So far this attitude has helped keep state government small, and individual privacy of maximum importance. Every indication from political figures, and even including the Nevada Bar Association, points to this including a firm tradition in Nevada.

For a Free Information Packet about the benefits of Nevada Corporations call Nevada Corporate Headquarters, Inc. at 1-800-398-1077. To order your detailed manual of Nevada Corporations for \$32.95 or your own Do-It-Yourself Kit for \$34.95 send check or money order to NCH at PO Bos 27740, Las Vegas, NV 89126. For credit card orders just give them a call!

MORE READING

FOR GENERAL BACKGROUND INFORMATION ABOUT PRIVACY, THE VALUE OF NEVADA CORPORATIONS, THE MASSIVE DECEPTION OF THE FEDERAL RESERVE AND ITS IRS EXTORTION RACKET, AND THE GENERAL TRUTH BEHIND OUR MODERN ECONOMIC MAL- AISE, SEE THE PHOENIX JOUR- NALS: (#4) SPIRAL TO ECONOMIC DISASTER, (#10) PRIVACY IN A FISH- BOWL, (#16) YOU CAN SLAY THE DRAGON, AND (#17) THE NAKED PHOENIX. See Back Page for ordering information or call 1-800- 800-5565.



More Revealing Lies About The Gulf War Syndrome

9/12/95 #1 HATONN

GULF WARS AND GULF WAR SYNDROMES

I cannot let this pass without bringing to your attention "today's" news items which probably you are missing in the overall confusion of Ito's circus-circus and Bosnia bombing (which, like Kuwait and Iraq, is over OIL) and since blood and oil don't mix—the blood flows more freely while the "oil" remains hidden. My interest is not in either as I write this material for I just want to remind you that you are dealing with what appears to be non-living assault weapons—but the dastardly truth is that living organisms are presented with every detonation and as in the Gulf War Syndromes—parasites bearing bacteria bearing viruses. If you are keeping up with my other writings (now about a week behind in CONTACT), you KNOW that I am serious and bringing you TRUTH.

Viruses are VERY TINY organisms, now often manmade. They cannot reproduce themselves or regulate themselves—they HAVE TO HAVE A HOST IN WHICH TO DRAW "LIFE". They can be carried and utilize all manner of microbe and bacteria for that purpose to survive and rebirth within either until another host is made available. So, the bacteria bearing the virus can then be introduced into a carrier PARASITE which is then carried within insects (fleas, mosquitos, etc.) and when they "bite" they introduce the organisms into the next host and the next and the next and thus and so.

So, to attend the syndrome dis-ease, the parasites must be removed from the host (YOU). That is simple with a good parasite cleansing kit which you can get from several places, I suppose, but the one I KNOW works is from New Gaia. However, NOW you have the disease mutant organisms working you over most profoundly—but without the parasites there is no place for the microbes to go hide. The disease organisms can then be cleansed out with some hard-hitting colloids of high frequency range and these will NOT do anything except enhance the health of the normal cells. Then you need to attend that immune system with some liquid crystal life-cells [*Gaiandriana & AquaGaia*] while regularly (every few months) running through the parasite cleansing program—because you now have parasites IN EVERY PUBLIC WATER SUPPLY. PARASITES HAVE BECOME THE VIRUS CARRIERS OF CHOICE WORLD WIDE. FURTHER, THE VIRUSES ARE NOW ALTERED TO HAVE TITANIUM (OR HIGHER FREQUENCY METAL) CAP-GLUE. THIS IS THE MOLECULE WHICH HOLDS THE "BRAINS" TO THE CRYSTALLINE VIRUS STRUCTURE. Silver with gold enhancement colloids instantly knock out that molecule and the virus simply is sluffed off. If you are regularly taking a liquid crystal—the DRIAS in the crystal feed on the broken up fragments. Gold colloids will do the trick more rapidly from "within" but silver (with gold traces) will also act as a topical antiseptic. Gold particulate in colloid works within the cells so won't do much on "contact" outside the body. A colloid such as OxySol is the BEST water purification product along with being the best antiseptic and method of intake anywhere, anytime (so far). It is a colloidal solution of gold AND silver presented by catalytic action with simple hydrogen

peroxide and carbon, among a few other badly needed elements that are hard for the body to obtain in their unaltered state.

I had not intended a lecture on protection for self, but after all, that IS WHAT YOU ASK FOR, isn't it? Just to KNOW about a thing is not the solution to the problem. But KNOWING and acting IS often the simple solution.

"But," you say, "the Government says they don't know what that Syndrome is and that it is not related to the Gulf War, etc.—ask any veteran who has tried to get help." Oh? Read on:

LOS ANGELES TIMES

Aug. 10th or 11th, 1995

by Robin Wright, writer L.A. Times.

[QUOTING:]

U.N. OFFICIALS ASTOUNDED BY IRAQ'S GERM WARFARE

WASHINGTON—In their most comprehensive revelations about biological weaponry, Iraqi scientists have admitted to conducting groundbreaking research on viruses that make eyes bleed and cause lethal diarrhea in infants and on toxins that can eliminate entire crops, U.N. investigators and U.S. officials said last week. [H: WHAT THEY DO NOT SAY, HOWEVER, IS THAT THE RESEARCH AND DEVELOPMENT CAME DIRECTLY FROM THE UNITED STATES OF AMERICA.]

Iraq's program, which is turning out to be one of the most extensive in the history of biological warfare, included work on viruses and toxins ranging from yellow rain and chemicals to toxins that produce gangrene.

"No country I know of has ever even played with the idea of developing many of these into instruments of war," a senior U.N. scientist said. "It represents highly innovative thinking and a very huge investment." [H: Do not believe this garbage—you have been investigating and testing these very things in many nations including ISRAEL and RUSSIA—AND RIGHT IN THE GOOD OLD U.S.A. IRAQ ONLY USES WHAT THEY GOT FROM YOU!!]

Iraqi scientists, seeking to threaten civilians as well as troops, also worked out a novel way to make their deadly or debilitating germs rain down on wide areas, the speaker said.

They modified "drop tanks", originally designed as auxiliary fuel pouches for warplanes, so that they could spray biological agents over the countryside from high altitudes.

The initial targets now appear to have included Israel [H: Oh Barf!] as well as regional rivals and any opposition troops mobilized against Iraq after its invasion. Israel was a target in part because of its 1990 bombing of an Iraqi nuclear reactor, the Iraqis told the U.N. inspectors. (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

Iraq says it dismantled the program following the 1991 Persian Gulf War, a claim that U.N. inspectors must now verify.

Iraqi officials disclosed the dimensions of the program, which is proving far more ambitious than Western intelligence and U.N. arms inspectors had expected, to U.N. investigators last week.

Until then, Iraq had claimed that its program employed only 10 people who wrote six research papers on biological warfare over a four-year period.

But U.N. investigators now say the biological weapons program involved up to 150 scientists and technicians, not including support staff, security and other aides.

The germ warfare program, well under way during the Iran-Iraq War, moved into an even more intensive phase in July 1990, a month before Iraq's invasion of Kuwait that eventually terminated with the 1991 Persian Gulf War.



[H: Readers, I apologize if we are leaving out some vital information but the FAX copy we hold is so poor as to be illegible in part. We will have to skip several paragraphs, so perhaps you can obtain a copy for self if this is insufficient.]

...Among the viral agents, U.N. specialists said, was one that causes hemorrhagic conjunctivitis, which at minimum causes temporary blindness and in the worst causes the eyes to bleed. The onset is within 24 hours, and the virus is highly transmissible.

Another... a virus that causes chronic diarrhea that can be lethal in children and incapacitating to troops. A third was camel pox, which, like smallpox and monkey pox, produces toxins. None of the three has been used in biological warfare, the U.N. scientist said. [H: Perhaps not, but all have been TESTED on unsuspecting villages and villagers in isolated places in South Africa to which Iraq has NO WAY TO REACH WITH ANYTHING. YOU ARE AGAIN BEING FED LIES—GOOD FRIENDS! THESE VERY MICROBES ARE BEING SINGULARLY USED ON VARIOUS CITIZENS OF VARIOUS COUNTRIES TO TEST CAPABILITIES.]

The Iraqis also considered making two other viral agents, those that cause yellow fever and the Crimean Congo hemorrhagic fever, which is a tick-borne disease common to the Crimean Sea river and the region of the Zaire River, formerly known as the Congo.

The Iraqis did produce more than 78 gallons of the bacterium that causes gangrene, a common infection in wartime wounds, the U.N. specialist said.

They were experimenting with spreading it through aerosol devices that would allow the spores to penetrate the lungs, and with weapons releasing shrapnel that would open wounds in the skin for spore penetration.

Perhaps the most consequential biological agent tested in the Iraqi laboratories was the *wheat-cover* "smut", which produces a purplish-black growth on the grain stem and ultimately kills the entire plant. [H: THIS ONE IS BEING USED IN THE UNITED STATES AS WE SPEAK. REMEMBER, THE MONEY OF THE FUTURE IS RESTING ON COM-

MODITIES AND-FUTURES ON SUCH AS WHEAT, SOYBEANS, PORK-BELLIES, ETC. IF YOU CORNER AND HOLD THE FOOD SUPPLY—IT IS EVEN A MORE DASTARDLY METHOD OF CONTROL THAN IS ENERGY/OIL.]

[END OF QUOTING]

I would like now to extend the propaganda as being presented by such as *U.S. News and World Report*, Sept. 11, 1995. The barrage of media hype is "on", readers. The "secrets" are true as far as items mentioned. The thrust against Hussein and Iraq are lies. There IS a major effort being made to tell the world what is in store for you—through the Hussein connections, now in Jordan, but people—sleep on and you shall be "had" for the microbes of war are going to "getcha"—AIDS was only a "nice" beginning.

[QUOTING:]

BAGHDAD'S DIRTY SECRETS

New Iraqi disclosures may help explain what ails Gulf-War veterans.

Rolf Ekeus wasn't sure what to expect when he traveled to Baghdad in mid-August, but he had a feeling the trip would be worthwhile. Iraq had summoned him as the United Nations official responsible for uncovering its hidden biological weapons. Iraq had long insisted that there were none. But just a few days earlier, Saddam Hussein's son-in-law, the mastermind of Iraq's weapons industry, had defected and was threatening to reveal all. So when Ekeus sat down in Baghdad with Iraqi Deputy Prime Minister Tariq Aziz and Army Gen. Mohammed Rasheed Amir, he could only chuckle at their admission, one that put the blame for the well-concealed weapons squarely on the defector, Hussein Kamel Hassan al-Majid. "Like in *Casablanca*, they said they were shocked that he had kept those terrible weapons secret," Ekeus recalls. "No one knew about them, of course, [Hussein Kamel] had kept it secret

from Tariq Aziz. He also kept it secret from his closest deputy, General Amir." Never mind, Ekeus notes, that Amir's wife runs Iraq's biological weapon program. [H: Anyone reminded of the super-human abilities of such as Col. Oliver North or O.J. Simpson?—nobody else knew, nobody else participated, nobody did anything—just one man doing and keeping it all secret!]

No one, least of all Ekeus, was shocked to learn that Iraq had developed toxins and organisms that, when spread by weapons, can infect humans, animals and crops with deadly disease. Iraq had already owned up to developing nuclear and chemical weapons, and Ekeus had long insisted that Iraq also had germ warfare agents. What the new admissions reveal is the unbridled ambition and undeniable success of Iraq's efforts in building a biological—as well as a chemical—arsenal and readying it for use in the Persian Gulf War.

Iraq, Ekeus learned, had produced tons of deadly substances. More than 1,500 gallons of anthrax toxin was loaded into 50 bombs and 10 missile warheads. Nearly 3,000 gallons of Botulinum toxin, an agent that attacks the nerves and chokes its victims to death, was poured into 100 bombs and 15 missile warheads and sent to airfields. Ricin, another deadly nerve agent that can kill with one drop, had been tested in artillery shells. The Iraqis had even made 78 gallons of a toxin that produces gangrene, a discovery United Nations sources say they will reveal later this week.

The only remaining question is, did the Iraqis use the stuff? Saddam Hussein insists they did not, and the Pentagon says no such weapons were found in the war zone. [H: Well now, you had better get nervous if the Pentagon also says "no".] But newly released Pentagon documents show that at least some chemical weapons were found on the battlefield. That and reported detections of chemical agents in the air appear to support claims made by gulf-war vets suffering from strange illnesses that some American and allied troops were exposed to Hussein's chemical arsenal, either from Iraqi attacks or by release of poison gas as allied planes attacked Iraq's chemical depots. [H: I guess

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GaiaCol is a combination of Colloidal Silver, Trace Colloidal Gold and Trace Crystalline Drias. This combination of ingredients has produced a product that is so high frequency and potent that it could quite possibly be the solution to our ongoing fight against the new antibiotic-resistant diseases that we face today. Colloidal Silver was used extensively and very successfully against bacteria, virus, fungi and the like before the advent of the first antibiotic, penicillin. The uses of Colloidal Gold were also significantly used in the restoration of health as early as 1885 and was noted for its ability to calm and harmonize the emotional body. Once the chemical companies began manufacturing the myriad of antibiotics, silver and gold were no longer looked to for treatment. The antibiotics they were producing, however, produced no effect on the more resistant viruses, fungi and parasites. Now we face a new generation of bacteria that are completely resistant to any antibiotics merely due to antibiotic over-prescribing and resultant survival of the fittest bacteria.

Research has demonstrated that Colloidal Silver is nontoxic to humans and allows no presently known disease-causing organism to live in its proximity. With the addition of Trace Colloidal Gold and Trace Crystalline Drias, the frequency of **GaiaCol** is remarkably enhanced to allow these newer, more powerful viruses and bacteria to be eliminated. **GaiaCol** is gentle enough to use topically on just about

any skin, hair or mouth condition without fear of toxicity and is outstanding for burns.

For internal use during any type of infectious process, start with one teaspoon the first day and then 10-12 drops, 3-4 times per day under the tongue until the infection clears. Then maintain with 3-4 drops, 3-4 times per day under the tongue. Important: Due to the powerful nature of this product, friendly bacteria can be affected so it is advisable to replace the natural intestinal flora with some type of acidophilus/lactobacillus supplement daily or at least when symptoms are noted such as cramps, bloating, diarrhea/constipation and a general feeling of malaise.

GaiaCol is said to be safe for children and pets and can be taken with other medications without incident. This product is not addictive and does not build up a tolerance to it in the body. 2 oz. \$10.00

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GaiaGold is a solution of 100% Colloidal Gold which is one of the oldest used substances for medicinal purposes and has no equal in affecting the physical body positively. Around 1885, colloidal gold was commonly used in the United States as the basis for the cure of alcoholism with additional uses including treatment of Arthritis, skin ulcers, burns and certain nerve damages. Colloidal gold does not have the same Germicidal/Antibiotic action of Colloidal Silver when topi-

cally applied, but it does have tremendous effect if taken internally for such as Syphilis and other diseases.

Colloidal Gold has been noted for its tremendous ability to balance and harmonize the emotional body, particularly in regards to unstable mental and emotional states such as "depression", "autism", "Alzheimer's", etc. Gold has further been found to aid in the healing of heart muscle and is highly beneficial in rejuvenating sluggish organs—especially the brain—as gold is the best electrical conductor yet recognized for nerve action. Another use for Gold is in cases of glandular and nervous incoordination because Colloidal Gold is said to rejuvenate the glands and stimulate the nerves which releases the pressure and allows the signals for function to reach through to the various organs and glands.

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those little buggers just hitched onto those planes over 2000 feet in the air? Does anyone realize what a pack of you-know-what this IS? How actually "stupid" do they take you for? Silly question, forgive me.] U.N. officials note that they discovered the presence of mustard gas at a chemical weapons supply depot. Allied planes hit dozens of other chemical storage sites during the war. U.N. officials say allied planes also hit biological and chemical weapons centers at Muthanna, Salman Pak and Al-Kindi (map). [H: Any Chemicals on the allied planes GOT ON THE PLANES BECAUSE THE PLANES WERE RELEASING THE SUBSTANCES!!! THERE IS NO OTHER WAY. It is like gunpowder on a fired gun or on the hands of the one who fires the gun. This is full tale-telling, readers—if it is on the plane, it started on the plane!]

Connecting dots. The new Iraqi disclosures show how easy it is for outlaw countries to amass chemical and biological arsenals and how difficult it is to detect them. The U.N. hunt for Iraq's biological agents took real sleuthing. Unlike the equipment necessary to make nuclear or chemical weapons, that for biological weapons is of a smaller scale and is easily concealed. In the months after the war, Iraq insisted that its biological weapons program consisted of only 10 research papers; until early this year, U.N. inspectors had little to refute that claim. In January, U.N. scientists noticed something interesting at Al Hakam. Invoices showed that the Iraqis had purchased organic "media", a substance in which organisms are grown, from three European companies. [H: Owned by the U.S.] "It was the amount and it was the packaging that was peculiar," says Ekeus. "They said it was for medical purposes and medical is, you know, small packages."

Instead, Iraq was ordering media by the ton. The inspectors called the companies, and they hit pay dirt. The companies, the names of which Ekeus refuses to disclose [H: I bet!], allowed that they had been selling quite a lot of growth media to Iraq. "We figured out that they had bought this media in a very limited time period, late 1988, 1989," Ekeus says. "And it was a huge amount, 40 tons or more." Confronted, Baghdad conceded that it had pursued an aggressive biological weapons program.

The question now for America and its gulf-war allies is whether the new Iraqi disclosures mean their earlier calculation about contamination of soldiers were in error. Pentagon officials say chemical weapons had probably been removed from most Iraqi facilities before they were bombed, and, at any rate, the fumes would have come no closer than 85 miles to allied troops. But the new evidence raises some doubts. Five days after the air war started, Allied Central Command logs show, a Czech reconnaissance vehicle in Saudi Arabia detected a deadly nerve agent, either Tabun or Sarin. "That hazard is

flowing down from factory/storage bombed in Iraq," the log states. "Predictably, this is... going to become a problem." Asked about the report, Pentagon spokesman Jim Turner said such reports were raw information and upon evaluation turned out to be false.

area. U.S. commanders belittle the Czech alarms. Logs show that on January 23, upon receipt of "yet another Czech unit chemical report", the U.S. Central Command told the Allied Air Force command center "to disregard any reports coming from the Czechs". Asked about that exchange, a Pentagon spokesman said he had no immediate explanation for that log entry; [H: Seems the Pentagon just doesn't know a thing about anything, doesn't it?] other officials say there were probably thousands of chemical alarms in the war zone, all spurious. But not everyone agreed. On Feb. 4, 1991, a French military spokesman said the allied bombings had produced nerve-agent fallout "a little bit everywhere".

Still more chemical-agent alerts sounded when the U.S. Marines invaded Kuwait. In one location, they detected blister agents. In another, two marines were burned on the arms by mustard gas, possibly from a land mine. Other marines reported finding chemical rounds marked with skull and crossbones and apparent mustard gas in drums in a bunker near Kuwait City. Marine Capt. Michael Johnson disputes Pentagon assertions that there were no chemical weapons in the war zone by pointing out that he got a medal for identifying a 250-gallon container of Iraqi blister agent and phosgene.

Low-level, sporadic exposures. All of this, says Tuite, points not to concerted chemical attacks by Iraq but to low-level, sporadic exposures. How well U.S. troops were prepared for such exposure is unclear. Recently declassified data show that the best U.S. detectors were able to recognize some types of nerve gas at concentrations 1,000 times above their hazard level. A 1990 Pentagon report called the Army's automatic chemical alarm "not sufficiently sensitive." CIA documents say U.S. troops deployed no detectors for biological agents.

That's what concerns gulf-war veterans, some 50,000 of whom believe they suffer symptoms that could have come from low-level exposure to Iraq's chemical agents. Last year, a Defense Science Board Task Force found "no evidence" that U.S. troops were exposed to chemical or biological agents. [H: Oh well...!] A National Academy of Sciences panel agreed. President Clinton has since formed a blue-ribbon commission to study the problem anew. [H: And you can't beat those speedy blue-ribbon committees with a stick.] Suffering veterans hope the Clinton commission will carefully examine the gulf-war detections in the light of new information coming out of Iraq. "The national security aspects are real," says Tuite, the Senate investigator. "Publicly denying it is not the way to overcome it."

(By Stephen J. Hedges, Peter Cary and Linda Fasulo AT THE UNITED NATIONS.)

[END OF QUOTING]

May God be with you for this is going to come to be the most vile and miserable thing to come upon mankind. Salu.

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There were more gas detections. During the early days of the air war, chemical alarms sounded at positions manned by French and Czech units, especially around King Khalid Military City in northern Saudi Arabia, where allied troops camped and trained. The Czech soldiers were experts in chemical warfare and defense. Their detections were noteworthy, says Jim Tuite, a former Senate investigator who has spent two years studying this issue, because the Czechs had the most reliable and sensitive automatic alarms in the

Ulcer Bugs, Soil Gravel, & Waiting For Spaceships

9/17/95 #1 HATONN

BLACK WALNUT HULLS

There are a couple of subjects that slipped through our "intentions" of yesterday and upon which I need to make comment.

If you cannot handle all of the things in the parasite cleansing program—at the least, friends, DO TAKE THE BLACK WALNUT HULL TINCTURE—OR, GET SOME CAPSULED GROUND HULLS. The tincture is BEST and has so little flavor that even the children will not scoff and deny. The next most important is the cleansing fiber. If you can't stand the full amount of clove—cut back and, although wormwood is important, if it sickens you it is better to drop it and use the other items than to drop ALL in the program. If, however, you are going to "drop" anything from the program—use the equal amount of OxySol, for you are also trying to clean out the microbes which burrow into your

stomach linings. They are called *Helicobacter pylori* and they don't like wormwood—but they can't live in OxySol combined, more specifically, with the Silver Colloid [GaiaCol]. However, because of the acid in the stomach—please realize you have to take enough quantity to bathe the stomach in its entirety with the substance. This can be accomplished with ongoing intake of a teaspoon at a time. Or, if you can do so—an ounce at a time.

These little buggers have grown to live in the same "frequency" environment as you and your "friendly" natural and necessary friendly bacteria. They, additionally, have been able to survive in an acid environment which eats iron nails and melts all manner of things—including your stomach linings. This produces ulceration at the least and cancer of the stomach in its progressive infestation.

The *Helicobacter pylori* NOW LIVES NICELY IN THE PARASITES PRESENTED IN YOUR WATER SUPPLIES. This is WHY the antacid industry is the largest one medical product industry in the WORLD.

The intake of the substance only ENHANCES the organism's ability to flourish while, at best, giving only temporary relief and causes the increase in acid production to overcome the added "base" ingredients. Remember what a "base" is versus an "acid".

We will try to get on with at least one more lesson in body cellular workings this weekend or early next week but I think you need the input of other subjects as well. Specifically, I see a real need to get your stomachs under control, if possible, for some "interesting" times are at hand. Stress is NOT what causes ulceration. You may well get stress heartburn but the ulcerations come from ORGANISMS which are now so prevalent and rampant as to be startling.

May I please share a tale from DISCOVERY, Oct. 1995 which speaks of a study done in Colombia. You might well say that Colombia cannot compare with downtown Los Angeles—and rightfully so for you will find downtown Los Angeles ever so much more populated and dangerous. I offer this writing, however, as confirmation of what I have said above, so call it "Anyplace", U.S.A. or world. Remember that old

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"This message journal is going to be printed in its most reasonable format for it must reach as many as will hear and see. You think that your diet-mongers, your 'shape-you' directors and your 'food expert' teachers are showing you the way. NO, they are NOT. You are becoming a planet of insane and deficient humanity. You have even crippled the very animal and plant life upon your place. IT IS ALL A PART OF THE NOW FULFILLMENT OF THE 'PLAN'. YOU ARE DYING AND BECOMING TOTALLY INFIRM BY MALNUTRITION. IN THE 'REAL WORLD' YOU CAN'T EVEN OBTAIN THAT WHICH YOU NEED AS THE PLAN HAS WORKED ITS MISERY SO WELL.

"Since the most of this journal will be about beriberi and the various deficiencies of food as tampered with, we will give you a definition as presented to us. BERIBERI: Caused by a deficiency in vitamin B1 (thiamine hydrochloride) and other vitamins, and is found in areas where the diet consists primarily of polished rice, white flour, and other nonvitamin-bearing foods. Increased need for vitamin B1; fever, high carbohydrate intake, or alcoholism may lead to deficiency." —HATONN

Some of the important topics discussed are: IN-CARCERATION AND SPACE SHUTTLE'S ROLE AS EFFECTIVE PARASITE-SPREADING TOOLS—*The Talmud Unmasked—Tracking Down The Killer—The Bible War Program In Action—GaiaDriana And Spelta Are God's Gifts To You.*—Hyrogen Peroxide Usage For Health—*How To Build Up Body Defenses Against Diseases*—"Blue Beam" Postponed Temporarily—*The Messiah Of 1665—ROME WAS DESTROYED BY THE JEWS.* (INDEX INCLUDED)

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saying: "It's not what you eat that destroys you—it's what's eating you."

[QUOTING:]

ULCERS FROM DRINKING?

By: Sarah Richardson, *Healthwatch*.

Water, that is. Ulcers are caused by a bacterial infection, and in one region of Colombia, at least, the bug is in the water supply.

The gnawing pain of a stomach ulcer affects about a tenth [H: MORE!] of Americans at some point in their lives. The culprit, researchers now know, is not stress but a corkscrew-shaped bacterium called *Helicobacter pylori*. When the bug infects the stomach lining, it provokes a persistent immune response that can only lead to ulcers and stomach cancer. One thing that isn't clear, though, is how the infection is transmitted. Researchers at MIT have recently raised the disturbing possibility that *H. pylori* may spread through the water supplies—at least in one region of Colombia where infection is almost universal. [H: By the way, I forgot—the *Helicobacter pylori* is carried inside the cryptosporidium parasite which protects it from all manner of water treatment methods. Then inside the bacteria is carried all sorts of specialized viruses. It's a "small" world after all.]

H. pylori is rife everywhere; one person in two harbors the bug, which probably makes it the world's most common infection. In 1982, Australian gastroenterologist Barry Marshall was the first to suggest that *H. pylori* caused stomach disorders. To prove his point, Marshall drank a bug-filled solution and made himself sick to his stomach. At first his claim was considered outlandish—no one thought bacteria could survive in stomach acid—but gradually the medical community has come to accept it. Just last year the National Institutes of Health recommended antibiotics for the treatment of stomach ulcers. [H: Remember that there are "clean-up bacteria" that eat crude oil and clean up toxic wastes—and there is one breed of bacteria that live inside atomic reactors!]

But the question remains of how the infection spreads. *H. pylori* was long suspected to have an exclusive preference for humans; the assumption was that it was transmitted from person to person, either through oral contact or through contact with infected feces. As techniques for detecting the organism im-

proved, however, researchers began finding it in animals—for instance, in research cats. No studies have been done yet to see whether people may be infected by their pets. [H: Why not? Infections have no boundaries and it is far easier to infect a human than any other "animal".]

Meanwhile, two epidemiological studies in South America turned up the worrying possibility that the infection might be spread by sewage-contaminated water. Those studies prompted veterinarian David Schauer of MIT and his colleagues to look for *H. pylori* in the water supply of Narino, a region in Colombia where 93.5 percent of the population is infected with the bacterium. Narino also has the world's highest rate of stomach cancer—roughly 100 cases per 100,000 people per year, more than 12 times the U.S. rate [H:

That you know about.]

Schauer's colleagues in Colombia gathered water samples from a variety of sources in Narino and shipped them to Schauer on ice. Using the polymerase chain reaction technique, Schauer succeeded in isolating a DNA segment from the water that only *H. pylori* possesses. "It is the first demonstration of *H. pylori* in a water supply," he says. Finding the bug

in the water, though, doesn't prove that people in Narino are becoming infected that way; to be certain, Schauer must still show that the bacteria in the water are alive and that they belong to the same strains that have been found in patients. [H: Remember the piggy-backing of the bacteria WITHIN the parasites in the water? Well the DNA of the parasite will turn up—NOT the DNA of the bug in point—and also, that little virus that belongs to that bacteria in point can be structured to produce any viral disease desired as a plague upon the people.]

He would also like to test a water supply in the United States, which hasn't been done yet. There are reasons to doubt that the infection is waterborne in this country. Municipal water here, unlike in Narino, is typically treated for bacteria. [H: Umnn Humm—but not for cryptosporidium parasites and fancy viruses.] Moreover, whereas in Colombia and other developing countries it is common for children to become infected with *H. pylori* before the age of ten, in the United States people tend to become infected later. That's not what you'd expect if the bugs were transmitted by drinking water.

But in truth no one knows how *H. pylori* is spread—nor why infection can produce such different outcomes. The vast majority of infected people show no symptoms. Among those who do, the damage takes one of two forms: ulcers or stomach cancer, which is the second most common cancer in the world. "One does not lead to the other," says Schauer. "They are two different pathways, and you can go one way or the other. We don't really know why yet."

In the face of all this ignorance, it is still good news that a bacterium, and not the stress of modern life, should be responsible for so many stomach problems. Antibiotics are already proving far more effective against ulcers than traditional ulcer drugs ever were, and at less than a hundredth the cost. And several research groups are developing vaccines that have already worked in mice. Someday soon it may be possible to vaccinate children against both ulcers and stomach cancer—whereas it will never be possible to vaccinate them against stress. [H: With this "vaccination" mentality—you don't stand a chance in hell of overcoming your problems, people. This just gives one more chance to infect whole populations with WORSE things than the little critter that uses your tummy-tum-tum for a harbor. Get rid of the bacteria and you lose the parasite AND THE VIRUS it carries. Oh well...!]

[END OF QUOTING]

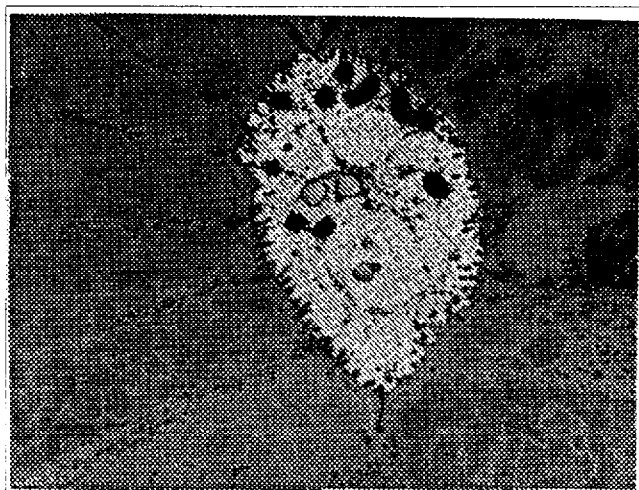
Next I have an article about soil remineralization through the use of crushed/powdered rocks and stones. It truly is an ideal way to introduce and treat depleted soils. However, you have to have some equipment which can handle such a job. You truly do, however, need resources which cannot be replaced by commercial fertilizers, in that fertilizers often do not have the full range of necessary minerals. I will offer this information so that you who are creative and you who would have proper gardens, etc., might consider some alternatives in your soil treatment. For instance, powdered or ground pumis is ideal for the holding of water in the soil and will release it slowly to the plant root system. So too will powdered yucca plant.

[QUOTING:]

POWDERED ROCKS AND STONES CAN SAVE THE PLANET AND OUR LIVES

By Mark Williams, *REMINERALIZE THE EARTH*, Summer-Fall 1991, pg. 8.

Nearly all soils on Earth are thousands of years old. They are generally quite "sick" and depleted. Astonishingly, stones and gravels, finely pulverized and applied to such soils, can literally restore them. The rocks supply a broad range of minerals—miner-



Bacteria (black dots) colonize a dent in the stomach lining (white).

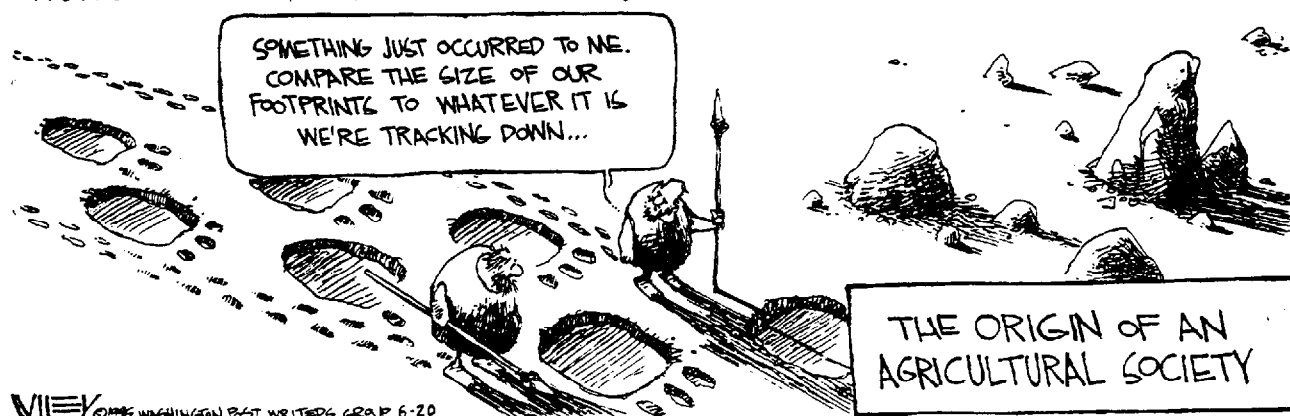
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als which have been slowly lost through the ages, by erosion, leaching, and farming (mostly "soil mining").

The health of all living things is dependent on minerals. A soil which has an abundance of minerals can really come to life. Given a mineral-rich soil, the entire chain of life, from microbes to human, can flourish. With rock minerals, we can renew the Earth, benefiting all living things.

Most of the Earth's soils are, indeed, in very poor condition, and getting worse every year. It is important that we be concerned about the state of our soils, because almost all life on Earth is dependent on it. The soil is far more than just "dirt"—it is one of the most "alive" parts of the planet—a thin, delicate skin which countless living things depend on for their minerals, and other essentials.

A sick, depleted soil cannot help but produce sick, depleted plants, animals, and people. The poor flavor of today's foods is only one of the many symptoms of declining soil health. The fact that millions of dollars are spent on condiments, in a desperate attempt to make our tasteless, unappetizing foods somewhat "edible," is no accident.

The symptoms of soil mineral depletion are everywhere, and getting worse each year. Forests are dying in many areas of the world. Crops are diseased, insipid, insect infested, and nutritionally "bankrupt". Soils are compacted, nearly lifeless, and easily eroded away. Plants and trees are stunted, sickly, and sensitive to frosts and droughts.

People and animals are in similar shape. Eating foods from sick soils inevitably leads to sickness. Everything from susceptibility to AIDS or cancer, to "learning difficulties" can often be attributed, largely, to the poor quality of the soil and the foods grown on such soils.

Naturally, the soils haven't always been in such poor shape, as they are now. Five thousand years ago, the situation was quite different. Back then, the soils had an abundance of minerals. The result was an incredible richness of life, everywhere.

The trees in the forests of Europe grew so huge—oak trunks were often a hundred feet tall, to the first branch! Imagine an entire forest of such trees, or having much of the Earth covered with them. Incredibly, that's exactly how it was!

But now, after thousands of years of leaching, erosion, farming, overgrazing—plus the more recent assaults with chemicals, the soils are a mere shadow of what they once were. Fortunately, it doesn't have to be this way.

RESTORING THE EARTH

Powdered rocks and gravels are Nature's fertilizer. Glaciers and volcanoes are the primary methods she uses to produce the powder. But those methods are very slow, and the job of remineralizing needs to be done right away. We need to use efficient machines to grind gravel into powder, so that the soil life can get to the minerals that are trapped in the rocks.

When powdered gravel is applied to the soil, a marvelous thing happens. The microbes in the soil (and in the guts of earthworms) "digest" the powder, and extract whatever useful elements they find. The higher plants then extract the mineral-rich juices from those microbes, and pass them on to the animals.

Given an abundance of minerals (like zinc, copper, calcium, etc.), and water, the soil microbes, earthworms, plants, and animals can thrive because the minerals are critical to every function of living things. The worms bore miles of tunnels, which aerate the soil. The microbes work extra hard to glue the soil particles into spongy crumbs. The plants develop huge root systems, which resist drought. Insects are repelled by the healthy juices of the plants. Foods become more flavorful and satisfying. Both yields and quality increase. The plants become more heat and frost resistant; diseases become rare events, and so on. The

minerals are truly the foundation of all life!

Plants need a balanced diet, just like people do. Too much of a good thing can be very harmful. That's a problem with chemical fertilizers, manures, and many composts—they release too much of some nutrients, and not enough of others (such as the many trace minerals). To make matters worse, those fertilizers are more or less soluble in water, forcing plants to absorb them, throwing the plants out of balance. Powdered rock, on the other hand, is practically insoluble, so there is little chance of an imbalance developing, nor can it pollute the ground water or streams, as farm runoff is now doing.

It should be obvious that powdered rocks and stones could make a world of difference. All we have to do is be generous, giving back to the soil some of what we have taken. The resulting mineral rich soil will give us a great, bountiful reward: a new Earth, full of Life, as it was meant to be.

[END OF QUOTING]

The next article I find most amusing and also will point out how incredibly BAD it is to form cults, wait on space ships and aliens and how miserable for the receivers in such instances. NEVER will you find this happening here and still we have the little "Love" parties and things which credit you with being "New Age" and up for ridicule. I repeat: Never will we willingly allow this sort of garbage to take place here or with our people. We have a task to do and it is not in Love-ins or Stand-ins for craft landings. We know how to find you if we are looking for you.

[QUOTING:]

From *The Orlando Sentinel*, 9/12/95

1,500 WAIT FOR SPACESHIPS TO VISIT BULGARIAN AIRFIELD

SOFIA, BULGARIA—Lured by three self-styled mediums, about 1,500 people gathered at an airfield in Northern Bulgaria on Monday, awaiting the arrival of eight spaceships piloted by extraterrestrials, police Maj. Stoyan Marinov said. Among other things, state TV reported, the mediums promised that the aliens would help this poor Balkan country pay its \$12.9 billion foreign debt. The crowd gathered in Shtraklevo, 200 miles northeast of the capital, Sofia, after three local women declared that spaceships from distant galaxies would land at 11 a.m. The mediums, wearing identical dresses they had sewn for the occasion, waited along with the crowd. Nothing came. Police had to usher the women away from the angry crowd, although Marinov said there was no violence.

[END OF QUOTING]

By the way, NO spacepeople are going to help you PAY anything. There may well be a lot of help in finding those who can fund projects—but I think you are even finding that those of human importance who make promises are at disadvantage as well as you. Until YOU stop your silliness you will not flourish for you CANNOT flourish under such circumstances and, furthermore, those who will invest in your projects—expect good business in return for their input. They will leave the strings off—but they have to see intent to manage so that what is offered is used to THEIR best public advantage. They will help but they don't want "competition" and they will accept no "New Age" games—and, frankly, NEITHER WILL I.

IF YOU NICE PEOPLE WON'T EVEN BOTHER TO GET THE BACTERIA OUT OF YOUR BELLIES—WHY SHOULD GOD DO ANYTHING FOR YOU TO MAKE YOUR WAY EASIER WITH MONEY? PONDER IT.

Salu and have a good Sunday.

PHOENIX JOURNAL

PLAYERS IN THE GAME

"As it seems the burdens close in upon your shoulders, stand back from that which IS and allow perspective to overcome the confusion.

"As was promised, the organized chaos—the planned upheavals—keep the minds flitting and searching for respite. Now, personal impact occurs on life-styles, morals, jobs—all facets of life impacted with alien input and degradation."

—HATONN

Some of the important topics discussed are:

*The Ground Wave Emergency Network (GWEN)

*A HISTORY OF SECRET MIND CONTROL IN U.S.

*GAIANDRIANA & SPELT BREAD, WHY??

*The "300" Conspirators' Hierarchy.

PLAYERS IN THE GAME DESTINY OF DOOM!

If you think you are not "had" in this game of non-chance—look again. You had best recognize the players in the major rule-book writing for you are playing by the rules of the Controllers of Destiny and Builders of Doom. Even the Elite have Doomsday plans—where are YOURS?



BY

GYEORGOS CERES HATONN

A PHOENIX JOURNAL

#77

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Scientific Fundamentals For The Enquiring Mind

9/8/95 #1 HATONN

We have now written on the Secrets of Life and on Transmutation—both of which are mandatory lessons if you are to have any idea of that which IS and that which you ARE. In the meanwhile, every effort is made to thwart our presentations. The world falls in on Dharma, as a for instance—in hopes of silencing our messages. I know our subjects are boring and seemingly useless—BUT THEY EXPRESS WHAT YOU ARE. How can you go on a trip saying you want to go directly to Canada while living in Southern Texas by not bothering to get a map and proceeding through Mexico, South America, Africa and back to the Antarctic, then to Asia, Australia, etc.? God is not going to pick you up and force you to move north to Canada! God will assume you like the world tour!

START WITH THE BASICS

I find that we NEED even more basic material than I have yet offered. I cannot expect you, I see, from your modern school teachings, to understand anything about SELF and LIFE. To allow YOU to see this consequence of sleeping overtime I will ask some questions and see how many of you “ordinary” citizens can answer the questions.

Let us only consider some molecular aspects of Biology, here. I have no wish to place you in a state of shock—but if you don't know what a molecule is—how can you expect to understand the functioning of integrated molecules—WHICH YOU ARE?

In this listing I note that even this doesn't make much sense to you so let us consider a bit more material and see what you think might be category one, two, three, etc.

1. Would you expect the chemical organization of living organisms to differ markedly from that of the rocks and minerals of the Earth's crust? Would you expect to find unique types of chemical compounds associated with living organisms?

2. All matter is said to be composed of atoms. Do you think this includes living organisms? What do YOU know about the nature and variety of atoms that is applicable here?

3. You have probably heard that living things are largely composed of water. Does this appear to be a desirable feature? Can you imagine some form of life entirely lacking in water content? What properties of water might make its presence very desirable in living organisms?

4. Are all chemical compounds about the same relative size and complexity? Do you think there might be some relationship between the complexity of living organisms and the unique compounds of which they are composed?

5. Is there more potential energy associated with a boulder poised at the brink of a cliff, or with the same boulder lying in the valley at the foot of the cliff? Is there more potential energy in the gasoline in the fuel tank of an automobile, or in the exhaust fumes from the automobile engine?

6. What is a catalyst? How does it affect the rate of chemical reactions? Are there special catalysts in

living organisms to affect their chemical reactions?

Ah, I see, you aren't quite up in the “know” to understand exactly what I have in mind? We have gone from nothing to a discussion about chemistry, physics and, for goodness sakes, electricity! Well, you are an ELECTRIC CELLULAR ENTITY WHO FUNCTIONS ON LIGHT! But since when? Always! How? Ah and now maybe you will give attention? We will go through the rudimentary things of vocabulary first so that we can move into CONCEPTS with some amount of language understanding.

I have tried to start here with the most simple concepts which should have been learned in grade school. I have no wish to overwhelm anyone. However, readers, you have placed your very existence and your “perceived” eternal lives into the hands of self-proclaimed experts who have made sure to feed you THEIR drugs, THEIR lies, and THEIR controlled information. They have taken absolutes as in mathematics, chemistry, cellular life and altered the presentations so that you no longer KNOW anything about your subject save what you have been TRAINED to accept. Then, they further teach you to WAIT for REVELATION of some kind or another. You have to KNOW about self before you can change the world! You can realize that “something” is wrong with society and political aspirants—but you have to KNOW a bit about SELF and living cells to achieve your destination and relationship, even with GOD.

The most wondrous realization and truth lies in the incredible LIFE of the UNIVERSE—and you drift through in blind acceptance of that which ALL YOU ARE.

Let us see if we can utilize some text materials and outlay some terms and explanations and see if you can learn some basics—then we can move on.

Commander Soltec gave some wondrous lessons on Geophysical phenomenon but, as we move within that which makes up YOU, we bog down for you have no fundamental knowledge of self—even the TEACHERS and PROFESSORS are now teaching what they were taught—and that is often WRONG INFORMATION.

Let us try to put this information in some type of order by calling this first section:

CHAPTER ONE THE LIVING WORLD AND ITS STUDY

Preview Questions:

1. *What would you expect from a study of biology? How will it contribute to your life?*
2. *What do you envision when you think about life within a forest? What creatures are present? What are they doing? How are their activities interconnected?*
3. *Where does one begin the study of biology? With the structure of the forest, with the organization of one group of living things within the forest, or with the structure or activity of an individual creature?*
4. *How would you proceed to satisfy your curiosity about life? What kinds of activities characterize the scientific study of life?*
5. *How do you explain the variety of organisms and the*

many ways of living found within a forest?

TERMS

ORGANIZATION: An arrangement of things in a pattern, such that the parts are integrated; seen, for example, in a college or university with students, professors, administrators, departments, schools, etc.

ORGANISM: The individual living thing, characterized by an organization of parts; for example, a dog or a tree.

COMMUNITY: The interrelated variety of organisms living in a particular place, as evident in a forest.

MATERIALS: The physical substances of which the Earth, its atmosphere, watery areas, and organisms are composed.

ENERGY: That which makes action possible: energy is contained in the food you eat.

BEHAVIOR: The movements of organisms in response to conditions around them; evident, for example, when a dog encounters a cat.

MOTIVATION: The inner feeling that serves as the “push” for thought or action. It becomes evident, for example, when the child catches the adult eye or ear by an intrusive act.

OBSERVATION: The act of noting objects and events through the employment of one or more of the human sense organs and the brain; as indicated by a driver stopping his automobile when the traffic light is red.

GENERALIZATION: A statement illustrating or describing the essence, core, or common feature of a number of observations; for example, the statement, “The modern city is a complex and changing social institution.”

EXPLANATION: A statement of the relationship between facts or ideas; for example, the statement: “There is a historical basis for the structural similarity of man and whales.”

HYPOTHESIS: A statement of possible explanation; as seen in the idea, “Breathing difficulty may be due to certain materials in the air.”

THEORY: A hypothesis in which there is confidence derived from confirmation based upon testing the explanation. This is illustrated by the statement, “A change of environment, to one containing less pollen in the air, results in marked reduction of breathing difficulty. Pollen appears to be the source of the breathing upset.”

A good illustration of this might be found in the O.J. Simpson matter; i.e., the Defense hypothesizes that there was planted evidence and therefore O.J. is innocent of the murders and was set up by someone.

Theory: A party is found who plants evidence exactly like that found in the plot of the murders. So, the theory may then evolve from the hypothesis that somebody else may well be responsible for the murders. This is oversimplification, but suffices, I believe. The proof of the hypothesis follows the theory and then proof must be accomplished.

Let us give a try at some review questions and see how best to proceed with these lessons so that as we write we can all be explicit as to understanding when a given “term” is used by either of us. If you cannot learn to be explicit in all things—you will be tossed on the winds of misunderstanding and poor communications, or, implicitness. It doesn't matter what “term” you give a thing—as long as all parties KNOW EXPLICITLY what is the MEANING of the term.

Review Questions:

1. *Why is it important for you to study other living things as well as the human being? What does man have in common with other living forms? How does man differ from other organisms? What is the relationship of man to other creatures?*
2. *What actors and themes would you expect to find in a grassland prairie? In a mountain-top meadow?*

In a tropical rain forest? In a desert oasis?

- Will you find the same kinds of organisms in each of these communities? Why or why not? Are there any similarities in the activities carried out by the organisms of these varied communities? What are the common activities? What lies behind these similarities?
- Which level of biological organization catches your eye as you examine a community in your vicinity? What other levels contribute to this level? Which levels, because of the size of the organized being, require special techniques for their study? What procedures are required for each?
- The traffic light changes from green to amber. I am in a hurry to get home for dinner and wonder whether it is possible to accelerate and get through the intersection before the light turns red. At that moment, I recall a newspaper report of a collision with great damage, due to one party's driving through on the amber light and the other party, in a great hurry, starting through on his amber light. What might happen if I continue through the intersection? My foot is applied to the brake, and the car is halted before the light changes. Identify the following aspects of this experience: motivation, observation, hypothesis, generalization, explanation, and behavior.
- Do you find yourself using the scientific conceptual scheme? If not, why or how is it unsatisfactory to you?

Now let us consider a few more advanced "terms" for specific discussions as needed to understand. We will move on to:

**CHAPTER TWO: UNITS OF LIFE
MOLECULAR ASPECTS OF BIOLOGY**

[Refer to the already presented Review Questions above, prior to Chapter one.]

A FEW TERMS TO KNOW

ATOM: The smallest unit of matter with a distinct chemical identity. Atoms are composed of smaller elementary particles.

[H: By the way, as we move along here, I am offering that which is accepted information—we aren't going to quibble over details AT THIS POINT. You need fundamentals and we can deal with advanced Cellular Life, later—after you have an idea of that about which we speak in generalities. We are not trying to give you one lesson and you become a rocket scientist—although that is, unfortunately, the way today's rocket scientists achieve their place in history—after blowing away worlds.]

ELEMENT: Matter composed of a distinctive kind of atom; i.e., a pure sample of the element gold would be composed only of gold atoms. Over 100 different elements are now known. [H: The text I hold is from work presented BEFORE 1970 so is already totally outdated. However, the basic terms are yet valid enough for your present needs.]

MOLECULE: An organized form of matter containing two or more atoms (of the same or different kinds) combined together. [H: Even this can be argued with validly—however, as with Dr. Young, we CAN live with this for basics. I suspect Drs. Ed and Norey, Overholt and James will be patient with our lessons—lest they get given the teacher's role in my stead. Do all we Biology professors, Chemists and Physicists understand me? If you already know all the answers, perhaps you could learn a bit about "teaching"!]

COMPOUND: Matter composed of molecules containing two or more different kinds of atoms. If two oxygen atoms combine, a molecule of oxygen is formed, but this does not constitute a compound;

i.e., its properties are not distinctly different from atomic oxygen. However, if two hydrogen atoms and an oxygen atom combine, a molecule of the new compound water is formed, with chemical and physical properties quite different from those of its component atoms.

ELEMENTARY PARTICLES: The component units out of which atoms are built. There are only a few types of elementary particles. The diversity of atoms results from specific collections of elementary particles. For example, an atom composed of one proton and one electron is a hydrogen atom, whereas an atom composed of two protons, two electrons, and two neutrons is a helium atom. [H: And now you have neutron BOMBS which can be easily carried in a lunch sack which can take out whole cities.]

Three types of elementary particles of great interest are:

PROTONS: Particles with an arbitrary mass value of 1 and a positive electric charge.

NEUTRONS: Particles with an arbitrary mass value of 1 and no electric charge, i.e., electrically neutral.

ELECTRONS: Particles with only 1/1836 the mass of a proton and a negative electric charge.

ATOMIC NUCLEUS: The central portion of an atom, containing its proton and neutron complement; thus, the preponderance of its mass.

ATOMIC WEIGHT: The total mass of an atom, i.e., the sum of the masses of all its constituent protons, neutrons, and electrons. For all practical purposes, the mass of the electrons is negligible.

ATOMIC NUMBER: The characteristic of an atom determined by its normal number of protons (or electrons).

ELECTRON SHELLS (ORBITS): The pathways around the nucleus of an atom traveled by its rapidly moving electrons. Each type of atom has its distinctive number of shells and its specific number of electrons moving in the shells (orbits).

CHEMICAL BONDS: Those specific forces that hold together the atoms of a molecule. These are of three major types:

COVALENT BOND: Results from the sharing of electrons between the outer orbits of two atoms.

IONIC BOND: Results from the transfer of an electron from the outer orbit of one atom to that of another atom. Ionic bonds result in one atom becoming negatively charged (an anion), while the other becomes positively charged (a cation).

HYDROGEN BOND: Results from the presence of a hydrogen atom attached to two negatively charged atoms on opposite sides. This is a weaker bond than the others but is of great importance in biologically significant molecules.

ION: An atom or molecule that has either lost or gained one or more electrons from its outer shell. Those that have lost one or more electrons are termed cations and are positively charged, whereas those that have gained one or more electrons are termed anions and are negatively charged. (From the Greek term meaning "wanderer".)

ELECTROLYTES: An alternative term for compounds with ionic bonds. Refers to the ability of their water solutions to carry an electric current.

NONELECTROLYTES: An alternative term for compounds with covalent bonds. Refers to the inability of their water solutions to carry an electric current.

SURFACE TENSION: The tendency of the surface of a liquid to act like a stretched film and contract to

a minimal area.

IONIC DISSOCIATION: The tendency of the ions of an ionic compound to separate into free ions and wander randomly through the solution when dissolved in water.

ACIDS: Chemical compounds that dissociate in solution to liberate hydrogen ions (H⁺).

BASES: Chemical compounds that dissociate in solution in such a way as to be able to combine with hydrogen ions (often, but not always, by the liberation of OH⁻ ions).

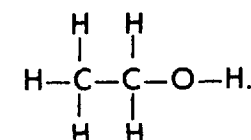
pH: A symbol representing hydrogen ion (H⁺) concentration in a solution. The pH scale runs from pH 0 to pH 14. The smaller the pH value, the greater the H⁺ concentration. The midpoint of the scale (pH 7) represents the point of neutrality—the pH of pure water.

BUFFERS: Substances that can prevent a drastic shift of pH in a solution despite the addition of a considerable quantity of acid or base.

ORGANIC COMPOUNDS: That large and biologically important class of compounds that contain carbon, nearly always hydrogen, and perhaps other elements as well. The name was derived from the early observation that such compounds always appeared to result from the activities of living "organisms".

INORGANIC COMPOUNDS: The class of compounds that includes all compounds not classified as organic. Thus, all compounds may be divided into the categories of organic and inorganic. The name resulted from the early observation that such compounds were characteristic of the nonliving ("inorganic"), mineral crust of the Earth. [H: Do NOT bite on the "non-living" presentation here. ALL things are LIVING. It, therefore, is simply a descriptive term to separate major categories.]

STRUCTURAL FORMULAS: The symbolic, two-dimensional representation of the spatial arrangement of atoms in a molecule. Empirical formulas, by contrast, represent only an inventory of the numbers and kinds of atoms in a molecule. The empirical formula of ethyl alcohol is C₂H₅OH, and the structural formula is:



ISOMERS: Two or more compounds with the same empirical formula but different structural formulas. Two compounds that differ only in being "right-handed" and "left-handed" mirror images of one another are known as stereoisomers (or epimers).

FUNCTIONAL GROUPS (RADICALS): Certain distinctive groups of atoms frequently found in molecules. Some common examples would be the amino group (-NH₂), the carboxyl group (-COOH), and the methyl group (-CH₃). They play an important role in determining the chemical behavior of the molecules of which they are a part.

MACROMOLECULES: Large or giant molecules, usually composed of hundreds, or even thousands, of individual atoms. Macromolecules are commonly formed by the linking together of simpler molecules (monomers) into very long chains (polymers).

CARBOHYDRATES: The important class of organic compounds that includes sugars, starches, and their derivatives. They normally contain carbon, hydrogen, and oxygen, with the latter two elements in the 2:1 ratio found in water; thus, the name carbohydrate ("Carbon-water"). The simplest carbohydrates are termed monosaccharides ("single-sugars"). These may be linked together in long chains termed polysaccharides ("many-sugars"). If the chain has only two links, the substance is a disac-

châride ("two-sugar"). [H: This becomes very, very important when we get around to informing you about the "mitochondrias".]

CONDENSATION (DEHYDRATION SYNTHESIS):

The chemical process by which large molecules are synthesized by the linking of many small molecules, with a molecule of water being split off in the formation of each bond. The reverse process is known as *hydrolysis*, i.e., the cleaving of a large molecule into many smaller molecules by the insertion of a water molecule at each joint.

LIPIDS: The poorly defined class of organic compounds that includes fats, oils, and waxes. Lipids are generally characterized by poor solubility in water. Simple lipids, phospholipids, and steroids are some of the common subtypes of lipids. Fatty acids are important components in most lipids.

PROTEINS: The important class of organic macromolecules that exhibit both great complexity and wide range of biological activity. Protein chains are polymers of *amino acids* linked together by *peptide bonds* into highly specific sequences. (Amino acids are simple molecules containing an amino group and a carboxyl group.) These chains (the *primary* structure) are commonly coiled in a long helix (the *secondary* level of structure), which is folded, looped, and crosslinked (the *tertiary* level of structure) to form a highly *specific* and unique molecule. Proteins may be joined with other classes of compounds (such as lipids) to form *conjugated* proteins (such as lipoproteins).

NUCLEIC ACIDS: The class of organic compounds that includes the largest molecules found in living organisms. These serve as the hereditary material. Nucleic acids are polymers of *nucleotides*—simpler building-block molecules containing a nitrogenous organic base, a simple sugar, and a molecule of phosphoric acid. There are two types of nucleic acid: *deoxyribonucleic acid* (DNA) and *ribonucleic acid* (RNA).

ENERGY: The capacity to perform work, or move something. While actually doing work, the energy is termed *kinetic*; otherwise, it is *potential* energy. Kinetic energy may take the form of mechanical motion, light, electric current, or chemical activity. In general, energy is readily convertible from one form to another.

Activation energy: The energy required to start a chemical reaction. This is analogous to the energy required to push a boulder over the crest of a hill in order for it to roll down the slope.

EXERGONIC REACTIONS: Chemical reactions in which a net amount of energy is released; i.e., the change in free energy is negative. Oxidations, such as the burning of coal, are exergonic reactions.

ENDERGONIC REACTIONS: Chemical reactions that require a net input of energy in order to proceed; i.e., the change in free energy is positive. Reductions, such as the formation of sugar from CO_2 and H_2O by green plants, are endergonic. In this case, the energy input is in the form of sunlight.

OXIDATION: A type of chemical reaction in which energy is released from a compound; i.e., the reaction is exergonic. Oxidation basically involves the *loss of electrons* from a compound and may be accomplished by either the addition of oxygen or the removal of hydrogen from the compound. The burning of wood, the rusting of iron, and the production of carbon dioxide from sugars in the human body are all common examples of oxidation.

REDUCTION: A type of chemical reaction in which the energy content of a compound is increased; i.e., the reaction is endergonic. Reduction basically involves the *gain of electrons* by a compound and may be accomplished by either the removal of oxygen or the addition of hydrogen. The production of sugars from carbon dioxide and water in green plants represents the most important bi-

ological reduction.

CHEMICAL EQUILIBRIUM: Refers to the situation where a chemical reaction proceeds in forward (A \rightarrow B) and reverse (A \leftarrow B) directions at the same rate. As an analogy, consider two groups of boys throwing a dozen footballs back and forth between the groups. If one group threw the balls at a faster rate than the other, the footballs would accumulate on one side. On the other hand, if they both threw at the same rate (say, 10 balls a minute), the equilibrium situation would exist.

ENZYMES: The name given to the class of catalysts found in living organisms. Even in very low concentrations they speed up chemical reactions that would otherwise occur at only a negligible rate, and yet the enzymes are not consumed in the process.

COENZYME: The nonprotein, separable portion of an active enzyme unit. Many *vitamins* function as coenzymes in the body.

SUBSTRATE: The chemical substance acted on by a given enzyme. Thus, the substrates of lipase enzymes are *lipids*.

PROGRAMMED UNIT: ATOMS, MOLECULES, AND CHEMICAL BONDS

Please use a piece of paper as your answer shield and place it over the following frames. Fill the spaces as indicated. As you lower the shield, the correct responses will be indicated. In other words, the answer to (1) will be in the No. (2) box—except we won't bother with boxes.

1. It is well known that all the material of the universe (including, of course, living organisms) is commonly organized into minute basic units known as _____.
2. There are slightly more than 100 different kinds of atoms, which are distinguishable by their chemical and physical differences. These different kinds of atoms comprise the _____.

Ans. No. 1: atoms.

3. Atoms are in turn constructed of smaller units, the *elementary particles*. Although many different elementary particles have been identified, three are usually judged as the most important in a general consideration. These are _____, _____, and _____.

Ans. No. 2: elements.

4. The protons and neutrons are quite massive compared with the electrons—possessing about 1836 times as much mass. These two types of particles occur together centrally in atoms and collectively form the _____.

Ans. No. 3: electrons, protons, neutrons (any order).

5. The electrons, by contrast, revolve rapidly around the nucleus in various orbital pathways. These orbital pathways are not flat, but spherical and concentric. Because of this layered, concentric arrangement, they are commonly referred to as electron _____.

Ans. No. 4: nucleus

6. The organization of these elementary particles in atoms is very crudely analogous to the structure of the solar system. In such a view, the spinning electrons in their orbits would represent the _____, whereas the massive nucleus would be analogous to the _____.

Ans. No. 5: shells

7. Each electron shell can hold only up to a fixed maximum of electrons. The first shell (closest to the nucleus) can hold up to 2 electrons, the second shell up to 8, the third normally 8, etc. Diagram the atomic structure of carbon, which contains 6 protons, 6 neutrons, and 6 electrons, showing the appropriate electron shells.

Ans. No. 6: planets, sun.

NOTE: We won't even give the diagram for No. 7 because people will rise up in anger that we have such a boring thing going here. Anyones of you wanting a real course in this information, perhaps we could have a correspondence course of some kind, with questions and answers, quizzes and all the set-up of school. I lose most students, however, when you start having to THINK and REMEMBER, so I prefer to move on with terminology so that you can have a kind of dictionary of "stuff" to help understand that which we will be presenting.

I will insert here a "Self-Test" and let's see where we are:

1. To ascertain your comprehension of the relative size relationships at the chemical level of life, arrange the following components in descending order of relative size (largest first, smallest last):

Glucose molecule electron hydrogen atom
water molecule protein molecule carbon atom

2. Name five specific compounds or groups of compounds that could be called macromolecular.
3. Name the following common functional groups (radicals):

$-\text{NH}_2$ $-\text{OH}$ $-\text{O}$
 $-\text{COOH}$ $-\text{CH}_3$ $-\text{C}_2\text{H}_5$

4. A solution with pH 8 would be
 - a. neutral
 - b. a very strong base
 - c. a very weak acid
 - d. a very weak base
 - e. a very strong acid
5. The formation of a series of peptide bonds in a linear sequence is related to
 - a. the tertiary level of protein structure
 - b. the secondary level of protein structure
 - c. the primary level of protein structure

Ah, now we have another problem—without ALL the foregoing information which might be offered, you are already off onto problems, i.e., in No. 3 above, it is hard to even go back into terms and understand what is expected. So, we can either have some good fundamental lessons and get it all, or we can continue to blunder through the subject with a few terms for "those who want to know" and let you go dig it out for selves. HOW MANY OF YOU WILL DO THIS?

These are the problems we face every time we sit to work—how much? How little? None at all and pronounce "revelations" which you will neither understand nor be able to interpret. THESE ARE THE THINGS YOU SHOULD HAVE LEARNED IN GRADE-SCHOOL! YOU WANT TO SOAR WITH EAGLES WHEN YOU DON'T KNOW WHAT CELLS ARE IN YOUR BODY THAT KEEP YOU FROM FLYING. You want what you have HAD until it has destroyed you—INSTANT KNOWING—WITHOUT ANY RESPONSIBILITY OR EFFORT ON YOUR PART—AT ALL!

Please ponder this quandary for a bit and we will consider how best to bridge the gap in your knowledge. We can either finish the lessons or let you go to the library and research the possible answers—or we can skip it and leave you in ignorance. You who don't study the truth and what is presented on a daily basis (until you understand what it is all about) are destined to skip over all this information as well while demanding more "Godly" (in your perception) of our workers, teachers and thus and so. How can you even plant a garden if you don't know what are seeds? Or, do you go forth and plant acres of potato chips only to find nothing grows?

Childhood's end is over, students—AND YOU DIDN'T LEARN YOUR LESSONS! So be it! Do we drag you kicking and screaming in your ignorance all

the way through the university of Life? No, it doesn't work that way. You go only as far as you wish to be responsible for going! However, we will MAKE ROOM FOR THE STUDENTS, IN YOUR CHAIR—WHO DO WISH TO LEARN.

Ponder these things, readers, as we take a break for today and attend our other business. Thank you.

Salu and good morning.

9/9/95 #1 HATONN

Dharma asks me why we must teach all the tedious things that should have been learned in school. Because they WERE NOT LEARNED IN SCHOOL—were they? Even though some of you are old enough or were focused enough into a given occupation or science to learn these things—the percentage of knowledgeable things even as to scientific “terms” is all but void. Even then the lacking in understanding is above 99.9%. No one can hold 100% knowledge—for the very definition of learning specifically means a lack of knowing all there is to know. Therefore, if we must go back to basics in the school room, so shall we go back for you pray constantly to be shown “THE WAY” and it requires you PHYSICALLY begin, at the least, to KNOW WHAT IS GOING ON AROUND YOU IN TRUTH, NOT THE FABRICATIONS TO FOOL YOU. IT IS IN THE SCIENTIFIC WORLD OF WHICH YOU MUST BE WARY FOR THE DEADLY THINGS BROUGHT AGAINST YOU. THE POLITICAL ASPECT IS THAT WHICH PLAYS UPON YOUR IGNORANCE IN A MOST MANIPULATIVE “MIND” GAME. If, however, you are INFORMED, it is not possible to fool you all the time and when you cannot be longer fooled all the time—you begin to get back into the game, grown in skill and knowledge—and can finally WIN THE GAME.

So, before we move into CHAPTER 3 of our discussion on “LIFE” units, we will finish the lesson already begun. We had gotten through statement “7” but did not give the “answer”. Therefore we shall begin here at NO. 8 and offer the diagrammatic answer to NO. 7. As with any fun game, when you know how to play—you can win. If you do not know the rules and fundamentals of the game—there is NO WAY FOR YOU TO WIN!

There is no point in going on unless you are a nuclear scientist or GO BACK AND READ THE PRIOR WRITING OF YESTERDAY. You, if you were “with” us, will have a paper and be on No. 8 in our list of information and “check” out information absorption.

NOW, READERS, YOU ARE GOING TO FIND OUT “WHY” THE PHOENIX INSTITUTE FOR RESEARCH & EDUCATION WAS/IS ESTABLISHED. OUR RESEARCH IS IN CELLULAR LIFE AND TEACHING (research and education). We have had to live with a lot of “toads”, kiss frogs, and slay poison dragon-flame throwers. But THIS is what we are “about”. Our vision is that YOU GET EDUCATED SO THAT YOU KNOW TRUTH AND WHEN YOU KNOW IT YOU WILL HAVE WON THE CERTIFICATE FOR ETERNAL LIFE PASSAGE. That would seem a quite worthy “degree” to my own professor’s intent. If you think you are simply going to ascend by hugging trees—you are incorrect. You must have the secrets of life brought back into your consciousness—and this is the only way to do it—by learning it! Would “God” take time to teach you? Well, HE sent me and my other brethren cohans (professors) to be at your service.

We are turning over the major political monstrosities to such as Ronn Jackson’s crew to make or break a “Republic”. I will continue to share in information offering—but you have worthy hands to cover those subjects. We also have worthy hands attached to minds which can teach you THIS information—but I want to offer the basics so that you can understand the subjects about which I shall be speaking. Those will be the things which are capable of taking your very physical lives. Then we can move on into the arena of the etheric and how and why you CAN utilize soul in separation

from physical housing.

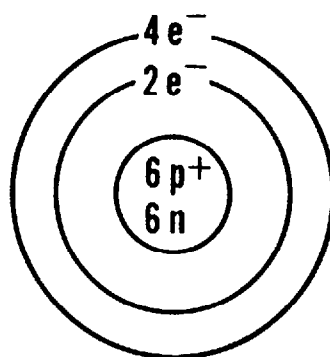
How many people have YOU seen ascend into heaven, and are you sure they made it all the way into “heaven’s pearly cities”? First you have to understand your physical manifestation before you can rip off to fantasy-haven in the Cosmos. So, please, grab your pencils and paper and let us have some fun—and yes indeed, this is FUN! Finally, this IS fun.

**CONTINUATION: CHAPTER 2:
UNITS OF LIFE**

SUBJECT UNDER WAY: MOLECULAR ASPECTS OF BIOLOGY

8. The chemical reactivity of an element depends primarily on the number of electrons in its outermost shell. An atom whose outer electron shell is complete is chemically inert or unreactive. An atom of the element neon has 10 protons, 10 neutrons, and 10 electrons. Is its outer-most electron orbit filled? yes/no. Is it chemically unreactive? yes/no. On your paper, diagram an atom of neon. You will want, possibly, to refer to

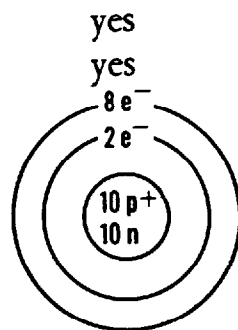
Ans. No. 7:



carbon

9. Chemical reactions occur because atoms with unfilled outer electron shells are unstable and tend to complete their outer shells in order to achieve stability. They may complete these shells by reacting with other atoms, thereby forming a *chemical bond*. A stable group of two or more atoms thus bonded together is termed a _____

Ans. No. 8:



neon

B. COVALENT BONDS

10. Several different types of chemical bonds are common. In one important type of bond, atoms may *share* pairs of electrons in their outer shells so that each atom behaves as if its (inner/outer) shell were complete. This type of bond is called a *covalent bond*.

Ans. No. 9: Molecule

11. Covalent bonds characteristically bind atoms very tightly; that is, a (large/small) amount of energy is required to break them.

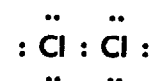
Ans. No. 10: Outer.

12. When diagraming the formation of a covalent bond between two atoms, we need only show the electrons in the outer shell of each atom. Draw a diagram of the electron structure of two chlorine (Cl) atoms joined by a covalent bond to make a molecule of chlorine (chlorine has 17 electrons arranged in 3 shells).

Ans. No. 11: Large

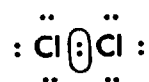
13. Each pair of shared electrons constitutes a covalent bond. Circle the pair of shared electrons in your diagram of a chlorine molecule. This represents a single covalent bond between the two atoms.

Ans. No. 12:



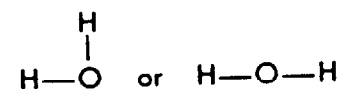
14. Because making outer electron shell diagrams is tedious, it is accepted form to ignore all unshared electrons and to only show each pair of *shared* electrons (forming a single covalent bond) by a dash (-). Thus, the chlorine molecule is depicted as Cl-Cl. Using this form, indicate the structure of water in the space below (two hydrogen atoms, each bonded to the same oxygen atom by a single covalent bond).

Ans. No. 13:



15. This form of depicting the makeup of a molecule is termed a *structural formula*. It shows only the atoms present and the _____ bonds connecting them.

Ans. No. 14:



16. Covalent bonds may involve the sharing of more than one pair of electrons between two atoms, as in oxygen (molecular form).

Write the structural formula for the molecule.

Ans. No. 15: Covalent.

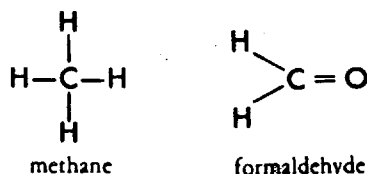
17. Most of the biologically important molecules are *covalent compounds of carbon* linked with one or more other types of atoms. Each carbon atom can form four covalent bonds. A hydrogen atom can form only a single covalent bond, but oxygen can form two such bonds. Write the structural formulas for *methane* (the main substance in natural gas)—one carbon atom bonded to four hydrogen atoms—and *formaldehyde* (a tissue preservative)—one carbon atom bonded to two hydrogen atoms and one oxygen atom.

Ans. No. 16: O = O

18. Most importantly, carbon has the somewhat unique ability to form covalent bonds with adjacent carbon atoms. A series of such covalently linked carbon atoms may form long chains (straight or branched) and thus produce very large molecules. In the space below, write the structural formula for *octane* (an important component of gasoline), which consists of eight covalently linked carbon atoms in

a straight chain with 18 hydrogen atoms attached.

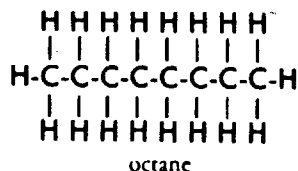
Ans. No. 17:



19. Structural formulas of such complex molecules are somewhat cumbersome. Often a more compact designation is used which merely lists the symbol for each element with a following subscript numeral indicating how many of these atoms are present in the molecule. This designation is known as an *empirical formula*. The empirical formula for water is H_2O . Write the empirical formulas for:

methane
formaldehyde
octane

Ans. No. 18:



20. On your paper, clearly define a covalent bond.

Ans. No. 19: CH_4
 CH_2O
 C_8H_{18}

C. IONIC BONDS

21. If, instead of sharing a pair of electrons, there is an *actual transfer of an electron* from one atom to another, an ionic bond is formed. The number of positively charged protons in the nucleus is balanced by the number of negatively charged electrons in the orbits, so that atoms are normally electrically _____.

Ans. No. 20:

A covalent bond is formed by one or more *shared* pairs of electrons between two adjacent atoms. (Or some similar statement.)

22. The atoms involved in ionic bonding, since they have either lost or gained electrons, are no longer neutral. Instead, they become electrically _____.

Ans. No. 21: Neutral

23. These charged atoms are termed *ions*. *Anions* are ions that are (positively/negatively) charged, and *cations* are those that are (positively/negatively) charged.

Ans. No. 22: Charged

24. Ordinary table salt (sodium chloride) is a good example of an *ionic compound*. Since, in the process of forming an ionic bond, each sodium atom transfers an electron to a chlorine atom, the sodium becomes _____ charged and the chlorine becomes _____ charged.

Ans. No. 23: Negatively
Positively

25. Since opposite charges attract, the anions and

cations of an ionic compound are strongly attracted. Although the two types of ions are held in a regular order in the latticework of the solid (crystalline) form, they readily separate (or disassociate) and move about independently when dissolved in water. Such separation into free ions is termed ionic

Ans. No. 24: Positively
Negatively

26. This dissociation in water solution into positively and negatively charged ions allows such a solution to readily conduct electric currents. Because of this high degree of electrical conductivity, they are commonly termed _____.

Ans. No. 25: Dissociation.

27. The dissociation of sodium chloride may be shown as follows:



A single ionic bond is formed between a potassium atom (K), and a chlorine atom in the formation of potassium chloride (KCl). Write the equation for the dissociation of KCl.

Ans. No. 26: Electrolytes

28. Some atoms are able to form more than one ionic bond with other atoms. Calcium (Ca), for example, forms two such bonds. Since chlorine forms only one ionic bond per atom, the empirical formula for calcium chloride must be _____. How would you write the equation for the dissociation of calcium chloride?

Ans. No. 27: $\text{KCl} \rightarrow \text{K}^+ + \text{Cl}^-$

29. Thus far, ions have been described as individual atoms that have either gained or lost electrons. In addition, however, many stable *groups of atoms* may act as ions.

For example:

CO_3^-	carbonate ion
NH_4^+	ammonium ion
SO_4^-	sulfate ion
PO_4^-	phosphate ion
OH^-	hydroxyl ion

Which of these are cations and which are anions?

Ans. No. 28: CaCl_2
 $\text{CaCl}_2 \rightarrow \text{Ca}^{++} + 2\text{Cl}^-$

30. Write the dissociation equation for sodium carbonate (Na_2CO_3).

Ans. No. 29: All but NH_4^+ are *anions*.

31. The transfer of one electron establishes one _____ bond. The number of bonds that an atom can form is termed its *ionic valence*. Thus, sodium has a valence of +1 and the chloride ion a valence of -1. Indicate the ionic valence for each of the ions in the following list:

KCl
 Na_2PO_4
 NH_4Cl
 $\text{Ca}(\text{OH})_2$

Ans. No. 30: $\text{Na}_2\text{CO}_3 \rightarrow 2\text{Na}^+ + \text{CO}_3^-$

32. In the space below, define an ionic bond in your own words.

Ans. No. 31: ionic

K = +1	Cl = -1
Na = +1	$\text{PO}_4 = -3$
$\text{NH}_4 = +1$	OH = -1
Ca = +2	

D. HYDROGEN BONDS

33. You have already learned that the sharing of a pair of electrons between adjacent atoms form a _____ bond.

Ans. No. 32:

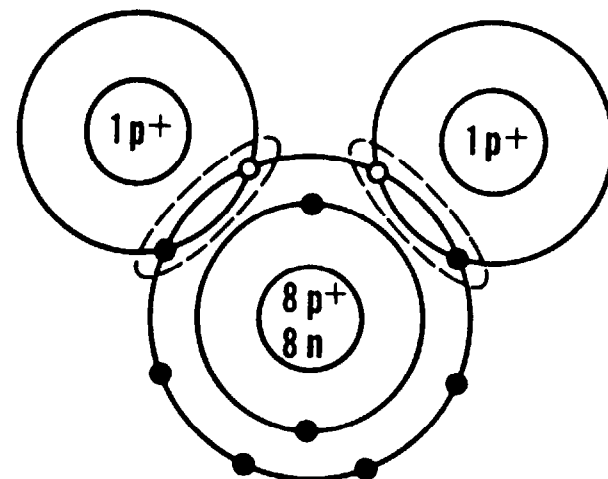
An ionic bond is formed by the *transfer* of an electron from one atom to another. (or some similar statement.)

34. The pair of electrons is sometimes unequally shared. Water molecules are a good example of such unequal sharing. To review this situation, on your paper, draw a complete diagram of the structure of the atoms of hydrogen and oxygen bonded as water, showing nuclear composition as well as all electron shells. (Remember that hydrogen atoms are composed of 1 proton and 1 electron, while oxygen has 8 protons and 8 neutrons in the nucleus and 8 electrons in 2 shells.) Circle the electrons of the two covalent bonds.

Ans. No. 33: Covalent

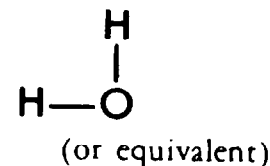
35. Careful study of the water molecule has revealed that the two hydrogens tend to be located on adjacent sides of the oxygen atom, rather than across from one another. On your paper, indicate this by a structural formula.

Ans. No. 34:



36. Study your diagram from question 34. If the covalent pairs of electrons are held more closely to the oxygen atom, then the hydrogens appear as bare protons on adjacent surfaces of the larger oxygen atom. Also, the electron swarm appears displaced around the oxygen nucleus. Label the portions of this water molecule where the protons appear concentrated and the area where the electrons predominate:

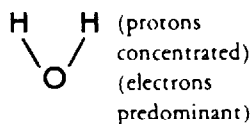
Ans. No. 35:



37. Since protons carry a _____ charge and electrons a _____ charge, this molecule actually has a positive end and negative end. Such a molecule is termed *polar*. [E.Y. Editor's note: The actual bonding

angle that the two hydrogens make with the oxygen is 105 degrees; that is, a bit more open than a 90 degree angle.]

Ans. No. 36:

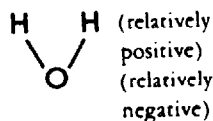


38. Polar molecules are not be confused with ions. The polar nature results purely from an unequal distribution of charge *within* a molecule. Show this unequal distribution of charge in the water molecule by labeling the respective ends as "relatively positive" and "relatively negative."

Ans. No. 37: Positive
Negative

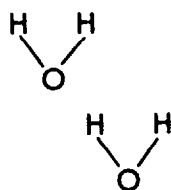
39. Since opposite poles attract, in a mass of water molecules the relatively positive hydrogen of one molecule can weakly attract the relatively negative oxygen of its neighbor. In the space below, draw two molecules of water, showing such an attraction.

Ans. No. 38:



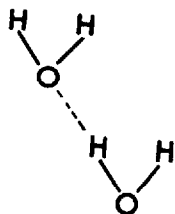
40. The weak bond formed by such an attraction is called a *hydrogen* bond. Indicate the hydrogen bond between two water molecules by a dotted line on your drawing from question 39.

Ans. No. 39:



41. The attraction between a hydrogen atom in a polar molecule and a relatively negative atom in another polar molecule is called a _____ bond. Hydrogen bonds are quite weak in comparison to covalent and ionic bonds. However, they are of great importance in determining the structure of such biologically important molecules as proteins and nucleic acids.

Ans. No. 40:



42. In summary, we have found that in _____ bonding, two atoms are held together by a common attraction for a pair of electrons. If electrons are transferred, producing two ions, which are then held together by the attraction of their _____ charge, this is termed _____ bonding. In _____ bonding, the ["positive"] hydrogen atom of a polar molecule weakly attracts a negative atom of another polar molecule.

Ans. No. 41: Hydrogen

43. Can you now give a general definition for a chemical bond?

Ans. No. 42: Covalent
Opposite (unlike)
Ionic
Hydrogen

Ans. No. 43:
A chemical bond is any type of force which holds two atoms together. (Or some similar statement.)

If you recognize the following "review" and "self-test", we are making a lot of progress, chelas (you ARE students, are you not?).

It is suggested that when you finish the study of a specific chapter, try to answer all the review questions. You may find it helpful to write out those answers. These questions point out some of the more important concepts considered in the chapter and aid you in synthesizing the content of your study.

As to the Self-Tests; at the conclusion of your study, you will be ready to take the chapter self-test. Unlike the review questions, which are often more general and point toward a synthesis, the self-tests are objective and will allow you to sample your knowledge of a subject area. They constitute a sampling of details, and if you do well on them, you probably have mastered the chapter. You should attempt the self-test only *after* you have completed your study of the chapter. Take it as a test by actually writing in your answers and scoring the result by using the answers provided. The self-tests have little value if used in other ways.

The discovery and understanding of the goals, the methods, and the conclusions of biology (as a creative human venture) constitute a most worthy intellectual adventure. May we travel within this adventure—together?!

It will become evident as you first begin that there is far more information available on all of these subjects. I am not a biology teacher nor am I a professor of education. We are ripping right through the information in this short version of a class in cellular life. If you want more you will have to obtain the texts necessary for your slower integration of material. Now, where will you get "more"? I suppose any college bookstore will have such workbooks and in-depth texts. Our intent is not to give you a college-credit course, but to give you WORKING INFORMATION adequate to follow along with what we otherwise have to offer as we speak of DNA, RNA, microbes, viruses, cellular structure, etc. We are making every effort to allow you to follow along without that college degree. After we work a while here in terminology, etc., I think you can go back and re-read the *Secrets of Life and Biological Transmutation* and they WILL MAKE SENSE TO YOU. I offered those FIRST so that you would realize you need backup and will welcome the opportunity for learning. I suggest you also get a book with the table of elements and their symbols. Let us not turn this wonderful game into WORK, please.

REVIEW QUESTIONS:

1. What difference of internal structure is found when atoms of different elements are compared? In what way do differences in the outermost shell of orbital electrons lead to differences in chemical activity?
2. List and describe the three types of chemical bonds, and indicate specific molecules containing illustration of each. Is it possible for a molecule to have more than one type of bond in its structure? Can you cite an example of such a molecule?
3. Compare and contrast the four major classes of organic compounds most commonly found in living organisms. Can you cite a general function or use for each class? Are any of these classes of com-

pounds entirely restricted to either plants or animals? Are any unique to man?

4. The denaturing of a protein molecule represents a drastic and irreversible alteration of its tertiary structure. What characteristic features or functions of protein molecules might be destroyed by denaturation? Since denaturation is brought about by excessive heat, among other factors, might this partly explain why living forms have a restricted upper limit of temperature tolerance?

5. List and explain briefly some of the forms of kinetic energy commonly met in the everyday world. Which form(s) of energy do living organisms principally use? Usable energy becomes increasingly depleted at each conversion step until at last none remains, whereas the same chemical matter can be repeatedly utilized in the biological world. Explain this situation.

6. What are some of the characteristics of enzymes? Of what significance is the concept of an enzyme-substrate complex in explaining the mechanism of enzyme action? "All enzymes are catalysts, but not all catalysts are enzymes." Explain this statement.

[H: Now, I gave you the "Self-test" questions at the end of yesterday's lesson. I am going to repeat it here for your convenience and also give you the answers. We will see if you do your work or go straight to the answers. Remember that cheating on lessons—is CHEATING SELF IN LIFE! However, don't be too hard on selves, for in this short version of biology you may not have much resource save the "answer". Let us pretend to be adults in this education and I think we can work it out AND save a lot of TIME.]

SELF-TEST

1. To ascertain your comprehension of the relative size relationships at the chemical level of life, arrange the following components in descending order of relative size (largest first, smallest last):

glucose molecule electron hydrogen atom
water molecule protein molecule carbon atom

2. Name five specific compounds or groups of compounds that could be called macromolecular.
3. Name the following common functional groups (radicals):

-NH₂ -OH =O
-COOH -CH₃ -C₂H₅

4. A solution with pH 8 would be:

- a. neutral
- b. a very strong base
- c. a very weak acid
- d. a very weak base
- e. a very strong acid

5. The formation of a series of peptide bonds in a linear sequence is related to:

- a. the tertiary level of protein structure
- b. the secondary level of protein structure
- c. the primary level of protein structure.

6. Name some of the unusual properties of water, and note which ones are related to water's tendency to form hydrogen bonds.

7. The most abundant type of compound found in living tissue is carbohydrates. (True or False?)

8. Chemical reactions that result in less usable energy being available:

- are termed oxidations
- involve the gain of electrons
- commonly occur in living organisms
- may occur by the removal of hydrogen from the compound
- may occur by the addition of oxygen to the compound

9. What structural feature do the following molecules have in common permitting us to class them as organic molecules?



10. All the substances involved in a reaction are present in equal concentrations when an equilibrium is reached. (True or False?)

11. Which of the following are *not* true of enzymes?

- They are protein in nature.
- They often require vitamin-coenzyme compounds in order to function.
- They are relatively unaffected by heat.
- They normally act to slow down unwanted chemical reactions.
- They act by forming a temporary, loose, surface combination with their substrate(s).

12. What are two fundamental chemical differences between DNA and RNA?

13. For each of the following macromolecules, list the simple organic compounds of which they are composed:

- nucleic acids
- simple and complex lipids
- polysaccharides
- proteins

14. Which four elements are the most abundant in living organisms?

[H: Ok, here we go with the answers—just remember that on that desert ISLAND, there may be no answers at the bottom of the page!]

CHAPTER TWO MOLECULAR ASPECTS OF BIOLOGY:

- protein molecule, glucose molecule, water molecule, carbon atom, hydrogen atom, electron.
- starch, glycogen, triglycerides, proteins (such as casein or hemoglobin), DNA, RNA, etc.
- NH₂: amino -OH: hydroxyl =O: keto (carbonyl)
-COOH: carboxyl -CH₃: methyl -C₂H₅: ethyl
- d
- c
- (a) expansion on freezing, (b) a uniquely high surface tension, (c) unusual thermal properties (heat capacity, heat of vaporization). All are related more or less to water's tendency to form hydrogen bonds between adjacent molecules.
- False
- a, c, d, and e
- the presence of carbon (and hydrogen)

10. False [E.Y. Editor's note: Equilibrium simply means the forward and backward reactions are proceeding at the same rate so that chemically the reaction appears to be standing still.]

11. c and d

12. RNA is composed of nucleotides with ribose sugar components, whereas DNA nucleotides contain deoxyribose sugars. Where DNA has the base unit thymine, RNA substitutes uracil.

- nucleotides
- fatty acids and glycerol
- monosaccharides (simple sugars)
- amino acids

14. oxygen, carbon, hydrogen, nitrogen.

END OF LECTURE

You should enjoy the closing arguments in the O.J. Simpson case so much more now that you know what DNA might represent. Remember that DNA is an individual and unique "fingerprint" when considered as a "whole". Bits and pieces only point toward "tendency" as relative to other DNA structuring. Identical DNA/RNA means a clone and in your world today—science can clone everything to some extent. Certainly it is easy to allow for blood types to be identical without much effort. O.J. was "HAD" and a manipulated, uninformed jury and judicially uneducated parties will NEVER learn how easy—until after the fact. Racism doesn't have anything to do with it—as is obvious. However, since people are misinformed, disinformed and totally UNINFORMED, the issues can't be offered clearly, for ALL involved IN THE TRIAL (not the murders) are ignorant of truth in FACT.

If you study along with us and DAILY make sure you are getting this background information—you will find a whole world of INCREDIBLE knowledge at your fingertips and, better, within your mind and brain. Knowledge IN WISDOM is the most valuable asset offered to MANKIND.

Thank you for joining me on this journey. Salu.

9/10/95 #1 HATONN

Now for we who are ready to continue in the "getting to know" phase of our visitation, please let us move on to the next chapter of our sharing.

FACTS OF LIFE

CHAPTER THREE THE CELL: UNIT OF LIFE

PART A

[H: This will cover a lot you claimed you wanted to KNOW—and asked for, but didn't REALLY want at all, after all. If you WANT LIFE—YOU HAVE TO KNOW WHAT IT IS!]

PREVIEW QUESTIONS

1. In order for biologists to conclude that cells are the basic unit of life, many observations of different parts of living things were required. What prevented the Greek and Roman "scientists" from making these observations and reaching this conclusion?

2. How clear-cut is the distinction between life and nonlife? Of course, you can tell the difference between a live dog and a nonliving boulder, but what is the essence of this difference? Is it size, chemical composition, structural organization, or movement? Do you think that certain masses of matter might appear as borderline cases and be classified by some biologists as living and by others as nonliving?

3. What is your concept of a cell? Is it like a miniature rubber balloon filled with gelatin and colored marbles? Do you think our present knowledge of cells is rather final and fixed, or is there yet much to learn of these units of life?

4. Water and life are inextricably bound together. Most cells exist exposed to either sea water, fresh water, or body fluids. What problems do you think might beset cells in attempting to maintain an internal chemical composition that is quite different from the external fluid environment?

TERMS

[See picture of a cell on next page.]

CELL: The basic structural and functional unit of life.

Cells are commonly microscopic in size yet contain a complex substructure. They are typically composed of a central nucleus surrounded by a semi-fluid cytoplasm (with its various organelles) [H: And we have a whole book to share with you on JUST cells and organelles because YOU don't really know what an "organelle" is, do you?] that is enclosed on its outer surface by a membrane. (In Latin means: "little rooms".)

VIRUSES: Organized molecular units of considerable complexity, but smaller than cells and lacking the internal organization. Viruses lack the key attributes of self-reproduction and self-regulation and are thus commonly regarded as non-living entities or, at best, borderline cases of life. Viruses must invade living cells to reproduce, and in so doing they destroy the cells. As a result, they cause many familiar human diseases, such as influenza and measles, as well as diseases in plants and animals. [H: Go back and read this one again, please.]

CELL MEMBRANE (PLASMA MEMBRANE): The universally occurring external boundary of living cells, which retains the cytoplasm and nucleus within it. It has been shown to be of a complex structure that involves several layers of protein and lipid molecules lying side by side. This membrane controls the chemical intake and output of the cell. Cell membranes of adjacent cells in a tissue are commonly held together by a basement membrane substance ("cell cement").

NUCLEUS (of a cell): The large, usually central body of a cell that contains the *chromosomes*, the carriers of the cell's hereditary information. Because of the chromosomes, the nucleus may be regarded as the ultimate control center of all the cell's activities. Within the nucleus, one or more smaller spheres—the *nucleoli*—are present. A perforated *nuclear membrane* separates the nucleus from the cytoplasmic area of the cell.

CYTOPLASM: The area or substance outside the nucleus of a cell but within the outer membrane. It is semifluid in consistency and contains a large number of discrete, membrane-bounded organelles, such as *mitochondria* and *plastids*, as well as a network of channels (the endoplasmic reticulum).

ENDOPLASMIC RETICULUM: The network of tube-like, membrane-lined channels that permeate the cytoplasm. These afford direct connection with the interior of the nucleus on the one hand, and with the outside of the cell on the other. The surface of this network frequently is peppered with small *ribosome* particles. (The term *endoplasmic reticulum* means literally "innerplasm network".)

RIBOSOMES: Minute, dense particles encrusting the endoplasmic reticulum, composed primarily of RNA. They appear to be the major sites of protein

synthesis within cells. They were originally (and are still occasionally) called *microsomes*. [The name means literally "ribose (for the RNA subunit) bodies"]

GOLGI COMPLEX: A many-layered complex of membranes that appears to participate in the secretion of proteins in a manner that is not well understood. (Named for its discoverer, Camille Golgi.)

MITOCHONDRIA: Sausage-shaped bodies with a complex internal structure that appear to be centers of cellular respiration and energy-releasing reactions. These are nearly universal in living cells.

(The name means literally "tread granules".) [H: These are extremely important and are the basic make-up of AquaGaia. The reason we separate the mitochondria from the Dria (Gaiandriana) is because when the other food for fuel is used up in the restrictive container—the mitochondria feeds on drias (that is, on the Gaiandriana). This does not happen once ingested into a "body" but, while bottled, the mitochondria will eventually consume the drias.]

LYSOSOMES: Membrane-enclosed bodies that contain enzymes for the digestion of macromolecules, such as proteins. Their function appears to be the breakdown of the cell in which they are contained

when it is irreparably damaged. They are also picturesquely, but not entirely accurately, called "suicide bodies". (The term means literally "dissolving bodies".)

CENTRIOLES: Paired, cylindrical bodies lying near the nucleus and embedded in a larger structure, the *centrosome*. Their main function is to set up the apparatus for cell division. Centrioles are characteristic of animal cells but rare in plant cells. A nearly identical and probably related structure, the *kinetosome*, is found at the base of projecting cilia.

PLASTIDS: A class of structures associated with the formation and/or storage of such compounds as starch and sugar in the cells of plants and protists. *Chloroplasts* are the important type of plastids in green plants that contain the green pigment *chlorophyll* and are the site of photosynthesis.

VACUOLES: Membrane-bounded cavities common in the cytoplasm of plant cells and protozoa. They are usually filled with watery solutions but may take the form of *food vacuoles*, in which ingested food particles are digested, or of *contractile vacuoles*, by means of which excess cell water is excreted.

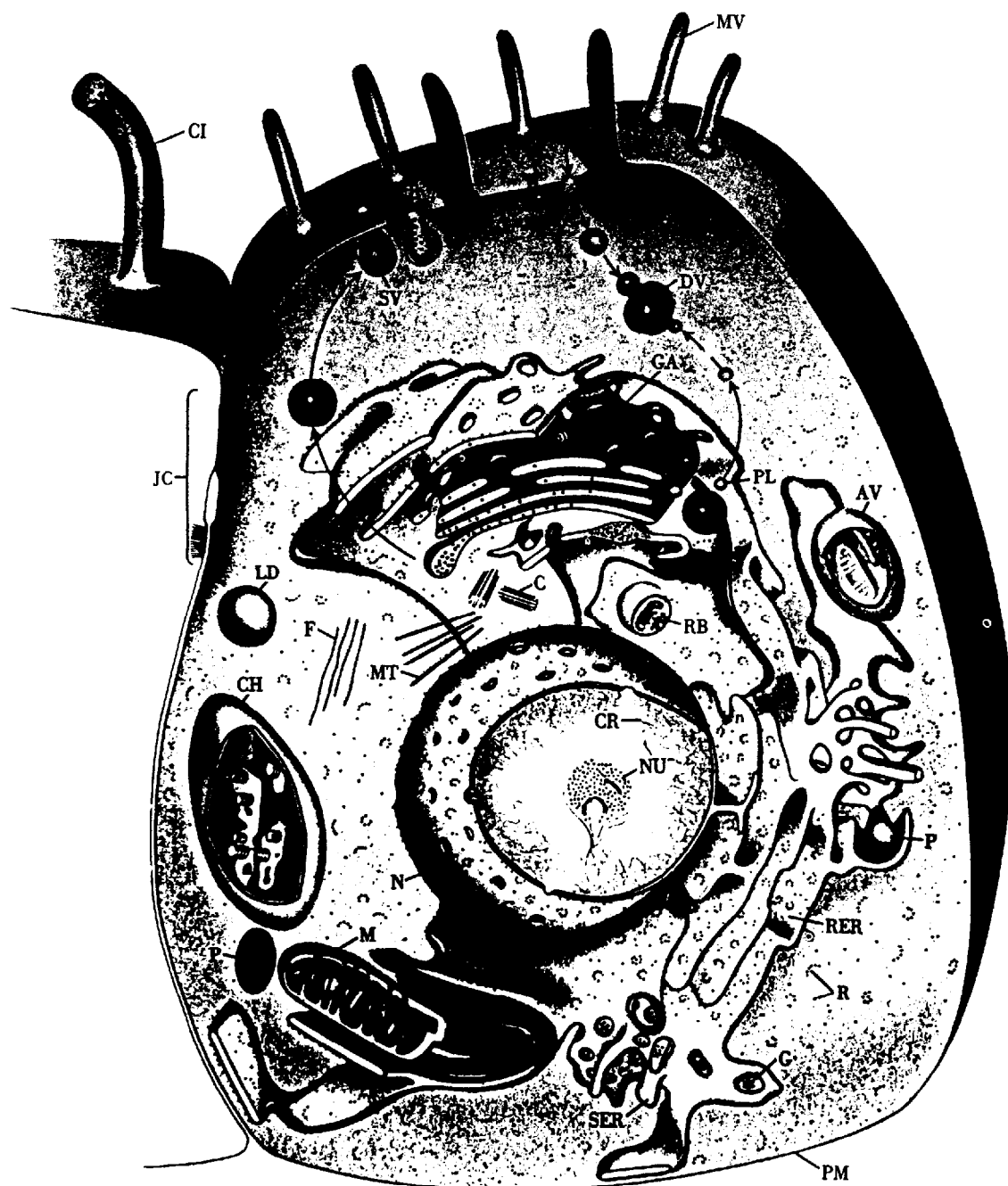
PROTOPLASM: A collective name for all the constituents of a living cell. This term is not meant to infer that the cell is homogeneous, because it is actually composed of a complex organization of quite different components.

COLLOIDAL SYSTEM: The physical state of protoplasm, chiefly characterized by the size range of the suspended particles involved and the rapid changes of viscosity that may occur. Particle size is usually too large to form a true *solution* but small enough so that a stable *suspension* may persist, primarily as a result of the protein molecules in protoplasm. Viscosity is reversibly changeable from a liquid condition only slightly more viscous than water (*a sol*) to a thick jelly-like consistency (*a gel*) of which ordinary gelatin is a familiar example. In living organisms, the most commonly colloidal systems are of solids in liquids, but other systems, such as liquids in liquids (*emulsions*), also occur.

[H: This is extremely important as we consider the "gais" as relate to GaianDriana, AquaGaia and the colloids WE offer. The only truly usable form of minerals and vitamins are those which become colloidalized in some manner. Why? Because only tiny, tiny particles of the given additive can be accepted by the cells themselves.

I am asked what should the label ACTUALLY read on a bottle of Gaiandriana? Appropriate would be "transmuted cellular life-crystal colloidal solution" or "liquid cell-life" or "perfect life-crystal cells". You have to understand, however, that all are based in "perfect" water to be living forms. The drias themselves will purify their own water-bath while transmuted all particulate introduced into the growing medium. This is always true given sufficient time for proper multiplying and dividing. If the frequency is cosmically sufficient—all negative organisms which negate LIFE will be transmuted and removed as fuel for the growing cells. "You've come a long way baby..." FROM the facts of life and how to have perfect life-form.]

DIFFUSION: The tendency of molecules to spread from regions of higher concentration to those of lower concentration. This occurs in the gaseous, liquid, and solid states of matter, but the first two states are of major importance to living organisms. The spread of an odorous substance through still



Schematic diagram of a cell and its organelles drawn to reveal their three-dimensional structure.

AV, autophagic vacuole; C, centriole; CH, chloroplast; CI, cilium; CR chromatin; DV, digestion vacuole; F, microfilaments; G, glycogen; GA, Golgi apparatus; JC, junctional complex; LD, lipid droplet; M, mitochondrion; MT, microtubules; MV, microvillus; N, nucleus; NU, nucleolus; P, peroxisome; PL, primary lysosome; PM, plasma membrane; PV, pinocytosis vesicle; R, ribosomes and polysomes; RB, residual body; RER, rough endoplasmic reticulum; SER, smooth endoplasmic reticulum; SV, secretion vacuole.

The organelles have been drawn only roughly to scale. Also, the sizes and relative amounts of different organelles can vary considerably from one cell type to another. For example, only plant cells show chloroplasts, and among animal cells only a few types show peroxisomes. A detailed enumeration of the organelle content of one cell type is presented in Chapter 2.12.

air or of a colored dye through an unstirred glass of water are examples of this phenomenon. Diffusion is a direct result of the fundamental property of matter—molecular motion.

SEMIPERMEABILITY: The phenomenon whereby membranes (such as cell membranes) allow some substances to diffuse readily through them while restricting or completely blocking the diffusional passage of others. A synonymous term is *differential permeability*. This phenomenon accounts for the ability of cells to maintain an internal composition that may be quite different from their external environment.

OSMOSIS: The phenomenon that occurs when two aqueous solutions of different concentration are separated by a semipermeable membrane that passes water molecules more readily than solute molecules. In such a case, a net diffusion of water from the less concentrated solution (but higher solvent concentration) to the more concentrated solution (but lower solvent concentration) occurs, and an increase in physical pressure (*osmotic pressure*) on the latter side results.

PLASMOLYSIS: The phenomenon of osmotic water loss from the vacuoles of a plant cell resulting in shrinkage of the cell membrane away from the cell wall and (usually) cell death.

I would like to end this portion of this topic at this juncture. We will continue on with our statement-shield section. That is the portion wherein you can see what you have picked up from the foregoing and allow for questions and responses to correct, fill-in, or actually, just inform. I find it is a good method of teaching and therefore, learning, for it becomes a game instead of a lecture series. It also allows you to move to topics which are not readily available to your consciousness rather than spend added time having to re-cover that which is already known to you. You simply cannot speak a language unless you know the meaning of terms as in words. It is useless to pick up a paper written in Greek if you know not, first, the Greek alphabet and then understand the meanings of the connected symbols, even though most of your English language COMES FROM GREEK.

After we finish these lessons perhaps I shall share some MAGIC methods in MATHEMATICS. Your brain is far better than your calculator, especially for simple arithmetic. You have simply forgotten how to use that old brain properly. There are indeed simple ways of calculation which bypass all the tedium of number-by-number figurations. Once again, you have only to perceive the "whole" of the "problem" to see the points needed for objectivity and solution.

First, however, you have to KNOW WHAT YOU ARE and then we can show you how to USE WHAT YOU ARE!

When you KNOW a "thing" you don't longer have to accept what another thrusts upon you. Ponder it.

9/10/95 #2 HATONN

PART B

PROGRAMMED UNIT:
DIFFUSION, SEMIPERMEABILITY,
AND OSMOSIS

(Place the answer shield over the following PROGRAMMED "frames". Fill in the spaces as indicated. As you lower the shield, the correct responses will be indicated along with the next question or statement.)

A. DIFFUSION

1. It is a fundamental property of matter that all

molecules are in constant _____.
2. This constant motion is inherent in individual molecules, which thus act independently of all other _____.

Ans. No. 1: Motion

3. In a bit of matter such as a drop of water, each of the enormous number of molecules moves _____ of all the others. This results in a constant colliding with and rebounding from other molecules.

Ans. No. 2: Molecules

4. However, the net effect of all this independent, random molecular motion on the drop of water as a whole is nil; thus, the drop (does/does not) move as a result of the molecular motion.

Ans. No. 3: Independently

5. In the illustration of a drop of water, we are considering a uniform distribution of a single type of molecule (water molecule). In this case, despite the molecular motion within the drop, no net change in the _____ of the water molecules occurs, since as many molecules move in one direction as in another, on the average.

Ans. No. 4: Does not

6. If we now consider the previous drop of water in relation to its external environment, a related phenomenon becomes apparent. Imagine that the drop of water is located inside a large sealed jar containing only dry air. We know from experience that the drop of water would (increase/decrease) in size over a period of time as a result of _____.

Ans. No. 5: Distribution

7. The dry air in the sealed jar would initially contain no _____ molecules. As a result of evaporation, however, more and more _____ molecules would leave the surface of the drop and move out among the molecules of gas in the air, until eventually the entire drop would have evaporated.

Ans. No. 6: Decrease
Evaporation

8. Initially, the concentration of water molecules in the drop of water was virtually _____%, and their concentration in the dry air was essentially _____%.

Ans. No. 7: Water
Water

9. As a result of evaporation, the concentration of water molecules in the air (increased/decreased). Since evaporation is the movement of molecules of water from a liquid state to a gaseous state, it is only a form of the general phenomenon of _____.

Ans. No. 8: 100
0

10. Continued evaporation eventually resulted in all the water molecules leaving the drop and entering the (liquid/gaseous) state. Furthermore, the molecular motion of these water molecules eventually brings about their (equal/unequal) distribution throughout the air in the sealed jar.

Ans. No. 9: Increased

Molecular motion

11. Such an equal distribution of two (or more) different kinds of molecules throughout a given space is termed a state of _____.

Ans. No. 10: Gaseous
Equal

12. In review, the water molecules moved from a region of (higher/lower) concentration in the drop of water to a region of (higher/lower) concentration in the dry air. Note that this was only a net movement and that at any given instant some water molecules were leaving the drop of water, while others were re-entering it.

Ans. No. 11: Equilibrium

13. This net movement of molecules from a region of higher concentration to a region of lower concentration is a general phenomenon. It is called _____.

Ans. No. 12: Higher
Lower

14. Diffusion always occurs in the presence of an unequal distribution of two or more types of _____ and is a direct consequence of the general phenomenon of _____.

Ans. No. 13: Diffusion

15. Diffusion occurs in _____, as well as in liquids and gases. However, the rate of diffusion is normally so very slow in the former medium that it is disregarded. Furthermore, the rate of diffusion in liquids is much (slower/faster) than that in gases.

Ans. No. 14: Molecules
Molecular motion

16. You will note that diffusion is a directional phenomenon, i.e., a movement from a _____ concentration to a _____ concentration.

Ans. No. 15: Solids
Slower

17. Since diffusion proceeds from higher to lower concentrations, we often employ the term diffusion gradient to indicate the direction of diffusion in a given situation. On the diagram below of the drop of water in a sealed jar, indicate by arrows the diffusion gradient.



Ans. No. 16: Higher
Lower

18. If, instead of a small drop of water in a large jar, we had a jar that was nearly filled with water and contained only a small volume of dry air at the top, would evaporation and diffusion of water molecules still occur? Why, or why not?

Ans. No. 17:



19. In this situation, would you expect the same type of equilibrium state to be reached as before? If not, how might it be different?

Ans. No. 18: Yes. A diffusion gradient would exist.

20. Note then that a(n) _____ condition is not always one in which two (or more) kinds of molecules are uniformly distributed through the same space. The condition described is termed a dynamic equilibrium, since it results from balanced, but opposing, changes.

Ans. No. 19: The small air space would quickly become saturated with water. The equilibrium resulting would be one in which water molecules were returning to the liquid as fast as they were evaporating.

21. Diffusion results in an equilibrium condition in a sealed jar. This may be either a static equilibrium (uniform distribution) or a _____ equilibrium.

Ans. No. 20: Equilibrium

22. The diffusional events in the above examples of sealed jars occur solely within the jars and are unrelated to water concentrations outside the jars. Such a condition is referred to as a closed system. Now consider the sequence of events that would occur if the jar lid were removed and the contents left exposed to a dry atmosphere outdoors for a long period of time. Would diffusion (or evaporation) of the water molecules occur? (yes/no). Would an equilibrium be reached?

Ans. No. 21: Dynamic

23. From experience, you know that in time all the water in the jar would evaporate and diffuse away into the air, but that and nearby air would not become saturated. In addition, air currents would carry away these water molecules and at the same time bring others into the vicinity. Clearly, this open system is no longer as easily analyzed as the closed system. You can see that in an open system diffusion results in a strictly unidirectional movement of molecules without an _____ being reached.

Ans. No. 22: Yes. Not in the usual sense of an equilibrium.

24. For example, in the lungs of man and other air-breathing animals, there is a constant unidirectional diffusion of oxygen from the lung air spaces into the surrounding small blood vessels. An equilibrium is never reached because the circulating blood carries away the oxygen, thus maintaining a constant _____ gradient. This situation represents a(n) _____ system.

Ans. No. 23: Equilibrium

25: You have examined several aspects of the phenomenon of diffusion and have considered a number of examples of it as well. Can you now give a concise definition of diffusion that covers all these aspects?

Ans. No. 24: Diffusion
Open

B. SEMIPERMEABILITY AND OSMOSIS

26. The cytoplasmic contents of living cells are not in direct contact with the external environment. Instead, they are enclosed by the cell _____.

Ans. No. 25: Diffusion is the tendency of molecules to move from regions where they are in higher concentration to regions where they are in lower concentration. Diffusion is a direct result of molecular motion and occurs in gases, liquids, and solids. (Or some similar statement.)

27. It is a general characteristic of cell membranes that they allow some molecules to diffuse through them readily while hindering or absolutely barring others from such diffusional passage. Such membranes are termed _____.

Ans. No. 26: Membrane

28. These variations in permeability to various molecules are not completely understood but appear to depend on a number of interacting physical and chemical factors (temperature, pH, etc.). In addition, such variations are not constant but may change from time to time. For this reason, such membranes are more precisely termed _____ permeable.

Ans. No. 27: Semipermeable.

29. In general, differentially permeable membranes allow water to diffuse through them more readily than many other molecules. This phenomenon is of great importance to living cells, which are nearly always immersed in _____.

Ans. No. 28: Differentially

30. At this point, carefully consider a container in which there is water and a semipermeable sac containing sugar. When the semipermeable sac of sugar solution is immersed in a jar of pure water there will be molecular distribution on either side of the sac. In this situation is the water concentration higher inside or outside the semipermeable sac, as dispersion begins? What of the sugar concentration inside the sac to that outside.

Ans. No. 29: Water

31. In the above case, the membrane is impermeable to sugar molecules but readily permeable to _____ molecules. The water molecules are therefore free to diffuse from the region of their _____ concentration (outside the sac) to the region of their _____ concentration (inside the sac).

Ans. No. 30: The water concentration is higher outside the sac. The sugar concentration is higher inside the sac.

32. Molecular motion alone causes water molecules to move through the sac in (only one/both) direction(s). Diffusion, however, is the net movement in (only one/both) direction(s).

Ans. No. 31: Water
Higher
Lower

33. As a result of the net movement of water molecules into the sac by diffusion, a _____ develops inside the sac that causes it to swell. This force is known as _____ pressure, and the entire phenomenon is termed _____.

Ans. No. 32: Both
Only one

34. Note the essential features of osmosis: two different aqueous solutions separated by a membrane differentially permeable with regard to the compo-

nents of the two solutions. It should be apparent that osmosis is merely a special case of _____, involving a semipermeable membrane and concerned principally with the movement of _____ molecules.

Ans. No. 33: Pressure
Osmotic
Osmosis

35. Now consider a situation like that above, except that sugar solutions of equal concentrations are present in the sac and in the jar. Would molecular motion cause water molecules to move through the membrane? _____. Would diffusion occur? _____. Would osmosis occur? _____

Ans. No. 34: Diffusion
Water

36. What important requisite of osmosis is missing in this situation?

Ans. NO. 35: Yes
No
No

37. The greater the initial difference in concentration across the membrane, the greater the _____ pressure that can be developed.

Ans. No. 36: The presence of a difference in concentration across the semipermeable membrane (or some similar statement.)

38. Can you now define osmosis?

Ans. No. 37: Osmotic

ANS. NO. 38: Osmosis is the net diffusion of water molecules through a semipermeable membrane from a more dilute solution (higher water concentration) to a more concentrated solution (lower water concentration). This movement results in the development of osmotic pressure. (Or some similar statement.)

REVIEW QUESTIONS

1. What is the basis for the statement that "the cell constitutes the minimum material organization possessing life"? Would you consider viruses "alive"? Why?
2. What is misleading about such a term as "a typical cell"? Is there such an entity as "a typical cell"? What is it (would it be) like?
3. Name some features of cell ultrastructure that have become evident as a result of the use of the electron microscope. How has electron microscopy changed our view of the internal structure of cells and their components? Cite specific examples of structures not seen by means of light microscopy.
4. Why would it be most undesirable, if not fatal, for cell membranes to be either absolutely impermeable on the one hand, or completely permeable to all substances at all times on the other hand? What advantages and/or disadvantages result from the semipermeability of cell membranes?

SELF -TEST

1. Which one of the following biologists is not closely connected with the development of cell theory? [H: Yes indeed this IS a trick question. I do, however, want you to know who is outstanding in this subject so that you who wish to move further, may know who to research].

- a. Robert Hooke
 - b. Charles Darwin
 - c. Anton van Leeuwenhoek
 - d. Theodor Schwann
 - e. Rudolf von Virchow
2. In general, independent organisms are larger than individual cells, which in turn are larger than macromolecular units, such as chromosomes. However, there are numerous exceptions to these size relationships in that some macro-molecular units may even be larger than some very small independent organisms. (True or False?)
 3. Match the cellular structures in the left column with their location with regard to the major features of the living cell in the right column.

a. mitochondria	(1) the cell surface
b. nucleolus	(2) the cytoplasm
c. cell wall	(3) the cell nucleus
d. chloroplasts	
e. endoplasmic reticulum	
f. Chromosomes	
g. centrioles	
h. plasma membrane	
 4. List at least two structures of organelles common in certain cells of higher plants but rare or absent in the cells of animals.
 5. Conversely, can you list a structure common only in certain animal cells but rare or absent in the cells of higher plants?
 6. The phenomenon of diffusion:
 - a. occurs only in aqueous solution
 - b. requires the presence of a semipermeable membrane.
 - c. usually leads to the loss of organelles from the cytoplasm
 - d. never reaches an equilibrium state
 - e. is a direct consequence of molecular motion
 7. Which one of the following pairs is mismatched?

a. ribosomes	site of DNA synthesis
b. chloroplasts	site of photosynthesis
c. vacuoles	storage, digestive, or excretory cavities.
d. cell wall	external support
e. chromosomes	repository of genetic information.
 8. List two reasons many biologists do not feel viruses should be considered living organisms.
 9. What is the predominant molecular constituent of cells?
 10. The cytoplasm of most animal cells appears to be a fairly homogeneous, simple, and noncompartmented area. (True or False?)
 11. How does a colloidal suspension differ from a true solution?

END QUESTIONS

Now the secret answers:

1. b
2. true
3. a (2), b (3), c (1), d (2), e (2), f (3), g (2), h (1)
4. chloroplasts (plastids), large vacuoles, cell walls.
5. centrioles
6. e
7. a

8. They do not possess the capacity for self-reproduction or self-regulation.
9. water
10. false
11. The difference is largely in the size of the particles involved. In general, colloidal particles are larger than true solute particles. The actual differences are more subtle than size alone, however.
End answers to Chapter 3.

I ask that a picture be included here for your visualization ease. I know that it is hard to understand that which you cannot see. However, please realize that I have to bring "pictures" from other texts and they do not always match completely with what is offered, especially at a given lesson time. Perhaps, however, if I give you a bit of explanation from the "Introduction" of another text, you will be better able to connect the lessons. [see diagram of cell on previous page]

CELLS AND ORGANELLES

[QUOTING, Novikoff, Holtzman (Text):]

INTRODUCTION

The analogy between cells and atoms is a familiar one and like many familiar comparisons it is both useful and limited. Cells and atoms are units. Each is composed of simpler components which are integrated into a whole that exhibits special properties not found in any of the parts or in random mixtures of the parts. Both exhibit considerable variation in properties, based on different arrangements of components; the number of variations far exceeds the number of major components. Both serve as basic building blocks for more complex structures. (Please check the address and telephone number on the Back Page of your *CONTACT*. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's *CONTACT*, for details.)

However, the analogy cannot be pressed too far; cells can reproduce themselves, whereas atoms cannot. The ability to utilize the nonliving environment to make living matter is probably the most fundamental property of LIFE, and cells are the simplest self-duplicating units. Duplication is based on DNA (deoxyribonucleic acid) which can be *replicated* to form perfect copies of itself. Thus the genetic information encoded in DNA is perpetuated from one cell generation to the next, sometimes without significant variation over vast periods of time. DNA is unique among macromolecules in its replication. Only in certain viruses has another macromolecule (RNA, ribonucleic acid) been shown to replace DNA in its central hereditary role; *the replication of RNA in these viruses is essentially like that of DNA*. [H: You may read that as essentially being the determining factor in the replication of a being. When you replicate a clone you are basically determining outcome by the tampering and conditioning of the RNA factors—otherwise you would simply have perfect duplication. However, there is so much MORE to the scenario when, especially, you are cloning "thinking" man, that you have to take into consideration the data downloading into the brain of the ability to carry thought, reason and relate it to "action" beyond that of lower animal forms and plants, etc. This can easily be accomplished but the etheric soul or spirit is altered in EVERY instance, even if the knowledge is presented.]

Genetic information is expressed in cells by the mechanisms of *transcription and translation*. Transcription transfers the DNA-coded information to RNA molecules. Translation results in the formation of specific proteins whose properties are determined by the information carried by these RNA molecules. Among

the proteins are *enzymes*, catalytic molecules that control most of the chemical reactions of cells. Enzymes differ in the kinds of molecules they affect (their substrates) and in the kinds of reactions they catalyze. Many are involved in the synthesis of the other cellular macromolecules, the nucleic acids (DNA and RNA), the lipids (fats and related compounds), and the polysaccharides (polymers made of many linked sugar molecules). Through this chain of transcription, translation, and enzymatic activities, DNA directs its own replication, and controls as well the rest of *metabolism*, the sum total of all the chemical reactions that take place in cells. The chain is universal and thus all cells are made of the same classes of macromolecules (nucleic acids, proteins, lipids, polysaccharides) and smaller molecules such as water and salts. Duplication, and presence in different cells of similar molecular and structural materials and mechanisms, are features of *cellular constancy*, one of the main themes of this particular book.

A second theme of the book is *cell diversity*. Cells may be classified into a large number of categories. Eucaryotic cells are distinguished from procaryotic cells, plant cells from animal cells, and muscle cells from gland cells. These distinctions derive from differences in morphology and metabolism. Eucaryotes differ from procaryotes in complexity of cellular organization. The unicellular protozoa, most algae, and the cells of multicellular plants and animals fall in the eucaryote category. In these cells, different specialized functions (such as respiration, photosynthesis, and DNA replication and transcription) are segregated into discrete cell regions which are often delimited [H: Fix or define the limits of—] from the rest of the cell by membranes. The cell's *organelles* reflect this segregation; they are subcellular structures of distinctive morphology and function. The most familiar of the organelles is the nucleus, which contains most of the DNA of the cell and enzymes involved in replication and transcription. The nucleus is separated by a surrounding membrane system from the rest of the cell, the cytoplasm. The cytoplasm contains many organelles including the *mitochondria*, the chief intracellular sites of respiratory enzymes; in plants, the cytoplasm contains *chloroplasts* in which are present the enzymes of *photosynthesis*, a metabolic process unique to plant cells. The mitochondria, chloroplasts, and a number of other cytoplasmic organelles are also delimited as discrete structures by surrounding membranes.

The procaryotes include the bacteria, the blue-green algae, and some other organisms. In contrast to the eucaryotes, they have relatively few membranes dividing the cell into separate compartments. This is not to say that all components are mixed together in a random fashion. The DNA, for example, does occupy a more or less separate nuclear region, but this is not delimited by a surrounding membrane. In fact, the traditional distinguishing feature of procaryotes is the absence of a membrane-enclosed nucleus (the suffix *caryote* refers to the nucleus). Respiratory and photosynthetic enzymes are not segregated into discrete mitochondria or chloroplasts, although, as will be seen, the enzymes are held in ordered arrangements within the cell.

The diversity of cell types owes its origin to evolution. By comparison with other macromolecules, DNA is remarkably stable. But *mutations* do occur at an appreciable, though low, frequency. Mutations alter the genetic information that is encoded in DNA and passed by a cell to its progeny; thus, they can produce inherited changes in metabolism. Some result in a *selective advantage*, roughly defined as an increase in the number of viable offspring produced per lifetime by an organism. In the evolving population, organisms carrying such advantageous mutations will slowly replace organisms without them. The pattern of the spread of a mutation in a population depends on reproduction and thus, ultimately, on mechanisms of division of cells.

Usually the daughter cells resulting from division of *unicellular organisms* are essentially similar to the parent cells; the daughters contain replicates of the parent cells' DNA and the DNA establishes the range of potential responses to the environment by specifying the available range of metabolic possibilities. Given a similar environment, there is little difference between parent and daughter. If the environment changes, parents and daughters will change in similar fashion and within genetically imposed limits. Diversity of cell types rests upon mutation.

In *multicellular organisms*, diversification of cell type without mutation is a regular feature of development. Most multicellular animals and plants start life as a single cell, a *zygote*, with a nucleus formed by the fusion of two parental nuclei. (Usually this results from fusion of sperm and egg or the equivalent.) The cell divides to produce daughter cells with identical DNA, but these *differentiate* into specialized cell types with different morphology and metabolism (for example, gland cells producing digestive enzymes or muscle cells rich in contractile proteins). Part of the mechanism for this is based on the fact that the immediate environment of a given cell is strongly influenced by the other cells of the organism. Cell interactions are of major importance in the development of multicellular organisms. They are key factors in determining what portion of its total genetic endowment will be expressed in a given cell. In different cell types, different portions of the DNA apparently are used in the transcription that underlies macromolecule synthesis; presumably, for a given cell type only a particular part of the total genetic information is responsible for the cell's characteristics. Thus constancy in DNA coexists with diversity in metabolism and morphology of the cells which carry that DNA. Differentiation implies that cells are not mere aggregates of independent molecules or structures each "doing its own thing", and that DNA molecules are not autonomous rulers of subservient collections of other molecules.

As in development, the normal functioning of adult multicellular organisms also depends upon the interaction of neighboring cells and upon long-range cell-to-cell interactions mediated, for example, by hormones or nerve impulses. Cells are integrated into tissues, tissues into organs, and organs into an organism. Similarly, cells are themselves highly organized; molecules are built into structures in which they function in a coordinated and interrelated manner, and often show properties not found in a collection of the same molecules free in solution. The products of one organelle may be essential to the operation of another. Cell functions depend upon mutual interaction of parts. *Cell organization* and the implications of organization for function are a third theme of the book. [H: Which we will not even consider at this point.]

Reproduction and constancy, evolutionary and developmental diversity, the integration of cellular components into a functional whole—all are subjects for investigation in cytology and cell biology. The fourth theme of the book is the dependence of major biological findings upon the development of *new methods of study* and upon the *choice of the best organism* for the problem at hand. We will illustrate the kinds of experiments and approaches currently used in cytology and cell biology. The central tool is the microscope, but microscopy is increasingly supplemented by chemical and physical studies. Descriptive and experimental approaches supplement each other. The great diversity of cells and organisms presents opportunity for choice of cell types especially well suited for analyses of new problems. Investigations of pathological material and

of cells experimentally subjected to abnormal conditions provide valuable clues to normal functioning. [H: Neither will we go into this yet.]

Study of the cell is progressing rapidly and the solution of many problems presently unsolved may be anticipated with confidence. Some of the unsolved

problems are of practical importance. As our understanding of cells increases, so does our ability to control and modify them. This ability is crucial for medicine and agriculture. It also raises important ethical and social questions.

[END OF QUOTING]

“Similarly, cells are themselves highly organized; molecules are built into structures in which they function in a coordinated and interrelated manner, and often show properties not found in a collection of the same molecules free in solution.”

I offered this last portion for a good reason which I assume all of you "caught". I wanted you to see how much MORE you understand about the entire subject by simply learning a few terms and their meanings. It becomes as the difference in walking a mine field with lights or stumbling along in the darkness waiting for the bombs to blow-up.

If we were able to take the basis of the cellular structure of government, we could investigate all the happenings which "went wrong" along the way—but that is NOT MY thrust. You are capable of ETERNAL LIFE—if you learn what THAT MEANS. Politics will come and go, planets will come and go and mankind will come and likely go, but truth and knowing shall always REMAIN. That which you ARE is that which you must first CONFRONT. So be it and I thank you, Dharma, for a very long and tedious day at the keyboard. Good afternoon.

Lessons Of Motive In The Changing Play

9/4/95 #1 HATONN

AMONG THE
TOP TEN LESSONS

"DO NOT GIVE TO YOUR FRIENDS THE MOST AGREEABLE COUNSELS, BUT THE MOST ADVANTAGEOUS."

— Tuckerman

You must come to realize the above thought is almost important enough to be placed in the upper "three" lessons to be learned. When you fail to act within that counsel of presentation or acceptance, in thoughtful insight of self and circumstance—you greatly err. Opportunities come—and great opportunities come, sometimes, only once. If prior lessons have not been learned—then that once great and magnificent opportunity will be again lost to lack of self-realization.

Most people are only as happy as they make up their minds to be—in EVERY instance. If the dreams are to be successful and fulfilled—the work must likewise be done with that goal intent always uppermost in focus. When one acts in such a manner as to be only self-focused, especially while proclaiming God as focus, the stuff usually hits the fan one way or another. This will be reflected by defensive actions to negate the necessity to look at one's own lack of self-respect. It is not sexual prowess or even what you refer to as "love", that superficial toss-about word which builds relationships and honor—it is respect and reverence for both self and all those about you. This game is not about who can lie, or thief (without getting caught), or attain high placements which ultimately will be taken by another—it is mutual respect which makes lasting relationships and friendships—that ability to always, without exception—TRUST. People always tell on themselves when the confrontation with others happens—they will turn to the other person's enemy and hop into his camp against

you. It happens all the time—it has just recently happened here when confrontation came and need finally was reached to make some cutbacks mandated BY NECESSITY—the party in point could not wait for the finalizing of other alternatives—but suggested going to Jason Brent to "getcha"! Good, it cuts through the entanglement of pain for the ones who have to bear responsibility.

Closures come, readers, in every play. For all the sadness of closure, there is a new and joyful unfolding in the process of "becoming". It doesn't matter on "whose side" you may have placed yourself—you can move into better consideration in EVERY instance—or find the way most difficult—the choice is always YOURS. Do you burn your bridges before or after your chasm crossing? You might want to check on "facts" rather than the "fictional fantasy" you usually perceive, for far greater options were just ready to be inserted in this very place and now it cannot come to pass for some burned their bridges before crossing the river. You might also want to check the bridges you may be burning for those who rely on you such as spouses and children. Acquaintances will simply be left or moved on—friends will be friends or they were not so in the first instance. But what have YOU done to be worthy of friendship of that other you perceive as adversarial? In EVERY journey these self-truths must be confronted before the greatness of PURPOSE can be brought into fruition. The solutions are there for the grasping, but will YOU take the opportunity? So be it. The choices always remain with the individual but rarely are children's choices considered as "individual". Check out your choices!

Moreover, and this is for the "fixits": do you JUST want harmony so YOUR life is not riffled—or do you want truth and resolution? Check your barometers and see where YOU tossed your towel.

Responsible Security And Our Ailing Social Security Scam

9/15/95 #1 HATONN

ARE YOU "TOPPLE PROOF" ?

You don't need a psychic, guru, or rocket scientist to KNOW that your world WILL CHANGE. LIVING changes, for you are living beings in constant change. Do you hold to myths, dreams of your own design, and false ideas and sometimes ideals so that when they do not come to pass as YOU perceive they should—are you shattered and toppled from stability? Also, please, look at that which causes you to draw into a cocoon and snarl out at any who might pass your door.

Dear one, when a "thing" is not working, change is necessary—even for God to respond to your prayers. Can you not allow for growth—intellectually, emotionally and spiritually? Old ideals will bind you and cause you to stagnate. Can you not dare to dream new dreams and go where they lead with confidence?

Look around and see WHO gives advice that stagnates you, blames others and aligns to "get the perceived culprit" who may have been caused by necessity to change also? Do you lash out to destroy, hurt, revenge and damage that "other"? Do you burn your bridges? I can only remind you that a bird who will sit on your hand and sing to you and does what he can to bring you security and joy—is far more dependable than ALL those others in the bushes who promise great and wondrous things, talk the talk but can't walk the talk and from them you could, if you didn't burn your bridges or their fingers, get ongoing and unlimited help through the hard times. And in wisdom, how wise are you? (Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week's CONTACT, for details.)

A LITTLE TALE

I would like to tell a little tale of courage and service which can be a great and grand lesson. I have asked silence on this matter for my needs were to see who serves in honest integrity and who will accuse, blame and belittle another. We all have children and I have to attend MINE as do you need to attend yours. But you are in a time of great disadvantage, especially, quite frankly, if you are "free, white and 21"! But God has no color sense. In that line of thought I want you people to consider something very, very important: WHO IS GOING TO DEFEND YOU WHEN THE GANGS COME? WHO IS GOING TO STAND BY YOU, IF YOU BE WHITE, IN A WAR OF DEATH-TO-THE-WHITES?? Would it not be a bit wise to have friends of more prominently colored races? I would certainly think so—and have them ON YOUR SIDE?

I have, however, a far more interesting matter to attend. Do YOU KNOW with whom you deal and deal-out? Do you always look to the "other" in an instant of

distress and blame the "other" than your "own"? We have just gone through this within our little working businesses as business gets fouled with "family" and "group". I will use alias names to protect but NONE of you know who is "José Pablito". YOU assume Joe is some sort of alien who has few roots and is quite unsuitable as a suitor or great friend to your daughters? YOU HAD BETTER *THINK AGAIN!* JOE is going to be THE one who brings you protection when the stuff hits the fan. HE IS IN MY CARE—AT VERY LENGTHY NEGOTIATIONS. YOU THINK HIM TO BE ONE THING—HE IS QUITE ANOTHER. HE COMES FROM ONE OF THE MOST OUTSTANDING FAMILIES OF HIS COUNTRY! HE WOULD BE A "PRINCELY" "CATCH", MY GOOD FRIENDS—PRINCELY INDEED!

I placed him within the loop of Dharma's circle for I knew she would defend, attend and love him as her own. I did not err! I knew that E.J. would demand of him honesty, integrity, and a code of ethics about everything he does. We rejoice in his joy and are saddened by his hurts, just as we are with all our children as they are hurt, err, or are offended. Dharma and E.J. wish no amends to their own offense in feelings—but attending the pain brought to others is mandatory.

What has happened to Dharma is both good and hard—in the "flap" over children's feelings and exclusions, "another" pronounced what was being said around and about that somehow discredits Hatonn!! I remind her that if others cannot tell Hatonn from Doris, the problem is theirs, not hers and we have no need to speak—we are doing our job right here and right now. Any meetings are for those who ask and want to share—nothing more.

I also get weary of being bombarded with personal questions as to how best to manage personal matters for individuals—for I write for 6 billion people. I am no PERSONAL GURU to anyone or anything. I accept responsibility for those who work with me and protect those who ask and serve God. I do not serve as personal bodyguard or money-fixit.

I am weary of being lumped in AS ONE WITH SUCH AS RUSSBACHER, JACKSON OR ANYBODY ELSE YOU CAN NAME. I have negotiations and agreements with MEN who can use the conduits—IF THE MEN IN POINT KEEP THEIR AGREEMENTS! I'm sorry, you who inquire constantly now—about Jackson, as a "for example". I do not attend his farm-claims or misdirected dastardly deeds of the government. I do not believe, and have stated same, that any gold certificates will be honored UNTIL or UNLESS the POWER-BROKERS decide to do so. The point of the government and banksters is to destroy you—the people and totally control you. They are not going to simply hand over billions of dollars for NOTHING!! We can't seem to get them to hand over a "bit" for SOMETHING which will also help them. Ronn Jackson TRIES to keep every possible move of his own—FROM ME. It doesn't work nor does he fool anyone—REALLY. His business is HIS BUSINESS, his business with me is MY BUSINESS. I am sad to see what is

happening for as we go along here there is not much time left to hold him in ability to lead to anywhere. A man is only as good as his word and if he cannot meet production with "his word", why do you turn and BLAME GOD? He THOUGHT it would be easy to accomplish that which he promised. I TOLD YOU IT WOULD NOT BE EASY, IF POSSIBLE AT ALL. Does this mean that YOU cannot build a "New Republic"? We shall see. NO man can do it alone! There are some magnificent plans and possibilities coming forth from the ones working on the foundation of such a plan. CONTACT simply has not the space to run them.

CONTACT CLONING

CONTACT, for that matter, has found that there are ones who ship off an edition of the paper, pertinent information is changed, and a lot of people subscribing to CONTACT ARE ACTUALLY SUBSCRIBING to an alias by-pass operation which takes the subscriptions AND THE FUNDS FOR SAME. Interesting? NO, CRIMINAL, FELONY FRAUD. In Washington D.C., for instance, the paper is run off after working hours on Tuesday evening and passed out FREE all around the Capitol—as an underground SECRET document. But Washington is NOT the rip-off team—old buddies are the more interesting entrepreneurs.

At a very large meeting in Bozeman, Montana, for instance, Cathy O'Brien and Mark Phillips found that everyone attending were REGULAR and eager readers of CONTACT. In fact it is only through the "daring of press" in CONTACT that hardly anyone KNOWS of these two incredible people. However, the home office shows only one or two Montana subscribers! Now is that not about as interesting as you can get? This has been the pattern of recognition ALL OVER THE NATION! TO WHOM DO YOU SUBSCRIBE? ARE YOU SURE??? Does anyone remember the scam game in which the Constitutional Law Center was functioning in Sacramento and some real artists were accepting checks for the Law Center and diverting them to the Law CENTRE "Trust"? It operated right out of the same building and the checks were being cleared and deposited IN COLORADO! Gold was also being received and diverted to garages and back yards while all expenses were being charged to the Phoenix Institute.

I personally am quite pleased that anyone feels our paper, which these very ones deny has validity, is worthy of such translation and transmutation.

Persons who grab up the new issues and trot them off to parties who get them right off to such as Mr. Green and his "nightmare team" might do well to consider that a bit more carefully. You think you serve your own interests? Perhaps you do but the law is on your tails and, no, it is not through this routing! Dharma complained to some around here doing this very thing and asked why papers were being sent directly to those who are actually acting as our enemies. The response was ridicule and threats and dares to take ones off this or that Board. Of course the same ones threatening—had gone directly to the corporation officer and agent—to get resignation forms. DO YOU ACTUALLY THINK THAT "I" DON'T KNOW?

My business here is NOT to build you a "New Republic". It is to bring you the truth and wake you up so you can live to balance your lives with TRUTH and find freedom in your wondrously sovereign selves. I am here to warn you and tell you, YES, IN ADVANCE, of what to expect. See what has happened before and check very, very carefully for clues as to when YOUR TURN AT NEGATIVE NATURAL OR POLITICAL DISASTERS MIGHT BE APPROACHING. I am at WAR with NOTHING OR NO-ONE! I use the term "war" sometimes to indicate a "meaning" that you can understand as terminology. I don't WAR! I simply WIN—and it will behoove all of you to remember same.

Along the lines of warning you, I have here some five copies of an article from a tabloid. They have been

sent by some very concerned elderly people who depend on Social Security to make it through the remainder of their lives. Is THIS article true? It doesn't matter whether it is specifically true in all details—but the concept and facts are true and whether it is a "trial balloon" at this time of total chaos is not of importance. A collapsed national economy will see that it, and the welfare system, and all national programs will FOLD. This article goes right along, hand-in-hand with the one on the Crash of '95 [See Front Page story.]. It is an unavoidable and inevitable consequence of what is taking place in your political and financial orchestras. As I have done in the past, when I get many copies of an article, I will share it with you; however, since the same information has now been run in several various tabloids, I won't name all the sources but will use the one best outlayed and that is from something called *Weekly World News*. Remember two things about tabloids: They are your only possible source of REAL NEWS—but, they are also the source of totally false information when the "balloons" are flown. The stories PLANTED are usually a "lot of truth" with silly twists for denial and, of course, sensational. You be the jury but balance it with the true information you now have available.

[QUOTING:]

PLOT TO END SOCIAL SECURITY

MASKED WHISTLEBLOWER'S STORY ROCKS WASHINGTON!

[H: You who can't bring yourselves to believe your politicians could do the things described, in say, Packwood's diary, think AGAIN. Look how your PRESIDENTS behave at Bohemian Grove. It is the Evil Empire in action, readers, and YOU ARE OF NO CONSEQUENCE OR IMPORTANCE TO THEM EXCEPT FOR YOUR BLIND VOTES.]

WASHINGTON—A masked but obviously highly-placed government informant says Social Security will be abolished during a trumped-up financial crisis on Feb. 17, 1996, ending the program that has helped elderly and disabled Americans put food on the table and a roof over their head since the height of the Great Depression.

"The decision to abolish Social Security has been made, the date has been set, and the only thing the average American can do is wait for the shoe to drop," the informant, who risked his life to blow the lid off the plot, told a select group of Washington reporters.

"Make no mistake, Social Security is going down the drain. The powers that be can promise to keep it and dance around the problem—and the truth—as much as they like.

"The fact is, the abolition of Social Security is a done deal, so much so that the Pentagon is already preparing for a worst-case public reaction, including riots, work stoppages, anarchy and civil war."

The decision to abolish Social Security even as President Bill Clinton and key congressional leaders are promising to keep the program intact is sure to come as a shock to most Americans.

But the informant says an elite group of financiers, businessmen and industrialists—some of them foreign—have been setting the stage for the abolition of Social Security since the mid-1980s. [H: This will come right after the folding of business pension plans. The only ones who will continue to get pensions as long as there is any government at all are the Congressional members. Do you actually think that such as Packwood is hurt by firing? No—he will get his available pension; he just wanted to make it a few months more so he could collect the higher amount which would be adjusted soon.]

These men, he continues, play a bigger role in government than most Americans know or would like to think.

And the decisions they make, filtered through congressmen who are elected by the people but answer to the billionaires and power brokers who finance their campaigns, stick—or else.

"The feeling among these men is that Social Security has become too great a burden on the federal budget and must be abolished to eliminate the deficit," explained the informant.

"Their interest in the deficit is purely personal," he continued. "Their fortunes ride on the ability of the federal government to remain solvent and handle its debt. [H: This is largely B.S. for they don't give a tinker's damn about the government remaining solvent OR handling its debt. Governments don't handle debt—PEOPLE DO! Money is as simple as running a printing press, blind ones, and if you need more money and you own the press—you make more money. Simple? Indeed!]

"Without the burden of Social Security, the deficit can quickly be brought under control, increasing their wealth and personal power many times over.

"To set the stage for such drastic action, these men intend to manipulate stocks on a massive scale, causing the appearance of a financial crash that will serve as a smokescreen and excuse for eliminating Social Security.

"Vicious? Self-serving? Of course it is.

"But money talks, and if these power brokers don't have anything else, they've got the cash—and they call the shots.

"President Clinton, Newt Gingrich and Bob Dole can only dream about having that kind of power," he added. "But in the final analysis, politicians do what they're told to do. [H: This is "right on"!] And they've been told to abolish Social Security on Feb. 17, 1996, regardless of the cost in human suffering and misery."

The informant spoke to a hand-picked group of reporters in a Washington hotel room and went to extraordinary lengths to keep his identity secret.

In addition to wearing a heavy leather mask, he spoke through a hand-held device that changed the sound of his voice.

He was also accompanied by two armed bodyguards and actually started the interview by placing two tiny vials of cyanide in his mouth.

Had the session been interrupted by federal agents, he intended to break the vials open with his teeth, releasing the poison and taking his own life. [H: Impressed? Well, I'm not—for that is a silly, silly thing to fool YOU. One vial would be more than sufficient—so why TWO? Moreover, anyone who is in the "know" would not do such a stupid show-and-tell in this manner. This is CIA-type escapading but does not diminish at all the probability of Social Security being SHUT DOWN. It is only a matter of

"when" and under these circumstances, if a collapse comes before the end of the year—so too will Social Security be in trouble—BEFORE THE END OF THE YEAR! If CONTROL of all is not accomplished, then the welfare programs will continue to keep you sucked into the LIE, as will Social Security. Remember that the PLAN 2000 IS TO ACCOMPLISH TOTAL CONTROL AND OWN ALL ASSETS!]

To prove he has access to information about the plot to abolish Social Security, he produced a top-secret Pentagon memo that, though heavily censored, speaks of the need for "a full military alert to prevent or contain work stoppages, riots and possible civil war in the wake of an artificial financial crash and ensuing announcement that Social Security has been abolished."

Neither the White House nor the Pentagon would comment on the whistleblower's report, though one highly-placed military insider conceded that the military "seems to be preparing to deal with a major domestic crisis of some kind".

It is unclear how much President Clinton knows about the plan, although one source said that "he will do everything in his power to stop it."

The informant concluded: "Americans are fighters. I don't think they'll take this lying down."

[END OF QUOTING]

Lying down? Yes you will and the powers that be intend that you most certainly will be helpless and "lying down"—one way or another. The whole plan of Social Security in the beginning—WAS TO GET YOU SUCKED IN AND HELPLESS IN YOUR ELDER YEARS—SO YOU WOULD NOT TAKE CARE OF YOUR OLD AGE AND WOULD BECOME TOTALLY HELPLESS TO SURVIVE WITHOUT "BIG BROTHER"! It has been accomplished and all that remains is the shouting.

What will YOU do between now and, say, February 17th next? I thought not! Will you Just shout a lot? How about eating? Smut has been introduced into your growing grain fields—and only the government knows the "cure". WHAT are you going to eat? Food is set up to be SCARCE! THAT is what will bring more and more WEALTH to the CONTROLLERS and keep you begging for enough to simply SURVIVE. Ones starving to death do not make good warriors against the ones who HOLD ALL THE FOOD! Where will you find shelter? Even if you own your house—it can be taken for lack of TAX PAYMENTS—so you have rental at the very MOST. Can you see that loss of a CROP is worse than loss of your money?? It is going to be TOUGH, readers, and I cannot solve it for you—NO-ONE, AND NOT GOD—CAN SOLVE IT FOR YOU. We can



“suggest”, warn and assist where possible—but we can’t cram it down your throat or even get you to open your mouth for same. You can blame anyone you want, discount me, discount Dharma, DISCOUNT TRUTH and CALL IT LIE—it will NOT CHANGE ONE IOTA OF THE FACTS OF IT ALL. WHEN YOU SELF-FOCUS AND BLAME OTHERS—YOU DIMINISH SELF TO HELPLESSNESS. Nothing untoward is going to just “go away” because you don’t “like it”.

You are to the ending acts of this particular “play”—how it ends is up to YOU. I can, however, assure you that kicking and screaming and blaming others for your sad plight—gains nothing but the assurance of ending up in the dead-end of the “play”. You can’t do it with a commune, cult or anything of the sort. Changing this play means responsible action on the part of individual sovereign citizens. Your CARE and survival MUST DEPEND ON YOUR ACTIONS. And, yes indeed, you CAN purchase, in good intent, a place by your gifts of all kinds, be it simply a silver spoon or a offering of love and support when there is no other way to participate.

As for a “New Republic”: NEW GOVERNMENTS and REPUBLICS are built FROM THE ASHES OF THE CORRUPT AND DESPOILED THING THAT CAME BEFORE! BUT, YOU DON’T WANT TO EVEN LET GO OF YOUR SOCIAL SECURITY PAYMENTS OR YOUR WELFARE CHECKS?? SO BE IT—YOU WILL NEVER BUILD A NEW GOVERNMENT WHILE YOU MANDATE AND SUPPORT THE OLD ONE IN ITS CORRUPTION. Somebody has to go get the ingredients and bake that cake that you both WANT AND WANT TO EAT! Are YOU baking or waiting to eat? Are you helping the “bakers” or prattling and ridiculing and speculating about them while they bake and you WAIT? AND, MOREOVER, HOW MANY OF YOU ARE SENDING GIFTS WHICH DON’T GO TO THE RIGHT PLACE AS INTENDED, BUT TO THE VERY ONES WHO STAGE THE SIDE-TRACKING CON GAMES?? WE CANNOT HELP YOU IF WE DO NOT KNOW WHO YOU ARE!!

In addition, these are clever deceivers and you will get nice thank-you notes from ones with the “right” names, i.e., Rick, Brent, etc. This even makes the CON-game easier to pull off. I will leave it to the crew to consider ways of isolating the problem and correcting it. It has gone on for a very long time and the clues are all there—even in recent mailings received by MANY of you when reference was made to “a couple of you”...!! The adversary wants to discredit ME and MINE? Fine, I have many ways to respond as well as do you. The liars and thieves can never LIE their way out of TRUTH—for truth will always be there in the ending. The MANY lies and versions tell the TRUTH OF IT. TRUTH ONLY NEEDS ONE (1) VERSION!!(Please check the address and telephone number on the Back Page of your CONTACT. If it is not P.O. Box 27800, Las Vegas, NV 89126 and 1-800-800-5565, then please call our 1-800-800-5565 line immediately to let us know. See the last few paragraphs of the 9/14/95 #1 writing, somewhere in this week’s CONTACT, for details.)

It is most certainly PAST “serious” time. God will take good care of those who HELP THEMSELVES, TAKE RESPONSIBILITY FOR SELVES AND THEIRS, AND ATTEND THEIR OBLIGATIONS—AND STOP BLAMING EVERYONE OR ANYONE ELSE FOR THEIR FAILURE TO HEAR, SEE AND ACT APPROPRIATELY. In Just Cause, the help of brothers will always be there for your support in moving, restructuring, etc., although it can’t always be in the form of financial support or responsibility—remember ALL are struggling as are you when the chips are down and the cupboards bare.

You who feel and giggle and cutely say that “my job is to keep things stirred up!” might well ponder on that attitude, for credibility is lost in the personal hurt that that brings to others. Your game of “getcha” is always most likely to “getchurself”. May you seek, and find, THE Light.

Salu.

JORDAN MAXWELL



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Confirmations From The Non-News

As The Breathing Dead Now Go Blind

9/16/95 #1 HATONN

IN THE QUIET OF THE DAWN

I walked with Dharma on this early morning awakening of a new day—a new time of work. We greeted the pre-dawn crayon-colored sky as an old friend not often attended any longer. Then I watched her mind wondering why she was awakened so early, yet without clear need to go write. Sometimes, dear ones, you need to THINK in the quiet stillness of the morning and allow feelings to be more clearly defined than in the surrounding chaos of the evening.

Sometimes, however, the confrontation of facts unexpected overflow the heart and eyes and bandaids don't cover the wounds.

SUPRARENALS

Some reader has found "error" in my writing about "suprarenals". Error? There may be perhaps many errors, but my insertion of location of same as referred to in inset (kidneys) is no error, friends. I only wanted to focus you to a given "known" by most people. You recognize "kidney" as a place, a thing, more easily than you recognize wherein you might find the hypothalamus gland or the placement of the renal glands known as the suprarenal. Renal refers to "kidney"; supra refers to "atop" and suprarenal glands are the adrenalin-producing glands which are placed on top of the kidneys. I will remind you readers, however, I am not going to do your homework for you—if you question, GO LOOK IT UP!

MARILYN MONROE AND ALBERT EINSTEIN

Great denial comes from many of you at the thought of a cute little butterfly such as Marilyn Monroe with such a great scientist as Albert Einstein. Well, I would question both the "great" scientist and the cute little butterfly. It is wondered if Marilyn ever accomplished her desired romp in the hay with Einstein as she often confided to friends. It seems that among her "souvenirs" and precious keepsakes were, surely enough, notes and pictures from Sir Einstein, genius. His portrait picture was personally inscribed, "To Marilyn, with respect and love and thanks, Albert Einstein." Monroe's room-mate for a while, Shelley Winters, crudely wrote: "We shall inquire no further. We'd like to believe in a union of the greatest mind of the century and one of the finest bodies."

SLEEPLESS NIGHTS AND SHAKY DAYS

You are in constant motion, chelas—always were and always will be. The hyper-realization of same is coming in bombardment of pulse waves. There is no

magic "cure" for this and I have no miracle answers. Until, however, the substance called "Melatonin" is removed from your ability to have same—get some at the Health Store and take one (or two if one doesn't work) at night. It works—or it wouldn't be under attack by the "remove-what-works" brigades.

Let me share with you what is really serious: wristbands that control your sleep and keep tabs on you every minute of your day. Can't believe it?

records arm movements. These data can be used to estimate the quantity and quality of that soldier's sleep.

Such wristbands already are available commercially, and Belenky and other Army researchers use them in their experiments. The wristbands also have a performance model that, based on previous studies of sleep and sleep deprivation, can predict a soldier's future performance.

ELECTRIC MONITORING

In Belenky's future system, the wristbands would transmit data on a local area radio-frequency network to a personal computer which the Army wants to field to each soldier by 2006.

The computer would send the information to a central data base at each echelon's command and control headquarters. Commanders and their staffs would be able to monitor the recent sleep history of each unit, as well as each soldier. [H: How is this for privacy?]

SLEEP IN A PILL

The sleep management system would also include three different drugs.

One would induce sleep and allow soldiers to grab quality, uninterrupted rest in environments that are not usually conducive to sleep, such as long-range deployments or combat situations. Belenky already has found two drugs that can do this effectively; what is missing, he said, is a doctrine for their use.

The second drug would be what is called an "antagonist drug". It would restore full alertness to soldiers who have taken the sleeping drug and need to wake up quickly.

Belenky emphasized that the drug he is currently using in this role, called flumazenil, is not a stimulant. It has no

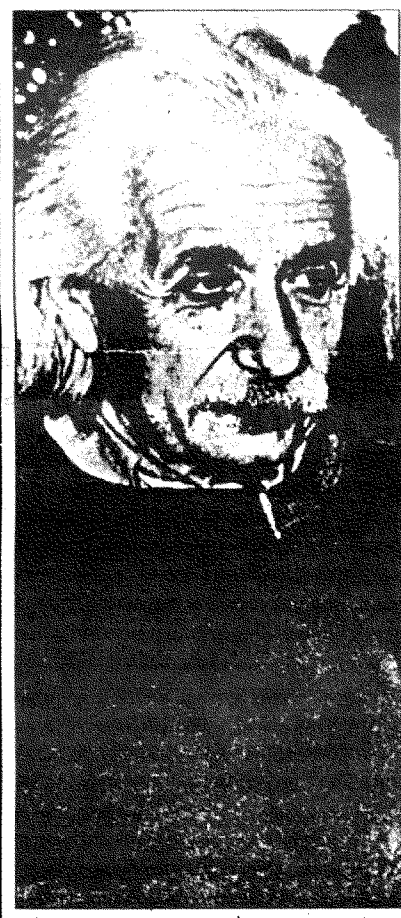
effects on alertness or performance when taken alone, but merely blocks the effects of the sleep-inducing drug.

However, the Army will need to get FDA approval before it can hand out flumazenil pills, Belenky said. [H: Why? They didn't get approval for full-body death by radiation for your test children!]

The third drug would be a stimulant, to be taken when soldiers need to be fully alert and effective. In this case, Belenky is planning to rely on an old standby: caffeine.

Soldiers with any field experience may not think of this as a tremendous breakthrough, given that each Meal, Ready to Eat (MRE) already contains instant coffee. But Belenky said the caffeine from the coffee is not enough to do the job.

"If you're eating three MREs a day, you're talking a maximum of 200 milligrams of caffeine, which is small," he said. Also, he noted that "although the Army's supposed to run on coffee, during combat operations, coffee can't be had for love or money."



[QUOTING:]

IN THE FUTURE: HIGH-TECH SLEEP CONTROL

ARMY TIMES, Sept. 18, 1995

WASHINGTON—Within 10 or 15 years [H: No, it is already here only in much easier-to-manage form and far more subtle than a wristband.], soldiers will be able to monitor their sleep with high-tech wristbands and control it with a series of pills, if Col. (Dr.) Gregory Belenky has his way.

Belenky, chief of the Walter Reed Army Institute of Research's department [H: And total recycling center!] of behavioral biology, is the Army's leading expert in the field of sleep management. He is proposing a high-tech sleep management system for the soldier of the near future.

As Belenky sees it, this system would require a soldier to wear a small wristband that measures and

Belenky's solution is to give soldiers tablets containing between 300 and 600 milligrams of caffeine—enough, he said, to improve soldier performance for 10 to 12 hours after 48 hours without sleep.

The U.S. Army Research Institute for Environmental Medicine at Natick, Mass. also is experimenting with a caffeine bar, he said. Ideally, decisions to take the caffeine would be made down a unit's command chain rather than its medical chain, Belenky said.

Belenky said he would have a working model of the wristband with a built-in performance model by November. The system's fielding depends upon full implementation of the soldier computer and other elements of this digitized battlefield that will provide communications links, he said.

[END OF QUOTING]

HOW ABOUT BIBLES?

One of the greatest arguments about reading any of our material is the excuse of the "Bible". Ok, how about your *NEW BIBLE*—the *Politically Correct Bible*?

[QUOTING:]

From *Reuters* (published throughout the country, Aug. 31, 1995)

POLITICALLY CORRECT BIBLE?

'*INCLUSIVE*' TRANSLATION CALLS CHRIST "THE HUMAN ONE" AND ELIMINATES RACIST OVERTONES. By Arthur Spiegelman (a nice Christian name).

NEW YORK—*The New Testament* gets a major face lift next month with a new English translation eliminating references to God the Father.

The revised version also turns the Son of Man into "the human one" and removes accusations that Jews killed Christ.

The new translation says not that children should "obey" parents, but should "heed" them.

Wives are no longer "subject" to their husbands, but "committed" to them.

"Darkness" is no longer equated with evil, because of possible racist overtones, and the *Lord's Prayer* now begins "Our Father/Mother in heaven." [H: Still believe no one would dare tamper with the Word of God?]

References to the right hand of God are also deleted. It becomes God's mighty hand.

The editors of *The New Testament and Psalms: An Inclusive Version* deny they have spent the last five years producing a "politically correct" Bible. But they admit that a legion of traditionalists is waiting in the wings to "cast the first stone" and begin one of the biggest Bible debates in years.

Some critics have already charged that the editors have censored the Bible to make it fit the political trends of the day.

The book will be published Sept. 11, by Oxford University Press. [H: And so it was.]

"This translation is aimed at churches and Christians who are thoughtful about the way the Bible includes everyone. I think political correctness is a pejorative term which is used by people who want the Bible to produce obedience, not thoughtfulness," said Susan Brooks Thistlethwaite of the Chicago Theological Seminary, who is one of the six editors.

For example, they have eliminated all references to the Jews killing Jesus as in *Thessalonians 2:14-15*, which in standard translations says: "... for you suffered the same things from your own compatriots as they did from the Jews who killed both the Lord Jesus and the prophets." [H: So, since the term "Jew" was not around until the late 1700s (18th Century) it was ALREADY rewritten (translated) from fact into the lie. How many of you are going to argue over this

distracted because it is there and something to argue over according to your local preacher—OR, WILL YOU GO STUDY HISTORICAL TRUTH AND INFORMATION—AND LEARN SOME TRUTH WHILE YOU ARE AT THE TASK? I didn't think so!]

That becomes "...for you suffered the same from your own compatriots as they did from those who killed the Lord Jesus and the prophets."

Thistlethwaite said in an interview that the authors of the King James version "felt themselves much freer to depart from the original word of the text than we did."

[END OF QUOTING]

No further comment on the matter.

Let us now consider some ill-effects of NOT KNOWING about what is making you sick unto death and past. [QUOTING:]

News-Leader, Springfield, MO., Wed. July 26, 1995
The Associated Press (so it must be true).

OLD, NEW DISEASES CAUSE GLOBAL HEADACHES

WASHINGTON—The Spanish flu epidemic of 1918 ambushed the human race and left millions dead before it vanished. Scientists still don't know where it went, and say another outbreak could occur.

HIV appeared in the early 1980s, and the lethal disease may infect 40 million by the year 2000. Researchers haven't found a cure, or even a dependable treatment.

The Ebola virus appeared in Zaire and killed scores before quarantine and other measures brought it under control. [H: Well, you aren't allowed to quarantine any longer—it is against your "human rights".] Scientists are searching now for the origin of the killer disease.

Also in recent years, there have been outbreaks of dengue, yellow fever and cholera in the Caribbean and South America; Hantavirus and Lyme disease in the United States; Rift Valley fever in Africa; diphtheria in Europe; and Morbillivirus in Australia.

Disease is on the march, and the human race is not now ready to defend itself against what is really an unending siege by pestilence, experts say.

A new report compiled by experts from 17 U.S. Government agencies called for intensified international surveillance of disease outbreaks, the organization of a quick-strike system that would respond rapidly to outbreaks and assisting other countries to create a system to detect and treat infectious diseases.

Such action, said the report, is a matter of U.S. security and international stability.

"Microbes don't respect international boundaries," Dr. James Hughes of the Centers for Disease Control and Prevention said Tuesday at briefing on the report. "We really have a global crisis."

Hughes said that while new diseases, such as HIV, are emerging, old diseases such as tuberculosis, plague and cholera are returning to kill again. Many of the older diseases have become troublesome again because they have developed resistance to antibiotics or because of failed public health measures, such as poor sanitation in cities.

Joshua Lederberg, a Nobel laureate from Rockefeller University, said that many experts were absolutely confident in the 1960s that medical science had solved forever the problem of infectious diseases.

HIV, the virus that causes AIDS, has proven how wrong that view is, he said.

"Nobody would have predicted 10 years ago that we would be stuck today," still looking for an effective treatment for HIV, he said. "It is a very clever virus, indeed." [H: No, it is NOT clever. It is lazy and stupid, rides on parasites, moves into cells where it

lives OFF the body and mutates at random to suit its host. Colloidal silver and gold, Gaiandriana after or during a course of parasite eradication—clears it away. Viruses are simply crystalline entities which cannot reproduce ON THEIR OWN nor can they regulate themselves. They are easily manmade and tampered with, carried by bacteria and microbes, along with parasites. Simple? Yes—but then, you are a "drug"-oriented people of the LIES.

Efforts to monitor outbreaks and to detect new diseases early are now stripped and inadequate because of cuts in the federal budget for general diseases, Lederberg said. He said maintaining the nation's and world's surveillance of disease threats is important to the United States and to people everywhere.

Dr. Michael Osterholm of the Minnesota Department of Health said that support in the federal and state health departments for monitoring disease outbreaks "is actually declining just at the time we have emerging diseases."

[END OF QUOTING]

Now, you who have written and objected to my suggestion that weapons using blinding light are not available:

[QUOTING:]

BLINDING LIGHT: LASER WEAPONS MOVING FROM SCI-FI TO BATTLEFIELD

U.N. CONFERENCE TO DEBATE BAN. [H: SURE!]

The Gazette, Montreal, Canada, Sept. 2, 1995:

It sounds like something out of science fiction: a weapon made of concentrated light. A weapon whose purpose is to blind. But the machinery described in science fiction has a habit of becoming real. And in the 1990s, blinding laser (photon) weapons are on the verge of turning from fantasy into military fact.

[H: There are weapons already PERFECTED that can shoot a laser into the cockpit of a flying plane, blind and confuse the pilot and cause INSTANT crashes—you have witnessed it often in the last couple of months. Perhaps you just didn't know what it was. There are larger projection weapons which can BLIND AN ENTIRE ARMY—RIGHT FROM THE AIR OR ON MISSILES.]

"The technology is around now," says Myron L. Worlbarst, a professor of ophthalmology at Duke University in North Carolina. "Laser weapons could be given to individual infantrymen as an attachment to a rifle. They won't be very heavy and, if you mass-produce them, they won't be very expensive, either."

The U.S. is known to have at least 10 laser-weapon systems under development. One of them, the LCMS, can be mounted on an M-16 rifle; it's powerful enough to destroy vision from a range of 1,000 meters. The U.S. has already spent more than \$100 million on the LCMS alone.

France, Britain, Germany, Israel, Russia and other former Soviet republics have also been experimenting with laser weapons. As for China, it recently began marketing a "portable laser disturber" at Asian arms bazaars.

The Chinese system weighs 33 kilograms; despite its name, therefore, it's not as portable as a couple of the American prototypes. But the desired effect is similar: "By means of high-powered laser pulses, to injure or dizzy the eyes of the enemy combatant... so as to cause him to lose combat ability, or to result in suppression of his observation and sighting operation."

If laser weapons do nothing more than that, there wouldn't be such anxiety about their development. But the problem is, they don't just "injure or dizzy the eyes." They can also cause permanent blindness.

"The scientists we have spoken with", says Louise

Doswald-Beck of the International Committee of the Red Cross (ICRC) in Geneva, "are absolutely adamant: it is totally impossible to have a laser weapon that can dazzle the eyes without also having the capacity to blind."

"To have any dazzle effect, you need a certain energy level. The laser goes through the lens to the retina. And so you end up with damage to the eye."

In the publicity material for its "portable laser disturber", China claims that the weapon will succeed in causing temporary blindness at a range of 10 km. A range of 2 to 3 km is given for "effective distance of direct human eye injury."

But at a closer range than that, such a laser would inevitably destroy vision. And whereas you can replace a soldier's arm or leg with a prosthetic device, nothing can replace sight.

"It is the only weapon I'm aware of," says David Warren, executive vice-chancellor of the University of California, Riverside, "that is directed to a particular part of the body. It's the eye's ability to process light that puts it at jeopardy. Laser weapons don't do anything to any other organ."

A psychologist by training, Warren has served as a consultant to the ICRC. Alarmed by the medical implications of rapidly developing laser technology, the ICRC has been lobbying for a ban on laser weapons since 1989.

Its efforts might finally be about to bear fruit. From Sept. 25 to Oct. 13, a UN weapons conference in Vienna will debate a Swedish proposal to prohibit the use of laser beams as a method of warfare. If the resolution is passed, blinding laser weapons would then be banned under the Geneva Convention. [H: Oh well—that would fix it just like it has biological and chemical warfare!!]

At least 25 nations support the proposal. According to Ariel Delouya of the Department of Foreign Affairs in Ottawa, Canada is among them.

Of the countries that have been experimenting with laser weapons, France, Germany, Britain and Russia seem willing to support the Swedish initiative. But China and Israel have said nothing. And until recently, the U.S. was firmly against the proposal.

In May, Human Rights Watch released a detailed report on U.S. laser weapons. Even within the U.S. military, though, there is believed to be unease about their development. And a spate of adverse publicity following the spring report might have embarrassed Washington into rethinking its policy.

Laser weapons have their defenders, however—not just on military grounds, but also on philosophical ones.

"The issue," says Kosta Tsipis, a physicist who heads the Science and Technology in International Security program at the Massachusetts Institute of Technology, "is whether these weapons are particularly vicious and inhumane. [H: Does anyone but me feel as if you are in a working insane asylum? READ ON AND YOU WILL.]

"I don't think they are. All weapons kill and maim. Let's not panic about lasers: I suspect they're not going to be as effective as the Red Cross fears or as the military hopes."

Stephen Goose, program director of Human Rights Watch Arms Project in Washington, emphasizes that "lasers can do good on a battlefield. They can enhance the accuracy of weapons; they can decrease collateral damage to civilians. But we want to draw a distinction between different kinds of lasers: the acceptable ones that are in adjunct to other weapons, and the unacceptable ones that serve as weapons in their own right."

[H: Do all of you still feel safe and secure in this new world of peace? Remember, no longer a cold war, good friends. What is THIS CONSIDERATION? You already have weapons which will blow your planet apart—why should you object to blinding half or the whole of the population? How handy to have billions of people groping around in blindness, starving, bleeding and dying. What are YOU

going to do? I suppose YOU are still laughing along with the good Col. Gritz and Green about dark glasses?? Ho-Humnn and "Oh Well...!"]

The Swedish proposal to ban laser weapons specifies that "blinding as an incidental or collateral effect of the legitimate employment of laser beams on the battlefield is not covered by the prohibition." The debate centers, in short, on what "legitimate employment" might mean.

Advanced laser weapons are effective not just against enemy soldiers, but also against machines: they have the potential to disable helicopters, surface-to-air missiles and armored vehicles. U.S. FORCES USED SUCH TECHNOLOGY AGAINST IRAQ IN THE 1991 GULF WAR.

But American planners also envisage the deployment of tactical laser weapons in "special missions", such as counterterrorism and counterinsurgency. [H: There it is, readers; get ready to have your riots quelled with blindness, and incarceration where you are going to be eradicated by use of nice wiggly bugs.] Human Rights Watch points out that such deployment "may be inherently antipersonnel in nature, with blinding the exact intended effect."

Outside the military, of course, lasers are now a common tool for improving vision. For at least 15 years, doctors have used them to cure eye diseases.

"They work by burning, by micro-explosions or by vaporization," says Montreal optometrist Guy Julien. "Say you have a leaky vessel in the retina, which we often see in diabetes patients. We burn it away. There's always scar tissue that forms—but it doesn't matter because the laser is so precise."

The impact of a laser weapon on the eye depends on many things: distance, laser color, laser intensity, weather conditions, and eye protection (if any). The damage it inflicts is without cure. Tsipis claims that effective protection against lasers is theoretically possible; but other experts disagree.

"I think it will be possible to protect soldiers in tanks or fortified positions," says Duke University's Wolbarsht. "But they're not the important problem. I do not think it's possible to protect soldiers on foot."

And if the U.S. military, with all its resources and money, cannot protect the eyes of its infantrymen, what of the rest of the world? If laser weapons spread, they will sooner or later be used by guerrillas and in civil wars. Imagine an Afghanistan or a Somalia trying to cope with hundreds of thousands of blinded civilians. [H: Never mind Afghanistan or Somalia—how about New York, Los Angeles or Tim-buck-tu, Georgia?

Why do you people keep referring to distant places as if YOU ARE SAFE? THIS NEXT WAR IS GOING TO BE IN YOUR DOOR-YARDS AND IT IS PLANNED TO START ON OR ABOUT THE MIDDLE OF OCTOBER—ON THE HOME-FRONT!]

As it happens, history does offer one example of blinding as a military technique. In the year 1014, the Byzantine emperor Basil II imposed an overwhelming defeat on his Bulgarian opponents. After his army captured 15,000 prisoners, he decreed that 99 per cent of them should have their eyes put out. The other one percent were blinded in one eye only. These men were told to lead the others back home.

Basil's ploy was successful. His barbaric action led to the disintegration of Bulgaria. Within a few years, it was incorporated into the Byzantine Empire.

With that kind of precedent, some human-rights activists fear that even a UN ban on laser weapons might not prevent their deployment.

"People who are going to use them," Wolbarsht says, "are unlikely to find an international ban of any consequence."

The counter-arguments centers on the sheer power of shame.

"Blinding as a method of warfare has to be prohibited," says Ann Peters of Human Rights Watch in London, "That principle is what we stand for."

[END OF QUOTING]

Oh well....!

I agree with my scribe at this moment in that working toward understanding of our little body cells and how we "tick" seems a bit remote and outdated as to protection of self in this world in this time. And just what else to you suggest, dear one? Can YOU, alone, get Janet Reno out of power or cause the insane and greedy controllers to clean up their acts? No—but one at a time, as you come into understanding of self—you will learn that you CAN attend self and, through that, others will link and you CAN grow—without FIGHTING (AS IN WAR) these atrocious entities come upon you. You will note that they weren't too nice in the age of the Byzantine Empires (above)—only the methods of atrocities have changed! Moreover, he who waits for God to solve and resolve his problems and give him wealth and great power—will wait forever! Infinity is a very long, long time. I rather tend to equate the breathing dead to the seeing blind.

Good morning.

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"The variety of information offered in this journal is seemingly on opposite ends of the poles. No—it is so connected that I cannot urge you strongly enough—TO MAKE THE CONNECTIONS. It runs from Clintonistas, through Usurpers of other ilk to and into the Hopi (AmerIndian) projections and prophetic offerings—along with HOW IT WAS AND IS.

"I remind you that PROPHECIES are only the telling of that which has been experienced—and unfolds as it WAS—the 'future' is for the CREATING! The information and speakings along with perceived 'actions' along the way—are TOOLS for your WISE CREATING. Wisdom is Sacred—and so, this journal will be called for identification: SACRED WISDOM."—HATONN

(INDEX INCLUDED)

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"We MUST speak of crimes and criminals, misled, deceived and deceivers, schemers and hopes—but only that we may know where and upon whom and what to base and focus attention and action.

"YOU need these strong men to lead and serve, friends. Whatever one Bo Gritz may be, he would serve freedom if he could find direction and valid REASON for doing a thing a different way than as he recognizes. TOUCH GOD AND YOU TOUCH INFINITY—all ELSE can be peeled away."—HATONN

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BY GYEORGOS CERES HATONN
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"This message journal is going to be printed in its most reasonable format for it must reach as many as will hear and see. You think that your diet-mongers, your 'shape-you' directors and your 'food expert' teachers are showing you the way. NO, they are NOT. You are becoming a planet of insane and deficient humanity. You have even crippled the very animal and plant life upon your place. IT IS ALL A PART OF THE NOW FULFILLMENT OF THE 'PLAN'. YOU ARE DYING AND BECOMING TOTALLY INFIRM BY MALNUTRITION. IN THE 'REAL WORLD' YOU CAN'T EVEN OBTAIN THAT WHICH YOU NEED AS THE PLAN HAS WORKED ITS MISERY SO WELL.

"Since the most of this journal will be about beriberi and the various deficiencies of food as tampered with, we will give you a definition as presented to us. BERIBERI: Caused by a deficiency in vitamin B1 (thiamine hydrochloride) and other vitamins, and is found in areas where the diet consists primarily of polished rice, white flour, and other nonvitamin-bearing foods. Increased need for vitamin B1; fever, high carbohydrate intake, or alcoholism may lead to deficiency."—HATONN

Some of the important topics discussed are: IN-CARCERATION AND SPACE SHUTTLE'S ROLE AS EFFECTIVE PARASITE-SPREADING TOOLS—The Talmud Unmasked—Tracking Down The Killer—The Bible War Program In Action—Gaiandriana And Spelta Are God's Gifts To You—Hyrogen Peroxide Usage For Health—How To Build Up Body Defenses Against Diseases—"Blue Beam" Postponed Temporarily—The Messiah Of 1665—ROME WAS DESTROYED BY THE JEWS. (INDEX INCLUDED)

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BY GYEORGOS CERES HATONN
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This JOURNAL is part II of SPIRAL TO ECONOMIC DISASTER (J4). The Government's thirst for information on its citizenry is unquenchable. Is privacy possible? This document contains very pragmatic "how to" and tactical suggestions to help you legally "fade into the background". Additional topics: S&Ls—The Real Estate Market—Oil—Bonds—Precious Metals—The IRS—The New (traceable) Currency—The War On Privacy—Electronic Intrusion—Cashless Society—If Your Home Is Invaded—The Estate Plan That Never Dies—Special Report (On Corporate Strategy). (INDEX INCLUDED)

CRY OF THE PHOENIX DEATH RATTLE OF FREEDOM

THE PLAN 2000
BY GYEORGOS CERES HATONN
(J11) \$6.00 246 Pages

This JOURNAL describes the unlawful activities of the Legislative, Judicial & Executive branches of the U.S. Government. Some topics covered: Tunkashila Speaks—The Secret New Constitution—How American-Israel Public Affairs Committee (AIPAC) Buys Congress—Purpose Of Gun Control—Consequences Of Defying God's Laws—The Abuse Of Sister Charlotte—One Worlders Of The Lucis Trust (Luciferian Trust) Are Exposed—Jonestown—Khazars—The Protocols. (INDEX INCLUDED)

New Gaia Offers Journey To Health

What Should We Be Taking?

5/26/95 SANDRA TULANIAN, D.C.

The times in which we live in do not afford us the opportunity to keep life simple enough that health can be taken for granted by just ingesting food and water. The game rules have been changed by bureaucrats (directed by crooks higher up the ladder) who dictate questionable farming practices which, when added to the already choking pollutions of our atmosphere and water, ends up depleting the soil, the food supply, plus the air & water we breath of many of the essential nutrients that would otherwise allow our bodies to function optimally.

Aside from a core of products that New Gaia carries which will be discussed further on in this article, two brand new products are being offered that are extremely important to present first. They are **GaiaCol** and **OxySol**. **GaiaCol** is a combination of Colloidal Silver, Trace Colloidal Gold and Trace Crystalline Drias. This combination of ingredients has produced a product that is so high-frequency and potent that it could quite possibly be the solution to our ongoing fight against the new antibiotic-resistant diseases that we face today. Colloidal Silver was used extensively and very successfully against bacteria, virus, fungi and the like before the advent of the first antibiotic, penicillin; and the uses for Colloidal Gold at that time were just beginning to present themselves. Once the chemical companies began manufacturing the myriad of antibiotics, silver and gold were no longer looked to for treatment. Interestingly, the antibiotics that they were producing had no effect on the more resistant viruses, fungi and parasites yet this did not stop the medical community from prescribing these drugs regardless of the type of infection. Now we face a new generation of bacteria that are completely resistant to any antibiotics merely due to antibiotic overprescribing and resultant survival of the fittest bacteria.

Research has demonstrated that Colloidal Silver is non-toxic to humans and allows no known disease-causing organism to live in its presence. With the addition of Trace Colloidal Gold and Trace Crystalline Drias, the frequency of **GaiaCol** is remarkably enhanced to allow these newer, more powerful viruses and bacteria to be eliminated. **GaiaCol** is gentle enough to use topically on just about any skin, hair, or mouth condition without fear of toxicity and is outstanding for burns. For internal use it is recommended to maintain with 3-4 drops, 3-4 times per day under the tongue and if an infection is present, start with 1 teaspoon the first day and then 10-12 drops, 3-4 times per day under the tongue until the infection clears. Important: Due to the powerful nature of this product, friendly bacteria can be affected so it is advisable to replace the natural intestinal flora with some type of acidophilus/lactobacillus supplement daily or, at the least, when symptoms are noted (symptoms may include cramps, bloating, diarrhea/constipation and a general feeling of malaise).

Please note that this product is said to be perfectly

safe for children and pets and can be taken with other medications without incident. Colloidal Silver is not addictive and the body does not build up a tolerance to it. For your information only, Colloidal Silver has been used effectively on the following: acne, conjunctivitis, allergies, rheumatoid arthritis, bladder inflammation, venereal diseases, eczema, appendicitis, boils, cancer, candida, otitis media, prostate problems, whooping cough, ulcers, plus many, many others. **GaiaCol** can also be used to wet wound dressings and bandages and help heal cuts, scratches, abrasions, fever blisters, etc. There is a myriad of uses for this product which makes **GaiaCol**, in my opinion, one of the most exciting and valuable products on the market today.

OxySol contains Colloidal Silver and Trace Colloidal Gold but has Hydrogen Peroxide (food grade) and other trace minerals to add a new dimension to the effects. Organisms that have plagued us for centuries may be destroyed using this product but the new, more resistant strains will require the higher frequency **GaiaCol**. When added to water, the **OxySol** will help to purify, which makes this ideal for taking to restaurants or for travel. When taken with **GaiaCol** you get a two-fold effect of combating foreign invaders and providing a greater oxygen content for the health of the cells from the Hydrogen Peroxide. **OxySol** is wonderful topically as well, but is not advised for burns (use **GaiaCol** for burns). The trace minerals found in **OxySol** are vital to our health because the nutrients that were once taken for granted in our vegetables and fruits have been systematically farmed out of our soil. These trace minerals need to be replaced, otherwise our bodies continue to be open season for aggressive bugs. Another use for **OxySol** is to rid the oral cavity of harmful bacteria by brushing your teeth with 4 drops **OxySol** on your toothbrush or use as a mouthwash or gargle. The recommended amount to take daily for system clearing is 6-10 drops, 3 times a day on an empty stomach. If taken with **GaiaCol**, reduce both daily requirements in half. If you are adding **OxySol** to your water, just add 1-2 drops in each glass of water. Both **OxySol** and **GaiaCol** are very powerful additions to our pursuit of health.

Without these "food"-based essential nutrients our immune systems and body physiologies are sitting ducks for any attack—from chemical and biological "warfare" practices, to increased nuclear radiation pollution, as well as from other high-energy photon bombardment as this planet prepares itself for the upcoming changes.

It is up to every individual to take personal responsibility for their health and prioritize the needs their bodies may have at this time as well as pay special attention to the needs of their children. I hope to describe here some good products available to you so that your search for a basic, complete arsenal against disease can come to an end.

New Gaia has presented many products to the public that you can pick or choose for individual needs. But there is a core of products, which should be taken

regularly, that is felt to be essential to health and well being. These products are: **Gaiandriana**, **AquaGaia**, **Gaialyte**, **Kombucha Tea**, **Kombucha Vinegar**, **CarbraGaia**, **GaiaCleanse Program**, **Chlorella**, **Spelt**, and **3-In-1**. Each of these provides a service to the body that is a necessary assistant to the other. We will discuss each one individually to provide you with the information you need to understand why these items are necessary.

The physiology of the body is basically governed by the actions and programming found within the cell. The cells make up the tissues of the body, the tissues make up the organs such as the heart or liver which, in turn, make up the organ systems that work in harmony with each other to keep the entire body functioning. If the cell structure has been altered or is malfunctioning (for whatever reason), every organ system is affected. To what degree they are affected depends on the offending substance that has caused the cell's breakdown or the length of time that cell has been subjected to abuse.

Gaiandriana is a product that is said to help correct the faulty programming that has occurred at the cell level by correcting into perfection the cell's DNA/RNA blueprint. Viruses, unlike bacteria, have the ability to fuse with the DNA strand within the cell, creating a mutation to that cell. By perfecting the DNA/RNA blueprint, the cell may be returned to a level of vitality which allows it to fight off an incoming virus and maintain the homeostasis within the cell and, in turn, within the organ systems.

This is essential for the immune organ system, because without healthy cells that can fight off offenders like free radicals, viruses, and cumulative levels of radiation, the immune system is overtaxed to the point of exhaustion—eventually leading to dis-ease. Another benefit from consuming **Gaiandriana** is its ability and nature to thrive on the invisible, higher photon frequencies which are bombarding us daily. **Gaiandriana** is able to speed up the frequency levels of the cells to more nearly match the energies pouring in and assaulting the body. This, in turn, can offer a two-fold benefit: One benefit is the ability of the cell to withstand and actually adapt to these otherwise damaging energies; the other benefit is to help protect ourselves from mind manipulation through pulse beams that are irradiating mankind relentlessly. Originally the dose was 10 drops, 3 times per day, under the tongue. However, with the growing number of "manufactured" epidemics and other stepped-up plans for our demise by the Elite, perhaps more is better. One ounce or more per day may produce faster and more effective results.

Aquagaia was introduced to benefit the mitochondria system that lies within the cell. The mitochondria is the energy producer of the cell and is essential to convert the food we eat into usable cell fuel and to produce enzymes that are absolutely necessary for survival of the body system.

Aquagaia is also said to feed on vessel plaques adhering to blood vessel linings. Most all of us, by the

age of twenty, have plaques developing on the arterial walls due to the American diet that is filled with saturated fats, high protein, white flour products, and limited consumption of fresh fruits and vegetables. This product provides added fuel to any compromised system to assist in strengthening the immune system, as well as cleaning out blood vessels and enhancing the pliability of the vessel walls throughout the body. Both **Gaiandriana** and **AquaGaia** work in harmony to strengthen and eliminate mutations of all cells by working together within the cell structure itself.

Another product that you will find essential in your daily regime is **Gaialyte**. This is a fully integrated electrolyte liquid that is brought forth from the **Kombucha Tea**. The combination of tea and juice, vitamins, minerals, **Gingko Biloba**, **Echinacea**, **Chlorella**, oxygenators, **Aloe Vera** and **Gaiandriana** are a powerful combination that helps boost energy levels as well as provides electrolyte balance within the body to help enhance the performance of the **Gaiandriana** within the cells. Electrolytes are substances which dissociate into ions in solution and thus become capable of conducting electricity. The balance of these electrolytes in the body will aid in the protection from the various high-frequency energies that we are now subjected to as well as enhance the effectiveness of all the other products you are consuming for your health.

Another beverage that should be taken in a dose of approximately 8 ounces per day is the "Tea Breeze" **Kombucha Tea**. Enough can not be said about this fermented drink from the mushroom fungus found long ago by a prominent Japanese woman in a town called **Kargasok**, **Russia**. What she found amongst these villagers astounded her. The women were virtually without wrinkles or other signs of aging and the overall population was comprised of unusually healthy people. She was told that these people drank 8 ounces of **Kombucha Tea** daily. She brought the mushroom fungus back to Japan and, today, over a million Japanese people drink the fermented tea daily. With the high content of special proteins and enzymes, this tea is said to reduce cholesterol, restore hair growth, strengthen eyesight, help insomnia, aid in weight reduction, help with allergies, bronchitis, asthma and a myriad of other debilitating conditions including the prevention of certain cancers.

While these are claims from people who have used or researched the product, it would simply be prudent to regard **Kombucha Tea** as a must to add to your daily health regime. Many people make their own tea with the mushroom that is available through **New Gaia Products**, but for those of us with limited time, the ready-made tea in the 1-liter and 2-liter bottles is both delicious and convenient. Try mixing the tea with the **Gaialyte** and your favorite juice, or just drink it straight.

There is a **Kombucha Vinegar** that has been developed which offers similar properties to unpasteurized apple cider vinegar, which has been used for centuries to care for all types of ailments. This product packs a punch when fighting off the common cold and is great as a digestive aid. Many are using this product in their salad dressings or other recipes to enhance the nutrition that their families receive. While **Kombucha Vinegar** is not recommended for canning or preserving, it certainly is recommended for general consumption.

CarbraGaia is the membrane that is found in the mushroom fungus of the **Kombucha Tea** bathed in a nurturing amniotic-like fluid of **Gaiandriana** to aid the body in repair of connective tissue. This product was designed to replace the need for **Shark Cartilage** supplement, which has been well researched and documented in recent years and which is said to program the body to never develop cancer tumors. By mixing one teaspoon in to any of the above mentioned drinks, you add one more weapon to your arsenal in the quest to build the immune system to its optimum healthy state.

A 14-day program called **GaiaCleanse** has been developed that assists in the elimination of the nasty

parasites found within the body. Very few people realize the kinds and types of diseases that these parasites can contribute to, such as **Cancer**, **AIDS**, **Hepatitis**, **Hodgkin's Disease**, **Diabetes**, just to name a few. There have been reports that people have been able to turn their conditions around by utilizing a program such as the **GaiaCleanse Program** to eliminate the myriads of parasites, such as flukes, keeping house in their internal organs.

The beauty of this program is that 14 days every 3 months is all that is required to insure a body that is free of most parasites. The **GaiaCleanse** line includes tinctures that can be mixed in any one of the above beverages or in juice. There is also an intestinal cleanse that comes in the kit to ensure proper elimination and cleansing during the two weeks. These steps to health are important if one is to realize optimum health within the cellular structure and organ tissues of the body.

Chlorella is a single-celled, fresh-water algae which is a nutritionally balanced whole food that is extremely high in protein (60%) and contains more than 20 essential vitamins and minerals, 19 of the 22 essential and non-essential amino acids, enzymes, plus **Chlorella** growth factor. The combination of these factors results in a product that has been found to be excellent in the healing of wounds, injuries and ulcers, immune strengthening, age retardation, protection against radiation, normalizing digestion and bowel function, and protection against toxic pollutants, to name but a few of the benefits.

Chlorella is a rich source of chlorophyll, which is extremely effective in controlling body odor both internally and externally. The suggested daily consumption is 3 grams per day, but dosages should be adjusted to your individual needs. Many times the alkaline reserves in the body are so depleted that **Chlorella**, in larger doses, is warranted.

Moreover, because of its superb food value, **Chlorella** is an important addition to anyone's emergency food storage stash.

As part of an ongoing nutritious diet, the grain of **Spelt** (*Triticum Spelta*) should be added to every diet in replacement of the standard wheat grain. **Spelt** is superior to wheat in that it contains more protein, crude fiber, and fats than wheat. It also contains special carbohydrates (*Mucopolysaccharides*) which help stimulate the all-important immune system.

Many people who are allergic to wheat find **Spelt** to be easily digestible. What is most exciting is the delicious nutty flavor that **Spelt** offers to any baking needs. Another advantage of **Spelt** is the large amount of vitamin **B-17** found in the grain (also known as **Laetrile**) which has a reputation for retarding cancerous cell growth and aiding in the healing of other serious illnesses. **Spelt** also has an exceptionally thick husk around the center grain, which protects it from all kinds of pollutants and insects far better than happens with other grains. The **Spelt** grain can be ground up into flour and used in any recipe where flour is required. **New Gaia** offers the whole **Spelt** grain bread mixes, or the grain itself to be ground into flour, or the flour already milled for your convenience. This simple addition to your family's diet can provide a wealth of extra nutrition for your loved ones as well as a great taste experience.

The last product I wish to discuss is a newer product of which you may not be fully aware. Many of you have heard of the latest craze using a product called "Pycnogenols". **Pycnogenol** comes from the bark of the pine tree and is said to have remarkable anti-oxidant properties that are aiding in the relief of a number of chronic conditions. The **3-In-1** product offered by **New Gaia** has been found to be superior to **Pycnogenol**. The research that has been conducted on the elements found in **Pine Bark** were primarily conducted on **Grape Seed Extract** because this, too, had the components that offered the superior anti-oxidant protection.

What was discovered is that the **Grape Seed Extract**

was even superior to the **Pine Bark** in that it contains a higher level and higher potency of **OPCs** (*Oligomeric proanthocyanidins*) which are the active ingredient for free-radical scavenging. These **OPCs** found in the **Grape Seed Extract** are known for their instant bioavailability to seek out nasty free radicals and produce rapid counter-effect results. While no claims are here being made for the healing qualities of any product, the **OPCs** found in **Grape Seed Extract** have been identified with: **Anti-aging** protection, improved vision, decrease in wrinkles, resistance to mental deterioration, reduced risk of heart disease, reduced risk of stroke, enhanced immune system, faster healing, subdued **PMS**, and reduced inflammation of arthritis.

The other substances found in **3-In-1** are **Ester-C** and **Aloe Vera**. **Ester-C** is found to get into the blood stream faster and in larger amounts than other forms of vitamin **C** and wastes only a fraction of what other vitamin **C** products lose through elimination. It is also found to penetrate white blood cells more efficiently, which is necessary for their metabolism. There is also a reduction, if not an elimination, of the side effects from the acidity of regular **Vitamin C** because **Ester C** has a neutral pH. Each capsule also contains 150 mgs. of **Aloe Vera** which is the equivalent of one-and-one-half ounces of natural **Aloe Vera** juice. Excerpted from an article by **John C. Pittman, M.D.**, we read: "Acemannan, a mucopolysaccharide, is a long-chain sugar which is found as an active ingredient in **Cold Processed Whole Leaf Aloe**. It interjects itself into all cell membranes. This causes an increase in the fluidity and permeability of the membrane, allowing toxins to flow out of the cell more easily and nutrients to enter the cell. The net result may improve cellular metabolism throughout the body, resulting in a boost of energy production."

These three powerful ingredients are found in one product called **3-In-1**. It is a potent product that should be utilized by anyone suffering from a chronic condition or for those wishing to maximize the functioning of their immune system on a day-to-day basis.

All the above products discussed: **OxySol**, **GaiaCol**, **Gaiandriana**, **AquaGaia**, **Gaialyte**, **Kombucha Tea**, **Kombucha Vinegar**, **CarbraGaia**, **GaiaCleanse**, **Chlorella**, **Spelt** and **3-In-1** can be the keys to a healthier and more vibrant life by reinvigorating the immune system, increasing the metabolic activity of the cells, providing more complete nourishment to allow the organ systems to function in harmony with one another, and to increase our bodies' overall frequency levels to withstand the onslaught of various high-frequency energies that are thrown our way. These products work synergistically together to maximize the effects of each product.

Of course, right thinking, right exercise, and right eating are absolutely necessary to add to any health regime, but the benefits and gifts found within these various products are priceless to our well being in this high-stress world.

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